

Wang's Martial Arts

92-B Wilson Rd.
Humble, TX 77338
U.S.A.

Phone (281) 548-1638, (281) 682-3387
E-mail: wang3888@embarqmail.com
Web site: www.WangsMartialArts.com

School Phone number:
281-548-1638,
281-682-3387 (Cell)

July 2012 Newsletter Summary

INNER SCHOOL TOURNAMENT

Date: 09-29-2012 (Saturday)
Ages 5 - 80 2:00 PM - 5:00 PM
Entry Fee: \$40.00 up to three events
\$ 5.00 goes to scholarship fund

Kung Fu Rank Test

Date: 9-14 yrs: 9-06-2012, Thursday, 6-8:30 pm
5-8 yrs: 9-08-2012, Saturday, 1:30-3:30 pm
15 yrs +: 9-08-2012, Saturday, 3:30-5:30 pm
Must register on or before 9-1-2012.
Test fee : \$35.00 and up

Proverbs 12-11.

"Those who work their land will have abundant food,
but those who chase fantasies have no sense."

Ms. Megan Payne received \$300 scholarship from Wang's Martial Arts presented by Mr. Allen on June 4, 2012.



Megan Payne & Mr. Allen.



Gina Payne, Megan Payne & Mr. Allen.



Tai Chi test on 06/23/12..



Kung Fu test on 06/16/12.

Congratulations!

Wang's Martial Arts College Student Scholarship Fund:
 2009 Scholarship Fundraising Banquet - \$628.98
 Inner-School tournament:
 December 5, 2009 - \$105.00
 March 6, 2010 - \$85.00
 July 10, 2010 - \$100.00
 December 6, 2010 - \$105.00
 March 19, 2011 - \$80.00
 June 4, 2011 - \$115.00
 September 10, 2011 - \$150.00
 December 3, 2011 - \$110.00
 March 3, 2012 - \$150.00
 Outdoor Training (3-25-12) - \$100.00
 June 30, 2012 - \$160.00
Total - \$1888.98 - \$300 = \$1588.98

\$300 scholarship to Ms. Megan Payne on 06-04-12

Current student at Wang's Martial Arts who is taking 12 or more credit hours at semester final report card:

All A's - \$300.00
 A & B's - \$200.00
 All B's - \$100.00

July Birthday

Jason Tansey	7/31
Krzysztof Cupial	7/23
Samuel Arai	7/13
Aaron Alvarenga	7/10
Ayden Sowers	7/28
Garrett West	7/30
Christina Green	7/9
Dougan Caruthers	7/18
Deborah Green	7/27
Chase Griffin	7/11
Shaun Campbell	7/30
Nathanael Troysdale	7/6
Liliana Campa	7/9
Christopher Robles	7/15
Michelle Najarro	7/7
Aaron Gomez	7/10
Gala Fuentes	7/12
Roderick Ceaser	7/13
Michael Ramirez	7/16
Susan Fischman	7/21
Cyndi Henderson	7/24
Fernando Garcia	7/25
Frank Gamez	7/8

Happy Birthday

Chinese Vegetarian Food & Tour Chinatown

Date: 10-06-2012 (Saturday)
 Time: 1:00 pm Meet at Wang's Martial Art.
 Place: 2:00 pm Pine Forest Garden Vegetarian Restaurant
 9108 Bellaire Blvd. At Ranchester.
 Houston, TX 77036
 (713) 772-2888, (281) 682-3387 (Cell)
 Cost for Food: \$11.00 for 10 years old and above.
 (Includin food, tax, tip, soft drink or tea.)
 \$ 8.00 for 9 years old and younger.

Tournament Point:

Brandon Warner	48
Jose Guzman	48
Andrik Sanchez	42
Darren Bush	42
Kayla Warner	39
Julie Rogers	39
Seth Rogers	36
Julian Rosas	36
Brandon Roll-Bush	33
Emmory leach	30
Marvin Henderson	30
Jaqueline Ajucum	30
Kevin Papa	27
Brandon Sarton	27
Conner Roll-Bush	24
Diego Ramirez	21
Chris Avelar	18
Carys Bocock	12
Reese Bocock	12
Tara Bocock	12
John Bocock	12
Sharon Mikolajczak	12
James Dyess	6
Rosalie Conry	6

Be sure turn in your tournament point. For point 2012, every one must turn in before 12-31-2012.

Report card point:

Kayla Warner -	9.00
Brandon Roll-Bush -	6.75
Conner Roll-Bush -	6.75
Andrik Sanchez -	6.75
Nazir Barahona -	5.50
Aramis Valdivia -	5.25
Brandon Warner -	5.25
Mireya Mendoza -	4.50
Andrew Bolton -	4.50
Jaquelin Ajucum -	4.50
Dirgo ramirez -	3.75
Sean Paul -	3.00
James Bolton -	3.00
Sebastian Garcia -	2.25
Mireya Mendoza -	2.25
Kevin Papa -	2.25
Emmory leach -	2.25
Kameron J. Guevara-Smith	2.25
Julian Rosas -	2.25
Libeth Nunez -	1.50
Luis Nunez -	1.50
Seth Rogers -	1.50
James Bolton -	0.75
Alex Solhjou -	0.75
Sara Solhjou -	0.75
Austin abner -	0.75
Nick Limones -	0.50
Dustin Ferguson -	0.50

Be sure turn in a copy of your report card as you receive it. For point 2012, every one must turn in before 12-31-2012.

Nunchaku Class:

Date: Sept 10, 2012 (Monday)
 Time: 7:00 - 9:00 pm
 Cost: \$19.00
 Free for Brown & Black belt Black Belt Club members.

Basic Sabre

Dates: 7-07-2012 (Sat.) Time: 2-3 pm
 7-14-2012 (Sat.) 2-3 pm
 7-21-2012 (Sat.) 2-3 pm
 Cost: \$39.00 or \$19.50 for review
 Pre-requisite: Adults (15 years old and up) - Yellow belt and up.
 Jr. students (5-14 years old)- green belt and above. (Minimum 6 people register.)

