

# Wang's Martial Arts

5311 FM 1960 E. #J  
Humble, TX 77346  
U.S.A.

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

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

## May & June 2016 Newsletter Summar



### Report card point

Conner Roll-Bush	6.00
Emma Ferguson	4.50
Jameson Ezzell	4.50
Joseph Alonso	3.75
Brandon Roll-Bush	2.25
Justyn Davis	2.25
Santiago Aquino	2.25
Jonathon Mosley	2.25
Nickelus Moreno	1.50
Jordan Godfrey	1.50

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 event!  
All A's-12pts; A's & B's-9pts; All B's-6pts; Turn in your report card – 3pts

### Tournament point:

Darren Bush	51
Conner Roll-Bush	36
Brandon Roll-Bush	30
Madeline Briels	24

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 event!  
1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> Place-6pts; Participation-3pts

### Inner-school tournament;

Date: June 25, 2016 (Sat.)

Time: 2 - 5 pm

Place: Wang's Martial Arts

Fee: \$45.00 up to two events  
\$5.00 additional event  
\$5.00 goes to scholarship fund



Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98

Inner-School tournament:

December 5, 2009 - \$105.00

March 6, 2010 - \$85.00

July 10, 2010 - \$100.00

December 6, 2010 - \$105.00

March 19, 2011 - \$80.00

June 4, 2011 - \$115.00

September 10, 2011 - \$150.00

December 3, 2011 - \$110.00

March 3, 2012 - \$150.00

Outdoor Training (3-25-12) - \$100.00

June 30, 2012 - \$160.00

September 29, 2012 - \$185.00

December 15, 2012 - \$125.00

May 4, 2013 - \$90.00

August 10, 2013 - \$105.00

November 2, 2013 - \$85.00

March 29, 2014 - \$90.00

August 2, 2014 - \$90.00

November 8, 2014 - \$45.00

January 24, 2015 - \$60.00

May 16, 2015 - \$65.00

Susan Fischman (7/18/15) - \$5.00

October 3, 2015 - \$55.00

December 19, 2015 - \$75.00

March 5, 2016 - \$45.00

March 2016 Birthday - \$25.00

April 2016 Birthday - \$40.00

**Total - \$2903.98 - \$300 - \$300 - \$1000 = \$1303.98**

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

**\$300 scholarship to Mr. Wilfred Hung on 06-24-13**

**\$1000 scholarship to HISD student on 01-30-2016.**

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

#### Proverbs 4 .

<sup>18</sup> The path of the righteous is like the morning sun, shining ever brighter till the full light of day.

<sup>19</sup> But the way of the wicked is like deep darkness; they do not know what makes them stumble.

#### **Black Belt Club & Accelerated Program**

##### **Tournament Competition Class:**

Date: 5-23-16 (Monday)

Time: 8:00 – 9:00 pm

##### **Conditioning & Reaction Drill Class:**

Age 5 – 14 years old

Date: 5/12/2016 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 5/05/2016 (Thursday)

5/12/2016 (Thursday)

5/19/2016 (Thursday)

5/26/2016 (Thursday)

Time: 8:00 – 9:00 pm

#### **New Student:**

Lleuellyn Craddock, James Nelson, Ross Bailey, Jesus Delgado, Kaitlyn Koch, Samantha Kearn, Jared Boullion, Daniel Rosendo. Ronda Reyna, Britton McNaspy, Vincent Polidore, Austin Richardson, Joshua Stockton, Dana Rose.

**Welcome!**

#### **Kung Fu Rank Test**

Date: 5-14 yrs: 7-16-2016, Saturday, 1:30-3:30 pm

15 yrs +: 7-16-2016, Saturday, 3:30-5:30 pm

Make up all ages: 7-18-2016, Monday, 6:00-8:30 pm

Must register on or before 7-14-2016.

Test fee : \$40.00 and up

#### **Tai Chi Rank Test**

Date: 5-28-2016 ( Sat. )

Time: 12 noon – 2:30 pm

#### **May Birthday**

Clifford Reynolds	5/12
Paul Turk	5/23
Roberto Matsumura	5/20
Steve Castelo	5/29
Emmory Leach	5/14
J.R. Phillips	5/7
Virginia Gordman	5/15
Gina Payne	5/15
Philip Spruell	5/20
Chris Castillo	5/25
Julius Herron	5/29
Justyn Davis	5/27
Deztanie Hellsten	5/00
Brian peveto	5/10
Tri Tran	5/27
Ian Ramirez	5/29
Dana Rose	5/10
Jared Boullion	5/13
Matthew olmsted	5/19
Andrew Guzman	5/28
Diego Simmons	5/17

#### ***Happy Birthday***

#### **Red, Brown and Black Belt Class**

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

#### **Brown and Black rank test**

Oct. 11, 2016 (Tue.) 6 – 8 pm

Oct. 14, 2016 (Fri.) 6 – 8 pm

Oct. 15, 2016 (Sat.) 9 am – 3 pm

There is no class on May 30, 2016 (Monday) due to Memorial Day.

\* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking.

All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.



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Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

## Birth Day Party for Wang's martial Arts students

Date: June 18, 2016 (Saturday)

Place: Wang's Martial Arts

5311 FM 1960 E. #J

Humble, TX 77346

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



Wang's Martial Arts will be holding a birthday party for the month of April. **All students & guests are invited to participate.** This is a wonderful opportunity to have a Veggie meal. There will be demonstration of Kung Fu & Tai Chi for your guests. It is for Health, Physical Fitness, Confidence, Discipline and Self Defense. All students can participate in demonstration.

