



' SZIV + VERHQEVK=ERK 1 | NYR

5 M EKE^NRI MTYFIMU HF] XLI 8W 5 MRSK' I RXI
-XVEIQ MASFWAK] SY IRLSVQ EXBRRSXV EHIG
EZEHEFF NRXL ; I VX

) HNSV 1 KLEI FBW
(I TYX) HNSV (EVPI SJ
%WMMERXV : I VE) X VRI VK
1 EVR+EP
' EVSRR +EZI]
7EVEL 1 SJ
. ERI 4SHEV
' IEW 7TVG
8SR] ; ERV
01 KEP^H-ZM/V I WVE & IEQ] IP
1 EVO XAK (MXYIYXSR . I WVE & IEQ] IP
7 [IHI R &EVFS3 RVGR
7X.ER) I O RYZ

' SRWPERXV
+VERHQEVK V=ERK 1 | NYR
+VERHQEVK V T' L YR
+VERHQEVK V ; Y' L YR=YIR
+VERHQEVK V U R<MS; ERK

' SPYQRMW

4I X V^RHI WVR / EX &VMSR
1 EVR+EP +PRR+SWWRK
. SLR, E] I W , I PR 1 EW
7 MVR / I M %HEQ; EREG
. YAEZ; NPI

61EH WQE] GSRGEXER] SJSYVGRMAYSGWS
5 M EKE^NRI
; I I RGSYBKI EFSYVVEHI WVS GSRMAYX EVKOP WR X W
SVUYI VMSRW SVTS WVPF MCGYVGR NR JYXV NNYV WSJ
5 M EKE^NRI
%WMP VETTI EVR NR 5 M EKE^NRI HS RSXRI G WVEV
V JP GOLI STNR SJXL I HNSV %HZI WVETTI EVR NR XL
QEKENR EV RSXRI G WVEV I RHSVWHF] NXSVAL I HNSV
) I VGM WETTI EVR NR 5 M EKE^NRI EV 'SW J V RG
TYVTSWVSFR 8LYVVER] SRI [IMLXK XS VYH] VLSYH
WI OUYERMH XMSR

1 KLEI FBW

%PMLXV WZV H 2 STEVSJLWTFYFIRGSRQE] FI
VTVSHYG H VSVH SVXERQX H IRER] E] MLSYX I
[VNR RTI VQNVGR SJ 1 KLEI FBW

%HZI WVMR 5 M EKE^NRI LEWV SZI HXS FI ERI JI GAZI] E]
SJV EQLTRK E [NHI ZEVIK] SITI STP %PR RUYMIV
[I RSCQ
* S9 / GEP * S97%GEP

7YFVNDXSR' SVXVI V] I EV

9/ † IRGT T
97% IRGT T
) YSTI † EMQERIRGT T
; SPH MI † EMQERIRGT T

* SV 9 /) YSTI ; SVPH NHI
4P EV WRHTE] QI RXR 4 SYRHW X VNR 4 E] QI RXGER F]
F] ' V HX EHSV LI UM HE] RSRE 9 / FEROT E] EFR
XS 5 M EKE^NRI

5 M EKE^NRI
43 &S %PVRGLEQ ; % * 7 9 /
OSGEP EX 8 P
8 P
I QEPXV/S UNDEKE^NRI GSO

* SV 97% ' EREHE

4P EV WRHTE] QI RXR 97 (SPW 4 E] QI RXGER F]
' V HX EHSV LI GOTE] EFR XS 5 M EKE^NRI

8W 5 MRSK' I RXI
43 &S , SRSPPY, -
8 P * E]
I QEPXV/S [NPKSSW UNRSK GSO
LXT [[[UNDEKE^NRI GSO

EDITORIAL

Michael Tse

LIR - [EWG RXP XEGLNRK E
WQREV E VYH RXEVOI H QI
, EFSYXHM XERH LS] XLMM REX W
XS LI EPL ERH 5 M - LEZI RI ZI V V EP
GSRG RXEX HXS Q YG SRQ] HMX - LEZI
EP E] WVR RI H XS Q] FSH] XS X P Q I
[LEX - VLSYH I EX , S] I ZI V X SHE] HMX
LEVFI GSOI ZI V] QTSV ERKERHI ZI V SRI
[ERXVS I EXQSV LI EPLN ; L] MVLN
%I X I JSSHW] I EXTSMR#

; LIR - [EVR - V QIQFI VLEX
[I RI ZI V LEH XS [SW] EFSYX [LEX [I
EX ; I EX I ZI V XLRK EWFSR E W [I
RDI H MX - V QIQFI V X EX SJ R [I HMI
RSX LEZI E PSX SJSSH VS SVYWER]
JSSH [EVKSSH

