are vegetable oils healthy?

"Vegetable" Oils Are Killing You!

This misleading product is hidden in almost everything we eat! Despite some of the heart healthy claims and labels, they are misleading and bad for your health! The question is what are vegetable oils? First off, they are not vegetables at all! Originally, cotton seeds, were considered industrial waste and used for making candles and soaps. In the early 1900's a scientist at Proctor and Gamble discovered that the seeds could be changed into hydrogenated oil with the appearance of a solid that resembled animal fats and could possibly be used as cooking oil...the birth of the all too familiar Crisco. This solved the problem of butter and fat going rancid and dramatically extended shelf life. Although branded a heart friendly vegetable oil the process of hydrogenation creates trans-fatty acids (similar products made from corn, soybean, sunflower and canola have entered the market) and this trans-fat is so unhealthy that the Food and Drug Administration has recently, after 100 years of production, prohibited food manufacturers from adding it to foods and beverages. This substitute, like high fructose corn syrup, (another chemical) is now hidden in almost everything and research has shown that they are directly linked to almost every chronic disease including cancer, obesity, Alzheimer's, and Type II diabetes.

This "vegetable" oil has been marketed aggressively for almost a century, all to the detriment of the public. Like saturated fats, trans fats are a major contributor to clogged arteries which increase your risk of both heart attack and stroke. There is strong evidence that trans fats raise low-density lipoprotein (LDL) or "bad" cholesterol levels which contribute to the buildup of fatty plaque in arteries; at the same time lowers the good cholesterol (HDL) which serve as protection for your arteries. The Mayo clinic reports that trans-fat is considered the worst type of fat you can eat. Researchers at the Harvard School of Public Health in Boston suggest that replacing trans-fats in your diet with good fats (such as avocado, olive oil, nut oils, butter etc.) can reduce diabetes risk by as much as 40%.

Help yourself by swapping out the bad fats for the good fats and reduce your risk! The chart below created by Dr. Cate, leading authority on nutrition and human metabolism.
Qigong, qi gong, chi kung, or chi gung is a holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial arts training. "Qi" meaning "vital energy" and "Gong" derived from the phrase Gong Fu, meaning "time and effort", hence the practice of Qigong is "time and effort improving our vital energy". With roots in ancient Chinese medicine, philosophy, and martial arts dating back 400 years, qigong is traditionally viewed as a practice to cultivate and balance qi (chi). The Qigong offered is from "The Stillness Movement Lineage"; what separates this from others is the use of "Intent, a manifestation that occurs utilizing energy." It is a high-level discipline effecting body, mind, spirit and destiny.

What does it entail?

Qigong sessions, similarly, to other disciplines like Tai Chi, incorporate a wide range of physical movements, including slow, meditative, flowing, dance-like motions. Martial Arts Qigong is used to increase strength, flexibility and balance by bringing qi into the muscles, bones and tendons through specifically designed routines. Qigong incorporates movement practice and hands-on therapy.

Martial Arts Qigong—specifically the Ryukyu Kempo—has its roots in Okinawa and Chinese Kempo (Kempo meaning "Fist Way"). The many hand techniques and the movements patterns taught will show the diligent student the precise angle and direction to disable an attacker, regardless of size or strength. This system also utilizes the energy channels to short circuit the opponents energy including rendering them unconscious. Small Circle Jujitsu utilizes small joint locks, e.g. finger lock, which are banned in Mixed Martial Arts competition because of their effectiveness.

Qigong and Pain

Clinical Qigong techniques were all derived and proven in the Qigong Hospitals in China. Qigong is used by integrative medicine practitioners to complement conventional medical treatment due to its safety and effectiveness. Integrative medicine blends conventional and complementary medicines/ therapies with the aim of using the most appropriate of either or both modalities to care for the patient as a whole. By regularly practicing Qigong, one can calm the mind and emotions decreasing stress thereby allowing the body to function better. The use of this holistic practice has been reported in the literature to provide benefit to many medical conditions including chronic pain and disease.
The Wellness Institute strives to offer healthy lifestyle options to our clients. We feel that this philosophy ensures quality of life, improved energy and aiding the body’s natural defenses. Qigong fulfills this mission. Due to this holistic approach to health, Brion Beller has teamed up is the Wellness Institute. Brion is a graduate of Michael Lomax's Institute of Chinese Energy Healing Certification Program as a Master Instructor of Qigong Classes and Advanced Clinical Qigong Therapy. Brion is a 7th Dan Black Belt Grandmaster with over 40-years’ experience in Martial Arts. He is certified through the National Qigong Association as a Level III Advanced Instructor and Level III advanced Clinical Practitioner and has clients around the world that utilize his Energy Healing skills. His skillset includes Okinawan Ryukyu Kempo, Small Circle Jujitsu and Hawaiian Kempo.

