

# Complementary Health & Exercise

Summer 2011

FREE!

Chinese Qigong & Diet  
Therapies for Hypertension

Understanding  
Auricular  
Acupuncture



Ear Massage to Strengthen Health



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



七星武道



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Sunday, July 24<sup>th</sup>  
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The Sports Hub,  
250 Civic Center Plaza,  
Glendale Heights, IL 60139

## Complementary Health & Exercise

Summer 2011

Editor & publisher - John Robertson

630 229 4434 john@7StarsMA.com

www.7StarsMA.com



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Martial Arts

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July 14<sup>th</sup> & September 1<sup>st</sup>  
Thursdays at 3:00pm - 3:30pm

Iowa Community Centre,  
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630 834 8970

(Previous Tai Chi experience is required)



## The Wisdom of Confucius

"To see what is right, and  
not to do it, is want of  
courage or of principle."

## Editor's Notebook

We would like to welcome a new contributor to our magazine this issue; Greer Nesbitt. Greer is a third year Oriental Medicine intern at National University of Health Sciences in Lombard and each quarter will be sharing some perspectives of Oriental Medicine with us - starting with ear acupuncture and the theories behind it.

To go along with that we have reprinted an article an article on ear massage to strengthen health!

Recently there have been a number of requests for exercises and methods to combat hypertension; so this issue we have reprinted some specific exercises and meditations and diet therapies. Please remember that none of these are an alternative to appropriate medical care.

If you have never seen Dragon Boat racing, join us on a trip to Chinatown on July 23<sup>rd</sup>! Dragon Boat racing is a lot of fun to watch from the highly decorated boats to the beat of the drum keeping the rowers in time. We will also take some time to see some of the sights and have dinner. There is no sign up, this is a 'meet up' and go, all costs are for the individual.

All of our upcoming events along with flyers are posted online in our new students section at:

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*John Robertson*

*"He lives most life whoever  
breathes most air"*

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# Topics in Chinese Medicine

Greer Nesbitt

## This issue: Auricular Acupuncture

The acupuncture points which Chinese Medicine is based on are mostly mapped out on the meridian systems of the body. Meridians are channels of energy which are located through the head, core, and the limbs, creating an incredibly intricate highway that provides us with an internal healing system. This internal healing system, which all creatures have, can be tapped into by using acupressure or acupuncture.

Each acupuncture point has its own distinctive function and feature, and are chosen depending on the condition, symptoms, and diagnosis of the patient. The acupuncture points on the body proper are not however where the mapping stops.

Our bodies also contain microsystems, most notably on the ears. A microsystem is a part of the body in which the same entire body is mapped onto, like a fractal. Fractals exist in math and science, and have incredible detail which replicate itself as 'self-similarity'. Just like twigs of a tree and similar to the tree's branches, microsystems mirror the systems of the body, where the whole body is reflected in one of its organs, for example the ear in auriculotherapy.

'Auriculotherapy' was first developed in 1957 in Lyon, France by Dr. Paul Nogier. In 1950 Dr. Nogier noticed a scar that sciatica patients had on the antihelix (the curved, raised cartilage surrounding the canal) of their external ear. Apparently the scar was due to a cauterization, or burning, done by a 'lay practitioner' who's father learned the technique from a Chinese mandarin. Realizing that the area of cauterization affected the lumbar-sacral joint, or the area of pain near the tailbone, this observation led to the eventual identification of the body's spine on the whole antihelix.

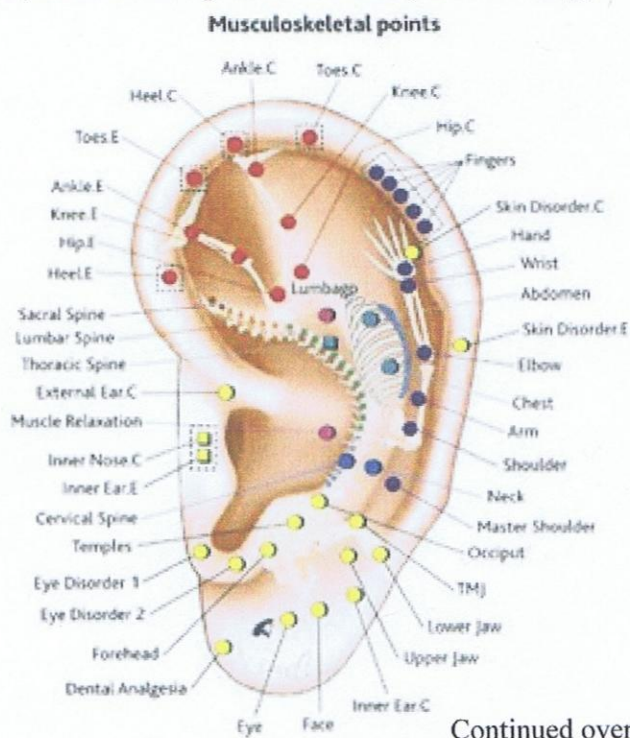
The Nogier French auricular system was further developed by using embryology - the phases of embryo development in utero, and mapped the ear out to mirror an upside down fetus. Interestingly enough, the Chinese also believed that ears were unique, and realized that just by looking at them in detail, it may be obvious where someone had issues.

