

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

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

August 2016 Newsletter Summary



8/05/16 - Demonstation at Octavia Fields Branch Library 2:30 pm
8/05/16 - Basic Sabre class starting.
8/13/16 - August Birthday party.
8/20/16 - Talent show audition for Scholarship Fund Raising Event
on 9/10/2016 (Saturday).
8/22/16 - Tournament practice.
8/27/16 - Tai Chi Rank test.

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!
1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

Inner-school tournament;

Date: October 1, 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

May 2016 Birthday - \$20.00

June 2016 Birthday - \$10.00

Darren Bush (6/14/16) - \$500.00

June 25, 2016 - \$20.00

July, 2016 Birthday - \$30.00

Total - \$3483.98 - \$300 - \$300 - \$1000 = \$1883.98

\$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.

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

¹⁹ 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: 8-22-16 (Monday)

Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old

Date: 8/11/2016 (Thursday)

Time: 8:00 – 9:00 pm

Age 15 – 98 years old

Date: 8/04/2016 (Thursday)

8/11/2016 (Thursday)

8/18/2016 (Thursday)

8/25/2016 (Thursday)

Time: 8:00 – 9:00 pm

New Student:

Nehemiah Grier,

Jayden Goudeau,

Kamrie Abbs,

Janel Parker,

Miguel Angelo Cacanindin,

Ethan Veley,

Timothy Grier,

Danna Caceres,

Bill Campbell,

Ellaine Carr,

Kathleen Veley,

Jeremy Rangel,

Welcome!

Kung Fu Rank Test

Date: 5-14 yrs: 9-24-2016, Saturday, 1:30-3:30 pm

15 yrs +: 9-24-2016, Saturday, 3:30-5:30 pm

All ages: 9-26-2016, Monday, 6:00-8:30 pm

Must register on or before 9-22-2016.

Test fee : \$40.00 and up

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

August Birthday

Jacob Darst	8/11
Sharon Kolajczak	8/27
Daniel Thibodeaux	8/23
Jose Guzman	8/25
Doug Jasper	8-2
Anthony Nadolski	8/1
Marilyn Kidd	8/1
Sabrina Cauvet	8/13
Darby Dickinson	8/6
Christian Medina	8-27
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
Marian Heedia	8-13
Charles Moore, Jr.	8-17
Xiomora Cisneros	8-19
Dung A Nguyen	8-20
Michael Billingslea	8-25
Joseph Hellsten	8-00
Linda Alberty	8-20
Jared Torres	8-21
Cruz Flores	8-23
Carlos Auino	8-26
Anthony Murcia	8-31
Jeffrey Villarde	8-11
Jesus Delgado	8-15
Damien Macedo	8-18
Donato Salvitti	8-19
Alex Lyon	8-21
Dillon Flanagan	8-15
Lana Draughan	8-18
Dennis Dodson	8-18
Jimmy Sullivan	8-26
Christine Kirk	8-30
Timothy Grier	8-31
Ashley Alagna	8-30

Happy Birthday

Red, Brown and Black Belt Class

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

Tai Chi Rank Test

Date: 8-27-2016 (Sat.)

Time: 12 noon – 2:30 pm

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

Birth Day Party for Wang's martial Arts students

Date: August 13, 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 August. **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 Fish, 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 August 11, 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
Tuition/month <small>(12 to 13 lessons in a month)</small>	\$149.00	\$134.00	\$74.50	\$74.50	Free
Uniform	\$49.95	\$49.95	\$49.95	\$49.95	\$49.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

KUNG-FU class schedule

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

TAI CHI CHUAN

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

5311 FM 1960 E. #J
at Timber Forest Dr.
Humble, TX 77346

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

www.WangsMartialArts.com

Free Uniform by bringing in this flyer before August 30, 2016.



Guest Name: _____, by student _____

Date: _____ (Current student will receive One Hour Private Lesson).

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)

Ages 8 years & under
\$15.00

Age 9 and up
\$25.00

Place: China Ko
 5421 FM 1960 Rd. E.
 (at Timber Forest Dr.)
 Humble, TX 77346
 (281) 361-8006

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 year old & under _____ = _____

Total: = _____

Kung Fu Rank Test Results - 7/18/16

Age 15 year old and +

Dana Rose - Yellow
 Kamrie Abbs - Orange
 Jeffrey Villarde – Green
 James Mayo – Purple
 Magdelan Arce - Purple/stripe
 Cleotis Washington - Purple/stripe
 Charles Moore - Blue