Classes Offered

- Qigong Group class for improvement of vital energy… $60pm
- Clinical Qigong: one on one with pain reduction guaranteed or money back… $75 per session
- Small group Martial Arts Classes - Ryukyu Kempo and Small Circle Jujitsu … $95pm

Starting June 3rd 2019

Mondays & Wednesdays: Qigong 6:00pm Small Group Martial Arts at 7:30pm

Therapists at the Wellness Institute are among the most highly trained in the Lowcountry. The team has an unmatched skill set that places them above what is available in the local market. Training to the fellowship level requires postdoctoral professional, one-on-one training under the direct supervision of leaders in the field of that specialty. It is intense and the qualification is held by less than 2 percent of practicing therapists.

Check out these impressive credentials…..

Dr. Craig Weyer

- Fellowship trained in Manual Therapy
- Doctorate in Physical Therapy
- Certified Orthopedic Manual Therapist (Australian Maitland Method)
- Diploma in Osteopractic Manipulation
- Certified in Dry Needling
- Certified in Spine Manipulative Therapy
- Certified Athletic Trainer

Dr. Lauren Lee

- Fellowship trained in Manual Therapy
- Doctorate in Physical Therapy
- Diploma in Osteopractic Manipulation
- Certified in Dry Needling, Spine Manipulative Therapy and Manual Therapy

Dr. Andrea Schultz

- Board-Certified Clinical Specialist in Women’s Health Physical Therapy
ginger as a safe herbal supplement for nausea and vomiting of pregnant women (nvp)

by Jamie Duran

Nausea and vomiting of pregnancy (NVP) is an unfortunate symptom that many expecting mothers experience, with 75% of pregnant women affected from these symptoms (Herrell, 2014). People tend to call this “morning sickness,” however, only about 1.8% of expecting mothers report that these symptoms only occur in the morning (Herrell, 2014). If a non-pregnant individual had such symptoms they could easily take medication to help relieve symptoms, however most pregnant women just have to suffer through them. It is not advised for pregnant women to take certain medications due to the harm that it may cause to herself and the developing baby. Ginger, also known as Zingiber officinale or Zanjabeel, is a very common herbal supplement used as a treatment for conditions such as motion sickness, nausea, and vomiting (White, 2007). Ginger is a reasonably safe alternative to any other pharmaceutical drug for pregnant women with pregnancy-induced nausea (White, 2007). It is a common, natural remedy that has been consumed for years and is known to help with an upset stomach. Natural remedies such as ginger are commonly utilized due to their safety, ability, and infrequent adverse health effects (White, 2007).

There are various pharmacologic and non-pharmacologic treatments used for NVP; however, some lack evidence of safety and benefit (Herrell, 2014). Expecting mothers are advised to seek treatments that pose little to no threat while treating NVP symptoms. Due to ethical challenges, research on drug therapy for pregnant women is very limited (Matsui, 2015).

Ginger is a plant member of the cardamom and turmeric family (White, 2007). It is typically used for culinary purposes as a spice to flavor food. Bradley (1990) reports, “Zanjabeel is on the U.S. Food and Drug Administration’s GRAS (generally recognized as safe) list and the British Herbal Compendium documents no adverse effects”. Zanjabeel is considered a safe alternative to certain medications and has a variety of benefits. Sasidharan and Nirmala (2010) notes, “More than three quarters of the world population rely on plants and plant products for health care”. Natural remedies like ginger have been used all over the world for countless years, exemplifying safety and effectiveness.
Ginger contains antiemetic properties, but the exact mechanism of action is uncertain (White, 2007). An antiemetic drug is a drug that prevents or treats vomiting. Although the process is unclear, it is assumed that ginger inhibits serotonin receptors and exerts antiemetic effects (White, 2007). The antiemetic effects happen at the level of the digestive system and in the central nervous system (White, 2007). Ginger contains Shogaol and Gingtol, which have local effects on the digestive system (Ozgoli, Goli, & Simbar, 2009).

