

TM

QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

"Where Self-Defense Becomes Health-Defense"™

NEWSLETTER

September 2010

Fall Issue, Vol. 7

www.qissagebodysystems.org

STRESS OR ANXIETY? DO YOU KNOW THE DIFFERENCE?

Stress is just a word. What's more important is understanding what being "stressed" means to you. You can manage *stress* by recognizing how it affects you and taking action. Ridding yourself of *anxiety* could prove more difficult.

*Stress usually has a clear cause. *Anxiety may have a fuzzier reason for being.*

*Stress can be short term (acute) or long term (chronic). *Anxiety generally has a longer life.*

*Stress causes frustration. *Anxiety causes fear.*

*Left unchecked, chronic stress can lead to anxiety or depression. *Anxiety can even be a mental disorder.*

Create the Relief You Need

Traffic jams, a pile of unpaid bills, family arguments, or deadlines at work are day-to-day stressors that most of us cannot avoid. When faced with them, there are ways to cope.

*Deep breathing can help lower your stress level when you're late and stuck in traffic.

*Seek budgeting help if you are overwhelmed with bills.

*Ask your boss for an extension on a project that is approaching deadline.

You can find ways to manage your everyday stress.

Chronic stress might be a build-up of all those daily stressors keeping you constantly overloaded—not uncommon with today's hyper pace.

Chronic stress can cause bursts of anger, mood swings, strained relationships, fatigue, and weight changes among other problems.

Still, there are coping mechanisms to help you ward off the ill effects of chronic stress. Accepting that there will be things out of your control, practicing relaxation techniques, getting a good night's sleep, exercising and even making dietary changes are all ways of opening a relief valve.

When to Call on Professionals

Chronic stress left to its own devices can lead to anxiety. Generally, though, anxiety surfaces for no apparent reason causing a general feeling of fear, worry, or even dread. Anxiety may cause panic, shortness of breath, trouble sleeping or stomach upset.

Excessive anxiety can include anxiety disorders such as phobias and obsessive-compulsive disorder. Symptoms include headaches, inability to concentrate, twitching or trembling, depression and other symptoms that interfere with leading a fulfilling life.

Certain medications for thyroid, colds, or depression can contribute to anxiety. The same healthy lifestyle changes that combat stress also can help relieve anxiety. With severe cases of anxiety, therapy treatments and/or medication might be needed.

Check in with your feelings and thoughts on a regular basis. If your stress or anxiety feels out of control, talk to a professional. There are plenty of options for managing both.

You don't have to let stress or anxiety rule your life.

MASTER MARTY MANUEL



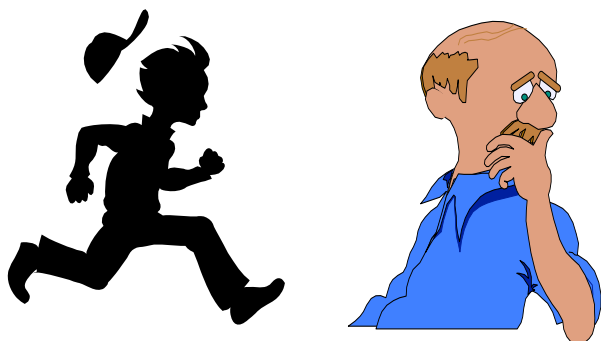
The world has lost a great and humble martial artist, Master Marty Manuel. Finally resting from a long and arduous battle with spinal arachnoiditis (*a painful, debilitating and incurable disease*), Master Manuel lay in state at the Chestnut Assembly of God Church in Vineland, NJ for farewells from many that knew him.

They came from near and far. Family, friends, loved ones, students, teachers, masters, grandmasters, men, women children and babies assembled under one roof to share kind, loving, humorous and sincere words about this "skinny kid" who packed a punch and kicked life's challenges aside to help others by setting an example of energy and excellence beyond the normal capacity of mere men.

There were tears and laughter gently sprinkled among the mass of people who came to say farewell and job well done. "He fought the good fight; he finished the course; and he kept the faith." What more can express the life of such a man as he?

Master Manuel will truly be missed but never forgotten.

