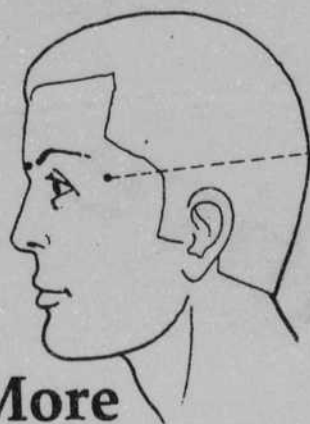


## Next Week:

## Chinese

Continued from Page 8



More  
Healing  
Arts

with chicken or into a dessert with sugar on top. This helps relieve a heavy cough and releases congestion from the lungs.

● **Essence of Chicken with Beiqi:** For insomnia, frequent dreaming, poor appetite or weakness in the four limbs. This dark brown liquid contains mostly chicken broth and chopped beigi root.

● **Po Chai Pills:** For overeating, intoxication, vomiting and gastrointestinal diseases. This has over 15 ingredients, including chrysanthemum, mint and angelica root.

Chong displays the various items used in her Chinese medical preparations.



Michelle Paulman/Daily Nebraskan

## FREE FOOD

for pregnant women, infants, and children under the age of 5, call:

1-800-WI-C-1171

W.C.'s

W.C.'s

### TAKE A STUDY BREAK!

\$

\$2.30 Pitchers

\$1.00 Well Drinks

W.C.'S Downtown

1228 'P' Street

\$

W.C.'s

Coupon Not Good With Any Other Offer

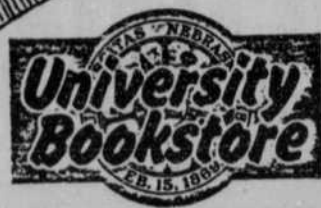
W.C.'s

## Sweatshirts of the week.



Lower Level  
Nebraska Union

Garden Level  
East Union



OWNED AND OPERATED BY THE UNIVERSITY OF NEBRASKA

Reg. \$32.95

**Sale**  
**\$19.88**

Sale price  
good while  
quantities  
last.

M-F 8-5  
Sat. 11-4

East Campus  
M-F 8:30-5

## Spine

Continued from Page 8

or wrists, but from a release of energy that the Chinese theory of energy calls chi.

He also applied a method he called the Alexander technique, creating a pressure within my chest by slumping my head forward.

He placed his hands under my chin and on my temple and "manipulated." Again, I didn't feel the adjustment, but afterward there seemed to be a sense of relief when

I tried to breathe, as if a heavy weight had been lifted off my chest.

There are several things that people can do to relax, Wynhausen said.

One way is to lie on one's back on a hard surface, raise the knees and relax. This process takes everyday pressures off the back, he said.

Then, try lying flat on a hard surface and bring the right foot across the body to the left hand and vice versa. This helps lengthen the spine and reduces stress, he said.