Tai Chi Rank Test

Date: 9-1-2012 (Sat.)
 Time: 12 noon - 2:00 pm

Tournament Points: Don't forget to turn in your points after each tournament for a chance to win a seven foot trophy at the Chinese New Year Banquet!
 1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

Black Belt club & Accelerated program rank test:

Date: 7-28-2012 (Saturday)
 Time: 2 - 4:30 pm

Report Card Points - Turn in your report cards all year long for a chance to win a seven foot trophy at the Chinese New Year Banquet!
 All A's-12pts; A's & B's- 9pts; All B's-6pts;
 Turn in your report card - 3pts

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 8-2-12 (Thursday)
 Time: 8:00 - 9:00 pm

Nunchaku Class:

Date: Sept. 10, 2012 (Monday)
 Time: 7:00 - 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 -12 years old
 Date: 7/19/2012 (Thursday)
 Time: 8:00 - 9:00 pm
 Age 13 - 80 years old
 Date: 6/21/2012 (Thursday)
 7/12/2012 (Thursday)
 7/26/2012 (Thursday)
 Time: 8:00 - 9:00 pm

Red, Brown and Black Belt Class

Every Saturday morning from 9:00 - 10:00 am

New Student:

Jose Garcia,	Amavi West
Cectric west,	Fernando Garcia
Christal Garcia,	Lori Disorbo
Ayleen Garcia,	Vivian Sena
Genesis Lopez,	Alain Rocher
Jude Yamasaki-Patrick	
Dan Sullivan,	Loghan Burrell
Luis Nunez,	Ian Fu
Ethan Fu,	Dustin Samuel, Jr
Roberto Alvarado,	Kesia Valdez
Michael Smith,	Grace Lopez
Libeth Nunez,	luis Nunez, Jr
Johnney Seals,	Michael Ramirez
Chrisn Ocher,	Michelle Najallo
Roderick Ceaser,	Jack Masterson

Welcome!

June 30, 2012

Wang's Martial Arts inner-school tournament



Wang's Martial Arts

92 – B Wilson RD.
Humble, TX. 77338
Harris County

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Chinese Vegetarian Food & Tour Chinatown

Date: 10-06-2012 (Saturday)

Time: 1:00 pm - Meet at Wang's Martial Art.

Place: 2:00 pm -
Pine Forest Garden Vegetarian Restaurant
9108 Bellaire Blvd. At Ranchester.
Houston, TX 77036
(713) 772-2888
(281) 682-3387 (Cell phone for Instructor Wang)



Cost for Food: \$11.00 for 10 years old and above.
(Including food, tax, tip, soft drink or tea.)
\$ 8.00 for 9 years old and younger.

Registration Form

Name : _____ . **Date :** _____

Address : _____

Home Phone : _____ . **Work Phone :** _____

Cell Phone : _____ **e-mail:** _____

Number of People (10 years and above): _____ x \$11.00 = _____

(9 years and younger) _____ x \$ 8.00 = _____

(Total Amount Paid) = _____

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Nunchaku Class

Date: September 10, 2012 (Monday)

Time : 7:00 - 9:00 PM

Place : Wang's Martial Arts
92 – B Wilson Road
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Fee : \$19.00, Free for Brown, Black, Jr. Black
& Accelerated program.

Need bring your own nunchaku or purchase a foam nunchaku for \$8.00 to \$15.00

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Amount Paid _____ .

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INNER SCHOOL TOURNAMENT

Date: 09-29-2012 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
92 – B Wilson Road at First St.
Humble, TX 77338
(281) 548 - 1638, (281) 682-3387
Entry Fee: \$40.00 up to three events
\$ 5.00 goes to scholarship fund

Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.

Encouragement awards are given for everyone who does not place.

**** **FORMS** ****

Ages 5-8 Beg./ Int./ Adv.
Ages 9-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

**** **WEAPONS** ****

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 Beg./ Int./ Adv.

**** **SPARRING** ****

Ages 5-8 Beg./ Int./ Adv. (Boys & Girls)
Ages 9-14 Beg./ Int./ Adv. (Boys)
Ages 9-14 Beg./ Int./ Adv. (Girls)
Ages 15-17 Beg./ Int./ Adv. (Boys)
Ages 15-17 Beg./ Int./ Adv. (Girls)
Adult Men Beg./ Int./ Brown & Black.
Adult Women Beg./ Int./ Brown & Black

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____, STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ Amount Paid _____

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Baisc Sabre



Date: July 07, 2012 (Saturday)
July 14, 2012 (Saturday)
July 21, 2012 (Saturday)

Time : 2:00 - 3:00 PM

Place : Wang's Martial Arts
92 – B Wilson Road
Humble TX, 77338
(281) 548-1638
(281) 682-3387

Pre-requisite: Adults (15 years old and up) –
Yellow belt and up.

Jr. students (5–14 years old)- green belt and above.
(Minimum 6 people register.)

Fee : \$39.00
\$19.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (HOME): _____ PHONE (WORK): _____

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

Natural Food Pioneers

By Jack Challem

These visionaries changed the way we think about nutrition and sparked a wellness revolution

They're all gone now—the doctors and health enthusiasts who shaped our current thinking about natural health and nutritional therapies. But what a legacy they left behind. We owe almost everything we know about the healing powers of natural foods and supplements to these folks who led the way to a new understanding of health and wellness.



Adelle Davis (1904—1974). Trained as a nutritionist, Davis became an early advocate of natural foods. She published several small books on nutrition and health in the 1930s and 1940s. In 1965, her encyclopedic book *Let's Get Well* became a best seller.

While she wasn't the only person during her era to promote alternative diet and health ideas, what distinguished Davis was her grasp of not just nutrition, but also nutritional biochemistry and scientific research in the field. She recommended that people eat natural, whole foods and—drawing on published studies and the clinical experiences of physicians—she recommended vitamin supplements for a diverse number of health problems.

