

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)

November 2013 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 12-05-2013, Thursday, 6-8:30 pm
5-8 yrs: 12-07-2013, Saturday, 1:30-3:30 pm
15 yrs +: 12-07-2013, Saturday, 3:30-5:30 pm
Must register on or before 12-3-2013.
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."



Inner-school tournament on 11/2/13.



Inner-school tournament on 11/2/13.

Black Belt club & Accelerated program rank test:

Date: 11-16-2013 (Saturday)
Time: 2 - 4:30 pm

No class on

11/28/13 (Thur.)-Thanksgiving day
12/25/13 (Wed.)-Christmas day
1/1/14 (Wed.)- New Year day

The 4th Annual "Lone Star"
Chinese Martial Arts
Championship:
Date: January 24 - 26, 2014
Marriott Westchase
Houston, TX



Grandmaster Eric Lee workshop picture on 11/9/13.

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
 September 29, 2012 - \$185.00
 December 15, 2012 - \$125.00
 May 4, 2013 - \$90.00
 August 10, 2013 - \$105.00
 November 2, 2013 - \$85.00
Total - \$2388.98 - \$300 - \$300 = \$1788.98

\$300 scholarship to Ms. Megan Payne on 06-04-12
\$300 scholarship to Mr. Wilfred Hung on 06-24-13

Current student at Wang's Martial Arts who is taking 12 or more college credit hours at semester final report card:
 All A's - \$300.00
 A & B's - \$200.00
 All B's - \$100.00

 Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:
 All A's - \$500.00
 A & B's - \$300.00
 All B's - \$200.00

Tai Chi Rank Test

Date: 1-18-2014 (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

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

Report card point:

Libeth Nunez -	9.75
Madeline Briles -	9.75
Valerie Campa -	6.75
Luis Nunez -	6.00
Kayla Warner -	6.00
Diego Ramirez -	5.25
Ayden Sowers -	5.25
Diego Ramirez -	5.25
Wilfred Hung -	4.50
Wilfred Hung -	4.50
Deanna Farris -	4.50
Brandon Warner -	4.50
Andrik Sanchez -	3.00
Brandon Roll-Bush -	3.00
Sean Paul -	2.50
Conner Roll-Bush -	2.25
Laghan Burrell -	2.25
Jarrett Almond -	2.25
Kevin Papa	2.25
Joseph Hellsten -	2.25
Deztaniz Hellsten -	2.25
Jason Patrick	2.25
Melanie Campa -	2.25
Jose Guzman -	1.50
Kaeden Sims -	1.50
Julian Rosas -	1.50
Nick Limones -	1.50
Luis Limones -	0.75
Mark Limones -	0.75
Liliana Campa -	0.75

Be sure turn in a copy of your report card as you receive it. For point 2013, every one must turn in before 12-31-2013.

New Student:

Mara Contreras
 Adrian Sermeno
 Maya Sermeno

Welcome!

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 11-22-13 (Friday)
 Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 12/20/2013 (Friday)
 Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old
 Date: 11/14/2013 (Thursday)
 Time: 8:00 – 9:00 pm

Age 15 – 98 years old
 Date: 11/07/2013 (Thursday)
 11/14/2013 (Thursday)
 11/21/2013 (Thursday)

Time: 8:00 – 9:00 pm

Tournament Point:

Jose Guzman -	72
Kelvin Papa -	57
Madeline Briles -	36
Jaquin Ajucum -	24
Sean Paul -	24
Michael Billingslea	21
Diego Ramirez -	21
Joseph Alonso -	18
Brandon Sarton -	15

Be sure turn in your tournament point. For point 2013, every one must turn in before 12-31-2013.

November Birthday

Terry Robertson	11/29
Darren Bush	11/20
James Wilkins	11/30
Juanita Everett	11/07
Christopher Roche	11/07
Madeline Briles	11/04
Emily Leon	11/06
Dan Sullivan	11/07
LaSha Lewis	11/10
Sarah Hernandez	11/13
Betty Stanley	11/16
Ayleen Garcia	11/25
Robert Cale	11/04
Jefferson Ordenez	11/01
Lakshmi Ordenez	11/05
Troy Robinson	11/06
Santiago Guerrero	11/10
Cade Vickery	11/18
Pablo Garzon	11/22
Ed Green	11/16
Shawna Rencher	11/02

Happy Birthday

Red, Brown and Black Belt Class

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

* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking. All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.

