



Philip Lai Qi Gong Association

## November Newsletter 2018

My dear Qi Gong friends:

**Winter Melon.** Winter Melon is a large vine vegetable with a smooth green skin and pale white flesh which has a slightly sweet to bland taste. The center portion of the melon contains a large amount of seeds which I save for planting next year's crop. In Asia it is harvested in the winter months but in Ottawa, it is a bit too cold and I get my crop in September. In my garden, I allow the vines to climb poles up to a net which supports the melons as they mature.

<https://www.facebook.com/philip.t.lai.7/posts/10217432183575491>

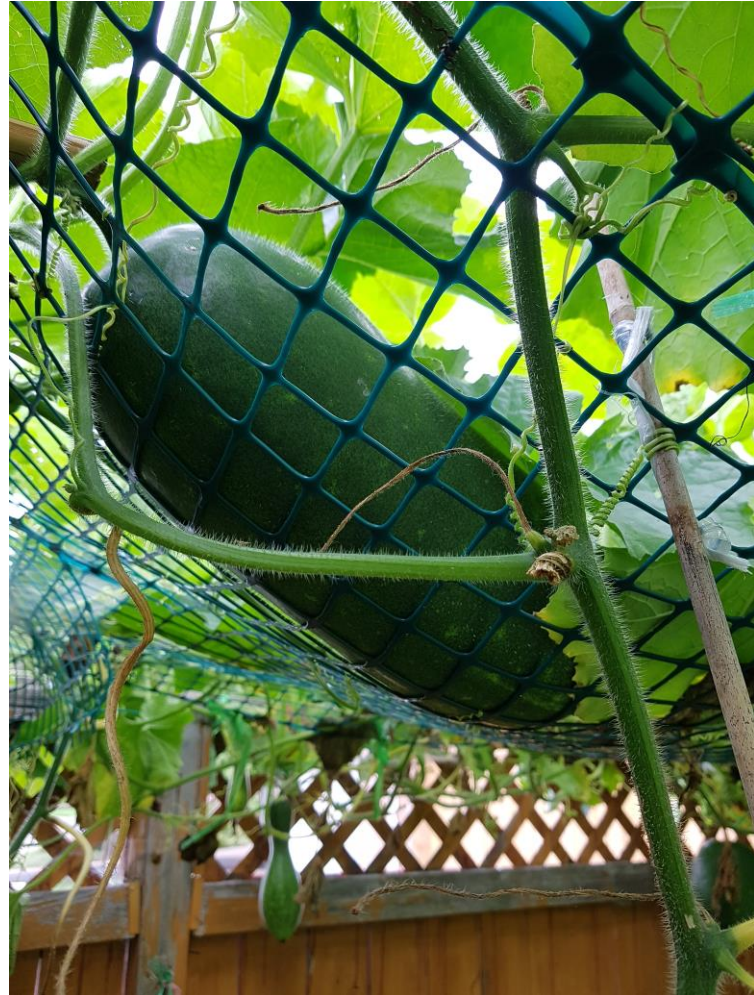
After harvesting, the melons will keep into the winter in a cool, dry place.

**Nutritional Value.** Winter Melon has a high concentration of vitamin C and B2. It is also high in fibre, zinc, iron, phosphorus and potassium. The protective skin of the winter melon keeps these valuable nutrients fresh over the long cold months.

### Health Benefits.

- 1) **Boosts Vision** – Winter Melon contains about 11% of the daily requirements of vitamin B2, which is cited as a preventive factor in some eye disorders. There is also an antioxidant effect which helps prevent macular degeneration.
- 2) **Protects the Heart** – Potassium in Winter Melon functions as a vasodilator, lowering blood pressure and preventing hardening of the arteries and heart disease. Vitamin C in these melons has been found to reduce chances of stroke.
- 3) **Boosts Immune System** - The vitamin C in Winter Melon stimulates the production of white blood cells and acts as an antioxidant to prevent mutation of healthy cells. The zinc in the melon also builds the immune system.
- 4) **Stimulates Healthy Growth** – Vitamin C in Winter Melon is a component in the production of collagen which helps build tissues, bones, muscles and blood vessels.
- 5) **Helps Digestion** – The fibre in Winter Melon can assist in healthy digestion and prevent constipation, bloating and stomach upset. A healthy gut is efficient in absorbing nutrients and reducing cholesterol levels in the blood.
- 6) **Boosts Energy Levels** – The vitamin B2 in Winter melon assists the conversion of nutrients into energy.
- 7) **Improvement of Cognitive Function** – The Iron in Winter Melon helps the circulation of blood to the extremities of the body. The improved circulation of fresh, oxygenated blood protects against anemia and ensures that the brain gets proper blood flow, increasing concentration, focus and memory.
- 8) **Detoxifies the Body** – In Traditional Chinese Medicine, the Winter Melon is often used as a diuretic (promoting urination). This eliminates toxins, fats, salts and water from the body and helps your kidneys and liver perform at optimal levels.

- 9) **Helps in Weight Loss** – This vegetable is high in fibre and low in calories. It will make you feel full and reduce the urge to snack between meals and overeat.



I invite you and those who can benefit from medical Qi Gong to take our upcoming courses:

### Upcoming Classes and Workshops

#### Capital Conquest:

Palais de Congres, Gatineau, Quebec

50 Blvd Maisonneuve, Gatineau, Quebec J8X 4H4

Qi Gong & Tai Chi Workshops Saturday, Nov. 3 & 4

For info and Registration for the above courses, please: email [philip.lai@rogers.com](mailto:philip.lai@rogers.com) or visit our website at [www.philiplaiqigong.ca](http://www.philiplaiqigong.ca)

