

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 2014 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 7-24-2014, Thursday, 6-8:30 pm
5-8 yrs: 7-26-2014, Saturday, 1:30-3:30 pm
15 yrs +: 7-26-2014, Saturday, 3:30-5:30 pm
Must register on or before 7-21-2014.
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."

Tai Chi Rank Test

Date: 8-9-2014 (Sat.)
Time: 12 noon – 2:00 pm

Black Belt club & Accelerated program rank test:

Date: 8-23-2014 (Saturday)
Time: 2 - 4:30 pm

No class on July 19, 2014 (Saturday) due to tournament in Dallas, TX.

Basic Bo class - Date: 7/11, 7/18, 7/25 (Friday), Time: 8 - 9 pm,
Cost: \$39.00 / \$19.50 for Review

Nunchaku Class - Date: 9/5/14 (Friday), Time: 7 - 8:30 pm, Cost: \$19.00

Advance Bo Class - Date: 8/8, 8/15, 8/22, 8/29, (Friday), Time: 8 - 9 pm,
Cost: \$ \$59.00 / \$29.50 for Review.

Basic Sabre Class - Date: 9/12, 9/19, 9/26 (Friday), Time: 8 - 9 pm,
Cost: \$39.00 / \$19.50 for Review

Brown and Black rank test

October 14, 2014 (Tue.) 6 – 8 pm
October 16, 2014 (Thur.) 6 – 8 pm
October 18, 2014 (Sat.) 9 am – 3 pm

Rank Test results - 6/21/14.

Dominic Venegas - Yellow
Ruby Abbott - Orange/stripe
Chantel Moody - Purple
Francisco Espinoza-Rocha -
Purple
Dennis Cruz - Red
Roberto Alvarez - Brown



Rank Test picture - June 21, 2014.

There is no class on July 4, 2014 (Friday) due to Independence Day.

To celebrate July 4th, 2014 (Independence Day), Buy American Made.

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

March 29, 2014 - \$90.00

**Total - \$2478.98 - \$300 - \$300 =
\$1878.98**

**\$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

New Student:

Lauren White, Joseph Offord,
Emely Gonzalez, Henberto Garza,
Davon Williams, Jose Guzman,
Anthony Murcia, Martha Nyemb,
Gaston Nyemb, Brandon Figueroa,
Hunter Figueroa, Aiden Setia,
James Davison, Brayana Anaya,
Tristan Ruiz.

Welcome!

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 7-26-14 (Friday)

Time: 10:00 – 11:00 am

Nunchaku Class:

Date: 9/5/2014 (Friday)

Time: 7:00 – 8:30 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old

Date: 7/10/2014 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 7/03/2014 (Thursday)

7/10/2014 (Thursday)

7/17/2014 (Thursday)

7/24/2014 (Thursday)

7/31/2014 (Thursday)

Time: 8:00 – 9:00 pm

July Birthday

Jason Tansey	7/31
Ayden Sowers	7/28
Dougan Caruthers	7/18
Shaun Campbell	7/30
Liliana Campa	7/9
Susan Fischman	7/21
Cyndi Henderson	7/24
Fernando Garcia	7/25
Frank Gamez	7/8
Luke Munson	7/14
Jordan Godfrey	7/15
Clement Le Bon	7/21
Corin Jones	7/25

Happy Birthday

Report card point:

Alfred Kai Marayag	4.50
Libeth Nunez	4.50
Jarrett Almond	3.00
Jameson Ezzell	3.00
Luis Nunez	2.25
Kendell People	2.25
Mark Lmones	1.50
Luis Limones	0.75
Julian Rosas	0.75

Be sure turn in a copy of your report card as
you receive it. For point 2014, every one
must turn in before 12-31-2014.

Red, Brown and Black Belt Class

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

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

Tournament Point:

David Ah-Bel Lara	42
Chantel Moody	21

Be sure turn in your tournament point.
For point 2014, every one must turn in
before 12-31-2014.



* 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.

Family Special

Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month	\$129.00	\$116.00	\$64.50	\$64.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	Free	Free	Free	Free	Free

Effective: June 1, 2014

<u>KUNG-FU class schedule</u>			
Adults	(Age 15-108)	Tue. Sat. Mon./Tue./Thur./Fri. Mon./Wed. Tues./Thur.	11:00 - 12:00 Noon 7:00 - 8:00 PM 8:00 - 9:00 PM 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. Mon./Tue./Wed./Thur./Fri. Tue./Thur. Saturday	5:00 - 6:00 PM 6:00 - 7:00 PM 7:00 - 8:00 PM 10:00 - 11:00 AM
Family class	(Age 5-108)	Tue./Thur. Tue./Thur. Mon./Fri. Mon./Tue./Wed./Thur./Fri. Saturday	5:00 - 6:00 PM 7:00 - 8:00 PM 5:00 - 6:00 PM (Parents in Tai Chi class) 6:00 - 7:00 PM 10:00 - 11:00 AM
<u>TAI CHI CHUAN</u>			
All ages		Tue. Sat. Mon./Wed./Fri. Wed. Tue./Thur.	12:00 Noon- 1:00 PM 5:00 - 6:00 PM 7:00 - 8:00 PM 8:00 - 9:00 PM

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www.WangsMartialArts.com



Kung Fu Brown & Black belt Rank Test Results - 4/12/14

Susan Fischman Brown
Brandon Roll-Bush - Brown
Melanie Campa - Brown
Liliana Campa - Brown
Conner Roll-Bush - Brown
Theunis Oliphant - Brown/stripe
kevin Papa - Brown/stripe
Valerie Campa - Jr. Black

Congratulations!



