

# Complementary Health & Exercise

Summer 2008

FREE!

## Keeping a Gratitude Journal

## Reiki and Gratitude

## “Ankle-Pump Practice”

The Quarterly Magazine bringing you news and programs on complementary methods of healthcare and exercise. Exercise for life!



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**FREE class Wednesday July 9<sup>th</sup> 9:15am!**

**Eagle Academy of Martial Arts**

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~ To register call 630 830 4040

**Thursday, August 21<sup>st</sup> at 7:00pm**

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students!

## Complementary Health & Exercise

Summer 2008

Editor/Publisher  
John Robertson

630 229 4434

john@7starsma.com

www.7starsma.com

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## The wisdom of Confucius



"He does not preach what he practices till he has practiced what he preaches."

## Editor's Notebook

This is an exciting time for us; we have a new T'ai Chi programme starting in September at Roselle Park District; both our Chinese Health Balls classes have been taken up by The Reiki Council, The Infinity Foundation, Earthsong in Wisconsin, Warrenville Park District and the College of DuPage.

Keep an eye on our calendar for those dates.

We have added a Simplified T'ai Chi class with Villa Park Parks and Recreation. Our simplified version is a great introduction to T'ai Chi, students may choose to stand or sit as needed. A beautiful flowing exercise; designed to open your energy meridians and improve your energy, it gives health and vitality to all who practice it.

In this issue we take a look at gratitude, what it is and how it can affect your life. For those who have difficulty walking try "Ankle-pump Practice", a way to help with circulation, diabetes, gout, eyesight, cirrhosis of the liver, palsy, heart attack, constipation, backache, hypertension, and athlete's foot.

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](mailto:info@7starsma.com).

*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.

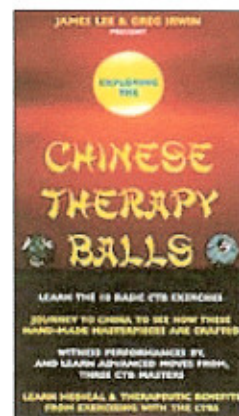
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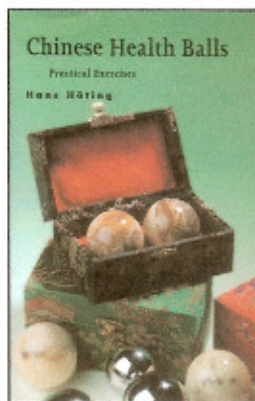


## Exploring the Chinese Therapy Balls by James Lee & Greg Irwin: \$30.00

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## Chinese Health Balls by Hans Hoting: \$11.00



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or see your instructor

# Keeping a Gratitude Journal

*'Learn a more positive way of thinking, and appreciate the things you have'*

John Robertson - January 2008

## Who and what do we appreciate?

A recent study has found that people who keep a gratitude journal, in which they wrote down the things they are grateful for, were less likely to be stressed and unhappy than those people who did not keep a journal.

*"Today I am grateful for being safe and provided for."*

*"Today I am grateful for all the wonderful people in my life who challenge me to think differently."*

*"Today, I am grateful for my life and my health."*

family members, friends, colleagues, strangers, and those who have come before us have made our daily life easier, our existence freer, more comfortable, and even possible.

## What is a gratitude journal?

A gratitude journal is a private and personal tool used to express your thoughts and feelings. Each day you write down the things that you can be grateful for. Because everyday there are things that happen to us, and for us, that make us grateful.

## Why is gratitude good?

Gratitude strengthens social ties, telling someone you are grateful for them in your life, for what they have done, for who they are is a very powerful expression of caring and love. Telling a stranger who has given you something; directions, good service, or a smile; that you are grateful for what they have done and given you is another form of connection and strengthening social ties.

## Why should I keep a gratitude journal?

Because in two months you will not be the same person you are today after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law; the more you have and are grateful for, the more will be given to you.

Because so much of human life is about giving and receiving, gratitude is an essential concept for social interaction. The famed sociologist Georg Simmel declared that 'gratitude is the moral memory of mankind'. He went on to say 'if every grateful action, were suddenly eliminated, society would crumble'.

Writing a gratitude journal can be a great way of learning a more positive way of thinking. They help you to really appreciate the small things in life, and to appreciate the things that you have, instead of the things that you don't have.

Gratitude also increases your sense of personal worth. When you experience gratitude, you understand that another person wishes you well, in turn, you feel loved and cared for. When someone has incurred a personal cost by helping you, then how can you not conclude that you have value in that person's eye?

## What do I put in my journal?

Some days your list may be filled with wonderful things, however most days will be just simple joys. Such as: You feel good about....., people who touched your life, what you did to brighten someone's day, goals and ideas you set for a brighter tomorrow, thoughts on family or friends, the small things, the sun coming out, the first swallow of spring, the autumn leaves.

## What am I grateful for?

In today's society we tend to take everything for granted. We assume that we alone are totally responsible for all the good that comes our way, and that we are not responsible for our actions. After all, we have earned it, haven't we?

