

TM

# QiSsage Body Systems, LLC

A Martial & Healing Arts Organization

“Where Self-Defense Becomes Health-Defense”™

## NEWSLETTER

Spring Issue, Vol. 7

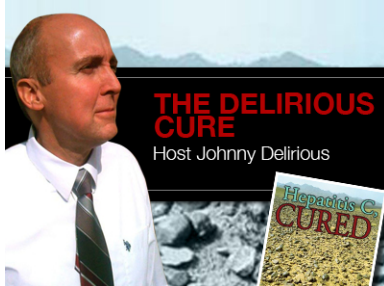
www.qissagebodysystems.org

March 2010



### SHIFU WALKER GOES “DELIRIOUS”

### UNITED FELLOWSHIP OF MARTIAL ARTISTS HALL OF FAME INDUCTEES



Michael Maxon who holds BS in Communications and Marketing, BS in Fine Arts, an MS in Natural Health and is a Ph.D. Candidate made an amazing transformation into the person who is now known as “Johnny Delirious.”

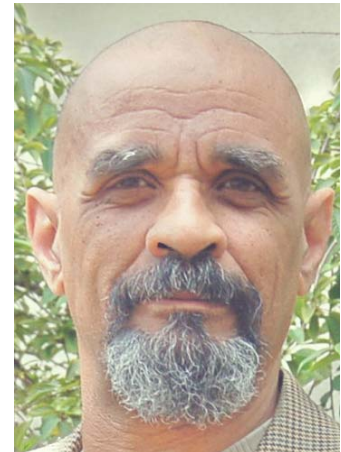
Michael took a life-altering step when doctors told him that he had only 8 months to live. He had a history of Hepatitis A and B since 1971. In 1981, he contracted Hepatitis C. Then, 10 years later, he was given the bad news. His only hope was to get a liver transplant and be placed on interferon drug therapy with a host of clinical trials. This would give him an opportunity to extend his life for at least another five years.

As his book states, his transformation into “Johnny Delirious” began as soon as he refused to accept this fate and seek other options through more natural remedies.

Well, he is still here among the living today over 15 years later. His book, “Hepatitis C, Cured,” chronicles his journey from near  
*(continued page 2)*



Guy Cornish



Shifu Jon Walker

March 6, 2010 at 6:00 p.m. during the delightful tasting of eastern culinary arts at the Joy Tsin Lau Restaurant on Race Street in Philadelphia, Pa history was made by the first inductees into the United Fellowship of Martial Arts Hall of Fame (UfoMA HOF) *(see photos in this edition)*.

Among those individuals nominated and inducted by their peers and esteemed colleagues for their unwavering dedication and passion for the martial arts was Guy Cornish and Shifu Jonathan Walker from QiSsage Body Systems, LLC.

Guy is a long time veteran martial artist of Shotokan Karate and Tai Chi holding a 4<sup>th</sup> Dan Black Belt in the karate system. He also functions as the Chief Group Leader assisting Shifu Walker with the “Tai Chi for Seniors” program held at the Kennedy Community Center in Willingboro, NJ.

Shifu Walker, an alumnus of 7 national and international halls of fame, will happily add this induction to his resume. “This induction is special to me,” states Shifu, “as it is the first time that I have been inducted into a hall with an esteemed friend, colleague and student from my own school. My congratulations goes out to Guy Cornish for a job well done!”

The banquet was lavished with a multitude of culinary delights. The evening started with Shanghai Spring Rolls, Shiu Mei garnished with cucumber slices and a rose carved radish accompanied by Bean Curd with Seafood Soup. As the evening progressed, the meal did also. Beef and snow peas, General Lee’s Chicken, Eggplant with Black Bean Sauce followed and the list goes on. The meal ended with the traditional Orange slices and a wonderful Coconut Square gelatin.

The night ended with new acquaintances and old friends full and happy.

## SHIFU WALKER GOES “DELIRIOUS”

(continued from page 1)

death back to a full healthy life.

Not only has Johnny written a book but he also tells the “listening world” his story over the cyberspace airways of the “World Wide Web” as host of his radio show called, “The Delirious Cure.” This is made possible through VoiceAmerica, syndicated Internet Live Talk Radio Network.

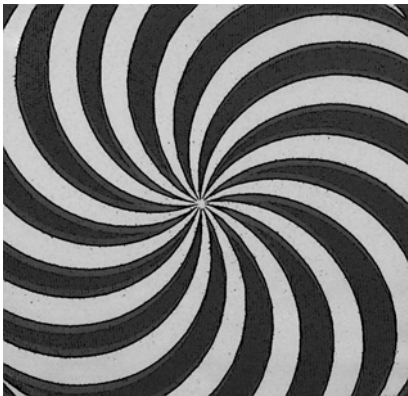
Airing each Friday, Johnny invites a guest on his show to share information on the “Health & Wellness Channel.”