Age 9 - 14 years old

Austin Richardson - Yellow
 Hunter Figueroa - Green/stripe
 Brandon Figueroa - Green/stripe
 Luis Limones - Green/stripe
 Daniel Rosendo - Purple
 Dominic Venegas - Blue/stripe
 Nick Limones - Red
 Mark Limones - Red
 Julius Herron -n Red
 Alfred Kai Marayag – Red/stripe

Brown & Black Belt Test - 4/16/2016

Ruby Abbott - Brown, Joel Le Bon - Brown,
 Deztanie Hellsten - Brown, Joseph Hellsten - Brown,
 Chantel Barnes - Brown/stripe, Ayden Sowers - Brown/stripe,
 Britt McNaspy - Brown/stripe,
 Madeline Briles - Jr. Black
 Koseph Alonso - Jr. Black
 Ethan Fu - Jr. Black
 Conner Roll-Bush - Jr. Black (1st),
 Brandon Roll-Bush - Jr. Black (1st),
 Roberto Alvarado - Black (1st)

Age 5 - 8 years old

Michael Limones - Yellow/stripe
 Kimberly Limones - Orange/stripe
 Jordyn Mayo – Purple
 Jameson Ezzell - Blue/stripe



Wang's Martial Arts

Health & Harmony Cruise - 4 days (November 10th to November 14th, 2016)

Date:

11/10/2016 (Thur.) Day 1 Ready for boarding at Noon time, Galveston depart - 4:00 pm
 11/11/2016 (Fri.) Day 2 Fun day at sea & training
 11/12/2016 (Sat.) Day 3 Cozumel -arrive 9:00 am, depart 4:00 pm
 11/13/2016 (Sun.) Day 4 Fun day at sea & training
 11/14/2016 (Mon.) 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>
4A	\$555.90	6A	\$605.90	8A	\$715.90
4B	\$555.90	6B	\$605.90	8B	\$715.90
4C	\$560.90	6C	\$610.90	8C	\$720.90
4D	\$565.90		N/A	8D	\$730.90
Insurance/person	\$49		\$49		\$79

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

For information: Wang's Martial Arts
 5311 FM 1960 Rd. E. #J
 Humble, TX 77346
 (281) 682-3387, (281) 548-1638 e-mail: yyw3888wma@gmail.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 before September 1, 2016.

Note: _____

Wang's Martial Arts

Health & Harmony Cruise - 4 days (November 10th to November 14th, 2016)

You must be at Port of Galveston about noon time for embarking on 11/10/2016 (Thursday).

<u>Date</u>	<u>Day of the week</u>	<u>Time</u>	<u>Class</u>
11/10/2016	Thursday	5:30 - 6:00 pm	Orientation
11/11/2016	Friday	7:00 - 8:00 am 8:00 - 9:00 am 9:00 - 10:00 am 10:00 - 11:00 am 11:00 - 12:00 noon 1:00 - 2:00 pm 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm	Tai Chi Chi Kung Ballroom Dance Self defense Herb & Diet for Health Chin-Na Martial Arts Ballroom Dance Tai Chi
11/12/2016	Saturday	9:00 am - 4:00 pm	Port visit - Cozumel
11/13/2016	Sunday	7:00 - 8:00 am 8:00 - 9:00 am 9:00 - 10:00 am 10:00 - 11:00 am 11:00 - 12:00 noon 1:00 - 2:00 pm 2:00 - 3:00 pm 3:00 - 4:00 pm 4:00 - 5:00 pm	Tai Chi Chi Kung Ballroom Dance Self defense Herb & Diet for Health Chin-Na Martial Arts Ballroom Dance Tai Chi
11/14/2016	Monday	8:00 AM	Arrive at Galveston

Schedule subject to change. Final schedule will be handout on 11/10/2016 at 5:30 pm Orientation.

For information : Contact Sifu Wang at (281) 682-3387.

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

Crescent Knife Class



Date : September 09, 2016 (Fri.)
September 16, 2016 (Fri.)
September 23, 2016 (Fri.)
September 30, 2016 (Fri.)

Time : 8:00 – 9:00 PM

Place : Wang's Martial Arts
5311 FM 1960 Rd. E. #J
Humble TX, 77346
(281) 548-1638
(281) 682-3387

Fee : \$69.00 / \$34.50 for Review

(Pre-requisite must learned basic Sabre or Basic
Bo)
(9-108 years old, Red, Brown & Black)

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

e-mail: _____

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

Cell phone: _____ Amount Paid _____

Top Ten Reasons to Buy American Made

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

Top Ten Reasons to Buy USA Made Products:

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

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

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

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

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

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

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

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

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

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

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

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

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Web site www.WangsMartialArts.com

Sabre Class



Date : August 05, 2016 (Fri.)
August 12, 2016 (Fri.)
August 19, 2016 (Fri.)
August 26, 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)

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.