Top Ten Reasons to Buy American Made

"Buy American!" might sound like nothing more than a slogan advanced by American manufacturers to sell products made in the USA, but the truth is that there are many reasons to consider buying American-made clothing, American-made toys, and other US-manufactured goods. We've listed just a few of the benefits of buying American below:

Top Ten Reasons to Buy USA Made Products:

- 10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.
- 9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.
- 8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.
- 7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.
- 6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.
- 5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.
- 4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.
- 3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.
- 2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.
- 1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

Join Made in USA Forever.com in standing up for America.

By Todd Lipscomb, founder of MadeinUSAForever.com and author of the book "Re-Made in the USA"

Also, please see our Facebook page here: <https://www.facebook.com/MadeInUSAForever>

To celebrate July 4th, 2014,

Independence Day.

Buy American Made.





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Advance Bo



Date: August 08, 2014 (Friday)
August 15, 2014 (Friday)
August 22, 2014 (Friday)
August 29, 2014 (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: Took Basic Bo before.
Adults (15 years old and up) –
Red belt and up.

Jr. students (5–14 years old)- Brown belt and above.

Fee : \$59.00
\$29.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

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



Nunchaku Class

Date: September 5 2014 (Friday)

Time : 7:00 - 8:30 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.

Age 15 to 80 year old - any rank.
Age 9 - 14 years old - Yellow belt above
Age 5 - 8 years old - Green belt above

Need bring your own nunchaku or purchase a foam
nunchaku for \$7.95 - \$14.00

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (Cell): _____

e-mail: _____

Amount paid _____ .

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Phone (281) 548-1638
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Web site www.WangsMartialArts.com

Basic Sabre Class

Date : Sept. 12, 2014 (Fri.)
Sept. 19, 2014 (Fri.)
Sept. 26, 2014 (Fri.)

Time : 8:00 – 9:00 PM

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

Fee : \$39.00 / \$19.50 for Review

Pre-requisite: 15 years old and above, yellow belt +
5 -14 years old, green belt above.



REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

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

INNER SCHOOL TOURNAMENT

Date: 8-2-2014 (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
Entry Fee: \$45.00 up to two events
\$5.00 additional event
\$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 _____

LEGENDS OF KUNGFU

World Martial Arts Championship
世界武林名劍大會武術錦標賽

July 18 - 20, 2014

Hilton DFW Lakes
Executive Conference Center
Dallas - Fort Worth Airport Area, Grapevine, TX



Greetings!

We would like to invite you to the 2014 LEGENDS of Kung Fu World Martial Arts Championship. This will be the 16th annual LEGENDS Main Event and will be in conjunction with the USA Chin Woo Federation's 27th Anniversary!

Come see and be a part of all styles of Kung Fu & Taiji from around the world, experience demonstrations by Masters & Grandmasters and a Lion Dance show. Hosted by the USA Chin Woo Federation and sanctioned by the US Traditional Kung Fu Wushu Federation, we aim to make your visit to Dallas pleasant & memorable, and to present you with another immensely challenging competition that you will enjoy! We hope to see ya'll there!

Jimmy Wong
Tournament Chairman & Chief Organizer
President, USA Chin Woo Federation



Mailing Address for Registration Forms & Inquiries:

Chin Woo Tournament Inc.
1778 N. Plano Rd. Ste. 108
Richardson, TX 75081

Phone: (214) 878-4598
Email: legendsofkungfu@gmail.com



WWW.LEGENDSOFKUNGFU.COM

Healthy Eating Subjects

Date: July 12, 2014
(Saturday)

Time: 1:15 to 2:45 p.m.

Place: Wang's Martial Arts (281) 548-1638

Cost \$10/person or \$20 for whole family.

30 people maximum

1. The food we eat could have poison in it.
2. Disease Prevention: Get Healthy Lifestyle Tips and Ideas.
3. The importance of taking supplements

Sponsored by Wang's Martial Arts.

Speaker by Ms. Eda Tong, ND.

Registration Form.

Name: _____

Number of people: _____

Amount paid: \$ _____

(All proceeds will be donated to the animal shelter & rescue program.)