Shifu Jonathan B. Walker had an opportunity to be a guest for this 1-hour show on March 12, 2010. This particular show, titled, “*Martial Arts to Healing Arts*” gave a glimpse of Shifu’s journey from his adolescent years dealing with severe health issues through his present accomplishments in the martial and healing arts fields.

Shifu’s book, “Does That Make Sense? Everyone’s Guide to Personal Empowerment and Success” was spotlighted as well as his web site and how to contact him for speaking engagements, workshops and services.

If you didn’t hear the show, you have not lost out. These shows are archived on “The Delirious Cure” radio show’s web site for your availability. It can be downloaded in MP3 or iTunes files for your listening pleasure and convenience (and of course, it will be available at [www.qissagebodysystems.org](http://www.qissagebodysystems.org) in our “Audio Gallery”).

## HYPNOSIS CORNER



### “SLEIGHT OF MOUTH PATTERNS”

Sometimes hypnotherapists use various communications techniques from NLP (*neuro linguistic programming*). Among these techniques is “sleight of mouth.”

You may have heard this term used when it comes to the sales industry. Salesmen are sometimes accused of using sleight of mouth patterns to persuade a buyer in order to close a sale.

In hypnosis, sleight of mouth is used as a constructive tool to help the client overcome disempowering belief systems. By asking just the right questions or saying just the right things, you can help someone step out of a limiting belief and into the world of possibilities.

Nearly everyone has had experiences communicating with someone who verbally demonstrates limiting beliefs, values or attitudes. Sleight of mouth helps relax the restrictions that these limitations that are imposed.

Most objections and many complaints can be defined as statements regarding attitudes, beliefs or values about a product, service or issue. The person stating the objection or complaint has generalized their experience usually by deleting or distorting information.

There are two (2) basic patterns that facilitate the use of sleight of mouth:

1 – Complex Equivalence where:  $X$  means  $Y$

2 – Cause/Effect where:  $X$  makes/causes  $Y$

An example would be if a person states:

“Your product costs too much!”

This statement has an implied belief:

“and that means I don’t think your product is worth it.” or “I can’t afford your product.”

The intention behind using sleight of mouth patterns is to gently shift some of these implied beliefs by demonstrating exceptions to the generalizations, recovering some deleted information or tactfully allowing an awareness of the distortion.

For example, for a smoker who wants to quit, you may hear him say, “I can’t stop smoking. I’ve been smoking every day for 20 years.” The hypnotist may think that the smoker may be tired of smoking and that smoking for 20 years shows consistency and determination. This could indicate that once the smoker does something, they do it all the way. All of those ideas can be delivered back to the smoker to help loosen the disempowering belief that stopping is hard. Therefore, the hypnotist could say, “Wow, 20 years! You sure are consistent. That’s going to help us tremendously once you stop!”

Sleight of mouth patterns can improve communications and help others clarify their beliefs, attitudes and/or values by bringing their self-awareness to a new level.

In hypnotherapy, this new level of self-awareness can be beneficial in helping people overcome challenges and behavioral patterns that they desire to change to create improvement in their lives.

Note:

*Unless you are a board-certified hypnotherapist or legally licensed professional with experience and training in the area(s) covered in this article, this article is informational. It is only partial information and not to be misinterpreted as professional training or any type of training in this area(s) of practice.*

## HEALTH TIPS:

### CONTROLLING HIGH BLOOD PRESSURE



High blood pressure or hypertension (*also known as the 'silent killer'*) can contribute to heart disease, hardening of the arteries, stroke, kidney damage and other debilitating ailments that can lead to death. Of all of the silent killers, hypertension is one of the easiest to control.

Prolonged periods of hypertension can affect and weaken vital organs of the body.

The heart will work overtime trying to supply enough blood to the body and can become enlarged.

The arteries can be affected by causing "hardening" of the vessels. Atherosclerosis, as it's called, is a progressive thickening of the blood vessels that occurs with the aging process. In hypertension, this process is accelerated. Over time, the vessels become weak, less flexible, narrow and constricted.

The kidneys can be affected by atherosclerosis and reduce the renal function of removing waste from the blood stream thus causing uremia (*poisoning of the blood stream*).

The brain can be affected by atherosclerosis thus increasing the chance for cerebrovascular accident (CVA) or stroke.