There may be rough days when you think you have nothing to be grateful for. On those days, go back to your basics: your health, your family, their health, your pets, your home, your friends, you may even be grateful that the day is over. Every day there is always something to be grateful for.

We would not be who we are today, or where we are in life without the contribution of others. Many

*We usually don't give gratitude much thought - with one notable exception; Thanksgiving.*

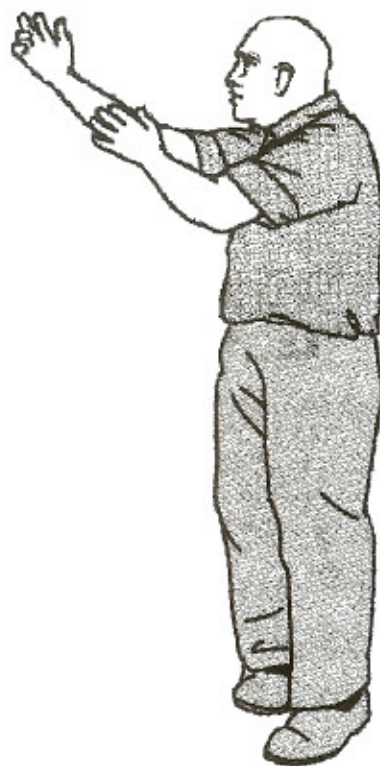
Real life isn't always perfect, or always go our way, however the recurring acknowledgment of what is working in your life can help you not only survive, but surmount your difficulties, and become a better person.



# ROSELLE PARK DISTRICT

T'ai Chi Ch'uan is characterised by slow, graceful movements. These gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, flexibility, coordination, & strength, and reduce stress & blood pressure.



New class begins at 9:00am  
Tuesday, September 9<sup>th</sup>  
Call 630 894 4200 to register today

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Clauss Recreation Center  
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been designed to help stimulate the main acupressure points in your hands to reduce pain and cramping, while improving flexibility and mobility. This durable ring is great to have while stuck in traffic...waiting at the doctor's office...or next to your favorite reading chair.

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## Notable Figures in T'ai Chi Ch'uan History: Yang Jian Hou ~ 1842-1917

Yang Jian, called Jian Hou, was nicknamed Jian Hu and called "3<sup>rd</sup> Son" until his later years when he was referred to as just "old man".



Yang Jian Hou

Born in 1842, he started studying Tai Chi Ch'uan with his father at a young age. Under the strict requirements of his father he would practice hard all day. Frequently feeling that he could not endure it any longer, he tried several times to run away. It was clear that working hard daily at practicing gongfu under his father's watchful eye caused his skill to greatly improve. Finally he became a man of great talent.

Jian Hou took his father's old frame and revised it into the medium frame. Jian Hou possessed a highly developed martial art skill and was agile in his T'ai Chi form. His T'ai Chi Ch'uan was a harmonious blend of hard and soft. He was especially talented at issuing internal energy.

He also mastered the saber, spear, sword and other weapons. His sword skill was renowned for combining softness and hardness. Jian Hou even mastered using pellets (dan4). He would hold three or four in his hand at one time and when thrown simultaneously each would strike a different bird in flight. He earned the fame of not wasting one pellet when thrown.

Jian Hou's eye-body coordination was superb and his movements were very fast. He was once among a crowd of spectators in an opera theater in Beijing, watching an actor perform with a sword. The actor suddenly lost control of the weapon and it flew out of his hands in Yang Jian Hou's direction. So quick was Jian Hou's reaction that he not only managed to ward off the sword, but also caused it to be flung back onto the stage.

His character was very warm-hearted. Whenever Yang Jian Hou competed and trained with others, he never looked light-heartedly upon anyone; therefore, he too was never defeated. Unlike his elder brother, Ban Hou, he was loved and respected by his many students because he was a gentle and patient teacher.

Yang Jian Hou had three sons, Yang Sau Hou, Yang Zou Yuan and Yang Cheng Fu.

Continues next issue:





Summer  
2008

# **PARKS &** Villa Park *Recreation*

T'ai Chi Ch'uan is characterised by slow, graceful movements. These gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, flexibility, coordination, & strength, and reduce stress & blood pressure.

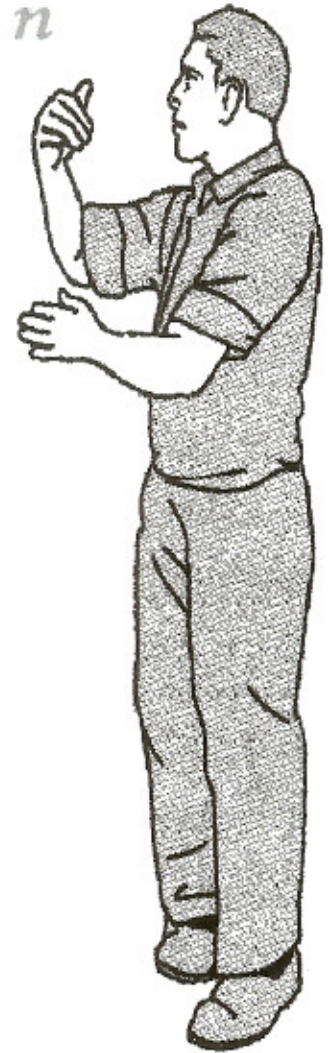
Beginners meet every  
Tuesday at 2:00pm; new classes begin  
June 24<sup>th</sup> & September 2<sup>nd</sup>

