

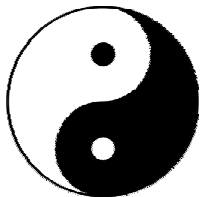
Complementary Health & Exercise

Spring 2010



The quickest, simplest
way to improve skin
tone & texture, elimina-
tion of waste & toxins,
blood circulation &
more.

Dry Skin Brushing



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



七星武道

T'ai Chi for Children

for ages 8 to 12



For hundreds of years, the Chinese have been teaching children T'ai Chi. Using simple exercises with focused breathing and concentration to achieve mental, emotional and physical health: building confidence, focus and concentration.

Wednesday, 4:00 pm–4:45 pm
March 31st – May 5th
May 12th – June 16th



The Sports Hub,
250 Civic
Center Plaza,
Glendale Heights,
IL 60139

Call 630 260 6060 today!

Complementary Health & Exercise

Spring 2010

Editor & publisher - John Robertson

630 229 4434 john@7starsma.com

www.7starsma.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/discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.



T'ai Chi Sword

Thursday, May 13th - June 17th
3:30pm - 4:00pm

Iowa Community Centre,
338 N. Iowa Avenue, Villa Park, IL 60181
630 834 8970

(Previous Tai Chi experience is required)

The Wisdom of Confucius

"If you think in terms of a year, plant a seed;
if in terms of ten years, plant trees; if in
terms of 100 years, teach the people "

Editor's Notebook

Welcome to our spring issue, the weather is starting to warm up and some of our classes are able to go outside. It is wonderful to be able to connect with the earth and the sky after so many months indoors. The feeling of being in nature, and absorbing the energy from the earth and sky is wonderful.

Our classes are filling up, many of our new classes are running; congratulations to everyone who has joined us in taking responsibility for your own health and well-being. Through Tai Chi and our other classes you will have more vitality, better balance and posture!

Students have completed our Natural Energy Healing classes in Lombard and Roselle. This month we have a class on April 25th at Courts Plus in Elmhurst. If you would like to learn this wonderful method of stress relief and relaxation then register quickly, these classes are limited in size.

Saturday, April 25th is World Tai Chi Day, and our local event will be held at The Theosophical Society in Wheaton. We will join with other host sites around the world as Tai Chi and Qigong teachers lead participants in their respective styles, creating a wave of peace and harmony that will move around the globe. Gather outside at 9:00 am (indoors, if inclement weather). This is a FREE EVENT running through to 11:00am! Everyone is welcome! and no experience required! Join us in celebrating and creating healing and peace on the Earth!

Then drop by the Tai Chi Spring Gathering anytime between 1:00pm and 4:00pm at Creekside Park in Winfield. Al Schmidt, Renee` Ryan and other guests, including myself, will be facilitating the Tai Chi & Qi gong Practice. There will be chair massage, bodywork and demonstrations of the latest healing modalities and refreshments available at the Lighthouse Center.

John Robertson

*He lives most life whoever
breathes most air*

Cobblestone Walking



Aging can be seen as beginning with the feet; which act as a map of the entire body, where reflex points correspond to vital organs, muscles, and glands. Modern mats are used to apply acupressure from the bodies own weight to the reflex points of the foot; stimulating the whole body. Cobblestone walking has been shown to help reduce blood pressure, improve balance & increase physical function; you will begin to strengthen and heal your body from within, boost energy and improve sleep.

3 S. 260
Warren Avenue,
Warrenville,
IL 60555



Mondays at 9:00am
New class starts May 10th

Call 630 393 7279 today!



The Sports Hub,
250 Civic
Center Plaza,
Glendale Heights,
IL 60139

Wednesdays at 11:30am
Classes start March 31st & May 12th

Call 630 260 6060 today!

Holistic Ceremonies

Created just for you

Weddings, vow renewals, commitment ceremonies & more

We can assist you in creating a ceremony that truly reflects and expresses your beliefs and commitments to one another. Traditional, civil, unity sand & candle, hand-fasting and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the county.

