

Complementary Health & Exercise

Winter 2009

FREE!

**Stress: Know
the Signs**

**Let Go of
Stress...**



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



七星武道

Reduce stress, aid sleep & relaxation

An Introduction to Chinese Health Balls

Their use can also help prevent carpal tunnel, tendonitis, arthritis, rheumatism, repetitive strain, dementia & Alzheimer's and prolong life.



Saturday, January 24th ~ 9:30am

Wood Dale Recreation Complex, 111 E. Foster Avenue,
Wood Dale, IL 60191 ~ To register call 630 595 9333

Tuesday, February 17th ~ 7:00pm

Clauss Recreation Center, 555 W. Bryn Mawr Avenue,
Roselle, IL 60172 ~ To register call 630 894 4200

*Free Health
Balls for all
participants*

Tuesday, March 31st

~ 4:00pm

~ 4:45pm

& 5:30pm

Courts Plus, 186 S. West
Avenue, Elmhurst, IL 60126

~ To register call 630 833 5064



ROSELLE PARK DISTRICT

T'ai Chi ~ stress relief for mind, body and soul

Tai chi provides another option for relaxing while exercising.
~ Harvard Medical School

The slow, deep breathing practiced in tai chi can help people relax, and several trials have shown that people doing tai chi had lower levels of depression and psychological distress and improved wellbeing compared with the control groups. ~ Johns Hopkins

Practiced regularly, tai chi can help you reduce stress and enjoy other health benefits.
~ Mayo Clinic

Tai chi helps reduce stress by making you concentrate on the exercise instead of on whatever may be causing your stress. The slowness of the movements allows you the time to carefully consider them. ~ Brigham and Women's Hospital

We have T'ai Chi classes for all ages and abilities including Easy, Beginners & Continuing

Elmhurst

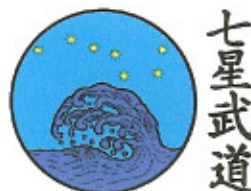
630-833-5064

Roselle

630-894-4200

Villa Park

630-834-8970



T'ai Chi Audio CD's

These CD's 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: \$8.00

Beginners
T'ai Chi ~
Part 2: \$8.00



T'ai Chi ~ The
Complete Form
: \$16.00 *soon!*



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

Complementary Health & Exercise

Winter 2009

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John Robertson

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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



"I do not want a friend who smiles when I smile, who weeps when I weep. My shadow in a pond can do better than that."

Editor's Notebook

There are many definitions of Stress:

"The adverse reaction to excessive pressure or other type of demand placed upon us" - The Health and Safety Executive 2006

"A non specific activation of the Sympathetic System" - A Medical Model

"Stress is mostly psychological or emotional" - Jobs Body.

T'ai Chi looks at the health structure of the body internally and externally, allowing for quality rest, relaxation and rejuvenation of the body. The exercises practised train emotional and physical balance and body awareness, helping to calm the mind and develop the health and full utilisation of the body. This leads to an understanding of oneself. The exercises can then be applied to everyday living. Looking at the mind and body as interconnected, understanding that development in either the mind or body will be beneficial to the practitioner. T'ai Chi helps bring balance, awareness and sensitivity to both the mind and the body creating improved health and well being.

The process of learning T'ai Chi can help to dissipate and reduce stress. The relaxed focus of the mind leading to smooth coordinated movement, the gentle, flowing transfers of balance, the development of natural breathing, the harmonious turning of the centre, the cultivation of the internal organs, and the circular movements of the limbs working with the body develop a calm, energised, connected sensation.

John Robertson

*He lives most life whoever
breathes most air*

Chinese Health Balls: from \$10.00



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

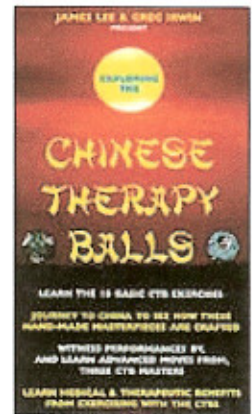
In many different styles, our stocks changes frequently, so call to find out what we have available.

