



Philip Lai Qi Gong Association

## October Newsletter 2015

My dear Qi Gong friends

**October is the start of Autumn** This is a time to pull inward and gather strength for the approaching winter. The element of Metal is most important in autumn and the Lungs are the body organs which need most attention in this season. In Oct. and Nov. we will practice Qigong to strengthen the Lungs in the Level One class at McNabb Community Centre. Please join us.

**Foods for Autumn** Foods with sour and hearty flavours help to focus our intention on building up energy for the coming cold. Sour flavoured foods include sourdough bread, vinegar, sauerkraut, olives, pickles, yogurt, lemons, grapefruit, cheese and rose hip tea. Use less water when cooking and cook for longer periods at lower temperatures. Devote more focus to how you cook your food.

**The Lungs in TCM** In Chinese medicine, the Lungs receive Qi from the air and combine it with Qi extracted from food. The combined Qi is distributed throughout the body and is important to protect the Lungs from external bacteria. Strong Lung Qi is important to protect the entire body from disease. The Lungs are a Yin organ and are paired with the colon which is a Yang organ. People with strong Lung Qi are decisive, orderly and effective in what they do. Those with healthy Lungs have strong immune systems and rarely get colds or flu. They have soft, smooth skin and glossy hair.

**Miranda's healing journey** Miranda suffered a stroke about eight years ago. It caused her thinking process to be unclear and made her easily fatigued. This mental impairment caused anger, frustration, fear, anxiety, sorrow and loneliness. After just two beginner Qi Gong classes she said: "I have not felt this good in eight years. If ever you would like to use my name for stroke survivors and people who have other forms of brain injuries as a testimony to what it (Philip's Holistic Health System) can do, you have my full endorsement".

**Workshop videos** Here are some videos from

our recent workshop at Plant Recreation Centre:

<https://youtu.be/AFagbjHndws>

<https://youtu.be/yvbA5-Jj5Vs>

**Acupressure with Qi Course** I am willing to share my over 45 years of healing experience in a course on how to use Qi energy on acupressure points to boost the immune system, improve sleep, treat migraines, allergies, chronic fatigue, skin problems, pain, asthma and respiratory problems. It will likely be held on Saturdays from 10:30 am to noon at McNabb or at my home. Let me know if you are interested in attending.

**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. Please note that the Beginner Course starts at McNabb Saturday on Sept. 26. 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](http://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](mailto:philip.lai@rogers.com)

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