

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)

October 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."



Kung Fu rank test on 9/14/13



Kung Fu Rank Test on 9/14/13.

Black Belt club & Accelerated program rank test:

Date: 11-16-2013 (Saturday)

Time: 2 - 4:30 pm

Master Eric Lee Seminar

Date: November 9, 2013 (Saturday)

Time & Fee:

Age 5 - 14 years old 1:00-2:00 pm
(Pictures & autograph 2:00 - 2:30 pm)

\$29.00 pre-register by 10/30/13

\$34.00 for late

Age 15 - 98 years old 2:30 - 4:00 pm
(Pictures & autograph 4:00 - 4:30 pm)

\$39.00 pre-register by 10/30/13

\$44.00 for late



Tai Chi test on 9/28/13.

Inner-School Tournament

Date: 11-2-2013 (Saturday)

Ages 5 - 80 2:00 PM – 5:00 PM

Entry Fee: \$45.00 up to three events
\$5.00 goes to scholarship fund



Tai Chi Rank Test

Date: 1-25-2014 (Sat.)

Time: 12 noon – 2:00 pm



Wilfred Hung received \$300 scholarship on 6/24/13.

Brown and Black rank test

October 15, 2013 (Tue.) 6 – 8 pm

October 17, 2013 (Thur.) 6 – 8 pm

October 19, 2013 (Sat.) 9 am – 3 pm

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
Total - \$2303.98 - \$300 - \$300 = \$1703.98

\$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

Basic Sabre

Dates: 10-11-2013 (Fri.) Time: 8 - 9 pm
 10-18-2013 (Fri.) 8 - 9 pm
 10-25-2013 (Fri.) 8 - 9 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.)

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 -	7.50
Kayla Warner -	6.00
Madeline Briles -	5.00
Wilfred Hung -	4.50
Deanna Farris -	4.50
Brandon Warner -	4.50
Luis Nunez -	3.75
Andrik Sanchez -	3.00
Brandon Roll-Bush -	3.00
Sean Paul -	2.50
Conner Roll-Bush -	2.25
Diego Ramirez -	5.25
Loghan Burrell -	2.25
Jason Patrick -	2.25
Kevin Papa	2.25
Jason Patrick	2.25
Melanie Campa -	2.25
Valerie 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.

Tournament Point:

Jose Guzman -	72
Kelvin Papa -	45
Madeline Briles -	36
Sean Paul -	24
Michael Billingslea	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.

**New Student:**

Jarrett Almond,
 Eda Tong,
 Pablo Garzon,
 Alfred Kai Marayag,
 Anne Gutierrez,

Welcome!**Black Belt Club & Accelerated Program****Tournament Competition Class:**

Date: 10-4-13 (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 – 12 years old	Date: 10/3/2013 (Thursday)
	Time: 8:00 – 9:00 pm
Age 13 – 80 years old	Date: 10/03/2013 (Thursday)
	10/10/2013 (Thursday)
	10/17/2013 (Thursday)
	10/24/2013 (Thursday)
Time:	8:00 – 9:00 pm

October Birthday

Marvin Henderson	10/20
Sarah Kennedy	10/14
Victor Donatto	10/23
Elmer Whitehead	10/02
Bill Cadwallader	10/03
Alan Whitehead	10/30
Margret Swarely	10/17
Keenan Robinson	10/30
Roberto Alvarado	10/2
Mellissa Barr	10/11
Bonnie Westcott	10/14
Gregory Strickland	10/16
Jamie Fuller	10/25
Francisco Zelaya	10/3
Johnathan Rodriguez	10/5
Lindley Keating	10/5
Donald Nelson	10/11
Bette Nelson	10/14
Mathilde Le Bon	10/18

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 future for our retirements 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 - 12 noon, Kung Fu and Tai Chi rehearse

12 noon - 1:00 pm, Chinese fashion show rehearse

1:00 pm - Special lunch for all volunteers and assignment meeting.

4:00 pm

1. Reception
Wang's Martial Arts slide & video presentation.

5:00 pm

2. Dinner

6:00 pm

3. Welcome to the 12th annual Chinese New Year and Award Banquet
A Tribute and Celebration of the Life and Achievements of Grandmaster Victor Cheng.

6:15 pm

4. Lion Dance by Lee's Golden Dragon.
5. Fashion Show (by Wang's Martial Arts students & Family)
Pass out red envelopes
6. Kung Fu & Tai Chi demonstration by Wang's Martial Arts students.
(Introduce by Allen DeWoody, James Moricca)

7:00 pm

7. Introduce Black Belts

7:15 pm

8. Tournament Points
9. Report Card Points

7:30 pm

10. Entertainment Program - Guitar by Victor Makris and Russell Martino
- Dance program by X-Treme Dance school

8:00 pm

- Kicking contest.

8:30 pm

11. Door Prize Drawing (must present to win).

9:00 pm

- Conclude Banquet.

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



Baisc Sabre

Date: October 11, 2013 (Friday)
October 18, 2013 (Friday)
October 25, 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 : \$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 _____. .

Wang's Martial Arts

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

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

e-mail: wang3888@embarqmail.com

Web site: www.WangsMartialArts.com

INNER SCHOOL TOURNAMENT

Date: 11-02-2013 (Saturday)

Time: Ages 5 - 98 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 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 18-98 Beg./ Int./ Brown/ Black.
TAI CHI Beg./ Int./ Adv.

