



Philip Lai Qi Gong Association

November Newsletter 2017

My dear Qi Gong friends:

This autumn I have been lucky to have a bumper crop of lovely organic pears from the tree in my backyard. Not only are they delicious, they have a lot of health benefits.

Health Benefits of Pears

Pears are a good source of phenolic phytonutrients which have antioxidant and anti-inflammatory properties. A diet including pears can help the body repair the daily damage of life. The skin of pears has four times the phytonutrients of the flesh, in addition to being a good source of fibre. The fibre in pears has been shown to reduce the concentration of bile acids in the gut, which it is believed can lower the risk of colorectal, esophageal and stomach cancer. Pear fibre is believed to have an effect of reducing blood cholesterol, which may prevent heart disease. Pears also contain flavonoids which are associated with a reduced risk of Type 2 diabetes. If pears are combined with apples, this anti-diabetes effect is even stronger. Pears are easy to digest, low in acid compared with many other fruits and are well tolerated by people with allergies.

I will give away 10 of my organic pears in the next four weeks of the Saturday morning Qi Gong class at McNabb. Come and sample this wonderful fruit.

The Lungs in Autumn

Autumn is a time to pull inward and gather strength for the approaching winter. The lungs are the organ we must pay more attention to in autumn. As the cold and flu season is almost here, we need to protect our lungs. There are protective foods which will you can use to help avoid serious illness in the autumn. Pungent foods such as hot chilies, horseradish, ginger, radish and cabbage help clean mucus from the lungs. These foods should be raw or lightly cooked for best effect. Renew the mucus coating of the lungs and colon by eating foods such as seaweed, flaxseed and fenugreek. Dark green and orange foods which contain beta-carotene protect the lungs and colon from cancer. Beta-carotene foods include carrot, winter squash,

pumpkin, broccoli, parsley, kale, turnip and wheat grass. High fibre foods improve digestion and protect against colon cancer. Foods high in fibre include oatmeal, whole grain bread, beans, apples, pears, cherries and carrots. Reduce consumption of animal proteins and increase the use of grains, fruits and vegetables.

Taiji (Tai Chi) 5 Element Qi Gong Workshop

On Sunday December 17, I will conduct a Taiji (Tai Chi) 5 Element Qi Gong Workshop from 9 am to 4 pm at 33 Strathbury St. (CentrepoinTE) Ottawa. The cost will be \$150. This workshop will boost your immune system and help you to recover quickly from many chronic and serious diseases.

Healing and Chakra Meditation by Video Conference

From Monday to Friday 10 to 11 am (Monday and Tuesday 7 to 8 pm may be offered in future as well, it depends on if we have enough participants) each week, I will conduct a group meditation session via Google Hangouts video conferencing. Please let me know if you would like to join our drop in meditation and I will give you further instructions.

2017

Philippe Lai
QiGong

NOVEMBER 4 -5
HILTON LAC LEAMY HOTEL & CASINO
OTTAWA - CANADA

2 DAYS OF TRAINING AND INSPIRATION

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