



Philip Lai Qi Gong Association

May Newsletter 2017

My dear Qi Gong friends:

Spring and the Liver

Spring is a vibrant time of growth and renewal. In spring, the dominant element according to Traditional Chinese Medicine is Wood and the most active body organ is the Liver. The influence of the Wood element helps us to maintain a free flow of Qi, harmonizes our emotions and prevents stagnation and buildup of toxins in the body.

Liver Stagnancy

The long, cold winter may have caused stagnant Qi to build in the Liver. Symptoms of Liver stagnancy may appear in spring such as: dizziness, vertigo, headaches, ringing in the ears and dryness in the upper body. There may also be nervousness, agitation, emotional turmoil and inability to keep commitments. To treat Liver stagnancy, pay attention to your diet. Try to avoid saturated fats, mammal meats, margarine, cream, cheese, eggs, and processed foods and avoid consuming alcohol. Moderately pungent foods such as herbs, watercress, onions, mustard greens, cumin, fennel, dill, ginger, horseradish, mint, turmeric, basil, bay leaf and cardamom are helpful to stimulate the Liver in spring.

Liver Detoxification

To detoxify and cool the Liver, try the following foods: Mung beans, celery, seaweeds, lettuce, cucumber, tofu, mushrooms, rhubarb and radishes.

Building Liver Yin

The following foods improve the Yin energy of the Liver: fresh cold pressed flax oil, evening primrose, black currant, gelatin, animal liver.

5 Element Palm Qi Gong Exercises

The 5 Element Palm Qi Gong exercises for spring which I teach in our regular weekly classes are very powerful in strengthening the Liver. They open up the Liver meridian and strengthen the organ by use of the vibrations of the chanting which is part of the exercise. Come and learn this easy and powerful technique!

World Tai Chi and Qi Gong Day in Ottawa

Free workshop Saturday May 6, 9 am to 10 am at McNabb Community Centre

Self-Healing Qi Gong Workshop in Montreal

Learn the basics of Medical Qi Gong to heal yourself.

Meta 1111 Yoga studio, Montreal Que.

Saturday May 6, 1:30 to 4:30 pm

Cost \$25 before Apr. 17, \$35 after

Call Celina Brady 514-378-5222 to register

5 Elements Palm Qi Gong Workshop in Ottawa

Use 5 Elements theory to strengthen and heal your organs.

McNabb Community Centre

Saturday June 24 & Sunday June 25, 9am to 4pm

Cost \$200 before May 13, \$260 after

to register: e-mail philip.lai@rogers.com or

call 613-218-0853

Energy Healing and Chakras Meditation Workshops (two locations)

Meta 1111 Yoga studio, Montreal Que.

Saturday June 3 & Sunday June 4, 10am to 5pm

Cost \$275 (pay by May 1), \$335 (after May 1)

Call Celina Brady 514-378-5222 to register

Laughing Falcon Yoga Studio, Barry's Bay Ont.

Saturday June 17 & Sunday June 18, 9:30 am to 4:30pm

Cost \$200 (pay by May 13), \$260 (after May 13)

to register email: philip.lai@rogers.com or

call: 613-218-0853

New spring classes start in Ottawa:

Tai Chi (for beginners)

Plant Recreation Centre – starts April 27 (9 weeks)

Tai Chi – Level 2

Plant Recreation Centre – starts April 27 (9 weeks)

Qi Gong for Beginners

McNabb Community Centre – starts May 13 (3 weeks)

Qi Gong Intermediate Level

Plant Recreation Centre – starts May 6 (7 weeks)

See our website under Courses for details

Philip Lai, CPA, CMA

President of Philip Lai Qi Gong Association

Certified Naturopath Therapist

Master of Qi Gong and Kung Fu

Email: philip.lai@rogers.com

Website: <http://www.philiplaiqigong.ca/>