Continuing students meet every  
Thursday at 2:00pm; new classes begin  
June 26<sup>th</sup> & September 4<sup>th</sup>

Free sampler class August 26<sup>th</sup>  
Call 630 834 8970 to register today

**Iowa Community Centre**

338 North Iowa Avenue, Villa Park, IL 60181



# T'ai Chi for life!

# “Ankle-Pump Practice”

## The invention of “Ankle-Pump Practice”

“Ankle-Pump Practice” was invented by Inagaki Amisaku who was born in Japan in 1938. He suffered from kidney trouble and diabetes in his youth. While he was searching for the cure, he saw a leaf blown by the wind and he got an idea from this; it is very hard for a tall tree to suck water up to its top. No matter how hard it tries, capillary action allows it to absorb water to only 4' to 6' up the trunk.

Mr. Inagaki noticed that leaves have shapes that are easy to receive wind. From this, he got an idea that the absorption may be aided by the pumping caused by the leaves swinging up and down by the wind. He discovered that the most important thing for the smooth circulation of blood in the body is pumping venous blood back to the heart by moving the ankle up and down. The calf muscle then contracts repeatedly pumping venous blood back to heart. He named this principle “Ankle-Pump Practice”.

## The beginnings of “Ankle-Pump Practice”

In the beginning, most people doubted its healing effect. However, you will be amazed by its healing effect within the first week. First, you will be able to sleep deeper, experience less fatigue, and your stiff neck will loosen. Second, you will find the circulation of blood in your body gets better. And third, you will begin to develop silky skin due to the improved blood circulation.

More than five thousand people with various diseases have visited Inagaki's house in a residential district of Lichy Hyun. They were suffering from cirrhosis of the liver, high blood pressure, parkinsonism, a brain tumor, diabetes, kidney trouble, heartache etc. For some of them, their doctors said that they were in the stage of illness beyond medical treatment. However, these people recovered from the serious disease by simply practicing “Ankle-Pump Practice”.

## Mr. Inagaki says...

- Poor circulation of blood may lead to many kinds of illness. Blood circulating freely keeps every cell healthy, but only if there is a balance between the amount of blood pumped by heart and the amount of blood

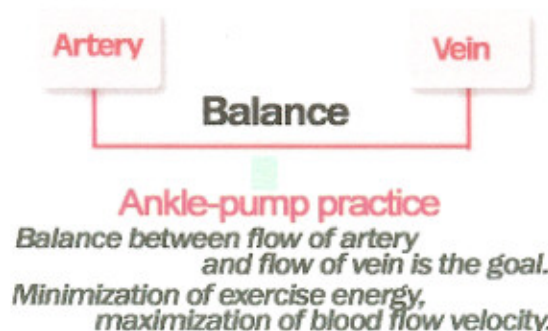
returning to heart.

- Blood flows down the body, but doesn't flow up sufficiently in a sick body. As a result, the accumulated waste matter brings illness to the body. It is natural to get into trouble with the organs when blood doesn't return from the liver, kidney, pancreas and intestines due to the waste matter accumulated inside of the organs. This can also lead to various symptoms such as constipation, headache, frequency of urination, insomnia, shortness of breath.
- Then why doesn't the blood in flow in the veins? That's because blood can't circulate smoothly with the heart itself.
- How does the blood of a healthy person return to the heart? He thought a human being moves his or her leg up and down just like a leaf swings in the wind. In that way, the circulation of blood in whole body is promoted and the body begins to feel light. When you walk, your foot operates like a pump. Mr. Inagaki says; “Ankle-Pump Practice” promotes the circulation of blood, as if you are running, by stimulating the ankles in a lying or sitting posture.
- By the time you go to bed, your whole body is filled with waste matter due to fatigue. If you practice “Ankle-Pump Practice” two hundred to five thousand times, the blood circulation of your whole body is promoted. Therefore, waste matter is eliminated from the system leading you to a good night sleep. If you have matter inside the system, you can't have a deep sleep. It is not the matter of hours you sleep, but the quality. If someone doesn't have deep sleep, their blood gets dirty and dirty blood prevents them from sleeping deeply. In this way, they can develop chronic diseases.

## “Ankle-Pump Practice” from a dynamic point of view

The speed of a dropped leg is zero at the moment when ankle hits the floor. The ankle is flexible, so the end of foot repeats this motion by the force of inertia. Mr. Inagaki calls this ‘Lever Theory’. In other words, it is “The Principle of Whip”.

