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*In the last issue of Chi Chat, the status of **Royston Tan** was incorrectly shown as Instructor when it should be Senior Instructor. We apologise for the error. Royston is seen above receiving his Senior Instructor's certificate from Grandmaster Wee.*

CHI CHAT with Grandmaster

Issue 16

26 June 2014

From the Grandmaster's Desk

During my last trip to Singapore, I had the pleasure of presenting new Instructor certificates to my team of instructors. These certificates entitle them to teach the Art of Chi Dynamics Qigong at any of our approved Centres and are valid for a three-year period.

Pictured opposite are some of the instructors with Grandmaster Wee (Centre) after receiving their certificates.



See you at the FREE "Managing Colorectal Cancer" workshop on Sunday 06 July'14. See Page 4 for details. ALL ARE WELCOME!

Ask Grandmaster

Question: What is "Inner Strength", "Inner Power" and "Neigong" in the context of the Chi Dynamics Art of Qigong?

Answer: "Inner Strength", "Inner Power" and "Internal Power" mean the same thing and are terms describing an aspect of Qigong known as "Neigong" which is a martial arts system of exercises to develop internal power.

The Neigong system comprises three components - *physical, mental and spiritual*.

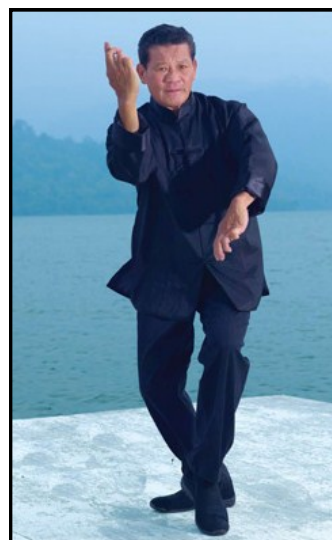
The inner **Physical** aspect employs the consistent deep breathing method to activate the Qi power from the lower Tan Tien (*which is located 2 inches below the navel*) for the body to develop extraordinary

internal physical strength for self-defence.

The inner **Mental** strength is the power of "Yi" - the seat of mental focus/direction located between the eyebrows (*a seat of the third eye in the Indian Yogic tradition*).

In Qigong, "Yi" is the commander of Qi according to the edict: "**Yi dao Qi dao**" which means Qi goes to where you focus or direct. One needs to develop the inner Mental power of "Yi" to do that.

The **Spiritual** power is "Shen" which has nothing to do with paranormal spirits and ghosts. Located at the sternum, it is in fact the inner emotional spirit which when developed evokes calmness and control over



emotions. This can be a tool for one's spiritual development, no matter what the person believes in.

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The Five ESSENTIAL MINERALS to fight cancer

Vitamins and minerals are nutrients that help our bodies to grow, develop and function optimally, and scientists have established that the risk of cancer is higher for people with deficiencies in certain of these nutrients.

*Five minerals have been identified as essential to help prevent cancer and these are **Calcium, Iodine, Magnesium, Selenium and Zinc.***

CALCIUM

As this mineral is vital for the health of bones and teeth, deficiency of it increases the risk of osteoporosis and bone fractures. It is also known to protect against colon cancer.

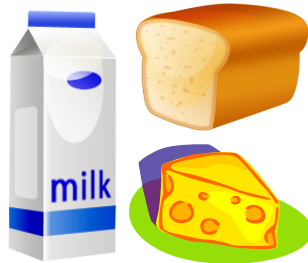
Calcium is found in dairy products (*milk, cheese, yogurt*), grains (*wheat germs, bread*), seafood (*sardines and salmon*), green vegetables (*broccoli, cabbage*).

To absorb calcium, the body needs Vitamin D which also enhances the body's immune system against infections and illnesses.

Some studies suggest that higher levels of vitamin D in the blood are associated with reduced risks of colorectal cancer.

Deficiencies in vitamin D have been linked to cancer, asthma, type-II diabetes, high blood pressure, depression, Alzheimer's and auto-immune diseases like multiple sclerosis, Crohn's and type-I diabetes.

