

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)

August 2012 Newsletter Summary

INNER SCHOOL TOURNAMENT

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

Kung Fu Rank Test

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

Proverbs 12-11 .

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

Wang's Martial Arts rank test on July 28, 2012.



Rank test students group picture.



David Wilkerson picture with Allen & Rick.



Park Lake Elementary school rank test May 21, 2012.



Park Lake Elementary school student recieved award.

There is no class on September 3, 2012 (Monday) due to Labor day.

Brown and Black rank test

October 16, 2012 (Tue.) 6 - 8 pm
October 18, 2012 (Thur.) 6 - 8 pm
October 20, 2012 (Sat.) 9 am - 3 pm

Tai Chi Rank Test

Date: 9-1-2012 (Sat.)
Time: 12 noon - 2:00 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
Total - \$1888.98 - \$300 = \$1588.98

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

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

Nunchaku Class:

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

Basic Bo

Dates: 8-11-2012 (Sat.) Time: 2-3 pm
 8-18-2012 (Sat.) 2-3 pm
 8-25-2012 (Sat.) 2-3 pm
 Cost: \$39.00 or \$19.50 for review
 Pre-requisite: Adults (15 years old and up) – Yellow belt and up.
 Jr. students (5–14 years old)- green belt and above. (Minimum 6 people register.)

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

Black Belt club & Accelerated program rank test:

Date: 10-13-2012 (Saturday)
 Time: 2 - 4:30 pm

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

August Birthday

Jacob Darst	8/11
Sharon Kolajczak	8/27
Daniel Thibodeaux	8/23
Jose Guzman	8/25
Anthony Nadolski	8/1
Marilyn Kidd	8/1
Sabrina Cauvet	8/13
Darby Dickinson	8/6
Christian Medina	8-27
Jose Guzman	8-25
Elizabeth Lehmann	8-31
Mary Bush	8-5
Ethan Fu	8-4
Eloy Saucedo	8-13
David Rodriquez	8-14
Michelle Henderson	8-16
Aaliyah Fuller	8-20
Logan Koch	8-1
David Manning	8-10
Marian Heedia	8-13

Happy Birthday

Chinese Vegetarian Food & Tour Chinatown

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

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 8-30-12 (Thursday)
 Time: 8:00 – 9:00 pm

Nunchaku Class:

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

Conditioning & Reaction Drill Class:

Age 5 –12 years old
 Date: 8/16/2012 (Thursday)
 Time: 8:00 – 9:00 pm
 Age 13 – 80 years old
 Date: 7/26/2012 (Thursday)
 8/09/2012 (Thursday)
 8/23/2012 (Thursday)
 Time: 8:00 – 9:00 pm

New Student:

Jose Ramirez, Alfredo Ramirez
 Coty Glenn, Angelo Carrion
 Anthony Carrion,
 Setgio Esquivel, Lili Batiz
 Jacqueline Esquivel
 Jazminj Esquivel

Welcome!

Tournament Point:

Reese Bocock	54
Tara Bocock	54
Carys Bocock	48
Brandon Warner	48
Jose Guzman	48
Elmer Whitehead	48
Andrew Bolton	45
Andrik Sanchez	42
Darren Bush	42
Kayla Warner	39
Julie Rogers	39
Chris Avelar	39
John Bocock	36
Seth Rogers	36
Julian Rosas	36
Brandon Roll-Bush	33
Emmory leach	30
Marvin Henderson	30
Jaqueline Ajucum	30
Kevin Papa	27
Brandon Sarton	27
Carrie Wilkerson	27
Conner Roll-Bush	24
Diego Ramirez	21
Sharon Mikolajczak	12
James Dyess	6
Rosalie Conry	6

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

Report card point:

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

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

June 30, 2012
Wang's Martial Arts inner-school tournament



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

Chinese Vegetarian Food & Tour Chinatown

Date: 10-06-2012 (Saturday)

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

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



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

Registration Form

Name : _____ . **Date :** _____

Address : _____

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

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

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

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

(Total Amount Paid) = _____

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



Nunchaku Class

Date: September 10, 2012 (Monday)

Time : 7:00 - 9:00 PM

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

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

Pre-requisite: Adults (9 years old and up) –
Yellow belt and up.

Jr. students (5–8 years old)- green belt and above.

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

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Amount Paid _____ .

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

INNER SCHOOL TOURNAMENT

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

Listed below are the divisions; in each, a first, second, and third place trophies will be awarded.
Encouragement awards are given for everyone who does not place.

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

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

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

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

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

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

Registration form for INNER-SCHOOL TOURNAMENT

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____, STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ e-mail address: _____

RANK: _____ AGE: _____ DATE OF BIRTH: _____

DIVISIONS: FORMS _____ SPARRING _____ WEAPONS _____ Amount Paid _____

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 Bo



Date: August 11, 2012 (Saturday)
August 18, 2012 (Saturday)
August 25, 2012 (Saturday)

Time : 2:00 - 3:00 PM

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

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

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

Fee : \$39.00
\$19.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

Amount Paid _____ .



