



# The Australian College Of Tai Chi & Qi Gong -Newsletter-

太極  
Term 3  
July - September 2012

## Nutritional Balance

We all eat two or three meals every day. Ideally, nutrition from these meals would be a major factor in preventing health problems and disease. We all know that preventing disease is far more useful and much easier than treating disease once it takes hold.

Today our society has a thriving economy when compared to past times when humans struggled for food. This modern growth economy enables us to buy almost any type of food during any season of the year. A common misconception is that increased wealth and more food choices automatically leads to better health. While this was true generations ago, this is not true at present for most of us. As our disposable income increases, we find ourselves facing more health problems, not less. Today's food is high in protein, calories, fat, sugar, salt and chemical additives. At the same time, today's food is low in fibre.

Increased consumption of this type of food is causing an increase in today's health problems. We see more cancer, strokes, other brain problems, heart problems, high blood pressure, diabetes and so on, all of which shorten lifespan and quality of life. People should have the potential to live until age 100, but few reach anywhere near this age due to poor health. A major factor in increased longevity and improved health is food.

The College is introducing new resources to help students understand the relationship between food and health. First up, we are organising a Food for Health workshop that looks at food in a way that is completely opposite to mainstream thought. The methods introduced and discussed in the workshop will be very simple and effective. These methods will maximise your ability to improve your health quickly.

If you have any type of disease, changing the way you choose and eat foods is essential. There is still a chance to improve your vitality. Even if you have no current health issues, eating ideal foods will minimise health problems later in life.

For improving health, there are only 2 conditions required:

- 1 An accurate understanding of what leads to health.
- 2 Taking action based on this understanding.

If you want to get more information please join our health workshop.

### *'Food For Health' Workshop – Sat 4<sup>th</sup> & Sun 5<sup>th</sup> August 2012*

Learn how to use food as medicine. Choose foods to suit your individual health situation. Several lecturers over 2 days at Caringbah Healthcare Centre. Featuring talks by: **Master Sam Li, Acupuncturist and Chinese Medicine** – Food For Seasons, Tea For Health. **Carolyn Shoemark, Dietician** – Food For Disease. **Alison Wafer, Chiropractor** – Food For Joints And Spine. **Elizabeth Foley, Clinical Psychologist** – Food For The Brain and **Sandra Findon, Yoga Teacher** – Vegetarian Food For Health.

Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> of August 2012. 10am – 4pm. \$140.00 per person. (earlybird discount...\$120 if paid before 7<sup>th</sup> July). Notes and refreshments provided. Workshop to be held at Caringbah Healthcare Centre Shop 2/52 President Avenue, Caringbah. (Easy parking in shopping centre carparks). Please call Master Sam Li on 9525 8886 to register.

**AUSTRALIAN COLLEGE OF TAI CHI & QI GONG**  
**Caringbah Healthcare Centre. 2/52 President Ave, Caringbah 2229 Tel: 9525 8886**

**Sam Li: Mobile – 0413 830 996 email – samlitaichi@optusnet.com.au**