

Quiet Reflection & Meditation Retreat ~ Sat, July 14th

9:30 - 5:30pm @ Relax4Life in Barrington Enjoy a day at a beautiful and sacred indoor and outdoor space, away from the hassle, bustle and chaos of the world.



COMPLEMENTARY Summer 2019 HEALTH & EXERCISE

Your reliable source for information on complementary forms of health and exercise

Volume 13, number 2

www.7StarsMA.com

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Why Your Saliva May Be The Real Reason You Have Digestive Issues

Today I would like to talk about the chewing and the role of saliva from the Taoist and traditional Chinese medicine perspective. I often find most of my patients with digestive issues tend to have quick eating habit; No time to enjoy the meal, they almost swallow and get up and go back to work just for survival. They also find themselves changing the eating habit is very difficult and not thinking it causes many health issues.

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- Full class schedules and more!

The Science Behind Human Saliva

Saliva is a complex fluid, which influences oral health through specific and nonspecific physical and chemical properties. The importance of saliva in our everyday activities and the medicinal properties it possesses are often taken for granted. However, when disruptions in the quality or quantity of saliva do occur in an individual, it is likely that he or she will experience detrimental effects on oral and systemic health. Often head and neck radiotherapy has serious and detrimental side effects on the oral cavity including the loss of salivary gland function and a persistent complaint of a dry mouth (xerostoma).

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Contact Reverend John

630 229 4434

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www.HolisticCeremonies.com



Complementary Health & Exercise

Summer 2019

Editor & publisher - John Robertson



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The Wisdom of Confucius

*"When you have faults, do not
fear to abandon them."*

Editor's Notebook

Chinese medicine, Qigong and T'ai Chi revere saliva and see it as something to be revered and savoured. It is often called jade juice, nectar or elixir showing the value that they place on it. Very deliberately swallowing saliva and bringing it to, traditionally, either the lower Dan Tien or the Kidneys is an integral part of many practices. This issue we look at saliva from both the western and eastern standpoints, and from the view of digestion.

Saturday, April 27th is World T'ai Chi & Qigong Day, and once again we will be at The Theosophical Society in Wheaton from 9:00am until noon. Along with 2 other local teachers we're offering free classes suitable for all ages and experience.

The following weekend we will be back at The Theosophical Society at 1:00pm for World Labyrinth Day. Another free event to learn and experience walking the labyrinth.

Our big event of the summer is our Quiet Relaxation & Meditation Retreat at Relax4Life in Barrington on July 14th. This is your chance to get away from daily life, to refresh, to renew at a wonderful indoor and outdoor sacred space.. Throughout the day we offer 20-30 minute meditations and activities followed by a break. You can choose exactly what you participate in, if you want some alone time there are plenty of spaces you can do that in.

We precede the weekend with a guided meditation in the salt cave. There are two sessions on Friday, July 12th, one at 2:00 and one at 3:00pm. The meditation guides you through a journey to let go of the physical, mental, emotional and spiritual baggage we all carry, and allows you to see your way forward in life. Each session is limited to 10 people and is likely to sell out fast! We will go out for dinner afterward too!

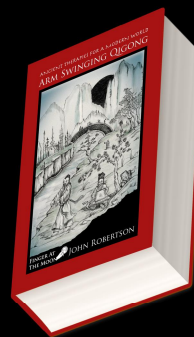
John Robertson

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

FINGER AT THE
MOON PUBLISHING
PRESENTS

ARM
SWINGING
QIGONG

BY JOHN ROBERTSON



The first book in the
Ancient Therapies
for a Modern World
series describes one
of simplest, and
yet most effective
exercises you can do!

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A MODERN WORLD

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The Science Behind Human Saliva

by Manjul Tiwari - Sharda University · Dental Anatomy ,Histology and Oral Pathology
53 Journal of Natural Science, Biology and Medicine | January 2011 | Vol 2 | Issue 1

Continued from page 1:

Thus, saliva has a myriad of beneficial functions that are essential to our well-being. Although saliva has been extensively investigated as a medium, few laboratories have studied saliva in the context of its role in maintaining oral and general health.

It is probably surprising for most people to learn that saliva has been used in diagnostics for more than 2000 years. Ancient doctors of traditional Chinese medicine have concluded that saliva and blood are brothers in the body and they come from the same origin. It is believed that changes in saliva are indicative of the wellness of the patient. The thickness and smell of saliva, as well as patients' gustatory sensation of their own saliva are all used as symptoms of a certain disease state of the body.

Analyses of the properties of saliva using biochemical and physiological methodologies can be traced back to at least over a century ago. It is obvious that in 1898, when Chittenden and Mendel conducted their study on the influence of alcoholic drinks upon digestion and secretion, the measurement of total organic constituents, salts, and chlorine in saliva was already being performed routinely.

In the late 19th century, researchers had already learnt that saliva had digestive powers, mainly in the form of amylolysis and proteolysis. Studies in the early 20th century had shown some evidence of the dietary effect of saliva. Highly sensitive and high-throughput assays such as mass spectrometry, RT-PCR, microarray, and nano-scale sensors that can measure proteins and nucleic acids with minimal sample requirement in a short period of time allowed scientists to broaden the utility of saliva.

Biology of Saliva

Saliva is produced and secreted from salivary glands. The basic secretory units of salivary glands are clusters of cells called acini. These cells secrete a fluid that contains water, electrolytes, mucus, and enzymes, all of which flow out of the acinus into collecting ducts. Within the ducts, the composition of the secretion is altered.

Much of the sodium is actively reabsorbed, potassium

is secreted, and large quantities of bicarbonate ion are secreted. Small collecting ducts within salivary glands lead into larger ducts, eventually forming a single large duct that empties into the oral cavity.

Few important functions of saliva

Saliva serves many roles, some of which are important to all species and others to only a few:

• **Lubrication and binding:** The mucus in saliva is extremely effective in binding masticated food into a slippery bolus that (usually) slides easily through the esophagus without inflicting damage to the mucosa.

• **Solubilization of dry food:** In order to be tasted, the molecules in food must be solubilized.

