

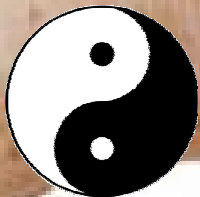
Complementary Health & Exercise

Summer 2009

FREE!

**Medications,
Falls,
and You**

**Fall
Prevention
& T'ai Chi**



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 reduce your
risk of carpal tunnel,
arthritis, rheumatism,
tendonitis, repetitive
stress injury, dementia &
Alzheimer's. They reduce
stress and help prolong life.**



**Tuesday, June 23rd ~ 7:00pm
Thursday, Sept 24th ~ 7:00pm**

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

Saturday, July 11th ~ 9:30am

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

***Free Health
Balls for all
participants***

**An Introduction to
Chinese Health Balls**



ROSELLE PARK DISTRICT

Free Demonstration classes

Do you have questions about starting an exercise program, improving your health and balance, fall prevention, T'ai Chi or any of our classes?

This is your opportunity to have all your questions answered and try it yourself

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

Roselle - 630 894 4200

Tuesday, September 15th - 9:00am to 11:00am

Elmhurst

630 833 5064

Thursday, September 17th
11:30am to 1:30am

Villa Park

630 834 8970

Tuesday, September 15th
1:00pm to 3:00pm



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.

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
www.holisticceremoines.wordpress.com



Complementary Health & Exercise

Summer 2009

Editor/Publisher
John Robertson

630 229 4434

john@7starsma.com

www.7starsma.com

www.learninglunches.org

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.

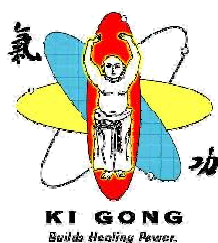
The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this magazine.

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



"The superior man will watch over himself when he is alone. He examines his heart that there may be nothing wrong there, and that he may have no cause of dissatisfaction with himself."

Editor's Notebook

Summer seems to be now finally with us, after a long winter; so welcome to our summer edition. We follow on from the spring issue's vestibular disorders and take a look at medications and balance, balance and T'ai Chi principles, and 10 reasons to practice T'ai Chi. I hope that people can draw some inspiration and motivation from this.

Our programs continue throughout the summer with the addition in Roselle of a continuing T'ai Chi class at 10:00am every Tuesday morning.

There will not be any classes during the first two weeks of September while I take some time to see my mother for the first time in nearly five years. I will also be taking part in a martial arts competition while I am there. So wish me luck!

New students are always welcome in all our classes. Have you been thinking about trying some of our classes but weren't sure if they were right for you? Then this September we are offering a week of demonstrations, question and answer sessions, a chance to meet the instructor and try it out for yourself.

To secure your space in Roselle on Tuesday, September 15th from 9:00am to 11:00am call 630 894 4200.

In Villa Park on Tuesday, September 15th from 1:00pm to 3:00pm call 630 834 8970.

In Elmhurst on Thursday, September 17th from 11:30am to 1:30am call 630 833 5064.

See the back page for more information and addresses.

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 2¼".

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".

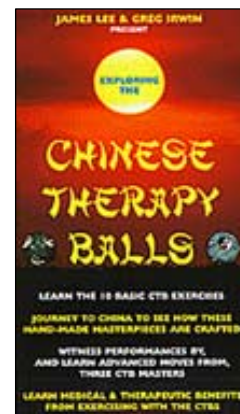


We have many more styles available including solid jade, marble, wood & chromed solid steel, from \$10.00 upwards.

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

Top 10 Reasons to Try T'ai Chi

By Jane Tan - Instructor at NewAgeTaichi in Singapore

T'ai Chi is one of the most popular Chinese internal martial arts, where it consists of smooth, rhythmic, gentle and graceful circular movements. Breathing is deep and relaxed and is in accordance to the tempo of the T'ai Chi movements. These movement techniques help to integrate the mind and body which allows achievement of total harmony of the body.

T'ai Chi has become an increasingly popular form of physical exercises around the world for all ages, both as a basic exercise program and as a complement to health care methods. Regardless of your age, T'ai Chi can offer both physical and mental benefits to your health and fitness. Here are the Chi top 10 reasons to give T'ai Chi a try.