92 Wilson Road, Humble, TX 77338. (281) 548-1638, (281) 682-3387

Student Science Experiment: Plants Won't Grow near Wi-Fi

Elisabeth Perle

by

March 20th, 2014

Updated 03/20/2014 at 12:32 am

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Over **60 percent** of US households have WiFi, with little thought being given to the effects of the radiation it produces. Most of us never shut off our wireless routers, letting them run 24 hours a day so we can conveniently connect whenever the need arises. But there is some interesting evidence that all this radiation is harming us.

Some **34 studies** have linked WiFi exposure to things like abnormal heart rates, headaches, infertility, oxidative stress, and even increased cancer risk. Recently, a group of students in Denmark set out to determine just how WiFi would affect life in general, by attempting to grow seedlings near such common radiation.

The students initially **wanted to test** cellphone radiation effects on humans since they had noticed they lacked focus on days after sleeping near their cellphones. But their school, Hjallerup School, didn't have the resources for such an experiment. Instead, they opted to test the growth of plants when near Wifi.

Six trays filled with *Lepidium sativum* (a garden cress) were placed in a room with two routers. Another six trays were placed in a room where there was no cellular radiation. Even before their 12-day study period was over, the results were astounding. The radiation produced by two routers is similar to that produced by ordinary cell phones, according to the girls' calculations.

Read: [Laptop Wifi Found to Damage Infertility](#)

The seedlings in the radiation room had either not grown or were completely dead. Those in the non-radiation room were thriving.

Not only did the students win top honors in a science competition, they earned the interest of scientists around the world. Their teacher reports a professor of neuroscience from the Karolinska Institute in Sweden is working to recreate their experience in a controlled scientific setting.

More than likely, your Wifi is having some effects on your health and wellbeing, whether you recognize it or not. You can limit your exposure by shutting off the router when it's not in use. One of the simplest ways of doing this is putting the device on a timer, so it shuts down in the evening hours. These timers are available at most home improvement stores for less than \$20.



Happy, Healthy Kids

By Lisa Turner

Six ways to boost mood, calm ADHD, and ease anxiety

Only 30 years ago, it was thought that children did not experience depression or other mental health issues. We now know that an estimated 4 million children and adolescents in the U.S. suffer from serious mental disorders, and that as many as 21 percent of kids ages 9–17 have a diagnosable addictive or mental disorder that causes impairment.

Mental disorders in children range from depression, anxiety, and attention deficit disorder (ADD), to psychosis and schizophrenia. These conditions may be mild enough to cause only occasional, temporary distress—or severe enough to disrupt and damage lives.

But treating kids for mental disorders is tricky, especially since the effects of medications can vary, and side effects can be severe. If you suspect that your child has a mental disorder, it's critical to get a good diagnosis from a doctor or health care provider who specializes in pediatric mental health. In severe cases, medication and/or psychotherapy may be required.

However, many mental health conditions in kids, including ADHD, anxiety, and mild depression, can be soothed with natural alternatives. Even if medication is required, supplements and herbs can often enhance the treatment. Be sure to check with your health care provider first, and then consider some of these natural alternatives:

1. Subtract the additives. Studies suggest that food additives—including colorings, preservatives, artificial flavors, sugars, and MSG—exacerbate hyperactivity and can worsen symptoms of attention deficit hyperactivity disorder (ADHD). Gluten, added to many sauces, soups, and other products, may also be a problem. In one study, undiagnosed celiac disease was found to cause a number of issues, including ADHD and behavior disorders. And the artificial sweetener aspartame is broken down in the brain into aspartic acid, which can lead to anxiety and depression and inhibit serotonin production.
2. Focus on fat. It's crucial to brain health, maintaining flexibility of cell membranes to ensure they can better send and receive information. But the type of fat is important. Saturated fat may impact brain plasticity, and has been linked with symptoms of anxiety in some people. Omega-3 fats, however, keep nerve cell membranes flexible, and several studies suggest they help alleviate ADHD-related symptoms and depression. Some studies have also suggested that a deficiency in DHA, a type of omega-3, hampers transmission of serotonin, norepinephrine, and dopamine, neurotransmitters involved in mood. Wild Alaskan salmon, sardines, walnuts, and flax seeds are good food sources of omega-3s. Or choose a high-quality omega-3 supplement.
3. Try herbal cures. Some herbs have been shown in clinical trials to be both safe and effective. In one study of more than 100 kids under the age of 12, St. John's wort alleviated symptoms of mild to moderate depression. (But because it can interact with other medications, it's especially important to talk with a doctor before using St. John's wort.) Valerian has been shown to alleviate anxiety and improve sleep, and studies show that lemon balm combined with valerian can safely treat restlessness and sleep disorders in children. And in another study, passionflower combined with St. John's wort and valerian significantly lessened depression, anxiety, and sleeplessness.
4. Push B vitamins. They're critical for normal neurological functioning. One study of 6,517 boys and girls ages 12–15 found that higher intake of B vitamins, especially folate and vitamin B6, was associated with a lower prevalence of depression in early adolescence. Vitamin B6 (pyridoxine) is a major cofactor in the synthesis of serotonin; vitamin B12 may also form SAM-e (S-adenosylmethionine), a compound linked with mood. Folate is also a factor in forming serotonin, norepinephrine, and SAM-e, and deficiencies of folate have been found in people with depression and anxiety.