Cost: \$5.00 per person (All proceed will go to Wang's Martial Arts scholarship fund).

Time: 1:00 pm – Reception.

1:15 pm - Veggie lunch (Veggie Egg Roll, Veggie Dumpling, Veggie Beef, Organic Spinach Cheese Quesadilla . No soft drink/replace with Bottled water).

1:40 pm - Demonstration (Kung Fu & Tai Chi), Board breaking, Epic Battle,

2:15 pm - Chocolate birthday cake, Singing Happy birthday song in English, Chinese & Spanish.

2:30 pm – Party end.

-----  
REGISTRATION FORM - Reservation before June 16, 2016. No late registration.

NAME: \_\_\_\_\_, DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Phone (cell): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

e-mail: \_\_\_\_\_

Number of guest: \_\_\_\_\_, Amount Paid: \$ \_\_\_\_\_.

# Family Special

## Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
<b>Tuition/month</b>	<b>\$149.00</b>	<b>\$134.00</b>	<b>\$74.50</b>	<b>\$74.50</b>	<b>Free</b>
<b>Uniform</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>	<b>\$49.95</b>
<b>Registration fee</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>	<b>\$10.00</b>

Effective: September 1, 2015

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

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# Wang's Martial Arts Scholarship Fund Raise Event

(For the benefit of everyone's health & kindness to all animals, the entire meal will be vegetarian styles.)

**Date:** September 10, 2016 ( Sat. )

**Cost:**

**Time:** 10:00 am (Reception)

11: am (Lunch Buffet)

12 noon - 2 pm (Demo & program)

**Place:** China Ko

5421 FM 1960 Rd. E.

(at Timber Forest Dr.)

Humble, TX 77346

(281) 361-8006

Ages 8 years & under

\$15.00

Age 9 and up

\$25.00

A table of 8 people

\$200.00



Talent show selection for 9/10/2016 :

Audition Date: August 20, 2016 (Saturday)

Time: 1 pm - 4 pm

Must sign up before 8/18/2016

**For more information:**

**Wang's Martial Arts**

5311 FM 1960 Road E. at Timber Forest Dr.

Humble, TX 77346

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

## Registration Form for scholarship fund raise Lunch Buffet. (Coat and tie, Sunday best or Chinese costume).

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **St:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_, **Other phone:** \_\_\_\_\_, **Age:** \_\_\_\_\_

**e-mail:** \_\_\_\_\_

A table of 8 people: \$200.00 \_\_\_\_\_ = \_\_\_\_\_

\$25.00 x Number of 9 years old and up \_\_\_\_\_ = \_\_\_\_\_

\$15.00 x Number of 8 years old & under \_\_\_\_\_ = \_\_\_\_\_

**Total:** = \_\_\_\_\_



# Kung Fu Rank Test Results - 5/2/16

Age 15 year old and +

Llewellyn Craddock - Yellow  
 Antonio Bussey - Yellow/stripes  
 Harry Eugene, Jr. - Orange  
 Mathilde Le Bon - Orange/stripes  
 Jeffrey Villarde - Orange/stripes  
 Kollin Milton - Green/stripes  
 Carlos Aquino - Green/stripes  
 James Mayo - Green/stripes  
 Clement Le Bon - Purple/stripes



Age 9 - 14 years old

Jalen Latin - Yellow/stripes  
 Damen Dumo - Orange  
 Jordon Godfrey - Green  
 Emma Ferguson - Purple/stripes  
 Dominic Venegas - Blue  
 Alfred Kai Marayag - Red

-----  
 Age 5 - 8 years old

Jorney Antonie - Orange  
 Nickelus Moreno - Orange  
 Ian Ferguson - Orange/stripes  
 Jordyn Mayo - Green/stripes  
 Jameson Ezzell - Blue

-----  
 Tai Chi Test result - February 27, 2016

Robert Kerr - Black (1st)  
 Margaret Swavely - Black (1st)  
 Jeannette Adams - Black (2nd)  
 Paul Greenwood - Black (2nd)  
 Susan Fischman - Black (2nd)



Brown & Black Belt Test - 10/17/2015

Adela Limones - Brown  
 Chantel Barnes - Brown  
 Madeline Briles - Brown/stripes  
 Koseph Alonso - Brown/stripes  
 Ethan Fu - Brown/stripes  
 Roberto Alvarado - Brown/stripes  
 Charles Cates - Black (1st)  
 Karen Clark - Black (1st)  
 Dennis Cruz - Black (1st)



**Wang's Martial Arts  
Health & Harmony Cruise - 4 days (November 10th to November 14th, 2016)**

**Date:**  
**11/10/2016** Day 1 Ready for boarding at Noon time, Galveston depart - 4:00 pm  
**11/11/2016** Day 2 Fun day at sea & training  
**11/12/2016** Day 3 Cozumel -arrive 9:00 am, depart 4:00 pm  
**11/13/2016** Day 4 Fun day at sea & training  
**11/14/2016** Day 5 Galveston arrive - 8:00 am

Kung Fu Northern Shaolin & Northern Praying Mantis.  
 Tai Chi Yang Style.  
 Chin Na Grasp Hand Techniques in self defense.  
 Discussion in Health, Herb, Diet & many more.