• **Oral hygiene:** The oral cavity is almost constantly flushed with saliva, which washes away food debris and keeps the mouth relatively clean. The flow of saliva diminishes considerably during sleep, allowing populations of bacteria to build up in the mouth as a result is dragon breath in the morning. Saliva also contains lysozyme, an enzyme that lyses many bacteria and prevents the overgrowth of oral microbial populations.

• **Initiation of starch digestion:** In most species, the serous and acinar cells secrete an alpha amylase which can begin to digest dietary starch into maltose.

Credible Insights Into Health And Disease Are Offered Through Analysis Of Saliva

Scientists concur that the diagnosis and prevention of diseases using human saliva is about to be explored as more and more laboratories and medical practitioners get ready for this new technology. Unlike blood testing, saliva analysis looks at the cellular level (the biologically active compounds) and therefore saliva is truly a representative of what is clinically relevant.

Blood analysis, on the other hand, looks at compounds as they travel through the blood serum, most of which are protein bound. Researchers experienced in saliva analysis are able to predict, diagnose, or prevent many health problems and diseases. Molecules freely travel through the cells and into saliva ducts and it is these small molecules that can be assayed in saliva. Hormones are smaller molecules and can be tested in saliva and they are indicators of health and diseased status in humans. A saliva test can make information available that may be obscured when

looking for information in the blood.

A factor of significance when assaying saliva is that molecules at the cellular level are found at very low levels; hence results are reported in pico- ton-anograms. Only a small number of medical testing labs have so far developed the technology to assay such a lower concentration of biologically active molecules like proteins, RNA, and DNA. The technology however is improving all the time. The new technology development is extremely sensitive and easily measures the low levels of biologically active molecules found in saliva.

Just a few of the many health issues and diseases that can be diagnosed through saliva and helped, resolved, or prevented through supplementation include but not limited to the following: acne, cholesterol, male pattern baldness, cancer, stress, heart problems, heart palpitations, allergies, cold body temperature, sleep problems, inability to absorb calcium, and difficulties in conceiving. In fact it is hormone supplementation that has become the centerpiece of those growing number of doctors who have joined the emerging science of antiaging medicine.

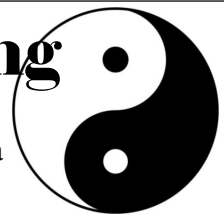
What's Next? Saliva Testing Offers A Potential Substitute To Blood Testing

Proteomics

Researchers have identified the largest number of proteins to date in human saliva, a preliminary finding that could pave the way for more diagnostic tests based on saliva samples. Such tests show promise as a faster, cheaper, and potentially safer diagnostic method than blood sampling. There is a growing interest in saliva as a diagnostic fluid, due to its relatively simple and minimally invasive collection. The same proteins present in blood are also present in saliva from fluid leakage at the gum line. It is considerably easier, safer, and more economical to collect saliva than to draw blood, especially in children and elderly patients. While saliva tests won't replace blood tests for all diagnostic applications, but in the future they could prove to be a potentially life-saving alternative to detect diseases where early diagnosis is critical, such as certain cancers. Diagnostic assays using saliva are a relatively new but growing technology. Several tests are in the pipeline for uses ranging from pregnancy testing to the detection of chemicals such as alcohol and other drugs. One of the hurdles in developing new tests is a lack of understanding of the human proteome, or the study of large sets of pro-

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Taoist Qigong



Taoist mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality. What are the philosophies and exercises that lead them to these practices? Part lecture and part practice, this class aims to demystify the Chinese philosophies of yin and yang, the Tao, the five elements and more; and to teach the basic qigong exercises that lead to health and longevity. An ideal class for those new to Chinese philosophy, Qigong and T'ai Chi.

June 10th ~ July 15th
6:30pm - 8:00pm

The Theosophical Society
1926 N Main St, Wheaton, IL 60187
630-668-1571

Discover the secrets of Chinese Health Balls



Their use can reduce your risk of arthritis, tendonitis, carpal tunnel, rheumatism, repetitive stress injury, dementia & Alzheimer's.

They can help reduce stress, aid relaxation and help prolong life.

July 10th ~ 6:00 - 9:00pm

630 323 2626

315 Chicago Avenue,
Clarendon Hills, IL 60514



Continued from page 5:

teins, particularly those that can serve as biomarkers for the presence of disease.

Most proteome studies have focused on specific tissues and human blood samples, but a few studies represent the salivary proteome. Not much is known yet about the salivary proteome, but more should be known in the near future. Using two-dimensional gel electrophoresis in combination with mass spectrometry, other researchers were able to identify up to 28 proteins in saliva, including 19 proteins only found in saliva and 9 proteins also present in blood serum.

Using a single saliva sample from a healthy, non-smoking male subject, the researchers were able to identify 102 proteins, including 35 salivary proteins and 67 common serum proteins. Identifying all of the serum proteins present in saliva could take many more years. With advances in instrumentation, it is predicted that the number of serum proteins identified in saliva will increase significantly, although it will probably never match the number of serum proteins found in blood, mainly because serum proteins are only a tiny part of saliva, described as a dilute, watery solution containing electrolytes, minerals, buffers, and proteins. Blood tests are a well-established, proven methodology, and it may take some time before saliva tests can become as reliable as serum tests. In the future, patient and doctors can look forward to more saliva-based tests.

Genomics

Saliva and other oral fluids support a host of functions in the oral cavity. These fluids reduce biomass and provide mechanical cleansing of teeth, provide an optimal pH in which oral functions are efficiently carried out, and contain an array of antimicrobial components. Saliva is not merely an ultrafiltrate of plasma; it contains the entire library of proteins, hormones, antibodies, and other molecular compounds which are typically measured in routine blood tests. Thus, saliva functions as a diagnostic window to the body, both in health and in disease. Oral samples include saliva, as well as buccal swabs, and mucosal transudates. Saliva, as a diagnostic medium, is easy to collect and poses none of the risks, fears, or invasiveness of drawing blood. Salivary diagnostic tests could eliminate the need not only for a trained technician but also of the potential risk of contracting infectious disease for both a technician and the patient.