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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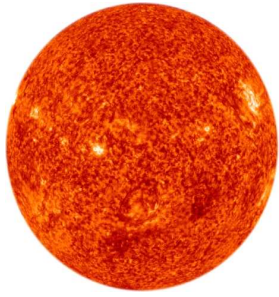
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- Identify shading objects** that may impact energy production
- Propose a system** to fit your budget and reduce your electrical bills

*Mention this ad for special pricing available only to
Wang's Martial Arts
students and families*

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

INNER SCHOOL TOURNAMENT

Date: 10-1-2016 (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.



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.

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

e-mail: wang3888@embarqmail.com

Web site: www.WangsMartialArts.com

Schedule:

8/05/16 - Demonstation at Octavia Fields Branch Library 2:30 pm

8/05/16 - Basic Sabre class starting.

8/13/16 - August Birthday party.

8/20/16 - Talent show audition for Scholarship Fund Raising Event on 9/10/2016 (Saturday).

8/22/16 - Tournament practice.

8/27/16 - Tai Chi Rank test.

9/05/16 - No class due to Labor Day.

9/09/16 - Crescent Knife class start.

9/10/16 - Scholarship Fund Raising event at China Ko at 10 am to 2 pm.

9/17/16 - September Birthday party.

9/24/16 - Kung Fu Rank Test.

9/26/16 - Kung Fu Rank Test.



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



\$12.00

6 Bodily Tissues That Can Be Regenerated Through Nutrition

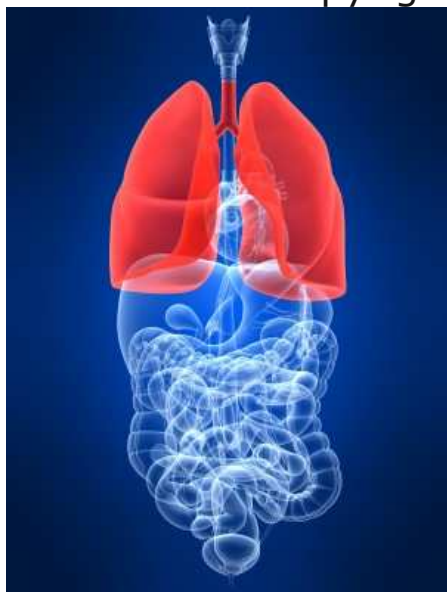
Posted on:

Friday, June 29th 2012 at 6:45 pm

Written By:

[Sayer Ji, Founder](#)

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It may come as a surprise to some, especially those with conventional medical training, but the default state of the body is one of **ceaseless regeneration**. Without the flame-like process of continual cell turnover within the body – life and death ceaselessly intertwined – the miracle of the human body would not exist.

In times of illness, however, regenerative processes are overcome by degenerative ones. This is where medicine may perform its most noble feat, nudging the body back into balance with foods, herbs, nutrients, healing energies, i.e. healing intention. Today, however, drug-based medicine invariably uses chemicals that have not one iota of **regenerative potential**; to the contrary, they almost always interfere with bodily self-renewal in order to suppress the symptoms against which they are applied.

Despite the outright heretical nature of things which stimulate healing and regeneration vis-à-vis the conventional medical system which frowns upon, or is incredulous towards, spontaneous remission in favor of symptom suppression and disease management, over the course of the past few years of trolling [MEDLINE](#) we have collected a series of remarkable studies on the topic...



[Nerve Regeneration](#) – There are actually a broad range of natural compounds with proven nerve-regenerative effects. A 2010 study published in the journal *Rejuvenation Research*, for instance, found a combination of blueberry, green tea and carnosine have neuritogenic (i.e. promoting neuronal regeneration) and stem-cell regenerative effects in an animal model of [neurodegenerative disease](#). [\[1\]](#) Other researched neuritogenic substances include:

1. **[Curcumin](#)**
2. Lion's Mane Mushroom
3. Apigenin (compound in vegetables like celery)
4. Blueberry
5. Ginseng
6. Huperzine
7. Natto
8. Red Sage
9. Resveratrol
10. Royal Jelly
11. Theanine
12. Ashwaganda
13. Coffee (**[trigonelline](#)**)

There is another class of nerve-healing substances, known as [remyelinating](#) compounds, which stimulate the repair of the protective sheath around the axon of the neurons known as myelin, and which is often damaged in neurological injury and/or dysfunction, especially autoimmune and vaccine-induced [demyelination disorders](#). It should also be noted that even [music](#) and [falling in love](#) have been studied for possibly stimulating neurogenesis, regeneration and/or repair of neurons, indicating that regenerative medicine does not necessarily require the ingestion of anything; rather, a wide range of [therapeutic actions](#) may be employed to improve health and well-being, as well.

