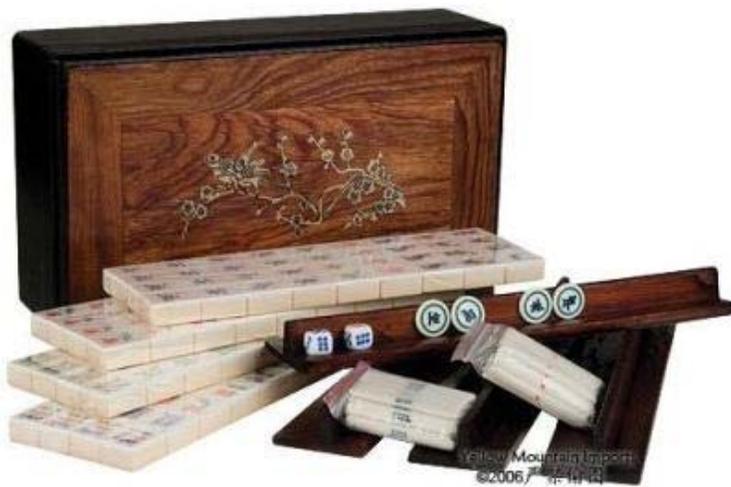


Winter 2008

FREE!

Complementary Health & Exercise



Longevity Exercise

Live long and healthy!

Traditional Chinese Games

What do you do for relaxation and mental stimulation?

Also inside

The True Cost of Smoking in the Workplace

The Meaning of Lucky Bamboo

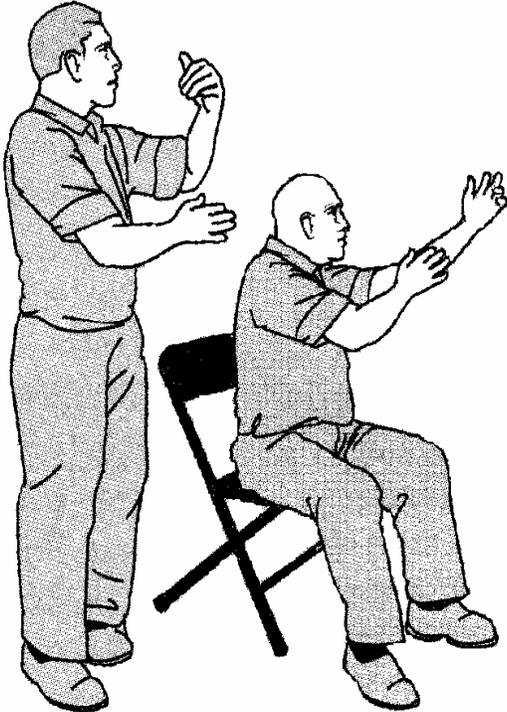
And much more



The Quarterly Magazine bringing you
news and programs on complementary
methods of healthcare and exercise



Simplified T'ai Chi



Simplified T'ai Chi is a gentle, beautiful and flowing exercise routine that is a joy to do, energising and deeply relaxing; it brings health and vitality to all those who practice it.

The class can be done standing or seated as needed. It is suitable for students of all ages and abilities including those that have difficulty walking, standing, cannot stand, or are wheelchair bound.

**Every Thursday at
11:45am beginning
January 17th & March 13th**



We invite anyone with a special need to contact our staff upon registration so that a smooth inclusion may occur

**Call Courts Plus on
630 833 5064
to register**

Discover the Secrets of Chinese Health Balls

Chinese Health Balls can:

- Stimulate the mind, improve memory and promote new brain growth
 - Improve overall health, stimulate blood circulation and reduce blood pressure
 - Improve hand and wrist strength, flexibility, and dexterity
- Reduce stress, promote sleep and relaxation, aid meditation
- Relieve joint stiffness and soreness, relax muscles and joints



FREE!

*Health Balls for
each participant!*

**Their use can prevent and
treat carpal tunnel syndrome,
tendonitis, repetitive strain
injury, arthritis, and
rheumatism and improve
overall health**

Thursday, January 24th @ 4:00pm

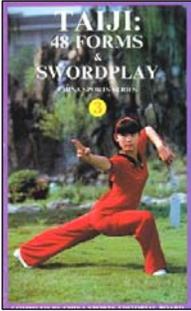
Tuesday, March 8th @ 7:00pm

**To register call Courts
Plus on 630 833 5064**



We invite anyone with a special need to contact our staff upon registration so that a smooth inclusion may occur

Taiji: 48 Forms & Swordplay: \$12.00



Do you have a growing desire to raise your technical standard further by learning something more demanding? The 3rd book in the China Sports Series describes, with over 320 illustrations, the 48 posture form, and the 32 posture sword form. Soft cover.

Gold Lion T'ai Chi Sword: \$60.00

The Gold Lion T'ai Chi Sword is a classic among Kung-Fu style swords. This straight blade T'ai Chi sword measures 34" overall, with a 25½" stainless steel 'unsharpened' blade. The lion head hand guard is made of polished brass. The black cord wrapped handgrip is accented by two yellow and red tassels attached to the end of the sword. A brass tipped scabbard is covered with leather and comes with a chain hanger for easier display.



Hardwood T'ai Chi Sword: \$20.00

Beautifully hand-crafted, this hard-wood broad-sword is designed to have the look and feel of a real T'ai Chi sword but without the weight, hazard or expense. - Great for everyday training.



T'ai Chi Sneakers: \$25.00



As worn by the Shaolin monks! White canvas laced shoe with red and blue stripes and brown plastic sole. The solid sole makes them perfect for T'ai Chi and Qi Gong practice.

All designs, colours, products and prices are subject to availability. See your instructor to place an order.

Complementary Health & Exercise

Winter 2008

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www.7starsma.com

www.worldkigong.com

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Seven Stars
Martial Arts



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Because of the nature of some of the products, services or techniques advertised or discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.

The Wisdom of Confucius



“There may be men who act without understanding why. I do not. To listen much, pick out the good and follow it; to see much and ponder it: this comes next to understanding.”

Editor's Notebook

Welcome to the New Year, and to a resolution to improve your health and well being in 2008. In January we are offering a special three week introduction to Simplified T'ai Chi at the Northeast DuPage Special Recreation Association in Addison. Our growing Elmhurst Memorial Healthcare T'ai Chi classes switch to a larger room at the Center for Health in Lombard. We are also introducing classes at Bensenville Park District.

Our website is growing; it has details of all our classes and programs, along with photographs of our classes, plus articles on health and exercise. All of the articles we collect on T'ai Chi, Qi Gong, Hypnotherapy and Reiki are available to download as .pdf files. Along with the website we have started our monthly e-mail newsletter; you can sign up for that on our website or give an instructor your e-mail address. You'll get the first news about our classes and upcoming events. So take a look at www.7starsma.com today.

We are always looking for contributions and advertisements to help our magazine and website grow, if you would like to contribute an article, or to our website or would like to advertise please e-mail your articles, pictures requests and adverts to info@7starsma.com. We have Instructors available for talks, lectures, and demonstrations; classes are also available to private individuals and groups. Call 630 229 4434 or e-mail us at info@7starsma.com to discuss your requirements.