8SHE] LS] I ZI V [I LEZI E PVRHW
SJ JSSH ERH [I HS RSX V EP VEVZ NR
Q SVX VSGM XWV FYX [I LEZI Q SM
VXERKI HMI EWVXLER I ZI V FI JSV ERH
Q SVX TI STP EV YRLI EPL] % PSX SJ
TI STP XLRK EXLMMGSRRI GXH XS XLI
JSSH XLEX [I I EX

7S [LEX VLSYH [I I EX# -R
' LIRI W QIHORI [I WI SYV
FSHMVRQI XLI [I EXI V

7S [I LEZI LSX
GSH H] ERH HEQT
GSRHMVRW %VSRK
EW] I FEREG XI
XQTI VEXV ERH
QEQ SYVFSHMV
LEZI WRV
[I EXI V XLR
[I [NP FI
EPM LX

, SXERH H] EV V FEX H ' SPHERH
HEQT EV V FEX H 7S [I GER WI XLEX
XLI V EV M EP SRP X S ONRHW SJ
TVSFR QW ; I GER FI I MLI VXS LSX SV
XS GSH , S] GER [I QEQ SYVFSHMV
XS LSX # 8LMMVFI GEYV [I QEQ XS
QYGL I RI VK] KS XS E G VNR EV E SJXL
FSH] ERH RSXI RSYKL XS KS XS SXLI V
EV EW J XLI V MRSXI RSYKL I RI VK] NR E
G VNR EV E XLR M] NPF I XS GSH 8SS
QYGL 5 MRSRI EV E [NPQEQ MXSLSX
ERH XS RXP 5 MRSRI EV E [NPQEQ M
XS GSH 8LMMVLS [[I KI XT VFR QW

, S] HSI WE ZMYVSVKI VQ EJI GX
Y# % ZMYVWQE] LEZI FI I R E VSRH EV
FSR E W [I LYQER FI NRK WLEZI 3 YV
ERG VSWHMHFI GEYV SJXL I Q FYXRI X
KI RI VEXSRVHI ZI STI H [E] VSSZ VSGQ
XLI Q + I VQ VLEFRKI YWFYX] LI R [I
GERSZ VSGQ XLI Q [I FI GSOI VSRKI V
7S JSQ JMXFI NRK I RI Q MW [I XLR
FI GSOI JMI RHW [ML XLI W KI VQ W
FI GEYV XLI] QEQ YVSRKI V

-J [I EP E] WFSW XLMMLX XLR
[I [SYH LEZI ERI EH] HMH SYX 8LI]
EV XLI VEQI -J SYV M QYRI VVW Q W
GER HI J EXLI Q XLR XLI] [NPERV HMI
SYX 7S I EQL XQI XLI] GSOI FEQ XLI]
LEZI XS FI VSRKI V

; LIR [I TVEGMV 5 MRSK SYV
M QYRI VVW Q EYXSQEXM EP] KI XW
VSRKI V ; LIR [I KEXLI V 5 M I RI VK]
JSQ REXVI XLR [I GER LERH
VSRKI V ZMYVWERH KI VQW , S] I ZI V XLI
QENSV] SJTI STP KI XLI MI RI VK] JSQ
JSSH VEXI VLER JSQ XERK MJSQ XLI
I RZMSRQ I RX [I VQ M] LEX [I HS [LIR
[I TVEGMV 5 MRSK

+SSHJSSH [NPKI] SYKSSH
I RI VK ERH QEQ] SY LI EPL] &EH
JSSH [NPQEQ] SY [I EQ VERH
QEQ] SY NP 7S [LEX VXS SJSSHV
VLSYH [I I EXSHE] # 8LI ERV] I V
HI TI RHW SR] SYV GSRHMVR
+ I RI VEP XLI V EV X SORHMSJ
JSH SRI MQI EXERH XLI SXLI V
MZI KI XEP I I EX] NPKI RI VEP
KNI YW LSX I RI VK] ERH
ZI KI XEP W] NPKI RI VEP] KNI
YWGSSPI RI VK] 7S SRI [NP
QEQ SYV VVW Q WLSX V
ERH XLI SXLI V [NP GSPFX
HS] R



GRXRYI HSR
TEKI

If you always feel tense, have a quick temper and are overweight, then you should eat more vegetables and less meat. This is because meat will give you more fire and so the problems will get even worse. If you can cool down the system, then it is like being in summer

“We need to practise a lot of Qigong to get rid of the toxins these foods contain.”

when there is a wind to cool us down and make us feel better.

On the other hand, if you always feel cold, have cold hands and feet, feel depressed, then you need more heat and more energy to make the body circulation stronger. So meat will create more heat in order that the body will be warmer. It is like having a fire in winter to warm the house.