Naming ceremonies & blessings

Honoring a new or change of name is an important moment in our lives; a time to present the new individual to the community; ensuring that they are a part of something greater, placing them under the protection of those present.

House clearings & blessings

We can cleanse your dwelling, room or possessions of negative or stagnant energies and dedicate them to your own spiritual needs, creating a sacred space filled with peace, harmony and healthy positive energy mirroring who you are.

Rites Of Passage

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

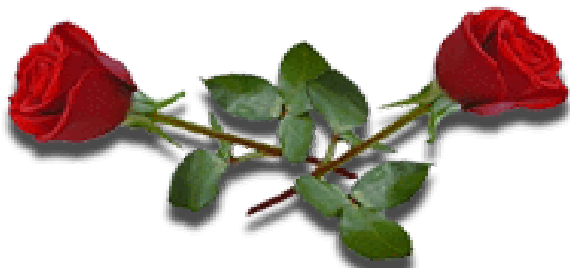
All our ceremonies are all individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

Contact Reverend John

630 229 4434

john@holisticceremonies.com

www.holisticceremonies.com



The Dilbert Future

Most people are not saving enough money for retirement. If you're one of them, I suggest you start exercising vigorously so that later in life you can bully your frail peers and take their stuff when you need it.

I often see senior citizens in the park practicing T'ai Chi Ch'uan. The *alleged* purpose is to increase balance and energy or some such baloney.

Whatever happened to TAKING A WALK ?

You don't need to learn lethal skills to increase balance and energy. It's just obvious to me that those senior citizens are preparing to slap the bejeezus out of the rest of us and take our stuff.

They're just biding their time and waiting for us to realise there isn't enough retirement money for everyone.

Many of you are saving money instead of exercising. It seems like a smart thing to do, but later you'll be cursing yourself as you watch the T'ai Chi Ch'uan experts carry your stuff away in huge boxes.

Prediction 4

The people who are studying T'ai Chi Ch'uan instead of saving money are planning to beat us up and take our stuff when we're retired.

This 'brief' quotation embodied in a 'critical article' is taken from The Dilbert Future by Scott Adams, and full credit is given to him for the quotation.



An Introduction to Chinese Health Balls

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

Free Health Balls for all participants

Friday May 7th 8:00-9:00pm

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

~ To register call 630 393 7279

Thursday, May 20th 7:00-8:00pm

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

~ To register call 630 595 9333

Tuesday, June 22nd 2:00-3:00pm

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

~ To register call 630 834 8970

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



Ten Ways to Cut Down on Sugar

By Theresa Stahl, RD, LDN
Reviewed by Quality Health's Medical Advisory Board

The average American consumes an estimated 1/4-1/2 pounds of sugar each day. That's the equivalent of 30 - 60 teaspoons of sugar each day.

The Food Guide Pyramid and the World Health Organization (WHO) recommends that people should limit added sugars to less than 10% of total calories. That would be about 6 teaspoons of sugar for a 1600 calorie diet and 10 teaspoons for a 2000 calorie diet.

The U.S. Dietary Guidelines for Americans recommends limiting added sugars and instead focusing on consuming a variety of nutrient-dense foods and beverages from the basic food groups. But what are added sugars? Added sugars are sugars and syrups that are added to foods or drinks during processing or preparation. This doesn't include naturally occurring sugars such as those in fruits or milk.

According to a study by the USDA, people who eat a lot of sugar don't get as many nutrients as people who eat lower-sugar diets. This is because high sugar foods often replace nutrient-rich foods.

Here are 10 ways to help you cut down on your sugar intake:

1. Think before you drink. Liquid calories add up fast. One 12-ounce can of soda contains about 10 teaspoons of sugar and one 20-ounce bottle contains about 16 teaspoons. And bottled iced teas and energy drinks often contain as much sugar as sodas.
2. Read food labels. Reading food labels can help to identify added sugars. Some names for added sugars include: sugar, brown sugar, raw sugar, corn sweetener, corn syrup, high-fructose corn syrup, sucrose, glucose, and dextrose.
3. Choose nutrient rich foods first. Nutrient rich foods provide a high amount of vitamins, minerals and other nutrients for the calories they contain. These include brightly colored fresh fruits and vegetables; lean meat, poultry, fish, eggs, beans and nuts; whole, fiber-rich grain foods and fat-free and low-fat milk, cheese and yogurt.
4. Shop the perimeter of the store. You'll find nutrient rich foods around the perimeter of the store.
5. Make snacks count. Nutritious snacks can help you manage your weight, hunger, health and energy. Choose foods from the food groups such as fruit, vegetables, low-fat yogurt and cheese, whole

grain crackers, cereals and nuts.