[View the first-hand biomedical citations on these neurotogenic substance visit our [Neuritogenic](#) Research page on the topic]

Liver Regeneration – [Glycyrrhizin](#), a compound found within licorice, and which we recently featured as a powerful [anti-SARS virus agent](#), has also been found to stimulate the regeneration of liver mass and function in the animal model of hepatectomy. Other liver regenerative substances include:

1. Carvacrol (a volatile compound in oregano)
2. Curcumin
3. Korean Ginseng
4. Rooibos
5. Vitamin E

[view the first-hand biomedical citations on the [Liver Regeneration](#) research page]

Beta-Cell Regeneration – Unfortunately, the medical community has yet to harness the diabetes-reversing potential of natural compounds. Whereas expensive stem cell therapies, islet cell transplants, and an array of synthetic drugs in the developmental pipeline are the focus of billions of dollars of research, annually, our kitchen cupboards and backyards may already contain the long sought-after cure for type 1 diabetes. The following compounds have been demonstrated experimentally to regenerate the insulin-producing beta cells, which are destroyed in insulin dependent diabetes, and which once restored, may (at least in theory) restore the health of the patient to the point where they no longer require insulin replacement.

1. Gymnema Sylvestre ("the sugar destroyer")
2. Nigella Sativa ("black cumin")

3. Vitamin D
4. Curcumin (from the spice Turmeric)
5. Arginine
6. Avocado
7. Berberine (found in bitter herbs such as Goldenseal and Barberry)
8. Bitter Melon
9. Chard (yes, the green leafy vegetables)
10. Corn Silk
11. **Stevia**
12. Sulforaphane (especially concentrated in broccoli sprouts)

[view the first-hand biomedical citations on the [Beta Cell Regeneration](#) research page]

Hormone Regeneration – there are [secretagogues](#), which increase the endocrine glands' ability to secrete more hormone, and there are substances that *truly regenerate* hormones which have degraded (by emitting electrons) into potentially carcinogenic "transient hormone" metabolites. One of these substances is [vitamin C](#). A powerful electron donor, this vitamin has the ability to contribute electrons to resurrect the form and function of estradiol (estrogen; E2), progesterone, testosterone, for instance. [2] In tandem with [foods that are able to support the function of glands](#), such as the ovaries, vitamin C may represent an excellent complement or alternative to hormone replacement therapy.

Cardiac Cell Regeneration – Not too long ago, it was believed that cardiac tissue was uniquely incapable of being regenerated. A new, but rapidly growing body of experimental research now indicates that this is simply not true, and there is a class of heart-tissue regenerating compounds known as [neocardiogenic](#) substances. Neocardiogenic substances are able to stimulate the formation of cardiac progenitor cells which can differentiate into healthy heart tissue, and they include the following:

1. Resveratrol
2. Siberian Ginseng (Eleuthero)
3. Red Wine Extract
4. Geum Japonicum

5. N-acetyl-cysteine

Another remarkable example of cardiac cell regeneration is through what is known as fetomaternal trafficking of stem cells through the placenta. In a recent article we discussed the amazing process known as "[fetal microchimerism](#)" by which the fetus contributes stem cells to the mother which are capable of regenerating her damaged heart cells, and possibly a wide range of other cell types.

Cartilage/Joint/Spine Regeneration – [Curcumin](#) and [resveratrol](#) have been shown to improve recovery from spinal cord injury. Over a dozen other natural compounds hold promise in this area, which can be viewed on our [Spinal Cord Injury](#) page. As far as degenerative joint disease, i.e. osteoarthritis, there are a broad range of potentially regenerative substances, with 50 listed on our [osteoarthritis](#) research page.

Ultimately, regenerative medicine threatens to undermine the very economic infrastructure that props up the modern, drug-based and quite candidly *degenerative* medical system. Symptom suppression is profitable because it guarantees both the perpetuation of the original underlying disease, and the generation of an ever-expanding array of additional, treatment-induced symptoms.

This is the non-sustainable, infinite growth model which shares features characteristic of the process of cancer itself - a model, which by its very nature, is doomed to fail and eventually collapse. Cultivating diets, lifestyles and attitudes conducive to bodily regeneration can interrupt this pathological circuit, and help us to attain the bodily freedom that is a precondition for the liberation of the human soul and spirit, as well.