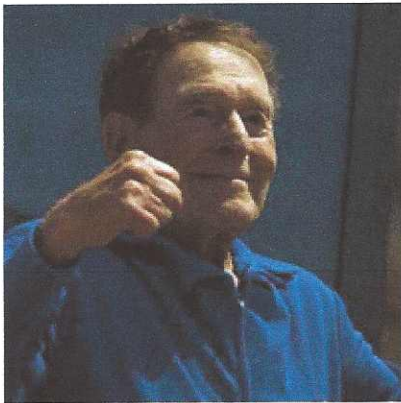
"It can scarcely be emphasized that nutrition is never competitive with the practice of medicine, but is an aid to both the physician and the patient," Davis wrote. "To eat wisely is different indeed from the home treatment of disease."



Henry Bieler, MD, (1893—1975). A contemporary of Davis, Bieler roared to fame in 1965 with his book, *Food is Your Best Medicine*, which remains in print today.

Bieler's thesis was simple: you are what you eat, and opting for whole natural foods—as opposed to fast and convenience foods—is crucial to optimum health. "His advice is timeless," says Linda Chamberlin, his granddaughter. Bieler wrote that he personally gave up the use of medications and relied "solely on food as my medicine." He added that "it wasn't long until (after repeated verified results) I discarded drugs in treating my patients. My colleagues, at the time, thought I had lost my mind. But time has only strengthened my belief."

It was nothing less than controversial for a physician to avoid medications and rely strictly on the healing powers of food. And not surprisingly, Bieler had his battles with the American Medical Association. But he was on solid scientific ground—after all, nutrients form the foundation of our genes and biochemistry. “Dr. Bieler is probably best remembered for teaching people how to use natural foods to take care of themselves,” says Chamberlin. “That’s absolutely priceless.”



Jack LaLanne (1914—2011). As a kid, LaLanne was practically the stereotype of a pimply 98-pound weakling. But he gave up eating junk food when he was 15 years old, read up on anatomy, and started working out with weights. Six years later, he opened a combination gym, health food store, and juice bar—at the time, putting him firmly on the fringe. In the 1950s, he started a local, San Francisco—based television show to promote exercise, and soon, that show went national.

LaLanne admitted that he hated exercising, but you would have never guessed it by the enthusiasm he put into his television show and public appearances, often with his wife Elaine. That enthusiasm motivated millions of people to get fit and eat healthier foods. He promoted juicing of raw vegetables and fruits. To the very end, LaLanne remained trim and physically fit. Not a bad way of living 96 years.

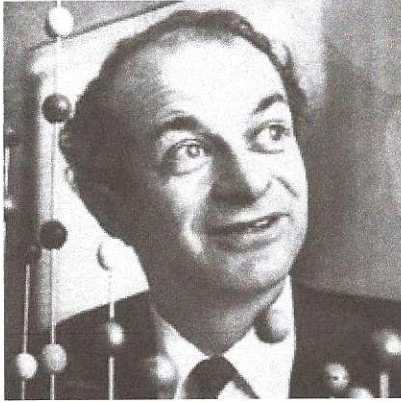


Roger Williams, PhD, (1893—1988). One of the most eminent nutritional biochemists of his time, Williams discovered the B-vitamin pantothenic acid. He founded and directed the Clayton Foundation Biochemical Institute at the University of Texas, Austin, where more vitamins and vitamin-like nutrients have been discovered than at any other laboratory in the world.

Williams’ greatest accomplishment, however, may have been his concept of biochemical individuality, which also became the title of a book he published in 1956. He originally developed the concept based on the strikingly different nutritional requirements of sibling lab animals, then extended his findings to people. In essence, biochemical individuality means this: We all share the same need for essential vitamins, minerals, and other nutrients. But our genetics, anatomy, and biochemistry shape our individual requirements for these nutrients. Some

people, for instance, may require large amounts of certain nutrients to maintain good health, while others may require very little.

Williams had the remarkable ability to explain complex biochemical concepts in terms that the average person could understand. His books, such as *Biochemical Individuality and Nutrition Against Disease*, still provide tremendous insight into the workings of the body and the importance of nutrition in health.



Linus Pauling, PhD, (1901—1994). Twice a Nobel Prize laureate, Pauling was regarded as one of the foremost modern scientists, second only to Albert Einstein, for his work in biochemistry and molecular biology. In 1965, after he had retired, Pauling became interested in the health benefits of large amounts of vitamins. At the time, conventional physicians dismissed Pauling's claims for vitamin C and accused him of stepping outside his field of specialty and into medicine. But as it turned out, Pauling was right and the doctors were wrong.

In a 1968 article published in the *journal Science*, Pauling coined the phrase "orthomolecular" medicine to describe the goals of nutritional therapy and supplements. He explained that orthomolecular meant to straighten out the molecules of the body, using substances that are normally present, such as vitamins. As a chemist, Pauling clearly understood that suboptimal amounts of vitamins slowed important biochemical reactions in the body. Large amounts of vitamin C, which he recommended for both the common cold and cancer, enhanced these biochemical reactions. Although Pauling's recommendations for vitamin C are still considered controversial, considerable research does support its use.

When I met Pauling in 1990, he pulled three test tubes from his pocket. "These are just to prove that I'm still an old-fashioned chemist," he said. But the test tubes proved another point also. The first was empty. "This is the amount of vitamin C people produce," Pauling said. The second tube has a pinch of vitamin C in it. "This is the Recommended Daily Allowance for vitamin C—60 milligrams," he pointed out. The third test tube contained a lot of vitamin C. "Thirteen grams. That's what a goat produces in a day." And that's what Pauling thought would be good for most people.



Abram Hoffer, MD, PhD, (1917—2009). Educated as a chemist and expert in the

B-complex vitamins, Hoffer also trained to be a physician. He quickly found himself heading the mental health programs for the Canadian province of Saskatchewan. It was pure serendipity when he began collaborating with Humphrey Osmond, MD, who had recently relocated to Saskatchewan from England. Freud might have been all the rage in psychiatry, but Hoffer and Osmond took a biochemical approach, theorizing that a by-product of adrenaline caused delusions and hallucinations in the mentally ill—and that a combination of vitamins B3 and C might break down the problematic chemical.

Hoffer and Osmond conducted the first double-blind study in psychiatry, reporting that the vitamin combination (3,000 mg of each daily) led to recoveries among people with recent-onset schizophrenia. That study was published in the prestigious *Bulletin of the Menninger Clinic*. A year later, Hoffer and his colleagues showed that the niacin form of vitamin B3 could lower cholesterol levels, and the vitamin is still widely used for that purpose.