**The rate is based on per person with double occupancy in a cabin (tax is included, not tip).**

	<u>Interior</u>		<u>Ocean View</u>		<u>Balcony</u>			
	Before 6/1/16	After 6/1/16	Before 6/1/16	After 6/1/16	Before 6/1/16	After 6/1/16		
4A	\$505.90	\$605.90	6A	\$555.90	\$655.90	8A	\$665.90	\$765.90
4B	\$505.90	\$605.90	6B	\$555.90	\$655.90	8B	\$665.90	\$765.90
4C	\$510.90	\$610.90	6C	\$560.90	\$660.90	8C	\$670.90	\$770.90
4D	\$515.90	\$610.90		N/A		8D	\$680.90	\$780.90
Insurance/person	\$49		\$49		\$79			

3rd & 4th person in the same cabin is \$275.90 per person.

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 Humble, TX 77346  
 (281) 682-3387, (281) 548-1638 e-mail: wang3888@embarqmail.com

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_

City: \_\_\_\_\_, State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender: Male, Female

Home phone: \_\_\_\_\_, Work phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_, e-mail: \_\_\_\_\_

Citizen: Yes or No.

Cruise rate (include tax): \_\_\_\_\_

Insurance: \_\_\_\_\_

Total amount: \_\_\_\_\_

Deposit: \_\_\_\_\_

Balance: \_\_\_\_\_



**2 or 3 payments option is OK.**

Note: \_\_\_\_\_



# Top Ten Reasons to Buy American Made

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

Top Ten Reasons to Buy USA Made Products:

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No Western nation can ultimately compete on price with a country willing to massively exploit and pollute its own people. When you buy only American-made products, you insist on a higher standard.

2) Factories and money are shifting to countries not friendly to the USA or democracy. When you avoid imported goods in favor of American-made items, you help ensure that the United States doesn't find its access to vital goods impacted by political conflict.

1) As the US manufacturing ability fades, future generations of US citizens will be unable to find relevant jobs. Buy American and help keep your friends and neighbors-and even yourself-earning a living wage.

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

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

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Web site www.WangsMartialArts.com

## Sabre Class

Date : June 03, 2016 (Fri.)  
June 10, 2016 (Fri.)  
June 17, 2016 (Fri.)  
June 24, 2016 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts  
5311 FM 1960 Rd. E. #J  
Humble TX, 77338  
(281) 548-1638  
(281) 682-3387

Fee : \$49.00 / \$24.50 for Review

(15-80 years old, Yellow belt & above.)  
( 9-14 years old, Green belt & above)



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### REGISTRATION FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

e-mail: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ PHONE (WORK): \_\_\_\_\_

Cell phone: \_\_\_\_\_ Amount Paid \_\_\_\_\_



Wang's Martial Arts

**For the benefit of everyone's health & kindness to all animals, please eat veggie, fruit and grains.**



**Feed cat, bird & wildlife in your backyard. They will protect your house, and they keep away snakes & pests.**

**Wang's Martial Arts is caring for & feeding these animals.**





# Inner-school tournament result - 10/3/15

## Kung Fu FORM

Ages 5-8      Bginner – 1<sup>st</sup>. Dominic Venegas, 2nd. Jordyn Mayo.  
                  Adv. - 1st. Joseph Alonso  
Ages 9-14      Int. - 1st. Alfred Kai Marayag  
                  Adv. - 1st. Madeline Briles, 2nd. Brandon Roll-Bush, 3rd. Conner Roll-Bush  
Ages 15-80    Adv. - 1st. Darren Bush, 2nd. Marvin Henderson.  
Tai Chi        Adv. Susan Fischman

## Kung Fu WEAPON

Ages 5 - 14      Adv. - 1st. Madeline Briles, 2nd. Brandon Roll-Bush, 3rd. Conner Roll-Bush.  
Ages 15-80      Adv. - 1st. Susan Fischman, 2nd. Darren Bush, 3rd. Marvin Henderson .

## SPARRING

Ages 5-14      Int. - 1st.. Alfred Kai Masrayag, 2nd. Dominic Vegenas, 3rd. Madeline briles, Joseph Alonso.  
Ages 5-14      Adv. - 1st. Conner Roll-Bush , 2nd. Brandon Roll-Bush, 3rd. Ayden Sowers.  
Ages 15-80      Adv. - 1st. Marvin Henderson, 2nd. Darren Bush.





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

## Help Kids Appreciate Nature

A Nature Table brings the outside world indoors.

By: Natural Vitality

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

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

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

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

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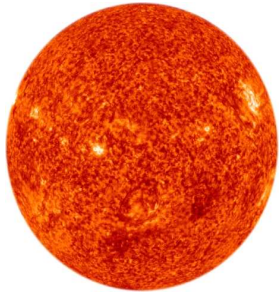
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students and families*



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## INNER SCHOOL TOURNAMENT

Date: 6-25-2016 (Saturday)  
Time: Ages 5 - 80 2:00 PM – 5:00 PM  
Place: Wang's Martial Arts  
5311 FM 1960 Road E. #J  
Humble, TX 77346  
(281) 548-1638, (281) 682-3387  
Entry Fee: \$45.00 up to two events  
\$5.00 additional event  
\$5.00 goes to scholarship fund



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

Encouragement awards are given for everyone who does not place.

### \*\*\*\*\* FORMS\*\*\*\*\*

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

### \*\*\*\*\*WEAPONS\*\*\*\*\*

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

### \*\*\*\*\*SPARRING\*\*\*\*\*

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

## Registration form for INNER-SCHOOL TOURNAMENT

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_, STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ e-mail address: \_\_\_\_\_

RANK: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

DIVISIONS: FORMS \_\_\_\_\_ SPARRING \_\_\_\_\_ WEAPONS \_\_\_\_\_ Amount Paid \_\_\_\_\_

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



# Grape Seed Extract May Lower Blood Pressure

People who took grape seed extract in a recent study experienced reductions in systolic blood pressure, according to a study in the *British Journal of Nutrition*.