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

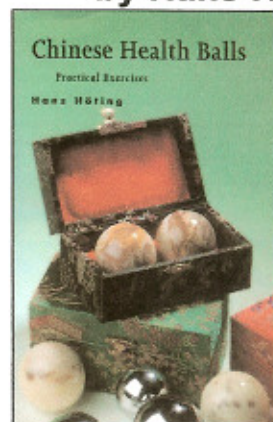


Exploring the Chinese Therapy Balls by James Lee & Greg Irwin: \$30.00

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.

To order:
630-229-4434 www.7starsma.com
or see your instructor

A Healthy Body Starts With A Healthy State Of Mind

By Reverend Barbara M. Rocha ~ November 2008

Achieving a balanced state of wellness is the result of taking a holistic approach to health which depends on attention to the body systems acting efficiently as a whole and a positive state of mind. Wellness therefore is balance in body and mind at that point in time where the body systems are operating at peak efficiency, that point where you experience a powerful sense of well-being. If you could slow or even turn back the hands of time, avoid or easily solve body weight, pain and reduce your health risks to pursue and enjoy your life's true passions, wouldn't you?

What Do You Want? Perhaps you just want to be and stay healthy so you can get on with enjoying your life. Maybe it is to be healthy then stay healthy and if you're not in a great state of health today, you can change that situation because you alone can make that choice.

Will what you're doing now for health work for you or against you? Has anyone ever taken the time to really help you understand all the benefits that a natural approach to health has to offer you?

- Did you know your body has the amazing, even incredible power and ability to realign and repair itself if you'd just give it the things it needs?
- Would you like to learn how you can easily refresh, revitalize and rehydrate your body organs to improve energy, weight, stress, facial lines, skin tone and your long-term health and sense of well-being?
- How would you like to experience the feeling of being alive, vital and well just by tuning in and being aware of your body every day?

You can, because within each of us, nature has provided all the pieces of the puzzle necessary to achieve exceptional health and wellness ... then left it up to us to put them all together. All the pleasures and riches in the world are insignificant when you do not have your health to enjoy them with, so the choice for health and wellness begins within each of us.

Warning Lights And Symptoms When people enter this world, most come equipped by nature with all of the pieces of a puzzle necessary to enjoy life with excellent health. But too many people tend to allow modern conveniences and a busy life to get in the way and by the time they get their career and family underway, many have

not only managed to scramble the puzzle, they've also lost some of the key pieces and are experiencing early signs of illness such as fatigue, weight gain, pain, headaches, stress and so on.

Our Cars Get More Attention Sometime it seems people take better care of their car than their body. If regular maintenance is not completed on a car, it becomes sluggish, less fuel efficient, followed by warning lights indicating trouble ahead and if unresolved, it usually results in expensive repairs. The body is much more complex. The human body's warning lights are its symptoms, symptoms like fatigue, headaches, allergies, joint pain and so on, then when significant events happen that noticeably slow or even stop us in mid-step, we tend to ask many questions – including the question - why me?

Putting The Human Body's Needs In Context

In very simple terms, we are not physically wired for the life we live today! Over the past 10,000 years of modern human evolution, in just 1% of that time, about the last 100 years, knowledge, technology and conveniences have advanced at astounding speeds yet our body's basic physiological needs remain essentially identical to those of our distant ancestors.

Food was not always as plentiful as it is today, but what was available, was far more nutritionally dense and lacked the excessive levels of sodium, fat and sugars prevalent in all processed foods today. In addition, our bodies got lots of exercise hunting, gathering and later through traditional farming.

The Reality of Being Healthy Vs. Suppressing Symptoms of Illness

If you were to sit and really think about your health concerns, the symptoms, ask yourself how long you've had the symptom(s), how severe they are and how frequently they occur. Write them down on a piece of paper. When you begin this process, you may be surprised to realize that it has been going for a while, a year, 2 years maybe even 5 years or more so is it realistic to believe they can be resolved in a few days or weeks?

You Have To Want To Be Well Then Choose To Be Well

Until you take that first step, nothing will change and so I invite you to write down your 3 health goals for the next 3 months. Post them where you'll see them every day and take your life back in your own power.

