



Philip Lai Qi Gong Association

March Newsletter 2018

My dear Qi Gong friends:

Healing Foods

Traditional Chinese Medicine classifies foods as to their “essence” or energy. Each food is either “warm, “neutral” or “cold” in essence. The essence of a food is not a material or measurable property such as caloric content or nutritional value. Over thousands of years of observation, TCM has identified which foods are useful in treating conditions of the various internal organs. TCM uses Five Element Theory and the theory of how the energy meridians of the body are structured to determine which foods have the most health benefits.

Warm Foods

Celery: enters the Spleen and Stomach meridians, increases Stomach Qi, treats insomnia, joint pain, high blood pressure, diabetes

Garlic: enters the Stomach and Large Intestine meridians, can also benefit the Liver, treats body pain and food poisoning

Ginger: enters the Heart, Stomach and Lung meridians, improves digestion, treats “cold” conditions, warms the Lung, improves the flow of Liver Qi

Peanut: enters the Spleen, Kidney, Stomach and Large Intestine meridians, improves Lung function and boosts immune cells in the blood

Walnut: enters the Kidney, Large Intestine and Lung meridians, boosts Kidney Qi and helps constipation

Neutral Foods

Broccoli: enters the Heart and Large Intestine meridians, improves the Heart and Liver by reducing internal heat

Cauliflower: enters the Kidney and Large Intestine meridians, treats Gallbladder infections, helps constipation and improves Kidney Qi

Eggplant: enters the Urinary Bladder, Large Intestine and Liver meridians, treats coughs, treats high cholesterol and balances Liver Qi

Mushroom: enters the Urinary Bladder, Spleen and Stomach meridians, improves the immune system, and helps prevent cancer

Cold Foods

Pear: enters the Lung and Large Intestine meridians,

relieves Lung heat

The Stomach naturally desires foods such as soups, tea, steamed vegetables which are served at a warm temperature. Over consumption of raw and cold foods (ice water, cold sodas, ice cream, cold salads) or foods with a cold essence (raw and cold vegetables, root vegetables that grow in the ground, yogurt) will cause Stomach imbalance. Avoid too much fried or spicy food, dairy products or alcohol as they reduce Stomach Qi and cause or aggravate acid reflux. Try foods with a warm essence like ginger, cinnamon and fennel to settle the Stomach.

Healing and Chakra Meditation by Video Conference

Monday to Friday from 10 to 11am, Monday and Wednesday 7 to 8pm and Tuesday 6:15 to 7:15pm each week I conduct a group meditation session via Google Hangouts video conferencing that can improve your happiness, health, wealth and wisdom. It can also help you to re-boot and rewire your brain to get out of negative patterns of thought. Let me know if you would like to join us and I will give you further instructions.

Upcoming Classes and Workshops

See my website for details

McNabb Community Centre:

World Tai Chi and Qi Gong Day Saturday, April 21, from 8:30 to 10:15 am

Qi Gong for Beginners Saturday, May 26, June 2, and 9 from 8:30 to 11:30 am

Intermediate Qi Gong and Energy Healing Course Saturday, June 23 from 9 am to 4 pm

Pinecrest Community Centre:

Beginner Tai Chi Wed., March 28 to June 13, from 11 am to noon

Plant Recreation Centre:

Beginner Tai Chi Thurs., Mar 22 to June 7, from 6:30 to 7:30 pm

Level 2 Tai Chi Thurs., Mar 22 to June 7, from 7:30 to 8:30 pm

Soloway Jewish Community Centre:

Beginner Tai Chi Wed., Apr. 25 to June 27, from 7:15 to 8:15 pm

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