The control of certain factors can lead to healing results. These factors are the very things that compose the activities of daily living:

- \* The way we cope with daily stress
- \* Social & emotion life
- \* Home & family life
- \* Personality type
- \* Exercise habits
- \* Weight
- \* Ability to relax
- \* Sleep patterns
- \* Use of alcohol, caffeine, drugs and cigarettes
- \* Diet

On the above list, there are some factors that everyone can use to control hypertension or help reduce the incidence of it happening to him or her.

Learn to cope with stress in a productive manner. There are many stress management tools available today for the general consumer. Your family practitioner is a great source for some of these tools. The Internet is another source of this information (*however, be sure of the source of information before using it*).

Something that anyone can do is to control their diet, weight, exercise and sleep habits. Getting regular daily exercise, rest and a healthy diet can have a great impact on controlling or preventing high blood pressure.

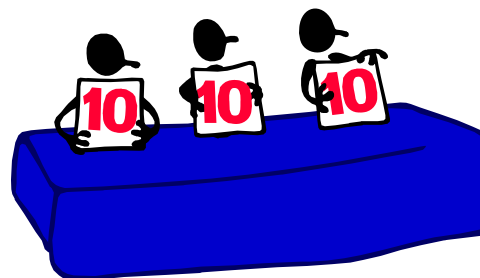
Of course, eliminating the use or abuse of alcohol, caffeine, drugs and smoking can greatly reduce and/or control many health issues.

If you have hypertension or have a family history of high blood pressure, address some of these simple issues that can improve your health care quality.

You could save your life!

## TIPS FOR SUCCESS

### Articles, Quotes & Comments from Shifu



In this issue, I would like to go back to my book, "Does That Make Sense? Everyone's Guide to Personal Empowerment and Success."

I will quote from Chapter Two, "**Road To Success**" page 7, subtitle: *Everyone Has a Gift*:

*"We each have a gift. All that you have to do is identify what your gift is."*

How often do we see people trying to succeed in life by attempting to emulate someone else who has achieved success?

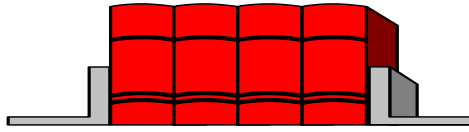
There is one major problem with this approach. Unless you have the *identical* goals, objectives and *talents* as the person that you are trying to emulate, you will probably not achieve the same success.

It is much easier to exploit your very own natural talent. You won't have to work as hard at it because it comes naturally to you. However, you will have to identify what it is.

If you have trouble identifying what your talent is, ask someone who really knows you well. They may be able to help you discover what you're seeking. Once you have identified your natural talent, the road for your travels will appear before you.

Get on that road and don't deter from it! Your success has begun. Now work it!

## Martial & Healing Arts Book Review



**Title:** Controlling High Blood Pressure  
The Natural Way  
**Author:** David L Carrol  
Wahida Karmally, M.S.  
**Publisher:** Random House  
**Copyright:** 2000  
**ISBN #:** 13:9780345431462  
**Price:** \$6.99  
**Reviewer:** J. B. Walker

David L. Carroll is the author of more than thirty books and ten network TV programs. He now specializes in medical self-help books, including Living with Parkinson's and The Complete Book of Natural Medicines, and film documentaries on medical technology and drug prevention.

Wahida Karmally, M.S., is Director of Nutrition at the Irving Center for Clinical Research, Columbia-Presbyterian Medical Center. She is a frequent contributor to Newsweek.

Of the countless ailments that rack the human machine, high blood pressure is one of the easiest to prevent and one of the most responsive to treatment.

Who gets high blood pressure? Should you panic if you or someone you love develops hypertension? How can you help yourself, even if you're in a high-risk group?

High blood pressure is commonly the result of an unhealthy lifestyle, and it can almost always be controlled--without debilitating medications--simply by eating the right foods, taking the proper herb and vitamin supplements, getting the correct types of exercise, and practicing such stress-reducing techniques as meditation, visualization, tai chi, and yoga. This book gives you a firm grip on all these tools. Start using them today to build yourself a healthy, circulation-friendly life.

This book features: A triple-threat healing program that not only revitalizes your circulation system but also boosts your overall health and a thirty-day food regimen--ninety full menus for breakfast, lunch, and dinner, plus many recipes for delicious foods to eat as you control hypertension.