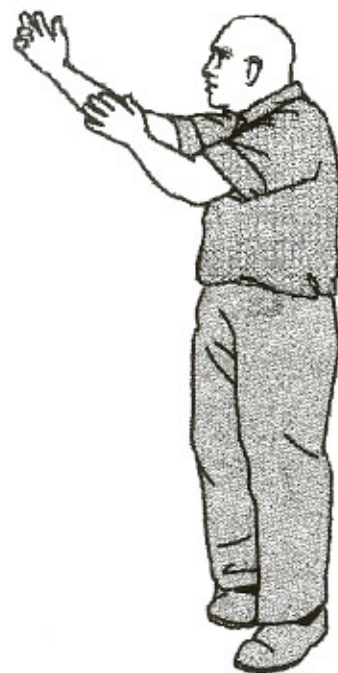


ROSELLE PARK DISTRICT

T'ai Chi for Beginners ~ Exercise for LIFE!

Develop a calm stress-free mind with T'ai Chi, feel relaxed and energized.

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, vitality and a strong, flexible body.



In Roselle

Every Tuesday at 9:00am

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

January 27th & March 17th

Call: 630 894 4200

In Villa Park

Every Tuesday at 2:00pm

Iowa Community Centre
338 N. Iowa Avenue,
Villa Park, IL 60181

January 27th & March 17th

Call: 630 834 8970

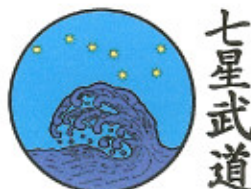
In Elmhurst

Every Thursday at 12:30pm

Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126

January 29th & March 19th

Call: 630 833 5064



Hand Care

Handhealth Ring: \$8.00



Perfect for warming-up before or warming-down after any type of hand-intensive activity. The ring is also beneficial during times of high stress.

The Hand Health Ring has 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.

Figits: \$2.00



A unique copper ring featuring hundreds of tiny points to massage, tickle, and tingle your fingers. The increased stimulation leaves your fingers feeling nimble and well rested. Just roll one up and down each finger. The fingers are crucial to your daily functioning, yet one of the most neglected parts of your body.

Figits! digital relief for your hands and fingers!

Fantastik Fingers: \$8.00

Squeeze Ball: \$8.00

Fingers on a stick: \$12.00



Experience the soothing benefits of pressure point massage. The Fantastik Fingers Ball is designed to not

only give you pressure point relief, but to also massage your hands. The pain eraser ball hits all the acupressure points as you roll it around and takes no strength to use. They are 2" in diameter, and available as a ball, a ball on a stick and a squeeze ball to strengthen your hands or for a less intense massage.

To order call 630 229 4434

www.7starsma.com/webstore.html

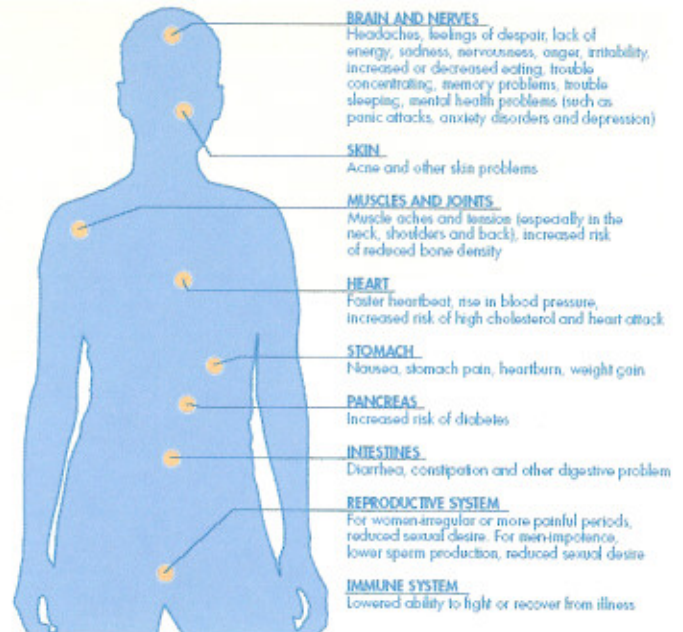
Stress: Know the Signs

We all go through stressful times.