[1] NT-020, a natural therapeutic approach to optimize spatial memory performance and increase neural progenitor cell proliferation and decrease inflammation in the aged rat. *Rejuvenation Res.* 2010 Jun 29.

Epub 2010 Jun 29. PMID: [20586644](#)

[2] Photo-induced [regeneration of hormones](#) by electron transfer processes: Potential biological and medical consequences. *Radiat Phys Chem Oxf Engl* 1993. Updated 2011 Aug ;80(8):890-894.

PMID: [21814301](#)



Mike Geary is:

The Nutrition Watchdog

Investigating nutrition, health, and fitness to keep you youthful, healthy, and fit!

Ginger: 9 ways this super-root protects your health (Fights cancer, aids fat loss, eases belly aches, etc)

by Cat Ebeling & Mike Geary

co-authors of the best-sellers: *The Fat Burning Kitchen* & *The Top 101 Foods that Fight Aging*



Ginger has been around forever and there are some very good reasons why you should keep it in your home on a regular basis. Ginger has a long-standing reputation for being a very useful medicine in traditional and alternative medicine. I use ginger for so many dishes, teas and other medicinal reasons... it's invaluable to your health. And it has a delicious, light, refreshing unique taste as well. There are many more ways to consume ginger aside from just being a sidekick to sushi, as we'll show below.

Ginger is one of the most powerful natural medicines (without the harmful side effects) with wide-reaching capabilities for many (even serious) health conditions you can possibly find. And are you surprised that ginger is very closely related to turmeric, another super-powerful health enhancer?

Ginger is more powerful than several pharmaceutical preparations, including Dramamine (sea-sickness medication), certain types of chemotherapy, and anti-inflammatory medications—without the harmful side-effects. While many of the components in ginger are still being studied, two primary components stand out as being highly effective—one is gingerol, found primarily in fresh ginger and the other is shogaol found in dried ginger.

Anti-Inflammatory and Antioxidant

As you may already know, oxidation and inflammation are some of the main contributors to serious and chronic diseases such as cancer, heart disease, arthritis, and Alzheimer's. Ginger's ability to stop inflammation and act as an extremely powerful antioxidant means that it can help to prevent, slow or even stop serious diseases from advancing.

Reduces Pain and Inflammation in Arthritis

The anti-inflammatory compound, gingerol, helps reduce pain and inflammation and improve movement in people with osteoarthritis and even rheumatoid arthritis—when consumed on a regular basis. According to [George Mateljan in World's Healthiest Foods](#), two studies involving patients with arthritis found that 75% reported relief from pain and swelling. 6-gingerol inhibits the production of nitric oxide and highly reactive free radicals, from a study published in the November 2003 issue of *Life Sciences*. In another study from Feb

2005 issue of *Journal of Alternative and Complementary Medicine*, ginger was shown to prevent the formation of pro-inflammatory compounds, cytokines and chemokines in the lining of the joints, as well as other inflammatory compounds in the joint cartilage and immune cells. And, ginger is also highly effective at preventing muscle pain, stiffness, and inflammation from exercise as well.

Fights Cancer

Ginger is so powerful, it can fight cancer and actually shrink tumors and destroy cancer stem cells. In an article titled, "[Ginger and Cancer](#)" by Kelley Herring, published by US Wellness Meats, May 6, 2016, Kelley reports that while chemotherapy kills both cancer cells and healthy cells in the body, chemo can leave behind deadly cancer stem cells, that can return to grow new cancerous tumors.

According to Kelley and the *Journal of Pharmacology and Therapeutics*:

"Cancer stem cells (CSCs), which comprise a small fraction of cancer cells, are believed to constitute the origin of most human tumors ... Many studies also suggest that CSCs serve as the basis of metastases."

Ginger contains another powerful compound, 6-shogaol, that is highly effective in killing cancer stem cells in breast cancer, according to a study done in 2015. Shogaol was compared to the chemotherapy drug, Taxol, and curcumin from [turmeric](#). The compound found in ginger was found to be the most effective, especially against cancer *stem cells*. Kelley's article ("[Ginger and Cancer](#)") goes on to state that the Taxol could not match the activity of the shogaol in ginger even at a 10,000X increase! The best thing about this study is that ginger's powerful properties in fighting cancer happen *without* the harmful side effects that chemotherapy causes.