Scientists have long recognized saliva as a mirror of

the state of the body's health. Until recently, the problem with developing the field of salivary diagnostics was that specific and informative biomarkers exist in saliva in relatively low quantities. However, the development of new, exquisitely sensitive amplification techniques such as RT-PCR, Q-PCR, and high-density oligonucleotide microarrays has demonstrated the feasibility of using saliva as a diagnostic probe for the rapid and unambiguous detection of oral biomarkers. Interestingly, saliva acts as a wide resource for genomic information useful for studying the potential disease status by analyzing their RNA level [Figure 1].

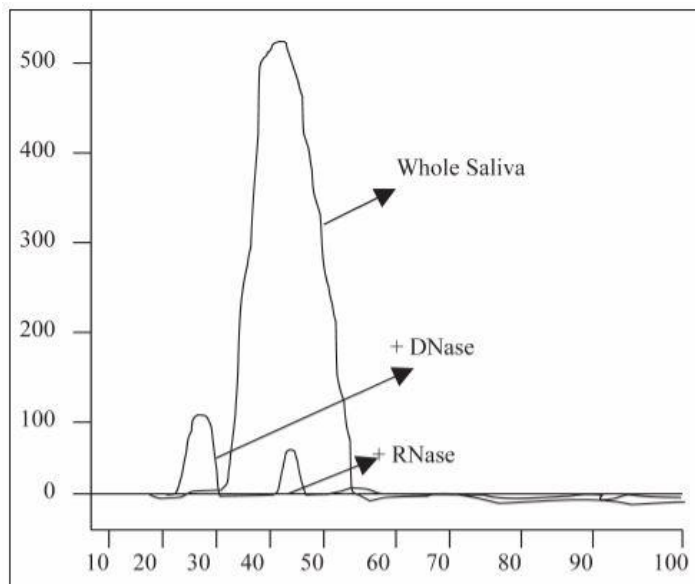


Figure 1: The RNA profile in whole saliva

Interestingly, a cadre of scientific groups is advancing the development of micro- and nanotechnology-based biosensors to detect salivary biomarkers. Current efforts also focus on cataloging the human salivary proteome. Future efforts will determine differences in salivary biomarkers from healthy controls compared with those in patients with a variety of diseases and disorders.

Testing for HIV positivity is one example of a powerful use of saliva in the diagnosis of infectious diseases. Early efforts indicate that there exist differences in patterns of mRNA expression in saliva that would indicate the presence of a developing oral squamous cell carcinoma.

Salivary mRNA may serve as a chemical signature that a particular gene has been expressed. There is also evidence that saliva may be useful for monitoring the presence of biomarkers indicating the presence of neoplasia in remote sites, for instance, breast cancer. Salivary diagnostic tests may provide an avenue to allow

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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, mental, emotional, and spiritual planes so that the natural function of your body is restored and its ability to heal itself is activated.

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



Register early ~ class is limited to 6 participants!

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Sunday, September 15th
9:00am - 4:00pm

Our Reiki Student course teaches you all the basic principles of Reiki: Natural Energy Healing!

Helping you to harness the energy of the universe

All for only \$157!

Level 2

Sunday, October 20th
9:00am - 4:00pm

Take your practice to a higher level and begin to work with the public! Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$57! Plus! get a laminated hand position and a symbols chart free!

Level 3

Sunday, November 17th
9:00am - 4:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ plus get a laminated hand position chart, 2 laminated symbols charts free ~ a total saving of \$122!



七星武道

The Lighthouse Center, 0 S 165 Church Street, Winfield

Call 630 229 4434 or register online at:
www.7StarsMA.com/Metaphysicsclasses/Reiki.html





Experience the art of yogic sleep, an enjoyable and easy practice that everybody can do. You will be guided through a detailed awareness of your body and senses into a sleep meditation that will allow your body and mind to slip into a deep state of relaxation. Your brain will switch from beta to alpha waves, and will effortlessly transition from activity into meditation. Yoga Nidra has been found to reduce tension and anxiety, PTSD, persistent insomnia and chronic pain. You will gain a sense of internal peace leaving you feeling incredibly present, rested, relaxed, restored and rejuvenated. Bring mats, cushions and blankets in order to make yourself comfortable lying on the floor or sitting as needed.

Sat, June 29th ~ 6:30pm



Blood Circulation Exercises

Poor circulation is very often a silent killer as its symptoms may easily be overlooked. Any congestion or blockage in the perfectly tuned roadmap of veins and arteries can deprive the heart, lungs, brain, extremities and organs of the precious oxygen rich blood. Healthy circulation is essential to maintaining a healthy body. Using a combination of self massage and simple exercises we will seek to improve circulation in our hands, feet, face and body. Healthy circulation helps promote cell growth and organ function, helps you look and feel healthy. Your skin will have a healthy color and you will feel warm to the touch. Good blood circulation helps improve brain function and keeps your mind sharp and focused. Be prepared to remove your shoes and socks.

May 15th ~ 6:30pm



Continued from page 6:

for the detection of malignancies at a sufficiently early stage that treatment is likely to be successful, and to provide inexpensive testing which will reduce affordability and accessibility barriers to early diagnosis.

Conclusion

Each of us may have inside our mouths a key to the pathological and disease biomarker library hidden inside our bodies. Saliva is the source of all this information and is the secretory product of glands located in or around the oral cavity. If we could read the stories of diagnostic information present within saliva, then the abundance of information waiting to be found could be comparable to a vast vault of information such as the internet. The relationship between salivation and behaviors within our daily lives is undeniable. Yet most people never appreciate the uniqueness of saliva.

Throughout the world, saliva carries definite positive and negative connotations with it based upon its social, psychological, behavioral, and cultural settings. The thought of saliva may be viewed as grotesque in one population, yet conversely it may be the vehicle of blessing in other cultures. Saliva's double nature brings up some interesting cultural, social, behavioral, and psychological points about how saliva is perceived in the world, some of which are stated below in order to present saliva as the spirited fluid it is.

Efforts on the discovery of analytes in the saliva of normal and diseased subjects suggest an additional function of saliva, a local and systematic diagnostic tool. Analytes used for disease detection range from proteins, to antibodies, and nucleic acids that are of either human microorganism origins. Highly sensitive and high-throughput assays such as mass spectrometry, RT-PCR, microarray, and nano-scale sensors that can measure proteins and nucleic acids with a minimal amount of sample requirement in a short period of time allowed scientists to broaden the utility of saliva as a diagnostic tool.