2014

12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet

Date: March 8, 2014 (Saturday)

Cost: Ages 3 and under

\$8.00

Time: 4:00 pm (Reception)

Ages 4 - 12

5:00 pm (Dinner)

\$20.00

6:00 pm (New Year program)

Age 13 and up

Place: Humble Civic Center

\$25.00

8233 Will Clayton Pkwy

A table of 12 people

Humble, TX 77338

\$250.00



For more information:

Wang's Martial Arts

92-B Wilson Road

Humble, TX 77338 (281) 548-1638

Registration Form for Chinese New Year Banquet

Name: _____ Date: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Other phone: _____ Age: _____

e-mail: _____

(Every family please bring a pot luck dessert to share.)

Banquet Fees:

A table of 12 people: \$250.00

\$25.00 x Number of 13 years old and up

\$20.00 x Number of 4 – 12 years old

\$8.00 x Number of 3 years old and under

_____ = _____

_____ = _____

_____ = _____

_____ = _____

Total: = _____

\$50 deposit will reserve a table of 12 seats. Balance due on or before 11/30/13.

Your name will be entered for i-pad drawing.

Act fast to get best spot.

Wang's Martial Arts 12th Chinese New Year 2014 Banquet Schedule

March 8, 2014 (Saturday)

Humble Civic Center

8233 Will Clayton Parkway

Humble, TX 77338

MC by Mr. Victor Makris (Makris Law Firm, P.C.)

10:00 am - 11 am, Kung Fu rehearse (Allen DeWoody, James Moricca)

11:00 am - 12 noon, Tai Chi rehearse (Rusty Haws, Susan Fischman)

12 noon - 1:00 pm, Chinese fashion show rehearse (Shawna Rencher, Marvin Henderson)

1:00 pm - Special lunch for all Black Belts, volunteers and assignment meeting. (Nigel Singh)

4:00 pm

1. Reception

Slide & video presentation. (James Dyess, Jose Guzman)

5:00 pm

2. Dinner (Joseph Alonso's Family in charge)

5:45 pm

3. Fashion Show (by Wang's Martial Arts students & Family)

Pass out red envelopes (Shawna Rencher, Marvin Henderson)

6:00 pm

4. Welcome to the 12th Annual Chinese New Year and Award Banquet (Victor Makris)

A Tribute and Celebration of the Life and Achievements of Grandmaster Victor Cheng.

6:15 pm

5. Lion Dance by Lee's Golden Dragon.

6. Kung Fu & Tai Chi demonstration by Wang's Martial Arts students.

(Kung Fu Introduce by Allen DeWoody, James Moricca, Tai Chi by Rusty Haws, Susan Fischman)

7:00 pm - Guest Speaker - Bill "Superfoot" Wallace.

7:15 pm

7. Kicking contest. (David Barnes, Padraic Gilbert)

7:30 pm

8. Tournament Points (Marvin Henderson)

9. Report Card Points (Daniel Thibodeaux)

7:45 pm

10. Entertainment Program - Guitar by Victor Makris and Russell Martino

- Dance program by X-Treme Dance school

8:00 pm - World Peace Martial Arts - Hall of Fame.

11. Introduce Black Belts (Rafael Gonzales, Ed Green)

8:45 pm

12. Prize Drawing (must present to win). (Darren Bush, Chris Castillo)

9:00 pm

Conclude Banquet.

www.WangsMartialArts.com

* Tentative schedule, subject to change. See program book on the day of event.

Wang's Martial Arts New Year Banquet Workshop

Date: March 9, 2014 (Sunday)

Place: 92 Wilson Road Suite B Humble, TX 77338

(281) 548-1638, (281) 682-3387

<u>Time</u>	<u>Event</u>	<u>Normal Fee</u>	<u>Banquet attendee</u>	<u>The Person who organized banquet table by 12/31/13</u>
9 am - 12 noon	Black Belt class Kung Fu, Tai Chi Black Belt only			
12 noon - 1 pm	Lunch break			
1 pm - 2 pm	Woman's self defense Instructor by Shawna Rencher (Limited to 60 people, ladys only)	\$20.00	\$10.00	Free
2 pm - 3 pm	Escrima stick class Instructor by Tye Botting (Limited to 60 people)	\$20.00	\$10.00	Free
3 pm - 4 pm	Take down & ground self defense Instructor by Rafael Gonzales (Limited to 60 people)	\$20.00	\$10.00	Free
4 pm - 6 pm	Bill "Superfoot" Wallace Kicking & sparring technique (Limited to 60 people)	\$40.00	\$20.00	\$20.00

Space is limited. First come, first serve.

