



Philip Lai Qi Gong Association

November Newsletter 2015

My dear Qi Gong friends:

November brings us closer to Winter. The winds are stronger, the frost is deeper and we may see snow. Our bodies need to find the strength to withstand the coming cold. Our Lungs continue to be the organs which need most attention in this season.

The Health of the Lungs. Chinese medicine has recognized that the emotion of grief can damage the Lungs. Repressed grief contracts the Lungs and causes them to be congested with undistributed nutrients and Qi. Nearly all Lung and Colon (the associated organ) problems are caused by unresolved sadness. Sharing your feelings with others, long deep breathing and eating pungent foods can help to dissipate sadness and grief. A sign of weak Lung Qi is being overly attached to people or things. Those with unhealthy Lungs often have excessive dryness or excessive mucus and have dry, rough skin.

Protective foods for the Lungs. Pungent foods such as hot chilies, horseradish, ginger, radish and cabbage can clean excess mucus from the Lungs. These foods should be lightly cooked or raw for best effect. Dark green and orange foods such as carrots, pumpkin, winter squash, broccoli, kale and turnip are rich in beta-carotene which can protect the Lungs and Colon from cancer. In general, reduce animal protein in your diet and increase high-fibre grains, fruits and vegetables.

Plant Workshop video. Here is a Tai Chi demo video from our recent workshop at McNabb:
<https://www.youtube.com/watch?v=L2qQ2jJhuM0>

Acupressure with Qi Pressure Course. This course is now underway, but I am still welcoming new participants! The course is on Saturdays from 10:30 am to 11:30 am, except Nov. 7 from 10:00 am to 11:00 am at McNabb Community Centre.

Oct 24: skin problem,
Oct 31: treat migraines, allergies,
Nov 7: boost the immune system, treat fatigue
Nov 14: treat asthma, respiratory problems
Nov 21: treat pain, arthritis and backaches
Cost is \$25 per day. Let me know at least one day (24 hours) before if you are interested in attending one of these sessions.

Finally I would like to invite you to join our drop-in class at McNabb Community Centre to practice advanced level Qi Gong (from 8:30 to 9:10 am) and Level one Qi Gong (from 9:15 to 10:15 am) that you have already learned by taking our courses. Qi Gong is always best and most powerful when practiced with others on the same healing path. To find out more, please visit our website:
www.philiplaiqigong.ca

If you would like to be on our mailing list, please let me know. Please contact me if you have any questions. My email is: philip.lai@rogers.com
Thanks,

Philip Lai, CPA, CMA

President of Philip Lai Qi Gong Association
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