As research evidence accumulates, saliva-based diagnostics are being widely accepted by clinicians and patients. Research efforts are underway to reveal the connection of salivary changes in all aspects to systemic health status. The noninvasive nature and ease of collection have made saliva the fluid of choice for not only diagnostic but also the more important health surveillance purposes.

Tai Chi Chuan

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

Elmhurst

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

Beginner students meet every
Thursday 12:30-1:30pm

Continuing students meet every
Thursday 12:30-2:00pm

classes start:
June 6th & August 22nd

Call: 630 833 5064

Lombard

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

Beginner students meet every
Tuesday 5:00-6:00pm

Continuing students meet every
Tuesday 5:00-6:30pm

classes start:
June 11th & August 20th

Call: 630 620 7322



Roselle

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

Beginner students meet every
Thursday 9:00-10:00am

Continuing students meet every
Thursday 9:00-10:30am

classes start:
June 6th & August 22nd

Call: 630 894 4200

Villa Park

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

Beginner students meet every
Tuesday 2:00-3:00pm

Continuing students meet every
Tuesday 2:00-3:30pm

classes start:
June 11th & August 20th

Call: 630 834 8970



Why Your Saliva May Be The Real Reason You Have Digestive Issues

<http://taoofmedicine.com/jade-saliva-taoist-way-of-chewing-and-its-benefit/>

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From the oriental medicine and Taoist perspective, chewing and producing and swallowing saliva are all and respectively important in keeping healthy in mind and body as well.

"The clear well of the mouth and the corolla of a flower of the jade in the body are the pathways of body fluid. Saliva is the spiritual fluid in the body"

Yellow Emperor's Inner Canon Spiritual Pivot
- *Huángdì Nèijīng Língshūjīng* 黄帝内经 灵枢
(500BCE)

"If whenever the saliva swells up in the mouth, you gurgle, fill it with the saliva, and swallow it. And if you always have the seed of jujube in the mouth, you will keep your qi."

Tao Hongjing 陶弘景 (456-536)
Yǎngxìng Yánmìng Lù 养性延命录

Yellow Emperor's Inner Canon - *Huángdì Nèijīng* 黄

帝内经 (2600BCE) is the father of all the traditional Chinese medicinal books and literally the origin of this medicine. In Huangdineijing it says the saliva is the spiritual fluid.

This implies there is the relationship between your mind- brain function and saliva. To have longevity, don't spit your saliva, but keep it and swallow it, then your mind will be always clear and your skin never will be dry.

Western scientific research has found some relationship between chewing and memory, this is to say, brain activity.

"If five jang is fertile, all the meridians flow well, & all the meridians flow well, saliva is welled up more in the upper part of the mouth, & which will make you not feeling hungry and thirsty although you don't even drink water & eat food."

Supreme Regimen Book of Embryonic Breathing
- *Tài Shàng Yǎngshēng Tāi Xī Qì Jīng*
太上養生胎息氣經

And also in many taoist practices, swallowing the saliva and hitting teeth is highly recommended.

Therefore if you are interested in practicing taoist way of health life or qigong, try to hitting the teeth 30 times, which will resonate with your brain and swallowing the saliva with feeling it flowing down to your lower dantian (about 4 finger-width below your belly button) as a first thing in the morning.

Traditional Chinese medicine considers Saliva consisting of xian and tuo, two different fluid from different origins.

Xian relates to the earth, that is to say, spleen qi and Tuo to the water, kidney qi. In particular, without Xian, you'll have some problem in tasting food.

Western medicine knows now saliva helps people to taste food now.

Many patients with chronic or acute pain conditions or sleep disorder, stress show the dry mouth, and even dry lips. In these conditions, I often find that acupuncture makes their mouths filled with saliva about 10 minutes after

And during qigong exercise, many people also experience having saliva welling up in the mouth and have to swallow it down. In the qigong class, I hear a lot of swallowing sound.

Saliva has been divided into three different kinds in Ancient taoist teachings, and I found some interesting similarity between western saliva anatomy and eastern.

WESTERN MEDICINE: WHERE DOES ALL THIS SALIVA COME FROM?

The parotid glands: These glands, located just under the ears, produce a serous solution. The oral serous solution is clear and watery, and contains the digestive enzyme amylase, also known as ptyalin. It is no wonder that these salivary glands are the ones most associated with carbohydrate digestion. The ducts for these glands are near your upper teeth.

The Sublingual glands: The Submaxillary glands and the Sublingual glands also produce salivary amylase.

The Submaxillary glands: also known as the Submandibular glands, these are located near the jawbone, secrete both serous and mucous saliva

EASTERN MEDICINE:

Kidney qi- yuyi, the sweet jade ó saliva in the tongue body

Spleen qi óLiquan, sweet liquor- the tip of the tongue

Lung qi ólingye, spiritual liquid- inside the lips

Now I present the component of the saliva and the benefits of chewing well and saliva from western medicine perspective.

And you are also able to see some of the benefits in those of Taoist perspective above.

COMPONENT:

ÉWater (98%)

ÉElectrolytes:

- o 2-21 mmol/L sodium (lower than blood plasma)
- o 10-36 mmol/L potassium (higher than plasma)
- o 1.2-2.8 mmol/L calcium
- o 0.08-0.5 mmol/L magnesium
- o 5-40 mmol/L chloride (lower than plasma)
- o 25 mmol/L bicarbonate (higher than plasma)
- o 1.4-39 mmol/L phosphate

ÉMucus. Mucus in saliva mainly consists of mucopolysaccharides and glycoproteins;

ÉAntibacterial compounds (thiocyanate, hydrogen peroxide, and secretory immunoglobulin A)

ÉVarious enzymes. There are three major enzymes found in saliva.