1. Increased flexibility and reduced risk of injury - Improvements in posture alignment, strength and flexibility have been attributed to T'ai Chi among those individual who practice the exercise. Its slow circular movements allow for gentle stretching and warming up of muscles, tendons and ligaments and are often compared to continuous passive movement which is used to increase the speed of healing. T'ai Chi also allows for compression to the joint which aids in providing nutrients to the surrounding cartilage.
2. Focused breathing and concentration - A primary component of T'ai Chi is the rhythmic breathing that emphasizes a relaxed state of mind and body which encourages strong blood circulation. During T'ai Chi practices, oxygenated blood flows to the muscles and brain.
3. The mind-body connection - Rather than mindlessly going through the motions, T'ai Chi requires you to focus all of your energies on performing each movement precisely. When coupled these T'ai Chi movements and breathing together, it is said to dissipate stress and anxiety. This also helps in improving the neural muscular adaptation in the body.
4. Greater strength and stamina - T'ai Chi also improves strength and stamina physically through the various T'ai Chi routine practices. It helps to generate the inner energy, which revitalizes the physical system, promote strength and stamina as well as flexibility and relaxation. The slower the tempo and the lower the movement posture, the greater the strength and endurance benefit that can be achieved. This is especially true when the T'ai Chi practice is done in the correct posture alignment and movement patterns.
5. Fewer muscle imbalances - Those who are new to T'ai Chi may notice muscle and flexibility imbalances throughout the body, which is often the primarily cause of body aches and soreness. T'ai Chi movements are specially designed which consists of carefully well coordinated natural body movement to help correct these imbalances over time by proper posture alignment and movement patterns.
6. Better balance and stability - Balancing require you to engage the core stabilizer muscles, which can help improve overall stability. In T'ai Chi, the movements transition emphasize on the focus of weight transfer, which activates a lot of the core stabilizer muscles. Over time, the body will acquire better balance and stability which helps to prevent falls and injuries.
7. Improved posture - T'ai Chi helps to strengthen and open up tight areas such as the shoulders and muscles of the upper back, which is necessary for good posture. T'ai Chi also focus on the body being erect and spine neutral during practices which helps to keep the body and spine in neutral alignment.
8. Greater kinesthetic body awareness - T'ai Chi requires you to contract and/or relax specific muscles during practice, thereby increasing kinesthetic awareness of the body's strengths and weaknesses. Kinesthetic body awareness is improved through T'ai Chi slow and rhythmic movements that focus on proper postures and constant muscle contraction and relaxation during the T'ai Chi routine that increases neutral muscular activities.
9. Stress reduction - T'ai Chi helps soothe the mind and lower stress levels by focusing the mind on the inner self and the T'ai Chi movements rather than on external distractions.
10. Cross-training benefits - T'ai Chi combines flexibility, strength training, agility and balance to create a holistic mind-body physical activity that is a perfect addition to any fitness regimen.

Scientific investigation has shown that the physiological, psychological and social benefits that develop through the regular practice of T'ai Chi are long lasting among this population.

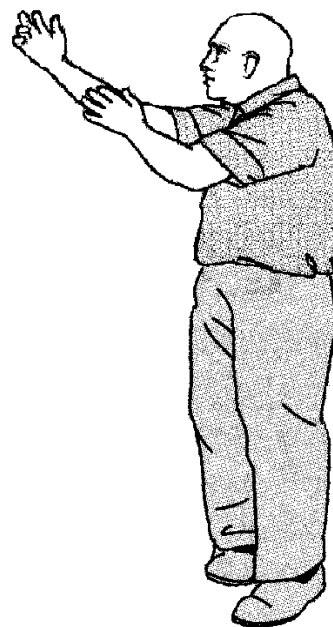
"Structural alignment is a natural function of the human body, but we tend to lose it after childhood"



ROSELLE PARK DISTRICT

T'ai Chi for Beginners ~ Exercise for life!

