



MASTER LIN'S QI PRESCRIPTION FOR CANCER~

FOODS TO AVOID:

- ROASTED NUTS
- SHELLFISH OF ALL KINDS- SHRIMP, CRABS, LOBSTER, ETC
- ALCOHOL (esp. in cases of Prostate and Bladder cancer)

FOODS TO INCORPORATE DAILY:

- 2-3 KIWIS A DAY, SKIN AND ALL- ORGANIC
- 5 STALKS OF ASPARAGUS 2 x DAILY –ORGANIC BEST- STEAM OR BOIL
- MUSHROOMS
- SEAWEED AND KELP

SFQ PRACTICE:

- AE : 2 HOURS PLUS A DAY, EVEN UP TO 4-5 HOURS
- SMALL UNIVERSE: 2x DAILY- NOON AND BEFORE BED IS BEST
- MOST IMPORTANT: 100 DAYS OF QIGONG AS BEST AS YOU CAN DO EACH DAY WITH THE ABOVE RECOMMENDATIONS
- **NOTE:THE HEAD TO TOE and QI~SSAGE TOOLS ARE GREAT FOR FAMILY MEMBERS TO HELP ASSIST WITH CARE-GIVING

MASTER LIN IS ADDING THE FOLLOWING AS WELL AS HE FEELS IT IS EXTREMELY IMPORTANT:

“ONE OF THE GREATEST THINGS ONE CAN DO IS FEEL JOY AND BEING GRATEFUL WITH DEEP APPRECIATION WHILE DOING THIS PRACTICE. FEEL THE DEEP APPRECIATION FOR SELF, THOSE WHO LOVE US AND FOR THE GOODNESS IN LIFE EVEN IF ONE HAS TO “PRETEND” AT THE BEGINNING.”

Spring Forest Qigong practitioners never provide or discuss medical advice or diagnoses. Spring Forest Qigong practitioners always recommend that you continue to follow the advice of your doctor or other licensed health care providers.