Nausea and vomiting symptoms are unpleasant side effects of some pregnancies. Finding treatment could be frightening especially when the potential for adverse side effects exist. Ginger is a natural remedy suitable for pregnancy that is safe with little to no side effects. Health professionals should educate women who are or want to become pregnant about the benefits of using ginger for NVP.

References


 proper form in everyday movements

Proper form while working out is crucial in order to prevent injury. If someone needs help with proper exercise form there is plenty of help out there to make sure you are doing it correctly (personal trainers, gym employees, and machine diagrams). As this is helpful and important to know for injury prevention while exercising, many people injure themselves in their normal everyday lives. Just as it is important to practice proper form while exercising, it is important to know and practice good form in our daily movements. Practicing proper form will help prevent injury and slow down the aging process that causes our aches and pains.

Here are some examples:

**Entering your Car:**

Turn your back toward the seat keeping your legs together, then sit in the seat. While keeping the legs together bring your legs into the car. Do the same as you step out, bring both legs out first and then stand up.

Swinging your legs separately, as we tend to do could throw the sacroiliac joint (SI joint) out of position, which can lead to back issues.

**Reaching:**

When reaching, take a step with the reach to create an energy transfer when grabbing an object. This will take the stress of holding the object off of your back.

When reaching for a high object step into the reach.

When reaching for a low object step into the reach while keeping a flat back and bend the knees.

**Rotating laundry:**

Keep a flat back and bend at the knee like a squat. Keep the squat position the entire time you are grabbing laundry in order to keep your back safe. If your legs get tired stand up straight to take a break.
Picking up heavy objects (laundry basket):
Use your legs to squat down to the object while keeping a flat back and tight core. Stand up using your legs while keeping the object close to your body.

Keep the object close to your body while carrying.

Sitting: Sit up tall with shoulders back, head straight while keeping a tight core and an even distribution of weight on the legs. Try not to cross your legs as this may throw off the SI joint. Sitting up straight will help prevent injury and take stress off the spine.

Standing up:
Scoot to the edge of the chair; bring your feet back towards the chair and hinge at the hips to lean forward. Once you lean enough where your bottom starts to come off the chair, stand up.

Getting out of bed:
Starting on your back, roll to your side, use both hands to push upper body up, then bring both legs off the bed until you are in a sitting position then carefully step off of the bed. Sweeping (vacuuming, moping):
Keep a flat back and soft knees, step with the broom. Use slow longer sweeps not short fast motions.

Tips:
Always keep a flat back
Use your legs to pick up low objects
Do not use jerking motions
Keep your core tight
Take your time
Think before you move

Exercises to improve these movements:
Bridges
Sit to stands
Squats

See what the reports are about Back Pain

By Margot Kim
Monday, October 22, 2018 05:39PM

Two studies out of the University of Washington say seeing a doctor may not be the best first option for low back pain. Both studies
show that decreased activity, opioids, and surgery don’t work for most patients. Here’s what these experts suggest instead.

Bianca Frogner, PhD, a Director at Center for Health Workforce Studies and Associate Professor in the Department of Family Medicine at University of Washington was moving boxes into this new house, when she said, “My legs just kind of buckled out from under me, and I just felt this excruciating pain going from my back down to my legs.”

Her team had analyzed 150,000 insurance claims and found that patients who saw a physical therapist first for low back pain lowered their probability of getting opioids prescribed by 89 percent, advanced imaging by 28 percent, and an emergency room visit by 15 percent.

Professor Frogner told Ivanhoe, “A physical therapist is telling you to move your body in certain ways, and it seems almost too easy that the only thing you need to do is stretch.”

Physical therapy worked for her, without drugs or a doctor.

Pain management specialist Judith A. Turner, Ph.D., a Professor at University of Washington School of Medicine and President at International Association of the Study of Pain reviewed many studies and found that surgery is not indicated for most low back pain problems.

“All too often, people get the advice to stop everything that they’re doing, rest, take some opioid medication. And, we know now that’s the wrong treatment,” explained Professor Turner.

Instead, she found most people responded better to exercise and cognitive behavior therapy like relaxation and pain-coping skills that train the brain to respond differently. Professor Frogner said insurance coverage often dictates what treatment people receive for pain.

She also stated, “I think there just needs to be more studies to understand whether we’re really incentivizing patients to see the best provider for the kind of care they need.”