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

June 9th, July 21st &
September 22nd

Call: 630 894 4200

In Villa Park

Every Tuesday at 2:00pm

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

June 9th, July 21st &
September 22nd

Call: 630 834 8970

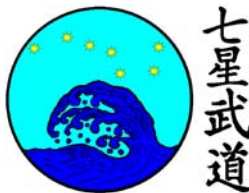
In Elmhurst

Every Thursday at 12:30pm

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

June 11th, July 23rd &
September 24th

Call: 630 833 5064



Fall Prevention Through T'ai Chi Principles

by Michael Stenson from <http://www.prairiewinds.com/html/Fall1.html>

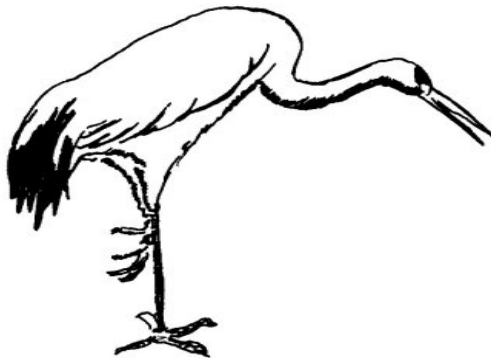
Timing and balance. The presence of both is experienced as poise – a graceful, light, stable bearing. Too often though, waning strength and balance disrupt timing leading to a fall. The purpose of this article is to show how timing and balance can be cultivated and spills avoided by practicing T'ai Chi.

T'ai Chi practitioners develop a keen sense of timing, balance, suppleness, strength and sensitivity through study of the slow, rhythmic exercises. T'ai Chi practice employs the mind by focusing attention on how to overcome inefficient physical habits and allow the body to work the way it was designed. To stand quietly without wobbling instead of bracing yourself up. To transition evenly and smoothly. To walk without faltering. T'ai Chi is a centuries old Chinese art whose basis is the application of common sense to movement and alignment.

When walking in dim light, navigating curbs or negotiating stairs it is best to move with a short step on a well placed foot. One of The Eight Ways To Graceful Aging T'ai Chi exercises, Treading On Thin Ice, engages both body and mind in the task by using the imagination and awareness to practice T'ai Chi principles while performing the exercise.

The most important T'ai Chi principle is relax. Relaxation enables the body to become supple and responsive, sensitive and agile – exactly the qualities needed to walk on ice. Relaxing is not the same thing as collapsing. A relaxed body is energetic, alert and alive – ready for anything. Energy sinks down into a relaxed body inducing a calm, composed, light-hearted feeling.

The principle of upright alignment is a refinement of relaxation. While treading on thin ice the knee of the weighted leg is always kept perfectly in line with the toes, hips are level with relaxed abdominal and lower back muscles, shoulders are neither collapsed nor thrust back and the classics say "the head is as if pressing against heaven". Working like this balances the body's muscle pairs and tones the small balancing muscles closest to the joints. Simply standing like this exercises the muscle groups most crucial to independent mobility.



Treading On Thin Ice is one way to study the principle of separating the empty and full by placing the foot lightly as if to take a step, but without weighting it. Then slowly shift one hundred percent of the weight from the weighted leg to the empty leg all the while sensing the ability of the foot to stay firm and the ice to hold. An old cowboy I admire says, "The slower you go the faster you learn" He was talking about horses, and it is an equally deft approach for graceful transitions from the full leg to the empty leg.

The principle of turning only in the hips coordinates timing, smoothes transitions and maintains balanced alignment. Twisting the head, spine and knees to turn is very unstable so its no coincidence that most falls happen while changing directions. With practice, graceful turns transform treading to dancing on thin ice.

T'ai Chi does not require any special clothes or equipment and the principles can be practiced anywhere, anytime. The gentle exercises can be practiced by anyone who can stand. Although skillful players make T'ai Chi appear to be effortless, the exercises can also be very strenuous by increasing the bend in the hips, knees and ankles to work lower. However, the importance of integrating the principles correctly before working

low can not be overemphasized as joints can easily be damaged by the combination of sinking weight and misalignment. This is, in fact, the single most important reason for finding a qualified teacher.

Practicing the wrong thing, can be as bad as doing nothing at all. To avoid injuries, look for someone who can both demonstrate and teach the principles as outlined above.

Not everyone has the interest, ability or inclination to become a T'ai Chi student, yet many can benefit from learning to follow the principles, so look for workshops that truly meet your needs and interest.

There are many other long and short term health and well-being benefits that come from practicing T'ai Chi. The Chinese say that "whoever practices T'ai Chi regularly, over a period of time, will gain the pliability of a child, the health of a lumberjack and the wisdom of a sage."

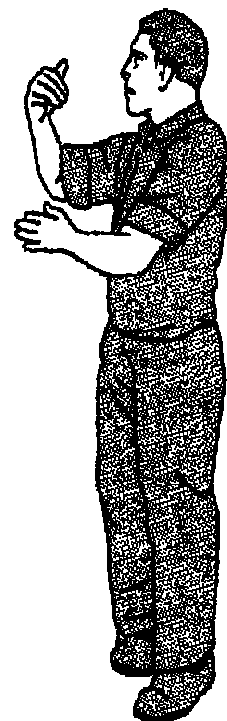


ROSELLE PARK DISTRICT

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,
strength and reduce stress.