A research team led by the Center for Nutritional Research at the Illinois Institute of Technology in Chicago gave juice with either grape seed extract or a placebo to 36 middle-aged volunteers with prehypertension, or numbers between normal at 120/80 and outright hypertension starting at 140/90. Only 29 completed the entire protocol and were included in the study results.

After six weeks, people who took the extract-enhanced juice saw their systolic blood pressure—the top number that measures pressure while the heart beats—drop by a “significant” 5.6%. Those with the highest readings to begin with experienced the greatest declines.

In addition, consumption of grape seed extract tended to lower fasting insulin levels, a sign that the body is responding better to blood sugar.

According to the American Heart Association, approximately 80 million Americans—roughly a third of the adult population—has high blood pressure, with only half of them controlling it successfully.



## 2016 - Traffic violations fines.

2016年新规定

罚单各种涨价

Not carrying driver's license: \$214

忘记带驾照，罚款:\$214 (原来\$35)

After 10 days without a change of address to notify DMV: \$214

变更地址超过10天通知DMV罚款:\$214 (原来没有罚款)

Driving without insurance cause an accident: \$ 796 and license suspended for 4 years

出车祸没有保险，罚款:\$796,并吊销驾照4年

Beyond the red lights: \$ 533

红灯不停，右转弯红灯不停罚金一样,:\$533 (原来是这个价格的一半不到)

Crossing two gold stripes (double solid lane): \$ 425

穿越双黄线:\$425

Turn and U-Turn in place or middle of road: \$ 284

违规转弯或掉头:\$284 (不知道这个数字是怎么来的。)

The speed (from 1-15 miles): \$224

超速1-15英里，罚金:\$224，通常来说超10迈才会给罚单

The speed (from 16 to 25 miles):\$338

超速16-25英里，罚金:\$338

Driving too slow: \$328

开太慢:\$328

Do not full stop at Stop Sign: \$ 284

Stop Sign没有完全停住:\$284

Passing through the bus when the lights are flashing: \$ 675

穿越闪灯的校车:\$675 (这个好像应该)

Holding and using the phone handset while driving (1st time): \$160

开车打电话第一次要:\$160，电话在手裡也要罚！

Parking place for buses: \$ 976

停在大巴位置罚金:\$976

Do not turn on the head light when it is coming up (30 minutes):\$382

开汽车大探照灯超30分钟:\$382

Cover car door: \$178

遮盖车门:\$178

Failing to wear seat belt: \$160

未系安全带:\$160

Children not wearing seat belts or in accordance with: \$ 436

小孩没有繫安全带或者没有儿童座椅:\$436

Wear your hearing in both ears covered: \$ 178

开车两耳戴耳机:\$178

Car pool violation

汽车共乘违规\$401

# Wang's Martial Arts

5311 FM 1960 E. #J  
Humble, TX. 77346  
U.S.A.

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

Web site: [www.WangsMartialArts.com](http://www.WangsMartialArts.com)

Schedule:

5/2/16 - Kung Fu rank test (make up).  
5/14/16 - Open house at Sifu Marvin's studio  
5/21/16 - May Birthday party.  
5/28/16 - Tai Chi rank test.  
5/30/16 - Memorial Day Monday (No class).

6/3/16 - Basic Sabre class starting.  
6/18/16 - June Birthday party.  
6/25/16 - Inner-school tournament



# Overweight Teens Have Trouble Controlling Diabetes - by EngergyTimes

MAY 2012—It's bad enough that a third of US adolescents weigh more than they should. Now we learn that type 2 diabetes is much more difficult to control among overweight teenagers than it is among heavy adults.

A multi-institutional study team followed 669 youngsters between the ages of 10 to 17 for about four years. All were overweight or obese and had been recently diagnosed with type 2 diabetes, the kind associated with excess weight. Their glucose levels were stabilized with metformin, a standard diabetes drug, after which the participants were split into three groups. All the groups continued on metformin; one added diet and exercise counseling, and another took metformin along with a drug called Avandia.

By the end of the study, half of the teens who took metformin only had to start taking insulin to control their glucose levels. Those in the other groups did somewhat better, but not by much.

The study, funded by the National Institutes of Health with medications donated by drug manufacturers, has been published in the *New England Journal of Medicine*.

"It's frightening how severe this metabolic disease is in children," David Nathan, MD, director of diabetes research at Massachusetts General Hospital and one of the study authors, told the *New York Times*. "It's really got a hold on them, and it's hard to turn around."

Type 2 diabetes used to be labeled "adult onset" because it would generally first appear in midlife. In this type, the pancreas still produces insulin but the body's cells resist its effects. Type 1 diabetes, the "juvenile" variety, is an autoimmune disorder in which the immune system attacks the cells that secrete insulin; patients usually need to go on insulin therapy early in life.





Summer T-Shirt time  
Wednesday & Saturday class  
(Unless if we have special event, rank test, demonstration  
need to be in full uniform).