Professor Frogner said people in all 50 states have the right to see a physical therapist without a doctor referral but their insurance policy may require doctor referrals. Many patients don’t take advantage of this because their insurance copays may be higher for a physical therapist than for a doctor.

Contributors to this news report include: Jennifer Winter, Field Producer, Roque Correa, Editor and Rusty Reed, Photographer.

Meet our massage therapists

Call us to find out about our Introductory Massage Discounts

Welcome John Perez:

John Perez was first introduced to massage therapy as a client while on a golf trip to Las Vegas. He studied massage therapy in Maumee, Ohio at Stautzenberger College. Upon graduating he worked in a chiropractic office from 2007 to 2010 in the Toledo, Ohio area, where he performed Myofascial Release work on clients prior to their Chiropractic adjustments. For the next 6 years, he worked at the Wellness Center in Findlay, Ohio with an instructor with the Freedom from Pain Institute. John further continued his education and studied Myoskeletal Alignment Therapy under Dr. Eric Dalton who developed this therapy treatment method. Now here at The Wellness Institute and their team of Physical Therapists and specialists he joins them and brings his knowledge and experience. John is Certified with the Titleist Performance Institute from Oceanside, California. This certification allows him to screen and evaluate the clients posture and movement patterns and restrictions. TPI golf screening is very useful in pin-pointing the mobility restrictions that inhibit a golfer from achieving their full playing potential. Once the movement restrictions are uncovered John is able to improve the muscle imbalances allowing for a more efficient golf swing. Additionally, he is a Certified Myoskeletal Alignment Therapist which also provides relief from pain and discomfort. John has also continued his education in the fields of Sports Massage, Medical Cupping, Traction work with Inversion table, Kinesio/Rock taping, Instrument Assisted Soft Tissue Mobilization (IASTM), Myofascial Release Techniques, and Full Body
Throughout our lives we have always heard commands like "Stand up straight!" "Act like a book is on your head!" "Suck your belly in!"

As time goes on, and your mother is not there to remind you, our good posture is easily forgotten. We tend to sink into a more "comfortable" slouched position when standing, sitting, walking, driving, etc. This "comfortable" position may give us a temporary relief but it brings a high risk of pain and injuries. A forward head position causing a change in the gentle curve of the neck causing a pinch in the mid cervical spine. Over time this can cause a pinched nerve and radiating pain into the arm! The risk costs way more than temporary comfort especially because it can be easily prevented with a few simple exercises.

Studies have identified impaired activation of the deep cervical flexor muscles, the longus colli and longus capitis, in people with neck pain. It has been shown that retraining these deep cervical muscles will decrease neck symptoms and increase the stability of the cervical spine improving the ability to maintain a balanced, pain free posture of the cervical spine. (Falla, D., Jull, G., Russell, T., Vicenzino, B., & Hodges, P. 2007).

Correct posture is extremely important for a pain free lifestyle. Good posture will help reverse current or future injuries and reduce neck pain. Implementing postural stretches and exercises into your everyday routine will aid in prevention for any new pain and injuries.

It’s easy! Add these simple exercises into your daily routine (even 5 minutes a day) and be mindful of good posture in your everyday life.

Practice sitting up straight! Stay mindful about your sitting posture, Chest up, belly in, shoulders back, and chin back. Try not to sit for extended periods of time, even just standing up and walking around for a few seconds will make a big difference. Set an alarm to remind you to sit up straight and to get up and walk around.
Chin tucks will help strengthen your cervical postural muscles and prevent a "forward leaning head" doing 3 sets of 10 tucks a day takes no time and will help tremendously.

Upper trap and levator stretches can be preformed throughout the whole day. Not only do they feel amazing but also help loosen up those stiff muscles from bad posture.

Rows, extensions and scapular retractions, these three exercises are key to keeping your posture strong. Keeping your postural muscles strong will make standing up straight easier and you will be able to think about it less because your body will naturally pull you upright. Adding a resistance band it optimal but not necessary, just make sure you SQUEEZE! Preform 3 sets 10 for best results.

Standing pelvic tilts will not only help engage our core when we stand but also keep you mindful of good lumbar posture as well. We tend to stick our bottoms out when we stand up straight for good posture, however it is necessary to keep a neutral spine, and practicing these tucks will give us the correct posture we need.

