

# Complementary Health & Exercise

Spring 2009

FREE!

## Balance as a "Sixth Sense"

An in-depth look at vestibular disorders

**Vestibular  
Disorders**

**Vertigo &  
Imbalance**



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



七星武道

# **Balance your mind ~ balance your life**

Their use can also reduce  
the risk of carpal tunnel,  
tendonitis, arthritis,  
rheumatism, repetitive  
strain, dementia &  
Alzheimer's and prolong life.



**Tuesday, April 21<sup>st</sup> ~ 7:00pm**

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

~ To register call 630 595 9333

**Tuesday, June 23<sup>rd</sup> ~ 7:00pm**

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

~ To register call 630 894 4200

**Free Health  
Balls for all  
participants**

**An Introduction to  
Chinese Health Balls**

For our May classes  
see page 14



# ROSELLE PARK DISTRICT

One in three people over the  
age of 65 will fall this year;  
T'ai Chi is proven to be the most  
effective way to improve balance  
& posture and help prevent falls

*'Adults age 70 and older  
reduced their risk of falls  
by more than 70%.'*

Johns Hopkins Medical Letter  
~ September 2005

*'Tai chi has been firmly  
established as the exercise  
routine for balance.'*

Harvard Health Letter  
~ August 2006

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





# Ceremonies

## Created just for you

For more information or to schedule a ceremony or right of passage call 630 229 4434 or e-mail [john@7starsma.com](mailto:john@7starsma.com).

### Weddings

We can assist you in creating a wedding ceremony that truly reflects and expresses your spiritual beliefs and commitments to one another. Non-denominational traditional, civil and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the State.

### Commitment Ceremonies

This is for all couples who want to honor and celebrate their commitment to one another without the legal sanction of marriage. We can perform traditional, sand, unity candle ceremonies and handfastings.

### Vow Renewals

This is a beautiful opportunity to renew the loving commitment you and your spouse made at the time of your marriage.

### Rites Of Passage

There are many rites of passage we go through in life such as divorce, first menses or adolescence into adulthood. We can help honor your rites of passage by creating a special ceremony honoring your transition.

All our ceremonies are all individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

**Contact Reverend Robertson**  
**630-229-4434 [john@7starsma.com](mailto:john@7starsma.com)**



# Complementary Health & Exercise

Spring 2009

Editor/Publisher  
John Robertson

630 229 4434

[john@7starsma.com](mailto:john@7starsma.com)

[www.7starsma.com](http://www.7starsma.com)

[www.learninglunches.org](http://www.learninglunches.org)

[www.worldkigong.com](http://www.worldkigong.com)

© Copyright 2009  
Seven Stars  
Martial Arts



## Disclaimer

Seven Stars Martial Arts, as publishers, do not endorse and make no representation, warranty or guarantee concerning the safety or effectiveness of either the products and services advertised in this magazine or the martial arts or other techniques discussed or illustrated in this magazine.

The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this magazine.

The purchase or use of some of the products, services or techniques advertised or discussed in this magazine may be illegal in some areas of the United States or other countries. Therefore, you should check federal, state and local laws prior to your purchase or use of these products, services or techniques.

The publisher makes no representation or warranty concerning the legality of the purchase or use of these products, services or techniques in the United States or elsewhere.

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



"When we see men of worth, we should think of equaling them; when we see men of a contrary character, we should turn inwards and examine ourselves."

---

## Editor's Notebook

Welcome to our second edition of 2009, the days are growing warmer and longer, the time for outdoor practice will soon be with us.

Saturday, April 25<sup>th</sup> is World T'ai Chi Day, and we will be taking part in the events running from 9:00am to noon that day at the Theosophical Society in Wheaton. This is a great chance to practice outdoors in a beautiful setting, meet other students, and sample other teacher's styles. Then from 1:00 to 4:00pm we will be meeting in Creekside Park in Winfield to practice and share our forms, courtesy of Reneé Ryan of the Lighthouse Center.

Everyone is welcome to attend, whether you are an experienced student or are just curious about T'ai Chi this event is for you. New students are always welcome in any T'ai Chi program, and there will be plenty of information available on how to get started in a class.

Over the next few issues we continue our falling articles from the Summer 2007 issue; and take another look at balance, fall prevention and T'ai Chi. Starting this issue with vestibular disorders; thanks to The Vestibular Disorders Association.

Next month we continue our focus on balance, further exploring T'ai Chi and balance, medications and their effect on falling, and an explanation of the origins of the T'ai Chi symbol.

*John Robertson*

*He lives most life whoever  
breathes most air*

## Chinese Health Balls

All chiming sets only \$10.00!



Chrome are available in 1¼", 1½", 1¾" 2" and 2½".

Sun & Moon are available in 1½" and 1¾".



Dragon & Phoenix are available in 1½" and 1¾".