If you bring a whip down without aiming



any target, it is no more than a band. It doesn't either hurt or leave a mark. However, if you whip abruptly aiming something, the end of whip gets to have a speed that is several times faster than the one generated by the hand.

So if you think of the leg as a whip, then the speed of motion at the end of foot is as fast as the one when you run with all your might. This is how "Ankle-Pump Practice" promotes the circulation of blood.

The end of foot is spread causing the Achilles' tendon to contract. By repeating the motions, the calf muscle is spread and contracted repeatedly, promoting the pump operation of ankle.

In this way, pump operation makes blood circulation clean. As a result, you will be able to improve digestion, sleep, bowel movements, and also enhance natural healing to the extreme degree. It also helps the kidneys purify the waste matter inside the body.

As a result, you will find yourself becoming healthier. Once you begin, you will realize that the circulation of blood in your body is being promoted and your health will improve.

**Who can benefit from "Ankle-Pump Practice"?**  
"Ankle-Pump Practice" is good for modern people who hardly walk, or those that cannot walk, or are bed-ridden. It promotes the circulation of blood throughout the whole body.

Those who have difficulty sleeping should try "Ankle-Pump Practice" two or three times before going to bed (It helps you to sleep deeply).

If you have high blood pressure, your blood pressure will drop as you continue your practice.

Some people have even recovered from the serious illness which doctors have given up treating. And others say even helped them to lose weight.

"Ankle-Pump Practice" can help with; diabetes, gout, eyesight, cirrhosis of the liver, palsy, heart attack, constipation, backache, hypertension, and athlete's foot.

#### **When to practice**

Practice Ankle-pump practice two to three times on an empty stomach such as right after wake-up, before meals and before going to bed.

#### **Getting ready**

Take a piece of wood, a PVC pipe, or a stalk of bamboo that is approximately 30cm (12") in

length, and 6~10cm (2½"-4") in diameter. You may also roll old newspaper up to 7~8cm (2¼"-3¼") in diameter and use that.

Cover the roller with a towel so that you may drop your leg without fear of getting hurt.

#### **Beginning your practice**

Lie on your back (or sit) placing your ankle on the roller.

Press the roller with the left leg so that it does not move.



Lift the right foot (opposite the heart), about 20cm to 30cm (8-12") from the ground and gently bring it down on the roller.

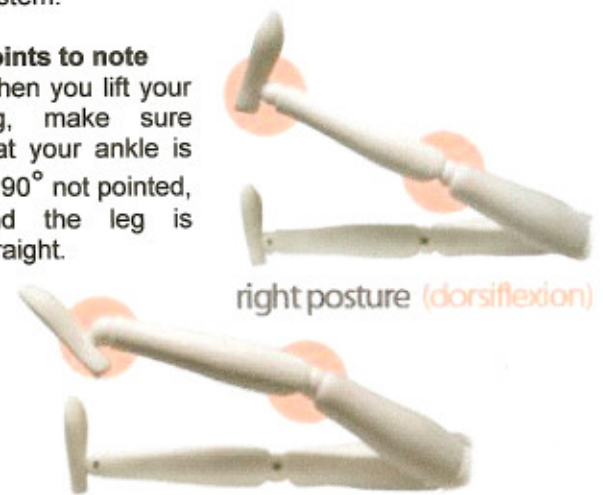
Repeat the motion about 25 times.

Then change to the left leg and repeat.

Drink a glass of warm water after exercising; it helps the elimination of waste matter from the system.

#### **Points to note**

When you lift your leg, make sure that your ankle is at 90° not pointed, and the leg is straight.



wrong posture (plantarflexion)

Continued on next page

# T'ai Chi ~ Exercise for LIFE!

Tai Chi is practiced by millions of people everyday, who consider it to be an integral part of their lives, giving them good health, vitality, a calm stress-free mind and a strong, flexible body.



Tai Chi is proven as the most effective way to improve balance and delay the onset of falling. Feel relaxed and energized.

Beginners meet every Thursday afternoon at 12:30pm;  
classes begin August 14<sup>th</sup> & September 25<sup>th</sup>

Continuing students meet every Tuesday afternoon at 12:30pm;  
classes begin August 12<sup>th</sup> & September 23<sup>rd</sup>



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

**COURTS PLUS**<sup>SM</sup>

186 S. West Avenue, Elmhurst, IL 60126  
Call 630 833 5064 to register

## “Ankle-Pump Practice”

Continued from previous page

Don't exert your strength on the foot so that the foot may shake when it is dropped.

Don't overdo it. “Ankle-Pump Practice” is 100% effective as long as you practice it steadily.

“Ankle-Pump Practice” is not an exercise for muscle, so don't use your strength. Also, be careful not to hurt any bone.

The elderly, women, and children can use rolled newspapers or towels.

“Ankle-Pump Practice” has a marvelous effect only if you perform it minimum number of times (at least 500) steadily. If you practice Ankle-pump practice for the treatment of a disease, it is okay to practice “Ankle-Pump Practice” more than two hours.

