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QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

NEWSLETTER

Summer Issue, Vol. 6

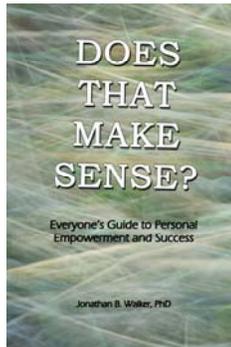
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June 2009



DOES THAT MAKE SENSE?

Everyone’s Guide to
Personal Empowerment & Success



Does That Make Sense? is a provocative, interactive, short read book that is direct and to the point about self-empowerment and finding success.

Shifu Jonathan B. Walker has spent years hearing his students and workshop participants requesting that he write a book. Claiming to not be a “writer,” he graciously thanked them for the compliment but did nothing about writing books.

He wondered what he could ever have to say that would be worthy of putting in a book. He never saw himself as a writer. It just never crossed his mind before hearing it from other people.

His wife agreed with others and encouraged him to look into writing. She pointed out that he has an extensive history in writing newsletters, proposals, and most recently a doctoral dissertation. She continually encouraged him to “put to paper” the many ideas, plans, theories and proposals regarding teaching that he constantly entertained and scribbled on pads for his daily Tai Chi classes.

This month we will see the fruits of Shifu’s labor in his first book. The title, “Does That Make Sense?” was selected based on the fact that this question is often asked by Shifu in classes when students appeared to not understand the material presented.

Does That Make Sense? is a short read, direct and to the point about self-empowerment and success. It is highlighted with simplicity and contains a “How to Use This Book” section while offering readers pages to write their personal notes. Shifu Walker states the difference in this self-help book and most others is that the methods

illustrated are universal methods that when used will lead readers to their success and not the success of the author. He explained that many books leave readers to the conclusion that they must do as the author has done to achieve the same success as the author. In his book, he wants readers to find and attain their own success.

“This book was written and laying on my work table in the form of notes in my office for many months or even a couple of years,” claims Shifu. “What is contained in the book is simply what I teach and emphasize in classes on a regular basis,” he continued. “My frustration in reaching students caused me, at one point when I saw a look of bewilderment on their faces, to regularly ask students if what I was teaching them made sense. I explained to them that they did not have to agree with the point that I was trying to make but simply determine if it made sense,” Shifu added. “If it made sense then the only requirement that I had was for them to try it!” Shifu said. He concluded saying, “If it makes sense and you try it and it works, then you become empowered by simply continuing on your road to success!”

Shifu already has two more books in the “wings” waiting to be written and at least three books that he has found in his notes from the last 5 years. He also plans to produce a book from his doctoral thesis, “Yang Family Style Taiji Quan: Wu Xing Chuan Tao (*Way of the Invisible Fist*). Hopefully, there will be audio CDs, too.

Presently, “Does That Make Sense?” is available only through QiSsage Body Systems, LLC. For more information or to obtain a personal autographed copy, contact QBS, LLC at (609) 518-9399 or email your request for the number of copies that you want to qbsbooks@aol.com.

TAI CHI FOR SENIORS AT THE WOOLMAN COMMONS



Woolman Commons, Nt. Holly, NJ (see page 2 for details)

REIKI NEWS



“Writing Case Reports for Reiki”

Evidence-based treatments seem to be the “new” valid research that the medical community seeks these days. Scientific studies offer a high level of evidence in validating new therapies, however, case reports are another valid source of information for making clinical decisions in the medical community.

Last quarter, we talked about proper documentation for your Reiki sessions and the importance in doing so. This issue, we want to point the finger at case reporting.

What is a case report? It is an accurate, brief and clear narrative report of a clinical experience. More commonly, a single client’s situation is described including the client’s presenting symptoms, diagnosis, treatment and follow-up care (*if you are not a physician or qualified licensed medical professional you will not have a diagnosis as only a doctor can diagnose*). A case report also presents anecdotal evidence by telling the story of the client’s experience and describing the emotions, personal insights and impact on the quality of life for the individual.

A case report gives the practitioner an opportunity to present clinical findings and experiences in a form that is recognizable to the scientific community. This is particularly important for practitioners of complementary therapies such as Reiki.