In the 1980s, Hoffer became interested in the nutritional treatment of cancer, and he began treating cancer patients with large doses of vitamins, achieving impressive long-term survivals in patients. He was also a prolific author, and one of his best books is *Hoffer's Laws of Natural Medicine*.



Evan Shute, MD, (1905—1979), and **Wilfrid Shute, MD**, (1907—1982). In the

1940s, Evan Shute began using vitamin E to successfully treat coronary artery disease—work that was lauded in the June 10, 1945 issue of *Time* magazine—and his brother Wilfrid soon joined him. But controversy followed the clinical use of vitamin E, and the Shutes' work was often dismissed by conventional doctors.

The Shutes' use of vitamin E remains controversial today, although considerable medical evidence has confirmed the vitamin's benefits. When I met Evan Shute in 1975, he felt that his legacy would be related to the topical use of vitamin E to promote healing and reduce scar formation in burn victims.

And Don't Forget ...

In addition to the pioneers featured above, there are many, many others who deserve recognition for their groundbreaking work in the field of natural health, including:

[ALBERT SZENT-GYÖRGI, MD, PHD](#), who suggested that people focus on optimal nutrition (not just treating deficiency diseases) in 1939;

[FREDERICK KLENNER, MD](#), who began using high-dose vitamin C in the 1940s to treat infectious diseases such as polio;

[LENDON SMITH, MD](#), whose warm sense of humor as the first "television doctor" helped popularize natural foods and supplements;

[HUGH D. RIORDAN, MD](#), who measured blood levels of nutrients in his patients to fine tune nutritional therapies, including using intravenous vitamin C to help treat cancer.

The Perfect Balance

By Vera Tweed

[Natural ways to prevent and treat insulin resistance and keep your blood sugar under control](#)

Blood sugar imbalance is today's biggest hidden health hazard. It affects nearly one in three Americans, yet three-quarters of those with the condition aren't even aware of it. Such an imbalance, however, is a precursor to a host of ills.

Blood Sugar Basics

Levels of blood sugar, also called blood glucose, signal whether the body is performing the basic functions in an optimum way. Once the process goes awry, health begins to suffer. Routine tests check for elevated fasting blood sugar to determine risk for or presence of diabetes. However, elevated blood sugar isn't the first sign of an imbalance.

NORMAL FUNCTION: When we eat, our bodies convert carbohydrates into blood glucose, causing levels to rise. In response, the pancreas produces insulin, which delivers glucose to cells where it's used as fuel. So there are normal fluctuations in blood sugar—it rises after meals and dips as the fuel is absorbed by cells—but these shouldn't be extreme.

INSULIN RESISTANCE: Too much sugar, lack of exercise, and excess body fat lead to insulin resistance—where the cells are unable to absorb glucose as they should. To compensate, the pancreas pumps out extra insulin, so blood sugar levels appear normal for a while. Classic symptoms include stubborn belly fat and uncomfortable PMS or menopause-related symptoms in women. As insulin resistance continues unabated, the extra insulin production can no longer force cells to absorb fuel, and blood sugar levels become elevated. It's at this point that standard blood sugar tests detect a problem.

Restoring Balance

Limiting excess sugar in your diet is the first step to restoring healthy blood sugar balance, according to research from the University of California, San Francisco, published in the journal *Nature*. Eating smaller portions, with lean protein, non-starchy vegetables, and whole grains at each meal helps to keep blood sugar stable and prevent disruption.

Exercise is also important. Studies show that a combination of aerobic exercise and weight training improves insulin sensitivity and blood-sugar balance. If you're overweight, simply losing 5—7 percent of your total weight reduces your risk for diabetes by about 60 percent.

Daily supplements of B-complex vitamins, best taken in a multivitamin, and 1—3 grams of fish oil can also help support a healthy metabolism. And the following herbs and nutrients can also help maintain or restore optimum blood sugar balance.

ALPHA LIPOIC ACID. Diabetic neuropathy—damage to nerves that causes pain and numbness—is common with diabetes. By improving blood sugar balance, alpha lipoic acid helps relieve the condition, according to research published in *Diabetes Care*.

BITTER MELON. Bitter melon improves insulin sensitivity and enhances the body's ability to utilize carbohydrates. In a study published in *Phytomedicine*, it was as effective as Avandia in treating diabetes, without the side effects.

CHROMIUM. According to a research review published in *Diabetes Care*, chromium supports optimum metabolism of carbohydrates and improves blood sugar function in people with diabetes.

CINNAMON. Cinnamon has been found to improve blood sugar levels in diabetics and those at risk for the disease. In research published in *Diabetic Medicine: A Journal of the British Diabetic Association*, it reduced blood pressure and blood sugar.

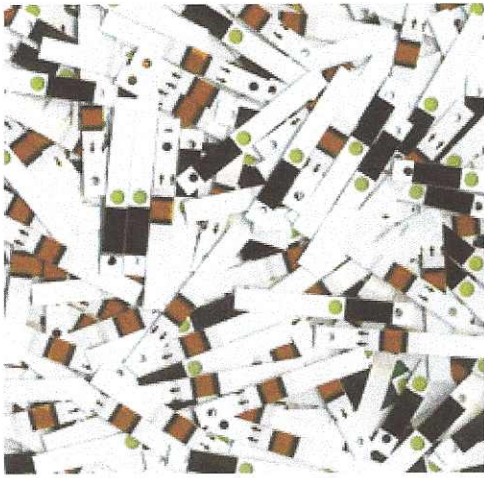
FENUGREEK. In a study published in *The Journal of the Association of Physicians of India*, fenugreek improved insulin sensitivity and lowered levels of insulin and triglycerides, another blood fat that's harmful when elevated.

GYMNEMA SYLVESTRE. This Ayurvedic treatment helps by increasing insulin production, according to a British study published in *Phytotherapy Research*.

MAGNESIUM. Low levels of magnesium predispose people to insulin resistance, but supplements can help, according to research published in *Diabetes, Obesity and Metabolism*. The benefit has been shown in both healthy people and those at risk for or suffering from type 2 diabetes.