Panda's are available in 1½" and 1¾".



Yin & Yang are available in 1¼", 1½" and 1¾".

Dolphin's are available in 1½".

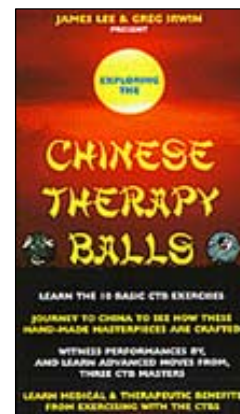


We have many more styles available including solid jade, marble, wood & chromed solid steel, from \$10.00 upwards.

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

Available on DVD.

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.



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

# Possible Symptoms of Vestibular Disorders

**VEDA**

Taken from <http://www.vestibular.org/> The Vestibular Disorders Association  
Recognizing the challenges of inner ear disorders

The human balance system depends on the inner ear, the eyes, and the muscles and joints to transmit reliable information about the body's movement and orientation in space. If the inner ear or other elements of the balance system are damaged, the result may be vertigo, dizziness, imbalance, and other symptoms.

With vestibular disorders, the type and severity of symptoms can vary considerably. Symptoms can be frightening and difficult to describe. People affected by certain symptoms of vestibular disorders may be perceived as inattentive, lazy, overly anxious, or seeking attention. They may have trouble reading or doing simple arithmetic. Functioning in the workplace, going to school, performing routine daily tasks, or just getting out of bed in the morning may be difficult for some people.

The following is a list of symptoms that have been reported by people with vestibular disorders. Not all symptoms will be experienced by every person with an inner ear disorder, and other symptoms are possible. An inner ear disorder may be present even in the absence of obvious or severe symptoms. It is important to note that most of these individual symptoms can also be caused by other conditions, unrelated to the ear.

## Vision

- Trouble focusing or tracking objects with the eyes; objects or words on a page seem to jump, bounce, float, or blur or may appear doubled
- Discomfort from busy visual environments such as traffic, crowds, stores, and patterns.
- Sensitivity to light, glare, and moving or flickering lights; fluorescent lights may be especially troublesome
- Tendency to focus on nearby objects; increased discomfort when focusing at a distance
- Increased night blindness; difficulty walking in the dark
- Poor depth perception

## Hearing

- Hearing loss; distorted or fluctuating hearing
- Tinnitus (ringing, roaring, buzzing, whooshing, or other noises in the ear)
- Sensitivity to loud noises or environments
- Sudden loud sounds may increase symptoms of vertigo, dizziness, or imbalance

## Cognitive and psychological

- Difficulty concentrating and paying attention; easily distracted
- Forgetfulness and short-term memory lapses

- Confusion, disorientation, difficulty comprehending directions or instructions
- Difficulty following speakers in conversations, meetings, etc., especially when there is background noise or movement
- Mental and/or physical fatigue out of proportion to activity
- Loss of self-reliance, self-confidence, self-esteem
- Anxiety, panic
- Depression

## Other

- Nausea or vomiting
- "Hangover" or "seasick" feeling in the head
- Motion sickness
- Ear pain
- Sensation of fullness in the ears
- Headaches
- Slurred speech
- Sensitivity to pressure or temperature changes and wind currents

## Specific Vestibular Disorders

- Benign Paroxysmal Positional Vertigo (BPPV)
- Meniere's Disease
- Secondary Endolymphatic Hydrops
- Labyrinthitis & Vestibular Neuritis
- Perilymph Fistula
- Acoustic Neuroma
- Ototoxicity
- Vestibular Migraine
- Mal de Debarquement
- Pediatric Vestibular Disorders
- Aging, Dizziness, & Balance
- Cervicogenic Dizziness
- Otosclerosis
- Cholesteatoma
- Enlarged Vestibular Aqueduct
- Vestibular Hyperacusis
- Autoimmune Inner Ear Disease
- Superior Canal Dehiscence

## Diagnostic Tests for Vestibular Disorders

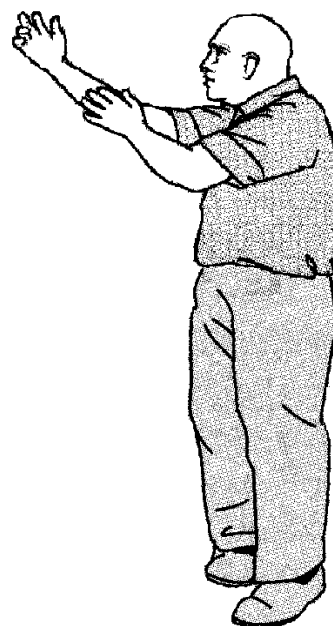
Doctors use the medical history and findings from a physical examination as a basis for ordering diagnostic tests to assess the function of the vestibular system and to rule out alternative causes of symptoms. These diagnostic tests are designed to evaluate the function and structure of the inner ear and/or brain, and they include hearing evaluations because the hearing and balance functions of the inner ear are closely related.



