



Philip Lai Qi Gong Association

July Newsletter 2016

My dear Qi Gong friends:

Healing Power of Fresh Vegetables. It's summer and our gardens are starting to yield the wonderful fresh vegetables that are not only tasty but powerful healing substances. Each vegetable, like all living things, has a certain "essence" or energy signature beyond the measurable qualities of calories, vitamins and nutritional value. Traditional Chinese Medicine recognizes how this essence affects the internal organs, which meridians it goes to and how it impacts the body's internal energy or Qi. Here are how some common vegetables affect the body:

Broccoli has a neutral essence and enters the Large Intestine and Heart meridians. It benefits the Heart and Liver by decreasing heat in these organs.

Cauliflower has a neutral essence and enters the Large Intestine and Kidney meridians. It increases Kidney energy, fights Gallbladder infection and relieves constipation.

Celery has a warm essence and enters the Spleen and Stomach meridians. It increases Stomach Qi, promotes sleep and combats high blood pressure, diabetes and joint pain.

Ginger has a warm essence and enters the Stomach, Heart and Lung meridians. It benefits the digestion, relieves internal cold and warms the Lung. It also helps Liver Qi to flow smoothly.

Mushroom has a neutral essence and enters the Stomach, Spleen and Urinary Bladder meridians. They help boost the immune system and prevent cancer.

Peanuts have a warm essence and enter the Stomach, Spleen, Kidney and Large Intestine

Vegetarian Cooking Demo. On Saturday, July 16, I will demonstrate how to make a quick, delicious and healthy vegetarian noodle soup. It will be from 9:50 to 10:15am at McNabb Community Centre. Drop in to the Level One Qi Gong class from 9:15 to 9:50am and stay for the cooking demo. Cost is \$10. Those who have not taken our beginner class

may attend our meditation from 9:35 to 9:50am and participate in the cooking demo for \$5. Let me know if you can make it so I can arrange the correct amount of food.

We will have some disposable bowls and utensils but please bring a bowl, spoon and fork if you can so we can reduce our waste.

Free Qi Gong Introductory Workshop. On Saturday, July 23, from 10:20 to 11:20am at the Table Restaurant, 1230 Wellington St (at Holland), there will be a free Qi Gong workshop. This is for anyone who wishes to increase their health, happiness, wisdom, beauty and longevity, Email me if you would like to attend.

Workshops Near Montreal. On Saturday August 6 and Sunday August 7, I will give another 5 Element Palm Qi Gong workshop at 168 Rue Leon-Martel, Terrebonne Quebec (near Montreal). See this link for details:

<https://www.facebook.com/events/1094387053940730/>

On Saturday August 13 and Sunday August 14, I will give a 5 Element Palm Qi Gong Level 2 workshop at the above location. See this link for details:

<https://www.facebook.com/events/1040280486054221/>

Beginner Qi Gong Intensive 2 Day Workshop. On Saturday, August 27 and Sunday August 28 from 9am to 4:30pm at 33 Strathbury St. Ottawa, I will give a two day intensive Qi Gong workshop for anyone who wants to increase their health, happiness, wisdom, beauty and longevity. This is the first step to become a practitioner, certified instructor or energy healer. See this link for details:

<https://www.facebook.com/events/1620357171625545/>

My email is: philip.lai@rogers.com



Philip Lai Qi Gong Association