### Suggestions

In the beginning, some people may just place their Achilles' tendon on the roller. However, they will get to drop their ankle as days go by. Increase the number gradually.

It is better to change legs after practicing “Ankle-Pump Practice” dozens of times rather than alternating legs each single time. If you change legs every single time; it becomes an exercise for muscle rather than the circulation of blood.

Keep in mind that Ankle-pump practice is designed for the circulation of blood. In some cases, it is okay to drop both ankles at the same time.

It is ideal for you to practice Ankle-pump practice 600 times for each leg each day.

## Questions & Answers

Our experts answer all your questions on health and exercise.

What are Chinese herbs? H.J.

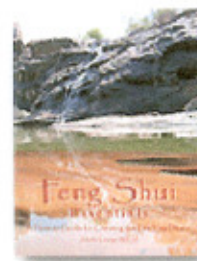
Ancient Chinese herbal formulae are as effective now as they were when first introduced more than 2,000 years ago. Most formulae consist of up to eighteen different types of herbs. The formulae treat a wide variety of diseases while stimulating the body's natural healing abilities. Chinese herbs have demonstrated excellent results with patients who failed to respond to conventional pharmaceutical treatments.

Send your questions to [info@7starsma.com](mailto:info@7starsma.com)

## 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.

## Standing Pole Exercise: \$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.



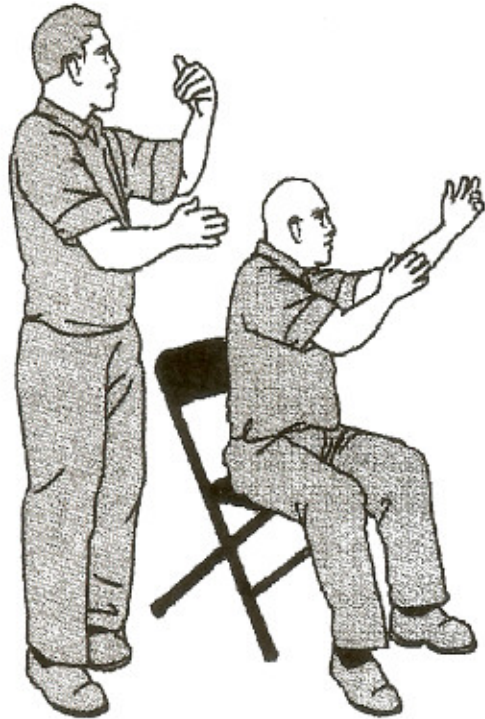
## Simplified “Taijiquan”: \$10.00

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.



To order  
630-229-4434 [www.7starsma.com](http://www.7starsma.com)

# 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 is suitable for students of all ages and abilities, and allows students to choose to be seated or to stand.

Every Thursday at 9:00am

Every Thursday at 11:30am

Community Recreation Building  
320 East Wildwood Street,  
Villa Park, IL 60181

Courts Plus  
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Elmhurst, IL 60126

Beginning September 4<sup>th</sup>  
*Free class August 28<sup>th</sup>!*

Beginning August 14<sup>th</sup> and  
September 25<sup>th</sup>

Call: 630 834 8970

Call: 630 833 5064



**PARKS &** Villa Park  
Recreation



## Reiki and the Power of Gratitude

By Jane Van De Velde, RN, ND

Reiki is a Japanese technique that is used for relaxation and stress reduction. It was founded by a man named Dr. Mikao Usui who discovered the way to access and use Reiki energy. An important aspect of Dr. Usui's healing system is the Five Reiki Principals which include the concept of practicing daily gratitude.

Dr. Usui taught his students that spiritual awakening was just as important as physical healing. He encouraged his students to live a "proper life" using the Reiki Principals as the foundation along with regular meditation, self-cleansing and self-treatment.

The Five Reiki Principals were adapted by Dr. Usui from poems by the Japanese Meiji Emperor. There are different versions of the Reiki Principals but stated most simply, they are as follows: *Just for today, \*do not get angry, \*do not worry, \*be grateful, \*work hard and \*be kind to others.* These are straightforward, ethical concepts that are inherent in many belief systems around the world.

Let's further reflect on the Reiki principal of gratitude. A simple definition of gratitude is the "quality or feeling of being thankful and appreciative". We have many opportunities to express gratitude in our daily lives but if we mindfully practice gratitude, it can be transformative and actually developed as a skill.

Research has shown that feelings of thankfulness have tremendous positive value in helping people cope with daily problems and achieve a more positive sense of self. Grateful people tend to have higher vitality and optimism, and suffer less stress and episodes of depression. Grateful people tend to be more spiritually aware and appreciative of the web of life that surrounds and supports them.

According to Gregg Krech, "To cultivate gratitude, we can actually develop a practice of gratitude and become more skilled in being grateful... We must develop a new habit of attention—to notice the concrete ways in which the world supports us each day. And we can then develop a new habit of speech—expressing our gratitude to others."