ROSELLE PARK DISTRICT

# T'ai Chi for Beginners ~ Exercise for balance

T'ai Chi has been  
proven to be the  
most effective way  
to improve balance  
and prevent falls.



## In Roselle

Every Tuesday at 9:00am

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

March 17<sup>th</sup>,  
April 28<sup>th</sup> & June 9<sup>th</sup>

Call: 630 894 4200

## In Villa Park

Every Tuesday at 2:00pm

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

March 17<sup>th</sup>,  
April 28<sup>th</sup> & June 9<sup>th</sup>

Call: 630 834 8970

## In Elmhurst

Every Thursday at 12:30pm

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

March 19<sup>th</sup>,  
April 30<sup>th</sup> & June 11<sup>th</sup>

Call: 630 833 5064



# Causes of Dizziness, Vertigo, and Imbalance

**VEDA**

Taken from <http://www.vestibular.org/> The Vestibular Disorders Association  
Recognizing the challenges of inner ear disorders

A large percentage of the adult population reports episodes of dizziness or vertigo to a physician during their lifetime. Many of these cases involve vestibular (inner ear) disorders. Other cases of dizziness are due to problems unrelated to the inner ear, such as cardiovascular, neurological, or psychological disorders.

- Dizziness caused by vestibular disorders
- Dizziness from non-vestibular causes

## Dizziness Caused by Vestibular Disorders

The vestibular organs of the inner ear provide the brain with information about changes in head movement. If the vestibular system is not functioning properly, dizziness, vertigo, imbalance, spatial disorientation, and other symptoms can result.

Vestibular-system distress can be caused by a variety of influences, including viral infections of the labyrinth (labyrinthitis) or the vestibular nerve (vestibular neuronitis). Bacterial infection of either the middle ear (otitis media) or the brain coverings (meningitis) may spread to the inner ear. Allergies can cause changes in the inner ear fluids or middle ear pressure because of swelling of the Eustachian tube and production of fluid in the middle ear.

Head trauma is a common cause of inner ear damage in people under age 50. A blow to the head or a "whiplash" injury can result in, for example, perilymph fistula or benign paroxysmal positional vertigo (BPPV). Vestibular-system dysfunction may appear immediately following head trauma or after a delay of days, weeks, or months.

Vestibular disorders can also occur from exposure to ototoxins (drugs or chemicals that are harmful to the inner ear or the vestibulo-cochlear nerve). Degeneration of the hair cells in the inner ear is also thought to occur with aging and can result in dizziness and vertigo as well as hearing loss. A benign tumor known as an acoustic neuroma can grow on the vestibulo-cochlear nerve. In many cases of vestibular disorders, including Meniere's disease and other forms of endolymphatic hydrops, the underlying or original cause cannot be determined.

Other conditions that may affect vestibular function include migraine, mal de débarquement (a sensation of rocking that persists after a cruise or

other travel), autoimmune inner ear disease, cervical (neck) problems, vascular compression of the vestibular nerve, superior canal dehiscence, cholesteatoma, enlarged vestibular aqueduct, and others.

## Dizziness from Non-Vestibular Causes

Dizziness is the second most common complaint heard in doctors' offices (after lower back pain). Dizziness has many causes other than inner ear dysfunction.

Visual disturbances can result in lightheadedness or dizziness. Some people feel dizzy while adjusting to bifocals or a new eyeglass prescription, or from reduced vision due to cataracts.

Hyperventilation can cause temporary dizziness. During rapid breathing, more carbon dioxide than normal is expelled and the level of carbon dioxide in the blood falls, which in turn affects the function of brain cells.

Decreased blood flow to the brain or brain stem can cause dizziness, because insufficient oxygen is reaching the cells. Conditions that can reduce blood flow to the brain include orthostatic hypotension (low blood pressure upon suddenly rising from a lying or sitting position), dehydration, vasovagal syndrome (a nervous-system response that causes sudden loss of muscle tone in peripheral blood vessels), arteriosclerosis (hardening or narrowing of blood vessels), and osteoarthritis (a joint disease that can narrow the openings in the neck vertebrae through which blood vessels flow).

Nervous-system disorders such as peripheral neuropathies (diminished nerve function in the legs or feet) can cause unsteadiness. A tumor may affect the brain stem, the cerebellum (the coordination center of the brain), or the part of the cerebral cortex that controls voluntary muscle movements.

Even stress, tension, or fatigue may cause dizziness. Under these conditions, the brain stem functions less efficiently, resulting in some loss of automatic reflex control of balance. This leads to elevated levels of activity for the cerebral cortex, as conscious energy is used to help maintain balance by controlling voluntary muscle movements. Lightheadedness and unsteadiness can result.