The Chinese also wrote about how the 'Kidneys open into the ears,' and noticed how the ears and kidneys

have the same shape. The acupuncture points the Chinese use on the ears are similar to the French, but were developed more from the effects by trial and error, and in the last 40 years have focused on the relationship with meridian energy channels. The Chinese learned of Nogier's work through a German medical acupuncture article that arrived in China via Japan. Auriculotherapy was quickly picked up by Chinese acupuncturists who re-organized the points to mirror an upside down body versus a curled up fetus.

In 1979, the first French-Chinese medical acupuncture exchange occurred. In Chinese medicine, the auricular points are mainly chosen by 1) the corresponding body regions where there is pain, i.e. if a patient had shoulder pain, the shoulder point on the ear would be stimulated 2) ear points that are tender when pressed 3) known therapeutic effects of a point from past experiences or 4) results of experiments and clinical observations.

Conditions, diseases, pain, imbalances, etc., can all be treated by stimulating specific points on the ear that correlate to the area of pain the patient has. For example, the ear lobe represents the head, and on the oppo-



Continued over:



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and spiritual renewal  
by 'walking' the  
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9:00am - noon

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Glendale Heights, IL 60139



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Monday, August 22<sup>nd</sup>  
6:00pm - 9:00pm

3 S. 260 Warren Ave,  
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630 393 7279

**Warrenville**  
PARK DISTRICT



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Saturday, September 17<sup>th</sup>  
9:00am - noon



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site top end of the ear are the hands and feet.

The large curve of the antihelix represents the spine, the lower part near the lobe lies the neck and the upper part the low back. There are points that lower fever at the tip of the ear, and points that lower blood pressure, located on the back of the ear. There are also combination of points that are used together to treat PTSD, smoking, addictions, and weight loss.

One point in particular that is commonly used is called Shen Men, located in the 'triangular fossa', at the top 1/3 of the ear. Shen Men is a Chinese ear point that is used for many physical and emotional conditions. When stimulated, its calming effect can reduce fear and anxiety, improve sleep and reduce inflammation.

In clinic, auricular acupuncture can be done using small acupuncture needles, or 'ear seeds' which are stickers with a small seed attached, that can be left on the ear point for several days.

I have had personal experience in treating conditions such as hand pain, excessive eye tearing, ear ache, and skin itching using just by 'ear seeds' on auricular points.

Greer Nesbitt is an Oriental Medicine intern at National University of Health Sciences in Lombard. Previously a massage therapist for nearly eight years, she worked with a physical therapy clinic in Chicago, then opened her own massage therapy business as a private practice. She specialized in dance medicine, closely working with professional dancers in the city.

Greer transitioned into learning about Eastern Medicine 2 1/2 years ago and will graduate in April 2012. After graduation, she plans to travel to China to participate in a hospital internship.

This summer Greer will be available in the clinic Tuesdays, Wednesdays, and Thursdays from 1-5pm. Please call 630-629-9664 to schedule an appointment.







