



Philip Lai Qi Gong Association

September Newsletter 2017

My dear Qi Gong friends:

In Late Summer, the Spleen is the dominant organ and is under the strong influence of the Earth element.

The Spleen

Function of the Spleen:

- Digestion and distribution of food and nutrients
- Qi extracted from food is used to make Wei Qi (important for immune system, vitality, warmth and building body tissue)

Signs of Spleen Balance:

- Endurance, good appetite, strong limbs
- Person is creative, imaginative, practical and responsible

Signs of Spleen Imbalance:

- Weak digestion, nausea, poor appetite, bloating, unhealthy body weight
- Chronically tired, pale complexion, blood sugar imbalance

Spleen Qi Deficiency:

- Common in people who eat too many highly refined, processed foods

Symptoms of Deficient Spleen Qi:

- Loose stools, general weakness, weak pulse, anaemia, white coating on tongue
- Ulcers, upper abdominal pain, haemorrhoids
- Weakness in limbs, internal organ prolapse

Diet to treat Deficient Spleen Qi:

- Eat foods that are warming or neutral
- Well-cooked rice, spelt, oats
- Winter squash, carrot, turnip, beans, peas, yam, pumpkin
- Onion, leek, garlic, ginger, nutmeg, fennel
- Small amounts of animal protein in soup: fish, turkey, beef, beef liver or kidney, lamb
- Chew food well, food should be well-cooked

Foods to avoid for Deficient Spleen Qi:

- Avoid excessive raw vegetables, citrus fruits, tomatoes, spouts, tofu, seaweed, salt
- Avoid very sweet foods, dairy foods, vinegar
- Avoid large meals and rich foods

Instructor Training

I would like to offer a group Qi Gong Instructor training course in October or November. It would be about 5 days over three weekends. Cost would depend on the number of attendees. Contact me if

you are interested.

Healer Training Level 2

I am also planning to offer a course to reopen Chakras 2 through 7 for those who took the Level 1 course and open the Conception Vessel so that people can use high level healing techniques. Let me know if you are interested.

Bhakti in the Woods Yoga Festival

I will be teaching Qi Gong at this festival at Ladysmith Que. (near Shawville) the weekend of August 18 to 20. See the link: www.eventbrite.ca/e/bhakti-in-the-woods-yoga-and-music-festival-2017-tickets-30736544833

5 Element Qi Gong Workshop near Montreal

Terrebonne Que.

2578 Chemin Saint-Charles, J6W 5X4

Sat. Sept. 9 & 10, 9:30 am – 5 pm

Cost \$300 plus optional \$30 DVD and \$20 notes

Free camping is possible onsite

To register: call 438-933-7785

Beginner Qi Gong Classes

McNabb Community Centre (Ottawa)

180 Percy St. (Gladstone and Bronson Ave.)

Sat. Sept. 23 & 30 8:30 am – 12:30 pm and

Sat. Oct. 14 9:15 - 10:15 am \$85 (9 hours)

To register: call 613-737-0553

Free introductory Qi Gong workshop

Sat. Sept. 23, 8:30 to 9:30 am

Soloway Jewish Community Centre (Ottawa)

21 Nadolny Sachs Private

(near Carling and Broadview Ave.)

Thurs. Sept. 14 to Dec. 21 (12 classes)

6:15 – 7:15 pm \$102 members, \$133 non-members

To register: call 613-798-9818

You are welcome to attend a **free class** on

Sept. 14 before deciding to register for the course

Tai Chi Classes

Plant Recreation Centre (Ottawa)

930 Somerset Street West (at Preston St.)

Beginner Tai Chi

starting Thurs. Sept. 21 6:00 – 7:00 pm

(13 weeks) \$127.50 course: # 1120883

Tai Chi Level 2

starting Thurs. Sept. 21 7:00 – 8:00 pm

(13 weeks) \$127.50 course: # 1120891

To register: call 613-232-3000

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