By John Robertson November 2008

In small doses, stress is be good for you; it gives you bursts of energy. Too much stress; or stress that lasts for a long time can take its toll on your body.

If you're feeling overwhelmed by stress, you are not alone. In fact a 2007 survey of Americans found that 1/3 of people are living with extreme stress.



Are you experiencing the signs of stress?

- Feeling angry, irritable or easily frustrated
- Feeling overwhelmed
- Change in eating habits
- Problems concentrating
- Feeling nervous or anxious
- Trouble sleeping
- Problems with memory
- Feeling burned out from work
- Feeling that you can't overcome difficulties in your life
- Having trouble functioning in your job or personal life

If you're having any of these symptoms, it is important that you take care of yourself. There are healthy steps you can take to stay well when you're stressed, like connecting to people close to you, getting enough sleep or being physically active.

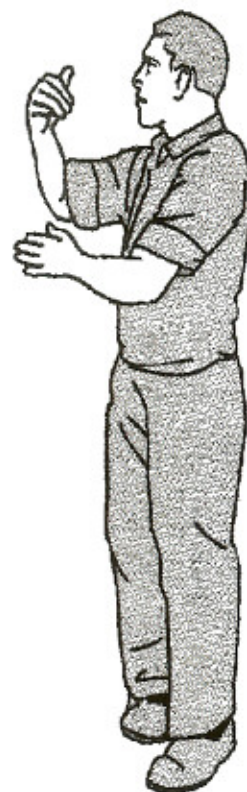
If you feel overwhelmed, unable to cope and feel as though your stress is affecting how you function every day, it could be something more, like depression or anxiety. Do not let it go unchecked; contact your health care provider immediately. If in crisis now call 1-800-273-TALK (8255) to reach a 24 hour crisis centre or dial 911 for immediate assistance.

Continuing T'ai Chi

Reduce stress and
lower blood pressure!

Tai Chi Ch'uan is characterised by slow, graceful movements. These gentle movements make it appropriate for participants at any age or fitness level.

Through continued practise you can expect to further improve balance, flexibility, coordination, strength.



In Elmhurst

Every Tuesday at 12:30pm

Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126

January 27th & March 17th

Call: 630 833 5064

In Roselle

Every Thursday at 9:00am

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

June 11th & July 30th

Call: 630 894 4200

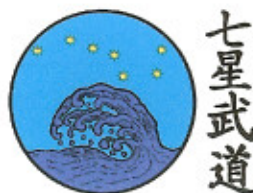
In Villa Park

Every Thursday at 2:00pm

Iowa Community Centre
338 N. Iowa Avenue,
Villa Park, IL 60181

January 29th & March 19th

Call: 630 834 8970



How Your Brain Can Control Time



Whenever I lose my watch, I take my sweet time to get a new one. I savor the freedom from my compulsion to carve my days into minute-size fragments. But my liberty has its limits. Even if I get rid of the clock strapped to my wrist, I cannot escape the one in my head. The human brain keeps time, from the flicker of milliseconds to the languorous unfurling of hours and days and years. It's the product of hundreds of millions of years of evolution.

Keeping track of time is essential for perceiving what's happening around us and responding to it. In order to tell where a voice is coming from, we time how long it takes for the sound to reach both ears. And when we respond to the voice by speaking ourselves, we need precise timing to make ourselves understood.

Our muscles in the mouth, tongue, and throat must all twitch in carefully timed choreography. It's just a brief pause that makes the difference between "Excuse me while I kiss the sky" and "Excuse me while I kiss this guy."

**The three
methods your
mind uses to
reverse,
speed, and
even slow the
minutes.**

by Carl Zimmer - published
online July 12, 2008

Scientists are finding that telling time is also important to animals. At the University of Edinburgh, researchers built fake flowers with sugar inside to reveal how hummingbirds tell time. After hummingbirds drink nectar from real flowers, it takes time for the flowers to replenish their supply. The Scottish researchers refilled some of their fake flowers every 10 minutes and others every 20. Hummingbirds quickly learned just how long they had to wait before coming back to each kind. Scientists at the University of Georgia have discovered that rats do an excellent job of telling time too. They can be conditioned to wait two days after a meal to poke their noses into a trough and be rewarded with food.