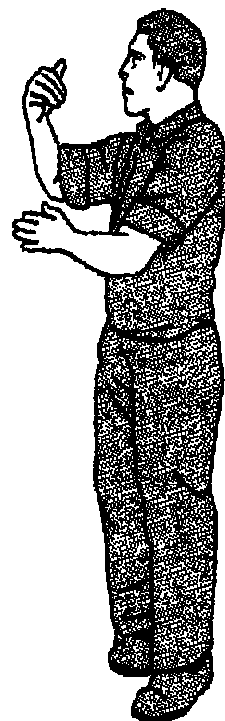




ROSELLE PARK DISTRICT

# Continuing T'ai Chi

Improve your physical,  
spiritual, mental and  
emotional balance!



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

## In Elmhurst

Every Tuesday at 12:30pm

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

March 17<sup>th</sup>,  
April 28<sup>th</sup> & June 9<sup>th</sup>

Call: 630 833 5064



## In Roselle

Every Tuesday at 10:00am

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

New!

June 9<sup>th</sup>  
& July 28<sup>th</sup>

Call: 630 894 4200



七星武道

## In Villa Park

Every Thursday at 2:00pm

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

March 19<sup>th</sup>,  
April 30<sup>th</sup> & June 11<sup>th</sup>

Call: 630 834 8970



# Balance as a "Sixth Sense"

VEDA

Taken from <http://www.vestibular.org/> The Vestibular Disorders Association  
Recognizing the challenges of inner ear disorders

## Balance

A healthy person usually takes his or her sense of balance for granted. Most people don't find it difficult to walk across a gravel driveway, transition from walking on the sidewalk to the grass, or get out of bed in the middle of the night without stumbling or feeling unsteady. The ability to balance depends on:

- correct sensory input from the vestibular system, vision, and proprioception
- integration of that sensory input
- motor output to the eyes and muscles

## Sensory Input

The ability to maintain balance depends on information that the brain receives from three different sources—the eyes, the muscles and joints, and the vestibular organs in the inner ears. All three of these sources send information in the form of nerve impulses from sensory receptors, special nerve endings, to your brain.

### Input from the eyes

Nerve endings or sensory receptors in the back of the eye (retina) called rods and cones are sensitive to light. When light rays strike them, their nerve fibers send impulses to the brain with visual cues that aid in balance. For example, if a person is walking down the street, buildings appear to be aligned straight up and down.

### Input from the muscles and joints

The input received by the brain from the muscles and joints comes from proprioception—sensory receptors that are sensitive to stretch or pressure in the tissue that surrounds them. As the legs, arms, or other parts of the body move, the receptors respond to the stretch of the muscles

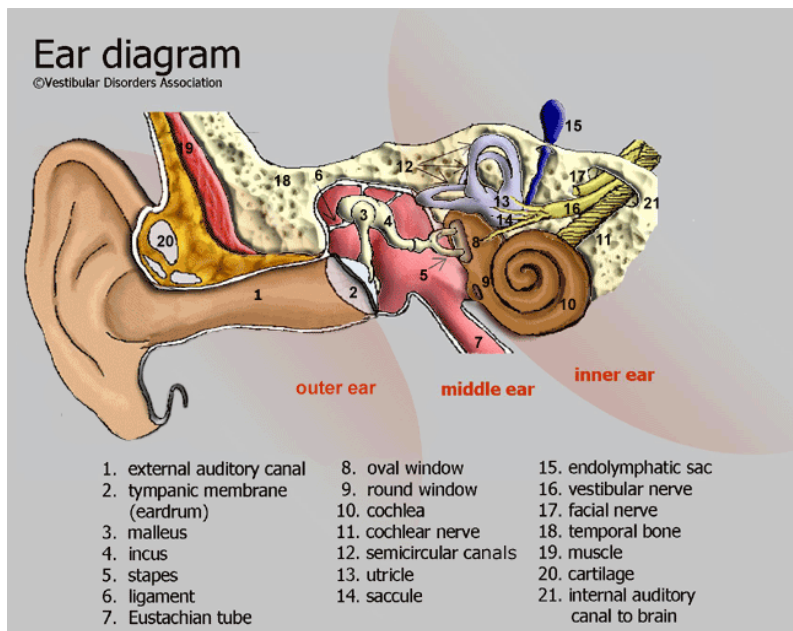
surrounding them and send impulses through many sensory nerve fibers to your brain.

Especially important are the impulses that come from your neck, which indicate the direction the head is turned, and the impulses that come from the ankles, which indicate the body's movement or sway relative to the ground while standing.

### Input from the vestibular system

The inner ear or labyrinth is a complex series of passageways and chambers within the bony skull. Within these passageways are tubes and sacs filled with a fluid called endolymph. Around the outside of the tubes and sacs is a different fluid—the perilymph. Both of these fluids are of precise chemical compositions, and they are different. The mechanism in your inner ear that regulates the amount and composition of these fluids is important to the proper functioning of your inner ear.