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

Ages 5-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-98 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_____



Kung Fu or Tai Chi

One Month Special- \$129.00

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

Saving of \$79.95 (Good till 10-31-2013.)

Wang's Martial Arts

92-B Wilson Road

Humble, TX 77338

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

www.WangsMartialArts.com

		<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).

Master Eric Lee Seminar

Date: November 9, 2013 (Saturday)

Time & Fee:

Age 5-14 years old 1:00-2:00 pm

(Pictures & autograph 2:00 - 2:30 pm)

\$29.00 pre-register by 10/30/13

\$34.00 for late

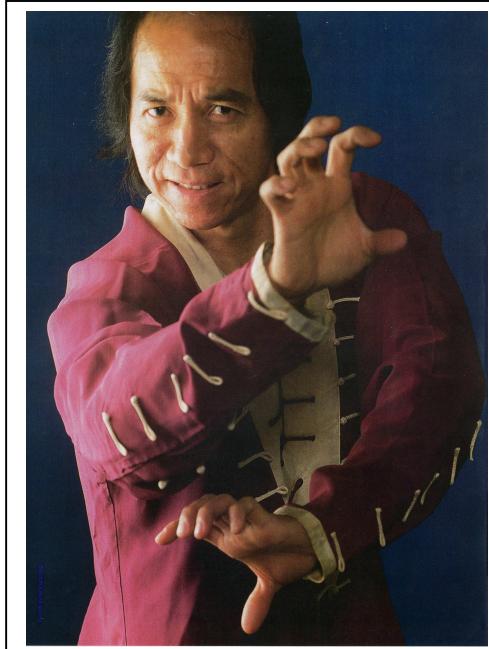
Age 15-98 years old 2:30 - 4:00 pm

(Pictures & autograph 4:00 - 4:30 pm)

\$39.00 pre-register by 10/30/13

\$44.00 for late

PLACE: **WANG'S MARTIAL ARTS**
92-B Wilson Rd. at First Street
Humble, Texas 77338
281-548-1638, 281-682-3387



Master Eric Lee started his training with his father after dinner when he was young. The martial art was Choi Li Fut. At that time, everybody practiced Kung Fu. He was inspired by the black and white series Won Duck Hing.

Master Eric Lee and his family moved to California and at the age of 15 his formal martial arts training started. Now he trained some Wing Chun and Southern Hunang Ga. For 5 years Master Eric Lee also studied with Master Al Dacascos, and several other instructors. From 1972 till 1986 Master Eric Lee had his own club where several arts were taught. He also masters many weapons.

Master Eric Lee started competing in sparring, Kata and weapons. He would be undefeated in Kata and weapons as a black belt.. He also introduced the music while doing Katas. He retired from competition in 1974.

Master Eric Lee has some great stats: 1970-1974 King of Kata, Over 100 titles in Kata championships, 2 Golden Fist Awards, Black Belt Hall of Fame, etc.

Registration Form for Master Eric Lee Seminar at Wang's Martial Arts, November 9, 2013.

NAME _____

ADDRESS _____

e-mail: _____

HOME PHONE (____) _____ **WORK PHONE** (____) _____

Cell phone: _____ **DATE** _____ **AMOUNT PAID** _____

Wang's Martial Arts

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

Phone (281) 548-1638, (281) 682-3387 (cell)
Email: wang3888@embarqmail.com

Chinese Vegetarian Food With Master Eric Lee

Date: **11-9-2013 (Saturday)**

Time: **5:30 pm** **Meet at Wang's Martial Art.**

Place: **6:30 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: **\$12.00 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 : _____

Number of People (10 years and above): _____ **x \$12.00 =** _____
(9 years and younger) _____ **x \$ 8.00 =** _____

(Total Amount Paid) = _____

Must register and pay for before 11/7/13.

Kung Fu Rank Test Results - 9/14/13

Age 5 - 8 years old	Age 9 - 14 years old	Age 15 - 108 years old
Nathan Johnson - Yellow Diogo Ordenez - Yellow/stripe Laskhmi Ordenez - Yellow/stripe NoeZelaya - Yellow/stripe Jack Robinson - Orange Santiago Guerrero - Orange Hugo Campa - Orange/stripe Madeline Briles - Green/stripe Ethan Fu - Purple Joseph Alonso - Purple James Gordon - Purple Melanie Campa - Red Conner Roll-Bush - Red/stripe	Mathilde Le Bon - Yellow Jack Carrlisle - Yellow Francisco Zelaya - Yellow/stripe Jefferson Ordenez - Yellow/stripe Garrett Keaton - Yellow/stripe Angie Ordenez - Yellow/stripe Katie Werling - Orange Gregory Strikland - Purple Ian Fu - Purple Jerod Rosenbarker - Purple/stripe Libeth Nunez - Blue Luis Nunez - Blue Liliana Campa - Red Brandon Roll-Campa - red	Joel Le Bon - Yellow Chantel Moody - Yellow Clement Le Bon - Yellow Thomas Cowart - Yellow Diego Ordenez - Yellow Francisco Espinosa-Rocha - Yellow/stripe Maria Rodriguez - Yellow/stripe Mary Crocker - Yellow/stripe Adrian Lance Zaldivar - Yellow/stripe Charles Moore - Yellow/stripe Michael Billingslea - Yellow/stripe Phil Keaton - Yellow/stripe Troy Robinson - Orange Dennis Cruz - Orange Lindley Keating - Orange Liliana Campa - Orange/stripe Roberto Alvarrado - Green Charles Cates - Blue Susan Fischman - Red
Kung Fu Rank Test Results - 10/5/13 Age 5 - 8 years old Kwaku Charles - Yellow Aiden Trayal - Yellow Nathan Johnson - Yellow/stripe Dillon Fleming - Yellow/stripe	Age 9 - 14 years old Afryea Charles - Yellow Joseph Hellsten - Yellow Deztanie Hellsten - Yellow Ryeon Fuller - Yellow/stripe Daniel Rosendo - Orange Jerod Rosenbarker - Blue	Age 15 - 108 years old Chantel Moody - Yellow/stripe Charles Moore - Orange Laura Dore - Orange Lindley Keating - Orange/stripe Dennis Cruz - Orange/stripe Roberto Alvarado - Green/stripe Susan Fischman - Red/stripe