# 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.



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Glendale Heights Park District, The Sports Hub,  
250 Civic Center Plaza, Glendale Heights, IL 60139  
~ To register call 630 260 6060

## Wednesday, August 3<sup>rd</sup> 8:00-9:00pm

Clauss Recreation Centre at Roselle Park District  
555 W. Bryn Mawr Ave, Roselle, IL 60172  
~ To register call 630 894 4200

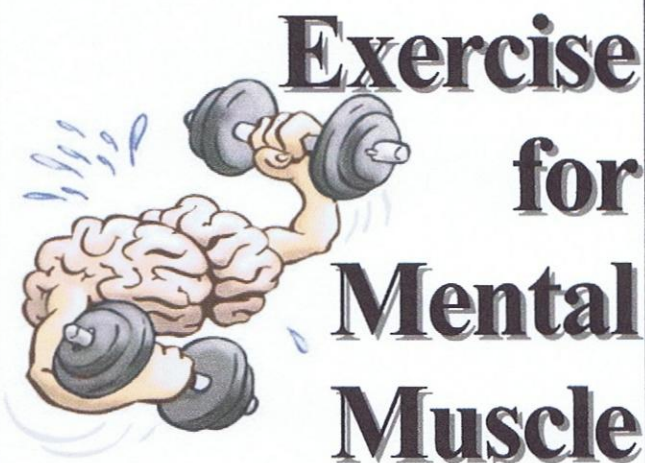
## Tuesday, August 16<sup>th</sup> 5:00-6:00pm

Warrenville Park District  
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The Sports Hub,  
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Glendale Heights,  
IL 60139

Call 630 260 6060 today!

## Qigong for Hypertension

Compiled by Jin Ce, Hu Zhangui, Jen Zhenghua

These are exercises that some people have found to help with hypertension. Before you adopt any exercises from this article, you should have your disease carefully diagnosed by a doctor - only then can you make a right choice.

If your case is serious or complicated, you must see a doctor in good time lest you let slip the opportunity for treatment at the earliest possible time.

### Quiescent Exercise

Standing, sitting or lying; start at the top of the head and use the mind to relax the body all the way down to the feet. Concentrate the mind on the Yong Quan point [K1] for a while. Repeat 10 times.

To finish the exercise bring the concentration from the Yong Quan point [K1] to the Guan Yuan [CV4] (Tan Tien) for a while.

Practice 4-6 times daily, 20-30 minutes each time.

### Natural Inducing Exercise

Stand relaxed in Wu Ji; imagine a gentle drizzle of rain falling on your body, so light you can hardly feel its touch. Feel the rain water flowing down your body from the head to the ends of each limb and dropping out to the earth.

Practice 3-5 times daily, 10-20 minutes each time.

### Six Healing Sounds

Practice 1-2 times daily.

### Chinese Health Balls

Practice often.

### Tai Chi for Health

Practice often.

### Tai Chi Chuan

Practice often.

### Cobblestone Walking

Practice often.

See also the article on The Morning Walk Exercise for Hypertension later in the magazine.

Many of the exercises for hypertension described in this month's magazine are available as classes through Seven Stars. Check out the adverts throughout the magazine, or speak to your instructor.



# Tai 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,  
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All students meet every  
Monday at 8:00pm  
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Continuing students meet every  
Tuesday at 12:30pm  
July 12<sup>th</sup> & August 30<sup>th</sup>

Beginner students meet every  
Thursday at 12:30pm  
July 14<sup>th</sup> & September 1<sup>st</sup>

Call: 630 833 5064

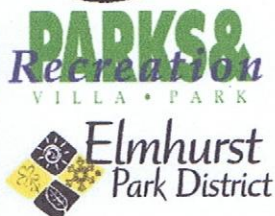
## In Lombard

Sunset Knoll Recreation Centre  
820 S. Finley Road,  
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Beginner students meet every  
Monday at 5:00pm  
July 11<sup>th</sup> & August 29<sup>th</sup>

Continuing students meet every  
Monday at 6:00pm  
July 11<sup>th</sup> & August 29<sup>th</sup>

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  
July 12<sup>th</sup> & August 30<sup>th</sup>

Continuing students meet every  
Tuesday at 10:05am  
July 12<sup>th</sup> & August 30<sup>th</sup>

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  
July 12<sup>th</sup> & August 30<sup>th</sup>

Continuing students meet every  
Thursday at 2:00pm  
July 14<sup>th</sup> & September 1<sup>st</sup>

Call: 630 834 8970



# ROSELLE PARK DISTRICT



# Chinese Diet Therapy for Hypertension

Compiled by Zhao Muying

Translated by Wen Jingen

Ancient Chinese medical men believed that medicine and diet were one in the same thing. Some people put forward the principle that "the five cereals are used to provide nutrition; the five fruits, for secondary [nutrition?]; the flesh of the five kinds of birds, for invigoration and the five vegetables, for replenishment and nutrition" (Here "five" means "plural", "many", "all kinds of", etc. translator).