## UPCOMING CURRENT EVENTS

- ⚡ [WTCOD](#) – April 24, 2010 will commemorate another year of this annual. Millions of people worldwide will be celebrating at 10:00 a.m. in each time zone. Be a part of this global event!
- ⚡ [Senior Bowling League](#) – Burlington Bowl & Recreation Center in Burlington, NJ will hold Wednesday Morning Senior Leagues at 9:30 a.m. Cost is \$6.00/wk/person for 12 weeks. They are non-sanctioned games.
- ⚡ [Usui Reiki Classes](#) – Look for more Reiki classes at this web site [www.qissagebodysystems.org](http://www.qissagebodysystems.org) to be scheduled throughout the year. Register early. Class sizes are limited.
- ⚡ [HPA Seasonal Workshops](#) – We have more exciting and new certificate workshops out of Albany, NY in 2010 that will be conducted in central/southern New Jersey. Look for advertisement and more information at [www.qissagebodysystems.org](http://www.qissagebodysystems.org).

## QISSAGE BODY SYSTEMS, LLC

### Philosophy

*We believe that all people should have access to health care services that will offer not only physical but also mental and spiritual growth and development.*

*We further believe that the integrated knowledge of Eastern health philosophy and Western health technology produces a simplistic yet optimal health care system that directly affects the quality of life in a positive manner for the benefit of a healthier lifestyle.*

### Mission Statement

*QiSsage Body System exists for the sole purpose of providing the availability of an affordable, beneficial and simplistic health care system that produces a profound mentally, physically and spiritually, healthy lifestyle through personal growth and development.*

*This task is accomplished by offering:*

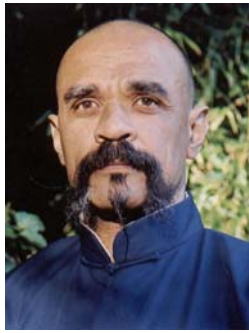
- ☉ *a network of services that are conducive to instilling those learned skills, which when practiced regularly affect our lives in a positive manner, thus producing those effects that enlighten and enrich our lives and;*
- ☉ *a referral system that interlinks with those agencies, institutions, and/or services that are in harmony with the philosophy of QiSsage Body Systems.*

### ***A Pinch of Wisdom***

*“Seek not the men of old,  
seek what they sought!”*

### ***Did You Know...***

*... that facts do not cease to exist  
because they are being ignored?*



# Shifu's Message

## "Spring Into Action"

After one of the worse winters in years, spring is on its way back again. Are you ready for it?

The more popular answer would be, "YES!" But I question, are you really?

We have had a cold, damp and bone chilling winter. It's now time to start looking at gradually and naturally adjusting to the thaw and warming trends coming our way.

How can that be done in an effective and healthy manner?

Five Element Theory! Yes, this wonderful eastern theory has many uses. If you are a practitioner of this theory or have had instructions, classes or workshops involving this theory use it now!

If you have not had the opportunity to be exposed to it, do a little research. There is a great comprehensive chart on the World Wide Web ( a.k.a. The Internet) at [http://www.nationsonline.org/one-world/Chinese\\_Customs/five\\_elements\\_chart.htm](http://www.nationsonline.org/one-world/Chinese_Customs/five_elements_chart.htm)

Take a little time to view it or print it out and study it for a period. It contains a lot of information, so take your time and digest bits at a time.

For instance, at the top of the chart, there is a heading, "Cycles." To the right of that are the words, "Creation" and "Destruction." Farther to the right of these words are the five basic elements in the universe.

Just study this for a while until you understand how this cycle works.

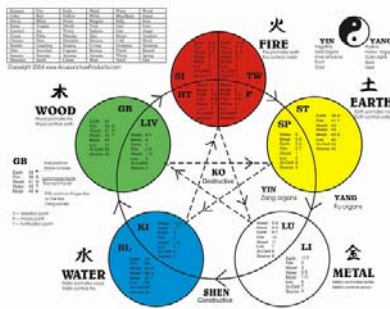
Then look further down directly under the word, "Cycles" and you will see the word, "Seasons." Read across and see the seasons of the year associated with the other information in that column.

If you are a martial artist, go to the word, "Action" in the far left-hand column. Read across to the right and see how martial movement is affected by this theory.

Continue reading down the left-hand column and review information for "Climate, Direction, Taste, Smell, Senses, Positive and Negative Emotions and more.

As you continue to become more familiar with this chart, you will begin to understand how Traditional Chinese Medicine (TCM) uses this theory to treat health conditions holistically.

So, as springtime begins to enter our life cycles once again, "spring into action" and learn a little more about your health and wellness.



Five Element Charts come in an array of variations. The above chart depicts the same theory in a different fashion but also provides a lot of information for those who are more familiar with using circular charts of this nature.

You can venture on your own and find other charts that may better fit your ability to comprehend what they are telling us.

In Harmony,

Jonathan B. Walker, PhD  
Shifu

## STUDENT'S CORNER

This column is for and about students of the Three Mountains Schools system. You may submit an article, comment, question or feedback for publication at any time. Submissions are no guarantee for publication. Information will be minimally edited at the discretion of the Editor. If you submitted an article, keep your eye on this section.