Tai Chi Test results - 9/28/13

Cleveland Glenn - Yellow
Michael Quevedo - Orange
Julia Kerr - Red
Margaret Swavely - Red
Robert Kerr - Red
Maryann Bush - Brown
Paul Greenwood - Brown
Jeannette Osterman-Adam - Brown
Richard Dunsmore - Black
Marilyn Kidd - Black
Susan Fischman - Black



Kung Fu Inservice at Kingwood Medical Center- Rehabilitation Unit

On August 9th, 2013, I held a lunchtime information and demonstration session on Kung Fu. Six of my co-workers attended this 30 minute presentation. These were professional therapists who work in the rehab unit at Kingwood Medical Center.

The topic of the discussion portion focused on the general meaning of kung fu, the value of kung fu training, what someone might learn during kung fu training, and how someone can get started learning kung fu.

Props brought were multiple books, magazines, and course study guides from my personal library. A dvd of me performing the forms was also brought, but was not view due to lack of dvd player in room. A small discussion of these material was had including what people might find useful when pursuing more information on there selected art and how to become a better student. A handout was projected onto a large television screen so the participants could follow some of the lecture, which included the above topics. This handout was also offered in paper or electronic copy, but none of the participants was interested in receiving this.

After the discussion portion of this presentation, the group was lead through two stances (horse riding and mountain climbing), basic kicks, basic punches, and basic technique number one from our system. Then some Tai chi moves were demonstrated and participants followed the 6 series movements I have pieced together for physical therapy clients. This seemed fitting as all the participants were treating physical and occupational therapists at this facility. Finally the presentation ended with some chi kung movements. This sent the participants off with a pleasant surprise on their face as they stated they felt energized.

This presentation seemed to be received well and appreciated by all who attended. I feel the small number of participants is a reflection of the “last minute” advertisement and was assured by 3 others that they did intended to participate. I also felt that more demonstration and audience participation would be valuable for the next presentation. I know that since this was a first experience for this setting, I wanted to be general with the information I shared and some concern was expressed with the contact person for setting this up about how much physical contact that this would include. In the future, more discussion could focus on what benefits I have realized through my kung fu training and how these benefit can tie in with a healthy lifestyle that could benefit anyone.

Start a Gluten-Free Diet Today!

Wheat Belly

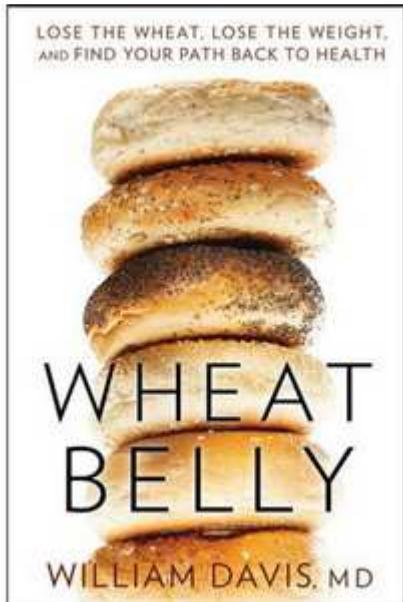
Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

By William Davis, M.D.

**Special Sale: Wheat Belly
Only \$4.95!**

Save \$21 Off List Price!

Limit: 1 'Wheat Belly' Book per Customer



 [More Images](#)

Newsmax Price: \$4.95

List Price: \$26.00

Products Included:

- Wheat Belly
- Dr. David Brownstein's Natural Way to Health 2 Month Trial (Print)

Quantity

Add to Cart

Gluten-Free Diet: Lose Weight, Lose Wheat

You are what you **wheat!** Eliminate your wheat belly by going on a gluten free diet!

In **Wheat Belly**, cardiologist Dr. William Davis explains it's not excess fat intake or too little exercise that is making us fat. He says the culprit is today's genetically engineered wheat — and the agribusiness that pushes it on us in every aisle of the grocery store — and your only defense is a gluten-free diet.

In fact, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic.

Gluten-Free Diet and Celiac Disease

Drawing on decades of clinical studies and extensive gluten-free diet research, Davis observed that wheat can cause a broad spectrum of health problems including cancer, diabetes, heart issues, dementia, digestive complications, aging, acne, and even wrinkles.

A gluten-free diet is also essential for those suffering from celiac disease, a potentially deadly condition. Celiac disease is an affliction that damages the lining of the small intestine and prevents it from absorbing certain healthy parts of food. The damage is due to a reaction caused by foods containing gluten, such as wheat, rye, barley, and possibly oats.

Although celiac disease is incurable, its negative impacts can be prevented by maintaining a life-long gluten-free diet. Studies show that millions of Americans suffer from celiac disease — and they don't even know it. Early celiac disease diagnosis and the implementation of a gluten-free diet are imperative to avoid irreparable damage.

In **Wheat Belly**, readers will also discover how people can also have other medical problems, besides celiac disease, when they eat wheat and related gluten proteins.

Wheat Belly readers will also discover how introducing a gluten-free diet into their lives will impart the following benefits:

- Weight loss of 20, 30, even 50 pounds in the first few months
- Alleviation of metabolic syndrome and Type 2 diabetes
- Recovery from intestinal woes, such as ulcerative colitis and celiac disease
- Marked improvement in total cholesterol and LDL cholesterol counts
- Improvement in bone density and reversal of osteopenia
- Relief of skin conditions from rashes and psoriasis to oral ulcers
- Suspension of hair loss
- Reduction of inflammation and rheumatoid arthritis pain
- Enhanced brain activity
- More energy and less fatigue

Davis came to his conclusions about gluten's dangers, and the revelation that a gluten-free diet was the answer, after working with heart patients for years. He has helped thousands eliminate wheat, regain their health, implement a gluten-free diet, and shed those extra pounds.

He can help you too, with practical advice, gluten-free diet tips, and wheat-free recipes for breakfast through dessert.

Live gluten-free! Get 'Wheat Belly' today for just \$4.95 with our special limited-time offer.

Get Smart About Your Health!



Like Dr. Davis, Dr. Brownstein also believes a gluten-free or reduced gluten diet would benefit most people, especially those suffering from digestive problems, thyroid problems, autoimmune disorders, arthritis, and even fatigue.

Those are the kinds of issues he addresses each month in his newsletter, **Dr. Brownstein's Natural Way to Health**.

Special Bonus: Order today, and we'll also include a two-month trial subscription to **Dr. Brownstein's Natural Way to Health**, a \$10 value!

Dr. David Brownstein almost quit medicine. Yes, it's true. He grew weary of how traditional medicine often treated patients' symptoms with prescription drugs rather than address underlying causes — ones often

linked to nutrition deficiencies.

But rather than quit, Dr. Brownstein decided to speak out.

Today he gives his patients and readers a chance to live a healthy, natural and full life with **Dr. Brownstein's Natural Way to Health**. This newsletter is loaded with the most recent insights on emerging natural therapies, nutritional advice, and the best of safe, conventional medical care.

IMPORTANT NOTE: Your trial subscription to **Dr. Brownstein's Natural Way to Health** comes with convenient automatic renewal. This means no chance of interrupted service. Thirty days before the end of each subscription period, Newsmax will notify you that your subscription is ending and will inform you of the renewal rate then in effect. Unless you cancel, your subscription will renew automatically and your credit/debit card on file will be charged \$54 for the first year (12 issues), and then the low renewal rate then in effect for each additional year of **Dr. Brownstein's Natural Way to Health**. If you want to cancel, just respond to the notice **within 30 days, and you will not be charged**. You may also cancel by calling our Customer Service Call Center at 1-800-485-4350, or completing our online [Customer Service form](#). Please remember there is no risk, because you can cancel at any time for a full refund of the unused portion of your subscription.

You truly have nothing to lose (except your wheat belly) and everything to gain by taking advantage of this incredible opportunity!

Newsmax Price: \$4.95

List Price: \$26.00

Products Included:

- Wheat Belly
- Dr. David Brownstein's Natural Way to Health 2 Month Trial (Print)

Quantity

Add to Cart

This article is from newsmax.com
Link is:

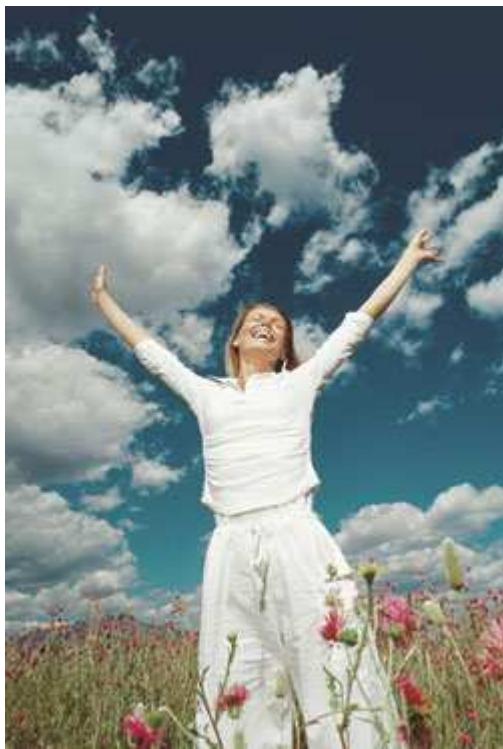
http://shop.newsmax.com/shop/index.cfm?page=products&productid=998&ns_mail_uid=80476838&ns_mail_job=1539741_10012013&promo_code=1508D-1

7 Ways to Boost Your Energy

By Jonny Bowden, PhD, CNS

Many of us are looking for energy in all the wrong places. Discover the real secrets to vitality.

[Share This](#)



Fatigue is one of the biggest problems of modern life, but we're trying to fix that problem in all the wrong ways. Trying to "get" or "find" energy is like trying to grab a fistful of water. If you want water (energy) to sit in your hand, you have to first create the conditions under which it's possible—in the case of water, keeping your fingers tightly together and your hand cupped while open will do the trick—but trying to grab the water will not. It's the same thing with energy.

Energy isn't something you get or grab, rather it's the by-product of certain conditions that allow it to show up in your life. If your health, attitude, body, and mind are all aligned in the right way, there's nothing else for you to do but feel energized. It's the natural "side effect" of a healthful life—it just comes with the territory.

Let's say you were a swimmer wearing a weight belt, and you wanted to increase your time in the 50-yard freestyle. You could spend a lot of effort researching the latest high-tech swim suit—which might add a second or two to your time—but wouldn't it be a lot more effective to simply drop the weight belt? Most of us are carrying around weight belts and looking to increase our energy with coffee and stimulants, but if we just dropped the weight belt, we'd automatically go faster.

Some of the items that make up our weight belt are too little sleep, disorganization, toxic relationships, high-carb diets, undetected food sensitivities, and all sorts of other facts of modern life that I discuss in detail in my book *The 150 Most Effective Ways to Boost Your Energy*. The following are seven of the most important ways to help drop the weight belt from your energy tank. Do them and you may be surprised at what a boost in energy they give you.

1. Support Your Liver

You can help your liver do its job more effectively—and boost your energy in the bargain—by taking a daily dose of an herb called milk thistle. Also, eat liver-supporting vegetables, such as carrots, beets, beet greens, garlic, artichokes, and burdock and dandelion roots. I consider the liver the most misunderstood and underappreciated organ in the human

body; when it's not working right, your energy level is the first thing to suffer. Giving the liver all the nutrients it needs to perform its daily tasks is one of the most important things you can do to boost your energy.

2. Get 10 Minutes of Sun Every Day

"The sun gives you strength, lifts your spirits, and is a source of energy," says my friend Al Sears, MD, author of *Your Best Health Under the Sun*. Like a growing body of health experts, Sears thinks we've become so sun phobic that we're missing out on the myriad mood-boosting and energy-enhancing benefits that the sunshine vitamin has to offer.

3. Disconnect for a Day

One of the great energy drainers of the 21st century is information overload. We're deluged with stuff coming at us from e-mail, RSS feeds, blogs, social networking sites, TV, magazines, radio, fax machines, Blackberries—you get the picture. Knowledge may be power, but information overload is just ... well, noise. Try a media-free day and feel your own energy accumulate rather than letting it dissipate as you attend to millions of distractions, most of which—when you think about it—won't make much difference in the long run anyway. (If you find the idea of disconnecting for a day is a frightening thought, you are exactly the person who needs to do it the most!)

4. Try the "No-Frills, No-Excuses, Anytime-Anywhere" Workout

We all know that exercise helps with energy—at least I hope we do—but when it comes to working out, time remains a big obstacle for many people. Here's my own "no excuses" low-tech workout that you can do just about anywhere in as little as 15 or 20 minutes for an amazing boost in energy: 1) run a mile; 2) do some squats; 3) do some push-ups; 4) do some crunches; 5) stretch. After that, go about your business refreshed and energized. And if you can't go out and run the mile, do some jumping jacks in your office or run the stairs.

5. Revive Your Chi

Acupuncture is based on the precepts of traditional Chinese medicine—that the body and mind are inextricably linked, that vital energy (chi or qi) regulates a person's spiritual, mental, and physical health; and that each of us is a delicate balance of opposing and inseparable forces—yin and yang. When that balance is disrupted, vital energy becomes blocked or weakened. When our chi is at optimal levels and flowing smoothly, we're ready to take on the world—spiritually, emotionally, mentally, and physically—we're strong, healthy, and energized. One terrific way to balance that energy is through acupuncture.

6. Unclutter and Deep-Six the Energy Drain

Here's a rule I've found to be a universal truth: your energy has a perfect inverse relationship to the accumulation of stuff you don't need. The more stuff you have cluttering up your life, the less energy you have. Believe it or not, the condition of your desk, office, and living space actually reflect a lot of what's going on in your head. If you take time to organize and unclutter, you'll be freeing up a lot of psychic space, and that can really turbo-charge your energy.

7. Take the Right Supplements

While supplements don't really "give" you energy, they can correct metabolic issues that are draining it. They can also speed along certain pathways that are nutrient-dependent and get sluggish when those nutrients are in short supply. One terrific energizing nutrient is CoQ10. Editor's note: For more tips and discussions on energy, and well-being, please see Bowden's book, *The 150 Most Effective Ways to Boost Your Energy*.



A Bunch of Benefits



Eating grapes can reduce chronic high blood pressure and help prevent heart failure. Substances in the fruit increase the activity of genes responsible for the health of heart tissue, according to research from the University of Michigan Health System.

Diets rich in fruits and vegetables have been shown to regulate blood pressure.

Grapes help boost levels of glutathione, which is the most abundant antioxidant in the heart. Glutathione and other antioxidants reduce oxidative stress, which is strongly linked to heart failure.

The scientists believe that eating whole grapes provides the most benefit. “The whole fruit contains hundreds of individual components, which we suspect likely work together to provide a synergistic beneficial effect,” said lead researcher E. Mitchell Seymour, PhD.

SOURCE

“Study Uncovers Mechanism for How Grapes Reduce Heart Failure Associated with Hypertension,” University of Michigan Health System, 5/2/13



Published: September 20, 2013 Updated: 01:27 September 20, 2013

Red Palm Oil: A Cautionary Tale

By: Eva Milotte

When you add fair trade-certified items to your personal care routine, you're helping protect the livelihoods of family farmers and workers around the world. Fair trade is an entirely different way of doing business. It promotes sustainability and helps people in underprivileged communities escape poverty.

Red palm oil

Pressed from the fruit of the oil palm, which originated in tropical West Africa, palm oil is now grown mostly in South America and Asia. Most palm oil comes from commercial plantations, which are destructive to the environment as well as species such as the orangutan and its habitat.

Look instead for fair trade-certified red palm oil, How can you tell it's fair trade-certified?

It will be:

- Unrefined
- A deep, rich orange-red color.

This ingredient is hand pressed and extracted with traditional techniques under fair trade conditions.

Red palm oil is rich in vitamins A and E.



Published: September 17, 2013 Updated: 09:46 September 18, 2013

Kiwis are Nutritional Powerhouses

Kiwifruits are nutritional stars. Ounce for ounce, one kiwi has more vitamin C than an orange and more potassium than a banana. The fruit also provides folate, vitamin E, and fiber, and has antioxidant and anti-inflammatory properties.

SOURCE

“Wellness Made Easy,” University of California, Berkeley, *Wellness Letter*, 3/13



Cranberries do prevent infections

New research from Canada adds weight to the belief that cranberry products can prevent urinary tract infections (UTIs).

Substances in the berries appear to inhibit bacteria that are frequently implicated in complicated UTIs, and to reduce the bacteria’s production of an enzyme that contributes to the virulence of infections.

The findings also point to the potential for cranberry derivatives to be used to prevent bacterial colonization on medical devices such as catheters.

SOURCE

“How Cranberries Impact Infection-Causing Bacteria,” McGill University, 7/15/13



Published: August 17, 2013 Updated: 06:00 August 17, 2013

Does Cheese Prevent Cavities?

A certain amount of acidity exists in the mouth. Once your mouth's pH level is lower than 5.5, you are at risk for tooth erosion and cavities.

New research shows that eating cheese can raise the pH level, potentially protecting teeth from cavities.

Compounds in the cheese may offer protection by adhering to tooth enamel.

Researchers tested the dental plaque of a group of kids ages 12 to 15 before and after consuming cheese, milk, or sugar-free yogurt. They found elevated pH levels 10, 20, and 30 minutes after participants ate cheddar cheese, but not after the milk or yogurt.

SOURCE

"**New Research Shows Cheese May Prevent Cavities,**" Academy of General Dentistry, 5/5/13



Published: September 15, 2013 Updated: 10:51 September 15, 2013

Probiotics Affect Your Thinking Too

People concerned with optimizing their health have long known, “You are what you eat.”

Now, researchers at UCLA have taken the notion a step further. They've proven, for the first time, that what you eat not only affects your physical health, it affects how you think and how your brain functions.

The scientists followed 36 women, aged 36 to 55 for four weeks. The women were divided into three groups. One group ate a yogurt product containing a mix of probiotics, another group ate a similar-looking product that did not contain probiotics, and the third group did not eat any yogurt product.

What the study, published in the peer-review journal, *Gastroenterology*, showed was that just as our brain function can affect our physical being (e.g. stress can cause upset stomach), the brain-gut connection is a two-way street. In other words, what we eat can alter how our brains work.

What this means is that ultimately, we may find foods and probiotics that can help prevent or treat digestive, mental, and neurological disorders, such as Alzheimer's disease, autism, or Parkinson's disease, says Dr. Emeran Mayer, a professor of medicine, physiology and psychiatry at UCLA's David Geffen School of Medicine and the study's senior author.

SOURCES

"Changing Gut Bacteria Through Diet Affects Brain Function," www.sciencedaily.com, 5/28/13

"Consumption of Fermented Milk Product with Probiotic Modulates Brain Activity" by K. Tillisch et al., *Gastroenterology*, 2013



Published: January 30, 2013 Updated: 02:53 January 31, 2013

Enjoy the Mediterranean Diet

It's a winner!

As part of its ranking of the best weight-loss diets, *US News* recently awarded the Mediterranean diet third place in the “Best Diets Overall” category. And for good reason.

Adopting this style of eating is healthy for many reasons. Those who follow the diet's basic principles lose a lot more than weight; they also reduce inflammation, blood pressure, and LDL cholesterol and lower their risk of cancer and heart disease.

The best part? Dieters are anything but deprived; they can choose from a wide array of delicious, satisfying foods.

The Mediterranean diet centers around fresh plant foods (as much as a pound of day of veggies and fruit), whole grains, pulses (beans, peas, chickpeas, lentils), nuts, seeds, olive oil, fish, herbs, and spices. Poultry and dairy products can be enjoyed in moderation—along with red wine.

Researchers believe the benefits of the diet stem from its emphasis on monounsaturated fats (from avocado, fish, and olive oil) as well as its high fiber, which slows digestion and prevents blood sugar spikes.

A review of recent studies shows that overweight people who adopted this style of eating lost between 5 and 18 pounds over a period ranging from one to two year. Those who incorporated exercise into their routine are the ones who lost the most weight.

Selected Sources

"Benefits of the Mediterranean Diet" by Kathleen M. Zelman, www.webmd.com, 2008

“Best Weight-Loss Diets” *US News*, <http://health.usnews.com>

“Body Composition Changes and Cardiometabolic Benefits of a Balanced Italian Mediterranean Diet in Obese Patients with Metabolic Syndrome” by N. Di Daniele et al., *Acta Diabetol*, 11/28/12

“Dietary Patterns, Inflammation, and the Metabolic Syndrome” by N. Ahluwalia et al., *Diabetes Metab*, 10/10/12

“Effects of a 2-y Dietary Weight-loss Intervention on Cholesterol Metabolism . . .” by A. B. Leichtle et al., *Am J Clin Nutr*, 11/11



Hormones & a Gluten-Free Diet

How gluten can trigger hormone trouble

By: Sandra Neil

The symptoms are clear: stabbing, knife-like stomach pains, bloating, migraines, fuzzy thinking, and bouts of irritability.

For those with an intolerance or even just a sensitivity, gluten can turn into a hormone-trashing fireball. It sends a stress signal to the adrenal glands much like an SOS call, and the panic mode begins once the chain of proteins reaches your digestive tract.

The adrenals are designed to combat hormonal stressors, but if you’re eating gluten several times a day—unaware that you have an intolerance—the glands soon become exhausted and malfunction.

Out of balance

“When chronically stressed, something has to give; the adrenal glands cannot keep up with all their duties,” writes Vikki Peterson, DC, CCN, founder of the HealthNOW Medical Center in Sunnyvale, CA.

The adrenals produce the stress hormone cortisol and women’s sex hormones such as progesterone and estrogen. Cortisol gets top priority, so in times of stress and inflammation, production of the sex hormones takes a back seat. That throws off the balance.

“When put in this situation, your body decides the most pro-survival thing to do is to get you through the day, to the detriment of making sex hormones,” Dr. Peterson says.

A lower production of those hormones—particularly progesterone—often means fatigue, depression, reduced sex drive, hot flashes or PMS, and other discomforts. And since progesterone levels tend to drop more than estrogen, an “estrogen dominance” can mean cramping, heavy bleeding, menstrual irregularity, migraines, and other issues.

A vicious cycle

As women’s estrogen and progesterone levels drop naturally during perimenopause, the overall hormonal imbalance can be worsened by a reaction to gluten.

Gluten intolerance leads to inflammation in the intestines, and that inflammation means more cortisol production, continuing the cycle. This can cause weight gain, bloating known as “wheat belly,” fatigue, and unstable moods. Women are more likely than men to have a gluten intolerance.

Many grains include a molecule called gliadin (a protein found in gluten), which triggers an inflammatory, autoimmune reaction in the intestine. Gliadin is found in wheat, rye, and spelt, but not in corn, rice, millet, or buckwheat.

Daniel Kalish, DC, a natural medicine practitioner, says gliadin is the reason that most of his patients who have gluten sensitivity also have a hormone imbalance.

Supplemental help

Dr. Peterson says supplements such as vitamins B5, B6, and C, as well as whole-root licorice extract and certain varieties of ginseng can help reduce adrenal stress.

Other herbal supplements that may help with hormone balance include chaste tree berry, evening primrose oil, and motherwort.

Celiac disease—in which gluten damages the lining of the small intestine—impedes the villi, which line the intestine and are key to nutrient absorption. That means the body won’t get enough vitamins, minerals, protein, carbs, or fats. This can lead to fatigue, depression, muscle and joint pain, skin problems, and a host of other disorders, including some that are much more serious.

SELECTED SOURCES

“9 Ways to Balance Your Hormones Naturally” by Edward F. Group III, DC, ND, www.globalhealingcenter.com, 5/1/11

“Gluten: A Serious Problem for Your Health and Your Hormones” by Marianne Beck, DC, www.womenshealth.com

“The Gluten Effect” by Vikki Petersen, DC, CCN, www.toyourhealth.com, 2013

“Gluten Sensitivity and Female Hormones” by Daniel Kalish, DC, www.coreonehealth.com

Nutrition at Your Fingertips by Elisa Zeid, MS, RD, CDN (\$18.95, Penguin Group/Alpha, 2009)

“Nutrition: Hormone-Balancing Food Plan” by Christiane Northrup, MD, www.drnorthrup.com, 8/21/09

Women’s Bodies, Women’s Wisdom by Christiane Northup, MD (\$20, Bantam Books, 2010)



published: October 8, 2013 Updated: 07:33 October 8, 2013

Going Gluten Free? What You Need To Know

What is gluten?

Gluten is a general term used for one of the proteins found in wheat, rye, and barley as well as grains related to wheat.

Why go gluten free?

It's estimated that at least 1 in 133 Americans can't digest gluten. Improper digestion of this protein triggers an immune response that damages the lining of the small intestine.

This condition is known as celiac disease, and it interferes with nutrient absorption, putting those with celiac disease at risk for anemia, bone disease, and other health problems. Others—as many as 1 in 7 people—have “gluten sensitivity,” or wheat intolerance.

What symptoms do these conditions cause?

Although they vary, symptoms can include abdominal pain, bloating, diarrhea and/or constipation, an itchy rash, canker sores, bone or joint pain, fatigue, depression, and even infertility.