HYPNOSIS CORNER



“PHOBIA THEATRE”

A Place to Watch Your Fears Disappear

Have you ever passed a turn while driving and thinking of something else? Wondered where the last few minutes went? Been so engrossed in television that you didn't hear someone talking to you? Most people will say yes. Well, you have experienced daydreaming, a state of hypnosis.

Hypnosis is actually a state of deep relaxation in which people find themselves more open to suggestion. It is an alpha brain wave state of mind obtained when you are between wakefulness and sleep.

Most people who have encountered hypnosis have experienced “stage hypnosis.” They have seen a typical scenario where some “unsuspecting” volunteer has been “put in the trance” state and was then made to do ridiculous things such as cluck like a chicken, think that they are a superhero or some other funny performance without knowing what they're doing.

Stage hypnosis is both real and entertaining. Like most entertainers, stage hypnotists are focused on pleasing the crowd with spectacles that they expect to see. So, these hypnotists must utilize audience-pleasing methods in addressing the spectator's needs as well as obtaining viable volunteers who will be the most willing and likely to provide the type of entertainment that the hypnotist and audience desire.

The clinical hypnosis, on the other hand, is only focused on obtaining the results of a single individual's desire to make change in their life. There is no regard for “spectators” during the session because there are no spectators involved. The only other people that would realize these changes would be those who may be directly affected by the changes in an individual such as a partner, spouse or close associate of that individual.

Clinical hypnotherapy is not a public performance and addresses personal behavioral issues. Therefore, not a lot of public exposure is available to establish an accurate public opinion of clinical hypnosis.

Unfortunately, the general public's opinion is largely the result a narrow perspective based on misinformation.

Regardless of which type hypnosis is used, there are specific rules that are common to both. First of all, hypnosis is never “inflicted or forced” upon a person.

Any type of hypnosis requires a willing individual who wants to be hypnotized and even then they cannot be influenced to do anything that they morally or ethically would not do consciously.

In stage hypnosis, volunteers qualify as willing individuals and in clinical hypnosis, clientele qualify as willing individuals.

An individual who is willing has already opened his/her mind and/or attitude to suggestion thus is most receptive to being given suggestions through instructions and/or directions. There are certain types of personalities that are more receptive to suggestions than others. People who are accustomed to being given direction, instruction or orders are more receptive to

Note:

Unless you are a board-certified hypnotherapist or legally licensed professional with experience and training in the area(s) covered in this article, this article is informational. It is only partial information and not to be misinterpreted as professional training or any type of training in this area(s) of practice.

CERTIFIED MEDICAL & DENTAL HYPNOTHERAPIST



Shifu J. B. Walker, PhD recently earned a certification in Medical/Dental Hypnotherapy from The Institute of Hypnotherapy. As a registered member of the International Hypnosis Federation (*IHF*), he has been board approved and identified as a Medical & Dental Specialist.

This area of hypnosis is a growing field that is applicable in many areas of health. Working with doctors, chiropractors and health care providers, hypnosis has become a complimentary component of the health care package for health and wellness.

Walker plans on earning an Advanced Clinical Hypnotherapist (*ACH*) certification in December then continuing in his studies to achieve a Master Clinical Hypnotherapist (*MCH*) Certification in 2011. “I really enjoy this type of work. I'm totally fascinated with how the human mind works and want to learn more,” stated Walker. “Hopefully, in the later part of 2011, I'd like to continue my education and work toward getting a Doctorate of Clinical Hypnotherapy (*DCH*). Maybe at some point, I'll even teach hypnotherapy,” he concluded.

TIPS FOR SUCCESS

Articles, Quotes & Comments from Shifu

THE POWER OF WORDS

Again, I would just like to stimulate your mind to move toward achievement and success by giving you a few quotes and/or comments to think about.

These words are not necessarily my words but they are provocative words that cause the mind to ponder.

Whatever they do for you, use the results wisely:

- *Anything is Possible.
- *Perfect practice makes Perfect.
- *Know thyself.
- *Actions speak louder than words.
- *Experience is the best teacher.
- *Hard work pays off.
- *Where there is a will
there is a way.
- *Success is a journey
not a destination.
- *Happiness is a choice
- *Seek not the men of old,
seek what they sought.
- *The road to success is paved
with simplicity.
- *Don't try, do!
- *Procrastination is the
thief of time.