5. Eat to beat the blues. Protein is key—a shortage can exacerbate anxiety and/or depression. Best sources: turkey, cheese, chicken, fish, beans, and almonds. Magnesium, found in leafy greens, pumpkin seeds, and beans, can ease depression. Zinc helps the brain produce GABA, a compound that combats anxiety and irritability. It's abundant in oysters and can also be found in crab, turkey, lentils, and yogurt. Vitamin E keeps nerve cell membranes flexible, allowing information to be smoothly transmitted. You'll find it in sunflower seeds, almonds, and other nuts.
6. Teach relaxation. Show kids how to unwind: lie down with your child on the floor and do a simple body scan, imagining each part of the body—from toes to head—melting like an ice cube on a warm sidewalk. Help your child learn to follow her inhales and exhales; this helps her focus on her breath and calms the central nervous system. Start small, with a 5-minute session, and make it a daily ritual—right after school is a perfect time for keyed-up kids who need to unwind.

One study of boys and girls ages 12–15 found that higher intake of B vitamins was associated with a lower prevalence of depression in early adolescence.

Lisa Turner is a certified food psychology coach, nutritional healer, intuitive eating consultant, and author. She has written five books on food and nutrition and developed the Inspired Eats iPhone app. Visit her online at inspiredeating.com.

What Makes Flax Unique?

With all the deserved fuss around the two omega-3s found in fish oil (EPA and DHA), let's not forget that there's a third omega-3—ALA from flaxseeds.

Its healthful properties have been known and recognized for decades. Its name is alpha-linolenic acid (ALA for short)—and the best source of this vegetarian omega-3 is flax and flaxseed oil.

Alpha-linolenic acid is one of two essential fatty acids; the body can't make it on its own, so we must get it in our diet. A percentage of ALA is converted in the body to the longer chain fatty acids we know from fish (EPA and DHA), but ALA has benefits of its own, independent of this conversion, including a reduction of cholesterol and enhanced cognitive and eye function.

Lignans: Flaxseeds' Secret Weapon

Flaxseed oil contains substances not found in fish oil that have great significance for human health. They're called lignans, and a large and growing body of research indicates that they have anti-cancer properties. Research from Germany suggests that a high intake of plant lignans could reduce the risk of breast cancer for pre-menopausal women by as much as 78 percent.

Quick Energy Boost

"Flaxseed oil contains ALA—a vital and essential nutrient for every cell in the body," says Larry McCleary, MD, author of *Feed Your Brain, Starve Your Belly*. "It is also a good source of quick energy that lasts for hours. This novel food turbo-charges the brain by providing high-octane ketone fuels that enhance thinking, improve mental energy, and suppress appetite."

Pour Over Salads—and More

Flaxseed oil has the added advantage of being very palatable in salad dressings. You use it directly or mix with olive oil and spices. You can also mix butter and flaxseed oil in a 1:1 ratio for a fabulous spread that works on anything you

would use butter for. And then there are flaxseeds themselves, a great source of ALA, lignans, and fiber. I sprinkle Barlean's Forti-Flax—in my opinion the highest quality flaxseed product on the market—on everything from salads to yogurt. I also put it in my smoothies and protein drinks. It's an easy way to increase the fiber in your diet.



Dealing with Diabetes

By Jonny Bowden, PhD, CNS

Try these diet and lifestyle changes to prevent and even reverse this devastating disease.

It's almost impossible to talk about diabetes these days without also mentioning its constant companion: obesity. In fact, the two have become so linked that health practitioners have come up with their own nickname for the pair, a kind of medical version of "Brangelina"—they call it diabesity.

According to the Centers for Disease Control and Prevention, obesity is a major factor in the increase in diabetes. Between 1997 and 2003, there was a 41 percent increase in the incidence of diagnosed diabetes. Unquestionably, obesity is part of the reason. In 2003, only 2 of 1,000 normal-weight people had diabetes, but 18.3 of every 1,000 obese people had it. Even being overweight increases risk—5.5 out of every 1,000 overweight people have the disease as well, almost three times as many as those of normal weight.

If current trends continue, one in three Americans will develop diabetes. And in case you're wondering, those with diabetes lose an average of 10 to 15 years of life. Diabetes is the leading cause of new cases of blindness among adults, not to mention kidney failure and nontraumatic lower-extremity amputations. And as of 2006, diabetes was the seventh-leading cause of death in the United States—the risk of death for a person with diabetes is about twice that of a person without the disease.

But here's the thing: type 2 diabetes, which is what we're mainly talking about here, is virtually 100 percent preventable. It's also treatable. And interestingly, the same things that benefit those with diabetes benefit those who are overweight and obese.