- o α -amylase (EC3.2.1.1). Amylase starts the digestion of starch and lipase fat before the food is even swallowed. It has a pH optima of 7.4.
- o lysozyme (EC3.2.1.17). Lysozyme acts to cause lysis in bacteria.
- o lingual lipase (EC3.1.1.3). Lingual lipase has a pH optimum ~4.0 so it is not activated until entering the acidic environment of the stomach.
- o Minor enzymes include salivary acid phosphatases A+B (EC3.1.3.2), N-acetylmuramyl-L-alanine amidase (EC3.5.1.28), NAD(P)H dehydrogenase-quinone (EC1.6.99.2), salivary lactoperoxidase (EC1.11.1.7), superoxide dismutase (EC1.15.1.1), glutathione transferase (EC2.5.1.18), class 3 aldehyde dehydrogenase (EC1.2.1.3), glucose-6-phosphate isomerase (EC5.3.1.9), and tissue kallikrein (EC3.4.21.35).

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Tai Chi for Health

Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do.

Energizing and deeply relaxing; it brings a stronger immune system, better balance, health and vitality to all who practice it.

Elmhurst

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

Wednesday at 11:00am

classes start:
June 12th & August 21st

Call: 630 993-8193



Wood Dale

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

Thursday at 11:00am

classes start:
June 6th & August 22nd

Call: 630 595 9333

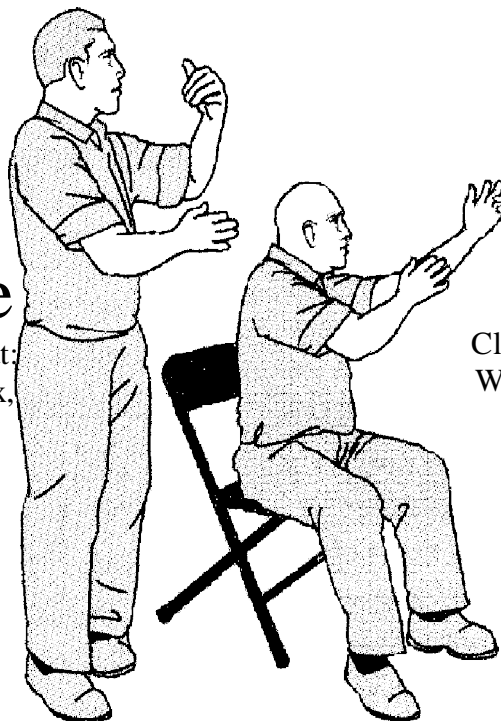
Bloomingtondale

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am

classes start:
June 6th & August 22nd

Call: 630 595 9333



Bensenville

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am

classes start:
June 6th & August 22nd

Call: 630 595 9333



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ÉCells: Possibly as much as 8 million human and 500 million bacterial cells per mL. The presence of bacterial products (small organic acids, amines, and thiols) causes saliva to sometimes exhibit foul odor.

ÉOpiorphin, a newly researched pain-killing substance found in human saliva.

BENEFITS:

ÉChewing until the food turns to liquid in the mouth prevents overeating

ÉSignal letting your body begin to digest.

ÉProtecting the esophagus

ÉWell-chewed bits of food are more easily coated with digestive juices once in the stomach.

ÉThe body uses less of its energy to digest well-chewed food than hastily chewed and swallowed food.

ÉChewing well also allows the molecules of nutrients from the chewed food to be more quickly released and assimilated.

ÉKeeping a food in the mouth longer and chewing it well allows the food's flavors to be recognized by the tongue. When the tongue recognizes the flavor it sends a message to the brain, which in turn sends messages to the digestive system resulting in the release of the correct digestive juices needed for that food

ÉSaliva moistens the molecules of dry foods so that we can taste the foods when we eat them. We are not able to distinguish many flavors in dry food.

ÉIt binds masticated food bits into a bolus, which we can swallow easily.

ÉIt lubricates the esophagus. In fact, the bolus of masticated food never touches or potentially damages the walls of the esophagus

ÉIt is important to oral hygiene. The mouth is almost constantly flushed with saliva, which flushes away food debris and protects your teeth from decay. Saliva can actually kill some bacteria

ÉSaliva acts as a first defense against bacterial infection. By chewing food well and creating more surface area on which the saliva can act, more potential food-borne bacteria can be killed.

Therefore Start today chewing well with good saliva and even chew the water. And most of all, give a good smile to your meal.

Qigong

The inner health of the body is just as important as the outer health; through the mind-body practice of qigong you can improve your health and longevity, boost your immune system and reduce stress.

Using slow, gentle, graceful rocking and stretching motions combined with deep relaxed breathing; your circulation and digestion will be improved; it can help calm your mind, reduce tension and anxiety, and regulate heart rate and blood pressure, boosting energy. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.

May 8th ~ 6:00pm

630-784-6100



Discover the secrets of Chinese Health Balls

Their use can reduce your risk of arthritis, tendonitis, carpal tunnel, rheumatism, repetitive stress injury, dementia & Alzheimer's.

They can help reduce stress, aid relaxation and help prolong life.

May 1st ~ 6:00 - 9:00pm

630-784-6100



Saliva and your Mouth

Saliva is a clear liquid made by several glands in your mouth area. Saliva is an important part of a healthy body. It is mostly made of water. But saliva also contains important substances that your body needs to digest food and keep your teeth strong.

Saliva is important because it:

- Keeps your mouth moist and comfortable
- Helps you chew, taste, and swallow
- Fights germs in your mouth and prevents bad breath
- Has proteins and minerals that protect tooth enamel and prevent toothdecay and gum disease
- Helps keep dentures securely in place

You make saliva when you chew. The harder you chew, the more saliva you make. Sucking on a hard candy or cough drop helps you make saliva, too. The glands that make saliva are called salivary glands. The salivary glands sit inside each cheek, at the bottom of your mouth, and near your front teeth by the jaw bone.

There are six major salivary glands and hundreds of minor ones. Saliva moves through tubes called salivary ducts. Normally, the body makes up to 2 to 4 pints of saliva a day. Usually, the body makes the most saliva in the late afternoon. It makes the least amount at night. But everyone is different. What doctors consider to be a normal amount of saliva varies quite a bit. That makes diagnosing saliva problems a bit of a challenge.

Too Little Saliva

Certain diseases and medicines can affect how much saliva you make. If you do not make enough saliva, your mouth can become quite dry. This condition is called dry mouth (xerostomia).

Dry mouth causes the gums, tongue, and other tissues

in the mouth to become swollen and uncomfortable. Germs thrive in this type of setting. A germy, dry mouth leads to bad breath.