You may recognize some of the quotes or you may not. Some may have meaning for you or some may not. Hopefully, there is something here that "strikes a cord" with you.

HEALTH TIPS:

GOOD OLD COMMON SENSE!

I recently spent 4 days in the hospital for what was diagnosed as "cellulitis of the foot/leg." This medical problem was extremely painful and my leg was swollen tremendously, but my stay was a very interesting experience.

The last time I was admitted to a hospital for any reason was about 35-40 years ago. Can I say, "Things have really changed and they haven't changed at all!?"

After being accessed and evaluated in ER and informed that I would be staying "overnight" to gain control of the infection in my foot and leg, it took a little time to realize that I wasn't going home that night.

Finally, I agreed that the hospital was probably the best place to be in my physical condition.

Upon arriving to my room and getting situated, many hospital employees came to visit, evaluate, inform and help me get acclimated to my temporary quarters. I was mesmerized by the changes that took place in the last 20 or so years. I was given a flat screen television and telephone as part of the accommodations (*whereas in my last stay they were extras at your own expense*). I was asked if I wanted a "keyboard" to access the Internet? Were they kidding? That threw me for a loop but the earth shaking experience was when I was told that I had to call for "room service" when I was ready to dine daily. Well, at that point, I was pondering if the pain medications that I had been given in ER were making me hallucinate. "Room Service?" Was I checking into a hotel or being admitted to a hospital?

As my "overnight" stay extended into additional days, I became more familiar with the new improvements that the hospital had made in my long absence from severe illnesses. I was sort of loosely "enjoying" my infirmity.

Being a nurse, I wanted to know if these changes extended into patient care and bedside manner as well. Unfortunately, they did not necessarily get that far.

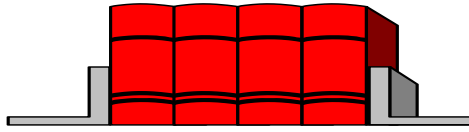
What I found is that doctors and nurses still do not communicate other than through "notes" and "written orders." Some doctors still have an attitude of "distance" from the patients. No one really engages the patient as a whole person. Treatment is "isolated" to the affected part only! Holistic care was only a "catch word" in my opinion. No one questioned my lifestyle or how it may have been affected by this health problem.

One bad experience that I had was when I was given an antibiotic that seemingly may have caused a negative reaction in my body. Immediately, procedures were followed to the letter to ensure that I was not going into "allergic reaction." However, I was attempting to explain that I had been lying on my back for days and was having chest pains and wanted to know if I could sit up and get out of bed for a moment. This was discouraged because my foot "needed" to be elevated above my heart to reduce swelling and pain.

When the reaction was controlled and no one was looking, I sat up and belched. Got up, went to the bathroom and moved my bowels. Stood up for a few moments and went back to bed with my foot up. End result . . . no more chest pain.

Sometimes, good old common sense is indicated!

Martial & Healing Arts Book Review



Title: Anatomy of Movement
Author: Calais-Germain
Publisher: Eastland Press/Seattle
Copyright: 1993
ISBN: 0-939616-17-3
13:9780939616-17-6
On-line
List Price: \$33.83
Reviewer: Jonathan B. Walker

Although, I haven't yet read this book, I have scanned its contents intensely. I find that it is complete and informative without getting totally medical about the physical movement of the human body.

In a compact paperback edition, this book is very handy for Tai Chi students who are not all that familiar with their body or its physical movements. It has great black and white illustrations that depict musculo-skeletal motion of the head, neck, shoulders, arms, hands, trunk, hips, legs, and feet. It gives a short course in anatomical names for these parts but not so involved as to disillusion the reader.

Available through Barnes and Nobles on-line and their suggested outlets, one reviewer gave these comments:

"A dynamic, integrated approach to the study of the physical structures of the musculo-skeletal system and their functional relationship to the movements of the human body. In clear and concise text illustrated with more than a thousand graphic drawings, the author takes on a lively tour of the muscles, bones, ligaments and joints of the arms, legs and trunk."