To understand why dietary changes can have such a profound impact on diabetes, it helps to understand just what happens in the body when a person with a "normal" metabolism eats food. Food is broken down in the digestive system to smaller units that the body can do something with; carbs break down to glucose (sugar), protein breaks down to amino acids, and fat breaks down to fatty acids. The glucose (from the carbs) gets into the bloodstream, raising your blood sugar. In response, the pancreas secretes a hormone called insulin, which helps escort that extra sugar out of the bloodstream and into the cells where it can be used for energy. That's when everything is going right. But there's very little that's right about the typical American diet.

We eat far too much sugar, far too many carbs (which, as we've seen, turn into sugar), and far too many calories. Couple this with the fact that our sedentary lifestyles create very little demand among the muscle cells for fuel (sugar). Not only does exercise help burn calories, it also helps pump glucose into muscles without insulin. The result? Many of us have much more sugar floating around our bloodstream than we can possibly use. The pancreas tries desperately to keep up with the increased demand for insulin, which is needed to bring blood sugar levels back to normal. Sometimes it works, sometimes it doesn't. The pancreas might manage to secrete enough insulin to keep blood sugar from being in

the diabetic range, but the cost is a high level of insulin, which keeps fat from being burned (it also raises blood pressure). Your blood sugar may stay just under the cutoff for a diabetes diagnosis, but your high levels of insulin (and the inevitable inability of the cells to use insulin) classify you as prediabetic.

In some cases, even that extra insulin that the pancreas labored to produce can't manage to get blood sugar down into the relatively safe (or nondiabetic) range. At this point, with elevated insulin and elevated blood sugar, you've got full-blown type 2 diabetes.

Once you understand this, the importance of diet and exercise become very clear. Your diet needs to be one that doesn't send your blood sugar through the roof. And exercise creates a natural demand from the muscle cells for sugar, therefore helping to reduce blood sugar naturally.

In my opinion, the absolute best strategy for treating (and preventing) diabetes is a controlled carbohydrate diet. Why? Because of the three "macronutrients" in every diet—protein, carbs, and fats—the one that raises blood sugar the most is carbohydrates. Protein raises blood sugar and insulin a bit, but not nearly as much as carbs do. And fat doesn't raise them at all. That's why a low-fat, high-carb diet is precisely the wrong way to go when you're dealing with diabetes.

Reducing carbohydrate intake (especially from sugars and starches) virtually always normalizes insulin metabolism and helps bring blood glucose (sugar) under control.

Diabetes is one of those conditions where you actually can take control of your own health. Do it now.

Fight Belly Fat

By Jonny Bowden, PhD, CNS

[Find out why your waist-to-hip ratio is more important than you think.](#)

If you and I were in the grocery store, and I said the words "apple" and "pear," you'd probably think "fruit." But when it comes to weight loss and health, these words have entirely different meanings.

Apple and pear are now common terms for describing patterns of fat accumulation on the body. The "apple-shaped" person stores their fat around the middle, while the "pear-shaped" person is bottom heavy, storing most of their excess weight around the thighs and butt. While both types of fat distribution might keep you from feeling comfortable in your jeans, the truth is that they are far from equivalent when it comes to your metabolism and health.

Fat that's stored around the middle is known as VAT—visceral abdominal tissue. You and I may affectionately (or not so affectionately) know that fat as a beer belly or love handles, but it's anything but benign. A substantial amount of research has shown that VAT (abdominal fat to the rest of us) significantly increases the risk for all kinds of problems, from high blood pressure to diabetes to metabolic syndrome. A recent study in the *New England Journal of Medicine* showed that excess abdominal fat almost doubled the risk of death from a host of diseases, including stroke, heart disease, and cancer. Why is belly fat so much more of a problem than regular, garden-variety fat? The answer seems to lie in the difference in how abdominal fat actually functions. According to Harvard endocrinologist JoAnn Manson, MD, abdominal fat cells tend to be more active in producing hormones and chemical messengers that cause inflammation throughout the body.

As with real estate, the most important thing about fat is location, location, location. Subcutaneous fat—the kind that gets stored on the thighs, butt, and upper arms—is the kind you can pinch and is stored right beneath the skin. Unattractive and annoying, but basically harmless. Belly fat—deep inside the abdominal cavity—is near the liver, and the hormones and chemicals produced by abdominal fat go right to the liver. Increased fat in the liver—called fatty liver syndrome—is a risk factor for insulin resistance, which in turn is linked to type 2 diabetes. "Most of the research suggests that abdominal fat at least triples the risk of cardiovascular disease, diabetes, hypertension, and abnormal cholesterol levels," says Manson.

What to Do?

First thing is to measure your waist. The danger point seems to be 35 inches for women, 40 inches for men. If your waist measurement is that high or higher, "you've fallen off the edge of the cliff," says George Blackburn, MD, associate director of the division of nutrition at Harvard Medical School. That's why a metric called waist-to-hip ratio may turn out to be more important than either your weight or your body mass index (BMI), the standard way of calculating if you are overweight. Here's how to do it:

- Measure the circumference of your waist at its smallest point.
- Measure the circumference of your hips at their widest point.
- Divide the waist measurement by the hip measurement.