Man depends on these ordinary materials to sustain life generation after generation. The right diet not only nourishes and strengthens the body, but prevents diseases and prolongs life.

Chinese people have arrived at various diet recipes through long practice and these recipes, collected and collated and developed by medical men; make part of the national legacy, which contributes much to the prosperity of the Chinese nation.

Historical documents prove that diet therapy was widely applied among the ordinary people as well as in the imperial court in China as early as 2,000 years ago. The earliest medical treatise on traditional Chinese medicine, the Yellow Emperor's Internal Classic (Huang Di Nei Jing) contains records of medicated diet prescriptions. Medical men of later generations all paid full attention to this respect and they made their own contribution to developments in this field.

In recent years the rapid development of modern industry has caused a serious world-wide imbalance in the ecology, and this has aroused in people a strong desire to "return to nature", with people beginning to favor "green food".

The cure and prevention of some diseases by means of diet have become a general focus. Many medical researchers in China are exploring and researching literature on the diet therapy in traditional Chinese medicine, and collecting and collating effective folk prescriptions for a medicated diet. Some medical experts are publishing prescriptions from their own clinical

experiences in diet therapy and others are publicizing secret prescriptions that have been handed down from their ancestors.

It is from thousands of recipes in works such as these that Chinese Diet Therapy has selected the recipes included here, which cover hypertension. These prescriptions have definite curative effects and at the same time they are easy to process at home. Special remarks are made where some drugs are incompatible with certain other foods or drugs. The reader can choose the appropriate recipe in accordance with their illness, where they live and what is accessible to them.

Finally we would like to call our reader's attention to a very important point: although diet therapy exerts positive curative effects in some aspects, medicine and other treatments must not be neglected.

Before you adopt any prescriptions from this article, you should have your disease carefully diagnosed by a doctor - only then can you make a right choice. If your case is serious or complicated, you must see a doctor in good time lest you let slip the opportunity for treatment at the earliest possible time.



## Decoction of Lemon and Water Chestnut

Ingredients:

Lemon	1
Water chestnuts	10

Process and application:

Decoct the above ingredients in water. Drink the decoction and/or eat its contents. It remains effective even if taken regularly.

Curative properties:

Hypertension; myocardiac infarction.

## Tea with Lotus plumule

Ingredients:

Green tea	1 g
Lotus plumule (dry)	3 g

Process and application:

Put the lotus plumule with green tea in a cup, pour in hot water, cover the cup and leave them infuse for 5 minutes. Take the infusion after meal. When the first



extract is about to be drunk off, leave a little decoction in the cup and add hot water to get another extract for drinking, until the extract becomes tasteless.

Curative properties:  
Hypertension.

#### **Decoction of Celery and Chinese-date**

Ingredients:

Celery	350 - 700 g
Chinese-date	100 - 200 g

Process and application:

Decoct the above ingredients and take the decoction in 3 separate dose every day.

Curative properties:  
Hypertension.

#### **Celery Soup with Sugar**

Ingredients:

Celery	500 g
White sugar	50 g

Process and application:

Wash the celery (with its roots and leaves) clean and decoct it for 30 minutes. Add some sugar to the soup and take it twice a day.

Curative properties:  
Hypertension.

#### **Green Tea with Apple Skin**

Ingredients:

Green tea	1 g
Apple skin	50 g
Honey	25 g

Process and application: Wash the apple skin clean and heat it in 450 ml of water. After the water boils, continue decocting it for 5 minutes. Add some honey and green tea. Divide the whole decoction into 3 separate doses and take one dose (warm) a day.

Curative properties:  
Hypertension.

#### **Decoction of Kelp and Mung Bean**

Ingredients:

Kelp	150 g
Mung bean	150 g
Brown sugar	150 g

Process and application:

Soak the kelp in water, wash it clean and cut it into pieces. Wash the mung bean clean. Cook the kelp and mung bean until they become very soft. Take the decoction with brown sugar twice a day. This diet can be taken repeatedly.

Curative properties:  
Hyperlipemia;  
hypertension.

#### **Decoction of Chinese--date and Root of Celery**

Ingredients:

Chinese-date and root of celery	some for each
---------------------------------	---------------

Process and application:

Wash the above ingredients clean and decoct them in water. Take some of the decoction frequently.