PGX. A patented type of fiber, PGX helps stabilize blood sugar and enhance weight loss. According to a study in the *European Journal of Clinical Nutrition*, it slows the conversion of carbs into blood sugar.

PHASE 2. A patented extract from white beans, Phase 2 blocks the absorption of starch. Numerous studies show that this helps balance blood sugar levels and promotes weight loss. One study, published in *The Open Nutraceuticals Journal*, found that 1,500 mg of Phase 2 reduced starch absorption by 66 percent.



RESVERATROL. A recent study found that resveratrol improves insulin sensitivity and keeps blood sugar levels more stable. Effective dosages range from 1—2 grams daily, according to researchers at Albert Einstein College of Medicine, New York.

SALACIA. Salacia inhibits enzymes that break down some types of sugar, resulting in the sugar being excreted as waste instead of being absorbed into the bloodstream. In studies, it has decreased insulin and blood glucose levels by up to 29 and 23 percent, respectively.

VITAMIN D. A research review, published in the European Journal of Clinical Nutrition, found that people with the highest levels of vitamin D had 43 percent less risk for diabetes as compared to people with the lowest levels of vitamin D.

Has your blood sugar gone awry?

If you answer "yes" to one or more of these questions, your blood sugar may be out of balance. Changing these habits can help you restore and maintain balance

	Yes	No
For breakfast, do you usually eat a bun, donut, or toaster pastry?	<input type="checkbox"/>	<input type="checkbox"/>
Do starchy vegetables and/or grains (even whole grains) make up more than one-third of your typical meal?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink at least one soda or other drink with added sugar each day?	<input type="checkbox"/>	<input type="checkbox"/>
Do you habitually eat candy or candy bars between meals?	<input type="checkbox"/>	<input type="checkbox"/>
Are you overweight?	<input type="checkbox"/>	<input type="checkbox"/>
If you are a woman, is your waist 35 inches or more?	<input type="checkbox"/>	<input type="checkbox"/>
If you are a man, is your waist 40 inches or more?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get less than 30 minutes of moderate exercise, such as walking, on most days of the week?	<input type="checkbox"/>	<input type="checkbox"/>



Eat Smart

ABOUT THE COLUMNIST:

Neil Zevnik is a private chef based in Los Angeles who is devoted to the proposition that “healthy” doesn’t have to mean “ho-hum”. His client list includes the famous and the not-so, among them Elizabeth Taylor, Pierce Brosnan, and the owners of the L.A. Dodgers. He has appeared on numerous TV shows, has been profiled in People magazine and the Los Angeles Times. On weekends, he takes great pleasure in being a marine mammal rescue volunteer. His passionate (some would say obsessive) hobby is collecting vintage costume jewelry, and he has possibly one of the largest and most wide-ranging collections in the country. He resides in Burbank, where he tends to an extensive organic garden and hangs out with his faithful pound-pup Jane. Visit him online at huffingtonpost.com/neil-zevnik.

Melon Marvel

[Just 1 cup of cantaloupe provides a full serving of vitamin A and close to a serving of vitamin C. Enjoy this sweet summer fruit with our recipes for Cantaloupe & Watermelon Salad and Cantaloupe Salsa](#)

You know that ubiquitous greenish-orange melon that we’ve been calling a cantaloupe all these years? Turns out it’s actually a muskmelon. But no matter what you call it, it’s a true summertime favorite. A Middle Eastern proverb puts it best: “He who fills his stomach with melons is like he who fills it with light--there is a blessing in them.” Blessings are indeed to be had in abundance from this delightful fruit that goes right to the head of the class. The website The World’s Healthiest Foods (whfoods.org) gives what we call cantaloupes an A+, due largely to the staggering amounts of vitamins A and C they contain. Just 1 cup of the sweet orange flesh offers more than 100 percent of the Daily Value for vitamin A and just under 100 percent for vitamin C--with only 56 calories.

Vitamin A has been proven to be especially important for eye health, contributing to a reduced risk of cataracts and age-related macular degeneration. And a study at Kansas State University found that vitamin A can help to offset the deleterious effects of second-hand smoke and to ward off emphysema.

Vitamin C, of course, is a powerful antioxidant. And when you combine it with the beta-carotene that naturally contributes to the cantaloupe’s vibrant orange color, you’ve pretty much covered many of your bases for reducing the risks of cancer and heart disease. An assortment of B-vitamins and minerals rounds out the cantaloupe’s nutritional profile, making it a premier choice for your daily fruit allotment.

Did You Know?

- Cantaloupe is a member of the same family as cucumber, squash, pumpkin, and gourd.
- The melon's peak season is June through August.
- 1 cup of cantaloupe has just 56 calories.
- Cantaloupe is named after Cantalup, the Italian village where the melon was first cultivated.

Pick the Perfect Melon

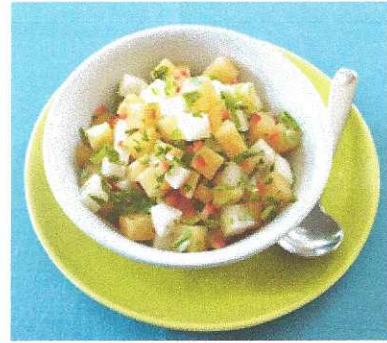
Studies have shown that the riper the fruit, the higher the vitamin and mineral content--so be sure to choose the ripest melons you can find. They should be smooth and blemish-free, with no soggy spots. The underlying color should tend more to orange than to green; and the stem end should be smooth and slightly concave, with no pieces of stem still attached. When raised to your nose, the melon should give off a slightly sweet fragrance--an overpowering or cloying sweetness may indicate over-ripeness and interior decay.

If possible, store whole melons in the crisper drawer of the fridge, as its mixture of higher moisture level and colder temperature is optimal for cantaloupes. Then just add a little bit of this nutrient powerhouse to any meal--cut it up on your cereal, purée it in a smoothie, mix it into yogurt, or try one of our delicious recipes.

Cantaloupe Salsa Makes 1 1/2 Cups

Top a nice piece of grilled fish with this zesty salsa.