6. Pay attention to portions. Choose small servings or share high-calorie, high-sugar desserts when you splurge. Try a child's servings of ice cream, a miniature chocolate, or a small mocha.
7. Eat mindfully. When you indulge in a sweet treat, pay attention and savor the flavor of each and every bite. The first few bites are the most satisfying.
8. Drink water. Water is naturally calorie-free and sugar-free. Sparkling water or seltzer water is a refreshing option. These can be flavored with lemon, lime or orange wedges or a ¼ cup of 100% fruit juice.
9. Eat fruit. Naturally sweet, fruit is a satisfying and nutritious. Fresh fruit is high in water and fiber, both of which help increase fullness, helping you eat less.
10. Eat less candy, cookies, cakes, and pies. High in sugar and fat, these foods contain lots of calories with little nutrients.

What are "added Sugars"?

Taken from www.mypyramid.com hosted by the USDA

Added sugars are sugars and syrups that are added to foods or beverages during processing or preparation. This does not include naturally occurring sugars such as those that occur in milk and fruits.

Foods that contain most of the added sugars in American diets are:

- regular soft drinks
- candy
- cakes
- cookies
- pies
- fruit drinks, such as fruitades and fruit punch
- milk-based desserts and products, such as ice cream, sweetened yogurt and sweetened milk
- grain products such as sweet rolls and cinnamon toast

Reading the ingredient label on processed foods can help to identify added sugars.

T'ai Chi Chuan

"the secret to anti-aging" it's the
"miracle exercise" for people seeking
to avoid drugs, surgery, and expensive
doctor bills. Dr. Mehmet Oz on Oprah

In Elmhurst

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

All students meet every
Monday at 8:00pm
March 29th & May 10th

Continuing students meet every
Tuesday at 12:30pm
& March 30th & May 11th

Beginner students meet every
Thursday at 12:30pm
April 1st & May 13th

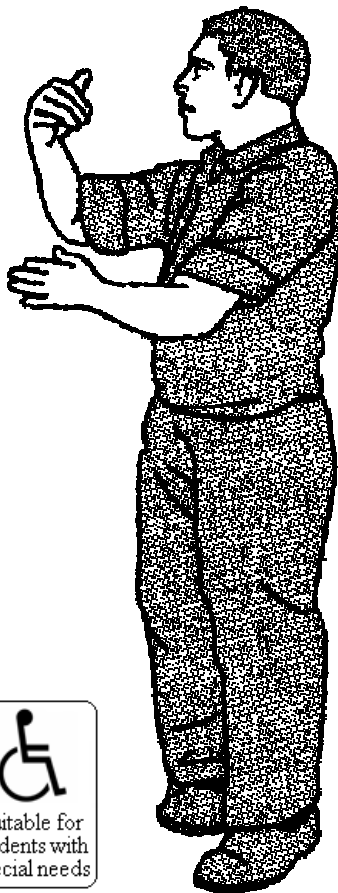
Call: 630 833 5064

In Lombard

Sunset Knoll Recreation Center
820 S. Finley Road,
Lombard, IL 60148

All students meet every
Monday at 6:00pm
March 29th & May 10th

Call: 630 620 7322



In Roselle

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

Beginner students meet every
Tuesday at 9:00am
March 30th & May 11th

Continuing students meet every
Tuesday at 10:00am
March 30th & May 11th

Call: 630 894 4200

In Villa Park

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

Beginner students meet every
Tuesday at 2:00pm
March 30th & May 11th

Continuing students meet every
Thursday at 2:00pm
April 1st & May 13th

Call: 630 834 8970



ROSELLE PARK DISTRICT

Dry Skin Brushing

The quickest, simplest way to improve skin tone & texture,
elimination of waste & toxins, blood circulation & more.