There are many reasons for writing case reports. They are essential for communicating clinical experiences among other

Reiki practitioners. Other health care professionals also have an opportunity to learn more about the practice of Reiki and how it can positively influence the health and well being of others.

Energy work such as Reiki is sometimes associated with unusual or surprising client outcomes that are positive but confounding to the conventional medical community. Case reports can also provide stimulus and direction for further research and clinical trials.

There are some very basic elements to a good case report. The report should be concise, factual, logically organized and clearly presented. It should consist of an introduction, description of the case, discussion and summary. It should be less than three pages in length but more acceptably one page or less. The following link will take you to a case report that is a good example of how to produce this paper <http://www.reikiinmedicine.org/pdf/schmehrf.pdf>.

One thing that will be very helpful in writing case reports is the “Documenting Reiki Sessions” article printed in the last quarterly newsletter (*see article under “Reiki News” Spring Issue Vol. 6, page 5*).

Hopefully, this article has enlightened the Reiki practitioner to the importance of documentation and case reporting. This may be a new experience for many practitioners and a common practice for others. Whatever the case, with the wonderful experiences that we find in energy medicine these days, it seems to be a necessary step in getting the word out about the fantastic quality of life that can be obtained in the practice of Reiki.

TAI CHI FOR SENIORS AT THE WOOLMAN COMMONS

It started in early February 2009 in the Community Room at the Woolman Commons on Brainerd Street in Mount Holly, New Jersey. It drew interested persons from Mount Holly, Pemberton, Eastampton, Hainesport and Medford areas. The program was originally created for senior citizens in the Eastampton, Westampton, Hainesport and Mount Holly areas but does not refuse interested persons from surrounding areas.

Now in the end of its fifth cycle, the Tai Chi program has taken a strong hold on its participants. Students are learning the philosophy of Tai Chi as well as the holistic effects of its practice and the performance of the characteristic slow moving choreography.

Many were pleasantly surprised when they discovered that Tai Chi is not just movement but much more than physical exercises when properly practiced. They were intrigued by the notion that Tai Chi is a philosophy that must be learned in order to perform and obtain the holistic benefits of the 108 postures of the Yang Family Style Tai Chi.

As the classes progressed, they learned how to get more than just exercise of the body. They are now learning that the mental and spiritual aspects must also be included in this wonderful eastern art form.

Woolman Commons will never be the same. Hopefully, it will be better.

If you want to be a part of the growing, learning experience at the Woolman Commons, contact QiSsage Body Systems, LLC at (609) 518-9399.

THE POWER OF QI

In a recent QiGong class, a teacher was instructing students on how to breathe properly coordinating breath and energy (*qi circulation*). He advised the students of the awesome power contained in qigong exercises and cautioned them about some of the side effects.

Some of the cautions mentioned were that if one had just eaten heavily before the class, not eaten at all that day, was presently on (*cont. page 3*)

HYPNOSIS CORNER



“USING SELF-HYPNOSIS TO RELAX”

Hypnosis has become increasingly popular over the past several decades. Learning how to use self-hypnosis can enrich your life in many ways, including changing unwanted habits and better health to creative development and higher psychic levels.

Self-hypnosis is a naturally occurring state of mind that can be defined as a heightened state of focused concentration (*or trance*) with the willingness to follow instructions (*or suggestibility*). As a matter of fact, it is stated that all hypnosis is self-hypnosis. The hypnotist or hypnotherapist is merely a guide to assist in facilitating the hypnotic state of mind. No person can be hypnotized against their will.

The following method is one way that you can self-hypnotize for relaxation:

Find a comfortable place in your house and sit on a comfortable chair or couch. Make sure that you are not going to be disturbed for about one half-hour.

Close your eyes and try to rid yourself of any feelings of fear, stress or anxiety. Now focus on the tension leaving your body examining one part at a time from your head to your toes until you are completely relaxed and feeling lighter and lighter. Take slow deep breaths releasing even more tension as you exhale.

Next, appreciate the fact that you are now extremely relaxed. Imagine that you are at the top a set of stairs. There are 10 steps going downward. At the bottom of the staircase is a safe, secure and beautiful place where you would like to be. This can be any place that you can imagine like a beautiful beach with gentle cool breezes or a mountain lake with fresh clean air. Any place you desire is fine.