For 40 years, psychologists thought that humans and animals kept time with a biological version of a stopwatch. Somewhere in the brain, a regular series of pulses was being generated. When the brain needed to time some event, a gate opened and the pulses moved into some kind of counting device.

One reason this clock model was so compelling: Psychologists could use it to explain how our perception of time changes.

Think about how your feeling of time slows down as you see a car crash on the road ahead, how it speeds up when you're wheeling around a dance floor in love. Psychologists argued that these experiences tweaked the pulse generator, speeding up the flow of pulses or slowing it down.

Staring at an angry face for five seconds feels longer than staring at a neutral one. But the fact is that the biology of the brain just doesn't work like the clocks we're familiar with. Neurons can do a good job of producing a steady series of pulses. They don't have what it takes to count pulses accurately for seconds or minutes or more. The mistakes we make in telling time also raise doubts about the clock models. If our brains really did work that way, we ought to do a better job of estimating long periods of time than short ones. Any individual pulse from the hypothetical clock would be a little bit slow or fast. Over a short time, the brain would accumulate just a few pulses, and so the error could be significant. The many pulses that pile up over long stretches of time should cancel their errors out. Unfortunately, that's not the case. As we estimate longer stretches of time, the range of errors gets bigger as well.

Click Clock

These days, new kinds of experiments using everything from computer simulations to brain scans to genetically engineered mice are helping unlock the nature of mental time. And their results show that the brain does not use a single stopwatch. Instead, it has several ways to tell time, and none of them seems to work like a conventional clock.

Dean Buonomano, a neuroscientist at UCLA, argues that in order to perceive time in fractions of a second, our brains tell time as if they were observing ripples on a pond.

Let's say you are listening to a chirping bird. Two of its chirps are separated by a tenth of a second. The first chirp triggers a spike of voltage in some auditory neurons, which in turn causes some other neurons to fire as well. The signals reverberate among the neurons for about half a second, just as it takes time for the ripples from a rock thrown into a pond to disappear. When the second chirp comes, the neurons have not yet settled down. As a result, the second chirp creates a different pattern of signals.

Buonomano argues that our brains can compare



the second pattern to the first to tell how much time has passed. The brain needs no clock because time is encoded in the way neurons behave.

Buonomano turns out to be right, he will have explained only our fastest time telling, because after half a second, the brain's ripples dissipate. On the scale of seconds to hours, the brain must use some other strategy. Warren Meck of Duke University argues that the brain measures long stretches of time by producing pulses. But the brain does not then count the pulses in the way a

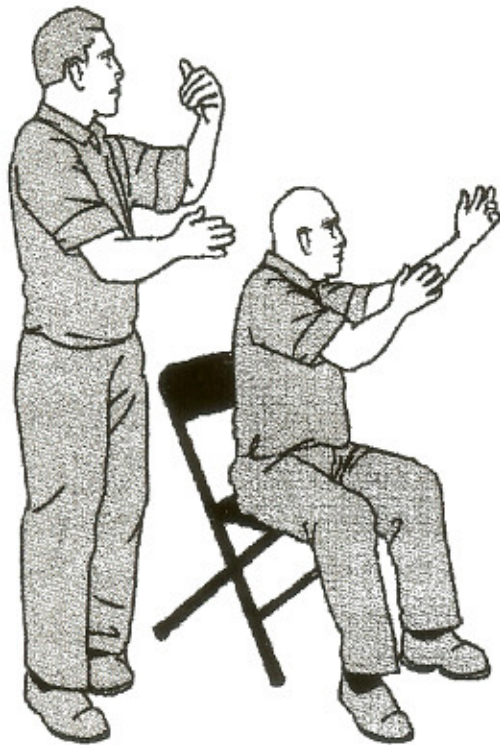
clock does. Instead, Meck suspects, it does something more elegant. It listens to the pulses as if they were music.

It's possible that we reverse time in our memories in order to focus our brains on goals.