If you suspect you have a gluten or wheat intolerance or celiac disease, eliminate wheat, barley, and rye from your diet for a few weeks and see if symptoms improve. Check with your healthcare provider for testing options.

Are these new diseases?

They aren't new, but more people are being diagnosed, maybe because there's more gluten in many products today than previously. We're eating more processed foods, and that means greater gluten intake too.

One study found that modern wheat breeding practices might also be related to the increase in celiac disease and gluten sensitivity.

How are they diagnosed?

A simple blood or saliva test can show high levels of antibodies typical of celiac.

If these are present, a doctor may recommend a biopsy that can show damage to the intestinal lining. Switching to a lifelong gluten-free diet is currently the only effective treatment.

Isn't gluten just in bread products?

No. Many processed foods contain gluten—including items you wouldn’t suspect, like candy, chips, bouillon cubes, gravy, soy sauce, baked beans, and salad dressing!

So what foods don’t have gluten?

Whole fruits and vegetables are naturally gluten free, as are brown rice, buckwheat, cornmeal, popcorn, quinoa, and wild rice (which is really a kind of grass), as well as oats that have been certified “gluten free.”

Some of the flours for baking that don’t contain gluten include buckwheat, garbanzo, millet, rice, and sorghum.

SOURCE

“Gluten-Free Confusion” by Joseph Murray, Nutrition Action Health Letter, 9/11

“Gluten-Free Diet Guide . . .” by J. Li et al., Colorado State University Extension, 3/09 “Presence of Celiac Disease . . . Wheat Breeding May Have Contributed to Increased Prevalence of Celiac Disease” by H. C. van den Broeck et al., Theor Appl Genet, 11/10



Published: September 1, 2013 Updated: 08:48 September 1, 2013

Organic Labels Defined

Consumers can buy USDA-certified organic products with confidence. When a product carries the organic label, this claim guarantees that it has been grown, handled, and processed according to strict production standards that reduce and eliminate the use of toxic, persistent pesticides and fertilizers, and that prohibit the use of genetic engineering, irradiation, sewage sludge, growth hormones, and antibiotics.

They can also rest assured that the organic claim is accurate and has been verified by a certifying agency.

Organic Labels Defined

1. 100 PERCENT ORGANIC

Only a product produced using organic methods exclusively can carry labeling saying that it's entirely organic. The label must state "certified by" and the certifying agency. Such products may display the USDA Organic seal.

2. ORGANIC

This label means that 95 percent or more of the ingredients by weight (excluding water and salt) have been organically produced and processed. Foods with this label are also eligible to display the USDA Organic seal and must state the certifying agency.

3. MADE WITH ORGANIC

Products with at least 70 percent organic ingredients may be labeled "Made with Organic" and list up to three organic ingredients on the front panel.

4. INGREDIENT PANEL

Products with less than 70 percent organic ingredients are allowed to list the organic items on the ingredient panel only.

Why Organic?

A growing body of research suggests that organic foods are packed with nutrients. One study finds that organic berries and corn are higher in antioxidants than their conventional counterparts. Other research reveals that organic crops are higher in magnesium and other nutrients, while containing lower levels of nitrates and other chemical additives.

Research also confirms higher antioxidant concentrations in organic foods.

"Organic farming methods have increased antioxidant levels by a few percent to more than three-fold compared to food grown using conventional production methods. On average, across seven studies that reported direct comparisons of the levels of antioxidants in conventional and organic foods, levels in organic food averaged about one-third higher," says Charles Benbrook, PhD, of the Organic Center for Education & Promotion.

HEALTHY LIVING

Exercise is a Powerful Drug

For treating cardiovascular disease and age-related conditions



Exercise is a powerful drug

While drugs can be used to treat countless conditions, sometimes their use can be unnecessary or ineffective. According to a new research review in the [British Medical Journal](#), regular exercise can be just as effective as medications in treating heart disease. The study researchers added that the medical field should pursue more research and treatments that are exercise-based.

Content

"In cases where drug options provide only modest benefit, patients deserve to understand the relative impact that physical activity might have on their condition," the researchers from the London School of Economics in the UK and Harvard and Stanford universities in the United States wrote.

In the review, researchers pulled data from over 300 studies that included nearly 340,000 participants. While the review included a large amount of data, information on the medical benefits of physical exercise are significantly dwarfed by the reams and reams of information on the health benefits of drugs, study authors said.

The research team asserted that this "blind spot" in scientific research "prevents prescribers and their patients from understanding the clinical circumstances where drugs might provide only modest improvement but exercise could yield more profound or sustainable gains."

This latest study adds to the growing body of information showing that regular physical exercise is a major supporter of human health.

According to the World Health Organization (WHO), insufficient physical activity is the fourth highest risk factor for mortality worldwide, identified as playing a role in an estimated 3.2 million deaths around the world annually.

The WHO recommends regular moderate-intensity physical activity, such as playing in recreational sports, can cut the risk of cardiovascular diseases, diabetes, breast cancer, bone fractures and depression – conditions often linked with growing older.

In the United States, first lady Michelle Obama's ["Let's Move!"](#) campaign has been focused on forming exercise habits early - getting school-aged children to exercise regularly.

"Everyone has a role to play in reducing childhood obesity, including parents, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies," [a statement on the campaign website](#) said. "Your involvement is key to ensuring a healthy future for our children."