Matthew Scott B.Ac, MA Graduate
Australian College of Natural Medicine, 1990



What is Dry Skin Brushing?

Dry skin brushing is the practice of brushing the surface of the body to clear away dead skin cells, improve skin texture and tone, enhance blood circulation, and eliminate toxins from the body. As you'll learn in this report, though, these are just some of the benefits of regularly brushing your skin.

Skin brushing has been a traditional practice throughout Asia, some European countries, and other countries for centuries. Native-American Indians use dried corncobs to brush their skin, while Chinese people use a sponge made of dried fruit fibres, called a loofah. A modern, skin brushing tool is the natural bristle brush with a long handle so you can brush your back and other hard to reach areas. Dry skin brushing of your whole body takes about 5 minutes and is usually done daily before showering. The face may be brushed using a special, soft face brush, however the breasts and genitals are not brushed at all.

Long-handled, natural bristle brushes like the one above are easy to buy and inexpensive. Try your local health food store, or wherever health and beauty products are sold. Make sure you buy a brush with natural fibre bristles. With brush in hand you're ready to see for yourself how immensely beneficial this natural health practice

Benefits of Skin Brushing

As mentioned, regular brushing clears away dead skin cells and improves skin tone and texture. The more substantial internal benefits, however, are due to the fact that the skin is the largest eliminative organ in the body.

Regular brushing not only helps the skin to sweat away toxins, it also stimulates the underlying circulation of blood and lymph (a waste-removal fluid), which helps the body eliminate deeper level toxins, via your colon.

With many people these days suffering from clogged colons, allergies, acne, regular colds and other signs of toxic build-up (which are usually due to or exacerbated by poor diet), daily skin brushing is an ideal way to enhance the body's natural waste removal systems. Modify your diet and brush your skin daily and you will notice positive changes in your health and vitality.

Dry skin brushing benefits

- Stimulates your lymphatic system to remove waste & toxins via your colon
- Stimulates sweat glands & opens skin pores, which helps the cleansing process
- Increases blood circulation & improves blood quality
- Sweeps away dead skin cells, making your skin look & feel smooth & vibrant
- Improves skin tone & texture
- Encourages more nutrients to your skin, improving its look & feel
- Stimulates nerves in your skin, which enhances skin function
- Improves muscle tone & reduces cellulite & fat deposits
- Alleviates muscle tension – try it for stiff neck, back & shoulders
- Rejuvenates your nervous system & relaxes you
- Improves overall health – your skin eliminates about 1kg (around 2lb) of waste a day

How to Brush Your Skin

As mentioned, it's important to use a natural bristle brush. It should also not be too hard or too soft - it needs to cause friction on the skin but not scratch it. The basic direction of brushing is from your extremities to the centre of your body, i.e. towards your colon, through which toxins are eliminated. Four or five brushes along each aspect,

e.g. along the outside of your arm, or back of your leg, are enough.

1. Remove all clothing, necklaces, bracelets, etc. Brush your legs from your toes up to your hips and groin. Brush every aspect with long, smooth, sweeping strokes - do not scrub your skin. To make it easier to reach down, put your foot on a stool or the edge of the bath. Also brush the soles of your feet, which contain many reflexology areas and pressure points relating to other parts of your body.
2. Brush your arms from your fingertips to your shoulders and armpits. Once again, use 4 or 5 smooth, sweeping strokes. Like your feet, your hands also contain reflexology areas and points corresponding to other body areas.
3. Brush down the back of your neck and across the backs of your shoulders.
4. Brush down one side of your back from the base of your neck to the base of your lower back. Repeat on the other side.
5. Gently brush down the front part of your neck and throat, from below your ear and jaw to the top of your chest, on both sides.
6. Gently brush across one side of your chest (not your nipples though) from the midline to the sides. Repeat on the other side.
7. Brush from below your chest to your belly. Brush the sides of your trunk from under your armpits to your hips.
8. Gently brush your abdomen in circles, in a clockwise direction as you look down. This follows the path of your colon and helps stimulate elimination.
9. You may spend more time brushing areas of flabby, un-toned, stretch-marked skin, such as your buttocks and hips, and any tight or painful areas, such as your neck and joints. Stop brushing if it starts to hurt, or when the skin turns a pinkish-red color, and always brush towards your colon.
10. You may also lightly brush your ears – including the backs – but only if your brush is soft enough to not overly irritate the skin. Ear brushing is very relaxing. The ears also contain reflexology areas and pressure points, so regularly brushing them has a therapeutic affect on other body areas.

