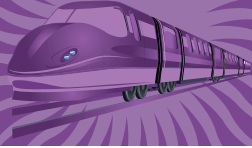


The Wellness Express™



Jump on the train to good health

Issue 2, February 2013

Feng shui For Health & Prosperity

Presented by:

Introduction

Feng shui is an ancient Chinese system of laws and aesthetics - as well as an art form - that considers how the spatial arrangement and orientation of objects, buildings and landscape elements create balance and harmony in your living environment. Feng shui is concerned with optimizing the flow of energy, or qi - the vital life energy that runs through your body. The retention or loss of qi is thought to affect the health, prosperity, energy levels and other life aspects of the occupants of a particular space. The orientation and attributes of elements in your home or office may affect the flow of qi by slowing it down, speeding it up or redirecting it, all of which may have an influence on your experience of life.

The Basic Principles of Feng shui

Feng shui, though often considered a mystical practice, is not associated with any religion or belief system. According to the American Feng shui Institute, Feng shui is a scientific discipline concerned with the analysis of energy and it involves the study of geography, ecology, urban planning, and architecture.¹ Feng shui, as a practice, has certain basic principles or goals

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that govern its operation, including the need to avoid hazards and ensure security, comply with the laws of nature, balance yin and yang (opposing forces within your body and the world) and the five elements (water, wood, fire, earth, and metal) and create harmony in spatial order.



Removing obstacles that obstruct the smooth flow of energy, incorporating curves into your home or office's design, clearing energy-draining clutter, positioning plants, artwork, mirrors, and furniture appropriately and removing broken, damaged or unused objects from your environment are all key principles of Feng shui. Other Feng shui considerations include the orientation of your home (what direction it faces, its location on the street, its position on the lot), the colors you use in your home or office, how you enter your home and the placement of wind chimes.

Exercise of the Week

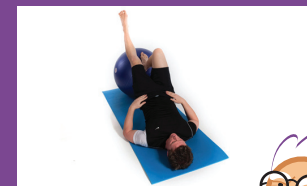
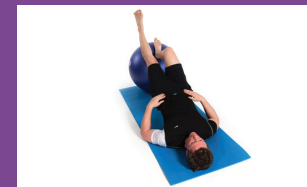
Low Back Stabilization in Reverse Bridge Position with Hamstring Curls (single leg)

Difficulty: Advanced

(Consult your Chiropractor before starting this or any other exercise)

Start: Lie on back, lower legs resting on ball, knees straight. Hands can rest on hips with elbows touching floor. Press down into ball with legs, lifting hips until entire body is in straight position, feet to shoulders. Stabilize with stomach tucked in and hold. Lift one leg a few inches off ball, stabilizing with only one leg on ball.

Exercise: Roll ball toward buttocks using one leg. As ball comes closer to buttocks, hips should rise but not bend, keeping a straight line between knee, hips and shoulders. Curl leg to 90 degrees and hold for 1 count. Return to start position; maintain a tight abdomen throughout. Repeat 5-10 times per leg.



Feng shui For Health

One of the fundamental ideas of Feng shui - and Chinese Medicine, for that matter - is that balanced and free-flowing chi leads to lasting health, while stagnant or imbalanced qi invites disease. Few conventional research studies have been performed to assess the true health benefits of Feng shui, though one study published in 2001 in the journal *Health and Social Work* examined the effects of hoarding (i.e., accumulating clutter) on the health of elderly individuals. The researchers found that extensive clutter was associated with significant impairment, interference with basic hygiene and increased risk of physical injury in elderly hoarders.² Another study, published in 2005 in the journal *Behaviour Research and Therapy*, notes that hoarders suffer more frequent traumatic experiences, a greater number of different types of trauma, more symptoms of inattention and more hyperactivity than non-hoarders.³

The true test is in how an environment makes you feel. Does it contribute to lower stress levels? Does it make you feel relaxed? Does it help reduce your anxiety? An environment designed using Feng shui principles is soothing, makes you feel comfortable and protected, and invites good health into your home.

Feng shui For Prosperity

Feng shui has been practiced for hundreds of years in Asia to create environments that enable success in life, including financial success. It's believed that many of the same Feng shui principles that encourage health also promote wealth and prosperity, though other Feng shui principles are

wealth-specific, including keeping your wallet organized and free of clutter, displaying personal wealth symbols that reflect your own taste and culture, displaying images of flowing water, and creating collages that depict the objects and lifestyle that greater wealth could help you attain.



The effects of Feng shui on property value have been studied to some small degree. In one contemporary study published in the *Journal of Urban Planning and Development*, researchers found a high correlation between Feng shui practices and housing prices.⁴ Another study, published in 2008 in the *International Journal of Housing Markets and Analysis*, notes that Feng shui practices may positively affect property prices in the West.⁵

Feng shui and Chiropractic

According to a 2005 study published in the *Journal of the Canadian Chiropractic Association*, Feng shui is a type of complementary and alternative (CAM) treatment - the same type of treatment with which chiropractic has most closely aligned throughout its history.⁶ Feng shui and traditional chiropractic share several key commonalities, especially the belief in a life force (aka vital force or life energy) that helps govern health and well-being. Ask your chiropractor about the merits of a conscientiously planned environment on spine and general health.

Quote to Inspire

"There's a place and means for every man alive"

William Shakespeare

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