Meck first began to develop his musical model when he discovered how to rob rats of their perception of time. He had only to destroy certain clumps of neurons deep inside the brain. Some of these neurons, known as medium spiny neurons, are unlike any other neurons in the brain. Each one is linked to as many as 30,000 other neurons. And those linked neurons can be found throughout the cortex, the outer rind of the brain that handles much of the brain's most sophisticated information processing. Certain neurons come from regions that handle vision, others from areas that apply rules to what we perceive, and so on. By receiving so many signals from all over the brain, Meck believes, the medium spiny neurons give us a sense of time.

Imagine you are listening to a 10-second tone. At the beginning of the tone, neurons around your cortex reset themselves, so that they all begin to fire in sync. But some fire faster than others, and so at any moment some are active and some are quiet. From one moment to the next, a medium spiny neuron receives a unique pattern of signals from the neurons that link to it. The pattern changes like chords on a piano. When the 10 seconds are over, the medium spiny neuron can simply "listen" to the chord to tell how much time has passed.

Easy T'ai Chi



Easy Tai 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.

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

In Villa Park

Every Thursday at 9:00am

Community Recreation Building
320 E. Wildwood Street,
Villa Park, IL 60181

January 29th & March 19th

Call: 630 834 8970

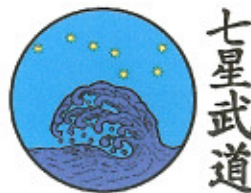
In Elmhurst

Every Thursday at 11:30am

Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126

January 29th & March 19th

Call: 630 833 5064



PARKS &
Recreation
VILLA • PARK

Questions & Answers

Our experts answer all your questions on health and exercise.

Q: What causes stress? B.J.

A: What causes a person to experience stress is different for different people; what may be one person's stressor can be an exciting motivator to another person.

Some common causes of stress are changes in your life like marriage, divorce, a new job or the birth of a child; trauma or crises, like illnesses, death of a loved one or a traumatic event like a burglary; excessive demands on you and your time; conflicts or unpleasant people; small daily hassles; barriers that prevent you from reaching your goals; feeling little control over your life; and boring or lonely work.

Q: Can I avoid stress? J. O'N.

A: You can not completely avoid stressful situations; however you can alter your reaction to those situations, resulting in far fewer physical symptoms of stress and negative results.

Q: Are there treatments for stress? J.A.

A: While you can't necessarily control the events that cause you stress, you can control how you manage the stress. Substituting desirable responses and behaviour patterns for undesirable ones when faced with a stressful situation is one of the most effective ways to reduce stress.

Learning relaxation techniques; in particular breathing techniques and T'ai Chi can be helpful.

Q. I found this on the web, can you read this? K.W.

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Olly 55 plepoe out of 100 can. fi yuo cna raed tihs, yuo hvae a sgtrane mnid too.

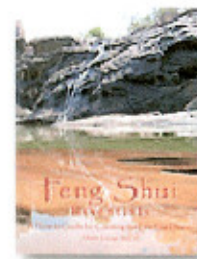
A. Yes, I can read this!

Send your questions to info@7starsma.com

Feng Shui Essentials: \$20.00

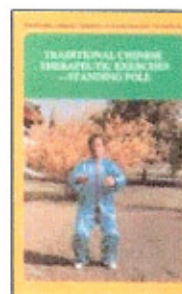
A How-to Guide for Creating the Life You Desire by Juliette Looye, M.Ed.

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

Discover the Secrets of Chinese Health Balls

*Free Health
Balls for all
participants*

Delve deeper into the benefits of Chinese Health Balls, discover advanced exercises, massage techniques & much more. With time to practice and try different sizes & types this class is ideal for both beginners & current users.

Wednesday, Jan. 21st ~ 6:00-9:00pm

Lighthouse Center, 165 S. Church St., Winfield, IL 60190

~ Call 630-260-1084 to register

Saturday, Feb. 21st ~ 1:00-4:00pm

Building 4, Meeting Room A, 799 Roosevelt Road, Glen Ellyn, IL 60137 ~ Call 630 926 5891 or visit www.7starsma.com

Saturday, March 21st ~ 1:00-4:00pm

Warrenville Park District, 3 S. 260 Warren Ave, Warrenville, IL 60555 ~ Call 630 393 7279 to register



**Reduce stress and
relax through the
use of Chinese
Health Balls!**

www.7starsma.com

Let Go of Stress...