John Robertson

*He lives most life whoever
breathes most air*

Chinese Health Balls: \$10.00



Available in all sizes from 1¼", through to 2½" in diameter.

In many different styles, our stocks changes frequently, so call to find out what we have available.

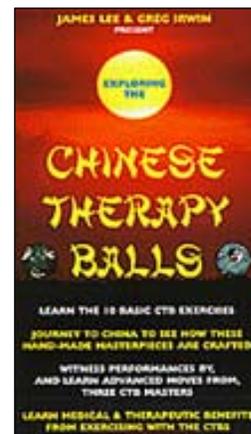
There are many more styles available such as solid jade, marble, wood & chromed solid steel, plus many different styles of cloisonné.

These are available by special order: \$15.00 and upwards!

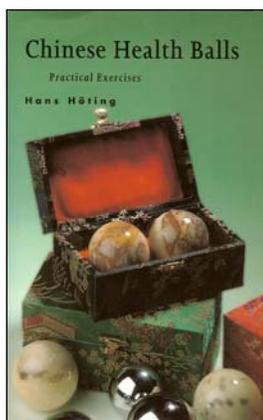


Exploring the Chinese Therapy Balls by James Lee & Greg Irwin: \$30.00

For expert instruction in using your Chinese Therapy Balls, Finger Fitness™ expert Greg Irwin leads you through uses of the balls. The video shows how the balls are manufactured in a visit to one of the factories. Then Chinese Masters demonstrate advanced moves. Commentary is also provided from a certified hand therapist. Available on DVD.



Chinese Health Balls by Hans Hoting: \$11.00



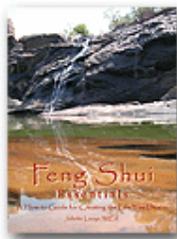
The author discusses meditation exercise, walking exercises, using them for massage, as well as working with the energy in the palms of your hands so that you can strengthen the yin or yang energy in your body. This is a very practical guide.

Available in soft cover.

Feng Shui Essentials: \$20.00

A How-to Guide for Creating the Life You Desire

by Juliette Looye, M.Ed.



Feng Shui Essentials is an extremely user-friendly book that not only presents the basic principles of feng shui but takes readers through a step-by-step process for applying those

principles to their own homes and lives.

Fans of the movies *The Secret* and *What the Bleep Do We Know!?* will especially understand this book's underlying principle that what "matters" to us most becomes the physical matter with which we surround our-selves.

Foot Rubz™: \$5.00

Makes feet and hands feel great in minutes! Roll this unique ball under your feet, in your hands, or over any sore and tired muscles. 160 nubs



provide soothing stimulation that will immediately begin to relax and eliminate tension. You control the depth of massage with applied pressure to ensure the utmost relief of muscle soreness. Small enough to fit in handbag, sports bag, briefcase or desk drawer, this easy-to-use massage ball is great for use any where, any time.

Simplified "Taijiquan": \$10.00

Published as part of the China Sports Series, this is the version practiced by over 95% of the Chinese population. Each move in the form is described in detail, and illustrated with 174 drawings. It also includes sections on the history and evolution of T'ai Chi, a medical assessment, and push hands. Soft cover.



Hypnotherapy Classes

Smoking Cessation

Are you ready to stop polluting your lungs and the air your loved ones breathe? Having bad breath, yellow teeth and bad skin? This is an intense 2½ hour session that has had amazing success. Before you come, throw out all your smoking materials because you will leave a non-smoker.

Saturday, January 26th ~ 10:00am - 12:30pm

Deer Grove Leisure Center

1000 W. Wood Street, Bensenville, IL 60106

Registration: 630 766 7015

Weight Management

There are many different reasons why people find it very hard to become their optimum size. From the unrealistic body size and shape portrayed in the media, to a life long habit of emotional eating. Through this program you will learn how to change those habits, and how to forgive yourself for past mistakes. You will learn how to recognize the difference of being satisfied and feeling full, how to choose the right foods to eat and why a scale is unimportant.

Tuesdays ~ 7:30pm - 9:30pm (5 weeks)

Starting January 29th

Deer Grove Leisure Center

1000 W. Wood Street, Bensenville, IL 60106

Registration: 630 766 7015

Stress Management

Is your job or life stressful? Large amounts of stress on a daily basis can have very serious repercussions to your health and wellbeing. In this 1½ hour session you will be led down into hypnosis where we will anchor the feeling of a calm mind and body in your subconscious. We will then create a trigger that will let you access that feeling in a matter of seconds allowing you to manage your stress.

Wednesday, March 12th ~ 7:00pm - 8:30pm

Courts Plus - A Centre for Sports, Health and Fitness

186 S. West Avenue, Elmhurst, IL 60126

Registration: 630 833 5064

Sports & Performance Enhancement

Focus is the key to achieving success in sports, be it for fun or professionally. Sports hypnosis focuses on relaxation, visualization and the subconscious as key tools to building better performance and to take your self to a higher level.

You will learn how to focus your concentration and put yourself into the zone at will. Those that have the focus to keep their head in the game will come out winners.

Get your head in the game!

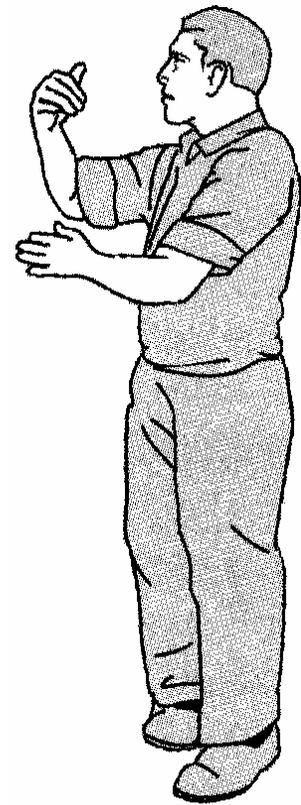
Wednesday, March 26th ~ 6:00pm - 7:30pm

Courts Plus - A Centre for Sports, Health and Fitness

186 S. West Avenue, Elmhurst, IL 60126

Registration: 630 833 5064

T'ai Chi Ch'uan at Courts Plus in Elmhurst



We invite anyone with a special need to contact our staff upon registration so that a smooth inclusion may occur

T'ai Chi is practiced by millions of people everyday who consider it to be an integral part of their lives, giving them good health, a stress-free mind and a flexible body.

**Beginners meet every Tuesday afternoon at 12:30pm;
sessions begin January 15th & March 11th**

**Continuing students meet every Thursday afternoon at
12:30pm, sessions begin January 17th & March 13th**

**Courts Plus - A Centre for Sports, Health and Fitness
186 S. West Avenue, Elmhurst, IL 60126**

Call Courts Plus on 630 833 5064 to register

The True Cost of Smoking in the Workplace

By Darla Tegtmeier ~ October 2007

You hear it all the time. Smoking is very bad for your health. It is the number one killer in preventable deaths. It shortens your life, gives you bad breath, yellow teeth and many other physical characteristics that only a smoker has.

Many companies are giving their employees incentives to stop smoking. They may offer free nicotine patches, support from professionals and other such things. Do they do this because they care about their employees? Well yes they do. It is how ever a business and they need their employees as healthy as they can be. They need their employees to show up for work, to be out due to illness as little as possible and to get back to work as soon as possible after an illness.