Curative properties:  
Hypertension.

#### **Celery Juice with Honey**

Ingredients:

Celery and honey	some for each
------------------	---------------

Process and application:

Extract the juice of fresh celery, add an equal amount of honey to the juice, heat it and mix it well. Take 40ml of the juice at a time, 3 times a day.

Curative properties:  
Hypertension.

#### **Peanut Kernels Soaked in Vinegar**

Ingredients:

Raw peanut kernels and vinegar	some for each
--------------------------------	---------------

Process and application:

Put half a bowl of raw peanut kernels (unskinned) into a bowlful of vinegar and let the peanut kernels infuse in the vinegar for 7 days. Eat 10 peanut kernels in the morning and 10 in the evening every day. Resume taking it several days later after the blood pressure is brought down.

Curative properties:  
Hypertension.

#### **Sunflower Seed with Celery Root Extract**

Ingredients:

Raw sunflower seed	50g
Celery root	100g

Process and application:

Husk the sunflower seeds and eat them along with a cup of juice extracted from the pounded celery root. Take it at a draft.

Curative properties:  
Hypertension.

#### **Infusion of Chrysanthemum Flower, Sophora**

Flower and Green Tea

Ingredients:

Chrysanthemum flower	3g
Sophora flower	3g
Green tea	3g

Process and application:

Put the above ingredients in a mug, pour in hot boiled water, cover the mug and let them infuse in water for 5 minutes. Drink the infusion at short intervals, several doses a day.

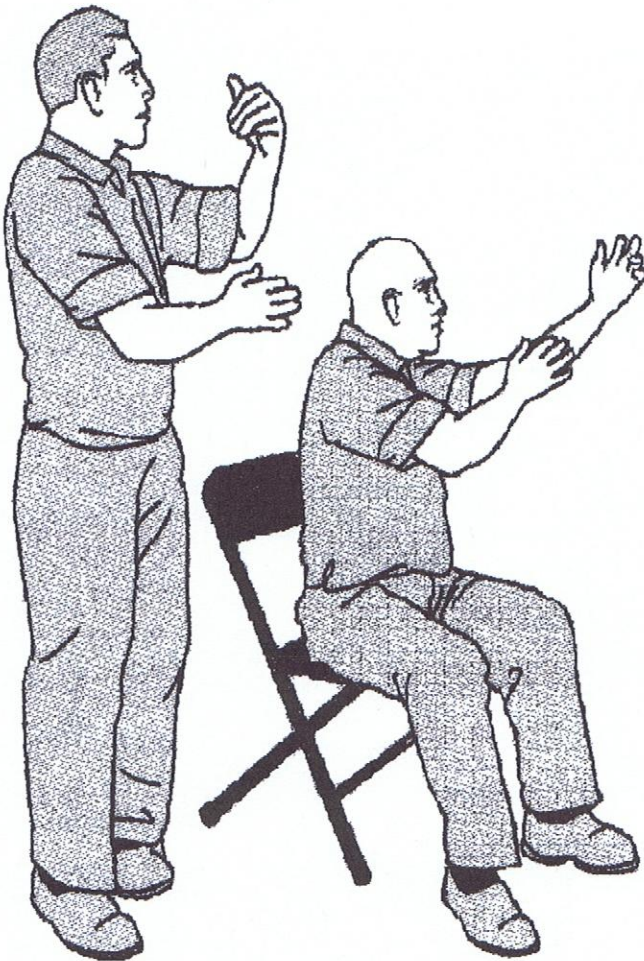
Continued over:



# Tai Chi for Health

The experts agree...

"If you want to be healthy and live to 100, do Qigong." Dr. Mehmet Oz



Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do; it is energizing and deeply relaxing; bringing health and vitality to all who practice it.

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Sunset Knoll Rec. Centre  
820 S. Finley Road,  
Lombard,  
IL 60148

630 620 7322



Our classes are suitable for participants of all ages and abilities; participants may choose to sit or stand during class

July 13<sup>th</sup> & August 31<sup>st</sup>  
11:15am - 12:15pm

The Abbey Senior Center  
407 W. St. Charles Road,  
Elmhurst, IL 60126

Elmhurst 630 993  
Park District 8193



Continued from previous page:

Curative properties:

Hypertension.