This book is a "must have" for any serious martial arts practitioner when it comes to understanding the human body and its performance as well as very informative about healthy and correct anatomical movement.

It gets a "5 Star" rating on my scale!

UPCOMING CURRENT EVENTS

- ⚡ [Daylight Savings Time Ends](#) – November 7th marks the end of daylight savings time. Don't forget to turn the clock "**back**" by one hour.
- ⚡ [Senior Bowling League](#) – Burlington Bowl & Recreation Center in Burlington, NJ will hold Wednesday Morning Senior Leagues at 9:30 a.m. Cost is \$6.00/wk/person for 12 weeks. They are non-sanctioned games.
- ⚡ [Usui Reiki Classes](#) – Look for more Reiki classes at this web site www.qissagebodysystems.org to be scheduled throughout the year. Register early. Class sizes are limited.
- ⚡ [Annual Awards Luncheon](#) – After a lapse in routine last year, we will again conduct our Annual Awards Luncheon at Carlucci's Waterfront Restaurant in Mt. Laurel, NJ in December.

QISSAGE BODY SYSTEMS, LLC

Philosophy

We believe that all people should have access to health care services that will offer not only physical but also mental and spiritual growth and development.

We further believe that the integrated knowledge of Eastern health philosophy and Western health technology produces a simplistic yet optimal health care system that directly affects the quality of life in a positive manner for the benefit of a healthier lifestyle.

Mission Statement

QiSage Body System exists for the sole purpose of providing the availability of an affordable, beneficial and simplistic health care system that produces a profound mentally, physically and spiritually, healthy lifestyle through personal growth and development.

This task is accomplished by offering:

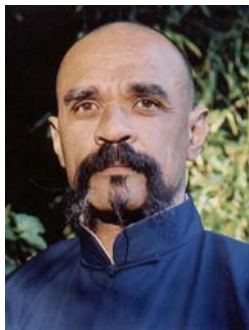
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or services that are in harmony with the philosophy of QiSage Body Systems.*

A Pinch of Wisdom

"To go wrong and not to alter one's course can definitely be defined as going wrong"

Did You Know...

... that having knowledge and using knowledge are two totally different things ?



Shifu's Message

Don't "Fall" Victim To Seasonal Changes

Fall is the time of year that is notoriously known for viral illness like the flu causing upper respiratory disorders and diseases. Ever wonder why that is? Well, let's take a look.

From summer to fall, we experience climatic changes in the weather. These changes basically involve temperatures going from warmer to cooler. There is significant change in barometric (air) pressure during this time period.

Changes in air pressure, especially rather quick changes, can affect your body. The most obvious of these are the discomfort or even pain you feel in your ears when your gain or lose altitude rather quickly, such as in an aircraft, or even a fast elevator that goes up or down several floors.

Air pressure changes can also affect our bodies in other ways. Because our body is composed of a large amount of fluids and two major gases (*oxygen and carbon dioxide*), we are also affected by changes in our environment. These changes can be either beneficial or detrimental to our health.

In the Eastern holistic healing arts, we deal with seasonal changes by using the theory of the "5 Elements." This theory is based on natural elements of the earth

and their characteristic relationship with nature. Because we are part of nature, they affect us as well.

This theory states that these elements can exist in a "constructive cycle" or "destructive cycle." Based on the cycle of the relationship between these elements, one can determine how to harmoniously move from one season to another in a healthy manner.



The 5 elements, Fire, Earth, Metal, Water and Wood are the foundation to Traditional Chinese Medicine and are integrated with other theories like Yin and Yang. It is the main ingredient in the Chinese culture. You will find it everywhere from martial arts to Feng Shui and even the political arena.

The 5 Element Theory can be somewhat confusing if you try to grasp all of it at once. It has a foundation that threads many orders of life in the East. However, if you take time to learn the 5 basic elements and their relationship to the human body, one at a time, you may manage to get quite a good handle on it before long.

A great hint for a starting point is the relationship between the Lungs/Large Intestines, Metal and the color white. This is the main focus for this time of year as we prepare to enter winter (Kidneys/Bladder, Water and the color black) by way of fall.