The National Cancer Institute data suggests that employers incur costs of a \$1,000.00 per year for every employee who smokes. The costs are a reflection of direct medical claims, absenteeism, and added building maintenance. They further suggest that smokers are absent from work 50% more often than non-smokers, have twice as many on the job accidents, and are 50% more likely to be hospitalized. This is a huge expense.

The Hartford also acknowledges that employers could save the equivalent of \$3.00 in smoking-related healthcare costs and lost productivity for every \$1.00 spent on smoking cessation programs. Even acknowledging that smoking cessation programs are effective only about 10% to 20% of the time; it is clear that the money spent is not "wasted".

Hypnotherapy can greatly increase the odds that a person will quit and stay a non smoker for the rest of their life. How well does it work? The respected scientific publication New Scientist, reporting on research carried out on over 70,000 people, showed hypnosis to be the most effective way to give up the smoking habit.

Getting help to stop smoking with hypnotherapy/hypnosis was found to be 300% as successful as nicotine replacement therapy, and 500% as successful as will power along.

Here are some results from research into the effectiveness smoking cessation methods conducted since the early 90s.

- Single session of hypnotherapy 60%
- Smoking Cessation CD's or tapes alone 30%
- Exercise and Breathing Therapy 29%
- Aversion Therapy 25%
- Acupuncture 24%
- Nicotine patches plus seeing a counsellor 20%
- Nicotine Gum 10%
- Will power alone 6%



The cost of hypnotherapy for smoking cessation can vary greatly. A private session can cost \$200.00 to \$400.00 or more. The wonderful thing about hypnotherapy is that it can be done in a group setting. The number of people that can be treated in one session is only limited to the size of the facility. The cost for a group session can be on a per person fee with the company contributing a portion of the fee or it can be a set amount regardless of the number of people attending. It is always wise to have the employees pay a portion of the cost. There needs to be some monetary pain so to speak. That way the employee has a vested reason to follow through and listen to the reinforcement CD that is handed out at the end of the session. It is of the utmost importance that the persons that are attending truly want to quit. We all know of people that walk around with the patch on their arm and a cigarette in their hand. Nothing will work if the person does not truly want to quit.

If you are an employer and want to help your employees have a better quality of life and at the same time reduce the cost of medical claims, absenteeism and accidents, take into consideration the idea of having a company smoke out for your employees. They will appreciate your concern.

The smoking cessation program that I offer is a one time, 2½ hour, very intense session. Those that truly want to quit will walk in smokers and leave non-smokers. A reinforcement CD will be given to every one at the end of the session.

Hypnosis can treat insomnia, help you quit smoking, improve study habits, nail biting, stuttering, weight management - all without side effects.

Set yourself
free with
hypnosis

Do you have stress in your life?

We all have to deal with stress every day. Stress is a natural part of life. The problem is when we are faced with too much stress for an extended period of time it affects our health. Stress has been linked to high blood pressure, trouble sleeping, chronic fatigue, heart disease, and many more health related issues.

Sitting in front of the television or going on vacation are all well and good but will not reduce the overall affect of stress in your life.

Through hypnotherapy I can teach you how to reduce the negative effects that stress has on your mind and body.

By using the technique I teach you, you will be able to calm yourself in a matter of seconds, making it possible for you to deal with the problem or issue at hand more effectively and efficiently.

IMAGINE, EMPOWER, and ACCOMPLISH

Hypnosis and its uses in the practice of hypnotherapy is rapidly emerging as a highly effective science in solving people's problems. It can be beneficial in many cases as a therapy in itself and is a valuable adjunct in psychotherapy, psychiatry, and medical care.

If it is needed, or if you've been diagnosed with a specific medical or emotional problem. A professional referral will be required.

Before your first visit you will have a thirty minute consultation. You will learn about hypnosis and all your questions will be answered. Your interests and desires will be discussed and your goals defined. Through the course of three sessions you will learn self-hypnosis. You will then be able to use this incredible tool for future goals.

Private sessions and group rates are available.

Mission Statement: To help people achieve a better quality of life using hypnotherapy alone, or as an adjunct to other therapies.

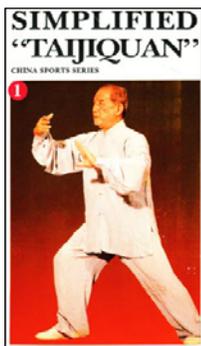


Tegtmeier Hypnotherapy
81 Stratford Drive
Bloomington, IL60108

Phone: 847-334-1580
Fax: 847-930-1350
E-mail: darla@7starsma.com



Simplified “Taijiquan”: \$10.00



Published as part of the China Sports Series, this is the version practiced by over 95% of the Chinese population. Each move in the form is described in detail, and illustrated with 174 drawings. It also includes sections on the

history and evolution of T'ai Chi, a medical assessment, and push hands. Soft cover.

T'ai Chi Sneakers: \$25.00

As worn by the Shaolin monks! White or black canvas laced shoes with red, white and blue stripes and a brown plastic sole. The solid sole makes them



perfect for T'ai Chi and Qi Gong practice.

T'ai Chi Slippers: \$10.00

Our T'ai Chi slippers are an extremely lightweight shoe featuring a very flexible synthetic rubber sole and a rubberised canvas top.



These are especially suitable for Qi Gong, T'ai Chi, Yoga or Kungfu training!

T'ai Chi Trousers: \$15.00

These loose fit cotton trousers with an elasticated drawstring waist, allow you to move more freely and make practice easier and more comfortable. Available in black, white and blue to order. As worn by your instructors.

Traditional Chinese Games

What do you do for relaxation and mental stimulation?

If you stroll through the streets of any Chinese community you'll see and hear people playing traditional Chinese games for relaxation, fun and much more. You will also see many interested onlookers watching and commenting on the strategies and moves of the players.

What are these games the Chinese play? Why do they play them? And why are Chinese traditional games like these so popular?

Ancient board games like chess (xiang qi), encirclement chess (wei qi), which is similar to chess, and checkers (tiao qi) are popular board games. Tile games such as mahjong (majiang) and dominoes (gu pai) are also keenly played - just walk by virtually any apartment block, day or night, and you're sure to hear the loud click-clack of mahjong tiles being moved about.

Chinese tile games and board games are not only enjoyable, they are also challenging. They require the players to use their brain, which is why middle-aged and elderly Chinese in particular like to play them regularly.

According to traditional Chinese longevity principles, playing games that are fun, relaxing and mentally challenging is an ideal way to maintain and improve your mental health and help slow the decline of old age. While you may not enjoy games like chess or checkers, it is important that you have your own ways of relaxing and stimulating your brain.

*The common saying, "Use it or lose it",
definitely applies to your brain!*

Other methods of stimulating the brain include the use of Chinese Health Balls. Learning to manipulate the balls in different patterns challenges the brain in different ways to traditional Chinese games. The practice of T'ai Chi Ch'uan stimulates the mind to learn, and also allows it to meditate.