Krech goes on to describe three simple things that we can do to exercise our gratitude muscle. 1. **Notice:** Wake up, look around you. What is going on? Come to the present, to the here and now. 2. **Reflect:** Reflect on what you see. Can you see opportunities, situations, people to whom you can express gratitude? What is being done to support you in some way? 3. **Express:** Quite simply, express gratitude.

There are many ways to cultivate daily gratitude. For example, begin each day with a simple prayer, "Thank you for this day which is about to unfold." Then end each day with gratitude no matter what kind of day you have had. Find the blessings, however small. Sometimes this can be a challenge but will help you to keep things in perspective. Keep a gratitude journal - every day write three or four things for which you are grateful. Consciously, with full awareness express your gratitude and appreciation to the people you care about: tell them you love them, thank them for all the things they do for you. In return, show them small acts of kindness. Take notice of what is happening around you and be grateful for all the little miracles that can make up any day...the first flowers of spring, a beautiful evening sky, a wonderful meal shared with friends, your favorite song on the radio.

Continued next page



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

# 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.**

### Services Available:

**Private Reiki Sessions  
Reiki In-Home Services**

**Presentations for  
Community Groups**

**Reiki Classes:**

**Level I**

**Level II**

**Level III-Advanced Reiki**

**For more information or  
to schedule a class or  
session, contact**

**Jane Van De Velde**

**630-244-8141**

**jane@7starsma.com**

**www.7starsma.com/reiki**

# NUMB HANDS? Tender Wrists? Fingers Tingle When You Drive?

My hand is killing me!

## The **5** WARNING SIGNS of CARPAL TUNNEL Syndrome ...and what to do if you're in pain right NOW!



### Even the Best Doctors Make This Mistake!

If you cut a finger or bump your knee, there's no need to guess where the trouble is. It's right where it hurts! That's why carpal tunnel syndrome is so tricky. Because the source of the pain may NOT be where you feel the aching, tingling, and numbness. Many regular doctors make this dangerous mistake.

The pain can actually be a smokescreen, and the source of your misery may be hiding somewhere else... which we'll get to that in a minute. But first, let's see where you can get help—from...

### The Hidden Pain Experts!

Since the source of carpal tunnel pain is tricky, it takes special training to track it down. That's why HealthSource® is your 1st choice. Because we know what to do if you've got...

#### WARNING Sign #1: "Electric" Fingers!

The pattern in this picture shows where you usually feel pain—in the thumb, and middle finger and mostly on the front side. But it usually starts "upstream" in your arm, shoulder and neck where it may be easy to correct. It's the same with:



#### WARNING Sign #2: Wrist "Toothache"!

Your wrist may feel swollen, tender and achy in front. So the good news is it's probably NOT carpal tunnel—if the pain is on the back of the hand, wrist or arm. And...we've helped hundreds of these carpal tunnel cases, so don't give up even if you don't remember what it was like to feel good.

Back then you could:

- pick up a dime on the counter
- button your shirt without fumbling
- work all day on the computer
- sleep without shaking your hands
- write out checks without cramping

That's what normal hands can do—PLUS the grip is strong and you can do whatever you need to do without even *thinking* of your hands.

That's what Irene Gholson said it was like after finally getting relief at our HealthSource® Clinic:

### She Got Her "Body" Back!

*"I had pain in my neck and shoulders, numbness in my arms and hands, pain in my low back and down my legs. I went to my primary care physician to try to find out what was wrong. They couldn't help me. They gave me different kinds of medication. None of it helped. At HealthSource, they adjusted my spine and had me do exercises. They have helped get the pain under control. I feel much better now."*—Irene Gholson

It's what may be in store for you if you take advantage of our FREE EXAM which we'll get to after:

#### WARNING Sign #3: Does Your Neck Look This Bad?

Now of course, you can't know if your neck looks like this without an x-ray. But



the trouble with *this* x-ray (by the way x-rays are FREE with our limited-time exam) is that it's as straight as a stick when it should have a nice gradual curve. Experts believe the straight neck, besides causing headaches and neck pain, can lead to...

#### FASTER ARTHRITIS!

It doesn't always happen but tons of folks with headaches have this neck problem without knowing it, so it's important to find out—and why not find out FREE? Now for the 4th...

#### WARNING Sign #4: "Vise" in Forearm!

What we mean by a "vise" is the feeling of tightness and pressure that grabs your arm. And it's worse if you push the mower or trim the bushes—like a boa constrictor's got you! And the best chance of releasing that grip? The HealthSource® combination approach that blends the most powerful healing techniques from chiropractors, therapists and trainers:

- MUSCLE: release techniques to restore balance, flexibility and free trapped nerves and stiff joints
- BONE: chiropractic adjustments that unblock the stiffness in your spine—the source of ALL nerves that go to joints and muscles
- TENDON: pain-free therapies to soothe and support fast, lasting healing
- NERVE: state-of-the-art nerve release to get you well faster and stay that way so you need fewer treatments
- REHAB: to strengthen weak muscles and to help repair old injuries...so you don't fall back into old patterns right away. So if this is the BEST way to get better, what would be the worst? Take a look:

### The BIGGEST Blunder for Numb Hands

These arrows are pointing at all the areas involved in carpal tunnel syndrome. The biggest blunder consists of treating only ONE area when more are involved. Even surgery will seldom give complete relief (sometimes none at all) because it doesn't fix the problems back up in the arm and neck.