### HEALTHY FOODS COLUMN

#### CONTAINER GARDENING by Emily Williams

On the first of February, my husband and I moved. We left our 169-year-old home in our beloved village for a condo with very little character. I really miss our old home. I miss its leaky basement, creaky floors, its drafts, old trees, flocks of birds on the feeder and the squirrels in the attic.

I shall miss my well established herb garden most of all. Although snow remains on the ground, in anticipation of spring, I'm wondering how I can grow herbs where there is no garden.

Container gardening is the answer. Unfortunately, our new residence receives little or no sun (my indoor plants already show signs of light deprivation). Most herbs require full sun, but some do well in heavy to light shade. Woodruff, violets, evening primrose, lemon balm, valerian, lovage and parsley are some shade lovers. I'm going to try growing some of these in large pots. At a later date, I shall write of my success or failure.

I've always been interested in the mystery surrounding herbs – in particular their medicinal properties. But, is it not the actual growing of plants that is most beneficial? Getting your hands in the soil, planting seeds and watching them sprout gives us energy we didn't know we had! I'm convinced gardening allows us to live longer. Two of my former

neighbors were avid gardeners. One of them lived to be 96 and the other one lived to be 103. Does that tell you something?

## NEW FACES IN THE SCHOOL

“I have back pain and sitting around the house doing the same thing the same way and expecting a different result is insanity!”



Marko Falkenstein carefully studies the hand posture of Si Hing Robert Wahl (not seen here) in his first class of Tai Chi.

These were the words of our newest Tai Chi student who enrolled in March. Marko Falkenstein wants results and he knows that what he has been doing the in the past isn't working so he decided to give Tai Chi a go at resolving his back pain challenges.

Keep that attitude, Marko! That and a little Tai Chi each day may be what the doctor ordered!

## MARTIAL ARTS AT ITS BEST IS GETTING BETTER



SiHing Robert Wahl strengthens his wrist, arm and upper body by holding the 7-foot spear straight out from his shoulder for as long as he can persevere.

(continued next page)

## “WHERE SELF-DEFENSE BECOMES HEALTH-DEFENSE™”

These are the words scribed below the QiSsage Body Systems, LLC organization's title. It is the organizational slogan. Its founder lives by these words and teaches the same.

“You must understand that martial arts is more than mere physical combat with another person! Your greatest combatant is yourself and you can't hide, elude or evade that opponent. Therefore, you must fight!” recited Shifu Jonathan B. Walker.

As these words echo in the ears of the listener, we really don't understand what that means until we are challenged by our greatest foe, the self.

For one who knows this battle, it can mean survival and Shifu Andy Cappuccio has successfully survived to tell the story of his personal battle with self. Listen carefully as he relates his story.



ANDY CAPPUCIO - SHIFU

March 22, 2009 was a normal day. I went to bed at 11:00 p.m.

I awoke at 2:30 a.m. completely paralyzed on the right side of my body. My wife, Lin, gave me a concentrated pill of Yunnan Biao and called 911 (I was told many years before that this was for emergency stroke cases and was used to move the blood). I had

suffered an Ischemic stroke. Talking was very difficult. There was no panic, just the knowledge of what needed to be done. I was in control. The battle had begun.

Within 2 hours at the hospital, I began to get slight movement in one finger and one toe. The doctors said it was impossible! With sheer will and intent, I imagined movement and was able to force myself to attain more movement. Eight hours later, I could sit up. Although very weak, I was able to walk or what slightly resembled walking. I had been doing Qigong since my arrival at the hospital. Now I could actually add some movement to the breath work that I was doing. I had memory loss, trouble with finishing sentences and forgot all of my Tai Chi forms.

After a few weeks, the memory of my Tai Chi returned. I could walk but drifted to one side. There were headaches and fuzzy feelings in my head as my brain began to recalibrate itself.

Three months later, I was able to teach Tai Chi and Qigong on a limited basis. I would tire easily but my brain functioning was returning to normal as was my balance.

It's has now been a year since that morning. There are minor issues remaining. I have some pain on the right side. Loud noises and crowded places affect me BUT I'm back! I teach Tai Chi Chuan and Qigong regularly. I train with my teacher. I'm doing my Chinese sword work and all aspects of Martial, Health and Spiritual training.

No one knows why this happened. It is genetic. I fought the battle and I also had a great army. My wife, children, grandkids, my teacher, students, friends and family were behind or in front of me from the beginning.

Congratulations Andy on a fight well fought!