Challenging the brain with new or different tasks improves brain function. In order for an activity to be considered challenging, three conditions must be met:

1. It needs to engage your attention.
2. It must involve more than one of the senses.
3. It must break a routine activity in an unexpected, nontrivial way.

Continued on page 22

PARKS & *Villa Park* Recreation



T'ai Chi is practiced by millions of people everyday who consider it to be an integral part of their lives, giving them good health, a stress-free mind and a flexible body.

Beginners meet every Tuesday morning at 10:30am; a new session begins March 11th

Continuing students meet every Thursday morning at 10:30am, a new session begins March 13th

At the Iowa Community Centre in Villa Park

338 North Iowa Avenue, Villa Park, IL 60181

Call 630 834 8970 to register

T'ai Chi Ch'uan

Reiki and Balance

By Jane Van De Velde, RN, N.D. ~ Reiki Practitioner & Teacher - October 2007

Life can be a balancing act. Most days, we are juggling work responsibilities, school, children's schedules, chores at home, committee meetings, and sports activities. There is the challenge of maintaining physical balance by trying to eat right, exercise regularly and still get enough sleep and rest. Emotional balance means coping with worry, anxiety, and even fear. Everyday life can feel very stressful. Achieving and maintaining balance on a day to day basis can be an overwhelming task for some people.

Unrelieved stress in our daily lives can impact negatively on our physical and emotional health. Medical science has shown that stress contributes towards increased sympathetic nervous system activity which puts adrenaline, cortisol and other stress related hormones into our system. In contemporary life, we respond to these hormones with the "fight or flight" reaction in the same way that our ancestors did as they worked to survive a hostile physical environment. Today, we are dealing with more emotional threats, i.e., conflict at work or home, traffic jams, juggling schedules. Stress is insidious and can contribute towards developing high blood pressure, diabetes, heart attacks, and ulcers.

Recognizing that imbalances exist in one's life is important. It then takes committed action to make the necessary life changes to move towards balance. It takes time, persistence and patience to make these changes. Sometimes it even takes courage.

There are many tools that can help us shift towards equilibrium. Within the domain of complementary therapies, there are modalities that can relieve stress, help us to relax, and open our hearts and minds to the intuitive wisdom that exists in each of us. Some examples include meditation, yoga, T'ai Chi, massage, guided imagery, and Reiki.

Reiki is a natural, simple healing method that allows the practitioner to direct life force energy into the body and the energy field of the receiver. The purpose and intent of Reiki energy is to support movement towards balanced functioning on every level-physical, emotional, mental, and spiritual.

"Reiki is believed to rebalance the biofield, thus strengthening the body's ability to heal and increasing systemic resistance to stress. It appears to reduce stress and stimulate self-healing by relaxation and perhaps by resetting the resting tone of the autonomic nervous system." (Miles & True, 2003, p. 65)¹

Reiki can be easily learned by anyone and used for self treatment on a daily basis. It is gentle, always available and it will unconditionally support the greater good of the receiver.

I asked several of my Reiki friends and students to describe how Reiki helps them to maintain balance in their lives. Each of these women offers Reiki to themselves on a daily basis.

Pam: "The sense of well-being that comes from Reiki has personally brought me to new levels of balance physically, emotionally and spiritually in many ways. I always experience feelings of peace and calm after a treatment. The energy of Reiki helps me to move into a place of being whole and present."

Elene: "Reiki moves me towards balance because it's something just for me. To be able to simply receive this energy is a lovely and wonderful gift. It also helps me to connect with my spiritual self. I leave my Reiki sessions feelings calm, relaxed, and centered."

Luann: "Reiki has always given me a sense of empowerment. I don't always feel in control, peaceful, or balanced, but my Reiki practice has gone a long way toward making those attributes a reality in my daily life."

Sue: "If I am treating myself with Reiki for thirty minutes or even five minutes, the results are the same. I can better concentrate on living in the present moment instead of living in the past or the future. This decreases my tendency towards anxiety and helps to balance my personal and work life by putting all those 'responsibilities and duties' in their proper place."

Clarice: "I am so grateful to have Reiki in my life. It helps me to deal with worry and being angry, two things that I have always been good at. Using Reiki every day, I ask for guidance and healing for my highest and greatest good. I feel more balanced. Spiritually, Reiki has taught me a new way to pray which I find very comforting. I am so grateful."

Reiki is one tool that can help us to relax, to relieve stress and begin to bring healing energy into our lives. The philosopher Lao Tzu said that "the journey of a thousand miles begins with a single step." Take that single step today and begin to bring balance into your life.

¹ Miles, P. & True, G., "Reiki-review of a biofield therapy, history, theory, practice and research." *Alternative Therapies*, 2003 March / April; 9(2): 62-72.



~Reiki~



Reiki is a Japanese technique used for stress reduction and relaxation. It can promote personal well-being, balance and self-improvement. Reiki is safe, gentle and non-invasive.

Jane Van De Velde, RN, ND
Reiki Practitioner &
Teacher

Services Available:

Private Reiki Sessions

Reiki In-Home Services

Presentations for Community Groups

Reiki Classes:

Level I

Level II

Level III-Advanced Reiki

Jane Van De Velde has been a registered nurse for thirty years.

She has experience in a variety of areas; geriatrics, hospice, home care, continuing education, public speaking and program management. Reiki is her most recent area of interest and expertise.

For more information or to schedule a class or session,
contact Jane Van De Velde

Phone: 630-244-8141

Email: janevdv@sbcglobal.net

Longevity Exercise

'Longevity Exercise' or Bo Kun Jahng Soo Gong is an ancient set of Qi Gong exercises whose origins have been lost. They require little movement and may also be done seated by those that need to. Although best if practiced as a set, individual exercises may be performed as and when needed. All the exercises should be performed while smiling.

1. Warm Up Exercise

Place your feet together, hands outstretched at sides of body. Raise both hands (palms facing up, unless you have high blood pressure in which case palms are facing down) up to shoulder level while raising your left knee up to your waist level. Repeat 8 times.

2. Eye Vitalization

Stand with feet shoulder width apart. Rub your hands together until you build up heat. Place the center of your palms over your eyes. Quickly pull your palms away from the eyes as you open your eyes wide. Repeat 8 times.

3. Face Massage

Rub your hands to build Ki. Rub your face with the palms of your hand from the bottom upward. When your palm reaches your forehead, continue to move your hands through your hair while your fingers scratch your scalp all the way to the back of your head. Continue rubbing down to the back of the neck. Repeat 8 times.

4. Opening Ki Cavities

Tap your entire head with your fingertips repeatedly. If there is a sensitive area on your head, focus on that area more. Repeat 36 times.

5. Sight Improvement

Rub your palms together to gather heat. Place your palms on the eyes and rub firmly in a clockwise direction 8 times and then counter clockwise 8 times.

6. Vitalize Your Eye Bags

Rub your eye bags from inside to outside. Repeat 8 times.

7. Temple Vitalization

Place your thumb tips firmly at each temple and circle forward 8 times. Repeat backward 8 times.

8. Eye Lid Vitalization

Place your thumbs at your temples. Using your index fingers, rub your eyelids inside to outside 8 times.

9. Nose Bridge Massage

Males - with your left thumb and left index finger, pinch the bridge of the nose (inside corner of the eyes) and massage 8 times. Females use right hand.