Gingerols have also been shown to be active against the growth of colorectal cells in colon cancer, according to a study from University of Minnesota's Hormel Institute. Ginger extracts have been shown in scientific studies to have antioxidant, anti-inflammatory, and anti-tumor effects on human cells and cancer cells. In a study from University of Michigan, gingerols killed ovarian cancer cells. Ovarian cancer is thought to be caused in part, by inflammation, and because ginger has such a powerful anti-inflammatory effect on cells, reducing key inflammatory indicators also reduced chances of ovarian cancer development, in addition to ginger's tumor-shrinking capabilities. While conventional chemotherapy also suppresses the same inflammatory markers, chemo—besides destroying the body's healthy cells and immune function—also can create drug resistance. Cancer cells exposed to ginger do not become resistant. Ovarian cancer is often considered a silent, deadly killer, so an ounce of prevention in the form of ginger is highly advisable for most women of childbearing and menstruating age.

Fights Nausea

Ginger has long been known as a digestive aid, especially for nausea and motion sickness. In fact, it has been proven to work better than Dramamine, one of the best-known medicines for motion sickness. Ginger is especially useful to help pregnant women who may be experiencing "morning sickness", including the most severe form, *hyperemesis gravidum*. The important thing to note here is that unlike most anti-nausea medication, which can cause birth defects, ginger does not have adverse effects for pregnancy. NOTE: Although ginger is considered safe, check with your doctor before taking ginger if you are pregnant. High doses can possibly increase the chance of miscarriage.

Ginger's anti-nausea action is also very valuable for post-surgery patients with nausea and vomiting, and useful for chemotherapy patients with nausea and vomiting from standard cancer treatments.

Alzheimer's and Brain Function

Both ginger and its cousin, [turmeric](#) are known warriors against [Alzheimer's disease](#). Since some of the research on Alzheimer's centers on the inflammatory factors involved in the disease, curcumin—also found in turmeric—as well as gingerol, which have been shown in studies to not only inhibit, but reverse the amyloid plaques in the brain associated with Alzheimer's. Another of ginger's antioxidants, zingerone, neutralizes the free radical peroxynitrite, another major factor in Alzheimer's and other neurological diseases.

In another study on ginger, it was shown that ginger could actually reverse dysfunctional behaviors caused by Alzheimer's disease and other forms of dementia. And lastly, ginger functions as a barrier to acetylcholinesterase (an enzyme that breaks down acetylcholine),

similar to several popular Alzheimer's disease drugs, without the awful side effects. Acetylcholine is an important brain chemical, necessary for learning and memory.

Ginger asserts a very positive effect on mental abilities, even in healthy people. Ginger has been shown in studies to improve cognitive ability, and improve overall brain function, while reducing oxidative stress. And since ginger also is a stimulant, it helps to increase mental alertness, without the jitteriness that caffeine can cause.

MSG, or monosodium glutamate, a common ingredient in Asian foods and processed meats and other foods, is considered a harmful excitotoxin and a neurotoxin. Ginger helps to protect and minimize the toxicity of this ingredient. MSG has been linked to Alzheimer's, multiple sclerosis, Parkinson's disease and ADD.

Maintains Healthy Blood Sugar in Diabetes

As the numbers of people with diabetes increase, so do the studies on natural substances that can help control this deadly and widespread disease. While this area of research is fairly new, ginger has been shown to have some pretty effective anti-diabetic properties. In a study published in *International Journal of Food Sciences and Nutrition*, ginger consumption had a very positive effect on glycemic status, lipid profile and other inflammatory markers of this disease. Ginger was found to reduce: fasting glucose, HbA1C (an important measurement of damage to red blood cells caused by high blood sugar), insulin resistance, triglycerides, overall cholesterol, C-reactive protein (an inflammatory marker indicative of heart disease), and prostaglandin E2, another inflammatory marker. Researchers concluded: "Ginger...should be considered as an effective treatment for prevention of diabetes complications."

Another study on ginger showed a drop in fasting blood sugar by 12%, and a lowering of HbA1c by 10%, as well as a 28% reduction in ApoB/ApoA-I ratio and a 23% reduction in markers for oxidized lipoproteins, major risk factors in heart disease—one of the primary complications of diabetes.

Fights Heart Disease and Strokes

As mentioned above, ginger also works against heart disease, lowering ApoB/ApoA-I ratio. The ApoB/ApoA-I ratio is a measurement which is more accurate than cholesterol ratios to estimate the balance between different types of blood lipoproteins, which promote the formation of plaques in the arteries leading to heart disease. Research on mice, published in *Journal of Nutrition*, May 2000, showed those given ginger had a reduction in arterial plaques 44%, reduction in triglycerides 27%, reduced VLDL (the most HARMFUL type of cholesterol) 53%, reduced LDL cholesterol 33%, and reduced LDL oxidation and aggregation. The researchers concluded that dietary consumption of ginger significantly slows down the development of atherosclerotic lesions which lead to heart attacks and strokes.