Dry mouth also makes you more likely to develop rapid tooth decay and gum (periodontal) disease. That's because saliva helps clear food particles from your teeth. This helps reduce your risk for cavities. If you have dry mouth, you may also notice you do not taste things like you used to.

Dry mouth is common in older adults, although the reasons are unclear. Diseases that affect the whole body (systemic disorders), poor nutrition, and the use of certain drugs are thought to play a key role.

Too little saliva and dry mouth can be caused by:

- Certain diseases such as HIV/AIDS, Sjogren's syndrome, diabetes, and Parkinson's
- Blockage in one or more tubes that drain saliva (salivary duct obstruction)
- Chemotherapy and radiation therapy
- Dehydration
- "Fight or flight" stress response
- Structural problem with a salivary duct
- Smoking cigarettes

Hundreds of commonly used medicines are known to affect saliva flow and cause dry mouth, such as:

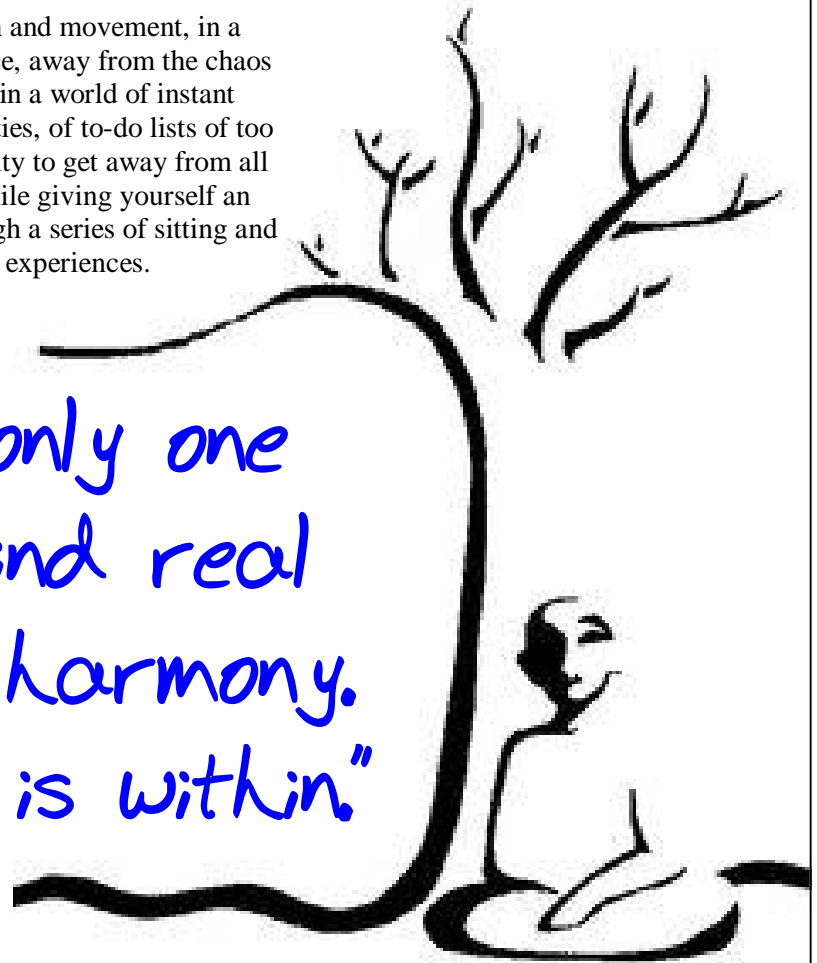
- Antihistamines
- Anxiety medicines
- Appetite suppressants
- Certain types of blood pressure drugs
- Diuretics (water pills)
- Most antidepressants
- Certain pain medicines (analgesics)

Continued on page 16:

Quiet Reflection & Meditation Retreat

Enjoy a day of quiet reflection, meditation and movement, in a beautiful and sacred indoor and outdoor space, away from the chaos of the world. In this modern age we exist in a world of instant communication, of work, of children's activities, of to-do lists of too much to do, of non-stop. Take this opportunity to get away from all of this and enjoy some peace and quiet, while giving yourself an opportunity to recharge and rejuvenate through a series of sitting and moving meditations and reflection experiences.

"There is only one place to find real peace, real harmony. That place is within."



CEUs available for Social Workers, Counselors, Psychologists, Massage Therapists, Physical Therapists, Occupational Therapists, Nurses, Nursing Home Administrators, Acupuncturists, Athletic Trainers, Dentists, Dental Hygienists, Dietitians, Nutritionists, Chiropractors, Respiratory Therapists, Marriage and Family Counselors

Sunday, July 14th 9:30am-5:30pm



七星武道

Relax4Life

26402 Edgemoond Lane, Barrington, IL 60010
To register call 847 842 1752 www.relax4life.com



Continued from page 14:

Always ask your health-care provider about side effects you might have when taking a medication

What Can I Do if I Have Too Little Saliva?

Try these tips to help keep your salivary glands healthy and your mouth moist and comfortable:

- Drink plenty of water
- Chew sugar-free gum
- Suck on sugar-free candy

Too Much Saliva

Too much saliva is usually not something to worry about unless it persists. It's normal to make more or less saliva depending on what you eat or drink. Your body usually takes care of excess saliva by swallowing more.

You can make too much saliva if:

- One or more salivary gland is overactive
- You have problems swallowing

It is normal for your salivary glands to go into overdrive when you eat very spicy foods. Taste buds on your tongue play a big role in how much saliva you make. Pop something spicy or very sour in your mouth and your taste buds react by telling your body to make more saliva.

Acidic foods tend to trigger a lot more saliva than sweet foods. If excess saliva bothers you, try changing your diet.

If you have a lot of saliva all the time, tell your health-care provider. It could be the side effect of a medication or the result of a medical condition or disease.

If you have problems swallowing, you may feel like you have a lot of saliva in your mouth and may drool. Chronic drooling is most often seen in people who have poor muscle control in the face and mouth.