In Elmhurst

Every Tuesday at 12:30pm

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

June 9th, July 21st &
September 22nd

Call: 630 833 5064



In Roselle

Every Tuesday at 10:00am

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



June 9th,
July 21st &
September 22nd

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

June 11th, July 23rd &
September 24th

Call: 630 834 8970



Medications, Falls, and You

By Robert Brown R.N.
St Alexian Brothers
December 2008



Falls are one of the most common causes of injuries in older people, especially those 65 years and older. Falls can happen to even those who are seemingly strong and healthy. One of the risk factors associated with falling is the use of multiple medications.

Older people take three to five prescription medications and many take more than this. Unfortunately, many medications cause drowsiness, blurred vision, balance problems, and/or agitation, which can increase the chance of falling.

If appropriate, your doctor may be able to lower the dose of a medication, or switch to another with fewer side effects. More importantly, the following ten things that you can do for safer, more effective medication use to decrease the risk of falls and fall related injuries.

The ten steps you can take to help prevent medication related falls:

1. Take all medications to your doctor's office for review. By bringing in your prescriptions, over the counter medications, herbal products, and vitamins, your doctor can assess their safety and appropriateness.
2. Have a single doctor coordinate your healthcare. Make sure your doctor knows all of the medications you are taking and you feel comfortable reporting falls and near falls to them.
3. Fill your prescriptions at one pharmacy. This allows the pharmacist to maintain a complete list of your medications to screen for drug interactions.
4. Ask about calcium and vitamin D supplementation. It is well known that calcium and vitamin D will prevent fractures. Ask to make sure they will not interact with any of your current medications.
5. Take your medications as prescribed. Making changes to your medication regimen on your own can cause harm. Ask your pharmacist if you are still unclear how to take your medication after a doctor's visit.
6. Take your time getting up from a sitting or laying position. This is important if you are starting a new blood pressure medication since these medications may cause dizziness at first.
7. Have your vision checked and use vision aids if needed. It is important that you can read the

information on prescription labels and can see the medication you are about to take.

8. Install good lighting in your home. Be sure there is enough light to see what you are doing while taking your medications.

9. Use devices to help maintain your balance. This is important during and after you take medicine.

10. Stay healthy by limiting alcohol intake, not smoking, and practicing balance/strength training. [such as T'ai Chi.]

Common medications that may contribute to falls in the elderly:

Antidepressants: amitriptyline (Elavil), doxepin (Sinequan), imipramine (Tofranil) .

Antihistamines (for allergies): chlorpheniramine (Chlor-Trimeton), clemastine (Tavist), diphen-hydramine (Benadryl), hydroxyzine (Vistaril, Atarax)

Antihypertensives (for high blood pressure): clonidine (Catapres), doxazosin (Cardura), prazosin (Minipress), terazosin (Hytrin), nitrates, diuretics (water pills) .

Antipsychotics: chlorpromazine (Thorazine), clozapine (Clozaril), mesoridazine (Serentil), thioridazine (Mellaril) .

Benzodiazepines (for sleep, anxiety, nerves): clorazepate (Tranxene), chlordiazepoxide (Librium), diazepam (Valium), flurazepam (Dalmane), quazepam (Doral) .

Muscle Relaxants: carisoprodol (Soma), clidinium (Librax), cyclobenzaprine (Flexeril), dicyclomine (Bentyl), donnatal, hyoscyamine (Levsin), metaxalone (Skelaxin) .

Pain Medications: meperidine (Demerol), pentazocine (Talwin), propoxyphene (Darvocet)

Reprinted with the kind permission of Mr Brown.

For more information on falls see our Summer 2007 issue. This is available as a download from our website:

<http://www.7starsma.com/resources/magazine.html> or as individual articles on:

<http://www.7starsma.com/articles/miscellaneous/articles.html>

The Balance Self Test

To help determine if you may be headed for a fall, take the Balance Self Test below. Simply answer yes or no to each question, and keep a tally of your answers.

1. Have you fallen more than once in the past year?

2. Do you take medicine for two or more of the following diseases: heart disease, anxiety, hypertension, arthritis, and depression?