#### **Hawthorn Fruit Decoction with Sugar**

Ingredients:

Fresh hawthorn fruits 10g

Sugar 30 g

Process and application: Pound the hawthorn fruits and decoct them with sugar until they become very soft.

Take the decoction with its contents once a day.

Curative properties:

Hypertension.

#### **Gruel with Chrysanthemum Flower**

Ingredients:

Chrysanthemum flower 10g

Rice 50g

Crystal sugar some

Process and application:

Prepare gruel with chrysanthemum flower and washed rice and add crystal sugar to it when the gruel is about to be done. Continue cooking the gruel until the rice is very soft. Frequent application of this recipe is helpful.

Curative properties:

Hypertension.

#### **Oolong Tea with Chrysanthemum Flower**

Ingredients:

Chrysanthemum flower 10g

Oolong tea (or Dragon Well tea) 3g

Process and application:

Soak the tea in hot boiled water. The tea should not be very strong, else it will cause insomnia and speed the heartbeat.

Curative properties:

Hypertension.

#### **Yangtao [Kiwi Fruit]**

Ingredients:

Fresh yangtao some

Process and application:

Wash it clean and eat it. Alternatively, squeeze its juice out for drinking. This recipe is helpful in preventing carcinogenic amine nitrite from building up in human body.

Curative properties:

Hypertension; angiocardopathy, hepatosplenomegaly; it helps to bring down blood-lipid, cholesterol and triglyceride.

Before you adopt any prescriptions from this article, you should have your disease carefully diagnosed by a doctor - only then can you make a right choice.

## **Over 65? Your chance of falling in the next year is 1 in 3**



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 reduce your risk of falls.

Weds, July 13<sup>th</sup>  
1:00pm - 2:30pm



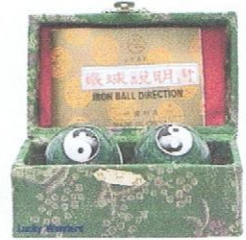
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# **Falls?**

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happen to you



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*Call for early  
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bonuses!  
(Before June 12<sup>th</sup>)*

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.

**Saturday, September 24<sup>th</sup>  
1:00pm - 4:00pm**

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

~ To register call 630 942-2800 or visit [www.cod.edu](http://www.cod.edu)



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



# Morning Walk Exercise for Hypertension (Chen Bu Gong)

Compiled by Jin Ce, Hu Zhanguai, Jen Zhenghua

## The theory

The ancient Chinese people said "Wake up as soon as the cock crows to stroll in the courtyard and ease the mind. This is the so-called way of cultivation." To walk in the morning and inhale fresh air is a kind of traditional health care method of the Chinese people. It is appropriate especially for old people. A better effect can be had when Qigong exercises are practised in addition.

## The exercise method

Rest a while before strolling in the morning. With eyes looking forward on a horizontal line towards a distant object, stare for a moment. Be in a good mood and have ease of spirit.

After "spitting" qi out of mouth three times, inhale deeply through the nostrils. At the first inhale swallow the qi down into the chest as if swallowing food. Think the qi is sent to Dantian in the belly during the second inhale. During the third inhale, transmit it down to the feet. Then keep quiet for a while.

Stand straight before strolling, with neck straight, chin relaxed towards the chest and shoulders lowered. Then inhale successively three times. On each inhale, contract the belly inwards, lifting the anus and testes at the same time, then exhale strenuously through the mouth.

After the whole body is relaxed, step forward to begin the stroll. Be leisurely, carefree, happy and relaxed during walking. Inhale through nose once at each step, counting silently. Inhale 8 times for 8 steps. Inhalation should be done through the nose violently, suddenly and deeply, with jingling sounds.

Stop moving forward at the ninth step and inhale through the nose. Continue strolling after a rest.

## Matters needing attention

It is very advantageous to perform this exercise repeatedly in this way and persist in doing it every morning. For old and weak people, the natural respiration method is to be used chiefly, and concentration on breathing can be gradually increased.