10. Vitalizing Your Nose

Rub the inner edges of your hands together. Then place the inner end of your hands on either side of the outer nose and rub upward 8 times.

11. Ear Vitalization

Using your index and middle fingers, rub your ears up and down firmly so you can feel heat. Repeat 8 times.

12. Hearing Improvement

Using the index fingers, push in at the holes of the ears in a circular motion then pull the fingers out fast. This stimulates the eardrums and improves hearing. Repeat 8 times.

13. Ridding Of Your Negative Qi

Hold your ear lobes firmly with your thumbs and index fingers. Hold your breath. Pull down on your ear lobes and bend your knees as you press your energy into your dan jun while you bend. As you bend, yell from the dan jun

and expel all your negative ki from the dan jun area. Your head should be kept straight during this exercise. Never bend your neck. Repeat 8 times.

14. Vitalizing Your Mouth

Place your index fingers at the outside edges of your mouth and push upward. Repeat 8 times.

15. Stimulating Your Philtrum

Using the edge of your left index finger, rub your upper lip area while your right index finger rubs your lower lip area. Repeat 8 times.

16. Tap The Teeth And Swallow The Saliva

With mouth slightly open, tap your teeth 36 times (this produces saliva in the mouth). Swallow 1/3 of your saliva slowly as you feel it move down to the dan jun. Then another 1/3 slowly, then the final 1/3 slowly. Massage your gums by circling your tongue 8 times to the left and 8 times to the right.

17. Vitalizing Your Windpipe

Using your left palm for males and right palm for females, massage your throat in a downward motion. Repeat 8 times.

18. Vitalizing Your Upper Qi Junction

Using the left thumb for males and right thumb for females, massage the bottom of your throat. Repeat 8 times.

19. Release The Tension In Your Shoulders

Using your right hand, tap the top of your left shoulder while your left hand taps your left kidney. Repeat 8 times then proceed to the opposite side.

20. Stimulate Your Kidneys

Bend knees slightly and bend head forward while placing your hands against your kidneys. Rub up and down on your kidneys while bouncing your body slightly to increase stimulation. Repeat 8 times.

21. Knee Stimulation

Position your feet together and place your palms on top of your kneecaps. Rub your kneecaps while circling both knees to the left. Repeat 8 times and then circle right while rubbing 8 times.

22. Revitalization Of Blood Circulation In The Lower Body

Position your feet shoulder width apart, toes pointing forward. Raise your arms to the sides, shoulder high as you slowly inhale through the nose. Then lower the body by bending the knees and exhale through the mouth slowly. Immediately tap three points on your body (hips, inside of thighs and side of legs) as you lower your body until your knees are bent as far as you can manage. Raise your body slowly upward again while inhaling. Repeat 8 times.

23. Striking The Kidneys

Tap both kidneys with the back of your fists. Repeat 8 times.

24. Tapping The Knees

Tap your kneecaps with your palms. Repeat 8 times.

25. Qi Adjusting Exercise

Rub your hands together until heat is generated and then massage your abdominal area upward and downward. Repeat 8 times.

26. Settling Your Qi Energy

Using the left palm clockwise for males and the right palm counter-clockwise for females, circle your dan jun area while breathing slowly. Repeat 8 times.

Practice and enjoy these exercises, the more you practice the better your results will be. They can be practiced alone or incorporated into a Qi Gong or T'ai Chi Ch'uan regimen easily to compliment and enhance your practice. Just remember to smile! For the best results consult an instructor certified by the World Ki Gong Club.

T'ai Chi Audio CD's!

These are the perfect audio accompaniment to your T'ai Chi practice at home. Each audio CD takes you through each of the postures as if you were in class. Also included are inhale/exhale tracks of 4, 5 and 6 seconds so you can time your practice.

**Beginners
T'ai Chi ~ Part 1**



An audio CD to aid practice at home when learning The Yang Style Short Form

Beginners
T'ai Chi ~
Part 1 or Part 2
: \$5.00

**Beginners
T'ai Chi ~ Part 2**



An audio CD to aid practice at home when learning The Yang Style Short Form

**T'ai Chi ~ The
Complete Form**



An audio CD to aid practice at home when learning The Yang Style Short Form

T'ai Chi ~ The
Complete Form
: \$10.00
Simplified
T'ai Chi
: \$10.00

**Simplified
T'ai Chi**



An audio CD to aid practice at home ~ includes standing and seated versions

See your Instructor to
purchase your copy
These are only available
to students!



Rainbow Massage Therapy

Therapeutic massage is a way of bringing about a sense of wellbeing, assisting the body by moving towards a better state of balance.

The massage therapy atmosphere: Is professional and private, offering you a welcoming environment created for your comfort. It includes lighted candles, aromatherapy and soft music. The massage table is fully dressed with soft linens and a blanket.

Massage has been known to:

- + Relieve muscle soreness or tightness
- + Reduce muscle spasm
- + Address delayed muscle soreness
- + Reduce pain around scar tissue
- + Help with joint and muscle flexibility
- + Relieve tension headaches
- + Assist with relief of chronic pain
- + Assist with blood circulation
- + Assist the lymphatic fluid process
- + Reduce stress
- + Bring about a feeling of calmness
- + Be described as a mini vacation

30-Minute Session \$35.00

45-Minute Session \$45.00

These shorter sessions are for a partial massage, to target a specific area.

60-Minute Session \$55.00

This session is a full-body massage, including the head, neck, shoulders, arms, hands, legs, feet and back. This type of massage may also provide a nice tension-releasing and relaxing experience.

90-Minute Session \$65.00

This is the same session as a full-body massage, and the extra time may be used to address any special problems.

Rainbow Massage Therapy
747 E Nerge Rd. Unit B,
Roselle, IL 60172
(630) 295-9171

By appointment only

Rainbow Massage Therapy
(630) 295-9171

Present this
coupon and get
\$10.00 off your
first massage
[One coupon per person]

開運竹

Lucky Bamboo

Is now available from your instructor.

We can now provide Lucky Bamboo in any number of stalks, from one to twenty-one. We have a constantly changing variety of pots and displays. Call us or speak to your instructor to discuss your requirements.

Prices start at \$6.00 for one stalk in a small pot.

Green Green Plant Food

Green Green Plant Food will keep your bamboo healthy and promote bright green leaves and stems. Lucky Bamboo will survive on water alone but thrives with this fertilizer.

\$2.00 each, or \$9.00 for five.



Call 630-229-4434
or speak
to your
instructor
to discuss your
requirements

Lucky Bamboo

The number of lucky bamboo stalks has different meanings and brings different beneficial factors into your life. The ingredients for a successful life are happiness, wealth and longevity.

ONE: stalk brings good fortune.

TWO: stalks bring love.

THREE: stalks bring happiness, wealth, and longevity they also represent the past, present, & future.

FOUR: stalks is not used, it is considered bad luck as the number four sounds like the word "death" in Chinese.

FIVE: stalks represent the five different parts of life from which wealth spurs.

SIX: stalks, which sounds like "Luck" in Chinese, brings prosperity and favourable conditions.

SEVEN: stalks bring good health.