3. Do you feel dizzy or unsteady if you make sudden changes in movement such as bending down or quickly turning?

4. Do you have black-outs or seizures?

5. Have you experienced a stroke or other neurological problem that has affected your balance?

6. Do you experience numbness or loss of sensation in your legs and/or feet?

7. Do you use a walker or wheel chair, or do you need assistance to get around?

8. Are you inactive? (Answer yes if you do not participate in a regular form of exercise, such as walking or exercising 20-30 minutes at least three times a week.)

9. Do you feel unsteady when you are walking, climbing stairs?

10. Do you have difficulty sitting down or rising from a seated or lying position?

Your answers:

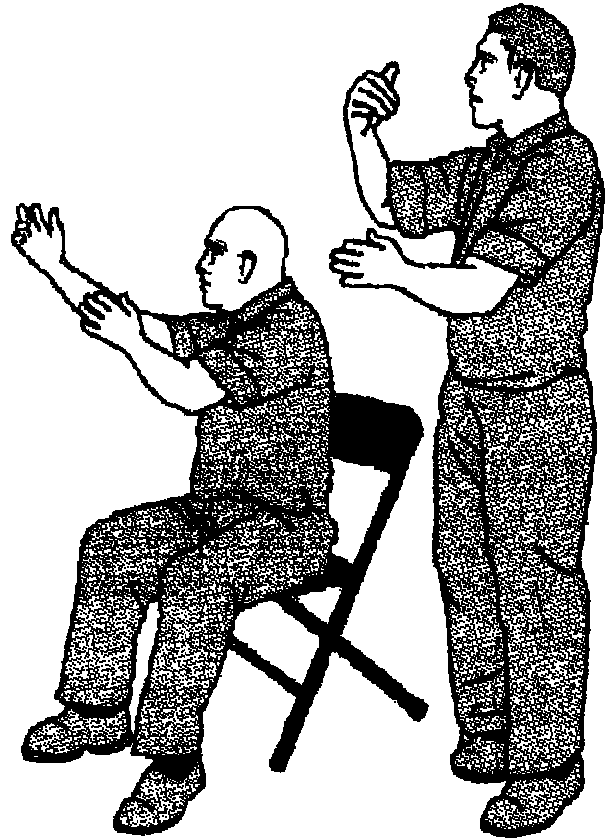
Yes: _____ No: _____

If you answered 'yes' to one or more of the above questions, then you could have a balance problem and should consult with your physician.

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 Elmhurst Every Thursday at 11:30am

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

Classes begin on June 11th, July 23rd & September 24th

To register call 630 833 5064 today!



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

COURTS PLUS SM

Feng Shui ~ Where It All Began

By Juliette Looye, M.Ed

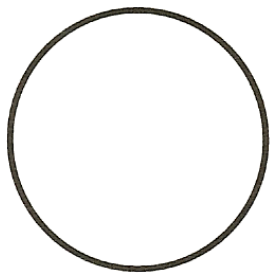
The symbol at the center of the bagua map is called the tai chi ("tie chee"). It is a onedimensional representation of yin and yang- the perfect balance of complimentary opposites.

Examples of yin and yang include female (yin) and male (yang), darkness (yin) and light (yang), stillness (yin) and motion (yang).

The tai chi, or yin-yang symbol, also represents the constant flow and change of energy.

As each day changes into night, for example, our bodies, as well as our surroundings, go from being awake and active (yang energy) to being dormant and inactive (yin energy). As one day flows into night, and then into another new day, yin and yang energies transform themselves endlessly, one into the other. The tai chi illustrates this idea beautifully. In essence, it is a nutshell representation of the Taoist ("DOWist") belief that everything in the universe is created by-and returns to-the same source: the Tao ("dow"). If you're not Taoist, you might call this source God or the Creator.

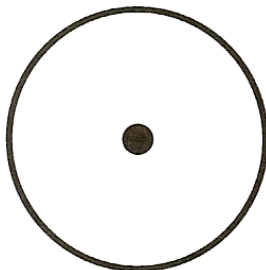
To gain a better understanding of this concept, it might help to study its symbol. Here's an explanation of the tai chi, or yin-yang symbol, one part at a time.