Imagine slowly taking one step at a time down the staircase and as you do, you become more relaxed with each step downward. When you take the last step, you arrive in the place of your choice and are totally and deeply relaxed feeling fine all over.

Now spend some time in this place of your choice enjoying the freedom to remain relaxed and feeling fine all over. Make a mental image of what you look like when feeling like this. Take note of your face, your body and the mental state that you are in. Notice if there is any particular senses associated with this feeling like smells, tastes, sounds or images. Record these feelings in your mind.

Now, intensify these feelings by silently counting 1 . . 2 . . 3. As you count each number, these feelings increase in intensity. When you reach the number 3, touch your index finger to your thumb on your right hand and hold for a few seconds then release the contact.

Now remain in this place for a while longer or until you are satisfied.

When you are ready, return to the bottom of the staircase and prepare to ascend the stairs one step at a time. Begin by taking one step up and start to feel yourself slowly and gently become alert and awake as you continue up the stairs. The farther you ascend, the more alert and awake you become until you are at the top of the stairs.

When you arrive at the top of the stairs, keep your eyes closed but you will be wide awake and totally alert. You will feel fine and relaxed all over. You will feel simply wonderful and refreshed.

Now, give yourself a few moments before opening your eyes. Then say out loud, “Wide Awake” three times and open your eyes. This will put your mind back in the conscious state. You will be totally alert and awake feeling fine and refreshed as though you had a full night’s restful sleep.

Now any time that you want to return to this relaxed state of self-hypnosis, all that you have to do is: close your eyes and touch your index finger to your thumb on your right hand and slowly inhale and exhale 3 times. On the third breath, you will be back in that same relaxed state. Remain there for as long as you like and when you are ready, all you have to do is open your eyes to return to a fully conscious state.

NOTE: Never attempt to do self-hypnosis while driving, operating machinery or performing any acts, tasks or jobs that may be considered dangerous or potentially dangerous to you or any other person or persons.

To learn more about hypnosis or schedule an appointment, contact Jonathan B. Walker, CHt at tophypno@aol.com or call (609) 518-9399.

THE POWER OF QI (cont.)

medications, had high blood pressure or diabetes or any blood dyscrasia that they may experience effects like lightheadedness, dizziness, fainting, sweating and/or heat rushes in the body. They were then instructed that if they had any of these effects to simply sit down on the floor right where they were standing. This would be a precaution to falling and a signal to the teacher to render assistance.

As it occasionally happens, one participant pasted out on his feet and fell to the floor flat on his back with a thud! The teacher quickly went to his side and rendered assistance and revived the participant. He was assessed (*next page*)

for injuries. It was revealed that he had taken a newly prescribed medication that day. He was sent home with his wife and advised to see his primary health care physician right away.

After seeing his doctor and returning to class the next week, the participant reported that his doctor found no medical reasons for the fainting but more surprisingly, did not find any injuries from such a fall for a man his age.

Another doctor in the same practice who was also knowledgeable of the incident told the participant's wife, "*It was the Qi that protected him from the fall!*"

TIPS FOR SUCCESS

Articles, Quotes & Comments from Shifu

In this issue, 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

having meaning for you or some may not. Hopefully, there is something here that "strikes a cord" with you.

HEALTH TIPS: "WII" FITNESS

Nintendo's Wii Sports has been on the market for a while now and seems to be more than just a video game. It has been appearing in places like your living room, retirement communities and senior centers. Most people have been playing for the entertainment and the plain fun of it but they have also found out that they get a bit of exercise in the course.

Nintendo has stepped up the pace by adding a "fitness board" to the game. The "Wii Fit" has made video-exercising a home workout.

With the addition of the "pressure-sensitive" board instead of a "handheld controller," you can now test your balance and BMI (body mass index) in addition to doing strength training, aerobics, yoga and balance exercises.

Since the "Wii Fit" program has entered the market, there seems to be an additional explosion of exercise videos that can be used on the Nintendo Wii game console. They range in categories and levels of difficulty from easy to almost expert. So there appears to be something for everyone at all levels of capabilities and desires for a physically fit lifestyle.

There are however, some tips that you should always follow with this type of "exercising" as with all types of exercising.

First and foremost, check with your primary health care physician before starting this or any other type of exercise program.