Tips

- If you haven't done skin brushing before, start gently until your skin adapts to it
- If you are ill, have a cold, or just feel sluggish, brush your body morning and night
- Brush daily for 2-3 months and pay attention to your diet for best overall effects
- Always use a dry brush on dry skin
- Don't brush over broken, irritated or infected skin
- Wash your brush well in warm, soapy water at least once a week and hang it up to dry

Enhancing the Effects

There are several things you can (and should) do to enhance your skin brushing sessions, such as taking contrast showers, modifying your diet, and breathing exercises, all of which help your body to eliminate toxins and keep it clean and functioning well.

Contrast showers

After brushing your body have an alternating hot and cold shower. The heat opens your skin and encourages circulation, while the cold contracts your skin and squeezes out toxins. Have a 3-minute hot shower, then a 1-minute cold shower - do this at least once and up to 3 times. Have as hot a shower as you can comfortably stand and always finish with cold water. Make sure you spray the hot and cold water over your whole body. Also, don't use soap, shampoo or other commercial bath products during contrast showers, as they contain chemicals that will be absorbed by your skin. Skin brushing followed by a contrast shower is an excellent way to begin your day. Also do it whenever you need a boost.

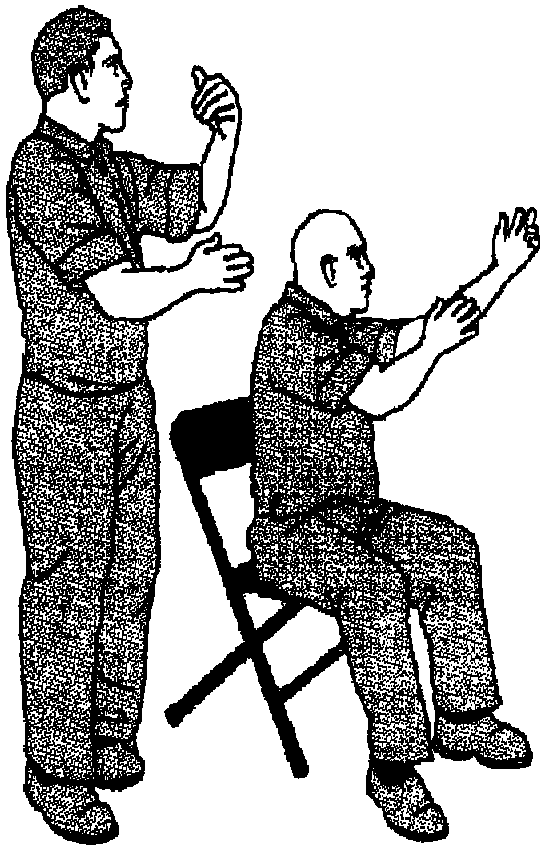
Diet

As skin brushing eliminates waste and toxins from your body, you should minimize the amount of toxins your body produces by eating healthy foods. Otherwise, it's a bit like eating bacon and eggs for breakfast every day, while taking medication to lower cholesterol – what's the point?