# 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 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 Magic of the Pendulum*

*Learn to communicate  
with the depths of  
your subconscious  
mind, tune into your  
intuition and tap the  
unlimited potential of  
your own mind*



*bring your own pendulum, use  
or purchase one of ours!*

Friday, July 15<sup>th</sup>  
6:00pm - 9:00pm

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



630 260  
6060

 **ROSELLE PARK DISTRICT**

Friday, August 12<sup>th</sup>  
6:00pm - 9:00pm

Clauss Rec Center  
555 W. Bryn Mawr Ave,  
Roselle, IL 60172

630 894 4200

**Courts Plus**  
186 S. West Avenue,  
Elmhurst, IL 60126  
630 833 5064

Friday, Sept 30<sup>th</sup>  
7:00pm - 10:00pm

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



# Ear Massage to Strengthen Health

(Ron Er Jian Shen Fa)

Compiled by Jin Ce, Hu Zhangui, Jen Zhenghua

## The theory

The ear is a microcosm of the human body - even its form looks like a fetus suspended upside down within the belly of its mother. It was said in ancient Chinese medical books that there is a close relationship between the ear auricle and the channels and collaterals. Clinical observation reveals that the physiological and pathological status of internal organs is approximately reflected at the corresponding locations of the auricle.

Hence, rubbing the auricles frequently can stimulate the channels and collaterals, regulate the excitatory and inhibitory processes of the nerves, enhance metabolic function, and promote blood circulation. Therefore, it is very good for the prevention and cure of diseases and strengthening of the constitution. The exercise is simple, safe but not time-consuming, and is especially suitable for the elderly.

## The exercise method

### Rubbing the auricle with the fingers.

With the thumb and the index finger opposing each other, put them on the front and back sides of the auricle. Rub both auricles beginning from the upper end down to the earlobe in a spiral way. Repeat several times. There are altogether three bands on the auricle. Rub from the helix to the middle zone, then from middle zone to the ear root zone several times until the auricle becomes warm. (Fig. 1)

### Kneading the auricular points.

After the auricle has been rubbed warm, knead the

acupoints on the auricle related to the exerciser's diseases with the nail of the index finger 2-3 times until there is slight pain. When the exact points are not known by the exerciser, all the concave and convex parts can be kneaded, with some sensitive points being stressed wherever they are found. If the same action as acupuncture is achieved, better effects will be gained. (Fig. 2)

### Twisting the root of the auricle.

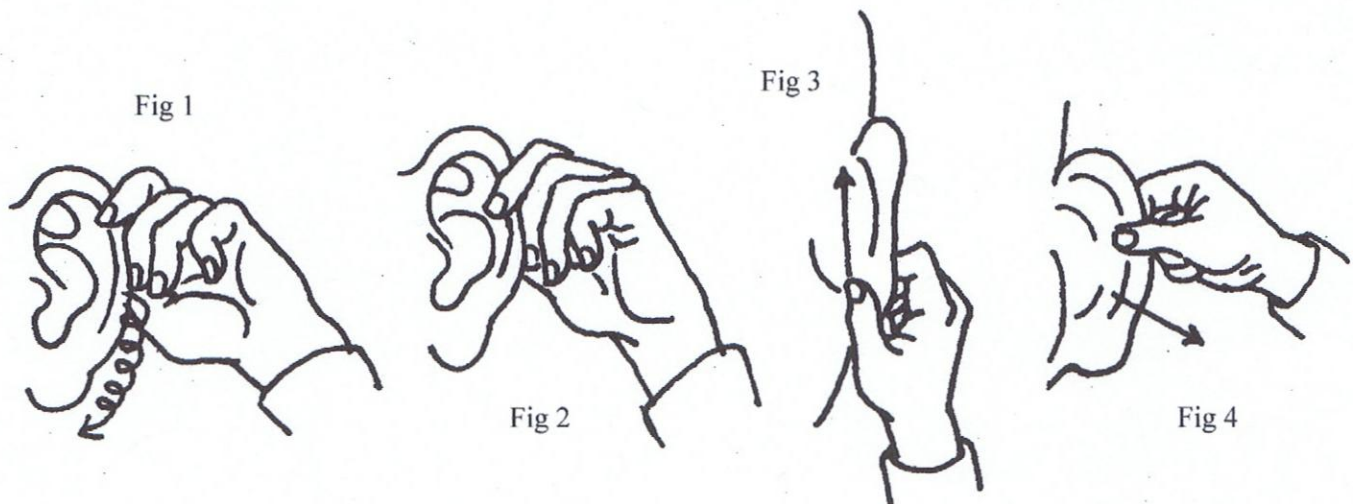
Push the pad of the thumb with some strength from Yifeng point behind the earlobe upward to the upper end of the auricle. Then push the index finger from the front upper end downward to the front side of the earlobe. Repeat in this way 5 to 10 times. (Fig. 3)