Anti-Clotting

Platelets are a part of blood that can clump together, creating clots that block arteries and blood vessels, resulting in heart attacks, strokes and deep vein thrombosis. Certain substances in platelets can make them more likely to clump together. Ginger helps to reduce platelet aggregation significantly, but check with your doctor first if you are on any type of medication for this condition.

Burns Fat and Raises Metabolism

Ginger as a fat burning food—ginger boosts metabolism and thermogenesis, meaning you burn fat faster. Some research indicates that ginger can help to boost your metabolism by around 5%, and increase your fat burning potential up to 16%. In addition, ginger helps to suppress your appetite, so having a cup or two of ginger tea before meals will cut down on food consumption.

Ginger is also very valued for several other health conditions including:

Increasing immune function, reducing pain, mitigating the effects of toxic chemicals, treating non-alcoholic fatty liver disease (often a result of too much HFCS and fructose in the diet), protecting cells against radiation, curbing migraines, treating indigestion, fighting gum disease, freshening breath, and increasing energy.

How to get ginger's benefits?

Ginger generally comes in two forms: fresh ginger root or dried ginger. Fresh ginger contains the most gingerol, but the dried form of it contains more of the cancer-fighting shogaol. When cooked, the primary active ingredient in ginger is zingerone.

There are many ways to enjoy ginger's light, refreshing taste—try adding a little fresh or dried ginger to smoothies, or make tea using simmered, sliced ginger with a touch of lemon and honey or maple syrup. You can also mince ginger and add to your favorite healthy salad dressing, or marinating meat in a combination of soy, lemon, minced ginger, minced garlic and a touch of honey. Don't forget to add ginger to your next stir fry, and remember to eat your ginger when you get sushi! You can also get many types of tea bags that are made with ginger and brew up a delicious cup of ginger tea. I also personally take 1-2 capsules a day of a ginger supplement, which is essentially just ginger powder in capsules.

Ginger Cocktail Infusions!

If you're like me, you enjoy having a cocktail or two with friends or family on occasion. We've talked about the fact in previous articles that moderate drinking of alcohol (1-2 drinks per day max) is proven to have long term health benefits and moderate drinkers live longer than non-drinkers or heavy drinkers... What that means is that the dose makes the poison...although alcohol is considered a "toxin", small amounts of regular exposure to alcohol enhances our health and makes us live longer.

Anyway, back to the topic of ginger infusions... In my opinion, if you're going to have an alcoholic cocktail, it might as well be the healthiest cocktail possible!

In order to make the healthiest cocktails possible, I personally like to slice up ginger root and put it in mason jars with either vodka or tequila for several weeks to "infuse", so that the alcohol can extract the powerful antioxidants and phytochemicals from the ginger. After a couple weeks of "soaking" in the tequila or vodka, you can then pour the alcohol and chopped ginger root in a blender, puree it up for a minute (which helps release a ton more of the flavor and nutrients from the ginger), and then strain the solids out. You're left with a super antioxidant-rich ginger cocktail that you can mix with club soda, [kombucha](#), or your other favorite mixers to make delicious and healthy cocktails! Yes, inflammation-fighting cocktails!

Note that **alcohol actually extracts a lot more beneficial phytochemicals** from ginger than hot water can extract (similar to how tinctures work), so it's theorized that you can get more of the active ginger compounds from infusing ginger into alcohol than any other method. Obviously, keep your ginger infusion cocktails to moderate consumption so that you don't drink too much alcohol, since too much alcohol would offset the health benefits of the ginger infusions.

Note: I may end up doing a full blog post sometime soon with all of my recipes for healthy alcohol infusions. If this is something of interest to you, please add a comment below that you'd love to see more of our recipes for healthy alcohol infusions.

A word of caution: Check with your doctor if you are taking any medications as ginger may increase the action of some medications. And, beware of eating/drinking too much ginger late at night—it can act as a mild stimulant!

If you liked this article about the incredible benefits of ginger to your health, please share this with your friends on Facebook and other social media. Sharing or liking options are below.



Mike Geary is:

The Nutrition Watchdog

Investigating nutrition, health, and fitness to keep you youthful, healthy, and fit!