EIGHT: stalks sounds like "Fah" which means to grow, thrive brings growth, wealth and abundance.

NINE: stalks bring general good fortune

TEN: stalks represent completion and perfection

TWENTY-ONE: stalks of Lucky Bamboo offer a very powerful all purpose blessing.

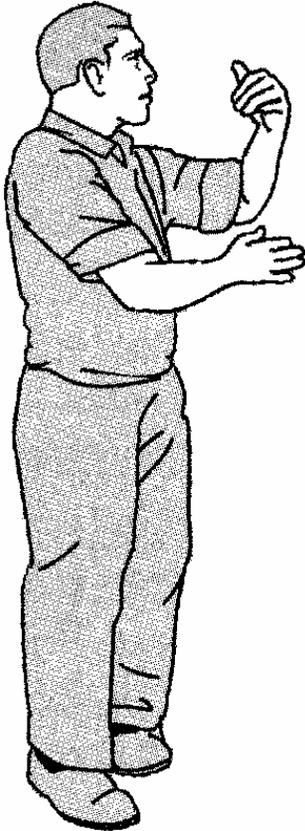
Lucky bamboo is often seen growing in unusual twisted, curved, or spiralling forms, these enhance its appeal and sense of mystery.

The plant does not grow this way naturally. The curving shapes are produced by laying the plants on their sides, with light directed from the top and shielded from each side, causing them to grow in one direction only toward the light and opposite gravity. The plants are rotated regularly to encourage the spiralling form. Naturally, this is a time-consuming and labour-intensive process which justifies the somewhat higher prices commanded by shaped lucky bamboo.



In the next issue, Caring For Your Lucky Bamboo.

Beginners T'ai Chi



Enjoy a happier, healthier, and more harmonious life through the practice of T'ai Chi Ch'uan.

T'ai Chi Ch'uan can relax the body, reduce stress, release tension, and you can expect a feeling of positive energy to flow through your body.

T'ai Chi Ch'uan is proven as the most effective way to delay the onset of falling.

At the Elmhurst Memorial Health Center in Lombard

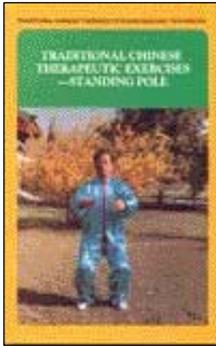
At 2:00p.m. every Tuesday afternoon, our next classes begin January 15th & March 11th Also Saturday mornings at 9:00a.m. beginning on March 8th

Elmhurst Memorial Lombard Health Center
130 South Main Street, Lombard, IL 60148

Call Carematch on 630 782 7878 to register

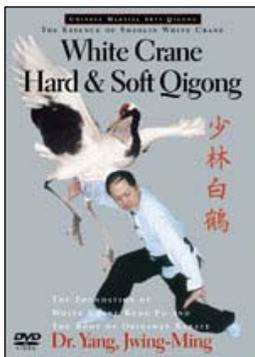
Traditional Chinese Therapeutic Exercises - Standing Pole: \$10.00

Standing Pole Exercises are a unique form of the ancient Chinese tradition of Qi Gong practiced by people of all ages and physical conditions. These exercises involve calisthenics which incorporate mind and body and constitute a very simple and effective system for the treatment of illness and the development of overall health and fitness. Fully illustrated.



White Crane Hard & Soft Qigong By Dr. Yang, Jwing-Ming: \$70.00

Shaolin White Crane Hard Qigong strengthens muscles, tendons, and ligaments and develops the strength and flexibility of the torso and spine. Shaolin White Crane Soft Qigong trains you to be soft, relaxed, and coordinated. It also promotes smooth Qi flow and builds robust health and longevity. Soft Qigong promotes good health of the spine and helps to keep the waist and torso fit and flexible. On DVD.



T'ai Chi & Simplified T'ai Chi Audio CD's: from \$5.00

These are the perfect audio accompaniment to your T'ai Chi practice at home. Each CD takes you through each of the postures as if you were in class. Also included are inhale/exhale tracks of 4, 5 and 6 seconds so you can time your practice.

Questions & Answers

Our experts answer all your questions on health and exercise.

Q: What is Reiki? T.M.

A: Reiki 靈氣 is a Japanese technique for stress reduction and relaxation that promotes healing. It is administered by the laying on of hands, and is based on the idea that Qi (Chi or Ki) flows through us and is what causes us to be alive. If your Qi is low, then you are more likely to get sick or feel stress, and if it is high, you are more capable of being happy and healthy.

Reiki was (re)discovered by a Japanese Tendai Buddhist named Mikao Usui in 1922 after a twenty-one day retreat on Mount Kurama, involving meditation, fasting, and prayer. Usui claimed that by mystical revelation he had gained the knowledge and spiritual power to apply and attune others to what is called Reiki. Many years earlier, as a young monk, Usui had studied kiko (the Japanese equivalent of Qi Gong), and practised a healing method based on that discipline.

The name Reiki derives from the Japanese pronunciation of two Japanese characters that describe the energy itself: '靈 rei meaning universal or spiritual and 氣 ki (Chi or Qi) meaning energy or life force.

Q: How should I look after my lucky bamboo? L.W.

A: Lucky bamboo is happy to grow without soil in a few inches of water. It prefers moderate or indirect light; avoid direct sun which will scorch the leaves. Temperatures should be between 65–95°F. Fresh, clean, chlorine and fluoride free water is essential to maintain the plants, the roots should always be wet or moist. Replenish the vase with fresh water every 7–10 days. Feeding every 3–4 weeks with liquid fertilizer is sufficient.

Send your questions to chilsungmoodo@yahoo.com

Traditional Chinese Games

Continued from page 10

To best keep your mind stimulated your brain active and healthy, make sure you use many different methods; puzzles, games, meditation, exercise and proper nutrition. Mental exercise has been reported by neurologists to reduce your chance of developing Alzheimer's disease by 70%. Everyone should spend at least 20 minutes, 3 times a week, doing mental exercise.

Remember these Laws of Brain Longevity:

- The brain is flesh and blood, just like the rest of the body.
- What works for the heart works for the head.
- A healthy mind and body can resist and fight disease
- Healthy lifestyle choices make a positive difference.

Continuing T'ai Chi

Continue your T'ai Chi practice with sections five to eight, completing your study of the 24 posture form.

Learn new postures, advanced techniques, take your practice further.

Take your composure, relaxation, and balance to new levels.



At the Elmhurst Memorial Health Center in Lombard

At 2:00p.m. every Thursday afternoon, classes begin January 17th & March 13th

Elmhurst Memorial Lombard Health Center
130 South Main Street, Lombard, IL 60148

Call Carematch on 630 782 7878 to register

Can Your Chronic Headaches Actually Disappear?



If You Knew How to Make Them *Vanish*,
How Long Would You Put Up With the PAIN?
Take This Simple Headache Test! p. 2

Headache SECRETS?

If you're planning for a treasure hunt, you know that one of the best places to hide the "loot" is right out in the open.

It's like our HealthSource® headache "secrets," which aren't really secrets at all—they only *seem* that way because most folks know nothing about them. It's like hiding in plain sight!