\$12.00

# Cancer & Sugar - Strategy for Selective Starvation of Cancer

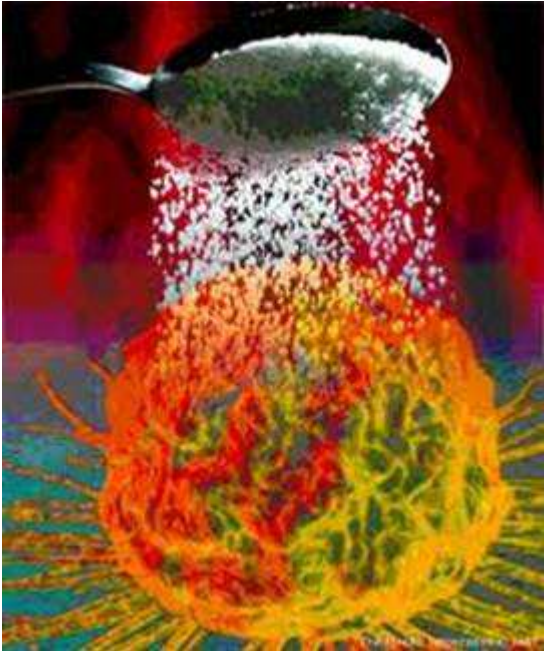
**Posted on:**

Wednesday, February 27th 2013 at 5:00 am

**Written By:**

[Dr. Mark Sircus](#)

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According to researchers at the University of California, San Francisco, **sugar** poses a health risk—contributing to around [35 million deaths globally each year](#). So high is [sugar's toxicity](#) that it should now be considered a potentially toxic substance like alcohol and tobacco. Its link with the onset of diabetes is such that punitive regulations, such as a tax on all foods and drinks that contain "added" sugar, are now warranted, the researchers concluded. They also recommend banning sales in or near schools, as well as placing age limits on the sale of such products.

Sugar's harmful effects do not stop at diabetes, metabolic syndrome, hyper- and hypoglycemia, GERD and heart disease. [Sugar and cancer](#) are locked in a death grip, yet oncologists often fail to do what's necessary to stop their patients from feeding their cancers with sweets.

Whereas many within the mainstream medical community insist on promoting the belief that the link between certain types of food with an increased risk of cancer is "weak" or only "nominally significant." They believe that research "linking foodstuffs to cancer reveals no valid medical patterns." We also find such superficial attitudes promoted in the medical press—all of which lack any kind of medical depth.

An increasing number of medical scientists and many alternative practitioners know that the most logical, effective, safe, necessary and inexpensive way to treat cancer is to cut off the supply of food to tumors and cancer cells, [starving them with a lack of glucose](#). The therapeutic strategy for selective starvation of tumors by dietary modification ([ketogenic diet](#)) is one of the principle forms of therapy that is necessary for cancer patients to win their war on cancer.

[Researchers](#) at Huntsman Cancer Institute in Utah were one of the first to discover that sugar "feeds" tumors. The research published in the journal *Proceedings of the National Academy of Sciences* said, "It's been known since 1923 that tumor cells use a lot more glucose than normal cells. Our research helps show how this process takes place, and how it might be stopped to control tumor growth," says Don Ayer, Ph.D., a professor in the Department of Oncological Sciences at the University of Utah.

[Dr. Thomas Graeber](#), a professor of molecular and medical pharmacology, has investigated how the metabolism of glucose affects the biochemical signals present in cancer cells. In research published June 26, 2012 in the journal *Molecular Systems Biology*, Graeber and his colleagues demonstrate that **glucose starvation—that is, depriving cancer cells of glucose—activates a metabolic and signaling amplification loop that leads to cancer cell death** as a result of the toxic accumulation of reactive oxygen species (ROS).[1]

Refined sugars are strongly linked to cancer, not only as a cause of it but also as something that feeds the cancer cells once a person has the disease—Nothing could be more important to consider in the attempt to improve the outcome of cancer treatments. The kinds of sugar so prevalent in today's standard American diet lead to cancer directly by causing inflammation throughout the body but in some places more than others depending on the individual and their constitution. Listen to this [video](#) and hear how simple this all really is. Once cancer cells are established in the body, they depend on steady glucose availability in the blood for their energy; they are not able to metabolize significant amounts of fatty acids or ketone bodies,[2]. so they need sugar.

## **Suppress/ Delay/ Slow/ Kill Cancer**

Carbohydrates of one of the three macronutrients—the other two being fats and protein. There are simple carbohydrates and complex carbohydrates. Simple carbohydrates include sugars found naturally in foods such as fruits and fruit juices, sodas, some vegetables, white bread, white rice, pasta, milk and milk products, most snack foods, sweets, etc. But let us not forget the simple sugars added to foods during processing and refining that we may have no awareness of. It's the simple sugars that get most of the credit for causing the insulin response and glycation-associated inflammation that can lead to cancer.

Thus by reducing the amount of simple carbohydrates in the diet, the emergence of cancer can be suppressed or delayed, or the proliferation of already existing tumor cells can be slowed down, stopped and reversed by depriving the cancer cells of the food they need for survival.

Drs. Rainer Klement and Ulrike Kammerer conducted a comprehensive review of the literature involving dietary carbohydrates and their direct and indirect effect on cancer cells, which was published in October 2011 in the journal *Nutrition and Metabolism*, concluding that cancers are so sensitive to the sugar supply that cutting that supply will suppress cancer.[3] **"Increased glucose flux and metabolism promotes several hallmarks of cancer such as excessive proliferation, anti-apoptotic signaling, cell cycle progression and angiogenesis."**

Also, eating white sugar (or white anything) causes **magnesium mineral deficiencies** because the magnesium has been removed in the processing, **making sugar a ripe target as a major cause of cancer because deficiencies in magnesium are not only pro-inflammatory but also pro-cancer.**

## More Ways to Cause Cancer with Sugar

**High fructose corn syrup** (HFCS) causes cancer in a unique way because much of it is contaminated with mercury due to the complex way it is made. High fructose corn syrup causes selenium deficiencies because the mercury in it binds with selenium, driving selenium levels downward. Selenium is crucial for glutathione production and its deficiency in soils tracks mathematically with cancer rates. Selenium and mercury are also eternal lovers having a strong affinity to bond with each other.