The caffeine in coffee is good for dental health. (Photo by Ballistik Coffee Boy)

It may not come as a big surprise to you that green tea is good for dental health. After all, green tea is the miracle cure for pretty much anything, right? If you're not a huge fan of green tea, worry not: there are other beverages out there that can do the same. In fact, if you're a long time follower of this blog, then you already know that not only green tea but also black tea helps prevent dental caries. Both are also good for the gums. The good news doesn't stop there, however. A recent review found that in addition to tea, cocoa and coffee showed anti-cariogenic potential as well ([link](#)). The reason behind this effect is the polyphenol content in all three. Though each three has different polyphenols that work in different ways, they all appear to get the job done and improve oral health.

Cocoa and dental caries - According to the authors of the review, studies have shown that adding cocoa powder or chocolate to hamster diets reduces their caries incidence. Unsurprisingly, cocoa powder or dark chocolate works better than chocolate with high sugar and low cocoa levels. Water-soluble extracts of cocoa powder also inhibited caries formation in rats. The two main strains of bacteria that cause caries are *Streptococcus sanguinis* and *Streptococcus mutans*. Although the case is not entirely clear, cocoa polyphenols seem to inhibit the growth of the former but not the latter. Cocoa also reduces plaque formation by inhibiting the enzyme dextranase, which forms plaque extracellular polysaccharides from sucrose. In one study, a mouth-rinse made from the ground husk of cocoa beans was effective in reducing plaque scores in children.

Coffee and dental caries - Roasted coffee beans were shown in two studies to be antibacterial against *S. mutans*. Coffee also appears to interfere with the adsorption of *S. mutans* to teeth. In another study, coffee did not inhibit the growth of the bacteria, but did reduce the adherence of bacterial cells to dental surface. In other words, while coffee might not kill the bacteria, drinking coffee could prevent it from sticking to your teeth. The compounds in coffee that are most active in terms of dental health are trigonelline, caffeine and chlorogenic acid. It is possible that the anti-adhesive effect is due to the synergistic action of these (and other) chemicals in coffee.

Tea and dental caries - Since I've already covered the topic of tea and dental health in an earlier post, I'll just go over the review findings briefly here. Tea polyphenols appear to protect from dental caries primarily through their anti-microbial action. While cocoa and coffee are mostly effective against the adhesion of bacteria on the surface of teeth, tea in addition actually inhibits the growth of several strains of *Streptococcus*. The polyphenols in tea also reduce the formation of plaque, the production of acidic compounds and the synthesis of glucan from sucrose. Importantly, commercial teas have been shown to inhibit salivary amylase activity, which may significantly reduce caries formation from foods with starch.

Green tea, black tea and oolong tea (which is somewhere between the two in terms of fermentation time) have all been shown to be beneficial for oral health. Even though white tea has not been studied, it very likely has much of the same benefits as green tea. Due to its light color, it may also stain teeth less than green or black tea.

[Green Tea Polyphenol Heals Stomach Ulcers](#)



Green tea is a good candidate for treating stomach ulcers. (Photo by [toughkidcst](#))

Non-steroidal anti-inflammatory drugs (NSAID) are generally used for treating pain and reducing fever. The most common NSAIDs are aspirin and ibuprofen. While effective, these drugs have some pretty nasty side effects. For example, up to one in four regular users develop a chronic gastric ulcer at some point.

In addition to causing gastric, peptic and duodenal ulcers, NSAIDs also delay ulcer healing. In the United States, upper gastrointestinal problems from non-steroidal anti-inflammatory drug use result in 16,500 deaths every year. What's worse, almost half of the prescriptions for NSAIDs are estimated to be unnecessary. Anti-ulcer drugs, on the other hand, are expensive and do not prevent the ulcers from recurring.

In a recent Indian study, the effectiveness of the anti-ulcer drug omeprazole and one of green tea's polyphenols, epigallocatechin gallate (EGCG), was compared in mice ([link](#)). The mice were first given enough of a NSAID called indomethacin to cause stomach ulceration. After that they were split into three groups: the first group was given a standard effective dose of omeprazole (3 mg/kg), while the second group was given EGCG in various doses (0.5–5 mg/kg). The third group acted as the control group and was given no treatment.

After three days, the ulcers of the mice in the control group had not healed at all. The omeprazole-treated mice had healed ~75% of their stomach ulcers. The effectiveness of the

green tea polyphenol was dose-dependent: with 3 mg/kg, the ulcers healed as effectively as with omeprazole, while the largest dose (5 mg/kg) resulted in ~82% healing.

Non-steroidal anti-inflammatory drugs cause gastric ulcers through a variety of mechanisms. They increase the production of reactive oxygen species (ROS), increase lipid peroxidation and cause an imbalance in cytokines which regulate the immune system. In this study, EGCG improved all three factors even more effectively than omeprazole.