Registration Form

Name: _____ Date: _____

Address: _____

City: _____ State _____ Zip: _____

Home phone: _____, Cell phone: _____, Work phone: _____

e-mail: _____

_____, _____, _____, _____, _____
(9 am - 12 noon), (1 pm - 2 pm), (2 pm - 3 pm), (3 pm - 4 pm), (4 pm - 6 pm)
Black Belt class, Woman's defense, Escrima stick, Take down, "Superfoot"

Total amount paid: \$ _____

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Nunchaku

Date: December 20, 2013 (Friday)

Time : 8:00 - 9:00 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 : \$19.00

\$9.50 for review class

Free for Black Belt, BB Club

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

Amount Paid _____ .



Kung Fu or Tai Chi

One Month Special- \$129.00

Free uniform (\$49.95) & registration (\$30.00)

Saving of \$79.95

(Good till 12-31-2013.)

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<u>KUNG-FU</u>			
Adults	(Age 15-98)	Tue. Sat.	11:00 - 12:00 Noon
		Mon./Tue./Thur./Fri.	7:00 - 8:00 PM
		Mon./Wed.	8:00 - 9:00 PM
		Tues./Thur.	4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur.	5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Tue./Thur.	7:00 - 8:00 PM
		Saturday	10:00 - 11:00 AM
Family class	(Age 5-98)	Tue./Thur.	5:00 - 6:00 PM
		Tue./Thur.	7:00 - 8:00 PM
		Mon./Tue./Wed./Thur./Fri.	6:00 - 7:00 PM
		Saturday	10:00 - 11:00 AM
<u>T'AI CHI CHUAN</u>			
All ages		Tue. Sat.	12:00 Noon- 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM
		Tue./Thur.	8:00 - 9:00 PM

Name: _____ is guest of _____ .

(Name of current student)

Each guest signed up, you will receive one FREE Chinese New Year Award Banquet ticket (value \$25) for March 8, 2014 (Saturday).

Kung Fu Brown and Black Belt Rank Test Results - 10/19/13

Age 15 - 98 years old

Theunis Oliphant - Brown
Daniel Thibodeaux-Black (2nd)
David Barnes - Black (5th)

Age 9 - 14 years old

Kevin Papa - Brown
Valerie Campa - Brown/stripe

Congratulations!



Inner-school tournament result - 11/02/13

Kung Fu FORM

Ages 5-8

Int. - 1st. Madeline Briles, 2nd Joseph Alonso
Adv. - 1st. Conner Roll-Bush, 2nd Carlos Gamboa

Ages 9-14

Int. - 1st. Jerod Rosenbarker , 2nd. Luis Nunez, 3rd. Gregory Strickland.
Adv. - 1st. Julian Rosas, 2nd. Jaquin Ajucum 3rd. Brandon Roll-Bush, 3rd. Kevin Papa

Ages 15-80

Beg. - 1st. Chantel Moody, 2nd. Francisco Espinoza-Rocha, 3rd. Adrian Zaldivar
Adv. - 1st. Darren Bush, 2nd Susan Fischman

Kung Fu WEAPON

Ages 5 - 8

Int. - 1st. Madline Briles, 2nd. Joseph Alonso, 3rd. Conner Roll-Bush

Ages 9-14

Int. - 1st. Jerod Rosenbaker, 2nd. Gregory Strickland, 3rd. Luis Nunez

Adv. - 1st. Julian Rosas, 2nd. Jaquin Ajucum, 3rd. Brandon Roll-Bush, 3rd. Kevin Papa