Diseases and health conditions that can cause too much saliva include:

- Amyotrophic lateral sclerosis (ALS), also called Lou Gehrig's disease
- Bell's palsy
- Cerebral palsy

- Gastroesophageal reflux disease (GERD)
- Enlarged tongue (macroglossia)
- Intellectual disability
- Parkinson's disease
- Poisoning
- Pregnancy (usually seen in those with extreme nausea and vomiting)
- Rabies
- Stroke

Medications that can cause too much saliva include:

- Some seizure medicines such as Klonopin (clonazepam)
- Schizophrenia medicine called clozapine (Clozaril, Fazacllo ODT)
- Salagen (pilocarpine), used to treat dry mouth in people who have radiation therapy

There are many medical names for excess saliva.

What your doctor calls it depends on what is causing the excess saliva. Hypersalivation and sialorrhea are general terms for increased saliva.

What Can I Do if I Have Too Much Saliva?

Treatment for excessive saliva depends on what is causing the problem. It may include:

- Prescription medicine
- Botox shots
- Surgery

Your doctor will probably first recommend a prescription medicine to help reduce the amount of saliva you make. Such medicines include glycopyrrolate and scopolamine. Common side effects include problems urinating, a fast heartbeat, dizziness, blurred vision, and sleepiness.

If you have severe drooling, your doctor may suggest Botox injections into one or more salivary glands. This treatment is considered safe, but results only last a few months. You will need to have more Botox shots in the future.

Surgery to remove a salivary gland or re-route a salivary duct may be done in severe cases. This type of surgery usually provides a permanent cure for excess saliva.

WebMD Medical Reference Reviewed by Michael Friedman, DDS on January 25, 2017

Saliva

WRITTEN BY: The Editors of Encyclopaedia Britannica

Saliva, a thick, colourless, opalescent fluid that is constantly present in the mouth of humans and other vertebrates. It is composed of water, mucus, proteins, mineral salts, and amylase. As saliva circulates in the mouth cavity it picks up food debris, bacterial cells, and white blood cells.

One to two litres of fluid are excreted daily into the human mouth. Three major pairs of salivary glands and many smaller glands scattered in the surface tissue of the cheeks, lips, tongue, and palate contribute to the total amount of saliva. Small amounts of saliva are continually being secreted into the mouth, but the presence of food, or even the mere smell or thought of it, will rapidly increase saliva flow.

The functions of saliva are numerous. Primarily, it lubricates and moistens the inside of the mouth to help with speech and to change food into a liquid or semi-solid mass that can be tasted and swallowed more easily. Saliva helps to control the body's water balance; if water is lacking, the salivary glands become dehydrated, leaving the mouth dry, which causes a sensation of thirst and stimulates the need to drink.

Saliva reduces tooth decay and infection by removing food debris, dead cells, bacteria, and white blood cells. It also contains small amounts of the digestive enzyme amylase, which chemically breaks down carbohydrates into simpler compounds.

Function of Saliva

<https://www.lion.co.jp/en/oral/role/03.htm>

- Chemical digestion: breaks down starch by the function of salivary amylase
- Helps chewing and swallowing
- Lubricating effect: moisturizes the inside of the mouth and creates smoother speech
- Solvent effect: dissolves food and allows the tongue to taste food
- Cleaning effect: washes away food debris and bacteria remaining in the mouth
- Antibacterial effect: Lysozyme, peroxidase and lactoferrin fight against pathogenic microorganisms
- pH buffering effect: Prevents sudden changes in pH
- Supplies minerals, including calcium and phosphorus, to teeth



T'ai Chi Sword

Classes start:

June 11th & August 20th
Tuesday - 3:30-4:00pm

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

630 834 8970

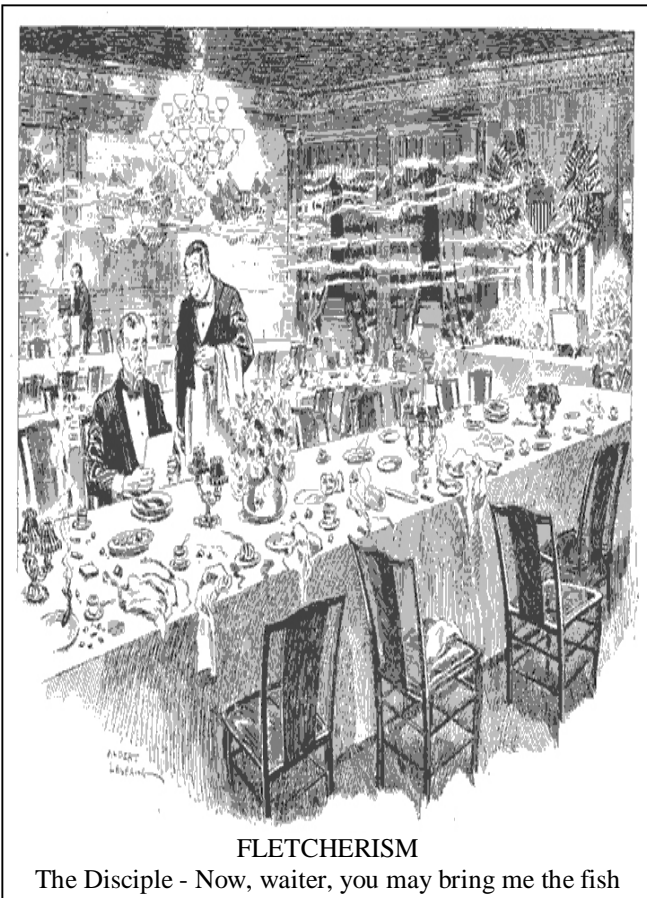
(Previous Tai Chi experience is required)

Qigong

The inner health of the body is just as important as the outer health; through the mind-body practice of qigong you can improve your health and longevity, boost your immune system and reduce stress. Using slow, gentle, graceful rocking and stretching motions combined with deep relaxed breathing; your circulation and digestion will be improved; it can help calm your mind, reduce tension and anxiety, and regulate heart rate and blood pressure, boosting energy. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.

