



Philip Lai Qi Gong Association

## July Newsletter 2018

My dear QiGong friends:

### Benefits of Mint

Now that summer is here, many people are thinking of what they can grow in their garden. The mint plant is easy to grow and very beneficial. You can grow it in a small container or window box if space is limited. Mint has a lovely aroma, great taste and has proven healing power. Mint can be used to make a very refreshing and cooling tea and is often used in middle-Eastern or Indian dishes. You can use it to spice up vegetables such as carrots, peas and potatoes. It is often used to flavor fish, lamb and chicken.

Mint can be used to treat digestive problems such as irritable bowel syndrome and stomach aches. It has an ability to fight harmful bacteria and fungi in the gut. It has also been used to treat asthma and other allergies. Mint may also have some anti-cancer properties due to a phytonutrient called perillyl alcohol which has been shown to limit colon, skin and lung cancer in animals. Just chewing on a fresh mint leaf will refresh your mouth and your breath and inhibit the growth of harmful bacteria in your mouth.

To make mint tea, pour hot (not boiling) water over some fresh mint leaves and then cover the container for a few minutes to let the tea steep without releasing the volatile mint oils.

Fresh mint direct from the garden is best, but you can also get mint from grocery stores and it is also available in pill form from health food stores.



### Vacation in 2019

I will be going to the Iberostar Toucan resort on the

Mayan Riviera near Cancun in Mexico from January 28 to February 4, 2019. If you are interested in joining us to do some Qi Gong and enjoy the beach, let me know. The more the merrier! Its a 4.5 star resort with good comments on Trip Adviser. Cost on Sunwing vacations is around \$2300, usually buy early can get better price and seat. For buying the trip, please contact Sunwing.

I invite you and those who can benefit from medical Qi Gong to take our upcoming courses:

### Upcoming Classes and Workshops

#### Bhakti in the Woods

Medical Qi Gong Level 1 Workshop Saturday August 18, 10 to 11am

166 Chemin Himmelman, Thorne Quebec

See my website for details

#### Pinecrest Recreation Centre:

Tai Chi Yang Style Eight Movements Saturdays starts July 7 (6 classes) 10:30 to 11:30 am

#### Soloway Jewish Community Centre:

Tai Chi Yang Style Eight Movements Wednesdays, July 11 to August 22 (7 classes) from 6:15 pm to 7:15 pm

For info and Registration for the above courses, please: email [philip.lai@rogers.com](mailto:philip.lai@rogers.com) or visit our website at [www.philiplaigong.ca](http://www.philiplaigong.ca)



Peony from Philip's garden