Ages 15-80

Beg. - 1st. Chantel Moody

Adv. - 1st. Darren Bush, 2nd. Susan Fischman

Tai Chi FORM -

Adv. 1st. Susan Fishman, 2nd. Steve Alonso

Tai Chi WEAPON -

1st. Susan Fishman, 2nd. Steve Alonso

SPARRING

Ages 5-8

Beg. - 1st. Joseph Alonso 2nd. Conner Roll-Bush, 3rd. Carlos Gamboa

Ages 9-14

Int. - 1st. Jarod Rosenbaker, 2nd. Luis Nunez, 3rd. Gregory Strickland

Adv. - 1st. Julian Rosas, 2nd. Brandon Roll-Bush, 3rd. Jaquin Ajucum

Ages 15-80

Beg. - 1st. Francisco Espinoza-Rocha, 2nd. Chantel Moody

Black - 1st. David Barnes 2nd. Darren Bush





On Saturday the November 9, 2013 about 30 students enjoyed a special class with Grandmaster Eric Lee. Some topics were health, success in life and of course, great new Kung Fu and Tai Chi technique's were practiced. Students had the opportunity to ask any questions they had for Grandmaster Lee as well. It was very interesting and informative discussion. Everyone who participated was given personal autographed pictures. Afterwards some students joined Master Wang and Grandmaster Eric Lee for excellent Chinese vegetarian dinner in China town.

Benefit of Activated Charcoal

by [Christina Sarich](#)

June 18th, 2013

Updated 06/18/2013 at 6:58 pm



Eating charcoal sounds about as appetizing as scarfing down some black, charred remains of a Saturday BBQ, but *activated* charcoal is a whole other animal. Activated charcoal is used as a [detox agent to absorb a host of heavy metals](#), chemicals, and pharmaceutical drug remains that flow through your blood stream and cause a hindrance to your best health. Activated charcoal absorbs the toxins from your body and then, since it is not absorbed by the body, the toxins along with the charcoal are expelled, leaving you cleaner and more toxin-free.

The Numerous Benefits of Activated Charcoal

Charcoal is “activated” because it is made to have a very small particle size. This increases its overall surface area and absorptive capacity. Activated charcoal is produced by adding acid and steam to carbonaceous materials such as wood, coal, rye starch, or coconut shells. To understand just how effective this substance is at absorbing toxins, one [standard 50-gram dose](#) of activated charcoal has the surface area of 10 football fields. It also encourages bowel movements, so it can help to rid the body of toxins rather quickly.

Hippocrates, the Greek physician considered the father of natural medicine, used activated carbon to cure many patients. Activated charcoal (also referred to simply as *carbon*) has been called black magic because of its color and healing abilities. Carbon:

- Has a [negative ionic charge](#) that attracts the positive ionic charges of toxins and poisons causing them to bind to the charcoal. They are then surreptitiously escorted out of the body via the eliminative channel of the intestines.
- Removes heavy metals like lead and aluminum.
- Deodorizes foul smells.
- Removes symptoms of traveler’s diarrhea.
- Reduces ulcers in the stomach.
- Can be used as a toothpaste to whiten teeth and eliminate foul breath since it kills bacteria.
- Reduces gas from eating beans and other gaseous foods.
- Eliminate many micro-organisms and chlorine from drinking or bath water.
- Removes pharmaceutical toxins from the body. This includes aspirin overdose, accidental household toxin ingestion, and heavy metals. It has been used for hundreds of years in cases of [food poisoning](#). Ancient Egyptians used activated carbon as did the Native Americans.

- Removes parasites and bacteria from the body. This includes bugs that cause everything from a stuffy nose to more invasive parasites.
- Removes [fungal toxins](#).

Those with Crohn's disease or irritable bowel syndrome need to prepare their activated charcoal a little differently, or use it externally, as a [poultice](#), instead of mixing it with water and drinking it or taking it in pill form.

Anti-Monsanto protests

by [Elizabeth Renter](#)

November 9th, 2013

Updated 11/09/2013 at 11:32 am

A new report reveals how Monsanto's [pesticides are causing](#) birth defects and cancer in Argentina. What's more, anti-Monsanto protests have sparked near farming communities due to massive pesticide-induced illness.

"Children were being born with deformities," [says Sofia Gatica](#), a mother in the community whose own children became ill. "Little babies were being born with six fingers, without a jawbone, missing a skull bone, with kidney deformities, without an anus – and a lot of mothers and fathers were developing cancer."

What this community and others with similar symptoms have in common is that they are all near large fields sprayed with glyphosate by planes overhead. Glyphosate is Monsanto's herbicide, one that's been [proven to cause birth defects](#) and numerous poor health outcomes. [Studies from Argentina](#), as well as numerous other countries including the U.S., came to these conclusions.

In Sofia's community, the mothers joined forces, calling themselves the Mothers of Itzaingo. They took a survey, gathered from members of their community, and presented it to their government demanding an investigation. The government agreed.

