



Philip Lai Qi Gong Association

## October Newsletter 2018

My dear QiGong friends:

**Ottawa tornadoes.** Many people experienced damage to their property and had loss of power for several days after the tornadoes hit Ottawa on Friday, September 21<sup>st</sup>. If you need some assistance in getting things back to normal, let me know and maybe we can be of help. Join us at McNabb for our Saturday Qi Gong class and calm yourself and improve your energy after the events of these stressful days.

**Cold and Fever.** The weather is changing from late Summer to Fall and people will easily get cold and fever. On Saturday Level one Qi Gong drop in class, I will show you how to use Acupressure and Energy healing to prevent and treat cold and fever if enough people are interested. Email me if you are interested

**Lemon Balm.** Lemon Balm is a leafy green herb which is a member of the mint family with a lemony scent. It is easy to grow and likes moist, rich, well-drained soil. I always work in a lot of compost into the soil around it in my garden and I get good results growing it. It likes being cut back every few weeks to encourage new growth. With any luck, it will usually survive the winter and come up for you the next spring.

**Uses of Lemon Balm.** Lemon Balm adds a nice flavor to chicken or fish dishes and can be added to soups and salads. It is best not to over-cook this herb and so it should be added near the end of the cooking process. I often have a lot of lemon balm in my garden, so I try and preserve it by drying it out in the sun and using it to make tea. Then it can be enjoyed in the winter. This tea has many health benefits as detailed below.

**Benefits of Lemon Balm.**

- 1) **Reduce Anxiety.** Taking products containing lemon balm has been shown to reduce symptoms of anxiety such as nervousness or edginess.
- 2) **Treat Cold Sores.** Lip products with 1% lemon balm extract seems to speed up healing time and reduce recurrence.
- 3) **Stress.** Lemon balm products have been shown to increase calmness and awareness in people who are under stress.
- 4) **Insomnia Treatment.** Using lemon balm may improve the length and quality of sleep.
- 5) **Treat Colic.** Babies who are breast-fed and have colic seem to benefit from products containing lemon balm, fennel and chamomile.
- 6) **Treat Upset Stomach.** Combinations of lemon balm, peppermint and chamomile seem to reduce acid reflux, nausea and stomach pain.

- 7) **Dementia Treatment.** Taking lemon balm by mouth over several months reduces agitation in patients with Alzheimer's disease. Applying lemon balm oils to the face and hands seems to also have a calming effect.

**Side Effects of Lemon Balm.** Lemon Balm is not recommended for people with thyroid conditions because it may interfere with thyroid hormone replacement therapy. Do not use lemon balm for two weeks before surgery as it may cause too much drowsiness if combined with sedatives used before and after surgery. Diabetics should be careful when using lemon balm because it may lower their blood sugar levels. There may be some irritation when lemon balm is applied to the skin. There are possible side effects of increased appetite, nausea, abdominal pain and dizziness when taking lemon balm by mouth.

**I will show how to make a medicinal tea from winter melon and lemon balm** at the Saturday class at McNabb, if enough people are interested. Email me if you are interested.



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

**Upcoming Classes and Workshops**

**Master Lai's Studio:**

**33 Strathbury St., Nepean (Centre Pointe)**

**Tai Chi Yang Style 24 Movements Saturday, Oct. 13 to Dec 1 (8 classes, 12 hr) 10:45 am to 12:15 pm, \$120**  
Email [philip.lai@rogers.com](mailto:philip.lai@rogers.com) to register or for info

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)