Already touched on briefly, excess sugar spikes insulin levels and insulin's eventual depletion. High insulin and **insulin-like growth factor (IGF-1)** are needed for the control of blood sugar levels that result from chronic ingestion of high-carbohydrate meals (like the typical American diet, that is full of grains and sugars). **Increased insulin levels are pro-inflammatory and pro-cancer** and can directly promote tumor cell proliferation via the insulin/ IGF-1 signaling pathway.

**Dr. Christine Horner** has a lot to say to women about insulin and breast cancer: When it comes to breast cancer, insulin is no friend. One of the biggest reasons is due to the fact that both normal breast cells and cancer cells have insulin receptors on them. **When insulin attaches to its receptor, it has the same effect as when estrogen attaches to its receptor: it causes cells to start dividing.** The higher your insulin levels are, the faster your breast cells will divide; the faster they divide, the higher your risk of breast cancer is and the faster any existing cancer cells will grow.

There's also another detriment that **high insulin levels** can inflict. It makes more estrogen available to attach to the estrogen receptors in breast tissue. Insulin regulates how much of the estrogen in your blood is available to attach to estrogen receptors in your breast tissue. When



estrogen travels in the blood, it either travels alone seeking an estrogen receptor, or it travels with a partner, a protein binder, that prevents it from attaching to an estrogen receptor. Insulin regulates the number of protein binders in the blood. So, the higher your insulin levels are, the fewer the number of protein binders there will be and therefore the more free estrogen that will be available to attach to estrogen receptors.

In other words, when your insulin levels are up, free-estrogen levels are up, and both of them speed up cell division. That's why high insulin levels increase your risk of breast cancer so much. Eating sugar increases your risk of breast cancer in another way. **It delivers a major blow to your immune system with the force of a prizefighter.**

Dr. Horner talks about a study conducted by Harvard Medical School (2004) that found that women who, as teenagers, ate high-glycemic foods that increased their blood glucose levels had a higher incidence of breast cancer later in life. "So, encouraging your teenage daughter to cut back on sugar will help her to lower her risk of breast cancer for the rest of her life," she said.

## **Sugar, Inflammation, Angiogenesis & Cancer**

Sugars and the inflammation and acidic environments they create are important constituents of the local environment of tumors. In most types of cancer inflammatory conditions are present before malignancy changes occur. "Smoldering inflammation in tumor microenvironments has many tumor-promoting effects. Inflammation aids in the proliferation and survival of malignant cells, [promotes angiogenesis and metastasis](#), subverts adaptive immune responses, and alters responses to hormones and chemotherapeutic agents." [4]

The entire subject of inflammation, angiogenesis, sugar and cancer is crucial to understanding the links between cancer and the foods we eat. When we begin to zero in on inflammation and the acid conditions caused by excessive consumption of simple sugars, including fructose and high-fructose corn syrup, we begin to see more clearly how food and cancer are intimately connected.

In July 2012 a leading U.S. cancer lobby group urged the surgeon general to conduct a sweeping study of the impact of sugar-sweetened beverages on consumer health, saying such drinks play [a major role in the nation's obesity crisis](#) and require a U.S. action plan. In a letter to U.S. Health Secretary Kathleen Sebelius, the American Cancer Society's advocacy affiliate called for a comprehensive review along the lines of the U.S. top doctor's landmark report on the [dangers of smoking](#) in 1964.

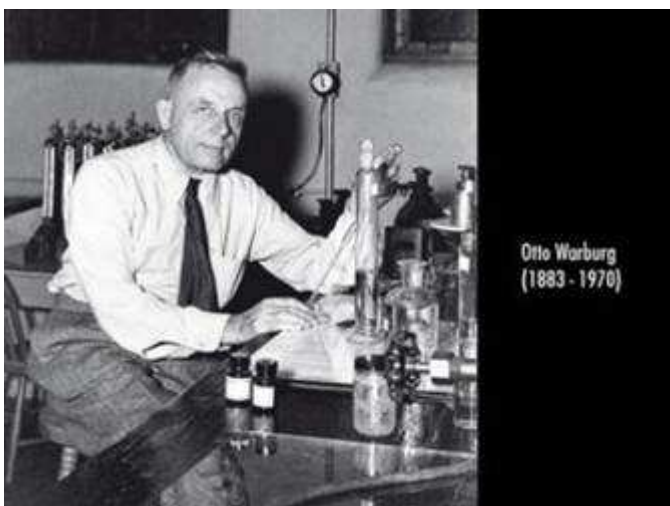
The ruckus is about the growing connection between high sugar intake, mineral depletion, dehydration, diabetes, heart disease and cancer. Sugar causes cancer because the tendency of high-carbohydrate consumers tends toward dehydration, which is pro-inflammatory and thus pro-cancer. [5]

Pancreatic cancer cells use the sugar fructose to help tumors grow more quickly.[6] Tumor cells fed both glucose and fructose used the two sugars in two different ways, a team at the University of California Los Angeles found. Their findings, published in the journal *Cancer Research*, helps explain other studies that have linked fructose intake with pancreatic cancer, one of the deadliest cancer types. Researchers concluded that **anyone wishing to curb their cancer risk should start by reducing the amount of sugar they eat.**

This is the first time a link has been shown between fructose and cancer proliferation. "In this study we show that cancers can use fructose just as readily as glucose to fuel their growth," said [Dr. Anthony Heaney](#) of UCLA's Jonsson Cancer Center, the study's lead author. "The modern diet contains a lot of refined sugar including fructose and it's a hidden danger implicated in a lot of modern diseases, such as obesity, diabetes and fatty liver." While this study was done on pancreatic cancer, these findings may not be unique to that cancer type, Heaney said. "These findings show that cancer cells can readily metabolize fructose to increase proliferation."