The concerns of the Mothers of Itzaingo aren't unique to that community—these same concerns are spreading across Argentina, where **cancer rates in such farming locations are sometimes two to four times higher than the national average**. In one village, Chaco, birth defects reportedly quadrupled in the decade following the introduction of biotechnology including [glyphosate](#).

This growing opposition to Monsanto and its methods has not gone unnoticed by the company or those who support it. Farmers who align with the GMO-giant are openly critical of the protests. Gatica says one farmer came to her home and threatened her with a shotgun. But she and her partners do not plan on relenting.

Last year, a soy farmer in Argentina was found guilty of spraying herbicides near residential areas, marking a victory for community health and acknowledgement by the courts that these chemicals could have seriously profound effects. But they still have a long way to go.

Gatica says they want the government to control the activities of soy farmers more closely. She wants all GM-soy and related chemicals (including glyphosate) banned and wants the companies who provide them to get out of Argentina. Because the companies and soy farmers have no intention of leaving and because the Argentinian government sees soy as necessary for food security, the fight is definitely just heating up.

Ginger Roots

by [Christina Sarich](#)

October 27th, 2013

Updated 10/27/2013 at 10:42 am



Thanks to research from the University of Michigan and nearly [three centuries of medicinal use](#), we can now utilize ginger root to not only kill ovarian cancer cells, but also prostate cancer cells with zero toxicity.

Truly [among the great medicines of the world](#), ginger has long been used to treat inflammation and nausea, but the results presented in a session at the [American Association for Cancer Research](#) show that in every single instance where ginger powder was used to treat cancer cells, they *all died* as a result of being exposed to the compound. In medical lingo this is called apoptosis (cancer cell suicide.) When ginger is present, the cells even attack one another, called autophagy.

While ginger has been deemed a great natural remedy for those who are undergoing chemotherapy, it can also be used in larger quantities to treat cancer of its own accord.

Another study showing ginger's ability to fight ovarian cancer concludes with:

“Ginger inhibits growth and modulates secretion of angiogenic factors in ovarian cancer cells. The use of dietary agents such as ginger may have potential in the treatment and prevention of ovarian cancer.”

Ginger has also been proven to treat prostate cancer. The *British Journal of Nutrition* published the [results](#) of an American study recently in which ginger extract (*zingiber officinale*) killed human prostate cancer cells while healthy prostate cells were left alone. Whole ginger extract was revealed to **shrink prostate tumor size by a whopping 56%**

Further adding to the [benefits of ginger](#), the spice has no toxicity when consumed even in high doses, and does not cause people to endure the very uncomfortable side effects of chemo and radiation treatments. The [American Cancer Society](#) admits that more than 15% of men will be diagnosed with prostate cancer, and more than 20,000 American women will be diagnosed with ovarian cancer this year. Many of these cases can be helped with ginger root.

While Big Pharma would have these men and women endure very invasive treatments, some simple ginger root powder can cause their cancer cells to commit a certain death.

Natural Immunity - 8 + Natural Antibiotics

by [Christina Sarich](#)

November 11th, 2013

Updated 11/11/2013 at 3:22 am



The overuse of antibiotics has become a [modern-day epidemic](#). These drugs have depleted our natural immunity by killing the good bacteria in our guts and also creating super-bugs that have become resistant to almost any form of prescribed drug around. **Instead of making yourself weaker, and depleting your body's [natural ability](#) to cure itself from any number of ailments, try utilizing natural foods and herbs to ditch the Big Pharma meds for good.**

Here are 8+ foods which harness natural antibiotic properties.