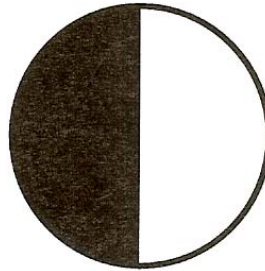
According to Taoist theory, the first stage in the creation of everything in the universe is called wu chi. Wu chi means "primal energy," the source of all things. The Chinese depicted this

primal energy in the form of a circle. This makes a lot of sense because when you look at a circle, it's both empty and full at the same time. So the wu chi circle is like a womb or an egg that is alive itself, yet waiting to hold life.

In the next stage, the "egg" is fertilized. A dot, or "seed," appears in the circle and causes a change in its energy. Whereas the energy of the egg is calm and



still, the energy of the seed is lively and active. So the once solitary circle is now two entities, each with its own energetic force.



As the seed begins to grow, the two energetic forces keep shifting and changing. Soon each force fills one half of the circle.

The dark half represents yin energy (female); the light half represents yang energy (male).

Next, the two energies begin to swirl around each other and "embrace." The two forces are so perfectly balanced that they mirror each other like a photograph and its negative. In the tai chi symbol at the right, the



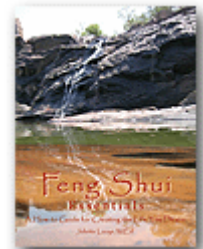
outer circle still represents what it did in the beginning: wu chi-nothing and everything at once-undifferentiated potential.

However, inside the circle now exist yin and yang, two equal-yet-opposite forces in perfectly balanced motion.

Although the tai chi symbol is static and one-dimensional, it is important to remember that it represents an energetic force that is multi-dimensional and ever-changing. The two dots in the symbol are there to remind us that there is always a seed of yang energy growing inside the yin, and there is always a seed of yin energy growing inside the yang. In this way, the two energies are constantly giving birth to-and returning to-each other.

Taken from
'Feng Shui Essentials –
A How-to Guide for
Creating the life you desire'
by Juliette Looye, M.Ed

Reprinted with her kind
permission



'Feng Shui Essentials' is available to order from
your instructor.

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.

Thursday, July 9th 7:00pm - 9:00pm

Infinity Foundation, 1282 Old Skokie Rd, Highland Park, IL 60035
~ Call 847 831 8828 or visit www.infinityfoundation.org/

Saturday, Sept 19th 1:00pm - 4:00pm

The Discovery Center, 2940 N. Lincoln Ave, Chicago, IL 60657
~ Call 773 348 8120 or visit www.discoverycenter.cc

Friday, Sept 25th 7:00pm - 9:00pm

The Lighthouse Center, 165 S. Church St., Winfield, IL 60190
~ Call 630 260 1084 or visit
www.7starsma.com/schedules.html



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

Questions & Answers

Our experts answer all your questions on health and exercise.

What is Traditional Chinese Medicine and how does it work? M.H.

Traditional Chinese Medicine, sometimes shortened to TCM, is a holistic medical system that has been used in China and other countries to diagnose; treat and prevent illness for almost 4,000 years.

Traditional Chinese Medicine believes that a person's health is determined by a balanced flow of vital energy throughout the body. For thousands of years, Traditional Chinese Medicine has acknowledged that there is a vital life force that flows through all things which called Qi, Chi or Ki. In the West, this is often referred to as 'energy'. Qi circulates throughout the body through twelve major energy pathways called meridians, each of which is linked to specific internal organs and organ systems.

When the balance of Qi in the body is disturbed due to trauma, poor diet, medication, environmental factors or excessive emotional issues, pain or illness usually results.

Traditional Chinese Medicine focuses on correcting these energetic imbalances by breaking up any obstruction and encouraging an even and balanced flow of Qi, which stimulates the body's natural ability to heal itself. Traditional Chinese Medicine may use a combination of Qi Gong or T'ai Chi Ch'uan exercise, diet, herbal supplements, Tui Na massage, acupressure and acupuncture to balance and harmonize the flow of Qi to restore health.

Traditional Chinese Medicine can be traced back to *The Yellow Emperor's Classic of Medicine*. A book, still published today, attributed to the great Huang Di, the Yellow Emperor, who reigned during the 3rd millennium BCE.

It contains a wealth of knowledge, including etiology, physiology, diagnosis, therapy, and prevention of disease, as well as in-depth investigation of such diverse subjects as ethics, psychology, and cosmology.

All of these subjects are discussed in a holistic context that says life is not fragmented, as in the model provided by modern science, but rather that all the pieces make up an interconnected whole. By revealing the natural laws of this holistic universe, the book offers much practical advice on how to promote a long, happy, and healthy life.