A waist-to-hip ratio of 0.9 or greater for men and 0.85 for women indicates increased health risks. However, this is an independent risk assessment and is taken into consideration along with many other factors, such as weight and body type. For example, athletic women may have a high waist-to-hip ratio due to narrower hips but have a normal weight. Researchers at the University of Heidelberg in Germany found that waist-to-hip ratio predicted the risk of stroke far better than BMI did. In their research, those with the highest waist-to-hip ratio had nearly eight times the risk of stroke compared to those with the lowest waist-to-hip ratios!

Here's an interesting sideline on waist-to-hip ratio: it correlates strongly with general health (and with fertility). Women within the 0.85 range and men within the 0.9 range seem to be less susceptible to all sorts of major diseases, from diabetes to heart disease to cancer. And if obesity is redefined using waist-to-hip measurement instead of the more common BMI, the proportion of people categorized as "at risk" for a heart attack triples!

So what to do if your waist-to-hip ratio (or your waist measurement alone) puts you in the danger zone? Generally, if you are overweight, lose weight. If you aren't overweight and still have a high waist-to-hip ratio, look at other risk factors with your doctor to see where you might improve your health. In my experience—and the experience of hundreds of other health professionals—a low-carb diet is particularly suited to overweight individuals with apple shapes. An expanded waistline almost always indicates insulin resistance, a condition that responds very well to low-carb diets of moderate calories.

Sweet But Not Safe

By Jonny Bowden, PhD, CNS

[Here's the sticky truth about the sweetener found in everything from soda to salad dressing.](#)

If you've turned on your TV recently, you've probably noticed that high-fructose corn syrup appears to have a new press agent. I especially love the commercial where two mothers are talking and one questions the other about serving some sweetened fruit punch to her kids. "That stuff's got high-fructose corn syrup in it," the first mother says. "And you know what they say about that." To which the second mother replies, "What? That it's natural and made from corn? And that in moderation, it's perfectly fine?" The first mother quickly changes the subject.

Clever commercial. And totally misleading.

First Things First

In the beginning there was plain old table sugar, also known by its scientific name, sucrose. Sucrose is a disaccharide (di meaning two, and saccharide meaning sugar). That means it's actually a blend of two simple (mono) saccharides, in this case glucose and fructose. Take a molecule of glucose and a molecule of fructose, link them with a chemical bond, and presto, you've got yourself a molecule of sucrose. Put a bunch of those sucrose molecules together in a bowl, place the bowl on the table at the local diner with a little spoon in it, and you're in business.

Now, it's pretty much a given that high intake of sugar is bad for you, and a list of all reasons why would pretty much fill this column, so let's save that for another day. What's interesting is that a fair amount of research has been done investigating exactly which of the two components of sugar is worse for you: glucose or fructose. And the hands-down winner in the this-stuff-is-bad category is fructose.

Don't get me wrong. Fructose as a naturally occurring fruit sugar—found for example, in an apple—is absolutely fine. But the difference between fructose in an apple and fructose in a soda is the difference between a beautiful fur coat on a wild fox and that same fur on the back of a lady at the opera. It's gorgeous on its original owner (the fox). On the woman? Not so much.

When fructose is found in its original setting (such as an apple or a berry), it's surrounded with healthful nutrients, phytochemicals, and fiber. When it's extracted and made into a liquid sweetener, it's a nightmare.

Fructose: The Not-so-Sweet News

Fructose been shown in studies to produce insulin resistance in animals. (Insulin resistance is a central feature of metabolic syndrome and type 2 diabetes.) More than any other kind of sugar, fructose raises triglycerides—a serious risk factor for heart disease. In 2000, Canadian researchers at the University of Toronto fed a high-fructose diet to Syrian golden hamsters, rodents that have a fat metabolism similar to ours. In a matter of weeks, the hamsters developed both elevated triglycerides and insulin resistance. Fructose also contributes mightily to creating new fat on your body. In the “old” days, sugar—table sugar that is, plain old sucrose—was expensive. Maybe not for the average Joe—but for food manufacturers wanting to sweeten products, it was definitely a high-ticket ingredient.

Then, because of sugar tariffs and corn subsidies, manufacturers were highly motivated to find a solution to the problem of expensive sugar. Enter high-fructose corn syrup. Take a subsidized crop (such as corn), perform a bunch of chemical operations on it, and voilà, you had something that was even sweeter than sucrose at a fraction of the cost and could be added to virtually everything on the table, making those items even more “delicious” and desirable—and of course, moving more product.

