



Philip Lai Qi Gong Association

November Newsletter 2016

My dear Qi Gong friends:

Acupressure for Colds and Flu. The cold and flu season is back for another year. Stimulating the so-called “potent points” on the body by acupressure massage can help with cold and flu symptoms and help to increase your resistance to viruses. I will show you a few acupressure points to combat cold and flu. These are just a few of the points to use for cold and flu; others will be shown in my drop-in Qi Gong classes this month.

Drilling Bamboo (B2).

Location: the indentations of the eye sockets, on either side of where the bridge of the nose meets the eyebrows

Benefits: relieves cold, sinus congestion, frontal headaches

Facial Beauty (St 3).

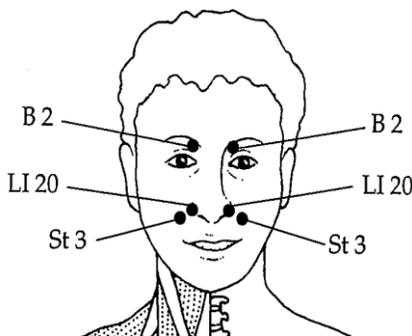
Location: the bottom of the cheek bone, directly below the pupil of the eye

Benefits: relieves stuffy nose, head congestion, burning eyes, eye pressure

Welcoming Perfume (Li 20).

Location: on either cheek, just outside each nostril

Benefits: relieves nasal congestion, sinus pain



Please come to my drop-in class at McNabb Community Centre for details on how to massage and acupressure these points and others points on the body to treat cold and flu symptoms and build up the defenses of the body against external viruses. Our warm-up exercises in the class prior to the Qi Gong are very powerful to empower our immune system. The aura meditation cultivates our Yang and warm energy to cope with the cold winter and

build the protective shield around us which keeps out harmful “external evils”.

In addition our meditation techniques calm the mind, relax the body and allow us to reach a peaceful and harmonious state that activates our Alpha brain waves and increases our health and physiological resiliency. The best way to properly learn these techniques is in a class setting with qualified instructors.

Foods for Autumn. Now that autumn is here, we should focus on how to nourish our bodies for this transition season between summer and winter. Foods with sour and hearty flavours help to focus our intention on building up energy for the coming cold. Sour flavoured foods include sourdough bread, vinegar, sauerkraut, olives, pickles, yogurt, lemons, grapefruit, cheese and rose hip tea. Use less water when cooking and cook for longer periods at lower temperatures. Devote more focus to how you cook your food. When you use your intention in the process of cooking, more energy is transferred to the food, resulting in more benefits to those who eat it.

Thanks,



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