Vitamin D is found in seafood (tuna, salmon, sardines), mushrooms, egg yolk. ***It is also produced in your body when your skin is exposed to sunlight.***



IODINE

Besides being used as a purifier for drinking water and a disinfectant for skin wounds, iodine is essential for the thyroid gland to function properly. It is also known to protect the body from breast cancer.

Goiter (*enlarged thyroid gland*) is a result of iodine deficiency which may also lead to fatigue, weight gain and depression symptoms.

Iodine is found in sea vegetables (*kelp, seaweeds, spirulina algae*) and free range egg yolk.



MAGNESIUM

A versatile and important nutrient that the body needs, this mineral protects against cancer in general and helps to maintain the pH balance of the blood. A deficiency of magnesium may lead to low energy levels, poor bone density, hypertension and in severe cases, calcinosis of the kidneys.

Magnesium is found in many foods that are high in fiber such as nuts (especially almonds), fish, brown rice, whole grains and green vegetables (especially broccoli).



SELENIUM

Selenium is an essential mineral that the thyroid gland needs to function properly. It helps in the detoxification of the body and hence is regarded as a valuable cancer prevention tool.

Selenium is found in nuts, wheat germ and seafood such as oysters, sardines and tuna



ZINC

Zinc builds up your immune system to fight and kill cancer cells, and is known to be effective in preventing and managing prostate cancer. The lack of zinc in the body often leads to colds and flu, hair and weight loss.

Zinc is found in pumpkin seeds, sunflower seeds, seafood like oysters and clams, whole grains, soybeans, and onions.



Given a new lease of life—by Yu Mei Lan (aged 67)

I was stricken by breast cancer in 2007. After conventional treatment, it went into remission until 2012 when it resurfaced again. This time, the cancer had spread to the spinal bones.

As the cancer was at the advanced stage 4, my doctors could not do much for me. Surgery was ruled out and neither chemotherapy nor radiotherapy was prescribed. In fact, my doctors gave only six months to live, which I did not know about until much later when I learned it from my son.

Consequently, I suffered considerably, had difficulty in breathing and was in constant pain. I could barely walk as I was very weak from sleepless nights and the loss of appetite; at one stage, my weight was down to only 37 kilogrammes!

In March 2012, my herbalist recommended that I should consult Grandmaster Anthony Wee who runs the Chi Dynamics community service clinic for cancer patients.

"I remember that I so weak then that my son had to carry me up the flight of stairs to the centre for Grandmaster Wee to attend to me!"

- Yu Mei Lan

During the first hour of treatment, Grandmaster Wee taught me how to relax and breathe in a special way – his proprietary deep block breathing method. He also applied a hot water bottle to warm my torso and used acupressure to gently release the painful areas on my back. The treatment did indeed relieve the pain a little and I subsequently returned a week later for regular treatment sessions.

A couple of weeks on, Grandmaster Wee began acu-cupping treatment on me. As he applied suction cups delicately on the stra-



Yu Mei Lan

tegic meridian points along my back, he would patiently explain the rationale of the treatment and constantly reminded me to continue breathing the correct way.

Remarkably, I felt the treatment eased the pain and it was such a relief. As **"sugar feeds cancer"**, Grandmaster Wee also repeatedly reminded me to stop eating anything sweet or starchy.

After about 3 to 4 weeks of deep block breathing 5 times a day, each session of 40 minutes duration, I began to feel tremors/vibrations. The sensations relaxed my

body and it was painless as Qi flowed through my meridians. In fact, I dared not open my eyes in case the pleasant sensation was fleeting. After an hour of this blissful experience, I was energised and could walk easily that day without any pain.

"Since then, there was no looking back. As I continue to experience the vibrations with each breathing exercise, my condition improved and I began to gain weight slowly."

- Yu Mei Lan

It is now well over 2 years since I began my daily block breathing routine which has saved me from a painful death and given me a new lease of life. ***The pain has gone and I know will not return as long as I continue with my daily block breathing routine.***

I am now able to travel and go marketing and shopping on my own; it is back to a normal life and for this, I wish to thank Grandmaster Wee for his block breathing method for self-healing.