Second, read the directions, precautions and warnings on all exercise videos before attempting to perform the routines.

Third, make sure that you have a clear area to perform your workout. It would be disastrous if you fell and hit your head or broke a bone trying to get into better shape and better health.

Fourth, if you are new to exercising and especially video exercising, you may want to consider having a "coach" with you. That could be anyone such as a family member, friend or workout partner. You can keep an eye on one another (*spotting*) and help each other by encouragement, camaraderie and just having fun.

It's always advisable to warm up before starting the exercises or routines. Work within your range of motion, capabilities and never accept pain as okay. If you experience any pain during or after your workout, STOP and discontinue your workout until after you have checked with your health care provider. Do not strain or push yourself beyond your limitations. Start your workout slowly or at a low level and (*over time*) gradually work upward.

Listen to your body. Do not try to do the exercises or movements *exactly* as the "video instructor." Remember, most of these "instructors" are animated. They are not real. Even though they represent an excellent depiction of the movements, you have to perform the movements the way that YOU move not the video. Just keep it realistic.

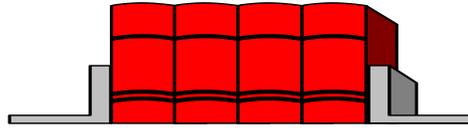
Finally, cool down after performing the exercises or routines. Be sure to hydrate (*drink water*) before and after exercising (*sipping and not gulping down water*).

Most exercise videos will have pretty much the same information as outlined here contained in them. Be sure to adhere to warning, precautions and suggestions. Most of all, have fun getting healthy.

NOTE:

The above health tips are in no way intended to be a prescribed exercise program. They are only suggestions for anyone considering starting or continuing an exercise program.

Martial & Healing Arts Book Review



Title: The Yin of Tai Chi
Author: John Lash
Publisher: Yega Books Limited
Copyright: 2000
ISBN: 1-84333-615-4
List Price: \$9.95
Reviewer: Lynn M. Kosek-Walker

This insightful and inspiring book takes an in-depth look at the mystery and true meaning of Tai Chi. The author, John Lash, is a Tai Chi teacher with more than 30 years of experience. He has a master's degree in Philosophy and has traveled extensively, visiting sacred places around the world.

The book emphasizes that Tai Chi is not merely a sport or form of exercise. The author delves deep into the philosophy and uses lots of personal stories to bring it to life. Lash notes that westerners typically separate all aspects of their lives while easterners see the connection of mind, body & spirit.

Lash explains the relationship of the Tao to Tai Chi. He uses Lao Tzu's writings to give greater clarity to its meaning. He goes into great detail about Wu Chi and how it is related to love. He states that, "Wu Chi is our true nature and links us in oneness with everything else in the Tao." He notes that without being rooted in Wu Chi a student's moves are merely exercise.

The author sees Tai Chi as something that should be lived and learned everyday of our lives, not just something that we experience once a week in the classroom. He explains that by using Tai Chi philosophy, we can learn from everyone and everything that we encounter in life. He believes that the importance of Tai Chi is to connect with who you really are and to see the interconnectedness you have with the universe.

Lash explores issues such as pain, the ego & love. He also goes into depth about living a Tai Chi life, the purpose of a Tai Chi school and the relationship between students and their teacher.

While I don't personally agree with all that the author says, I think that he has some very enlightening views about the meaning of Tai Chi. Some of his analogies are a little unusual. He acknowledges that readers may question his observations. "Though your mind might laugh and ridicule the things written on these pages, your heart will know that it has touched upon reality."

Yes, John Lash does surprise us and make us think. His book is well worth the read for all Tai Chi students.

CURRENT EVENTS

// Reiki Classes –

Level II: June 27, 2009 at 9:00 am - 3:30 pm

Level III: July 25, 2009 at 9:00 am – 5:00 pm

Master Practitioner: Aug 21-23, 2009 at

6:00 pm-8:00 pm/9:00 am – 5:00 pm/9:00 am – 3:30 pm

// HPA Seasonal Workshops – We have more exciting and new workshops out of Albany, NY this year. October 17, 2009 - "Chinese Yoga with Healing Qi." This classes will be conducted in central/southern New Jersey.