- 1 cup diced cantaloupe
- 1/3 cup diced jicama
- 2 Tbs. thinly sliced scallions
- 1 Tbs. minced red bell pepper
- 1 tsp. minced fresh Serrano chile (optional)
- 1 Tbs. chopped cilantro
- 2 tsp. fresh lemon juice
- 1/2 tsp. sugar



1. Combine all ingredients. Let stand at room temperature about 1 hour before serving to allow flavors to combine.

PER 1/4-CUP SERVING: 15 cal; <1g pro; <1g total fat (<1g sat fat); 4g carb; 0mg chol; 5mg sod; 1g fiber; 3g sugars

Cantaloupe & Watermelon Salad with Mint

Serves 6 A cool and refreshing side salad for a hot summer's day.

- 2 cups cubed cantaloupe
- 2 cups cubed watermelon
- 2 Tbs. chopped fresh mint leaves
- 3 oz. crumbled French feta cheese
- 2 Tbs. fresh lime juice
- 1 Tbs. safflower oil
- 1 tsp. walnut oil
- 1 tsp. honey



1. Toss cantaloupe, watermelon, and chopped
2. mint in medium bowl. Mound on curved platter, and scatter feta over fruit.
3. Whisk together lime juice, safflower oil, walnut oil, and honey. Drizzle honey mixture over fruit, and serve.

PER SERVING: 109 cal; 3g pro; 7g total fat (2g sat fat); 10g carb; 8mg chol; 158mg sod; 1g fiber; 9g sugars

A Word of Caution

Because cantaloupes grow on vines that allow them to rest on the soil, proper cleaning and handling are important. That webbing on the surface has its downside: Bacteria, including salmonella and E. coli, find it an especially hospitable place. The University of California, Davis, recommends scrubbing melons with a vegetable brush under running water, then blotting dry with a paper towel, to remove any bacteria. Start with a clean cutting board and knife, and rinse the knife repeatedly while cutting. Lastly, if you're not eating it right away, wrap the cut melon tightly and refrigerate immediately.

Blood Sugar Battles

By Jonny Bowden, PhD, CNS

How to prevent, treat, and even cure type 2 diabetes

Type 2 diabetes used to be called “adult-onset” diabetes. But not any more. In fact, it’s no longer uncommon to see it in teenagers, and it’s even been reported in children as young as four. So what happened? And, more to the point, what can we do about it?

What’s the Difference?

Type 1 diabetes and type 2 diabetes are entirely different animals. In both types, there’s a problem with the hormone insulin, but it’s a very different problem. Type 1 diabetes is basically an autoimmune disease where the body attacks and destroys cells in the pancreas that produce insulin (the beta-cells). As a result, type 1 diabetics simply can’t make insulin, or can’t make nearly enough of it.

The widely shared view is that injectable insulin is the only available treatment for type 1 diabetes, since without insulin you would simply die. (Prior to the discovery of insulin in the 1920s, children with type 1 diabetes rarely lived beyond their late teens.) But the dietary and lifestyle modifications I’m going to suggest for type 2 diabetes are also a great idea for type 1 diabetics.

Type 2 diabetics make plenty of insulin—it just doesn’t get the job done. And since type 2 diabetes almost wholly results from poor diet and lifestyle choices, it’s not only preventable, but correctable.

Sugar Struggles

When you eat, your blood sugar rises and the pancreas releases insulin to remove excess sugar from the bloodstream. How much insulin depends on the workload, which depends on the amount of sugar, which depends on what you ate. Simple, right?

Pure carbohydrates—especially those that are high in sugar or convert to sugar quickly—have the most impact on blood sugar. Protein has an effect as well, but not nearly as pronounced, and fat has virtually no effect at all. That’s why diets higher in fat and protein and lower in carbs are terrific for controlling both blood sugar and insulin.

Insulin’s job is to act as a sugar wrangler; it goes into the bloodstream, grabs extra sugar, and escorts it to cells to be burned for energy. Ideally, the cells that need sugar the most are muscle cells, since they’re supposed to do the heavy lifting. But the system doesn’t always work so well.

Modern Problems

For one thing, our bodies weren’t designed for the amount of sugar and processed carbs we consume on a daily basis. And we’re not just talking desserts and candy. Virtually all cereals—except those that are really high in fiber—as well as most pastas, white rice, white bread, crackers, and the like are high-glycemic, meaning they convert to sugar quickly and raise your blood sugar rapidly. This puts a heavy demand on the pancreas.

Unfortunately, our sedentary lifestyles don’t create much demand for sugar as an energy source. So when you eat a carb-laden meal, your blood sugar goes crazy and your pancreas starts pumping out insulin. Insulin floods the bloodstream, grabs up the excess sugar, and starts looking for places to drop it off. The muscle cells certainly don’t need it if the only exercise they’re getting is pushing the clicker on a TV remote. So the sugar has to go somewhere else. And that’s a problem.

Rigid Resistance

The condition whereby muscle cells stop paying attention to insulin is called insulin resistance, and it’s at the heart of diabetes. A good visual test for insulin resistance is to look at your belly. Men with waists over 40 inches and women with waists over 35 inches almost certainly have insulin resistance.

When muscle cells start resisting insulin, it takes its sugar payload to the fat cells. And they're more than happy to welcome it in.

In these early stages, the pancreas may produce enough insulin to prevent blood sugar from rising into the diabetic range, but there's trouble brewing. High levels of insulin essentially lock the doors to fat cells, making weight loss difficult. As you gain weight—an inevitable consequence of insulin resistance—those fat cells begin secreting hormones of their own, which are designed to keep you fat. The result is you become fatter while progressing toward a diagnosis of type 2 diabetes.

Healthy Solutions

The obvious answer is to lower your insulin levels to a normal, healthy range. And the way to do that is by eating foods that don't spike your blood sugar. When blood sugar is normal, there's no need for the pancreas to go into overdrive, and insulin levels will fall almost immediately. In fact, most experts believe that insulin resistance—the hallmark of type 2 diabetes—can be reversed within three days of eating mostly low-glycemic foods that don't produce elevated levels of blood sugar.