Yu Mei Lan (June 2014)

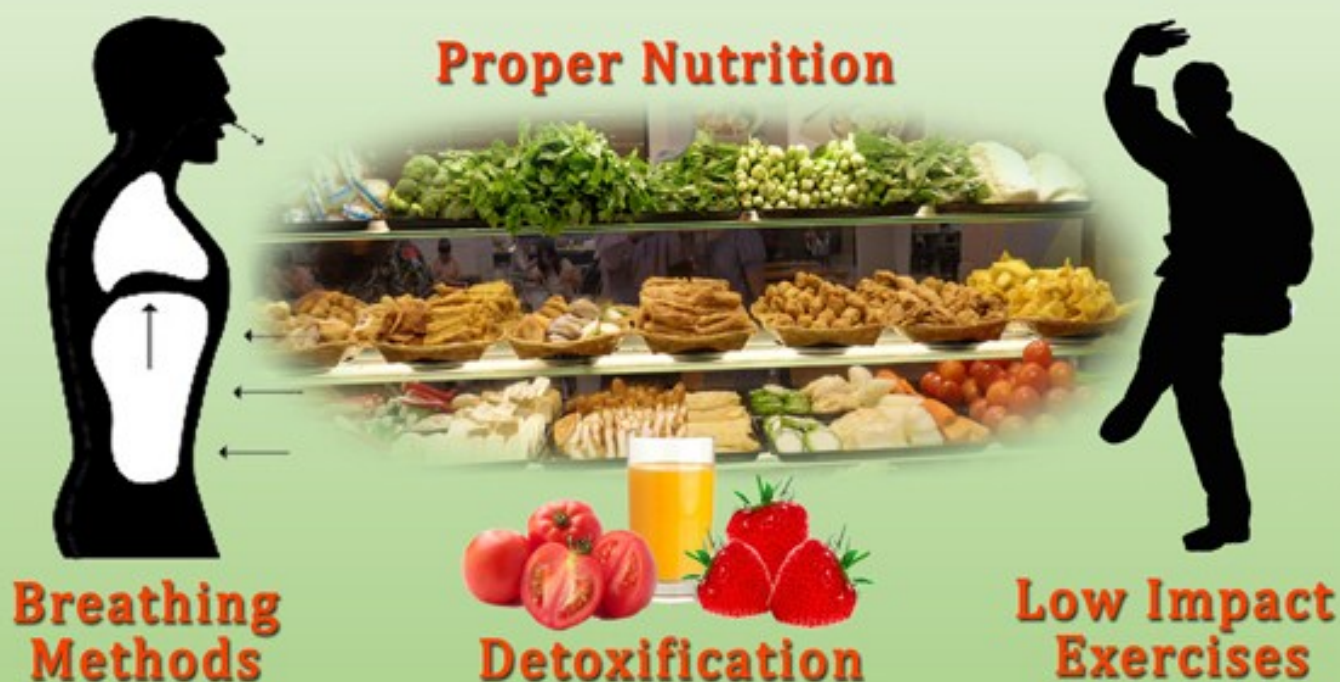
The Unhealthy Impact of Negative Emotions



- ◆ **Hatred** corrodes the organs in which it is stored.
- ◆ **Jealousy** sours the heart and hardens it.
- ◆ **Anger** burns the liver and chars it.
- ◆ **Resentment** stagnates the kidneys and drowns them.
- ◆ **Anxiety** chills the guts and freezes the bowels.

MANAGING COLORECTAL CANCER

A FREE workshop on Colorectal Cancer prevention and care presented by Chi Dynamics (*International*). Conducted by Grandmaster Anthony Wee (*Founder of Chi Dynamics*), the workshop features:



Date: Sunday 06 July 2014
Time: 3.30 pm to 5.30 pm
Venue: To be advised

ALL ARE WELCOME!

For registration and enquiries, please call/SMS 9836-7151
or email gmasteranthony@gmail.com