Doorway or pec stretch is important especially in today's technology driven world (phone and computer use). Our chest is in a constant caved position in turn will shorten these muscles and make it harder to stand and sit correctly. Using any doorway, place your arms on either side at a 90-degree angle and step into the stretch. You should feel a nice comfortable stretch along your chest and shoulders. Pop into any door you see throughout your day and aim for 60 seconds comfortable stretch.
dr. craig weyer presents at sun city hilton head island

Wellness Institute Managing Partner Craig Weyer, PT, DPT, M.ED, ATC, COMPT, recently gave his second presentation at Sun City Hilton Head about Posture: A Real Pain in the Neck.

The lecture covered the importance of maintaining good posture, osteoarthritis and the associated mechanisms that cause pain. He discussed proactive steps to improve this painful, limiting condition.

We'd like to say "thank you" to Cherie Bronsky and the Sun City Hilton Head Community Association for organizing the free presentation for residents. It was a great turnout, and we hope that the material was useful to all in attendance.
Helen Loizi June 22, 2018

congratulations to andrea schultz on her board certification!

Andrea Schultz, PT, DPT, has become the first Board-Certified Clinical Specialist in Women's Health Physical Therapy (WCS) in the low country. She has also added a Certification in Dry Needling to her repertoire, allowing her to expand her treatment intervention options for both pelvic and orthopedic conditions. Our pelvic and pregnancy programs continue to grow under her leadership. Congratulations!!

Helen Loizi June 3, 2018

meet our massage therapists

Call us to find out about our Introductory Massage Discounts

welcome john perez:

John Perez was first introduced to massage therapy as a client while on a golf trip to Las Vegas. He studied massage therapy in Maumee, Ohio at Stautzenberger College. Upon graduating he worked in a chiropractic office from 2007 to 2010 in the Toledo, Ohio area, where he performed Myofascial Release work on clients prior to their Chiropractic adjustments. For the next 6 years, he worked at the Wellness Center in Findlay, Ohio with an instructor with the Freedom from Pain Institute. John further continued his education and studied Myoskeletal Alignment Therapy under Dr. Eric Dalton who developed this therapy treatment method. Now here at The Wellness Institute and their team of Physical Therapists and specialists he joins them and brings his knowledge and experience. John is Certified with the Titleist Performance Institute from Oceanside, California. This certification allows him to screen and evaluate the clients posture and movement patterns and restrictions. TPI golf screening is very useful in pin-pointing the mobility restrictions that inhibit a golfer from achieving their full playing potential. Once the movement restrictions are uncovered John is able to improve the muscle imbalances allowing for a more efficient golf swing. Additionally, he is a Certified Myoskeletal Alignment Therapist which also provides relief from pain and discomfort. John has also continued his education in the fields of Sports Massage, Medical Cupping, Traction work with Inversion table, Kinesio/Rock taping, Instrument Assisted Soft Tissue Mobilization (IASTM), Myofascial Release Techniques, and Full Body Golf/Sports Stretching. This additional training has increased his knowledge and ability within the Advanced Massage Therapy and Bodywork fields and has enabled him to work with clients and athletes at all levels. He is ready to treat clients here at the Wellness Institute.

Dr. Weyer is available to speak to a variety of organizations. Please contact the Wellness Institute at 843-547-4058 for more information.
arthroscopic surgery for meniscal tears may be unnecessary in many cases

Could one of the most popular surgical procedures in the United States be unnecessary many of the approximately 700,000 times it is performed each year?

A study published in the New England Journal of Medicine suggests that might be the case for arthroscopic surgery to repair a torn meniscus—particularly if the tear is a result of wear and aging, as opposed to a traumatic event.

As the New York Times reported ("Common Knee Surgery Does Very Little for Some, Study Suggests" - December 25, 2013), a Finnish study of 146 patients between the ages of 35 and 65 found that those who had arthroscopic surgery had no better level of satisfaction 1 year later than had others in the study who had undergone a mock surgical procedure.

*Those who do research have been gradually showing that this popular operation is not of very much value,* Dr David Felson told the Times.

check out our group training classes!

If you’re looking to get in shape, lose weight, or improve your fitness, then try our group training classes at the Wellness Institute. Check out our video to learn more...
therapist specializes in urinary urge and stress incontinence

Andrea Schultz is the only board certified Women's Health specialist in the Low Country which qualifies her to treat men and women with Pelvic Health issues. Our full pelvic rehab program will continue to include treatment for all pelvic diagnosis as before including: pelvic pain, constipation, fecal incontinence, lumbosacral and coccyx pain among many others.