Each inner ear has a hearing (auditory) component—the cochlea, and a balance (vestibular) component—the vestibular apparatus, consisting of three semicircular canals and a utricle and saccule. Each of the semicircular canals is located in a different plane in space. They are located at right angles to each other and to those on the opposite side of the head. At the base of each canal is a swelling (ampulla) and within these ampullae are located the sensory receptors for each canal.



Inside each fluid-filled semicircular canal is a sensory receptor (cupula) attached at its base. With head movement in the direction in which this canal is located, the endolymphatic fluid within the canal, because of inertia, lags behind. When this fluid lags behind, the sensory receptor within that canal is bent. The receptor then sends impulses to the brain about movement.

When the vestibular apparatus on both sides of the head are functioning properly, they send symmetrical impulses to the brain. That is, the impulses coming from the right side conform to [agree with] the impulses coming from the left side.

## **Integration of Sensory Input**

All of the sensory input concerning balance, from the eyes, from the muscles and joints, and from the two sides of the vestibular system, is sent to the brain stem, where it is sorted out and integrated with contributions from other parts of the brain.

Contributions from other parts of the brain  
The brain stem also receives input from two other areas of the brain—the cerebellum, which functions as the coordination center, and the cerebral cortex, which functions in thinking and memory. As the brain stem is integrating all the input it receives concerning balance, the cerebellum may contribute information about automatic movements that have been learned through constant practice, e.g. adjustments in balance needed to serve a tennis ball. The cerebral cortex contributes previously learned information, e.g., that icy sidewalks are slippery and require a person to walk on them with a different pattern of movement pattern in order to maintain balance.

### **Conflicting sensory input**

There are times that the sensory input that we receive from one of the sources conflicts with the input from the other sources. For example, when standing next to a bus that is pulling away from the curb, your visual input from the large rolling bus may indicate that you are moving. You may lean forward a little to compensate for that sensation, or feel dizzy. But your muscles and joints send input that you are not moving, and other visual input finally indicates that other objects are stationary, and a correction is made.

As integration of all the sensory input takes place, the brain stem sends out impulses along motor-nerve fibers that begin in the brain stem and end in the muscles. These muscles make your head and neck, your eyes, your legs, and the rest of your body move and allow you to maintain your balance and have clear vision while you are moving.

## **Motor Output**

### **Motor output to the eyes**

The motor impulses that go to the eyes coordinate their movement to produce clear vision during

active head movements (e.g., while running or watching a tennis match) or passive head movements (e.g., while sitting in a moving car).

Eye movement during head motion is controlled automatically by the vestibular system. When the head is not moving, the number of impulses from the right side is equal to the number of impulses coming from the left side. When the head turns toward the right, the number of impulses from the right semicircular canals increases and the number from the left decreases. This difference controls eye movements and allows for clear vision as the head is turning.

### **Motor output to the muscles and joints**

The motor impulses that are sent from the brain to the other muscles of the body control their movement so that balance is maintained whether a person is sitting, standing, or turning cartwheels.

For example, when a person is turning cartwheels, some of the impulses that leave the brain stem go back to the cerebral cortex, carrying information to the thinking centers that acknowledge that it's okay to see trees whirling in circles. With practice at this and similar new activities, the brain learns to "read" different kinds of sensory input as normal.

This is exactly what happens as a baby learns to balance through practice and repetition. The impulses from the sensory receptors to the brain stem and then out to the muscles form a pathway. With repetition, it becomes easier for the impulses to travel over the same network or pathway, until maintaining balance during any activity becomes automatic.

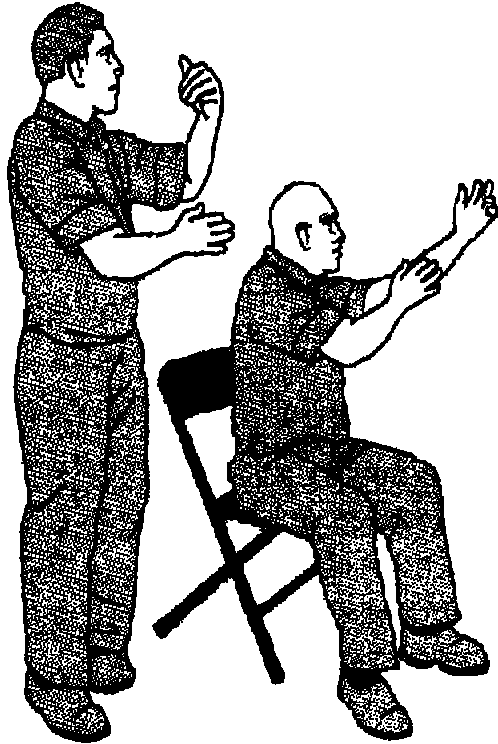
Physiologists say that these nerve pathways become "facilitated." This is the reason why dancers and athletes practice their activities over and over again.