According to Traditional Chinese Dietary Therapy principles, a healthy diet generally consists of:

- Plenty of vegetables (lightly steamed or stir-fried)
- A reasonable amount of carbohydrates (rice, noodles, pasta)
- Little meat (finely chopped/sliced)
- Some fruit
- Little sugar
- Few dairy products
- Four or five small meals a day (particularly if you're elderly or overweight)
- Eating till you're no more than 75% full
- No cold drinks (especially iced ones and not during meals)

T'ai Chi for Health



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

In Lombard

Sunset Knoll Recreation Center
820 S. Finley Road,
Lombard, IL 60148

Every Monday at 5:00pm
March 29th & May 10th

Call: 630 620 7322

In Wheaton

Wheaton Sport Center
1000 W. Prairie,
Wheaton, IL 60187

Every Wednesday at 10:45am
April 9th & May 19th

Call: 630 690 0887

In Wood Dale

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

Every Thursday at 10:00am
April 1st & May 13th

Call: 630 595 9333

In Glendale Heights

Sports Hub, 250 Civic Center Plaza, Glendale Heights, IL 60139

Every Wednesday at 1:00pm starting March 31st & May 12th



All our classes are suitable for participants of all abilities.



A carrot, an egg, & a cup of coffee.....

You will never look at a cup of coffee the same way again.



A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil; without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, 'Tell me what you see.' 'Carrots, eggs, and coffee,' she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard boiled egg.

Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, 'What does it mean, mother?'

Her mother explained that each of these objects had faced the same adversity: boiling water. Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

'Which are you?' she asked her daughter. 'When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?'

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength.

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity?

Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human and enough hope to make you happy.

The happiest of people don't necessarily have the best of everything; they just make the best of everything that comes their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

Discover the Secrets of Chinese Health Balls



A longer workshop taking an in-depth look at an exercise system that has been in use for 2,000 years.

*Free Health
Balls for all
participants*

They can improve strength, flexibility, dexterity and circulation in the fingers, hands and wrists; relieve joint stiffness and soreness, relax muscles and joints. Their use can reduce the risk of carpal tunnel syndrome, tendonitis, repetitive strain injury, rheumatism and arthritis. They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce your risk of cognitive decline, dementia and Alzheimer's.

Thursday, May 27th 6:00-9:00pm

Discovery Centre, 2940 N. Lincoln Avenue, Chicago, IL 60657

~ To register call 773 348 8120 or www.discoverycenter.cc

Friday, June 25th 7:00-10:00pm

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

Registration: 847 842 1752 or www.relax4life.com



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

TIME

WHAT IS TIME?



"Time" itself is a human contrivance created for purposes that actually serve no practical purpose, but which suits those who seek to control and regiment humans.

We can prove, through Quantum Mechanics, that "time" and "space" do not really exist, but to do so would be pointless. Our relationship with our reality must run deeper than an understanding at an academic level - interesting though it may be for some.

It is absolutely crucial to know that there is only one moment - **now**.

Those who seek to dwell in the "past" become bound to the "past".

Those who "plan" for the "future" never arrive at their destination - for it does not exist.

Those who live in state of "wanting", "hoping" or "wishing" will be bound to these "wants", "hopes" and "wishes" - perpetually - yet never realising them.

All "time" related concepts including the "clock" and "calendar" lead adherents astray from that which truly matters - the source of whom "We" are.

All true cultures teach this - Buddhism, Taoism, Zen - which stands alone, not to be confused with other cultures - and others, all live and express through this divine universal principle and truth.

Also - on a more fundamental level, it is impossible to achieve Enlightenment while worshipping the clock and calendar. Enlightenment is always **now**.

For what humans have labelled the "year 2010" of the "Gregorian" system of "time" keeping" we humbly suggest that you throw away your clocks and calendars, and live in the only moment that matters - **now**.

Follow your inner guidance in this moment of **now**, and your life will be truly blessed - it is the only way.

Holistic Hands Reflexology

~ more than just a foot rub ~
it promotes healthy living ~



Your body is reflected in your feet; you can expect to improve circulation, decrease muscle tension & soreness and for positive changes to occur throughout your body.