Besides...if you only have one area treated, you'll most likely still be struggling with the next painful warning sign:

#### WARNING Sign #5: Asleep at the Wheel

It's a toss up between which is worse—having your hands wake you up at night or have them go to sleep while you're driving. But neither one is much fun. The good news is that both respond well to the Progressive Rehab™ combination approach offered exclusively at HealthSource® Clinics. Then you won't have to say:

### "LOOK MA! No Hands!"

As a 7-year old showing off on your bike, it was fun to scare your parents by letting go of the handlebars—and yelling at your mom. But it's a whole different story when it *feels* like you've GOT no hands—when you can't grip a pen or use the mouse at the computer. Wouldn't you rather be able to:

- use ONE hand to grab the milk jug instead of two?
- rake, hammer and saw without lightning shooting up your arm?
- hold the grand-kids without having to change hands constantly?

- sleep through the night in any position...aahhh...finally!
- shake hands without cringing

With the HealthSource® approach, there's no chance of infection from surgery, no ugly scars, and no pills to make you sick. You may also avoid what one patient said was...

### "The Most Painful Thing I've EVER Done!"

Have you ever heard of an EMG? It stands for electromyogram—but this fancy test boils down to sticking needles in a muscle up by your neck and one further down by your wrist.

Then they run a current from one to the other to see if there's a blockage along the way—like seeing if someone is stepping on a garden hose. It can be excruciatingly painful. The trouble is...even if the test is positive, we can often correct the arm, hand and wrist problems WITHOUT SURGERY.

### Why A "Brace" Will NEVER Fix Your Wrist!

Now, just think, if your wrist is getting locked up and muscles are stiffening around the nerve, will a brace—that keeps it from moving—get it freed up and flexible again? No way! So don't wait until you can't even pick up the phone to call us—the FREE EXAM is only good for a week. And don't settle for a temporary fix like the pills, the braces or the surgery. Take care of the whole problem—the hand, wrist, arm and neck. Call now and try our...



Don't wait for disaster to strike before you call!

### The Carpal Tunnel Repair Kit

That's what Progressive Rehab™ is like—the complete repair kit!

**FREE!**

### UNDER CONSTRUCTION CARPAL TUNNEL REPAIRS

Don't be fooled by what you've been told—that there's nothing to be done for you! Just bring in this coupon for a FREE EXAM. It's a \$199.00 value, but expires on March 28, 2008. But...not only do you get our FREE, detailed, 19-point exam, you also get our TRIPLE PLEDGE, which means:

- You must get in the same day you call, or your first treatment is absolutely FREE.
- If you DO decide to work with us, you MUST be delighted with your entire experience—every step of the way—or you get YOUR MONEY BACK!
- If you find a better PLEDGE, you get a week of free treatment—no questions asked—no risk to you!

There's more. Don't put it off! If you're one of the first 7 people to call, we'll give you a soothing 1/4 hour massage!

This offer does not apply to federal insurance beneficiaries.

**HealthSource®**  
Chiropractic & Progressive Rehab™

WARRENVILLE 630-393-2828  
VILLA PARK 630-691-1234  
WESTMONT 630-323-2225  
WILLOWBROOK 630-887-9400



## Advertising

Adverts are available in the following sizes:

Standard ¼ page - H4.6" x W3.3"

Horizontal ½ page - H4.6" x W6.9"

Vertical ½ page - H9.6" x W3.3"

Full page - H9.6" x W6.9"

All advertising must be in Microsoft Word format, preferably in an appropriately sized text box.

Magazine schedules and copy deadlines:

Winter issue - includes January, February, March  
- published November 31<sup>st</sup> - deadline October 31<sup>st</sup>

Spring issue - includes April, May, June  
- published February 28<sup>th</sup> - deadline January 31<sup>st</sup>

Summer issue - includes July, August, September  
- published May 31<sup>st</sup> - deadline April 30<sup>th</sup>

Fall issue - includes October, November, December  
- published August 30<sup>th</sup> - deadline July 30<sup>th</sup>

Contact us at [info@7starsma.com](mailto:info@7starsma.com)  
or 630 229 4434 for rates

### Reiki and the Power of Gratitude

Continued from previous page

Expressing gratitude and being mindful of all the abundance in our lives is essential in the practice of Reiki. Everyday, I am grateful for the many blessings that Reiki has brought to my life.

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.

- Johannes A. Gaertner

### An Angel of Light

Can you see the subtle light moving around you?  
Can you hear a whisper voice in the quiet of the night?

Can you feel a gentle touch on the edge of your shoulder?

Do you know this is your angel of light?