Even very complex movements become almost automatic over a period of time. Anyone who has learned to ride a bicycle, swim or ski can relate to this idea. This is also the basis for physical therapy in treating people with a damaged vestibular system—the exercises mimic the movements that make them feel dizzy and lose their balance. After a time, the brain "learns" that the input from this activity is "normal" for the damaged system, and the side effects of dizziness and balance decrease.

In effect, balance becomes the "sixth sense."

Reprinted with permission of the  
Vestibular Disorders Association

# Easy T'ai Chi



Easy 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.

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

March 19<sup>th</sup>,  
& April 30<sup>th</sup>

Call: 630 834 8970

## In Elmhurst

Every Thursday at 11:30am

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

March 19<sup>th</sup>,  
April 30<sup>th</sup> & June 11<sup>th</sup>

Call: 630 833 5064





# Glossary of Balance Terminology

**VEDA** Taken from <http://www.vestibular.org/> The Vestibular Disorders Association  
Recognizing the challenges of inner ear disorders

**auditory:** related to the sense of hearing.

**canalithiasis:** the theory of BPPV, where free-floating debris can migrate into a semicircular canal and cause short episodes of vertigo when it moves within the canal.

**central vestibular system:** parts of the central nervous system (brain and brainstem) that process information from the peripheral vestibular system about balance and spatial orientation.

**cochlea:** portion of the inner ear concerned with hearing.

**cochlear implant:** a prosthetic device that, unlike hearing aids which amplify sound, bypass the outer, middle, and inner ear and directly stimulate auditory nerve fibers.

**conductive hearing loss:** hearing loss produced by abnormalities of the outer ear or middle ear. These abnormalities create a hearing loss by interfering with the transmission of sound from the outer ear to the inner ear.

**cupulolithiasis:** a variant of BPPV in which the debris is stuck to the cupula of a semicircular canal rather than being loose within the canal.

**disequilibrium:** unsteadiness, imbalance, or loss of equilibrium; often accompanied by spatial disorientation (a sensation of not knowing where one's body is in relation to the vertical and horizontal planes).

**dizziness:** lightheadedness; does not involve a rotational component (see vertigo).

**endolymph:** the fluid within the semicircular canals and vestibule (utricle and saccule).

**Eustachian tube:** connects the middle ear space with the throat; maintains equal air pressure on both sides of the tympanic membrane (eardrum).

**labyrinth:** complex system of chambers and passageways of the inner ear; includes both the hearing and balance portions of the inner ear.

**labyrinthitis:** an inflammation of the labyrinth.

**middle ear:** air-filled cavity containing the ossicles and tympanic membrane, the function of which is to transfer sound energy from the outer ear to the cochlea of the inner ear.

**mixed hearing loss:** hearing loss produced by abnormalities in both the conductive and sensorineural mechanisms of hearing.

**nystagmus:** involuntary, alternating, rapid and slow movements of the eyeballs.

**ossicles** (incus, malleus, stapes): tiny bones of the middle ear that conduct sound from the tympanic membrane to the oval window of the inner ear.

**otoliths:** calcium carbonate crystals found in the utricle and saccule of the inner ear. Damage to the otoliths may lead to BPPV.

**oval window:** oval-shaped opening from the middle ear into the inner ear. The footplate of the stapes fits into the oval window.

**perilymph:** the fluid that fills the space between the semicircular canals and vestibule (utricle and saccule) and the surrounding bone.

**peripheral vestibular system:** parts of the inner ear concerned with balance and body orientation; consists of the semicircular canals, utricle, and saccule. Peripheral in this context means outside the central nervous system (brain and brainstem), to which the peripheral system sends information.

**perilymph fistula:** abnormal opening that permits perilymph from the inner ear to leak into the middle ear.

**round window:** membrane-covered opening between the inner ear and the middle ear.

**saccule:** sac-like inner ear organ containing otoliths; senses vertical motion of the head.

**sensorineural hearing loss:** hearing loss produced by abnormalities of the cochlea or the auditory nerve or of the nerve pathways that lead beyond the cochlea to the brain.

**temporal bone:** part of the skull in which the inner ear is located.

**tinnitus:** noise or ringing in the ears.

**tympanic membrane:** eardrum; separates the external ear canal from the middle-ear air cavity.

**utricle:** sac-like inner ear organ containing otoliths; senses forward, backward, and side-to-side motion of the head.

**vertigo:** perception of movement (either of the self or surrounding objects) that is not occurring or is occurring differently from how it is perceived.

**vestibulo-cochlear nerve:** nerve that carries information from the inner ear to the brain. Also called the eighth cranial nerve, auditory nerve, or acoustic nerve.