Here's where it gets tricky. Chemically speaking, high-fructose corn syrup really isn't that different from table sugar (sucrose). High-fructose corn syrup—at least the most common kind, the kind in soft drinks—is 55 percent fructose and 45 percent glucose. It's not a huge difference from the 50/50 mix in plain old sugar. The problem is that it's everywhere. “The low cost of high-fructose corn syrup allowed the explosion of 20-ounce sodas, Super Big Gulps, and the like to happen,” says C. Leigh Broadhurst, PhD, a research scientist and USDA nutritionist. “Because sucrose was quite expensive, for years, sodas were limited to the 12-ounce can. We've also had an explosion of candies, bakery items, and ice cream novelties that would have been just too costly if they were all made with sugar, but now because of high-fructose corn syrup, are much cheaper to produce.”

So no matter how you cut the high-fructose corn syrup-sweetened cake, we're now consuming more fructose than ever. And refined fructose—whether we get it from table sugar or from the ubiquitous high-fructose corn syrup—is bad news for your health.

When the Corn Refiners Association fights back with their pro-high-fructose corn syrup ads, it seems to come down to two arguments: one, it's no worse than sugar (OK, maybe, but that's like saying Salems are no worse than Marlboros), and two, it's natural because it's made from corn. Maybe so, but so is ethanol, and I'm not drinking that either.

Take a subsidized crop (such as corn), perform a bunch of chemical operations on it, and voilà, you had something that was even sweeter than sucrose at a fraction of the cost.



Published: May 22, 2014 Updated: 11:09 May 22, 2014

Clean Up Your Laundry Habits

detoxify your life

By: Dave Clarke

Question: How can you get your clothes “clean” if the laundry soap you use is “dirty,” full of extraneous stuff—fragrances, chemicals, and fabric softeners, ad nauseum?

Answer: You can’t.

Commercial claims of “clean, fresh scents” are usually produced by toxic quaternary ammonium compounds (“quats”), chemicals thought to cause asthma in otherwise healthy people and to be prone to producing antibiotic-resistant superbugs, says Rebecca Sutton, PhD, senior scientist for the Environmental Working Group.

A few common sense tips can help you clean up your laundry habits—and safeguard your health.

- Avoid laundry cleaning agents that list “surfactants” as part of their ingredients. Surfactants aren’t a specific ingredient; rather, they’re a chemical wetting agent that helps water penetrate fabric. Unfortunately, surfactants tend to release benzene (a toxin thought to be associated with cancer and reproductive disorders) into the environment.
- Buy organic laundry soaps, which are naturally free of phosphates. Phosphates, a known water pollutant, kill plants and fish and throw the ecosystem off-kilter.
- If it contains petrochemicals, chlorine, sulfates, or parabens—pass. These are all things you don’t want coming in contact with skin or leaching into the environment during the rinse cycle.
- Look for concentrated cleaners. Typically, concentrates require less product and come in smaller packaging; that means a smaller impact on landfills or recycling facilities.
- Instead of chemical-filled fabric softeners, add 1/2 cup of white vinegar to each load during the rinse cycle; it’s a natural softener.
- You want your clothes to smell fresh and clean? When the weather permits, skip the dryer and hang the wash on the line outside.



Published: April 1, 2014 Updated: 07:58 April 1, 2014

Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

Creating an appreciation for nature in our children is one way to promote future generations of environmentally friendly adults. It also helps our kids learn to enjoy the simple beauty and pleasure found in the natural world. While younger children may not be so keen on reflection, they do love to collect things. For an engaging activity that promotes a love of the outdoors for two- to eight-year-olds, consider a Nature Table. It works like this:

You will need a small, low table to place in a common area of the house, such as the living or dining room. This is your Nature Table. When you are out and about with the children, allow them to collect one or several items to bring back and place on the Nature Table. The only rule is that the objects must be natural. Kids will love finding these treasures, like rocks, leaves, sticks and so on. Allow them to play with the items on the table and rearrange them as they wish.

Here are some tips to have fun with your Nature Table:

- Create different themes for the table, such as the seasons or rocks, leaves or sticks.
- Go on a weekly Nature Table walk to find treasures.
- Cover the table with different colors of fabric for a change or to mark a change of season.
- Change the Nature Table on specific days, such as winter and summer solstice or the first day of a season, to connect your child to seasonal changes in nature.
- Place a magnifying glass on the table to inspect items close up.
-



Chinese steam bread arts!



Chinese steam bread arts!



Yes, you should wear (natural) sunscreen every day

Jun 26, 2014 [Jessica Rubino](#) | Delicious Living



Unless you're a dermatologist (or a sunscreen maker), you've likely regarded the advice to wear sunscreen every single day as overly cautious and possibly even paranoid. But recent research (that initially seemed to state only the obvious: sunscreen works) proves the importance of regular, year-round sunscreen application if you want to prevent sun damage and photoaging.

Research sheds light

In the first human study of its kind (most similar studies have been conducted on animals), research published in the *Annals of Internal Medicine* in 2013 looked at 900 people ages 25 to 55 living in Australia. Findings showed that wearing a broad-spectrum sunscreen with SPF 15 daily for four years slowed and even prevented the development of wrinkles and sagging skin caused by UV rays. Half of the participants also took beta-carotene supplements, but that showed no correlation with preventing skin aging.