## MARTIAL ARTS AT ITS BEST IS GETTING BETTER (cont.)



*Si Hing demonstrates a "guard position" with spear.*



*Shifu and SiHing engage in sparring activities.*

He holds the 10<sup>th</sup> Rank Red Sash with White Trim and has been training diligently for years. His training began with mere physical conditioning by doing simple tasks such as "sinking and rooting, forward walking, inside/outside circles, plum circles and meditation.

Today, his training is more advanced and challenging. It encompasses knowing the anatomy of the musculo-skeletal system, training in core muscle development, having a working knowledge of Qi and the channels and meridian system, the Taiji Classics and much more. His training also includes acquiring a limited working knowledge of Mandarin.

Taiji Quan under the "Wu Xing Chuan Tao System" has high goals for its practitioners. They are not only expected to be excellent martial combat students but the expectation only begins there.

Once they achieve this level of training, they are trained to "lay down" the physical level and advance academically in the knowledge of martial arts education.

Finally, mastery can be in sight for the disciple by spiritually applying his life's martial arts practices to improve mankind's existence.

## THOSE BOWLING SENIORS

Bowling is a great activity and provides wonderful exercise at the same time, but more importantly, it's fun!

That's the general impression at the Senior Bowling League that meets every Wednesday morning at the Burlington Bowl & Recreation Center in Burlington, NJ. Everyone did not know how to bowl when they first started this weekly meeting but eventually they learned how to get the ball down the alley and knock down some pins.

Best part of bowling is the great things that you hear seniors say after getting involved in the game.

Sylvia Davis stated, "My doctor told me that since I have hip pain associated with sciatica that I shouldn't bowl. He explained that it would aggravate my condition. However, I didn't want to stay at home and be in pain. I wanted to do something positive about helping myself remedy this condition. Since I have taken Tai Chi for years, I knew that I could use some of those lessons that could help me overcome my challenges, so I joined the bowling team," she said.

"I might bowl a little differently than I used to but I can do it and not affect my sciatica adversely!" she added. "Now I make it a regular habit to get out and bowl. It makes me feel better and in control of my health care."

Nina Simmons has had a hip replacement and is waiting for

additional joint replacements. "There are days when I just cringe with pain because of my joints but when I can and am able, I try to get out to the bowling alley and join the group. I don't really consider myself a bowler, but I have fun with everyone just being there."

Sylvia and Nina are just two of the many stories that can be heard from seniors who are taking control of their lives and remaining active and healthy.

Something special happens when you take control of your life!



*Sylvia Davis shows her winning form that helps her overcome the pain associated with sciatica.*



*Nina Simmons concentrates on knocking down the pins and spending some quality time pain and worry-free of joint discomfort.*

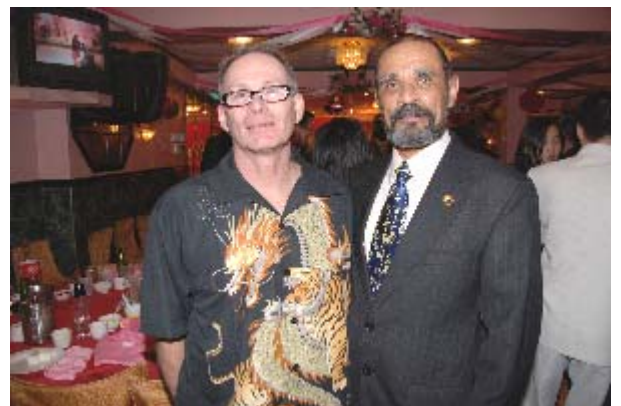


*Hanging out in friendly competition and plenty of smiles are (left to right) Nina Simmons, Marie Kitashima, Frank & Ellie Klare, Sylvia Davis.*

## **UNITED FELLOWSHIP Of MARTIAL ARTISTS HALL OF FAME BANQUET**

The United Fellowship of Martial Artists (UfoMA) held its first annual Hall of Fame event on March 6, 2010. Joy Tsin Lau Restaurant at 1026 Race Street in Chinatown Philadelphia, Pa was the site of this memorable occasion.