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

QiSsage 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 QiSsage Body Systems.*

A Pinch of Wisdom

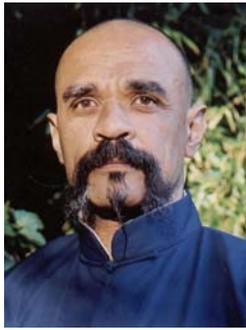
"Those who know do not talk.

Those who talk do not know."

~Lao Tsu, Tao Te Ching~

Did You Know...

... economy is making the most of life and they that have patience may accomplish anything?



Shifu's Message

The Economy & Stress, How are you doing?

Well, we are half way through one of the toughest years that most of us have seen in a lifetime. How are you doing?

Economically, we continue to see people losing jobs, businesses closing, prices increasing and stress mounting. How is your life being affected? How is your household being affected? How are you dealing with the situation? What gets you through the day?

These are questions that everyone is trying to answer. I suggest that we all take a moment and breathe! One effective way to deal with today's crisis is to stop now and then and take inventory of how we are doing. Are you being effective in your daily attempts to maintain and survive? What works? What doesn't work? Take those methods that do work and capitalize on them. Keep doing them. Discard those that do not work.

Remember that things may be bad but this is not the first time in your life that you have had to encounter opposition, obstacles or resistance. You're still here and kicking, right? Then you must have done something right in the past. Take a moment and learn from your past. Then do it again and keep doing it!

When you find that you are becoming overcome with stress from these situations, seek help. No one is exempt from the pressures of the economic crisis. We all share the burden. Some of us deal with it better than others deal with it.

Seek those who can help you. Help those who seek your help. We are all in this together and together we can all get through this successfully.

If I can help you, all that you have to do is ask!

In Harmony,
Jonathan B. Walker
Shifu, PhD

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.



Susan Fair has had 3 bad falls but makes a great recovery using Tai Chi.

TAI CHI TO THE RESCUE *by Susan Fair*

After 3 bad falls last year, I started Tai Chi classes and it has changed my life. I have a new sense of balance and strength that I didn't think was possible.

My legs have always been my weakest points. Climbing stairs was especially painful. Now, after 8 months of Tai Chi, I choose to take the stairs whenever I can.

On a recent 7-day cruise, I used only the stairs for the entire week both for the exercise and to burn those added calories from all of the great "cruise food."

I am now looking forward to hiking when out West this summer!

NEW STUDENT IN PEMBERTON



SiDi Robert Wahl (left) looks on as Stacey Morris attempts to execute some basic moves in "Forward Walking".

Stacey Morris comes to our Tai Chi Healthways program from Browns Mills, NJ. She recently joined the Tai Chi Healthways program and attends classes at the NAC in Pemberton Borough. She comes with aspirations of recruiting her mother and father in the not so far future. Welcome Stacey!

MARTIAL ARTS TESTING



Being helped to gear up for combat by Sharif Hewlett (rt), SiDi Robert Wahl (lt) mentally prepares for sparring.

SiDi Robert Wahl tested in the martial arts program for his next sash level (*Red Sash - 9th Rank*) in June. SiDi Wahl has been an active member in the martial arts program since November 2005.

52nd WEDDING ANNIVERSARY



Does anybody remember these kids when they were young and full of life?

Sidney and Shirley Venitsky are looking happier than ever these days. Well, I guess that you would too, if you were celebrating 52 wondrous years of marriage.

The top photograph shows this happy couple on their wedding day when life was just beginning for them as husband and wife. Their smiles indicate that their best years are just beginning.

However, below in the bottom photograph, you can still see those same smiles. And I think that they are saying the same thing!

It must be simply wonderful to be able to look at life in such a fantastic way. Sid and Shirley are “setting the bar” for all of us.

Congratulations!



That's Sid and Shirley Venitsky looked happier than ever then and today you can still see their youthful smiles!

56th WEDDING ANNIVERSARY



Look at these crazy kids on their wedding day! Life is wonderful, huh?

Walter and Carolita Lindsay wedded on June 6, 1953 (*top picture*) and gracefully moved through 50 years of marriage (*bottom picture*). Wow! That's simply marvelous to be together for that many years.

But, that's not the end of the story. There like the energizer bunny. They're still going and going! On June 6th this year, they celebrated another six years of marriage. Yes, that's right. They now have 56 years of blissful marriage.

