



## Qi Changes

### What is Qi?

When two extremes collide, a third matter is created. The Chinese Philosophy knows this as Qi. In this case, the border between two extremes of Atmospheric Pressure occurs at the dates listed below as one changes to the other.

### Why Qi changes are important?

Our body requires many nutrition intakes to be healthy. Food is widely known as an intake of nutrition, but there are others like Temperatures, Colours, Atmospheric Pressure and Magnetism, which also enhance our body functions. Therefore, changes of Qi will affect our bodies' internal pressures; hence the whole body reacts differently depending on the time of year. In many cases of illness and/or complaint(s) the symptoms will be worse during these dates, give or 3 days either side. In the past, some cases have been noted as far as one week earlier or later than the listed dates, but the same twice-monthly pattern still applies.

Year 2019	1 <sup>st</sup> Qi	2 <sup>nd</sup> Qi
January	5th	20th
February	4th	19th
<b>March</b>	6th	<b>21st</b>
April	5th	20th
May	6th	21st
<b>June</b>	6th	<b>21st</b>
July	7th	23th
August	8th	23rd
<b>September</b>	8th	<b>23rd</b>
October	8th	23rd
November	8th	22nd
<b>December</b>	7th	<b>22nd</b>

Please make notes on the day that your complaint(s) is the worse in the month (usually twice every month) and keep this record for CT Centre to diagnose in depth on how your internal Qi is behaving.

If conditions have been worse before the Qi change dates, it indicates that your internal Qi responds quickly. This means the disorders are much easier to cure. Otherwise the condition is known as chronic and takes much longer to heal.