# 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.**

**Saturday, April 4<sup>th</sup> ~ 9:00-12:00am**

College of DuPage, Building K, Room 144, 425 Fawell Boulevard,  
Glen Ellyn, IL 60137 ~ Registration: 630 942 2208 use class code# 35901

**Saturday, May 9<sup>th</sup> ~ 9:00am-1:30pm**

Relax4Life, 26402 N. Edgemon Lane, Barrington, IL 60010

Registration: 847 842 1752 or visit [www.relax4life.com](http://www.relax4life.com)

(This class includes time for lunch, an afternoon introduction to labyrinths and a outdoor or indoor labyrinth walk)

**Saturday, May 16<sup>th</sup> ~ 1:00-4:00pm**

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

~ Call 630 260 1084 or visit [www.7starsma.com/schedules.html](http://www.7starsma.com/schedules.html)

**Tuesday, June 16<sup>th</sup> ~ 7:00-9:00pm**

The Discovery Center, 2940 N. Lincoln Ave,  
Chicago, IL 60657

~ Call 773 348 8120 or visit [www.discoverycenter.cc](http://www.discoverycenter.cc)



**Balance your body, mind and  
spirit through the use of  
Chinese Health Balls!**

## Moving Towards Balance with Reiki

By Jane Van De Velde, RN, DNP - Reiki Teacher and Practitioner

Maintaining balance on a daily basis can sometimes be a challenge. Yet balance is so important to our overall health. At any given moment, we can experience imbalances physically, mentally, emotionally and spiritually.

Physical imbalances can manifest in many ways. For example if you have vertigo or dizziness, you may not be able to walk a straight line. Your gait will be impaired and you may fall. You are "off balance".

Other serious illnesses like high blood pressure or diabetes can impact your body's state of equilibrium by changing your body's chemistry. Having a headache, bad cold or the flu can also put your body out of balance.

Emotional and mental imbalances can produce feelings of worry, anxiety, irritability and fatigue. We may be unable to make good decisions or feel uncertain about what to do next. We can be imbalanced spiritually... questioning our purpose on earth.

Seeking balance is essential to our general well-being. We must take positive action to make changes in our lives that will accomplish this goal. We can develop tools for living a healthy lifestyle. Nobody can do this for us and we may need to seek assistance. In acute situations or with serious illnesses, it is always important to seek medical care or counselling.

I have found Reiki to be an essential tool for my own personal sense of balance. Reiki is a simple, natural healing method that can be easily learned by anyone and can have transformative effects on your life. Reiki is spiritually guided life force energy---it gently and subtly moves us towards balance on every level---physically, mentally, emotionally and spiritually. The best effect that Reiki has is that of relaxation. When we are in a state of relaxation---even for a short period of time---our stress will decrease.

Reiki can help you accomplish any healing goals that you have for yourself. If you are dieting it will support you in your efforts. Reiki will assist your efforts to quit smoking. If you are starting a new exercise program Reiki will encourage you.

Reiki is beneficial for people with chronic illnesses. It can help to relieve pain and inflammation, decrease side effects of medication, and strengthen the immune system. One of my Reiki students recently reported that she has had minimal symptoms of fibromyalgia for several months. She self-treats with Reiki every day. Another client with myelitis receives Reiki sessions on a weekly basis. Her symptoms from the myelitis have improved significantly in the past 6 months. And she has not had a cold or the flu which she attributes to the Reiki sessions.

Seek balance in your life. Find tools to help you accomplish this goal. Explore Reiki---a tool for balance.



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, DNP  
Reiki Practitioner  
& Teacher

Services Available  
Private Reiki Sessions  
Presentations for  
Community Groups  
Reiki Classes:  
Level I  
Level II  
Advanced Reiki Practice

For more information  
or to schedule a class or  
session, visit Jane's  
website...

Inspiretoheal.com  
630-244-8141

# Reverend Barbara M. Rocha



- Spiritual and Holistic Counsellor
  - Health and Wellness
  - Aura Readings
  - 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

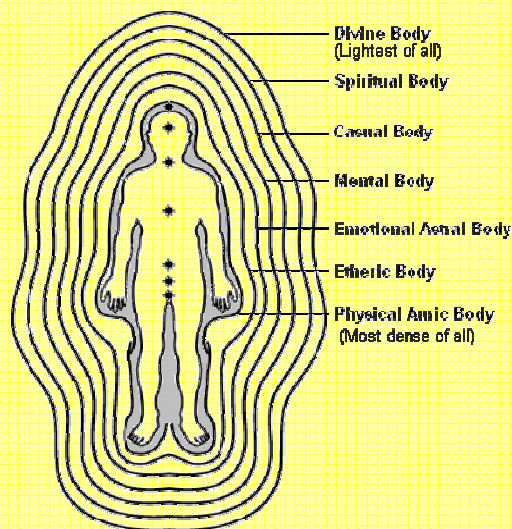
[www.theangelrev.com](http://www.theangelrev.com)