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

These are stressful times. In these past few months, there has been a barrage of unsettling news almost every day. We have watched major financial institutions come tumbling down. There has been the mortgage crisis and the stock market has been erratic.

We wonder how these events will affect our personal lives and finances. In my work as a Reiki practitioner, I find my clients to be feeling the impact of these world events. Now is the time to seek ways to decrease the stress in our lives.

What can we do? Here are a few simple suggestions to divert your attention and thoughts in more positive directions.

1. Turn off the television, put that newspaper aside, and shut down your computer. Take some time away from the news.
2. Get outdoors and connect with nature—take a walk, ride your bike, do some yard work. Even a half hour outside will make you feel better.
3. Breathe. In times of stress, we tend to hold our breath. Become more conscious of your breathing. Make it a habit to simply focus on your breath and slow it down when you are feeling worried or anxious.
4. Gather your family and watch a funny movie—spend some time laughing together.
5. Take a guilt-free nap. Allow your body and mind time to rest. You will awake feeling rejuvenated.
6. Get out the cookbooks and cook up your family's favorite meal. Make it special with flowers, candles and the good china. Surprise your family.
7. Practice a random act of kindness for a family member, friend or even a stranger. Savor that feeling of giving back and helping someone else.
8. Lose yourself in literature, a great way to escape. Go to the library or your favorite bookstore and bring home a pile of books.

When I feel stressed, I turn to my own practice of Reiki— a simple, natural healing method that comes to us from Japan. The word Reiki means spiritually guided life force energy. The most common initial response to Reiki is relaxation.

When a person enters a state of relaxation, there is usually a reduction in stress levels. Reiki helps me to release worry, clear my mind and sleep better at night. Reiki can be learned by anyone—it is simple to learn but can affect your life in many positive ways. I offer Reiki to myself every day.

Now is the time to take care of yourself. To stay focused in the present moment. To believe that things will get better. Stress can be managed by consciously incorporating a few of these simple strategies into your daily routine. Now is the time....



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**

Massage Tools



Chi rollers, Mini-chi rollers, Rubz, Foot rollers, Figits, Fantastic Fingers, Hand-health Rings.

We also have Acu-pressure tools to help with self massage and treating ailments.

To order call 630 229 4434
www.7starsma.com/webstore.html

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 31st - deadline October 31st

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

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

Fall issue - includes October, November, December
- published August 30th - deadline July 30th

Contact us at info@7starsma.com
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Reverend Barbara M. Rocha



- Spiritual and Holistic Counsellor
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 - Past Life Regressions
 - Energy Facilitation
 - Reiki Master Teacher
 - Animal Reiki
 - Holistic & Esoteric Instruction
 - Angelic Healing
 - Iridology
 - Reflexology
 - Manual Lymph Drainage
 - Tuning Fork Therapy
- Weddings & Commitment Ceremonies
- Blessings for People and Animals

Aura Pictures and Interpretations for People and Animals

Auras are a particular atmosphere or quality that surrounds a person, animal, place or thing. It is an energy field that is emitted that appears as colours or feelings to others. It can inform you about what is going on in your life, the stresses and growths so that proper body-mind-spirit connection can be formed. Understanding these points aids you to enhance your life and make it work for you instead of against you.

You will receive an aura picture and interpretation in which you will have your angels and spirit guides identified, receive a general feedback on what is going on in your life to allow you to make clearer choices to create abundance. Concentration is on the "soul" or "Akasha" level rather than just the physical level. When you have a better understanding of the "whole" you are better in tune to yourself.

For interpretations for animals the companions of the animals also receive an insight to the animals thoughts and personality so they can better understand how to co-exist with them. It assists the companion to better communicate and understand choices they are making to allow a more loving and special relationship with their companion.