And when some of the nastiest headaches—even the crippling ones—seem to vanish like a magician's rabbit, our headache solutions seem almost *mysterious*.

That's how it was for Linda. At first, she was just frustrated—and it wasn't only her headaches. It was trying to describe all the weird sensations she had in her head and neck. It was like the...

House of Mirrors!

One minute it was her neck, the next minute her forehead. It was like being in the house of mirrors where nothing is the same for more than a minute. She even had:

- a dull pain—like a toothache at the back of her neck
- an indistinct pressure in her forehead and sinuses
- vague throbbing in her temple—like a little heartbeat
- a general fuzzy feeling in her head

Why She Had an MRI

It wasn't like she *wanted* a \$3000.00 test. But she started wondering if

there might be something more serious going on—something no one could see. And Linda just kept wondering...

"Why Can't They Fix My Headaches?"

Well, the MRI showed nothing, which was good, but the headaches were still there—day after day, night after night.

So she decided to try a different approach—before they sent her for more testing. She'd heard about a chiropractor who didn't just "crack your neck," but unlocked the muscles, taught stretches, and did rehab, so you'd *stay* better.

Despite being skeptical, Linda found it really worked. When she was pain free, here's what she said...

"It's so great to get rid of those lousy headaches, and it didn't take very long. I also know how to take care of myself at home so if I'm under stress, I just do a certain stretch and the headaches don't come back. I'm so grateful."

Was it MAGIC?

Definitely not, even though it seemed like it to Linda. It was straightforward anatomy and body mechanics.

But one thing that seemed sort of mysterious was the way the pain would shoot from the back of her neck to her forehead when the doctor touched a spot.

He said it came from muscles called the suboccipitals, which is a fancy way to say they're under the base of the skull.

It's a place where nerves can get squeezed and cause nasty headaches...

That's why it took more than just a "crack", more than just a stretch and more than just rubbing her muscles for Linda to get better—and stay that way.

It took what's called a **combination approach**—treating all the areas in a coordinated way—to get at the root of the problem. Otherwise pain killers and muscle relaxants might help.



The Mystery Muscle?

Here's a picture of what Linda like to call the *mystery muscle*—even though it isn't a mystery.

This muscle isn't mysterious but the pain can be!

This muscle can also lock up the little bones (called vertebra) in your neck and prevent normal movement—which tightens the muscles even more. It can cause a vicious cycle of headaches.

A "Hidden" Cause of Bad Headaches

It turns out that even the nastiest...

SEE NEXT PAGE FOR HIDDEN CAUSE →

\$189.00 HEADACHE Exam! X-Rays Free if Needed

Why a special exam just for Headaches? Because it usually involves a number of different problems. So we have a special 19-point exam to carefully examine:

- spine -pinched nerves -muscles
- tendons -trigger points
- range of motion -joint -ligaments
- reflexes -even X-RAYS are FREE

Your exam is FREE for a limited time - until March 31, 2008 - but the usual charge is \$189.00

092407

This offer is part of a community outreach educational program.

("Causes," continued from 1st page)

...headaches can be the easiest to eliminate. And again, they only seem hidden and mysterious when you don't know where to look. So let's check out...

"Sit Up Straight"— A Simple At-Home Test For Headaches

This test solves the mystery of why posture is so critical to health.

Sit in a chair and have someone look at you from the side. Have them imagine a line running straight down from your ear. It should go *through* your shoulder but if it goes in **FRONT**, we may have found the cause of your chronic headaches.



Why? Because this position, called the "head-forward posture," *scrunches* all the muscles, joints and nerves right where the back of your head meet the neck. And that's why most headache treatments are like...

A Shopping Cart With A Sticky Wheel!



If you've ever tried to push a cart that pulls and jerks, you know it takes all 4 wheels working smoothly to get you to the checkout.

And it usually takes correcting different pieces of the headache puzzle—muscle, spine, joints—to get rid of the pain—like we did for Dan:

"Saved me from CLUSTER HEADACHES!"

"I had cluster headaches every night for at least four to five years. I tried ice packs, pain killers, hot packs, sleeping, cold water and migraine medications. I couldn't even go to evening events, drive a car (at night), watch TV, read or eat. Now I enjoy my evenings and don't worry about a headache coming on."

—Dan Henline

Are You Settling for an "Illusion"?

You see, a cover-up pill for pain or muscle relaxants just gives you the *illusion* of getting better—no more real than a clever card trick or pulling the rabbit out of the hat.



That's why we work with what's **REAL** at HealthSource®. We always analyze multiple areas—head, neck, shoulder and spinal balance—during our 19-point **FREE EXAM**. We also do a detailed analysis of:

- muscles -joints -tendons -posture
- pinched nerves -ligaments -spine
- balance -range of motion -spasm
- *even X-RAYS are included if needed

The "Real" Nitty- Gritty of PAIN!

Once we've decided what you need, we get down to the brass tacks, the bottom line and the real nitty-gritty of your pain. With **Progressive Rehab™**, we treat:

- ▶ **BOUND UP MUSCLES:** they don't support the spine properly if they're weak from imbalances—then movement causes pain
- ▶ **LOCKED JOINTS:** when spinal joints haven't been moving freely they continue to stiffen and ache even more
- ▶ **TORTURED TENDONS:** tight muscles pull too hard on the attached tendons
- ▶ **NERVOUS NERVES:** even a little pinching on a nerve—from the neck being "out" or tight—can really hurt
- ▶ **PITIFUL POSTURE:** unless old patterns are corrected, the pain will usually come back in no time flat

"Migraine Mystery" Solved!

"I fell down the stairs at my house which gave me my migraine headaches. I was put on all types of meds and at one point took 9 pills a day and was still waking up almost daily with headaches. I would miss out on a lot of social and work activities. It really started affecting my mood and outlook of life for me. My migraines would at times put me in the ER with an IV and morphine for pain. I believe the chiropractic care weekly in combination with the strength training program and the electrotherapy has been life altering for me. At HealthSource®, everyone makes you feel welcome and happy to see you." —Rhonda Mitchell

How YOU Can Get "Magic" Headache Help!

The "magic" part is bringing the check (see below) to your HealthSource® Clinic—it works just like it's really \$189.00 bill. Use it to:

- ▶ Clear out the "BRAIN-FOG" like a cool wind on a hot summer day!
- ▶ Clear the DEPRESSION...feel alive & energetic again!
- ▶ Clear your thinking...focus like a laser!
- ▶ Clear the FEAR...so you get up in the morning without dread and anxiety.

So don't wait 'till your head explodes! Get rid of the pounding, the pressure and the pain... clear out the fog, the fur and the fuzz...get your brain unscrambled by bringing in our "magic" check below. But **HURRY**, it's only good for a week! And if you start treatment with us, we promise you'll be satisfied or your money back—there's no risk to you!

HS HealthSource®
Chiropractic & Progressive Rehab™

Dr. Amanda Borré
2S610 State Route 59, Suite 9
Warrenville, IL 60555
630-393-2828

This offer is part of a community outreach educational program.