We are excited about the expansion of our pelvic rehab team as it will improve scheduling options for our patients, and thus speed their recovery.

wellness institute supports american heart association's palmetto heart walk

We are partnering with Covert Aire to raise funds for American Heart Association's Palmetto Heart Walk. Purchase a T-Shirt and help us raise money for this amazing organization.

Email helenloizi@wellnessinstitutesc.com or call 843-547-4058 to get your shirt!

Make sure you order by Monday, April 2! Print out the form below, or just call us using the number above. We're proud to support healthy initiatives in our community.
client runs palmetto bluff marathon with training help from wellness institute
One of our clients, Ron Vargas, recently ran the Palmetto Bluff Marathon. We're so happy that he finished the marathon and ran a good race! We helped him with some issues and guided him in the right direction during his training. CONGRATULATIONS, RON!

Here's what he had to say...

"I want to thank you & Jen to help get ready and finish the full marathon! My time was 4:25 and yes, was rough last 3 miles, but I did follow your advice that helped get through the entire race. Again, thanks."

If you are a runner looking for training assistance or help with therapeutic needs, please reach out to us at the Wellness Institute. Our skilled therapists will help you heal and provide tips and at-home exercises to assist in your marathon training. Many of our therapists are athletes, so their experience is beneficial for fellow runners!

Call 843-547-4058 to make an appointment for a free screening.
"I want to thank you & Jen to help get ready and finish the full marathon! My time was 4:25 and yes, was rough last 3 miles, but I did follow your advice that helped get through the entire race. Again, thanks."

Jill Jauch March 6, 2018

dr. weyer provides therapy at international rugby tournament
USA Sevens Rugby is the largest international rugby event in North America, featuring teams representing 16 countries. Our managing partner Dr. Craig Weyer was invited to the tournament to be the physiotherapist for four teams: The Samurai U.S Select Team, Samurai Elite Team, Samurai International Team and Samurai. The players make the team by invitation only, which selects successful international and top level club players from all over the world. The team competes, successfully, against World Sevens Series teams and other international sides at the very top level.

Dr. Weyer assisted the team members with physical therapy needs over the weekend, and received rave reviews. \textit{Even if you aren't an elite rugby player, you can also benefit from our therapists' skills talents!} Make an appointment for a free screening today: 843-547-4058.

Check out our HIIT classes available this March!
experience the benefits of infrared sauna therapy at the wellness institute

The Wellness Institute is one of two local facilities that has an infrared therapy available for sessions. In addition to revitalizing your cells, sauna treatments pull toxins out of your body via sweating. Toxins are often stored in excess fat cells underneath the skin. Not surprisingly, one of the functions of this excess fat is to keep toxins which are not eliminated fast enough through natural means away from your body’s vital organs. As sweating releases these toxins, the excess fat which was kept in your body no longer has a reason for sticking around, and your body flushes it out.

Infrared sauna therapy is not limited to just detoxification. Near Infrared has been shown to strengthen the immune system by stimulating white blood cell production, promoting cell regeneration, and reducing cell death.

“I have had continuous pain since surgery in March of 2017. I have been doing PT weekly. Even though I have become stronger I tried the infrared sauna to seek pain relief. I have been coming to the sauna for 2 1/2 months. Although I still have pain, I am getting relief overall. I have a feeling of well-being after a session.”
It's also been shown to significantly improve skin health and appearance, and help wounds heal faster. Studies have shown significant improvements in skin appearance after just 12 weeks of near infrared treatments. Participants experienced a reduction in wrinkles and crow's feet, as well as improved overall skin tone, including softness, smoothness, elasticity, clarity and firmness.

The relaxation program uses NIR, MIR and FIR wavelengths to relieve muscle tension, induce relaxation and reduce overall stress, while the cardiovascular program uses all three to increase heart rate and circulation to promote healthy blood pressure.

- **Near infrared improves cell health** – The short wavelength, near infrared (NIR), penetrates the skin's surface more effectively than the other two. That's why it's highly effective at stimulating collagen production to reduce fine lines and wrinkles, and improving overall skin tone, elasticity and clarity. That's why the mPulse uses LED lights to transmit NIR. At this wavelength, LEDs can trigger a natural biochemical reaction in the cells that stimulate growth and repair.