Each step you take on your life's path, this angel goes before you, and still somehow keeps watch from behind,

Sharing your dreams and your sorrows, hearing your thoughts and feeling your heart.

Ever present, in day or night, faithfully beside you, your angel of light!

Pamela Spera - June 6, 1996

# YES!

## I want a mail subscription to 'Complementary Health & Exercise'

Please enter my subscription beginning with the

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U.S.A.

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# RAINBOW MASSAGE THERAPY

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.

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

By appointment only

THE THERAPEUTIC MASSAGE IS A WAY OF BRINGING ABOUT A SENSE OF WELLBEING, ASSISTING THE BODY BY MOVING TOWARDS A BETTER STATE OF BALANCE.

## RAINBOW MASSAGE THERAPY

PRESENT THIS COUPON AND GET \$10.00 OFF YOUR FIRST MASSAGE  
ONE COUPON PER PERSON

Parents Get  
In Shape  
Kids Have Fun!



30  
Days  
Free

Free  
Introductory  
Class

With this coupon. Not valid with other offers.

With this coupon. Not valid with other offers.

**Eagle Academy of Martial Arts**  
**Two Great Locations!**

881 Shoreline Dr. • Aurora    2 S 525 Route 59 • Warrenville

(located inside American Gymnastics

minutes from Fox Valley Mall)

(corner of Rt 59 & Batavia Rd.

behind Burger King)

630-825-KICK (5425)

630-393-0033

*Teaching Families Core Values And Life Lessons  
In A Clean, Safe, Family-Friendly Atmosphere!*

# 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

August 14<sup>th</sup> (6 weeks)

September 25<sup>th</sup> (6 weeks)

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

August 12<sup>th</sup> (6 weeks)

September 23<sup>rd</sup> (6 weeks)

**Simplified T'ai Chi**  
Thursdays, 11:30am - 12:15pm

August 14<sup>th</sup> (6 weeks)

September 25<sup>th</sup> (6 weeks)



**An Introduction to  
Chinese Health Balls**

Thursday, August 21<sup>st</sup>  
7:00pm - 8:00pm

**Registration: 630 833 5064**

## Roselle

**Clauss Recreation Center**  
555 W Bryn Mawr Avenue,  
Roselle, IL 60172

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

September 9<sup>th</sup> (6weeks)

October 21<sup>st</sup> (6weeks)

**Registration: 630 894 4200**

## Warrenville

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

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

July 9<sup>th</sup> 2008 (6 months)

January 7<sup>th</sup> 2009 (6 months)

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

October 6<sup>th</sup> 2008 (6 months)

April 14<sup>th</sup> 2009 (6 months)

**Registration: 630 229 4434**

## Bartlett

**A Black Tie Affair,**  
215 S. Main St, Bartlett, IL 60103

**An Introduction to  
Chinese Health Balls**

Monday, July 21<sup>st</sup>  
3:30pm - 4:30pm

Monday, July 21<sup>st</sup>  
6:30pm - 7:30pm

**Registration: 630 830 4040**

## Janesville, WI

**Earthsong Books and Gifts**  
2214 Kennedy Road  
Janesville, Wisconsin 53545

**Discover the Secrets of  
Chinese Health Balls**

Saturday, August 2<sup>nd</sup>  
1:00pm - 4:00pm

**Registration: 630 229 4434**

## Villa Park

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

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

June 24<sup>th</sup> (6 weeks)

September 2<sup>nd</sup> (6 weeks)

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

June 26<sup>th</sup> (6 weeks)

September 4<sup>th</sup> (6 weeks)

**Registration: 630 834 8970**

**Community Recreation Building**  
320 East Wildwood Street  
Villa Park, IL 60181

**Simplified T'ai Chi**  
Thursdays, 9:00am - 9:45am

September 4<sup>th</sup> (6 weeks)

October 16<sup>th</sup> (6 weeks)

**Registration: 630 834 8525**



## Wheaton

**The Reiki Council**  
799 Roosevelt Road,  
Glen Ellyn, IL 60137

**Discover the Secrets of  
Chinese Health Balls**

Sunday, September 14<sup>th</sup>  
1:00pm - 4:00pm

**Registration: 630 926 5891**



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

# Discover the Secrets of Chinese Health Balls

Their use can help prevent carpal tunnel syndrome, tendonitis, arthritis, rheumatism, repetitive strain injury, dementia & Alzheimer's.

**FREE!**

*Health Balls for  
all participants*

**August 2<sup>nd</sup> ~ 1:00pm**

Earthsong Books & Gifts,  
2214 Kennedy Road, Janesville, WI 53545  
Call 630 229 4434 or visit [www.7starsma.com](http://www.7starsma.com)

**September 14<sup>th</sup> ~ 1:00pm**

The Reiki Council ~ Building 4, Meeting Room A  
799 Roosevelt Road, Glen Ellyn, IL 60137  
Call 630 926 5891 or visit [www.reikicouncil.com](http://www.reikicouncil.com)



**Live longer, happier and  
healthier through the use of  
Chinese Health Balls**