In Harmony,
Jonathan B. Walker, PhD
Shifu

STUDENT'S CORNER

This column is for and about students of the Three Mountains Schools system. You may submit an article, comment, question or feedback for publication at any time. Submissions are no guarantee for publication. Information will be minimally edited at the discretion of the Editor. If you submitted an article, keep your eye on this section.

HEALTHY FOODS COLUMN

SAGE
by Emily Williams

We generally think of sage as a culinary herb. Where would our Thanksgiving turkey be without sage dressing? An all around herb, young leaves may be cooked with almost any food I particularly like the following:

Sage leaves in flour and water batter. Put 1-cup water in soup plate. Gradually add about 2/3 cup of flour, stirring with a fork. When batter is the thickness of sour cream, dip washed and dried sage leaves. Fry in hot oil until crisp. Drain on paper towels (the batter acts as a barrier keeping the leaves from absorbing fat).

Sage is a beautiful perennial herb – a welcome addition to any garden. It is very hardy. Although the leaves shrivel when cold, they may be used throughout most of our northeastern winters. The plants thrive when there is little rain. Prune after blooming.

Sage also has medicinal value. Claims in early herb books have been made for the cure of epilepsy, insomnia, seasickness, warts and yet another cure for snakebite. Because of the oils and vitamins contained in sage, it is sometimes used as an antiperspirant, insect repellent or after-shave.

In parting, think about this quote from a 10th century medical school in Italy:

"Why should a man die when he can go to his garden for sage?"

THE "DIRTY" DOZEN by Ellen Catalano

The Environmental Working Group (EWG) studied 100,000 produce pesticide reports from the US Department of Agriculture and the US Food and Drug Administration to create a list of the "dirty dozen" foods that contain the most pesticides.

Update 2010

The "dirty dozen." Buy these organic or grow your own without pesticides and use organic fertilizer or homemade compost:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries
6. Nectarines
7. Bell Peppers
8. Spinach
9. Cherries
10. Kale/collard greens
11. Potatoes
12. Grapes (imported)

The "clean 15," lowest in pesticides:

1. Onions
2. Avocado
3. Sweet corn
4. Pineapple
5. Mangoes
6. Sweet peas
7. Asparagus
8. Kiwifruit
9. Cabbage
10. Eggplant
11. Cantaloupe
12. Watermelon
13. Grapefruit
14. Sweet potatoes
15. Honeydew melon

What do you do about it? Purchase organic versions of these foods. If you can't afford to purchase all organic fruits and vegetables then concentrate on purchasing the above listed fruits and vegetables. This will lessen your exposure to pesticides by 80%.

Suggestion:

Cut out this list and bring it to the grocery store with you.

Source:

Environmental Working Group 2010.

For more details, visit foodnews.org.

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*Have you had any experiences that you think your Tai Chi, QiGong, Reiki or Hypnotherapy has helped you get through? Well share it here with others who may be experiencing the same or like situations but have not found any help to resolve their scenarios. Send us your story. It may be just the story to help someone and save a life.*

## "THE POWER OF QI" by Linwood Thomas

During our class on St. Patrick's day, we were practicing different forms of deep breathing. I had taken medication that morning in preparation for a non-surgical procedure. We were going into a state of relaxation and I was not concerned that the lights were getting dimmer and dimmer. Then I heard this loud noise and I was looking up at the ceiling in the gym. It was at that instant that I realized that loud noise was from me. I was on my back. Shifu asked me did I know what the date was and I could not tell him mainly because I don't keep up with dates unless I need to. I finally said it was the day people wore something green. I did not feel any pain or injury from the fall. I felt that the state of relaxation from the meditation and the chi flow in the group protected my body in the fall. Later that day I passed the pre physical and was able to have the procedure done.

I know the power of Chi from watching Chinese masters use Chi to topple thirteen men and Chinese doctors use it to cure patients. I

was amazed to find that my chi and that of the group's prevented me from being injured in my fall. On occasion, when I'm asked to demonstrate my Tai Chi to friends and relatives, I find they become mesmerized with the feeling they get from watching me do the form movements and want to learn about them. They are completely fascinated when they do their own Chi ball and feel the energy. I often do Tai Chi just because I feel the urge to do certain forms. I often work my Tai Chi in after my therapy exercises.