Do you know what the secret is to having so great many years of marriage? Well, I don't either, but I guess the answer lies in the hearts and minds of these two beautiful people. Just ask them. I'm sure that they'll tell you.



You guessed it! That's Walter and Carolita Lindsay. Who else could it have been?

PHILADELPHIA PRESS ASSOCIATION AWARD



Lynn Kosek-Walker has won a 1st place award for her participation in the production of the Television Magazine Feature, “Our Vanishing Past.”

On Friday, June 26, 2009 at 9:00 p.m., Lynn Kosek-Walker will be among twelve recipients from NJN Public Television to receive awards from the Philadelphia Press Association (PPA) Annual Awards Competition.

The awards will be presented at the PPA's Awards Dinner held at the Bala Golf Club at 22000 Belmont Avenue in Philadelphia.

Lynn's production of “Our Vanishing Past” received a first place award in the *Television Magazine Feature* category. The show focuses on the neglect, abandonment or encroaching development that threatens many historic places in New Jersey. It examines the relationship between people and their architectural heritage by focusing on New Jersey's struggle to retain historical landmarks including Revolutionary War era structures, the Wildwood *Doo Wop* hotels and safe houses on the Underground Railroad.

Lynn is no stranger in the winner's circle. She has received 19 Emmy nominations, 4 Emmy Awards and 2 Cine Golden Eagles.

HEALTHY FOODS COLUMN

MAKING BETTER CHOICES

Anonymous

Here are some better choices that may help you eat healthier, feel better and control your weight.

Eat at home more than eating out (*especially at a buffet*).

Don't food shop when you're hungry.

Shop the outside wall aisles in the grocery store (*usually fresh fruits, veggies and meats. The inside aisles have all the junk foods*).

Eat 3 meals a day. (*I like this statement: Eat Breakfast like a King, lunch like a Prince and dinner like a pauper.*)

Get adequate sleep. Getting between 6-8 hours each night helps to manage your weight.

Get regular exercise. Exercise should include strengthening toning and flexibility training.

The bottom line is that only you can manage your life. Make it better by making better choices.

FRESH SUMMER FRUIT BREAKFAST

by J. B. Walker

This is a quick and healthy breakfast that even kids can make. It is refreshing and very tasty first thing in the morning during the summer months.

The following fruits should be kept chilled in the fridge until ready to use (*except bananas*):

- Bananas
- Red Grapes (*seedless*)
- Green Grapes (*seedless*)
- Raspberries
- Blackberries
- Blueberries
- Strawberries
- Bing Cherries

Peel the banana and gently rinse all of the remaining fruits under cold water.

Thinly slice one banana into a

cereal bowl. Cut 3 large strawberries into quarters and put into the bowl. Pluck about 6-8 red grapes and 6-8 green grapes from the stem and place into the bowl. Add one handful of blackberries, one handful of raspberries and one-half a handful of blueberries. Top off with about 6 Bing cherries cut in halves.

Add a breath of fresh air, a window full of sunshine and a tall glass of water.

This makes a great breakfast full of tasteful morsels in each bite. It provides a quick start for the day and acts as a great cleansing agent for your gastrointestinal system.

Follow this breakfast with a wonderful bowl of vegetable soup for lunch and a hearty dinner to make a great day better.

A ROSE IS A ROSE IS A ROSE

(*is a cough, a wheeze & a sneeze*)

by Emily Williams

It is safe to say, "All of us are afflicted with at least one allergy." Peanuts, ragweed, various pollens, poison ivy, sumac, shellfish, dust, mold and numerous foods that may trigger an allergy. Although beneficial, some herbs have their dark side and many are deadly.

Our very own Shifu once accused me of attempted murder. The "murder weapon" you ask. Roses! I had added several roses to a mixed bouquet to put on the ticket table on World Tai Chi Day. Although roses are one of our most captivating herbs, often associated with romance, they can cause a severe allergic attack in some people.

There are other herbs can also be dangerous. Liquorish, for instance, can have serious side effects in heart patients and those suffering high blood pressure. It is known to cause paralysis, shortness of breath and to raise blood pressure.

In older herbal books, parsley containing many healthful

vitamins and minerals is suggested to cause miscarriage.