Send your questions to info@7starsma.com



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

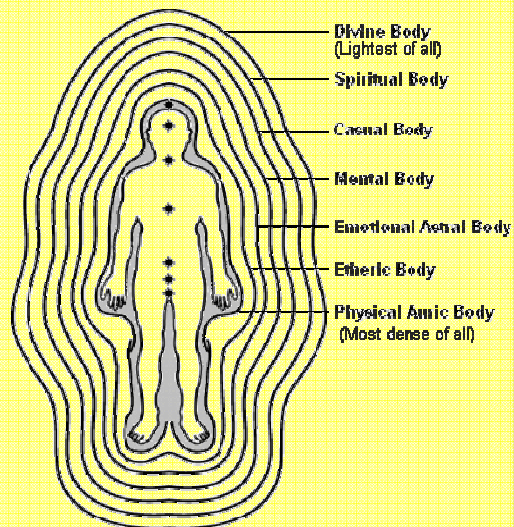
www.theangelrev.com

E-mail barb@theangelrev.com

Reverend Barbara M. Rocha

\$10.00 off any service, one coupon per person, offer expires 9/30/09

(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**

Advertising

Adverts are available in the following sizes:

Standard ¼ page - H4.3" x W3.3"

Horizontal ½ page - H4.3" 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
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

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)

Learning Lunches

Our classes include:

- T'ai Chi Ch'uan
- Adult Self-defense
- Children's Self-defense
- Chinese Health Balls
- The Six Healing Sounds
- An Introduction to Karate
- A Guide to Fall Prevention
- 50 Secrets of the World's Longest Living People
- Are You Ready? - FEMA Disaster Preparedness program



630-229-4434 john@learninglunches.org www.learninglunches.org

Health and safety education in your location, at your convenience

Class Calendar & Programs

Elmhurst

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

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

June 11th (6 weeks)
July 23rd (6 weeks)
September 24th (6 weeks)

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

June 11th (6 weeks)
July 23rd (6 weeks)
September 24th (6 weeks)

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

June 9th (6 weeks)
July 21st (6 weeks)
September 22nd (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**

Saturday, July 11th
9:30am - 10:30am

Thursday, October 15th
7:00pm - 8:00pm

Registration: 630 595 9333

All our classes are suitable for all ages and abilities. In our Easy classes students may choose to stand or sit throughout the class.

Roselle

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

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

June 9th (6 weeks)
July 21st (6 weeks)
September 22nd (6 weeks)



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

June 9th (6 weeks)
July 21st (6 weeks)
September 22nd (6 weeks)

**An Introduction to
Chinese Health Balls**

Tuesday, June 23rd
7:00pm - 8:00pm

Thursday, September 24th
7:00pm - 8:00pm

Registration: 630 894 4200

Winfield

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

**Discover the Secrets of
Chinese Health Balls**

Friday, September 25th
7:00pm-9:00pm

Registration: 630 260 1084

New students are always welcome in our classes.
Questions? Call the instructor
630-229-4434

Villa Park

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

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

June 9th (6 weeks)
July 21st (6 weeks)
September 22nd (6 weeks)

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

June 11th (6 weeks)
July 23rd (6 weeks)
September 24th (6 weeks)

Registration: 630 834 8970

Highland Park

Infinity Foundation
1282 Old Skokie Rd,
Highland Park, IL 60035

**Discover the Secrets of
Chinese Health Balls**

Thursday, July 9th
7:00pm - 9:00pm

Registration: 847 831 8828
www.infinityfoundation.org

Chicago

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

**Discover the Secrets of
Chinese Health Balls**

Saturday, September 19th
1:00pm - 4:00pm
This class is worth 3 CEU's

Registration: 773 348 8120
www.discoverycenter.cc



ROSELLE PARK DISTRICT



Do you want to get up,
get fit and stay fit?

Then we are here to show you, you
can ~ no matter your age!

Visit our demonstration classes, have
all your questions answered and take
the opportunity to try it for yourself,
meet the Instructor & current students

Roselle

Tuesday,
September 15th
9:00am to 11:00am

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

630 894 4200

Villa Park

Tuesday,
September 15th
1:00pm to 3:00pm

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

630 834 8970

Elmhurst

Thursday,
September 17th
11:30am to 1:30am

Courts Plus
186 S. West Avenue
Elmhurst, IL 60126

630 833 5064

We have classes for all ages and abilities
including Easy, Beginners & Continuing