Though the research did not compare natural (mineral) versus chemical sunscreens, it does hint at the importance of choosing natural. Why? More than half of conventional beach and sport sunscreens contain oxybenzone, a chemical that the Environmental Working Group gives a high-hazard "8" ranking for its link to cellular damage and endocrine disruption. Research in *Environmental Science and Technology* showed benzophenone chemicals may have stronger estrogenic activities than even bisphenol-A (BPA); a form of benzo-phenone called benzophenone-1, created when the body breaks down oxybenzone, was associated with endometriosis. So because you're applying sunscreen daily, using products with these ingredients could equal unhealthy exposure.

Put it on

Experts agree: Wear sunscreen, but make it safe. "You're better off using some sunscreen rather than nothing and better off using a mineral version because you can get higher UV coverage" without toxin exposure, says Guy Langer, founder of personal care consulting company Qumulus Group. That said, "the risk of going in the sun and not having SPF is greater than even using a chemical sunscreen."

If you're a parent, you are probably especially conscious of babies' and children's more absorbent skin, so you'll prioritize both daily sun care and natural products—made with minerals zinc oxide and titanium dioxide, along with nourishing plant-based ingredients—for your kids. And if you're a busy woman, look for moisturizers, color-correcting creams, and foundations that incorporate UV-ray-fighting ingredients as a convenient way to ensure daily sun protection.

Bottom line: If you're about to spend time in the sun and only have a bottle of chemical sunscreen, either cover up with clothes or go ahead and apply it. But then head for your natural products retailer and stock up on a natural, mineral-based option to face sunny days in the safest possible way.

You don't have to be rich to be plant-based

One vegan school menu speaks volumes about the natural products dilemma

Jun 23, 2014 [Marc Brush](#) | Nutrition Business Journal

I don't know how I feel about this one.

James Cameron, famed director of the *Terminator*, *Titanic* and *Avatar* films, founded a school with his wife, Suzy Amis Cameron. MUSE School CA is located in Calabasas, California with a forward focus on environmentalism as evidenced by recycled construction materials, renewable energy systems and—here's where things get interesting—a "resident falconer whose hawks eat rodents and eliminate the need for pesticides."

That quote comes courtesy [this profile from NPR's food blog](#), The Salt. MUSE made the news of late when it decided to go full vegan in its school cafeteria. Within a year or two, MUSE plans to eliminate meats and dairy from the menu, as well as supply up to 50% of the plants in its plant-based diet from gardens on site. Thus the falconer. It's a private school still in search of accreditation, so these nutrition decisions come [quicker and easier than most](#).



MUSE School CA via [museschool.org](#)

Here are two choice quotes from Amis Cameron in NPR's article:

"The school she was going to—that touted itself as an environmental school—was teaching my child to count with M&M's. And everything in my life came to a screeching halt."

I experienced a similar epiphany when my first born went to daycare and feasted on bacon and Pop-Tarts for her morning snack. I was bummed. I got involved with the board and worked to upgrade the menu. I promoted scratch-cooking and hired chefs who knew how to do it. My life did not come to a screeching halt. I'm afraid it takes more than sugar and artificial colors to make that happen for most parents.

And another quote from the article:

"You can't really call yourself an environmentalist if you're still consuming animals. You just can't."

There's something to this, as we see again and again in the [trends and data](#) pushing plants over animals across any number of product categories in the industry. Still, there's also something perennially tone deaf about these stark promulgations from the elite about the necessity of social change in the masses. I applaud statements like this, even while I know they fall flat with 90% of the population.

And that 90% matters. Boulder is not Denver. Berkeley is not Sacramento. Austin is not Dallas. This is why, as natural products move mainstream with reckless abandon, accessibility is fast becoming a real identity crisis in need of fast therapy. There is a culture of food that exists across this country. It's rooted and woven throughout society, and too often it turns a deaf ear to the proffered wisdom of hipster farmers and superfoodists on a mission.

So like I said, this is a tough one. I applaud the Camerons for their philanthropy, for advancing healthier school food, for creating a school with resident hawks—How cool is that!—but I also know that there are schools inside communities right now starving for less starkness and more cultural sensitivity in our rhetoric as they grapple with kids that don't eat at all over the weekend.

I know these schools exist because that first-born of mine goes to one. It's a vital community of parents, teachers and kids caught in a struggle that looks nothing like the photo inset above. Until we lift up that school and the thousands like it—schools without Hollywood benefactors and birds of prey soaring above—we're falling short on our promise.

Wang's Martial Arts

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Date: July 11, 2014 (Friday)
July 18, 2014 (Friday)
July 25, 2014 (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 : \$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 _____ .

For the benefit of everyone's health, eat vegetables, fruits, grains and be kind to all animals.