Aloe, although helpful in healing burns and minor wounds can cause a violent reaction if taken internally.

Comfrey, once grown in herb gardens for it's remarkable healing properties, is now rated unsafe.

Juniper berries used to flavor gin and sometimes called for in wild game cookery, in repeated use may cause convulsions and kidney damage.

Kiss under the mistletoe during Christmas time but if you have children or animals in your household, forget the fresh mistletoe. The berries are toxic and if ingested can cause death.

The attractive herb, Rue, can be used as an effective insect repellent but some may develop a rash similar to poison ivy.

Other herbs can be toxic if used in excess, so always use caution. For the uninformed, it may be best to stick to accepted culinary herbs.

To learn more about herbs and their uses, visit the herb garden at the College of Physicians and Surgeons in Philadelphia or read one of the numerous books on herbs. I find "Rodale's Illustrated Encyclopedia of Herbs" most useful.

SHARE THE WEALTH

Do you have a favorite healthy food or recipe that you would like to share with our readers?

Share your health, wealth and wisdom with others by submitting our favorite recipe to the editor of this newsletter and we will be sure to publish it.

Just type out your recipe and email it to yangqichen@aol.com with "Healthy Foods Column" in the subject line.

There is no deadline to submit. Recipes will be published in the next available space in the next upcoming quarterly newsletter after receiving them.

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Organization*

*“Where Self-Defense
Becomes
Health-Defense”™*

“Making your world healthier”

Tai chi



is martial arts!

"Summer Special"



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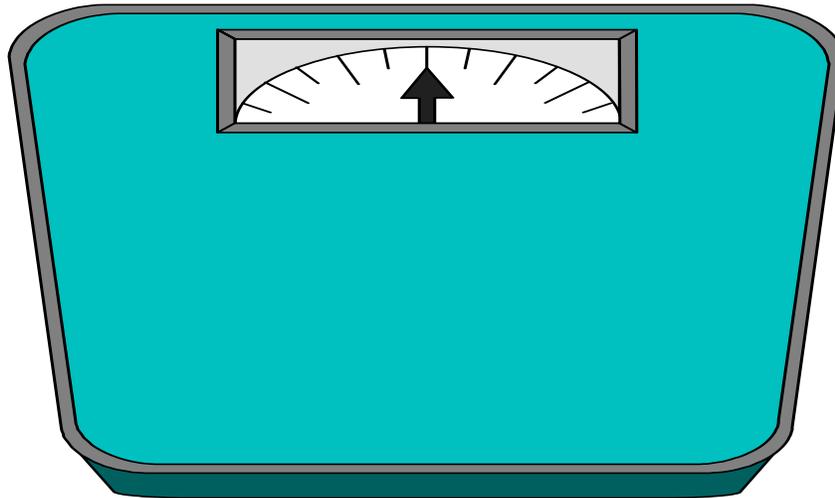
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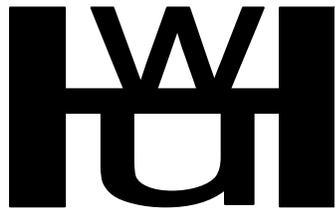
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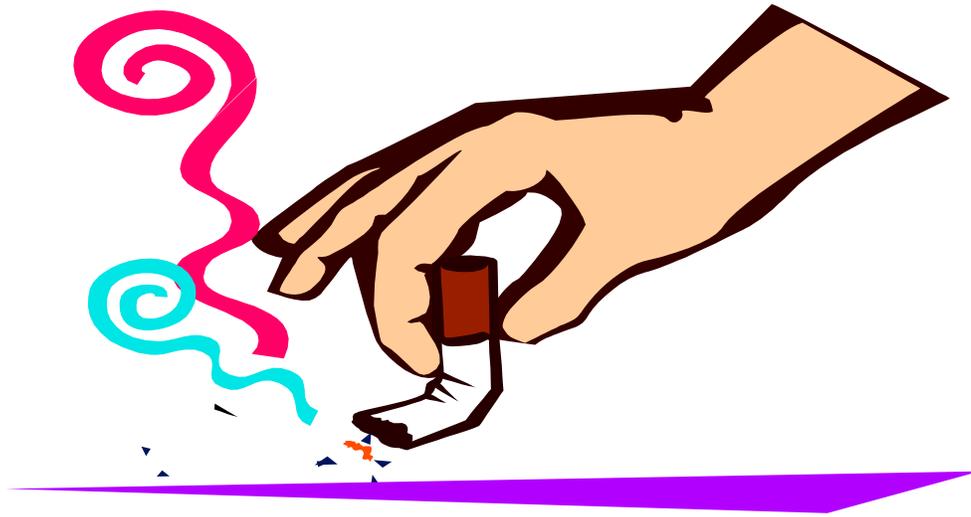