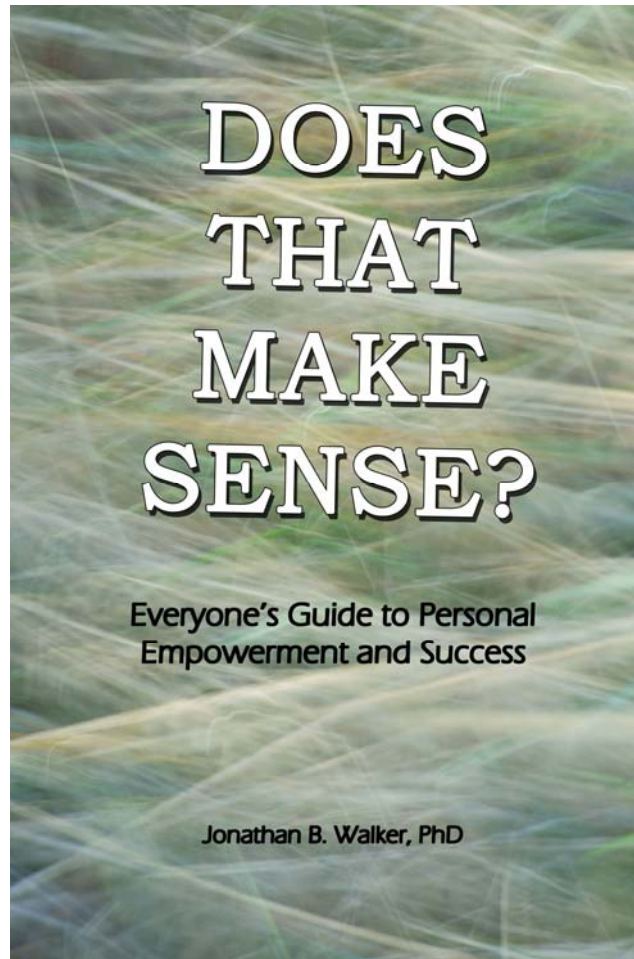


***CONGRATULATIONS TO ALL INDUCTEES***

***Especially our new friend: Jay A. Patel***

***From: QiSsage Body Systems, LLC***

Get Your Copy Today!  
Get Your Copy Today!



**Does That Make Sense?**

Paperback, by Shifu Jonathan B. Walker, PhD

\$19.95

Excerpt:

*“Most people can’t define success for themselves because they are looking in the wrong place for it. We generally have our sights set on the success that someone else has achieved and want it for our own”. . . . . “We each have a gift. All that you have to do is identify what your gift is”. . . . . “Once you’ve identified your gift, you need to capitalize on it”. . . . . “Does that make sense?”*

**DOES THAT MAKE SENSE?** is a no-frills, thought provoking, interactive, book that is compact, direct and to the point. It illustrates how people can empower themselves to achieve any goal that they desire and obtain success in life.

It is the result of years of personal research that Shifu Walker has compiled through teaching scenarios at schools, colleges, community centers, and businesses in public and private presentations. While consulting with his fellow colleagues around the world, he discovered common denominators that are stumbling blocks to achieving success in one's life. His personal life experiences also played a role in revealing these same obstacles.

Unlike most self-help books, "Does That Make Sense?" depicts how you can find success based on your strengths not the strengths of the author. It is a book that anyone can pick up, read and find a path to success in their life based on what they want.

With highlights on simplicity, this book "packs a punch" and "drives home" the important aspects for self-empowerment!

**GET A COPY TODAY AND  
GET ON YOUR ROAD TO SUCCESS!**

~Available exclusively through QiSsage Body Systems, LLC~

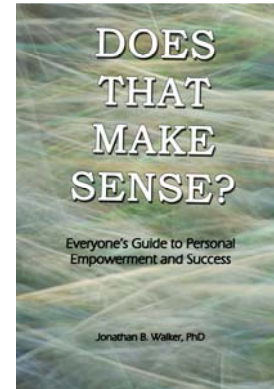
-----COMMENTS ABOUT THIS BOOK-----

*"I bought your book and read it. I was fascinated by it. The excerpt on the front of the book really knocked my socks off! Not one person in a million would have figured that out. It really struck me!*

*Robert Purucker, Co-Host  
"The Delirious Cure"  
VoiceAmerica Talk Radio Network  
Health & Wellness Channel*

# ORDER FORM

## **“Does That Make Sense?”** *Everyone’s Guide to Personal Empowerment and Success*



Use this convenient order form to order your book and remit payment. Just fill in the number of copies you desire, then add the shipping/handling and sales tax for single copy orders. For multiple copies or bulk orders, call (609) 518-9399 for shipping/handling charges. We will ship orders to any continental USA address that you desire. Be sure to make a copy of this order form for files. Allow 1-2 weeks for delivery.