HS HealthSource®
Chiropractic & Progressive Rehab™

092407

Date: March 31st 2008

PAY TO THE
ORDER OF: _____

Amount: \$ 189.00

One Hundred Eighty-nine Dollars and Zero Cents*****

6 1 8 7 1 8 5 6 8 7 2 0 1 9 0 2 9 6 8 0 1 0 1 0 5

Dr. Borré, D.C.

***This check is not of cash value and must be presented at time of initial visit. This credit is applied to an orthopedic neurological exam, x-rays, and consultation.

YES!

I want a postal subscription to 'Complementary Health & Exercise'

Please enter my subscription beginning with the

_____ issue.

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Address _____

City _____ State _____ Zip _____

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Evening Phone _____

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\$10 for one year (4 issues)

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Money Order _____

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Send your payment along with this form to:

John Robertson
2 S 525 Route 59
Warrenville, IL 60555
U.S.A.

Paypal payments to:
robertson_j@hotmail.com

Where to find your FREE! copy of 'Complementary Health & Exercise'

Dr Anita Balodis M.D. F.A.A.F.P.
Holistic Family Practice
103 Haven Road,
Elmhurst, IL 60126
630-833-2080

Borré Chiropractic
2 S. 610 Route 59,
Warrenville, IL 60555
630-393-2828

**Courts Plus - A Centre for Sports,
Health and Fitness**
186 S. West Avenue, Elmhurst, IL 60126
630-833-5064

Cottage Hill Dental
135-B Addison Avenue,
Elmhurst, IL 60126
630-530-7998

Eagle Academy of Martial Arts
2 S. 525 Route 59,
Warrenville, IL 60555
630-393-0033

Eagle Academy of Martial Arts
881 Shoreline Drive,
Aurora, IL 60504
630-825-5425

Elmhurst Library
125 S Prospect Ave, Elmhurst, IL60126
630-279-8696

**Elmhurst Memorial Health Education
Centre for the Community of Villa Park**
318 S Ardmore Avenue,
Villa Park, IL 60181
630-993-0881

**Elmhurst Memorial Hospital
Volunteer Office**
185 Berteau Avenue,
Elmhurst, IL 60126
630-833-1400

Elmhurst Periodontics
465 Spring Road,
Elmhurst, IL 60126
630-530-4710

If you would like to become a distributor
of 'Complementary Health & Exercise'
please contact us at 630 229 4434



T'ai Chi Ch'uan



T'ai Chi Ch'uan is characterised by slow, graceful movements.

The gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, flexibility, co-ordination, & strength, and reduce blood pressure.

At Eagle Academy in Warrenville

Beginners meet every Monday at 9:15a.m.,
classes begin January 14th & March 10th

Advanced students meet every Wednesday at
9:15a.m., classes begin January 16th & March 12th

Eagle Academy of Martial Arts

2 S 525 Route 59, Warrenville, IL 60555

Call Eagle Academy on 630 393 0033 to register

Class Calendar & Programs

Elmhurst

Courts Plus
- A Centre for Sports,
Health and Fitness
186 S. West Avenue
Elmhurst, IL 60126

Beginners T'ai Chi
Thursdays, 12:30pm - 1:30pm

January 17th (6 weeks)

March 13th (6 weeks)

Continuing T'ai Chi
Tuesdays, 12:30pm - 1:30pm

January 15th (6 weeks)

March 11th (6 weeks)

Simplified T'ai Chi
Thursdays, 11:45am - 12:30pm



January 17th (6 weeks)

March 13th (6 weeks)

**Discover the Secrets of
Chinese Health Balls**

Thursday, January 24th
4:00pm - 5:00pm

Tuesday, March 8th
7:00pm - 8:00pm

Stress Management

Wednesday, March 12th
7:00pm - 8:30pm

**Sports & Performance
Enhancement**

Wednesday, March 26th
6:00pm - 7:30pm

Registration: 630 833 5064



All our classes are suitable for students of all abilities; the symbol indicates classes specially recommended for students with special needs.

Lombard

**Elmhurst Memorial
Lombard Health Center**
130 South Main Street,
Lombard, IL 60148

Beginners T'ai Chi
Tuesdays, 2:00pm - 3:00pm

January 15th (6 weeks)

March 11th (6 weeks)

Beginners T'ai Chi
Saturdays, 9:00am - 10:00am

March 8th (5 weeks)

Continuing T'ai Chi
Thursdays, 2:00pm - 3:00pm

January 17th (6 weeks)

March 13th (6 weeks)

Registration: 630 782 7878

Warrenville

Eagle Academy of Martial Arts
2 S. 525 Route 59
Warrenville, IL 60555

Beginners T'ai Chi Ch'uan
Wednesdays, 9:15am - 10:15am

January 14th (6 weeks)

March 10th (6 weeks)

Continuing T'ai Chi Ch'uan
Mondays, 9:15am - 10:15am

January 16th (6 weeks)

March 12th (6 weeks)

Registration: 630 393 0033

All classes require a minimum number of students to run, times and dates are subject to change.

Villa Park

Iowa Community Centre
338 North Iowa Avenue
Villa Park, IL 60181

Beginners T'ai Chi
Tuesdays, 10:30am - 11:30am

March 11th (6 weeks)

Continuing T'ai Chi
Thursdays, 10:30am - 11:30am

March 13th (6 weeks)

Registration: 630 834 8970

Addison

**Northeast DuPage Special
Recreation Association**
1770 W. Centennial Place
Addison, IL 60101-1076

Introduction to T'ai Chi
Tuesdays, 11:00am - 12:15pm



January 8th (3 weeks)

**Registration: 630-620-4500
630-620-7477 (TTY/TDD)**

Bensenville

Deer Grove Leisure Center
1000 W. Wood Street
Bensenville, IL 60106

Smoking Cessation

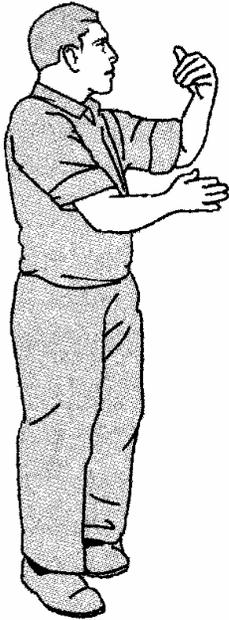
Saturday, January 26th
10:00am - 12:30pm

Weight Management
Tuesdays, 7:30pm - 9:30pm

January 29th (5 weeks)

Registration: 630 766 7015

Building health and vitality through classes in



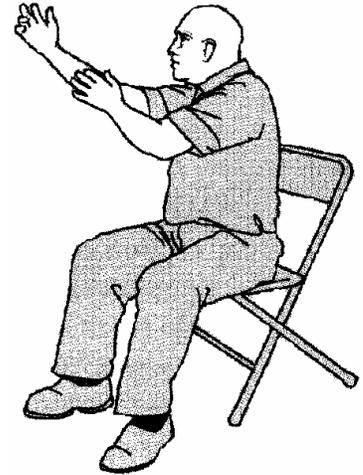
T'ai Chi Ch'uan

Simplified T'ai Chi

T'ai Chi Sword

Qi Gong

Chinese Health Balls



Seven Stars Martial Arts
2 S 525 Route 59
Warrenville, IL 60555
www.7starsma.com
info@7starsma.com

He lives most life whoever breathes most air