Since carbohydrates have the greatest impact on blood sugar, it makes sense that a low-carb diet is the ticket to preventing and treating type 2 diabetes. So an eating plan that's higher in protein and fat and lower in starchy carbs is the way to go.

Such a plan can also be helpful for type 1 diabetics, because it may allow them to lower their insulin dose. And that's a good thing because insulin has many other effects in the body besides lowering blood sugar. For one thing it sends a message to the kidneys to hold onto sodium, which raises blood pressure. And if you're interested in losing weight, high levels of insulin are exactly what you don't want.

An eating plan resembling the Paleolithic diet—foods you could hunt, fish, gather, or pluck—coupled with exercise, which creates demand for sugar in muscle cells thus reducing insulin resistance, is the best plan for controlling blood sugar and insulin. And come to think of it, it's a terrific overall plan for anyone wanting to stay healthy for life.

Balancing Blood Sugar For Weight Loss

Keeping your blood sugar from going too high—and staying up there too long—is the key to controlling insulin. It's also the key to controlling your weight. Not for nothing is insulin known as "the fat storing hormone." When insulin levels are high, it literally locks the doors to the fat cells, making weight loss nearly impossible.

The other advantage of keeping blood sugar from being elevated is that it reduces cravings and hunger. When blood sugar rises quickly, it soon drops precipitously, resulting in cravings and binging—both the enemies of a slim, sexy body. Lowering blood sugar with a paleo-type diet of protein, fat, vegetables, low-sugar fruits, nuts, and slow-burning, low-glycemic starches such as oatmeal is the key to managing weight. In my book, *Unleash Your Thin*, we call this "turning on your fat-burning switch."

How to Choose the Healthiest Salad Greens

by [Jordan Shakeshaft](#)

Headed to a hoppin' salad bar for lunch? Chances are there will be handfuls of fresh greens up for grabs, from romaine and iceberg to [spinach](#) and red leaf lettuce. But when it comes to choosing the healthiest salad base, **which types of lettuce pack the biggest nutritional punch?**

Seeing Green — The Need-to-Know

Sorry sandwich lovers, but a few shreds of lettuce on a bun won't add up to the [USDA's daily](#) recommended intake (2-3 cups for most adults). Instead, a [big, healthy salad](#) is one of the smartest ways to go green. Coming in at under 10 calories per cup, **a big bowl of leaves can be a stellar source of vitamins A, C, K, and folate**, among other [essential nutrients](#).

But not all leafy greens will build a super-nutritious salad. In fact, [America's favorite](#) lettuce, **iceberg, ranks the lowest in nutritional value across the board** ([96 percent](#) water content will do that!). Turbo-charged [spinach](#), on the other hand, boasts nearly twice the recommended daily value of [vitamin K](#), half the recommended value of vitamin A, and ample amounts of calcium and iron. Clearly, Popeye was on to something.

Prefer a crunchier base? A cup of [romaine](#) is a tasty alternative, with a huge dose of vitamin A and a variety of other nutrients. Or, for a mild but textured bed, [red leaf](#) lettuce clocks in at just 4 calories per cup, with nearly half of the daily recommended dose of vitamins A and K. [Arugula](#) (technically a [cruciferous vegetable](#) like broccoli, [kale](#), and cabbage) also packs a healthy dose of nutrients and phytochemicals, which may inhibit the development of certain cancers. And for the non-committal types, [mixed greens](#) (typically a mix of romaine, oak leaf lettuce, arugula, frisée, and radicchio) offer, well, a [mixed bag](#) of nutritional benefits, depending on the batch.

What Should I Sweeten With Instead of Sugar?

by [Kate Morin](#)

Word on the street is that sugar may be killing us... or at least contributing to health risks like obesity and diabetes^[1]. But when it comes to choosing an alternative sweetener, the options can get a little sticky.

Sugar Overload — Why It Matters

Americans consume a ton of sugar. Actually, make that [10,000 tons every year](#) — a rate that's increased steadily over the last decade. And sugar finds its way into everything — sodas, baked goods, and even savory foods like pasta sauce and potato chips. **This increasing consumption has been consistently linked to [health threats like obesity, diabetes, and even sugar dependency](#)** (craving something sweet?)^[2]. But who wants to completely skip out on those occasional sweet treats? While it's probably best to cut down on refined white sugar, alternatives can be a great way to satisfy that sweet tooth without going too far overboard in the calorie and health risk categories. Just keep this in mind: As with many things in life, less is more, and smart sweetener use complements the main course — it doesn't steal the show.

Sweet Somethings — The Answer/Debate

Keep in mind, of course, that the ideal substitute will vary from one situation to the next (I won't be putting maple syrup in [coffee](#) or molasses on my pancakes anytime soon — but to each their own). **Here are a few effective options to consider:**

- **All-Natural Plant-Based Sweeteners:** [Stevia](#) and [agave](#), both derived from South American plants, are getting a lot of buzz these days — and for good reason. Neither of these natural sweeteners spike the body's blood sugar to the degree that white sugar does, so there's much less chance of experiencing drastic mood or energy ups and downs.

- [Stevia](#) is usually sold in powder or liquid drop form and can be up to *300 times* sweeter than sugar. That said, it can also [pack a punch on the grocery bill](#), costing up to 5 times more than its artificial counterparts like Sweet-n'-Low. But lucky for us, liquid stevia can last months, since sweetening a drink, sauce, or salad dressing only requires a few drops each.
- [Agave](#) is a great substitute too — but because it's made up of almost all fructose, only use in moderation ([dangerfood](#) alert!). The upside? Moderation shouldn't be a problem, since agave is sweeter than sugar, so it requires less to reach the same sweetness level. Plus, it's milder in flavor than many other sweeteners (including sugar!). If fructose consumption is a concern, abstaining from agave may be a good idea^[3]. Though the [body can have difficulty processing fructose](#), small amounts (like a teaspoon with coffee or the natural fructose in a piece of fruit) are generally harmless. But consuming large doses of fructose (like in heavily sweetened drinks) may have negative effects on liver function and cause weight-gain, and has also been tied to obesity, diabetes, and kidney and heart diseases^{[4][5]}. **The bottom line? While white sugar has negatives, so do some sugar alternatives, and fructose is one of the worst offenders.**
- **Honey:** A classic, tried-and-true option. While it does have slightly more calories than sugar, its strong flavor means a little goes a long way. **Honey also boasts numerous [health benefits](#), such as antibacterial properties, especially in its raw form.**
- **Brown rice syrup and maple syrup:** For baking, these make great lower-calorie sweeteners. [Brown rice syrup](#), popular in many natural and “health food” brand granolas and snack foods, is made by cooking [brown rice](#) until it turns into syrup. We embrace [maple syrup](#) as the time-tested topping for pancakes and waffles, but using a tablespoon or two to sweeten baked goods has become a popular trend (like this [basic chocolate cake](#) recipe from *101 Cookbooks*, e.g.).
- **Fruit and fruit products:** For those who want to replace table sugar completely, using ripe fruit or fruit products like [apple sauce or jams](#) (just watch out for added sugar!) can add that subtle sweetness to a baked good or plain yogurt snack.
- -----