**It has been known for decades that cancer cells thrive on glucose.** Moreover, foods that cause a sharp rise in blood glucose (i.e. foods with a [high-glycemic index](#) ranking) trigger the secretion of insulin and insulin growth factor (IGF-1), two hormones that also promote cancer growth.

[Researchers](#) using rats have found that a low-carbohydrate high-protein diet reduces blood glucose, insulin, and glycolysis, slows tumor growth, reduces tumor incidence, and works additively with existing therapies without weight loss or kidney failure.[7] Such a diet, therefore, has the **potential of being both a novel cancer prophylactic and treatment.**



Dr. Otto Warburg's 1924 paper, "On metabolism of tumors," stated, "Summarized in a few words, **the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.**" If you've ever made wine, you'll know that fermentation requires sugar. The metabolism of cancer is approximately eight times greater than

the metabolism of normal cells. Doctors have known for a long time that cancer metabolizes much differently than normal cells. Normal cells need oxygen. Cancer cells disregard oxygen when adequate glucose is present.

**Warburg's hypothesis** was of course that cancer growth was caused when cancer cells converted glucose into energy without using oxygen. Healthy cells make energy by converting pyruvate and oxygen. The pyruvate is oxidized within a healthy cell's mitochondria, and Warburg theorized that since cancer cells don't oxidize pyruvate, cancer must be considered a mitochondrial dysfunction.

Most, if not all, tumor cells have a high demand on glucose compared to benign cells of the same tissue and conduct glycolysis even in the presence of oxygen (the Warburg effect). In addition, many cancer cells express insulin receptors (IRs) and show hyperactivation of the IGF1R-IR (IGF-1 receptor/ insulin receptor) pathway. Evidence exists that chronically elevated blood glucose, insulin and IGF-1 levels facilitate tumor genesis and worsen the outcome in cancer patients.

Treating diabetic patients, A. Braunstein observed in 1921 that in those who developed cancer, glucose secretion in the urine disappeared. One year later, R. Bierich described the remarkable accumulation of lactate in the micromilieu of tumor tissues and demonstrated lactate to be essential for invasion of melanoma cells into the surrounding tissue. One year after that Warburg began his experiments that eventually ended for him with a Nobel Prize.

Sugar turns the body into a suitable breeding ground for viruses, bacteria, fungi and cancer by devastating the immune system.



Knowing that one's cancer needs sugar, does it make sense to feed it sugar? Does it make sense to have a high-carbohydrate diet?

Of the four million cancer patients being treated in America today, hardly any are offered any scientifically guided nutrition therapy beyond being told to "just eat good foods." Oncologists have no shame about this, insisting that diet has little to do with cancer.

Cancer patients should not be feeding their cancers like they would feed cotton candy to their grandchildren. As long as this cancer cell can get a regular supply of sugar—or glucose—it lives and thrives longer than it should. Now imagine oncologists getting enlightened and they start to advise their patients to starve the cancer instead of bombing it to smithereens with chemotherapy and radiation treatments all the while feeding the cancer with sugar!

## Resources

- [1] Nicholas A Graham, Martik Tahmasian, Bitika Kohli, Evangelia Komisopoulou, Maggie Zhu, Igor Vivanco, Michael A Teitell, Hong Wu, Antoni Ribas, Roger S Lo, Ingo K Mellinshoff, Paul S Mischel, Thomas G Graeber. **Glucose deprivation activates a metabolic and signaling amplification loop leading to cell death.** *Molecular Systems Biology*, 2012; 8 DOI: 10.1038/msb.2012.20
- [2] Ketone bodies, also called acetone bodies or simply ketones, are any of three compounds produced when the liver metabolizes fatty acids. The three types of ketone bodies—acetoacetic acid, beta-hydroxybutyric acid, and acetone—are released into the bloodstream after metabolism occurs. Acetoacetic acid and beta-hydroxybutyric acid are used for fuel by the brain and muscles, but the body can't break down acetone and therefore excretes it in the urine. Excess acetone or ketone bodies in the blood and urine can be a sign of a serious metabolic disease, and doctors often use the measurement of ketone bodies as a tool in the diagnosis of such diseases.
- In healthy individuals, the body uses mostly carbohydrate metabolism to fuel its cells. If sufficient carbohydrates are not available, such as during starvation, the body begins metabolizing fats into ketone bodies to provide the necessary fuel. High levels of ketones in the urine, a condition called ketonuria, indicates that the body is using mostly fat for its energy.
- A condition that will produce dangerously high levels of ketone bodies is Type I diabetes. Individuals with diabetes mellitus are unable to efficiently metabolize glucose, due to insufficient insulin production or insulin resistance. Their bodies will begin metabolizing fats and proteins to make up for the lack of available glucose for energy. Without treatment, extremely high levels of ketones in the blood and urine can lower the blood's pH and cause a condition called ketoacidosis. It occurs most often in people with uncontrolled diabetes mellitus and is exacerbated when high blood glucose levels, caused by lack of available insulin, further acidify the blood. Ketoacidosis can lead to ketoacidic coma or death.
- [3] Is there a role for carbohydrate restriction in the treatment and prevention of cancer? Rainer J Klement and Ulrike Kämmerer; *Nutr Metab (Lond)*. 2011; 8: 75; Published online



