



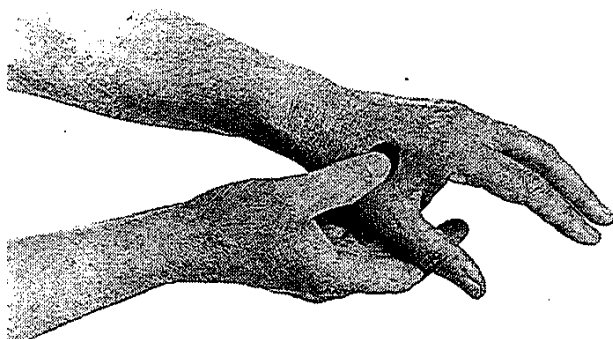
## Philip Lai Qi Gong Association June Newsletter 2016

My dear Qi Gong friends:

**Allergies in the Spring.** It's spring and the season of vibrant growth, new green vegetation and colorful flowers. Unfortunately, all this new growth triggers allergic reactions in many people as plants distribute clouds of pollen and seeds into the air. Allergies bring symptoms of runny noses, sneezing, headaches and watery eyes to many people, making going outside a miserable experience. In the U.S., people spend as much as \$4.5 billion per year on allergy medications such as antihistamines and decongestants. Sometimes these medications only make the symptoms worse. There are alternatives to these drugs which are free and have no side effects.

**Acupressure for Allergies.** Chinese medicine recognizes that there are several points on the body that when stimulated by touch, can alleviate allergy symptoms by allowing Qi to flow freely in the body's meridians. Here is a quick and easy and powerful exercise to relieve allergies.

**Hoku Point (Liver 4) Massage.** Place your right thumb on the top of the left hand, with your fingertips directly opposite on the other side of the hand. Squeeze the webbing with your thumb and index finger. Angle the pressure towards the bone that connects with your left index finger. Hold for one minute while breathing deeply then switch sides and do the same on the right hand. This should be done several times a day during allergy season.



**Qi Gong for Spring.** We will introduce some Qi Gong meditation and exercises to strengthen our Liver and combat spring allergy complaints in the Level 1 drop-in class at McNabb on Saturday (except long week end) from 9:15 to 10:15 am. I will offer energy healing for any health complaints during our half-hour meditation session. If members have friends or family with a specific health complaint and they would like treatment, bring them to the Level 1 class meditation time 9:45–10:15 am and I will give them an energy healing treatment. Cost will be \$5 for non-members.

**My Birthday Celebration.** Join me for lunch on Saturday June 11 at the Table Restaurant, 1230 Wellington St. (at Holland) at 11:30 am. Send me an email at [philip.lai@rogers.com](mailto:philip.lai@rogers.com) if you plan to attend.

**Miranda's Testimony Video.** Miranda, one of our members, gave a powerful testimonial about the healing power of Qi Gong at our workshop last week. Here is the link for the YouTube video:  
<https://youtu.be/4bchOWPfQ0E>

### 5 Elements Palm Qi Gong Workshop.

I have been invited to give a 5 Element Palm workshop in Terrebonne QC. (168 Rue Leon Martel, 15 min. north of Montreal) on May 21 & 22. Cost \$260. For info see attached flyer.