- 1. Astragalus** – An adaptogen, meaning it is an overall tonic for the body, astragalus has been used for thousands of years in Chinese medicinal practices to boost the immune system and counteract physical, mental, and emotional stress. [Research has shown that](#) it can be very effective at treating colds, protecting the liver, and keeping viruses at bay.
- 2. Onions** – This great tasting food is both antibacterial and antiseptic. If a person were to suck on a raw onion, it is thought that the healing components of the food could suck the disease right out of them. You can even place some cut up onions in your kitchen to protect against unwanted bacteria to keep your whole house healthy. When mixed with lime juice and a few other natural constituents, onions were even shown to eradicate [antibiotic resistant Escherichia coli](#). Check out some other [health benefits of onions](#) here.
- 3. Cabbage** – One of the cruciferous vegetables, cabbage has [anti-microbial properties](#) which can kill all kinds of diseases naturally. The antibiotic properties of cabbage are increased once it has been fermented as well. So eat your sauerkraut, or better yet, make your [own](#).
- 4. Honey** – Although honey has always been used to fight off infection, scientists have just [recently identified](#) one secret ingredient in honey that makes it a natural antibiotic because it kills unwanted bacteria. It's a protein called defensin-1 which bees add to honey when they make it. It does what it sounds like too – makes your immune system a full defense against disease.
- 5. Fermented Vegetables** – Reseeding your gut with good microbes, which can be found in just about all fermented vegetables, can keep your immune system on full-tilt. If you haven't already heard, your gut health accounts for about [80% of your overall immunity](#) to disease, so putting the good bacteria back in is essential.
- 6. Cinnamon** – Sometimes called a 'lethal' natural antibiotic, cinnamon has been used medicinally for ages. Pure, real Ceylon cinnamon can even stop E.Coli in its tracks, a stubborn bacteria that causes many diseases. Experts at [Kansas City State University](#) found that not only does cinnamon act as a natural antibiotic, it is so full of antioxidants that it helps to boost the immune system in numerous ways.

7. Sage – This herb is a wonderful natural solution for upper respiratory system issues. It can also help with stomach ailments, reduce fever naturally, and help with the common cold and flu.

8. Thyme – Both thyme leaf and thyme oil are very effective natural antibiotics. A compound in thyme oil called [thymol](#) is also anti-microbial, anti-fungal and anti-protozoal properties.

There are other [natural antibiotics](#) out there too. They include:

- Rosemary
- Coriander
- Dill, mustard seed
- Anise
- Basil
- Lemon balm
- Wild Indigo
- Echinacea
- Olive leaf
- Turmeric
- Pau D' Arco
- Cayenne pepper
- Colloidal silver
- Grapefruit seed extract
- Garlic
- Ginger
- Oregano oil

With such a large offering from mother nature to treat ailments naturally, with all of their vitamins, minerals and phytonutrients to boot, why would we ever choose pharmaceuticals? These natural remedies also cost pennies per day to either grow or purchase and take as preventative medicine.



down and dirty in the produce section

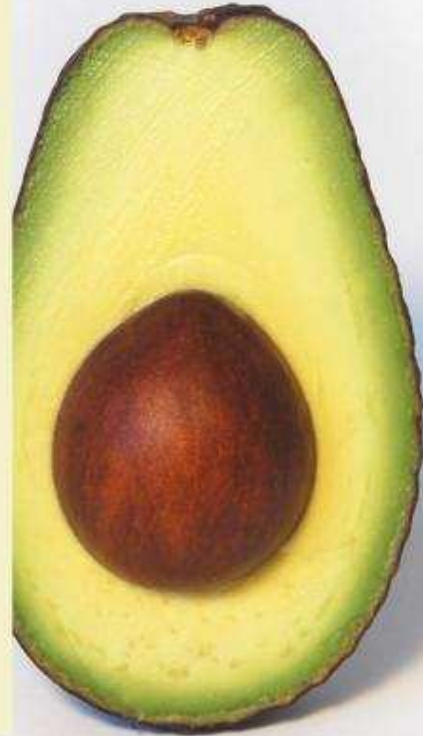
The Environmental Working Group (EWG) analyzed 10 years of data from the USDA and US Dept. of Agriculture for its 2013 Shopper's Guide to Pesticides in Produce.

CLEAN 15

1. Asparagus
2. Avocado
3. Cabbage
4. Cantaloupe (domestic)
5. Sweet corn
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Mushrooms
11. Onions
12. Papayas
13. Pineapple
14. Sweet peas (frozen)
15. Sweet potatoes

DIRTY DOZEN

1. Apples
2. Celery
3. Cherry tomatoes
4. Cucumbers
5. Grapes
6. Hot peppers
7. Nectarines (imported)
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet bell peppers



Sustainable Herbal Medicine

The benefits of organic farming go beyond food.

By: Donna Moxley

Organic herbal supplements are a premier option for health and healing. These herbs were grown without the use of toxic and persistent pesticides and herbicides. This reduces the risk that toxins would be concentrated during processing.

Organic certification requires the use of organic seeds, proscribes extraction methods, and prohibits irradiation.

Additional testing ensures that the final product is free of heavy metals and other contamination. Medicinal herbs are harvested at the peak of the plant's therapeutic potential.

The organic seal also helps ensure the protection of botanical species and increases transparency from seed to shelf.