<u>Product</u>	<u>Unit Price</u>	<u># Copies</u>	<u>Total</u>
Does That Make Sense? by Jonathan B. Walker, PhD Paperback, 32 pages Size: 8 ½ x 11 Pub: July 2009	\$19.95	_____	_____
		1 <sup>st</sup> Class Postage S/H	\$3.65
		NJ Sales Tax (7%)	\$1.40
		Total	_____

Make your check or money order payable to:  
Remit payment to:

**QiSsage Body Systems, LLC**  
3 Warwick Rd  
Eastampton, NJ 08060-3222

**Your Name:** \_\_\_\_\_

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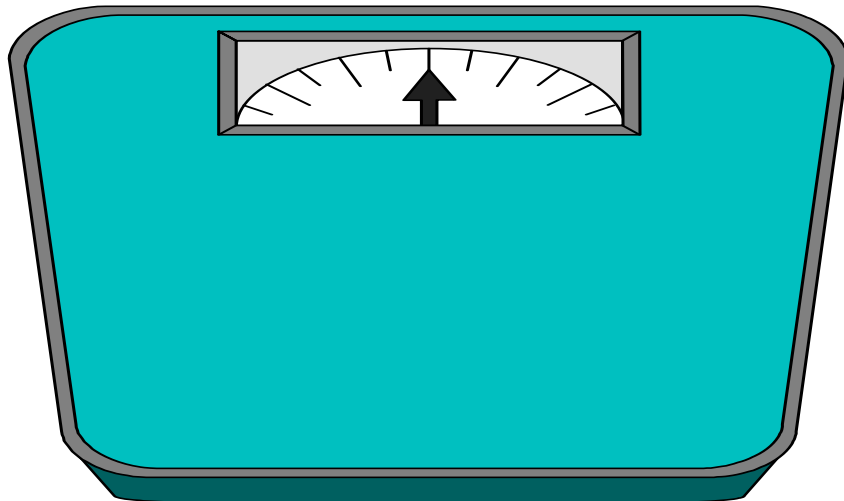
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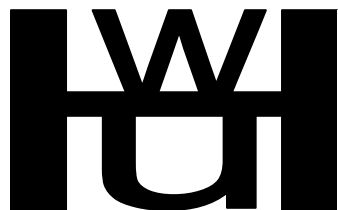
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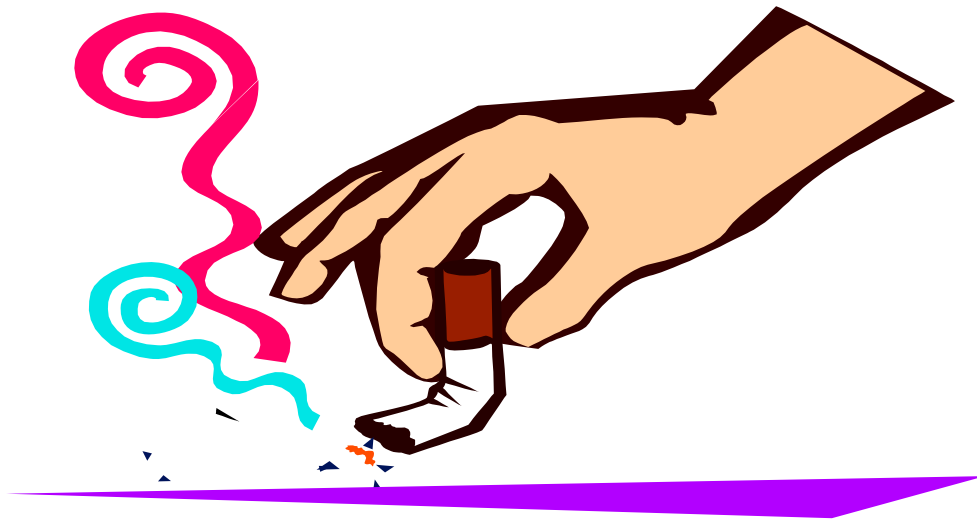
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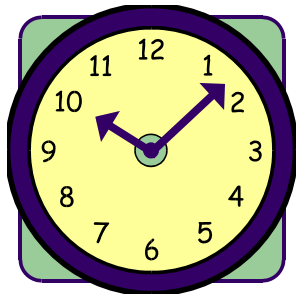
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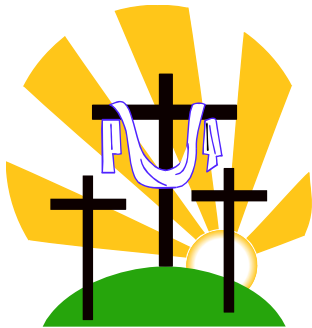
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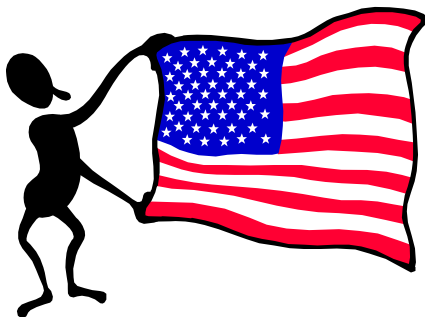
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