Although both omeprazole and epigallocatechin gallate have antioxidant properties, the mechanisms through which they work differ from each other. The main reason omeprazole works is because it reduces the production of gastric acid, whereas green tea is said to increase gastric acid release. While more studies are probably needed, the authors of the paper consider EGCG a promising candidate for treating stomach ulcers because it has not been shown to have negative side effects even with large doses (although there are [potential problems with high-dose green tea extracts](#)).

For more information on green tea, see these posts:

[Green Tea Protects from the Psychological Effects of Stress in Rats](#)

[Tea, Coffee and Cocoa: All Good for Your Teeth](#)

[Green Tea and Capsaicin Reduce Hunger and Calorie Intake](#)

[Green Tea Extract Increases Insulin Sensitivity & Fat Burning during Exercise](#)





Forms:

Adult Brown & Black: 1. Allen Dewoody 2. Patrick Gilbert 3. Jose Guzman 4. Chris Avelar

Adult Brown: 1. Elmer Whitehead, 2. Darren Bush

Adult Int. : 1. Carrie Wilkerson, 2. Susan Fischman, 3. Amy Gilman

Adult Beg.: 1. Julie Rogers, 2. Theunis Oliphant, 3. Tara Bocoock, 4. John Bocoock

Tai Chi Adv: 1. Susan Fischman, 2. Paul Turk, 3. Steve Alonso

Tai Chi Beg. : 1. Paul Greenwood, 2. Phil Spruel

9-14 Adv.: 1. Julian Rosas, 2. Brandon Roll-Bush

9-14 Int.: 1. Andrew Bolton, 2. Brandon Warner, 3. Brandon Sarton

9-14 Beg.: 1. Kayla Warner, 2. Reese Bocoock, 3. Carys Bocoock, 3. Emily Leon, 4. Seth Rogers, 4. Gregory Strickland

5-8 Adv.: 1. Kevin Papa, 2. Andrik Sanchez, 3. Ayden Sowers, 4. Connor Roll-Bush

5-8 Beg.: 1. Julius Herron II, 2. Gala Fuentes, 3. Andrew Medrano

Weapons:

Adult Black: 1. Allen Dewoody, 2. Jose Guzman, 3. Chris Avelar, 4. Patrick Gilbert

Adult Brown Belt. : 1. Elmer Whitehead, 2. Darren Bush

Adult Beg.: 1. Julie Rogers, 2. Carrie Wilkerson, 3. Theunis Oliphant

Junior Weapons : 1. Julian Rosas, 2. Andrik Sanchez, 3. Ayden Sowers, 4. Kevin Papa

Tai Chi: 1. Paul Turk, 2. Susan Fischman, 3. Steve Alonso

Sparring:

Adult Brown & Black: 1. Chris Avelar, 2. John Bocoock, 3. Theunis Oliphant, 3. Carrie Wilkerson 4. Darren Bush, 4 Gaelan Gilbert

15-17 Beg.: 1. Tara Bocoock, 2. Jose Guzman

9-14 Adv.: 1. Julian Rosas, 2. Brandon Roll-Bush

9-14 Int.: 1. Brandon Warner, 2. Andrew Bolton, 3. Brandon Sarton

9-14 Beg.: 1. Carys Bocoock, 2. Reese Bocoock, 3. Emily Leon, 3. Seth Rogers, 4. Kayla Warner, 4. Gregory Strickland

5-8 Int.: 1. Kevin Papa, 2. Ayden Sowers, 3. Andrik Sanchez, 4. Connor Roll-Bush

5-8 Beg. : 1. Julius Herron, 2. Gala Fuentes, 3. Andrew Medrano



Rank Test results - 7/28/12

Age 5-8 years old

- Fernando Garcia – Yellow
- Christal Garcia – Yellow
- Ethan Fu – Yellow
- Ian Fu – Yellow
- Luis Nunez - Yellow/stripe



Age 9-14 years old

- Jose Garcia – Yellow
- Michelle Najarro – Yellow
- Loghan Burrell – Yellow
- Vivian Sena – Yellow
- Amari West - Yellow
- Kayla Warner - Yellow
- Libeth Nunez – Yellow/stripe
- Brandon Warner - Orange/stripe



Age 15-80 years old

- Roberto Alvarado – Yellow
- John Bockock – Yellow/stripe
- Luis Nunez – Yellow/stripe
- Susan Fischman – Green
- Theunis Oliphant – Green
- Amy Gilman – Green
- Elizabeth Lehmann – Blue/stripe
- David Wilkerson – Red



Tai Chi rank test result - 06/23/12

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



Back to School

Family Special

Kung Fu

or

Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month	\$119.00	\$59.50	\$59.50	\$59.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$30.00	Free	Free	Free	Free

(Good till 9-30-2012.)

Wang's Martial Arts

92- B Wilson Road

Humble, TX 77338

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

www.WangsMartialArts.com



2013 Tenth Annual Chinese New Year Banquet

Date: March 3, 2013 (Sunday)
Time: 4:00 pm (Reception)
 5:00 pm (Dinner)
 6:00 pm (New Year program)
Place: Humble Civic Center
 8233 Will Clayton Pkwy
 Humble, TX 77338

Cost: Ages 3 and under - \$5.00
Ages 4 - 12
 \$15.00
Age 13 and up
 \$20.00
A table of 10 people
 \$200.00



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: _____

Banquet Fees:

A table of 10 people: \$200.00	=	
\$20.00 x Number of 13 years old and up	=	
\$15.00 x Number of 4 – 12 years old	=	
\$5.00 x Number of 3 years old and under	=	

Total: = _____



Seven toxic foods, drinks, and additives to cut out of your diet

Tuesday, August 07, 2012 by: Ethan A. Huff, staff writer

(NaturalNews) With so much conflicting information out there about which foods are healthy and which foods are not, it can be difficult for many people to determine how best to approach a healthy lifestyle that includes eating well. But a good place to start is to avoid these seven toxic foods, beverages, and additives that are quite common in the American diet.

Diet sodas and beverages sweetened with artificial chemicals. One of the more common dietary misconceptions in mainstream society today is the idea that "diet" beverages are somehow healthier than their sugar-sweetened beverages. Aspartame (NutraSweet, Equal) saccharin (Sweet'N Low), and sucralose (Splenda) are among the more popular artificial sweeteners used in many diet sodas, juices, chewing gums, and other foods (<http://www.naturalnews.com>).

Not only are artificial sweeteners bad for your health (<http://www.naturalnews.com>), but they also tend to promote obesity (<http://www.naturalnews.com/022785.html>). If you want to protect yourself against chronic illness and toxicity -- aspartame literally converts to formaldehyde in the body and causes metabolic acidosis -- it is best to stick with either raw sugars or natural sugar substitutes like pure stevia extract.

High-fructose corn syrup (HFCS), the silent killer. It is not really much of a secret anymore that HFCS, despite all the corn industry shilling, is a toxic sweetener that should be avoided (<http://www.naturalnews.com/hfcs.html>). Since it is linked to obesity, brain damage, low IQ, and even mercury poisoning, avoiding all foods that contain HFCS -- this can include breads, cereals, and other seemingly innocuous [foods](#) -- will do wonders for your health.

Most vegetable oils, including hydrogenated and 'trans' fat varieties. The misdirected war on saturated fats has convinced millions of people that unsaturated vegetable oils are a healthy alternative. Not only do many vegetable oils turn rancid quickly, which means they are toxic (<http://healthwyze.org>), but many of them also contain high levels of omega-6 fatty acids which, apart from omega-3 fatty acids, can cause severe health problems like heart disease and cancer. (<http://www.naturalnews.com/022860.html>)

Many vegetable oils are also derived from genetically-modified organisms (GMOs), including canola, soy, and corn oils. These same oils are often hydrogenated as well, a process that turns them into heart-destroying solid oils. Avoiding these and sticking instead to healthy fats like grass-fed butter, coconut oil, olive oil, and hemp oil will greatly improve your [health](#) and lower your risk of disease.

White bread, pasta, and other refined flour foods. They are cheap, plentiful, and come in hundreds of varieties. But white breads, pastas, and other foods made from refined flour are among the top health destroyers in America today. Not only are most white flour products carcinogenic because they are

bleached and bromated, but they also lack vital nutrients that are stripped away during processing. Avoid them, and all processed wheat products if possible, to optimize your health.

Monosodium glutamate (MSG), carrageenan, and refined salt. Often hidden in foods under deceptive names (<http://www.truthinlabeling.org/hiddensources.html>), MSG is a pervasive salt chemical you will want to avoid that is linked to causing headaches, heart problems, brain damage, and other problems. Carrageenan, another chemical additive often hidden in "[natural](#)" and organic foods like nut milks and lunch meats, is similarly worth avoiding, as it can cause gastrointestinal upset and colon cancer. (<http://www.cornucopia.org>)

And processed salt, which is added to just about everything these days, lacks the trace minerals normally present in sea and earth salts, which means it ends up robbing your body of these vital nutrients (http://www.naturalnews.com/028724_Himalayan_salt_sea.html). Hypertension, cardiovascular disease, and stroke are just a few of the many conditions that can result from refined salt intake, so your best bet is to stick with unrefined sea salts and other full-spectrum salts.

Learn more: http://www.naturalnews.com/036724_toxic_foods_additives_avoid.html#ixzz240ey0bGh



Are Plastic Food Containers Too Toxic to Reuse?



Hey Mr. Green,

There has been a lot of discussion about hazards of using [plastic](#), especially related to bisphenol A, or BPA. We try to avoid buying anything in plastic, but over the years we have acquired plastic containers, like one-quart yogurt containers, which we use to store food in the refrigerator. Is this a bad idea? We wash and reuse them many times and wonder if chemicals are leaching into the food that is stored? We also wash and reuse plastic bags to buy bulk foods. Could this also be hazardous? We have not seen this issue addressed and hope you have an answer. --Rick in Berkeley, California

Now that we are deep into the Plastic Age, questions about material safety and environmental impact have become a bit more complicated than in previous technological epochs like the Bronze or Iron Ages.

Your yogurt containers are probably made of polypropylene (PP), or #5 plastic, which does not contain BPA, an estrogenic chemical that we know to be harmful. The #7 plastic is the one that may contain BPA. So the yogurt containers may be safe to reuse, although a recent study in *Environmental Health Perspectives* indicates all types of plastics used in food containers, beverage cans, plastic bottles, and wrappers [can release estrogenic activators](#) if reused repeatedly, and we know that such chemicals can be harmful. It may well be that the amounts released are too small to cause problems, but if you want absolutely certain safety, store food in glass containers only. If you do reuse plastic containers, follow the Environmental Working Group's advice, and only use #1, 2, 4, or 5, although one study shows that higher temperatures can cause the release of the heavy metal antimony from #1, PET. And since heat intensifies the release chemicals, never microwave with any type of plastic container and don't put hot food in it. Regarding the plastic bags, I

doubt that they pose a problem, since there is no liquid in bulk items to leach anything out like there is with most leftovers. But to play it super safe, you could avoid storing grains, beans, nuts, or flour in the bags.

As noted, many #7 plastic containers contain BPA, and although the BPA is being phased out, you should not use any #7 container unless you are sure it is BPA-free. The most frightening thing is that some baby bottles, [toys](#), and sippy cups contain BPA, to which fetuses and children are more vulnerable than adults.

Also, [BPA lurks in other places](#), including the lining of some metal water bottles and in food and beverage cans at possibly harmful levels, according to a study by EWG. I hate to break this news, because canned foods are an excellent way to preserve the solar energy and vitamins from a summer's harvest. (For more on this, see my October 7 column, "[Are Plastic Cups Poisonous?](#)")

While the food industry denies that BPA can reach hazardous levels in food, the jury is still out. Evidence of the dangers have prompted the EPA and the National Institutes of Health to conduct further research on the substance. Households that consume a lot of canned food and beverages, especially if they have children, may want to consider cutting back until we get the results of that study.

So, although reuse is usually preferable to recycling, in the case of plastic food and beverage containers, recycling is a better choice. Besides, the plastic industry is desperate for more of the stuff. While U.S. capacity for PET (plastic bottles) recycling alone is estimated at almost 1.9 billion pounds, only 20 percent of the PET even gets collected here, and of that, only about 642 million pounds make it to U.S. companies. The other 800 million pounds is, like so many of our jobs, outsourced to foreign factories.

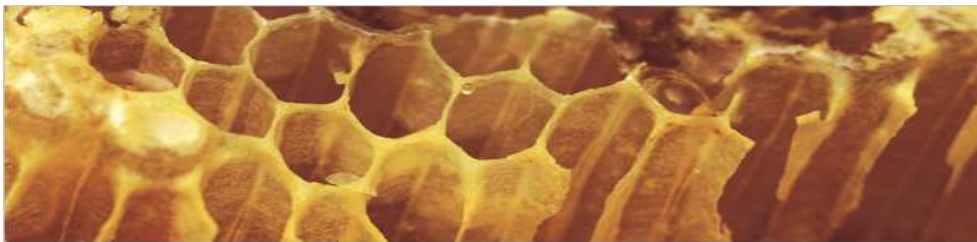


The 6 Creepiest Lies the Food Industry is Feeding You -

By: [Pauli Poisuo](#)



As we've [talked about before](#), the [food industry](#) is based almost entirely on a series of lies that, quite frankly, most of us just prefer to believe ("All natural?' Sounds healthy to me!"). But we have to draw the line somewhere, right? Especially when the food you buy has nothing to do with what it says on the label.



#6. Your Honey and Spices Are Fake

If you're like us and you only use spices to impress the opposite sex with the illusion that you know what to do with them, then it's possible that you don't even really know what that stuff is supposed to be made of. And that's exactly where the food industry wants you, if they're going to sell you fake bootleg spices.

The Horror:

Take honey, for example. You'd think it's a pretty straightforward product -- bees make it, bears steal it from the bees, you eat it. Or something. But the truth is that pretty much all the major players in the industry knowingly buy their honey from dodgy sources in China -- a country that, for instance, has no qualms in purveying pepper that is [entirely made from mud](#).



Wait, does that mean that pork comes pre-seasoned?"

Bootleg Chinese honey frequently has all of the pollen filtered out of it to disguise its origin, and it's then cut like back-alley cocaine with cheap corn syrup and artificial sweeteners. The FDA says that a substance can't legally be called "honey" if it contains no pollen, and yet [most of the stuff tested](#) from the main retailers contained not a trace of it.

Soy sauce is another thing you'd assume no one would feel the need to fabricate, seeing as soy isn't exactly a rare commodity. Again, [you'd be wrong](#). Proper soy sauce takes a pretty long time to make, so many manufacturers have started producing an imitation product that takes only three days to make and has a longer shelf life. It is made from something called "hydrolyzed vegetable proteins," as well as caramel coloring, salt, and our good old friend corn syrup. Most of the soy sauce that you get in packets with your sushi is actually this fake stuff. But at least it comes with wasabi, too, right? If by "wasabi" you mean "[horseradish mixed with mustard](#)." Let's face it, you probably weren't even served by a real Japanese person.



"I'm actually Korean as all get-out."

The worst offender is possibly saffron. The real stuff is up there with the most expensive spices at roughly \$10,000 per pound. That's especially impressive, considering that a lot of "top-quality" saffron consists of [roughly 10 percent actual saffron](#). The rest is just random, worthless plant bits, ground up and mixed with the real thing.

And that's what you get when you're lucky. If you're unlucky, you get the *complete* forgery:



See if you can taste which one has crayon shavings.

On the left, you see real saffron. On the right -- saffron-flavored [gelatin](#). Its appearance is convincing enough, until you put it in water and it completely dissolves, leaving behind little more than a bland aftertaste and a patch of froth shaped like a middle finger.

#5. Your Chicken Is Pumped Full of Weird Liquids



There's nothing as appetizing as a nice, plump, juicy chicken carcass, roasted to a golden sheen. We're getting hungry just thinking about it. But as much as everything with a kind of indescribable taste is said to "taste like chicken," it's kind of ironic that you probably don't actually know what real chicken tastes like, because ...

The Horror:

For decades, the vast majority of our "fresh" chicken has been infused with a whole bunch of other substances, up to and including [beef and pork waste](#). That's bad news for Hindus, Muslims and anyone else who is choosing the chicken dish from the menu because contact with beef or pork is expressly forbidden by their religion.

But even when the chicken is untainted by cloven-hoofed contaminants, you're still likely eating a bird that's pumped full of chicken stock, brine and "flavor enhancers." It's called [plumping](#), and it's been standard practice in chicken production since around the '70s. The industry explains that it's to add juiciness to chicken that would otherwise be too lean and chewy. Sure, they neglect to mention the fact that the chicken is stringy and inferior *because they've deliberately bred it to be faster and cheaper to manufacture*, but at least they're not technically lying, at least not at this point.

But food companies often blatantly overdo the required amounts to "plump" a chicken to tenderness by pumping their fowl up until the extra substances make up as much as [30 percent of the total weight](#), and we're sure it's just coincidence that chicken is priced by the pound.

But the weight issue is [just the beginning](#). The industry describes the plumping process as "completely harmless." Plumping can up to *quadruple* the meat's sodium levels, leaving it riddled with unnecessary salts. All attempts to "improve" the plumping formula to fix the sodium problem have led to a giant spiral of more and more crap being thrown into the mix, to the point where you probably don't know what percentage of your chicken is even *kind of* chicken.



Of course, you can try to avoid it by only buying chicken that has "100 PERCENT NATURAL" printed on the label, and they will laugh at your cute attempts to cheat the system. Due to a technicality in regulations, all chicken -- plumped or not -- can be labelled as a completely natural product ... as long as the ingredients in the plumping solution can be described as "natural" without anyone bursting into laughter.

#4. Your Meat Might Be Made from Glued-Together Scraps



Unless you're one of those people who substitute a lump of tofu for a real turkey on Thanksgiving, meat is meat. And don't worry, we're not about to tell you that the juicy slab of rib eye that you brought home from the shady discount butcher isn't a real steak. In fact, it's quite likely half a dozen steaks ... as well as whatever else they swept off the slaughterhouse floor.

The Horror:

There's a substance in the meat industry's bag of tricks called "[transglutaminase](#)." That's an awful lot of syllables, so most people just call it by its nickname -- [meat glue](#). It's exactly what it sounds like. Its intended purpose is for fancy chefs who sometimes need to stick different parts of a meal together after preparation (to make crab cakes and such), but it has another, shadier purpose among renegade butchers.

[It goes like this](#): During the heavily industrialized process of turning animals into delicious food, there tends to be a lot of pieces left over that aren't good for much but pet food. Transglutaminase can be used to glue these tiny bits together into a sort of patchwork slab, which looks a lot like one consistent cut of meat.



"The log is actually the most natural form for meat to take in the wild."

Since the process doesn't leave a trace, and transglutaminase isn't among the substances required to be mentioned in the table of ingredients, you have fat chance of knowing it's there unless you're an expert at interpreting the seams in your meat. This process not only sells you scraps for the price of prime meat, but it also leaves you with a "steak" that might well be made from a dozen different cows, making it next to impossible to trace the source for your food poisoning, the chances for which are incidentally now tenfold, thanks to the uneven consistency of what you're trying to fry up.

Meat glue works its magic just as well on chicken and seafood, which is bad news once again for our Muslim, Jewish and Hindu readers -- transglutaminase comes from pig and cow blood. Well, at least that tofu turkey is pretty kosher.

#3. Your Salmon Is Dyed Pink

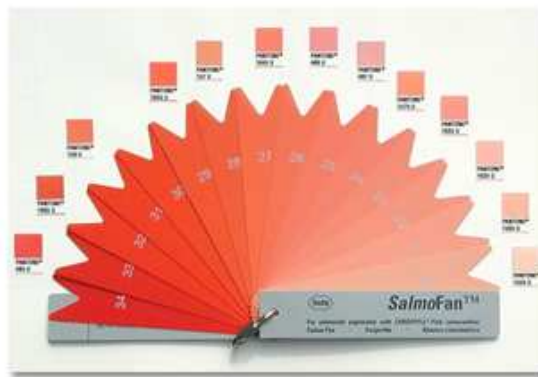


When you think of salmon in the wild, you're usually imagining a bunch of strong, determined fish swimming upward through a waterfall, maybe while getting chased by bears. It's the blood rushing through the powerful salmon's veins that makes its flesh so pink and health-- by devouring it, you also absorb its strength and the spirit of the untamed Alaskan wilderness.

The Horror:

At least, that used to be how it worked. The salmon you eat today has never swum a single inch upstream. Instead of the Alaskan wilderness, today's salmon only contain the spirit of the cramped, overcrowded salmon farms in which they spent their entire lives. Because the fish can't move much and their diet consists entirely of aquarium pellets, the salmon that arrives at your local Safeway is as gray as a British winter.

So how do they recapture the soul of Alaska? They pump the salmon full of [pink dye](#), obviously. The pellets they feed to those aquatic prisoners are infused with a line of coloring agents developed by the pharmaceutical giant [Hoffman-La Roche](#) and selected according to a color fan. That's right -- just like the ones you use to choose the color of your wall paint from the hardware store. Behold, the SalmoFan:



"Hey, it's our anniversary, we're allowed to splurge. Let's order neon."

This is no small-scale stuff, either. [About 95 percent](#) of Atlantic salmon is currently farmed, and pretty much all of it is dyed.

Of course, salmon is not the only thing in your grocery basket that isn't really the color you think it is. Remember Perdue chicken, Frank Perdue's famous poultry with the "healthy, golden color"? Turns out that the healthy, natural color was achieved with a [mix of marigold petals and dyes](#). In the baked goods corner we have wheat bread, which is often dyed darker with brown sugar or molasses to make it appear more healthy. The peculiarly orange hue of [cheddar cheese](#) is also a careful mix of coloring agents, because the natural color of cheese batches varies, and being faced with variation reduces regular shoppers to confused and aggressive beasts.



"Be careful, they charge when provoked."

For the red-meat lovers out there, rest assured that your hamburger and sausage meat is often [dyed to a more appetizingly red hue](#) that can cause cancer. Who wants to eat slightly inconsistent-looking food?

#2. Kobe Beef Doesn't Really Exist



Seasoned carnivores know that [Kobe beef](#) is just about the cream of the crop, if you can afford it. The Japanese Wagyu cattle it comes from are raised with a very direct set of rules, followed with the kind of strict meticulousness you'd expect from a country where making a cup of tea is an hour-long ritual.

Luckily, the international market has made Kobe beef pretty widely available. Nowadays, many restaurants keep Kobe on the menu, and many a well-equipped meat purveyor is able to get his hands on a chunk every now and then. And as the markets open, the prices plummet -- these days, you can totally enjoy a [delicious Kobe burger](#) for the relatively measly price of \$81.



"Here's your wrong burger with a side order of french lies. Enjoy!"
Say, ever wonder where all this sudden, delicious Kobe influx comes from?

The Horror:

Nowhere, that's where. Every single restaurant and beef purveyor boasting Kobe beef is lying. [You have never had real Kobe beef](#). Not in the U.S., not in Europe, not in Australia. Unless you actually flew to Japan and specifically sought it out, you haven't had a shadow of a chance to even sniff a Kobe steak.

In fact, the strict rules that apply to Kobe production aren't in compliance with U.S. legislation, which technically makes the meat more or less *illegal* stateside. And there is precious little Kobe beef to go around -- so it doesn't. With the exception of Macau, for some reason, Kobe beef is exclusive to Japan, and even there it can be a bastard to find.

So wait, what are they actually feeding us when we pick "Kobe" off the menu? The term "Kobe beef" is only subject to regulation within Japan, so for the rest of us, it can legally apply to anything that doesn't violate the "beef" part of the description.



"That'll be a million dollars."

When you buy something labeled "Kobe beef," it's likely that you're actually buying something with a vague explanation, like it's prepared "in the style" of a Kobe steak, which probably isn't enough to warrant the \$80 price tag, unless you're one of those creepy Japanophiles.

#1. Your Olive Oil Is Fake, Thanks to the Mob



Even though it's basically just fat, olive oil is one of those fabled "good fats" that sounds like "healthy cigarettes," except that the [folks at Harvard](#) will even tell you that olive oil can prevent heart disease and generally help you live longer. It's such a shame that you may never actually get to try the stuff, thanks to a shadowy global conspiracy that exists purely to keep it away from you.