Forms:

- Adult Brown & Black: 1. Allen Dewoody 2. Patrick Gilbert 3. Jose Guzman 4. Chris Avelar
- Adult Brown: 1. Elmer Whitehead, 2. Darren Bush
- Adult Int. : 1. Carrie Wilkerson, 2. Susan Fischman, 3. Amy Gilman
- Adult Beg.: 1. Julie Rogers, 2. Theunis Oliphant, 3. Tara Bocoock, 4. John Bocoock
- Tai Chi Adv: 1. Susan Fischman, 2. Paul Turk, 3. Steve Alonso
- Tai Chi Beg. : 1. Paul Greenwood, 2. Phil Spruel
- 9-14 Adv.: 1. Julian Rosas, 2. Brandon Roll-Bush
- 9-14 Int.: 1. Andrew Bolton, 2. Brandon Warner, 3. Brandon Sarton
- 9-14 Beg.: 1. Kayla Warner, 2. Reese Bocoock, 3. Carys Bocoock, 3. Emily Leon, 4. Seth Rogers, 4. Gregory Strickland
- 5-8 Adv.: 1. Kevin Papa, 2. Andrik Sanchez, 3. Ayden Sowers, 4. Connor Roll-Bush
- 5-8 Beg.: 1. Julius Herron II, 2. Gala Fuentes, 3. Andrew Medrano

Weapons:

- Adult Black: 1. Allen Dewoody, 2. Jose Guzman, 3. Chris Avelar, 4. Patrick Gilbert
- Adult Brown Belt. : 1. Elmer Whitehead, 2. Darren Bush
- Adult Beg.: 1. Julie Rogers, 2. Carrie Wilkerson, 3. Theunis Oliphant
- Junior Weapons : 1. Julian Rosas, 2. Andrik Sanchez, 3. Ayden Sowers, 4. Kevin Papa
- Tai Chi: 1. Paul Turk, 2. Susan Fischman, 3. Steve Alonso

Sparring:

- Adult Brown & Black: 1. Chris Avelar, 2. John Bocoock, 3. Theunis Oliphant, 3. Carrie Wilkerson 4. Darren Bush, 4 Gaelan Gilbert
- 15-17 Beg.: 1. Tara Bocoock, 2. Jose Guzman
- 9-14 Adv.: 1. Julian Rosas, 2. Brandon Roll-Bush
- 9-14 Int.: 1. Brandon Warner, 2. Andrew Bolton, 3. Brandon Sarton
- 9-14 Beg.: 1. Carys Bocoock, 2. Reese Bocoock, 3. Emily Leon, 3. Seth Rogers, 4. Kayla Warner, 4. Gregory Strickland
- 5-8 Int.: 1. Kevin Papa, 2. Ayden Sowers, 3. Andrik Sanchez, 4. Connor Roll-Bush
- 5-8 Beg. : 1. Julius Herron, 2. Gala Fuentes, 3. Andrew Medrano



Age 5-8 years old

- Andrew Medrano – Yellow
- Luis Nunez Jr. – Yellow
- James Gordon – Yellow
- Julius Herron II – Yellow Stripe
- Nick Limones – Orange
- Justyn Davis – Orange Stripe
- Nazir Barahona – Green
- Melanie Campa – Green
- Kevin Papa – Purple
- Caros Bamboa – Purple
- Conner Roll-Bush – Purple
- Mark Limones – Purple Stripe
- Andrik Sanchez – Red
- Ayden Sowers – Red



Age 9-14 years old

- Kaitlyn Koch – Yellow
- Carys Bocock – Yellow
- Reese Bocock – Yellow
- Emily Leon – Yellow
- Libeth Nunez – Yellow
- Luis Limones – Yellow Stripe
- Lasha Lewis – Yellow Stripe
- Seth Roger – Yellow Stripe
- Gala Fuentes – Yellow Stripe
- Traviona Jones – Yellow Stripe
- Gregory Strickland – Yellow/Stripe
- Brandon Sarton – Orange
- Cydni Henderson – Orange
- Andrew Bolton – Orange Stripe
- Liliana Campa – Green
- Valerie Campa – Green
- Brandon Roll-Bush – Purple



Age 15-80 years old

- Tara Bocock – Yellow
- John Bocock – Yellow
- Luis Nunez – Yellow
- Julius Herron Sr. – Yellow Stripe
- Juanita Everett – Yellow Stripe
- Michelle Henderson – Orange
- Susan Fischman – Orange Stripe
- Julia Rogers – Orange Stripe
- Theunis Oliphant – Orange Stripe
- Amy Gilman – Green
- Elizabeth Lehmann – Blue
- Adela Limones – Blue
- David Wilkerson – Blue Stripe
- Nigel Singh – Blue Stripe
- Carrie Wilkerson – Red



Tai Chi rank test result - 06/23/12

Virginia Gorman – Yellow
Robert Kerr – Yellow
Megan Payne – Yellow
Julia Kerr – Yellow
Paul Greenwood – Orange
Bonnie Westcott – Orange
Mariana Hevedia – Green
Margaret Swavely – Purple
Adela Limones – Purple
Susan Fischman – Brown





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