2011 October 26. doi: 10.1186/1743-7075-8-75

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3267662/?tool=pubmed>

- [4] Cancer-related inflammation; Mantovani A, Allavena P, Sica A, Balkwill F.; Nature. 2008 Jul 24;454(7203):436-44; <http://www.ncbi.nlm.nih.gov/pubmed/18650914>
- [5] <http://www.watercure.com/dehydrationandcancerlecturedvd.aspx>
- [6] <http://www.cancer.ucla.edu/index.aspx?recordid=385&page=644>
- [7] A Low Carbohydrate, High Protein Diet Slows Tumor Growth and Prevents Cancer Initiation; Victor W. Ho et al; Cancer Res July 1, 2011 71; 4484; <http://cancerres.aacrjournals.org/content/71/13/4484.full>

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Dr. Mark Sircus, Ac., OMD, DM (P) (acupuncturist, doctor of oriental and pastoral medicine) is a prolific writer and author of some astounding medical and health-related books. His [books](#) are heavily referenced, and for many years Dr. Sircus has been researching into the human condition and into the causes of disease; he has distilled many of the divergent medical systems into a new form of medicine that he has coined [Natural Allopathic Medicine](#).

**Disclaimer:** This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of GreenMedInfo or its staff.



ADVERTORIAL

# ***WARNING:*** Fish to Never Eat (*avoid these like the plague*)

Sponsored By Inflammation Solution



If you eat fish at least once a week, chances are you do it because you've been told it's healthy. You've probably also been told that fish are a good source of omega-3 fatty acids.

And it's true... deep-water fatty fish are excellent sources of omega-3s, which help maintain a healthy heart, support healthy, clear skin, improve cognitive brain function, and even support weight loss.

This is why the American Heart Association has for many years recommended that people eat fish rich in omega-3 fatty acids at least *twice a week*.

**The Big Problem with Fish Most People Don't Know About**  
But here's what many people DON'T know...

The problem with eating fish, especially the large amount of fish you need to consume to get the recommended dose of omega-3s, is that many *fish contain toxins*.

You see, many fish absorb mercury and other heavy metals found in the ocean. New studies reveal that when you eat fish, there's a good chance you're also consuming unsafe levels of mercury, and possibly even copper, lead, and zinc!

The consumption of heavy metals has been linked to serious health threats, including reduced brain function, renal (kidney) failure, liver damage, cardiovascular diseases, and even death.

The bottom line: If you eat a lot of fish, you may be doing more harm to your body than good.

**This "Fish Scam" Is More Common than You Think...**

As you might expect, some fish are safer to eat than others, but did you know...

Fish are frequently mislabeled so it's hard to know for sure what you're actually eating.

For example, if you order fish at a restaurant, there's a good chance that the fish you're served is different than the one listed on the menu.

One study conducted by the advocacy group Oceana found that as much as 33% of all fish sold in restaurants and grocery stores to be fraudulently labeled. More specifically, they found that 95% of the sushi restaurants, 52% of other restaurants and 27% of grocery stores surveyed sold mislabeled seafood.

So what are you getting in place of the fish you thought you ordered? In most cases, you're getting a cheap low quality substitute.

To make matters worse, these cheap low quality substitutes also have some of the highest levels of toxins. While you think you're being healthy by choosing to eat fish, you could be inadvertently dumping **But**

**There's an Even Bigger "Fish Fraud" Going On...**

When you hear the term "farm raised" or "farm fresh", you probably assume that means "healthy" (and that's exactly what big food companies would like you to think)...

... but do you actually know the difference between farmed fish and wild-caught fish?

Wild-caught fish have "grown up" in their natural habitats (primarily the Pacific and Atlantic Oceans). Unfortunately, as pollution levels in our oceans continue to rise, the toxins in wild-caught fish are rising as well.

But are farmed fish a better option?

Research shows farm raised fish have significantly lower concentrations of omega-3 fatty acids, up to 20% less protein and have much higher levels of omega-6 fatty acids that cause inflammation in the body.

Farmed fish are also given large amounts of antibiotics to prevent the spread of disease that result from crowded conditions. As one fish expert says, "If you eat farm-raised fish, you will also be eating some level of industrial antibiotics."

Additionally, farm raised fish are treated with pesticides to combat sea lice... and studies by the Environmental Working Group and others have found that cancer-causing PCBs exist in certain farm-raised fish at up to 16x the rate of wild fish.

By almost every measure, farmed fish contains greater levels of toxins compared to their wild-caught cousins.



And here's the kicker: 80% of the fish sold at grocery stores and fish markets is farmed fish!

Naturally, some fish are more dangerous to eat than others. But do you know which fish are the most dangerous?

mercury and other heavy metals into your body.

### **Put These 4 Fish on Your “Do Not Eat” List**

There are 4 specific types of fish -- all very common -- that you should literally NEVER eat due to potentially high levels of contamination that can bombard the delicate cells of your body with toxins.

In the end, this toxic build-up contributes to achy joints, premature aging of the skin (and less visible organs like the heart, kidneys, and liver), difficulty shedding excess weight, cognitive decline, forgetfulness, feeling blue and moody, and so much more...

Whatever you do, AVOID these types of fish like the plague:

