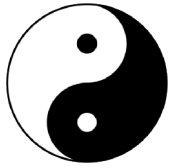


Lucky Bamboo ~ a Feng Shui cure!

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Lighthouse Center in Winfield
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Chinese Proverb

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COMPLEMENTARY

Autumn 2020 HEALTH & EXERCISE

Your source for information on complementary forms of health and exercise

Volume 14, number 2

www.7StarsMA.com

Circulation: 400+

Seniors & Falls

Falling is the leading cause of unintentional injury
at home among Americans 65 and older

A report issued by the National Safety Council and the U.S. Consumer Product Safety Commission in 2005 found that, although senior citizens in America are living longer and are more active than previous generations, they are also reporting to emergency rooms in greater numbers for fall-related injuries³.

Continued on page 10

INSIDE THIS ISSUE

- 4 Tai Chi for Older People
reduces falls & maintain strength
- 8 The Balance Self Test
- 14 Tsundoku

Full class schedules and more!

Why Does Tai Chi Feel Good?

Tai chi is an ancient Chinese tradition that provides a gentle and graceful form of exercise. I am now on my second course and really enjoying it, even though my Apple Watch says tai chi does not significantly elevate my heart rate.

Continued on page 6:

FEATURES

• 3 Notebook • 9 & 12 Tai Chi class schedules • 18 Events • 19 Calendar

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Weddings, vow renewals, blessings, 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.

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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.

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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



Complementary Health & Exercise

Autumn 2020

Editor & publisher - John Robertson



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Seven Stars
Martial Arts



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The Wisdom of Confucius

*"He who wishes to secure the
good of others has already
secured his own."*

Editor's Notebook

What a strange year this has been! Since March we have all been dealing with the COVID issue, doing the best we can with what we have. So many people are suffering, financially, mentally, socially, physically and much more. I will always be grateful to those that have come to classes and supported our work. It is truly appreciated.

As of the end of July we have taught well over 120 classes online, our daily T'ai Chi & Qigong class, Monday night meditations and a number of seminars.

To help people with the social isolation we have hosted our social time Tuesday & Thursday. That began the second week of the pandemic and is still going strong. You should join us, it is a lot of fun!
Tuesday - Thursday ~ 7:00pm (CT)
<https://zoom.us/j/783078749>

Some of our park district classes restart the last week in July, some we are still waiting to find out. All of our in-person schedules are subject to change as the situation changes. Our annual dinner is tentatively scheduled for November 4th, we will know if this is going ahead closer to the date. To keep as up to date as you can make sure you are on our email list, join here: <https://conta.cc/2JC53Eh>

Our members area has grown significantly over the last couple of months and now has over 250 hours of video available; including instructional videos and many complete classes. Check out the information on page 18.

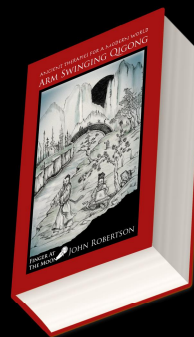
Stay healthy, stay strong and we will come out of this!

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
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of simplest, and
yet most effective
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Tøai Chi for Older People Reduces Falls, May Help Maintain Strength



From The National Institute on Aging
leading the federal effort on aging research. May 2nd, 1996.

Tøai Chi, a martial arts form that enhances balance and body awareness through slow, graceful, and precise body movements, can significantly cut the risk of falls among older people and may be beneficial in maintaining gains made by people age 70 and older who undergo other types of balance and strength training. The news comes in two reports appearing in the May 1996 issue of the *Journal of the American Geriatrics Society*.

The two studies are the first involving Tai Chi to be reported by scientists in a special frailty reduction program sponsored by the National Institute on Aging (NIA).

In the first study, Steven L. Wolf, Ph.D., and colleagues at the Emory University School of Medicine, Atlanta, Ga., found that older people taking part in a 15-week Tøai Chi program reduced their risk of falling by 47.5 percent. A second study, by Leslie Wolfson, M.D., and colleagues at the University of Connecticut Health Center, Farmington, found that several interventions to improve balance and strength among older people were effective. These improvements, particularly in strength, were preserved over a 6-month period while participants did Tøai Chi exercises.

The projects are among several in the NIA's Frailty and Injuries: Cooperative Studies of Intervention Techniques, or FICSIT, initiative, launched in 1990 to improve physical function in old age.

Research from these and other FICSIT trials has demonstrated the benefits of strength training for older people and the value and cost-effectiveness of targeted, fall prevention programs for the elderly. It is estimated that each year falls are responsible for costs of over \$12 billion in the U.S., and the costs due to physical frailty are much higher.

The news on Tøai Chi is a reminder that relatively "low tech" approaches should not be overlooked in the search for ways to prevent disability and maintain physical performance in late life. "The FICSIT studies have shown that a range of techniques, from the most sophisticated medical interventions to more 'low tech' methods, can help older people avoid frailty and falling," says Chhanda Dutta, Ph.D., Director of Musculoskeletal Research in the NIA's Geriatrics Program. "We must make sure that we look at every approach, especially relatively inexpensive ones like Tøai Chi," says Dutta. "People can do this at home and with friends once they have had the proper training."

The Wolf study included 200 participants age 70 and older. The participants were divided into groups for Tøai Chi, computerized balance training, and education. In addition to 15 weekly sessions in which they progressed to more complex forms of Tøai Chi, the participants were asked to practice at home at least 15 minutes, twice daily.

Another group received balance training using a computer-operated balance platform in which

participants tried to improve control of their body sway under increasingly difficult conditions. The education group was asked to not change any of its current exercise regimens, and took part in weekly meetings on a variety of topics with a nurse gerontologist.

Wolf's group compared several factors before and after the interventions, and found improvements in certain key areas. The most notable change involved the reduction in the rate of falling for the T'ai Chi group.

The groups receiving computerized balance platform training did not have significantly lower rates of falling. The T'ai Chi participants also took more deliberate steps and decreased their walking speed slightly compared to the other groups. Fear of falling also was reduced for the T'ai Chi group. After the intervention, only 8 percent of the T'ai Chi group said they feared falling, compared with 23 percent before they had the training.

"The T'ai Chi group seemed to have more confidence," says Wolf, noting that "they had an increased sense of being able to do all that they would like to do." Wolf notes that almost half of the T'ai Chi participants chose to continue meeting informally after the study was finished.

The Connecticut FICSIT site used sophisticated techniques for balance and strength training. Some 110 participants, averaging age 80, received training for 3 months. They were divided into four groups: one group received balance training in 45-minute sessions three times per week, including a computerized balance platform (of a different type than the one used in the Wolf study) as well as low-tech balance exercises; another took part in resistance training and weight lifting three times a week to improve strength; a third group did both balance and strength training, and a fourth "education" group participated in sessions on fall prevention and stress management.


Everyone in the study took part in weekly T'ai Chi classes for 6 months following the intensive training period.

The people in the study were evaluated before undergoing any training, immediately after the training, and after a 6-month follow-up T'ai Chi program. The interventions of major focus in the study -- intensive balance and strength training -- produced marked effects. Participants had a 25 to 50 percent improvement in three different measures of balance after completing balance training, while strength training resulted in a 17 percent improvement in strength. Some of the gains immediately following the

balance and strength training were lost after 6 months of the T'ai Chi follow-up program. However, the participants tested significantly higher than they had before the interventions began.

Without a comparable group who did not receive T'ai Chi training after exercise training, it is difficult to know for certain whether the T'ai Chi contributed to maintaining gains in strength and balance. Wolfson noted that study participants might have done even better at the end of the maintenance phase had they continued the more intensive balance and strength training, but he also suggested that T'ai Chi might be further studied as a less intensive way to hold onto the benefits of prior strength and balance training.

The NIA, part of the National Institutes of Health, leads the Federal effort conducting and supporting research on the aging process and the diseases and disabilities that accompany advancing age. The Institute's program focuses on biomedical, clinical, and social and behavioural research, and supports the Claude D. Pepper Older American Independence Centers at medical centers across the U.S., whose research is aimed at maintaining healthy function well into old age.



Falls?
They don't have to happen to you

Winter is coming!
Learn the risk factors, causes & consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling.

8th November ~ 6:00pm

This is an online class via Zoom!
Register with your instructor or visit:
<http://7starsma.com/healthylivingclasses/fallprevention.html>

Medications, Falls & You

By Robert Brown R.N. St Alexian Brothers 12/2008

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

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

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

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

1. Take all medications to your doctor's office for review. By bringing in your prescriptions, over the counter medications, herbal products, and vitamins, your doctor can assess their safety and appropriateness.
2. Have a single doctor coordinate your healthcare. Make sure your doctor knows all of the medications you are taking and you feel comfortable reporting falls and near falls to them.
3. Fill your prescriptions at one pharmacy. This allows the pharmacist to maintain a complete list of your medications to screen for drug interactions.
4. Ask about calcium and vitamin D supplementation. It is well known that calcium and vitamin D will prevent fractures. Ask to make sure they will not interact with any of your current medications.
5. Take your medications as prescribed. Making changes to your medication regimen on your own can cause harm. Ask your pharmacist if you are still unclear how to take your medication after a doctor's visit.

6. Take your time getting up from a sitting or laying position. This is important if you are starting a new blood pressure medication since these medications may cause dizziness at first.

7. Have your vision checked and use vision aids if needed. It is important that you can read the information on prescription labels and can see the medication you are about to take.

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

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

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

Common medications that may contribute to falls in the elderly:

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

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

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

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

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

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

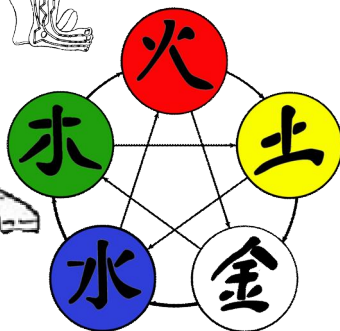
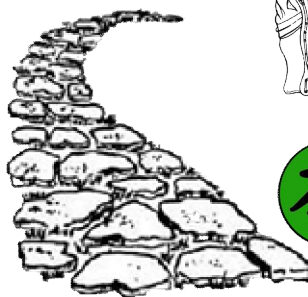
Pain Medications: meperidine (Demerol), pentazocine (Talwin), propoxyphene (Darvocet)

Reprinted with kind permission of Mr Brown.

EASTERN PHILOSOPHY & QIGONG



氣



Eastern mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality.

What are the philosophies that lead them to these practices?

Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin and Yang, The Tao, The Five Elements and more in a classroom setting.

Learn basic Qigong exercises and meditations that begin the practices that lead to health and longevity.

- Class 1: Qi, Qigong
& Basic Movements
- Class 2: Yin & Yang
& Fang Sung Kong
- Class 3: 5 Phases
& 5 Phase Meditation
- Class 4: Channels
& 12 Points
- Class 5: The Tao
& Longevity Qigong

The exercises are effective and easy to learn, using slow, gentle, graceful rocking and stretching motions combined with relaxed breathing they can help calm your mind, reduce tension and anxiety, regulate heart rate and blood pressure, boosting energy and lowering blood pressure. For the exercises participants may choose to sit or stand as needed. An ideal class for those new to Eastern philosophy, Qigong & T'ai Chi.

1:30-4:00PM ~ 2nd October to 30th October

Also available online via Zoom

<http://7starsma.com/orientalwisdomclasses/easternphilosophy.html>



**Bloomingdale
Park District**

630 529 3650

172 S Circle Ave, Bloomingdale, IL 60108

<https://www.bloomingdaleparks.org/>



Falls?

They don't have to happen to you

Winter is coming! Learn the risk factors, causes & consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling.

8th November ~ 6:00pm

This is an online class via Zoom!

Register with your instructor or visit:

<http://7starsma.com/healthylivingclasses/fallprevention.html>

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.

28th October ~ 6:00pm



The Balance Self Test

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

1. Have you fallen in the past year?
2. Do you take medicine for two or more of the following diseases: heart disease, anxiety, hypertension, arthritis, and depression?
3. Do you feel dizzy or unsteady if you make sudden changes in movement such as bending down or quickly turning?
4. Do you have black-outs or seizures?
5. Have you experienced a stroke or other neurological problem that has affected your balance?
6. Do you experience numbness or loss of sensation in your legs and/or feet?
7. Do you use a walker or wheel chair, or do you need assistance to get around?
8. Are you inactive? (Answer yes if you do not participate in a regular form of exercise, such as walking or exercising 20-30 minutes at least three times a week.)
9. Do you feel unsteady when you are walking, climbing stairs?
10. Do you have difficulty sitting down or rising from a seated or lying position?

Add up your answers:

Yes: _____ No: _____

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

Tai Chi Chuan

"the secret to anti-aging" it is 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:
To be announced

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:
July 28th & Sept 29th

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:
August 6th (4 weeks) &
September 10th (10 weeks)

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:
July 28th & Sept 29th

Call: 630 834 8970

Seniors & Falls



Falling is the leading cause of unintentional injury at home among Americans 65 and older.

A report issued by the National Safety Council and the U.S. Consumer Product Safety Commission in 2005 found that, although senior citizens in America are living longer and are more active than previous generations, they are also reporting to emergency rooms in greater numbers for fall-related injuries³.

Falling is the leading cause of injury death for Americans age 65 and older. In 2003 13,700 people over the age of 65 died in America as a result of a fall. Another 1.8 million were treated in emergency departments for nonfatal injuries related to falls. The total direct cost for falls among older adults in 2000 was about \$19 billion. Given the growing population of this age group, this cost is expected to reach \$43.8 billion by 2020. More than one third of adults age 65 and older fall each year in the United States¹.

National Safety Council president Alan McMillan says his group and others are finding almost all accidental injuries and fatalities are going down, with the exception of accidents in the home and community that are mostly driven by falls as Americans age³.

"In part, it's a good news-bad news situation," McMillan says. "We're living longer, and we're more independent and more mobile. Medical advances are helping us live longer. But, with that, there's been a steady rise in the accidental death rate caused by falls." ³

He's also concerned that those numbers are going to increase as baby boomers age³.

"The real issue," McMillan stresses, "is that about 13,000 people over 65 will die in America of a fall every year. And 10,000 of them are dying in their homes or residential facilities they live in. And falls don't discriminate. They affect you whether you're wealthy, poor, male, female. They cut across all socio-economic lines." ³

McMillan suggests part of the problem is complacency. We've just come to expect that the seniors in our lives will eventually fall and break a hip. He says, "Most of us accept falling as a byproduct of aging. It is not. Almost without exception, these falls are preventable." ³

And have serious consequences if they result in broken hips. "The outcome for a person 65 or older with a serious fall who's broken a hip not good," McMillan laments. "Twenty-five percent of those people will die within six months. Another 25 percent will never return to full, normal functioning. And another 35 percent will live a substantially disabled way of life." ³

But, McMillan stresses, "If there's anything encouraging about this problem, it's that there are common sense and cost-effective solutions to help prevent falls. When you look at what people need to do, it's not difficult." ³

He adds that the responsibility for prevention really falls to boomers, who need to think of ways to help their aging parents. It includes helping with prevention at home and in nursing homes, hospitals or other

care facilities. Falls happen everywhere. 3

He calls boomers "the prime audience." Adult children need to step up to help their aging parents. Do an audit of their home for safety, and do an audit of the medications they're taking." 3

What outcomes are linked to falls? 2

- Twenty percent to 30% of people who fall suffer moderate to severe injuries such as bruises, hip fractures, or head traumas. These injuries can make it hard to get around and limit independent living. They also can increase the risk of early death (Alexander et al. 1992; Sterling et al. 2001).
- Falls are the most common cause of traumatic brain injuries, or TBI (Jager et al. 2000). In 2000, TBI accounted for 46% of fatal falls among older adults (Stevens et al. 2006).
- Most fractures among older adults are caused by falls (Bell et al. 2000).
- The most common fractures are of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand (Scott 1990).
- Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, increasing their actual risk of falling (Vellas et al. 1997).
- In 2000, direct medical costs totaled \$0.2 billion (\$179 million) for fatal falls and \$19 billion for nonfatal fall injuries (Stevens et al. 2006).

Who is at risk? 2

- Men are more likely to die from a fall. After adjusting for age, the fatality rate in 2003 was 49% higher for men than for women (CDC 2005).
- Women are much more likely than men to have nonfatal fall injuries (CDC 2005).
- Rates of fall-related fractures among older adults are more than twice as high for women as for men (Stevens et al. 2005).
- In 2003, about 72% of older adults admitted to the hospital for hip fractures were women (CDC 2005).
- The risk of being seriously injured in a fall increases with age. In 2001, the rates of fall injuries for adults 85 and older were four to five times that of adults 65 to 74 (Stevens et al. 2005)
- Nearly 85% of deaths from falls in 2003 were among people 75 and older (CDC 2005).
- People 75 and older who fall are four to five times more likely to be admitted to a long-term care facility for a year or longer (Donald et al.

1999).

- There is little difference in fatal fall rates between whites and blacks from ages 65 to 74. After age 75, white men have the highest rates, followed by white women, black men, and black women (CDC 2006).
- White women have significantly higher rates of fall-related hip fractures than black women (Stevens 2005).
- Among older adults, non-Hispanics have higher fatal fall rates than Hispanics (Stevens et al. 2002).

More than 95% of hip fractures among adults ages 65 and older are caused by falls (Grisso et al. 1991). These injuries can cause severe health problems and lead to reduced quality of life and premature death (Wolinsky et al. 1997; Hall et al. 2000).

How big is the problem?

- In 2003, there were more than 309,500 hospital admissions for hip fractures (NCHS 2006).
- From 1993 to 2003, the number of hip fracture hospitalizations increased 19%, from 261,000 to 309,500 (NCHS 2006).
- However, after adjusting for the increasing age of the U.S. population (U.S. Census Bureau 2006), the hip fracture rate decreased 14%, from 901 per 100,000 population in 1993 to 776 per 100,000 population in 2003 (NCHS 2006).
- In 1990, researchers estimated that the number of hip fractures would exceed 500,000 by the year 2040 (Cummings et al. 1990).

What outcomes are linked to hip fractures?

- As many as 20% of hip fracture patients die within a year of their injury (Leibson et al. 2002).
- Most patients with hip fractures are hospitalized for about one week (Popovic 2001).
- Up to 25% of adults who lived independently before their hip fracture have to stay in a nursing home for at least a year after their injury (Magaziner et al. 2000).
- In 1991, Medicare costs for hip fractures were estimated to be \$2.9 billion (CDC 1996).

Who is at risk?

- Women sustain about 80% of all hip fractures (Stevens et al. 2000).
- In 2003, 72% of hip fracture hospitalizations were among women (NCHS 2006).
- Among both sexes, hip fracture rates increase

Continued on page 13:

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:
To be announced

Call: 630 993-8193



Wood Dale

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

Thursday at 11:00am

classes start:
July 30th & October 1st

Call: 630 595 9333

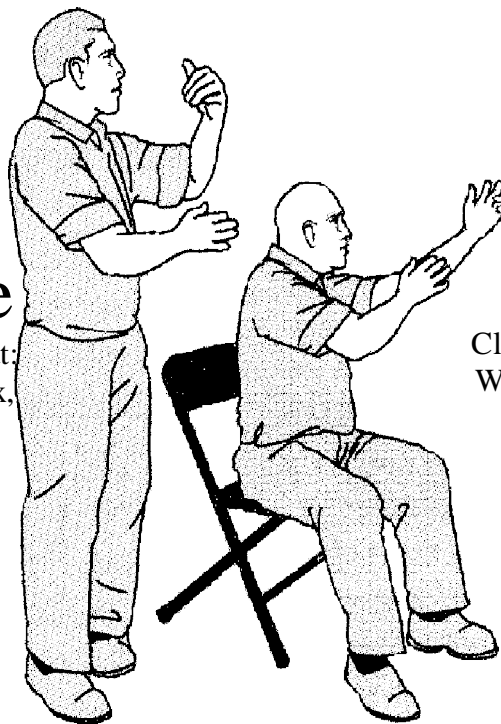
Bloomingtondale

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:
July 30th & October 1st

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:
July 30th & October 1st

Call: 630 595 9333



Continued from page 11:

exponentially with age (Samelson et al. 2002). People 85 and older are 10 to 15 times more likely to sustain hip fractures than are people ages 60 to 65 (Scott et al. 1990).

- People with osteoporosis are more likely to sustain a hip fracture than those without this condition (Greenspan et al. 1994).

The Major Causes Of Falls:

- Poor eyesight or hearing caused by normal aging.
- Illness and physical conditions that affect balance and strength.
- Side effects of medication that may make you dizzy.
- Loss of strength, flexibility and balance caused by normal aging.

Traumatic Consequences of Falling⁴

- fracture
- exacerbation of arthritis
- hematoma
- bruising
- laceration

Psychological Consequences of Falling⁴

- loss of confidence
- social isolation
- depression
- dependency
- confusion
- institutionalization

After Falling Immobilization and its Consequences⁴

- hypothermia
- chest infection
- thrombosis
- dehydration
- osteoporosis
- contractures
- pressure sores
- constipation/impaction
- urinary retention/incontinence
- institutionalization

Sources:

1. Hornbrook et al. 1994; Hausdorff et al. 2001
2. Centers For Disease Control And Prevention
3. National Safety Council and the U.S. Consumer Product Safety Commission
4. New York Medical College

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.

14th October ~ 6:00pm



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.

21st October ~ 6:00 - 9:00pm



Tsundoku: The practice of buying more books than you can read

Melissa Breyer - August 1, 2018



"Even when reading is impossible, the presence of books acquired produces such an ecstasy that the buying of more books than one can read is nothing less than the soul reaching towards infinity." ó A. Edward Newton, author, publisher, and collector of 10,000 books.

The Japanese word describes piling up books to save for later ... even if you'll never actually read them.

Are you one of us? A master of tsundoku? Mine takes the shape of the aspirational stack by my bedside table ó because I am going to read every night before bed, of course, and upon waking on the weekends. Hahaha. My tsundoku also takes shape in cookbooks - even though I rarely cook from recipes.

And I think I most fervently practice tsundoku when I buy three or four novels to pile in my suitcase for a five-day vacation. Sometimes not even one sees its spine cracked.

Thank heavens the Japanese have a word to describe people like us: tsundoku. Doku comes from a verb that can be used for "reading," while tsun "to pile up." The ol' piling up of reading things.

"The phrase 'tsundoku sensei' appears in text from 1879 according to the writer Mori Senzo," Professor Andrew Gerstle, a teacher of pre-modern Japanese texts at the University of London, explains to BBC. "Which is likely to be satirical, about a teacher who has lots of books but doesn't read them." Even so, says Gerstle, the term is not currently used in a mocking way.

Tom Gerken points out at BBC that English may in fact seem to have a similar word in "bibliomania," but there are actually differences. "While the two

words may have similar meanings, there is one key difference," he writes. "Bibliomania describes the intention to create a book collection, tsundoku describes the intention to read books and their eventual, accidental collection."

Mmm hmm, guilty as charged.

It's interesting to consider the future of books right now ó and the potential fate of words like tsundoku. We have dedicated e-readers and phones and tablets that could easily spell doom for the printed page. We have tiny houses and a major minimalism movement, both of which would seem to shun the piling of books that may go eternally unread. We have increasing awareness about resources and "stuff" in general; is there room for stacks of bound paper in the modern world?

While generally uncluttery, treehugging me thinks that transferring my tsundoku to a list of digital editions rather than a stack of physical ones might be the way to go ... the truth is, real books that one can hold in the hands are one of the things that I am loathe to abandon.

I love the smell, the weight, the turning of pages. I love being able to easily flip back a few pages to reread a sentence that persists in my memory. And maybe, apparently, I love buying books that, ok, maybe I don't seem to actually read.

So here's the deal I've made with myself. I will resist fast fashion and crummy unsustainable food and a bunch of plastic crap that I don't need. And in return, I will allow myself to engage in some tsundoku ó besides, it's not actually a waste because of course, I'm going to get to that teetering stack of books someday, really. And if the Japanese have a poetic word for it, it must be alright..



Lucky Bamboo

*The taller the bamboo grows,
the lower it bends,*

Chinese Proverb

Lucky Bamboo - *Kāi Yùn Zhú* 開運竹 has had a deep spiritual meaning in China for over 4,000 years. It is often used to help achieve harmony in a home, helping to bring good fortune and is popular during celebrations, religious festivals and Chinese New Year.

A very popular gift for family, relatives, friends, teachers, and colleagues, and is given for a wide range of occasions; from birthdays, weddings, and anniversaries through to awards, job promotions, academic achievements, just about any auspicious occasion. It is thought to bring good luck not only to the receiver, but to the giver as well.

Keeping Lucky Bamboo in a home can be a powerful blessing bringing wealth, good fortune, longevity and more to those in the home.

Particularly if the number of stalks holds special meaning for the inhabitants, and if the placement of the bamboo is in accordance with the laws of Placement - *Fēng Shuǐ* 風水.

Bamboo - *Zhú* 竹 itself is seen as being full of strength, fortitude and peacefulness. It has a wise energy and releases positive energy into the environment it is in.

Bamboo is flexible and able to bend under pressure when needed. It may be blown down in life's storms, but after they pass, the resilient bamboo rights itself and continues, just as we should do when faced with adversity. Bamboo teaches the ultimate wisdom of life: how to be flexible and open on the inside so that your spirit can freely flow and heal your being.

Hence the proverb: *The taller the bamboo grows, the lower it bends,*

LUCKY BAMBOO

Learn the meaning behind the numbers of stalks and how to care for your bamboo

Meditate on the numbers & find which is the best Number for you.

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Why Does Tai Chi Feel Good?

Tai Chi has health benefits through cognitive, emotional, and social mechanisms.
Paul Thagard Ph.D. - Canadian philosopher and cognitive scientist.

Tai chi is an ancient Chinese tradition that provides a gentle and graceful form of exercise. I'm now on my second course and really enjoying it, even though my Apple Watch says tai chi does not significantly elevate my heart rate. The evidence-based health benefits are substantial, covering preventing falls, osteoarthritis, Parkinson's disease, rehabilitation for chronic obstructive pulmonary disease, improving cognitive capacity in older adults, depression, cardiac and stroke rehabilitation, and dementia (Huston & McFarlane, 2016).

Moreover, weaker evidence finds improvements in psychological well-being including reduced stress, anxiety, mood disturbance, and increased self-esteem (Wang et al. 2010). What explains these benefits? Traditional Chinese medicine says that tai chi works by balancing yin and yang and redistributing qi energy. Psychology offers a different set of explanations, tai chi works through cognitive, emotional and social mechanisms.

Cognitive Effects

The slow movements in tai chi make it look simple but they actually take a lot of concentration. You need to keep track of both arms, both legs, and hips, with novel movements such as forming a hook with a hand. Moving slowly requires more concentration than a faster, jerkier movement. In addition, the movements are accompanied by controlled deep breathing: when hands go up or towards the body, and out when they go down or away from the body.

Moreover, a short, minute-long sequence in tai chi can require 10 different combinations of movements, each of them with four different movements of hands and feet. A five-minute sequence can require around 200 different actions, not including controlled breathing. Hence, tai chi imposes a large cognitive load on the mind.

This cognitive load prevents my mind from wandering. I've tried meditation but never been able to do it for more than 20 seconds because it's too boring and my mind wanders to more interesting aspects of my life. In contrast, tai chi requires full concentration, reinforced by my teacher who notices if I'm not following precise instructions.

Thinking exclusively about body movements prevents people from thinking about other, more stressful aspects of their life such as work, health, and family conflicts.

How this prevention works is explained by my theory of consciousness. Your brain forms many mental representations that are different patterns of firing in large groups of neurons.

These representations compete with each other for the very limited span of consciousness, you can only keep around five to seven things in mind at once. The complex movements of tai chi require new kinds of motor representations that take over consciousness, outcompeting troubling thoughts. I think this is one of the reasons that tai chi reduces stress.

Emotional Effects

Stress is also a matter of emotions, and tai chi has emotional effects that are more than just cognitive competition. Emotions depend on both cognitive appraisals of how a situation is affecting your goals and on the detection of physiological changes, where appraisals and changes are represented by unified neural representations.

Tai chi does not raise heart rate like more vigorous exercise, but the deep breathing definitely impacts physiology in the way that meditation does, producing a calming effect.

Deep breathing hacks the vagus nerve, which is the longest part of the autonomous nervous system, connecting the heart, lungs, and digestive tract. Calming the body sends signals to the brain that complement the re-appraisal that comes from not being able to think about stressful aspects of life. Tai chi lowers stress by regulating emotions as well as by diverting thoughts.

Social Effects

I practice tai chi on my own for about 20 minutes on most days, but the classes are group events, as are park gatherings where large numbers of people participate, as I hope to do when I've acquired more skill.

The sociologist Randall Collins has emphasized the importance of interaction rituals in which mutually focused emotions and attention produce a shared reality that generates solidarity. Interaction rituals are important in religious observances, sports events, dances, and live concerts. Tai chi similarly generates emotional energy from group practices, complementing the individual cognitive and emotional effects on stress reduction.

References

Huston, P., & McFarlane, B. (2016). Health benefits of tai chi: What is the evidence? *Canadian Family Physician*, 62(11), 881-890.
Wang, C., Bannuru, R., Ramel, J., Kupelnick, B., Scott, T., & Schmid, C. H. (2010). Tai Chi on psychological well-being: systematic review and meta-analysis. *BMC Complement Altern Med*, 10, 23. doi:10.1186/1472-6882-10-23

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Mondays, 6:30pm-8:00pm
September 28th - November 9th

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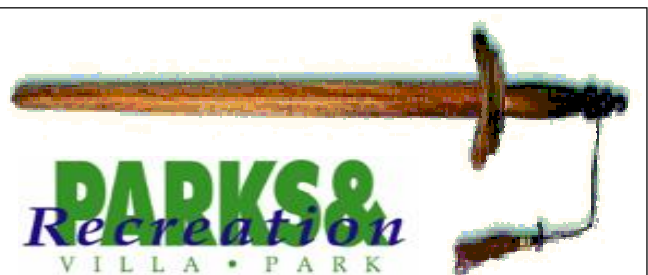
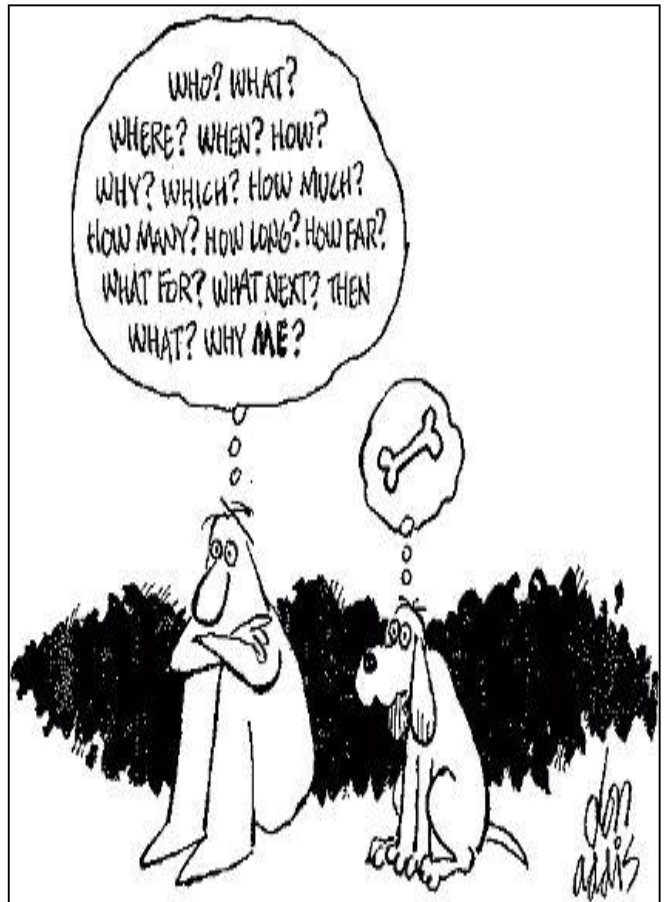
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Iowa Community Center,
338 N. Iowa Avenue,
Villa Park, IL 60181