John Robertson

~ Certified Reflexologist
& Reiki-Reflex Practitioner ~

630 229 4434

john@7starsma.com

www.holistichands.wordpress.com

Holistic Hands Energy Healing

John Robertson

Reiki Master Practitioner & Teacher

Experience deep relaxation; a feeling of overall wellness, and the soothing comfort of human touch that comes from the power of energy healing

To book a personal treatment call:
john@7starsma.com 630 229 4434

www.holistichands.wordpress.com

Learning Lunches

Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while increasing productivity, reducing absenteeism and cutting health care costs.



Our classes include:

- T'ai Chi for Health
- T'ai Chi Ch'uan
- Adult Self-defense
- Children's Self-defense
- Natural Energy Healing
- The Six Healing Sounds
- An Introduction to Karate
- Falls? They don't have to happen to you
- Discover the Secrets of Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

Sessions can be fully customized for time, length and content.

One time and ongoing classes available.

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

Health and safety education in your location, at your convenience

Important Benefits of T'ai Chi Practice

John Robertson - December 2009

Ancient Chinese exercises, such as Qigong and T'ai Chi, which focus on meditation and relaxation techniques, have proved very beneficial for older adults – a recent study by researchers at the University of Illinois shows.

Qigong, which dates to at least the middle of the first millennium B.C., is a series of integrated exercises that have positive, relaxing effects on a practitioner's mind, body and spirit.

T'ai Chi is a holistic form of exercise, and a type of Qigong that melds Chinese philosophy with martial and healing arts.

T'ai Chi and Qigong are relatively simple, safe and inexpensive, they require no props or special equipment, making them easily adaptable for practice by older adults.

Those that practice T'ai Chi find that they are better able to resist the heat of the summer and the cold of the winter. They will have more resistance to illness and disease, through improved immune systems.

It improves thinking ability, concentration, hastens your mental and physical responses; reducing your risk of cognitive decline and dementia.

Practicing T'ai Chi everyday will moderate your temperament and reduce both mental and physical fatigue. Reducing stress and aiding relaxation.

The practice of T'ai Chi breathing will result in improved respiration and circulation. The blood will circulate through the body more freely, helping lower blood pressure and further reduce stress.

There will be improvements in digestion and metabolism. The quality of sleep, and consequently rest and rejuvenation will be improved. T'ai Chi will strengthen the body, prolong youthfulness and lengthen life.

Tai Chi and Qigong practice can also enhance lives from a mental, emotional and spiritual perspective.

And remember it is the practice and learning of T'ai Chi, and not the accomplishment of having learnt the form where the true benefits are gained.

"Someone who hasn't done this has no comprehension about how much better it has made me feel."

Learn to use your own healing abilities



Natural Energy Healing

We all have innate healing abilities. In this class you will learn to tap into that inner wisdom and using the natural energy of the universe help yourself and your family heal.

This energy can help you to re-establish balance and harmony on the physical, emotional, and spiritual planes so that the natural function of your body is restored and its natural ability to heal itself is activated.

This is a hands-on workshop under the guidance of a Reiki Master Teacher and Qigong Instructor.



Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126
630 833 5064
Sunday, April 25th
9:00am - 5:00pm

**Expand your practice
- for those having completed level 1 only!**

Reiki Practitioner
Friday, May 24th
9:00am - 5:00pm
To be held at a private
address in Lombard
630-229-4434



**Lombard
Community
Building**

433 E. St. Charles Rd.
Lombard, IL 60148
630 620 7322
Saturday, June 12th
9:00am - 5:00pm

Falls?

They don't have to happen to you



Learn the risk factors, causes and consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling; what to do if you fall; and what steps you can take to improve your balance and prevent falls.

Warrenville
PARK DISTRICT

3 S. 260 Warren Ave,
Warrenville, IL 60555
630 393 7279

Friday, May 7th
6:00 - 7:00pm

Wood Dale
Recreation Complex
111 E. Foster Avenue,
Wood Dale, IL 60191
630 595 9333

Thu, May 20th 7:00pm



PARKS &
Recreation
VILLA • PARK

Iowa Community Ctr
338 N. Iowa Avenue,
Villa Park, IL 60181
630 834 8970

Tuesday, June 22nd
2:00pm - 3:00pm