- **Mid infrared reduces inflammation** – Inflammation can be the root of so many symptoms. Mid infrared (MIR) is a longer wavelength that can penetrate deeper into the body's soft tissue where inflammation occurs. MIR helps expand blood vessels and increases circulation, allowing more oxygen to reach injured areas of the body. This reduces pain and speeds the healing process.

- **Far infrared detoxifies the body** – The longest wavelength, far infrared (FIR), reaches deepest into the body, where toxins are stored. By raising your core body temperature, FIR stimulates the sweat glands, resulting in a deep, detoxifying sweat that leaves you feeling revitalized. An added perk is that as part of the body's thermo-regulatory process, sweating increases heart rate, cardiac output and metabolic rate, which means you're also burning calories!

Schedule an appointment for infrared therapy by calling 843-547-4058.

“...I find the IR exceptionally helpful in managing the pain of sciatica. It’s like taking an Advil but no pills needed. I’ve just started the weight loss program and hope to notice loss in a month. Plus, my skin looks luminous! (Many compliments).”

— Chris M., Client in February 2018

Older Posts
a new direction to health…
They include Qigong, Chen's Tai Chi and 4 Seasons Healthetc. For Class Schedule, Please CLICK HERE! For How to Register, Please CLICK HERE! See you in ONLINE Classes. How to say "Hello" Greeting in Classes! Here are the Greeting and Goodbye phrases at the beginning and end of each class. Tai Chi Every Day Keeps Virus Away! If you are primarily interested in developing your martial arts abilities, we offer training in a number of martial arts styles such as Wushu, Baji Quan (Kung Fu), San Da, etc. Our programs include Wushu, Jet Li style, Self-Defence & Kung Fu. For Wushu, we have different level classes to learn Wushu standard basics, Bare and (Chang Quan), Broadsword (Dao Shu), Straightsword (Jian Shu), Staff (Gun Shu) and Spear (Qian Shu). Our martial arts classes in Slough, Maidenhead, Watford, Hemel Hempstead, London and more locations in your areas. Adults classes. Our WingChun Class is designed to suit all gender, age group and physical build. We offer Successful 5 Step training plan in a fun & friendly environment, where you will improve your fitness, self-defense, coordination, confidence and peace of mind. Martial Arts are less about your child learning to fight others, and more about fighting...himself. His innermost fears. • Concentration, Confidence & Positivity. "I recently started with WingTjun and I have found the environment friendly and open with even the other students being open to explaining and demonstrating things to the new comers." ★★★★★ John Heywood, Chief Executive Officer. The Rising Dragon Martial Arts School in China has been formed to teach the very best of martial arts. It is founded on the simple principle of having the very best world class kungfu masters Continue Reading. How It All Started. Deep into the mountains of rural Fujian PR, South China a large plot of land left for ruins was discovered by Scott Bird during the May holiday of 2006. Although in a very bad condition, Bird Knew Continue Reading. Subscribe on youtube. The moving of qi starts during inhalation from the point right to and beneath the navel clockwise to the point left to and above the navel, and continues to flow forward during exhalation back to the original point to complete the circle. Conduct the moving of qi for 81 circles from the smallest circle at the navel to the largest at the sides of the abdomen. The word Qi is used by practitioners of Qigong and the martial arts to mean internal prana, life force, or biopsychic internal energy. Or in the Latin, Spiritus, thus inhalation is considered as in-spiritus or inspiration. The flow of breath is the flow of the spirit as well. I arranged all of my classes into just a couple During my years of study I had spent days and weeks at a time in Qigong meditation and practice. Looking for a Martial Arts Class? Bark can match you
with the best Martial Arts Classes in Central London in minutes. View past reviews and get free Martial Arts Classes quotes. Post your request today!

I had a fairly massive haemorrhagic stroke in June 2009 that hospitalised me for ten months, initially in Charing Cross hospital and latterly in the Regional Rehabilitation Unit (RRU) at Northwick Park. At the time of my stroke in June 2009, I was already reasonably fit, having decided to do something about my excess weight and general lack of fitness when I turned 50 in 2003. Traditional Chinese Qigong & Kung Fu classes in Tottenham Court Road, Wimbledon and Nottinghill Gate. View Profile. W. Windom Earle. If you've been looking for a Qigong instructor Michael Tse is the real deal.