## NEW FACES



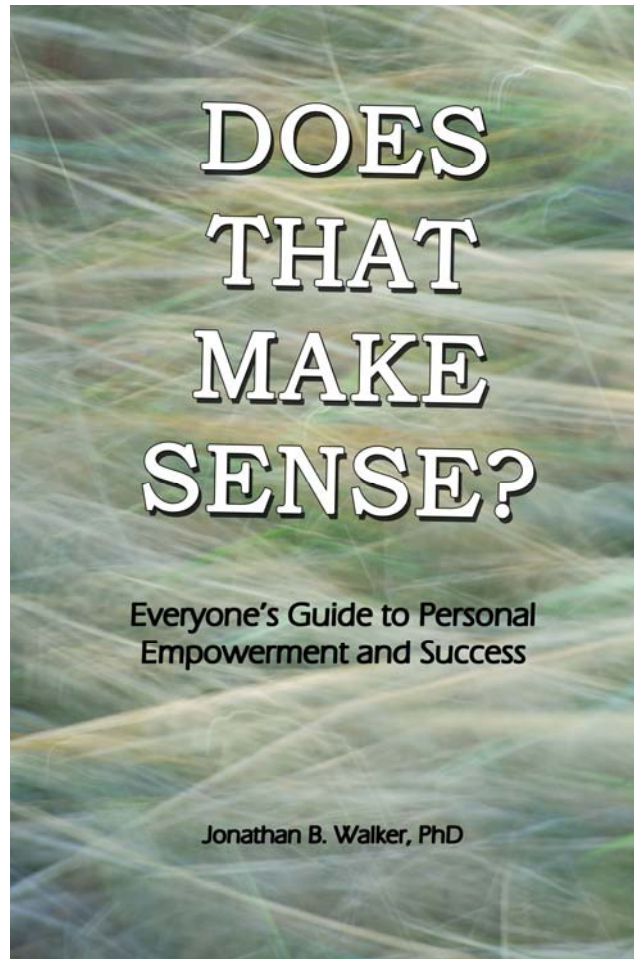
Joseph Naulty, (*our youngest student*) and father, Brian Naulty are our newest members of the QiSsage Body Systems, LLC Tai Chi Family.

Hailing from Eastampton, NJ they have enrolled in private classes with Shifu Walker.

Brian, a bright and energetic 15 year-old enjoys building massive creations with Lego and spending hours on the Internet. His father, a former Battalion Fire Chief in Willingboro has joined his son in Tai Chi becoming the first father-son family participants to enroll in our organization.

We welcome them to our family. You may have an opportunity to meet them as they plan to attend our annual awards luncheon in December. Let's all plan on bringing them into the fold during our holiday season with wishes of happiness and prosperity.

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Get Your Copy Today!



**Does That Make Sense?**

Paperback, by Shifu Jonathan B. Walker, PhD

\$19.95

Excerpt:

*“Most people can’t define success for themselves because they are looking in the wrong place for it. We generally have our sights set on the success that someone else has achieved and want it for our own”. . . . . “We each have a gift. All that you have to do is identify what your gift is”. . . . . “Once you’ve identified your gift, you need to capitalize on it”. . . . . “Does that make sense?”*

**DOES THAT MAKE SENSE?** is a no-frills, thought provoking, interactive, book that is compact, direct and to the point. It illustrates how people can empower themselves to achieve any goal that they desire and obtain success in life.

It is the result of years of personal research that Shifu Walker has compiled through teaching scenarios at schools, colleges, community centers, and businesses in public and private presentations. While consulting with his fellow colleagues around the world, he discovered common denominators that are stumbling blocks to achieving success in one's life. His personal life experiences also played a role in revealing these same obstacles.

Unlike most self-help books, "Does That Make Sense?" depicts how you can find success based on your strengths not the strengths of the author. It is a book that anyone can pick up, read and find a path to success in their life based on what they want.

With highlights on simplicity, this book "packs a punch" and "drives home" the important aspects for self-empowerment!