By appointment only

(630) 510-7104

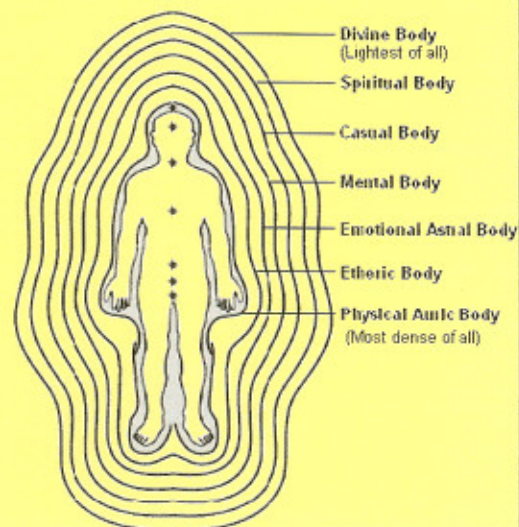
www.theangelrev.com

E-mail barb@theangelrev.com

Reverend Barbara M. Rocha

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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 spasms
- 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

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

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Class Calendar & Programs

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186 S. West Avenue
Elmhurst, IL 60126

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

January 29th (6 weeks)

March 19th (6 weeks)

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

January 27th (6 weeks)

March 17th (6 weeks)

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

January 29th (6 weeks)

March 19th (6 weeks)



**An Introduction to
Chinese Health Balls**

Tuesday, March 31st
4:00pm - 4:45pm
4:45pm - 5:30pm
5:30pm - 6:15pm

Registration: 630 833 5064

Barrington

Relax4Life
26402 N. Edgemoor Lane,
Barrington, IL 60010

**Relaxation, Meditation &
Chinese Therapy Balls**
This class is worth 6 CEU's

Saturday, March 28th
9:00am - 4:00pm

Registration: 847 842 1752

Roselle

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

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

January 27th (6 weeks)

March 17th (6 weeks)

**An Introduction to
Chinese Health Balls**

Tuesday, February 17th
7:00pm - 8:00pm

Registration: 630 894 4200

Villa Park

Iowa Community Centre
338 N. Iowa Avenue
Villa Park, IL 60181

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

January 27th (6 weeks)

March 17th (6 weeks)

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

January 29th (6 weeks)

March 19th (6 weeks)

Registration: 630 834 8970

Community Recreation Building
320 E. Wildwood Street
Villa Park, IL 60181

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

January 29th (6 weeks)

March 19th (6 weeks)

Registration: 630 834 8970

Winfield

Lighthouse Center
165 S. Church Street,
Winfield, IL 60190

**Discover the Secrets of
Chinese Health Balls**

Wednesday, January 21st
6:00pm - 9:00pm

Registration: 630 260 1084

Glen Ellyn

Reiki Council
Building 4, Meeting Room A
799 Roosevelt Road,
Glen Ellyn, IL 60137

**Discover the Secrets of
Chinese Health Balls**

Saturday, February 21st
1:00pm - 4:00pm

Registration: 630 926 5891

Warrenville

Warrenville Park District
3 S. 260 Warren Ave,
Warrenville, IL 60555

**Discover the Secrets of
Chinese Health Balls**

Saturday, March 21st
1:00pm - 4:00pm

Registration: 630 393 7279

Wood Dale

Wood Dale Recreation Complex
111 E. Foster Avenue,
Wood Dale, IL 60191

**An Introduction to
Chinese Health Balls**

Saturday, January 24th
9:30am - 10:30am

Registration: 630 595 9333

Relaxation, Meditation & Chinese Therapy Balls

Saturday, March 28th ~ 9:00am - 4:00pm

Learn several simple, fast and very effective relaxation, meditation and self-development techniques. Also receive training in the use of Chinese Therapy Balls to assist with hand dexterity, Carpal Tunnel, repetitive stress, joint strain, rheumatism, arthritis and circulation.

These practices will help you learn to tap into your intuition and spiritual growth as well as learn to control how your mind and body respond to stress.

Join Neal Harris and John Robertson for this unique workshop and receive the benefits of greater concentration, intuition, relaxation, dexterity and spiritual connection. (includes book, CD, Chinese Therapy Balls and user guide)



To register call 847 842 1752

or register online at

<http://www.relax4life.com/relaxmedit.htm>

If you are a social worker, counsellor, teacher or massage therapist this workshop is worth 6 CEU's

26402 N. Edgemoond Lane,
Barrington, IL 60010

847 842 1752

www.relax4life.com



Relax4Life