



Philip Lai Qi Gong Association

September Newsletter 2018

My dear Qi Gong friends:

Bitter Melon. One of my passions is growing delicious fresh vegetables in my garden. In September I am overwhelmed by the amount of wonderful food that I have grown. One of the vegetables I grow each year is Bitter Melon. This is a popular vegetable in Chinese cooking and has many medicinal uses.



Nutritional Facts of Bitter Melon. The variety which is most used in Chinese cuisine is about 6" long, looking a bit like a cucumber. It can be used raw or cooked in stir-fries. It contains at least 32 active chemicals. It has a signature sour taste from a type of alkaloid called momordicine. In its immature form, Bitter Melon is a good source of vitamin A, vitamin C, iron and phosphorus. It contains many beneficial phytonutrients and antioxidants.

Benefits of Bitter Melon. Bitter Melon has been used in Traditional Chinese Medicine for thousands of years as well as in India and Japan. Here are some of the health benefits:

- 1) **Regulate Blood Sugar Levels**
In raw and juice form, it has been shown to normalize blood sugar levels and manage diabetes symptoms such as kidney damage, eye disorders, heart complications and blood vessel damage.
- 2) **Fighting Bacterial and Viral Infections**
It has antibacterial and antiviral agents which have been used to treat the bacteria which cause stomach ulcers and has also been used to treat HIV infections.
- 3) **Improving Digestive & Liver Health**
Bitter Melon extract can reduce stomach and intestinal disorders such as irritable bowel disease, decrease kidney stones and detoxify the Liver.
- 4) **Cancer Protection**
The strong anti-oxidant properties of Bitter Melon are thought to be effective in preventing and treating cancers such as leukemia, lymphoma, melanoma, breast and prostate cancer.
- 5) **Treating Respiratory Disorders**

Juice from Bitter Melon is used in TCM to treat dry coughs, bronchitis and sore throat. The juice, fruit and seeds are beneficial to prevent coughs and excess mucus.

Side Effects of Bitter Melon. Bitter Melon is not a replacement for insulin in diabetes treatment. It can lower your blood sugar too much and careful monitoring is needed. Pregnant women and those who are breastfeeding should not consume Bitter Melon because of increased risk of miscarriage and excess menstrual bleeding. If you have had recent surgery or lost blood for some reason, avoid Bitter Melon as it can cause dizziness or fainting.

Stir-fry ripen Bitter melon with eggs by Philip:

<https://www.youtube.com/watch?v=4ydn27yltRo&feature=youtu.be>

Upcoming Classes and Workshops

Intensive Beginner Qi Gong Workshop

Intensive Qi Gong training 9 hours over three weeks. Register before end of Aug and review materials before the course. For those who register on or before Aug 25th, Saturday, you are invited to attend our complimentary Qi Gong intro class on August 25, from 9 to 10:15 am, so that you will know what you will learn from the workshop. This will also speed your learning process.

Sat Sep 8 & 15, 8:30 am - 12:30 pm at 33 Strathbury St.,
Sat. Sept. 22 from 9 to 10:15 am at McNabb C.C. an hour review class (those who can't make it on this day, can be reschedule for another Saturday)

Cost \$115 includes teaching materials

Email philip.lai@rogers.com call 613-218-0853 to register.

Pinecrest Recreation Centre:

Tai Chi Yang Style 24 Movements Tuesdays starts Sept. 18 (13 classes) 10:45 to 11:45 am course# 1408436 \$130

Beginner Qi Gong Thursdays starts Sept. 20 (13 classes) 10:45 to 11:45 am course# 1408498 \$130

Call 613-828-3118 or visit the centre to register

Plant Recreation Centre:

Free Tai Chi Workshop Sat. Sep 8, from 10:45 – 11:45 am

Email philip.lai@rogers.com to register or for info.

Tai Chi Yang Style Level 1 Thursdays starts Sept. 20 (13 classes) 6:30 pm to 7:30 pm course# 1404340 \$130

Tai Chi Yang Style Level 2 Thursdays starts Sept. 20 (13 classes) 7:30 pm to 8:30 pm course# 1404346 \$130

call 613-232-3000 or visit to register.

Master Lai's Studio, 33 Strathbury St. Tai Chi Yang Style 24 Movements Saturday, Oct. 13 to Dec 1 (8 classes, 12 hr) 10:45 to 12:15 pm, \$120. For more info, please email: philip.lai@rogers.com, visit our website at www.philiplaigong.ca