**GET A COPY TODAY AND  
GET ON YOUR ROAD TO SUCCESS!**

~Available exclusively through QiSsage Body Systems, LLC~

-----COMMENTS ABOUT THIS BOOK-----

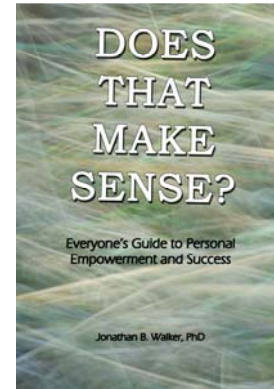
*"I bought your book and read it. I was fascinated by it. The excerpt on the front of the book really knocked my socks off! Not one person in a million would have figured that out. It really struck me!"*

*Robert Purucker, Co-Host  
"The Delirious Cure"  
VoiceAmerica Talk Radio Network  
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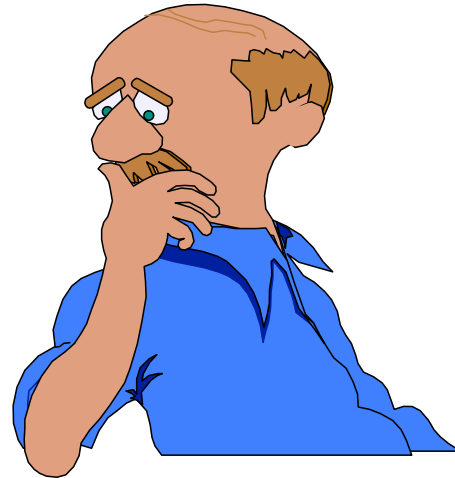
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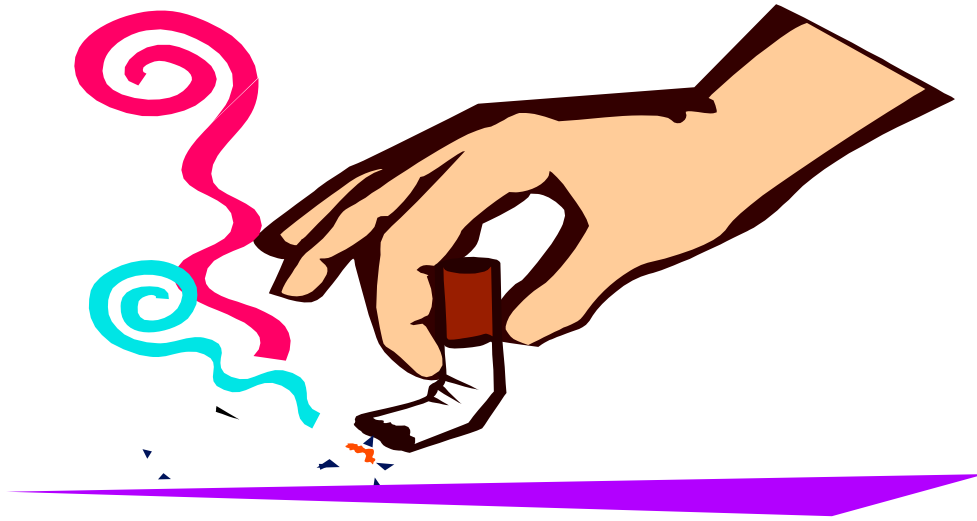
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DURING THE MONTHS OF:

**October - November - December**

AND WE WILL ACCEPT ONE  
NEW ENROLLMENT IN ANY:

**"TAI CHI FOR  
SENIORS"**

PROGRAM FOR **"FREE!"**

For more details and to learn how you can  
take advantage of this offer:

Contact: (609) 518-9399

# HOLIDAYS

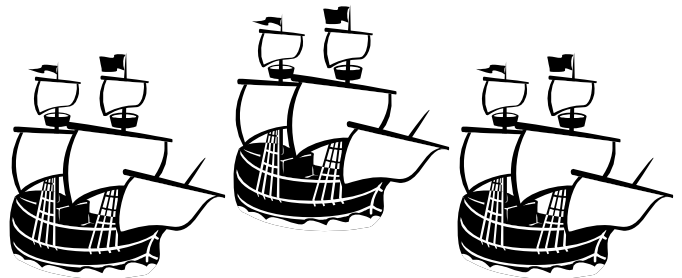


LABOR

DAY

COLUMBUS

DAY



VETERANS

DAY

Thanksgiving