630 834 8970

(Previous Tai Chi experience is required)

Event Calendar

www.7StarsMA.com/SevenStarsStudents.html

Quiet Reflection & Meditation retreat

Sunday, October 11th 2020 ~ 9:30am - 5:30pm
Relax4Life in Barrington, IL

Annual Student Dinner

Wednesday, Nov 4th 2020 ~ 2:00-4:00pm
Jack& Silverado Grill in Elmhurst, IL



Chicagoland in person park district classes end
for the year November 13th 2020

Chinese New Year Lunch

Friday, February 5th 2021 ~ 11:30am - 1:00pm
Hibachi Grill in Glendale Heights, IL

Reiki 1, 2 & Master Classes

March, April & May 2021
The Lighthouse Center in Winfield, IL



World T'ai Chi & Qigong Day

Saturday, April 24th 2021 ~ 9:00am - 11:00am
The Theosophical Society, Wheaton, IL



The Spring Gathering

Saturday, April 24th 2021 ~ 1:00pm - 4:00pm
The Lighthouse Center, Winfield, IL



World Labyrinth Day

Saturday, May 1st 2021 ~ 1:00pm - 2:00pm
The Theosophical Society, Wheaton, IL

TheosoFEST

September 11th 2021 ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton

Annual Student Dinner

Wednesday, Nov 10th 2021 ~ 2:00-4:00pm
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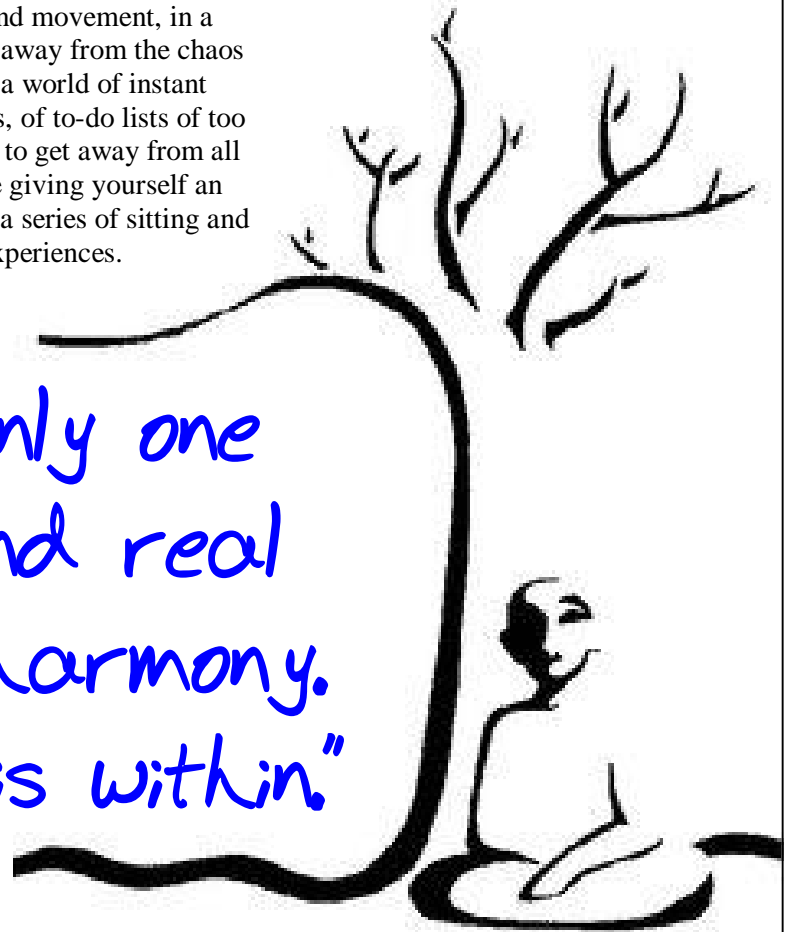
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Sunday, October 11th 9:30-5:30



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To register call 847 842 1752 www.relax4life.com