July 17th ~ 6:00pm





FLETCHERISM

The Disciple - Now, waiter, you may bring me the fish

SALT CAVE MEDITATION

July 12th ~ 2 or 3:00pm

Experience the combination of a guided meditation & relaxation in the salt cave. The salt laden air is great for respiratory problems and skin conditions. The salt particles act as an anti-bacterial agent, dissolving bacteria and pollutants lodged in the respiratory tract. Relax and breathe whilst being guided through a journey to release your baggage. Let go of the physical, mental, emotional and spiritual things that are holding you back from moving forward on your true life's journey. See the path ahead of you clearly, and how you will follow that path. An incredibly powerful release of what keeps you 'stuck'. Just \$20 cash ~ only 20 places available!

Salternative Spa

1541 East Fabyan Parkway, Geneva, IL 60134

Fletcherism has become a fact

A dozen years ago it was laughed at as the "chew-chew" cult; to-day the most famous men of Science endorse it and teach its principles. Scientific leaders at the world's foremost Universities— Cambridge, England; Turin, Italy; Berne, Switzerland; La Sorbonne, France; Berlin, Prussia; Brussels, Belgium; St. Petersburg, Russia; as well as Harvard, Yale and Johns Hopkins in America— have shown themselves in complete accord with Mr. Fletcher's teachings. The intention of the present volume is that it shall stand as a compact statement of the Gospel of Fletcherism, whereas his other volumes treat the subject more at length and are devoted to different phases of Mr. Fletcher's philosophy.

The author here relates briefly the story of his regeneration, of how he rescued himself from the prospect of an early grave, and brought himself to his present splendid physical and mental condition. He tells of the discovery of his principles, which have helped millions of people to live better, happier, and healthier lives.

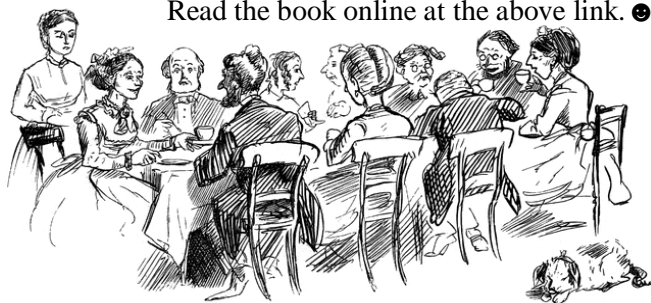
Mr. Fletcher writes with all his well-known literary charm and vivacity, which have won for his works such a wide-spread popular demand.

It is safe to say that no intelligent reader will peruse this work without becoming convinced that Mr. Fletcher's principles as to eating and living are the sanest that have ever been propounded; that Fletcherism demands no heroic sacrifices of the enjoyments that go to make life worth living, but, to the contrary, that the path to Dietetic Righteousness, which Mr. Fletcher would have us tread, must be the pleasantest of all life's pleasant ways.

FLETCHERISM WHAT IT IS or
HOW I BECAME YOUNG AT SIXTY
BY HORACE FLETCHER, A.M.

www.gutenberg.org/files/47026/47026-h/47026-h.htm

Read the book online at the above link. ☺



Calendar 2019

April

- 13 Health Fair
- Courts Plus, Elmhurst, IL
- 20 Energetic Protection
- Relax 4 Life, Barrington, IL
- 27 World T'ai Chi & Qigong Day
- The Theosophical Society, Wheaton, IL
- 27 The Spring Gathering
- The Lighthouse Center, Winfield, IL

May

- 1 Discover the Secrets of Chinese Health Balls
- Carol Stream Park District, Carol Stream, IL
- 4 World Labyrinth Day
- The Theosophical Society, Wheaton, IL
- 5 Six Healing Sounds & Chinese Health Balls
- Relax 4 Life, Barrington, IL
- 8 Qigong
- Carol Stream Park District, Carol Stream, IL
- 15 Blood Circulation Exercises
- Bloomingdale Park District, Bloomingdale, IL
- 18 Ki Gong Clinic
- World Tang Soo Do Association, Burlington, NC

June

- 23 Discover the Secrets of Chinese Health Balls
- The Lighthouse Center, Winfield
- 23 The Five Animal Frolics
- The Lighthouse Center, Winfield
- 29 Yoga Nidra
- Bloomingdale Park District, Bloomingdale, IL
- 30 The Six Healing Sounds
- The Lighthouse Center, Winfield

July

- 10 Discover the Secrets of Chinese Health Balls
- Clarendon Hills Park District, Clarendon Hills
- 12 Salt Cave & Letting Go Guided Meditation
- Salternative, Batavia, IL
- 14 Quiet Relaxation & Meditation Retreat
- Relax 4 Life, Barrington, IL
- 17 Qigong
- Bloomingdale Park District, Bloomingdale, IL

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:

- Tai Chi Chuan
- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to 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.

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LearningLunches.html

Health and safety education in your location, at your convenience

Energy Protection

Do you find it exhausting to be around stressed, negative or just around certain people?

Many energy and body workers report feeling drained or fatigued after working with certain clients. Some professionals and non-professionals experience the same effect while simply being in the presence of co-workers, friends and family; noting that others' thoughts, emotions and words can also have a profound impact on their physical, mental, emotional and spiritual well-being.

Discover why and how energy can affect you, and learn and practice techniques to protect yourself from picking up unhealthy energy from other people.

Learn and practice techniques and strategies to help stop you from picking up unhealthy energy from others or transferring unhealthy energy to them.

Sunday, April 20th

9:00am - 2:30pm

Six Healing Sounds & Chinese Health Balls

It is said that there is one way of drawing breath in and six ways of expelling breath out. The six ways of expelling the breath are represented by sounds which resonate with specific organs.



Practice of the Healing Sounds promotes optimal organ health, emotional balance, and helps us prevent illness. The sounds are so simple and easy to perform that they seem almost too good to be true, they work the first time, every time.

Discover the Secrets of Chinese Health Balls: why they can be so beneficial to your mind & body. Reduce your risk of arthritis, rheumatism, dementia and more.

Sunday, May 5th

9:00am - 5:30pm

CEUs available for Social Workers, Counselors, Psychologists, Massage Therapists, Physical Therapists, Occupational Therapists, Nurses, Nursing Home Administrators, Acupuncturists, Athletic Trainers, Dentists, Dental Hygienists, Dietitians, Nutritionists, Chiropractors, Respiratory Therapists, Marriage and Family Counselors



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To register call 847 842 1752 www.relax4life.com