The Horror:

As crazy as it sounds, olive oil piracy is one of the Italian Mafia's most lucrative enterprises, to the extent that it appears that [most olive oil](#) on the market is either greatly diluted or completely forged by a massive shadow industry that involves major names such as [Bertolli](#).

They've been at it for a while, too -- [Joe Profaci](#), said to be one of the real-life dons who [inspired the character of Don Vito Corleone](#) in *The Godfather*, was known by the moniker of "The Olive Oil King." But [evidence suggests](#) that olive oil racketeering has been a major problem in the world for centuries. Hell, the *ancient Sumerians* had a fraud squad for shady olive oil peddlers.

Today, the stuff that is pawned off to us as quality olive oil is often just a tiny amount of the real thing, mixed with up to 80 percent of ordinary, less than healthy, cheap as muck sunflower oil. That is, if you're getting any olive oil at all. In fact, we're so used to poor olive oil that apparently food connoisseurs reject the real stuff because it tastes fake to them.

But why would anyone bother? It's freaking *olive oil*. How much money can there be in it when you can get a bottle for a few bucks at the grocery store? It turns out that, profit-wise, shady olive oil is comparable to *cocaine trafficking*. If anything, the reality would have really changed the atmosphere of the *Godfather* movies.

THE kid's ACTIVITY PYRAMID

Each week you can have fun and be active by trying the following things...

CUT DOWN ON

- WATCHING TV & VIDEOS
- PLAYING VIDEOS & COMPUTER GAMES
- SITTING FOR MORE THAN 30 MINUTES AT A TIME

2-3 TIMES A WEEK

- LEISURE & PLAYTIME
- MINIATURE GOLF
- CANOING
- SWINGING
- TUMBLING
- STRENGTH & FLEXIBILITY
- PULL-UPS/PUSH-UPS
- ROPE CLIMBING
- BALLET/DANCE
- KARATE

3-5 TIMES A WEEK

- AEROBIC EXERCISES (AT LEAST 30 MINUTES)
- BIKING
- SWIMMING
- IN-LINE SKATING
- JUMP ROPE
- SKATEBOARD
- RUNNING AROUND
- RECREATIONAL ACTIVITIES (AT LEAST 30 MINUTES)
- BASKETBALL
- SOCCER
- RELAY RACES
- KICKBALL
- SKIING
- VOLLEYBALL

EVERYDAY (AS MUCH AS POSSIBLE)

- PLAY OUTSIDE
- RIDE YOUR BIKE OR WALK TO THE STORE
- HELP AROUND THE HOUSE
- TAKE THE STAIRS INSTEAD OF THE ELEVATOR
- TAKE YOUR DOG OR BROTHER/SISTER FOR A WALK
- PICK UP YOUR TOYS

With Family

- Go on a walk together
- Play at the park
- Turn off the TV for a day

With Friends

- Dance to music
- Play games like tag and hopscotch
- Join a sports team at school or the park

By Yourself

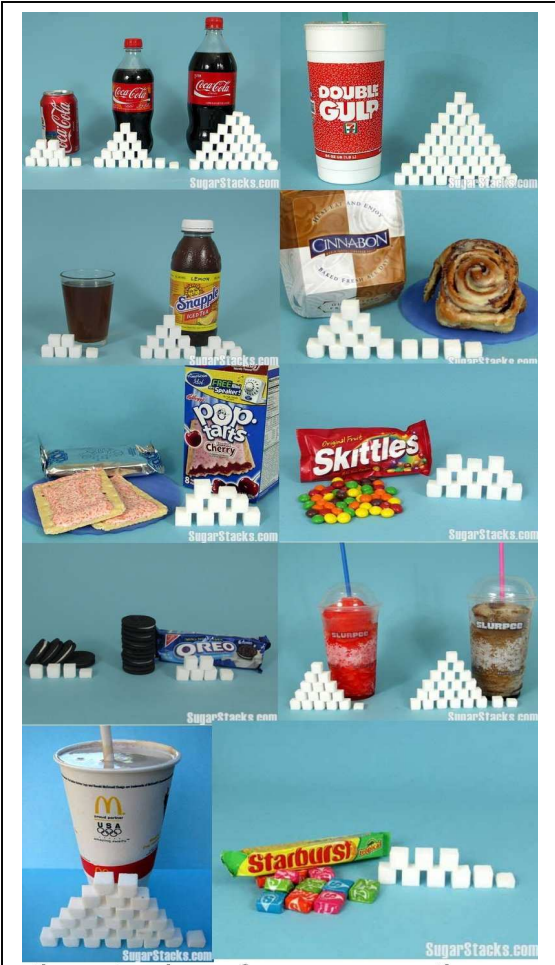
- Fly a kite
- Do cartwheels, somersaults or jumping jacks
- Practice sports skills

Have more fun by thinking up your own activities!

To order additional copies, call 1-800-372-7776.



SugarStacks.com



the stacks of sugar are the amount of sugar in the food I found this interesting.