Many people say you should eat a balanced diet, but what is balanced food? Everybody is different and so how can we take advice from a book and expect it to be right for everyone. When someone says that a certain food is good, it does not mean that you should eat as much as you want of it all the time. We need to eat many kinds of food and then our bodies will tell us which ones are good for us. If you just stick with one kind of food, then it is like only using one hand. If we do this, then eventually the other hand will become useless. If you only eat certain foods, then you will also create an imbalance in the body.

Of course, I am talking about eating all kinds of wholesome or organic food. I am not talking about eating junk food or foods that do not give any nutrition but are just tasty. The less junk food or chemically altered foods we eat, the better as these are poison to us if we are not strong enough. Even if we are strong, then we need to practise a

lot of Qigong to get rid of the toxins and artificial things these foods contain.

Of all the Qigong that I practise, Horse Stance (a type of very powerful standing meditation) particularly tells me which food is good or bad for me. If it is bad, then I find my body releases a lot of negative energy and my stomach reacts very strongly.

If we want to be healthy, we need to eat five types of food, the Chinese say food should have five tastes. These are sour, bitter, sweet, spicy and salty.

These five tastes will stimulate our organs and make them function better. Spicy relates to the liver, bitter is for the heart, sweet is for the spleen, spicy is for the lungs and salty is for the kidneys.

Also you should choose five colours of food as different colours also relate to the internal organs. Green is for the liver, red is for the heart, yellow is for the spleen, white/grey is for the lungs and black/blue/purple is for the kidneys.

We should also eat some raw food, which makes the organs work harder, as well as cooked food and we should also take hard food as well as soft food, which is easy on the organs and makes them more relaxed. Hard means solid and so you have to chew it more. Soft means food that you do not need to chew too much.

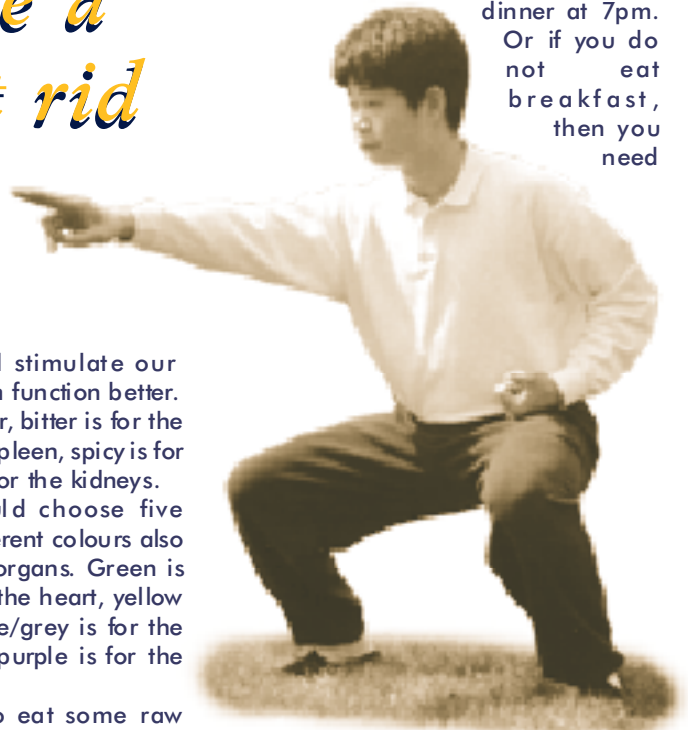
The most important thing is to listen to your body, but this does not mean that you just eat what you like the most. It is the reaction of the body that you need to pay attention to, not just indulging the taste buds. I always think that I can eat many kinds of food because I practise Qigong. If I eat the wrong food, then I can practise and my body will get rid of it. However, today we have so many kinds of junk food that are made to taste good but are so full of sugar, salt and other things, that our judgement can be affected. Some processed foods even have chemicals in them to keep your

body thinking that it is still hungry, so that you eat more.

So when we eat the right foods, the body will become more balanced and we can listen to it more. It is very important to listen to the body. If you feel unwell or heavy after eating, then you should be careful.

Also when you eat, you should not keep eating until you are 100% full. You should eat to 60-70% maximum. This will be much better for you. Also you should eat at regular times. This is also very important. For example, eat breakfast at 7 a m ,

lunch at 12pm and dinner at 7pm. Or if you do not eat breakfast, then you need



to arrange the time to suit you, but you should try and stick to these times and not keep changing them.

Another healthy way to eat is to cook your own food. Then you know what you are eating. Always going out to eat is not the healthy way. In the old days, all foods were organic and we had very few problems caused by what we ate. Now foods have changed a lot and so we do not always know what we are eating.

However, if you can practise Qigong a lot, then even if you eat the wrong foods, then your body can work it out and release the negative energy and toxins. If you do not practise, then everything you eat will affect you a lot either in a good way or a bad way.

Michael Joe