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ABOUT CHINESE YOGA

Ancient Chinese history, of more than 2500 years ago, shows evidence that people practiced martial arts. In drawings found at the Tomb of Ma Wang Dui in Xi Han Dynasty in Hunan Province people are depicted posing in various martial arts postures. Other examples in succeeding dynasties support this conclusion: The Five Animal Frolics created by Hua-Tua, a famous doctor in the East Dong Han Dynasty; the Eight-Section Brocade and the Dragon Door QiGong of the Song Dynasty; and the Buddhist's Shaolin of the Ming Dynasty.

Grandmaster Jianye Jian has been researching this unique combination of Chinese and Indian art cultures. His study has confirmed that all of the movements are fundamentally similar to Indian Yoga except for the naming of the forms.

This Chinese Yoga Series is an attempt by Grandmaster Jiang to create a new system based on these earlier forms while maintaining the integrity of the Yoga heritage.

He has divided the Chinese Yoga Series into four levels: Beginner & Seniors, Intermediate, Advanced and Master. The purpose of this series is to improve the health and knowledge of every practitioner and to explore its many benefits together.

Shifu Jonathan B. Walker, PhD, is one of many internationally HPA Certified Instructors. He teaches the Health Preservation Association classes in Eastampton, NJ, USA. Shifu Walker has been teaching these classes since the inception of the HPA in 2007.

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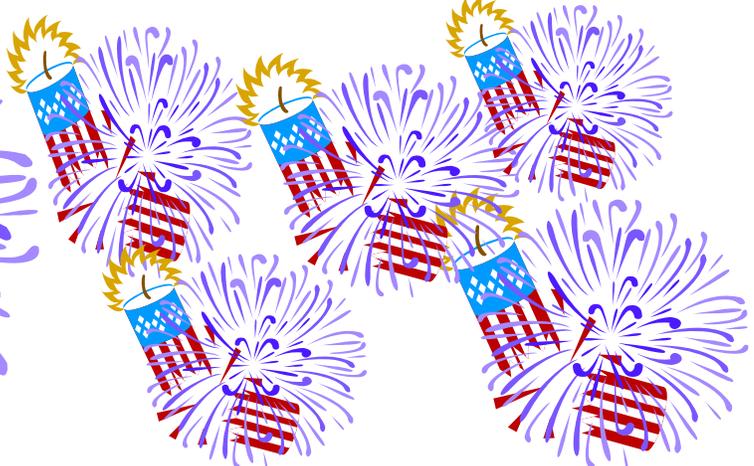
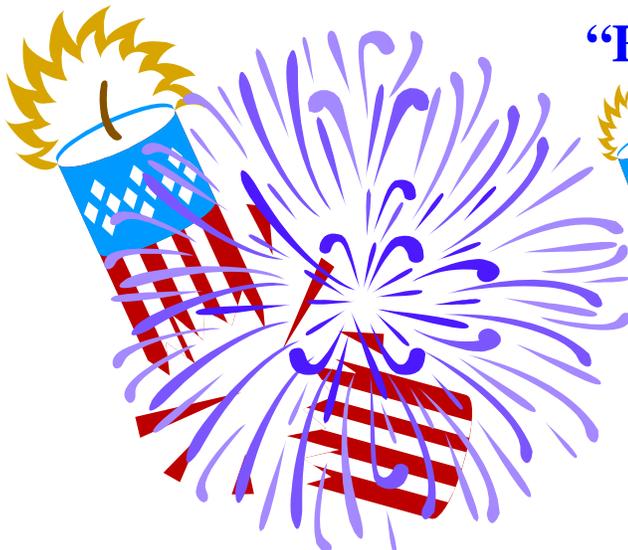
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