E-mail [barb@theangelrev.com](mailto:barb@theangelrev.com)

**Reverend Barbara M. Rocha**

\$10.00 off any service, one coupon per person, offer expires 6/30/09

(630) 510-7104





# 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 self-treating ailments.

To order call 630 229 4434  
[www.7starsma.com/webstore.html](http://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 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

# YES!

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

Please enter my subscription beginning with the  
\_\_\_\_\_ issue.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Country \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

E-mail \_\_\_\_\_

\$16 for one year (4 issues)  
\$24 for two years (8 issues)

International \$24 for one year (4 issues)  
International \$36 for two years (8 issues)

Sign-up online at [www.7starsma.com](http://www.7starsma.com)

Payment Method:

Date \_\_\_\_\_

Cash \_\_\_\_\_

Check \_\_\_\_\_

Money Order \_\_\_\_\_

Send your payment along with this form to:

Seven Stars Martial Arts  
2 S 525 Route 59  
Warrenville, IL 60555  
U.S.A.

# 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

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**

With this coupon. Not valid with other offers.

**Free  
Introductory  
Class**

With this coupon. Not valid with other offers.

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

**881 Shoreline Dr. • Aurora**

(located inside American Gymnastics  
minutes from Fox Valley Mall)

**630-825-KICK (5425)**

**2 S 525 Route 59 • Warrenville**

(corner of Rt 59 & Batavia Rd.  
behind Burger King)

**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

April 30<sup>th</sup> (6 weeks)  
June 11<sup>th</sup> (6 weeks)

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

April 28<sup>th</sup> (6 weeks)  
June 9<sup>th</sup> (6 weeks)

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

April 30<sup>th</sup> (6 weeks)  
June 11<sup>th</sup> (6 weeks)

**Registration: 630 833 5064**

## Wood Dale

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

**An Introduction to  
Chinese Health Balls**

Tuesday, April 21<sup>st</sup>  
7:00pm - 8:00pm

**Registration: 630 595 9333**

## Chicago

**Discovery Center**  
2940 N. Lincoln Ave.,  
Chicago, IL 60657

**Discover the Secrets of  
Chinese Health Balls**

Tuesday, June 16<sup>th</sup>  
7:00pm - 9:00pm

**Registration: (773) 348 8120**  
**www.discoverycenter.cc**

## Roselle

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

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

April 28<sup>th</sup> (6 weeks)  
June 9<sup>th</sup> (6 weeks)

**Continuing T'ai Chi**  
Tuesdays, 10:00am - 11:00am

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

**An Introduction to  
Chinese Health Balls**

Tuesday, June 23<sup>rd</sup>  
7:00pm - 8:00pm

**Registration: 630 894 4200**

## Glen Ellyn

**College of DuPage**  
425 Fawell Boulevard.  
Glen Ellyn, IL 60137

**Discover the Secrets of  
Chinese Health Balls**

Saturday, April 4<sup>th</sup>  
9:00am - 12:00 noon  
*This class is worth 3 CEU's*

**Registration: 630 942 2800**  
**www.cod.edu**

## Winfield

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

**Discover the Secrets of  
Chinese Health Balls**

Saturday, May 16<sup>th</sup>  
1:00pm-4:00pm  
*This class is worth 3 CEU's*

**Registration: 630 260 1084**

## Villa Park

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

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

April 28<sup>th</sup> (6 weeks)  
June 9<sup>th</sup> (6 weeks)

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

April 30<sup>th</sup> (6 weeks)  
June 11<sup>th</sup> (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

April 30<sup>th</sup> (6 weeks)

**Registration: 630 834 8970**

## Barrington

**Relax4Life**  
26402 N. Edgemond Lane,  
Barrington, IL 60010

**Chinese Health Balls  
& Labyrinths**

Saturday, May 9<sup>th</sup>  
9:00am - 1:30pm  
*This class is worth 4 CEU's*

**Registration: 847 842 1752**  
**www.relax4life.com**

All our classes are suitable for all  
ages and abilities.

New students are always  
welcome.



# Chinese Health Balls & Labyrinths

Saturday, May 9<sup>th</sup> ~ 9:00am - 1:30pm

Discover the secrets of Chinese Health Balls in the morning and after lunch, learn how labyrinths can connect you to your spiritual side, and take a walk on an outdoor or indoor labyrinth (according to the weather).



Join John Robertson for this unique workshop and receive the benefits of greater concentration, intuition, relaxation, dexterity and spiritual connection.

Class includes Chinese Health Balls and a 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 4 CEU's

26402 N. Edgemon Lane,  
Barrington, IL 60010

847 842 1752

[www.relax4life.com](http://www.relax4life.com)