### Pulling both auricles.

Bend the thumbs and the index fingers of both hands, hold the cartilage in the lower part of the ear with the tips of the fingers, pull the auricles laterally until slight pain is felt in the external auditory canal. Then shake and pull the auricles lightly downward and laterally one after another until there is a sensation in the external auditory canal. Generally one can pull many times, even 200 to 300 times, according to individual conditions. (Fig. 4)

## Matters needing attention

The massaging should be done softly in the beginning and become heavier gradually until a comfortable sensation is attained. Do the massage once or twice a day. If there is frostbite or trauma on the auricle, the exercise should be suspended for prevention of infection.





# Self-care Store



Fights for your digits - \$3

Fantastic Fingers - \$8



Positive Putty - \$8



Stress Grip - \$8



Spine Aligner - \$25



Chi Rollers - \$28  
Mini Chi - \$15



Footsie - \$12 or Mini Footsie - \$8



Cobblestone mats - \$57



Reflexology Pad - \$20

To order call 630 229 4434

or buy online at  
[www.7StarsMA.com/Webstore.html](http://www.7StarsMA.com/Webstore.html)

Full catalogue available online  
and from your instructor

# Event Calendar

[www.7StarsMA.com/SevenStarsStudents.html](http://www.7StarsMA.com/SevenStarsStudents.html)

## Summer Vacation - no classes

July 1<sup>st</sup> to 10<sup>th</sup>

## Chinatown Dragon Boat Trip

Saturday, July 23<sup>rd</sup> ~ 9:00am - 6:00pm

Chicago Chinatown

## TheosoFEST

September 10<sup>th</sup> ~ 10:00am - 5:00pm

The Theosophical Society in Wheaton

## Holistic Health Fair

September 18<sup>th</sup> ~ 10:00am - 5:00pm

Soup to Nuts in Geneva

## All About Tea (Tea 101)

Wednesday, October 12<sup>th</sup> ~ 2:00 - 3:30pm

The Tea House in Naperville

## Annual Student Dinner

Tuesday, November 22<sup>nd</sup> ~ 2:00 - 4:00pm

Jack's Silverado Grill in Elmhurst

## China Tour - no classes

April 1<sup>st</sup> to 20<sup>th</sup>

## Japanese Tea Ceremony.

Wednesday, April TBA ~ 2:00 - 3:30pm

The Tea House in Naperville

## World Tai Chi Day

Saturday, April 28<sup>th</sup> ~ 9:00am - 11:00am

Theosophical Society in Wheaton

## Tai Chi Spring Gathering

Saturday, April 28<sup>th</sup> ~ 1:00pm - 4:00pm

Creekside Park / Lightheart Center in Winfield

## Relay for Life

TBA ~ 4:00pm - 6:00am

Montini Catholic High School in Lombard

Watch out for flyers for all these events,  
and check our website for updates!



# Learn to use your own healing abilities



# Reiki

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. Class size is limited!



Register online at:

[www.7StarsMA.com/MetaphysicsClasses/Reiki.html](http://www.7StarsMA.com/MetaphysicsClasses/Reiki.html)

## Level 1



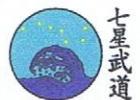
Sunday, July 10<sup>th</sup>  
9:00am - 5:00pm

The Lighthouse Center,  
165 S. Church Street,  
Winfield, IL 60190  
630 229 4434

Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$37! Plus! get a laminated hand position and symbols charts free!

Enrol in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ save \$34! Plus! get a laminated hand position chart, two laminated symbols charts, a session CD, and a Reiki for Dummies book free!

## Level 2



Sunday, July 31<sup>st</sup>  
9:00am - 5:00pm

The Lighthouse Center,  
165 S. Church Street,  
Winfield, IL 60190  
630 229 4434



# Oriental Wisdom Classes - Fall 2011

Learn exercises and principles that have guided people to live long and healthy lives for centuries.

These classes can reduced stress, blood pressure, build health, vitality and much more. They can instill in you a greater sense of control over your wellbeing.

Classes include:

- The Frolics of the Five Animals
- The Oriental Rules of Health & Vitality
- Discover the Secrets of Chinese Health Balls
- The Eight Pieces of Brocade
- The Six Healing Sounds
- The Dragon Gate Form

*Be guided to a higher quality of life  
by the wisdom of the ancients*