Onions & your gut health, longevity, cancer, and more!



by Cat Ebeling & Mike Geary

co-authors of the best-seller: [The Fat Burning Kitchen](#)

The overlooked and much maligned onion has been around since ancient times and was most likely a dietary staple of our prehistoric ancestors. It is often avoided because of its pungent odor and taste, along with the after effect of “onion” breath. The strong smell and taste come from the sulphur-containing compounds in onions which are also responsible for the amazing health benefits in onions.

Onions don't usually get the spotlight for being a glamorous and trendy ‘superfood’, but surprisingly enough, the humble onion is most definitely a superfood in its own right. You know the saying, “An apple a day...”, well it should be, “*An onion a day keeps the doctor away!*”

Onions are in the same family of root vegetables as garlic (a known superstar), shallots, leeks and scallions. They are a great source of B vitamins, especially B6, B1, folate, and biotin. They also contain copious amounts of vitamin C, manganese, copper, phosphorus, potassium and a massive amount of phytonutrients and antioxidant polyphenols. Some of the standout phytonutrients include quercetin, and allyl disulphide. Onions contain even **more powerful polyphenols** than their cousins, garlic and leeks, as well as tomatoes, carrots and red bell peppers.

These antioxidants make onions a natural anti-histamine (similar to medicine for colds and allergies), anti-inflammatory, and antioxidant. The powerful polyphenols in onions benefit the whole body, and make them extremely effective in preventing or fighting diabetes, cancer, cardiovascular disease and neuro-muscular diseases.

One of the primary polyphenol antioxidants in onions is Quercetin. Quercetin is an anti-inflammatory ingredient that not only protects against heart disease, blood clots, hypertension, urinary disease, prostatitis, and cancer, but also is one of the most powerful and natural anti-histamines, helping to prevent or lessen allergic reactions and asthma.

According to *The World's Healthiest Foods*, onions are one of the the top ten foods for quercetin content, although it varies according to the type of onion, and growing conditions. And quercetin absorption from onions in the body twice as much as other foods that contain quercetin, like green tea and [apples](#), as reported by Dr. Mercola, according to information from Wageningen Agricultural University, Netherlands.

Anti-Cancer Medicine

[The National Onion Association](#) considers onions a major dietary anti-carcinogen. Onions, like garlic and other allium vegetables are warriors against many types of cancer including: breast, ovarian, and uterine cancers, laryngeal, esophageal, gastric, colon, renal and prostate cancers. This is due in part from the quercetin, as well as the sulphur compounds such as: *diallyl disulfide* (DDS), *S-allylcysteine* (SAC), and *S-methylcysteine* (SMC). Although the exact physiology is not known, it is thought that these compounds inhibit tumor growth and gene mutations, while fighting free radicals.

While 'moderate' (1-2 times a week), consumption of onions helps fight these cancers, the best practice is about a half cup serving or so of onions daily. It's not really that hard to throw some green onions (scallions) into your [eggs](#) in the morning, add some sliced red onion to your salad at lunchtime and munch on fresh salsa (with onions) at dinnertime. Cooking does not take away the onion's nutrient power, so simmering onions into your soup and cooked dishes still gives you plenty of health benefits.

[Onions](#), like garlic, go a long way towards helping prevent heart attacks, strokes and blood clots. The sulphur compounds in onions are very efficient in preventing clumping of blood platelets which result in clots, meaning they are highly effective in preventing heart disease, strokes, and blood clots in other parts of the body (peripheral vascular disease). Allium and allyl disulphide also help to create more flexible blood vessels which result in [lower blood pressure](#). Onions have also been shown to help lower triglycerides and LDL cholesterol, especially when eaten as part of a diet high in vegetables and fruit.

Anti-inflammatory Effects

Quercetin maintains top level status as an anti-inflammatory, along with its anti-histamine properties. This means it helps with most inflammatory conditions, including asthma, allergies, arthritis, heart disease, Alzheimer's, cancer, and more. Onionin A, one of the sulphur compounds, inhibits macrophage formation that trigger immune reactions and inflammatory responses, helping those with autoimmune conditions as well. If you want to read more about fighting inflammation in your body, [this article shows you the #1 inflammation fighting fruit](#) that you can eat.

Bone, Connective Tissue, Gut Health, and Diabetes Benefits

Several human studies have shown that frequent (daily) consumption of onion can actually help to increase bone density in post-menopausal women, and help prevent fractures related to osteoporosis. What's more, the high sulphur content of onions helps to strengthen and support strong connective tissue in the body including tendons, ligaments, cartilage and collagen—and even hair.

Onions supply healthy antibacterial properties, helping to prevent everything from cavities and gum disease, to ulcers from h. pylori and food-borne illnesses. Studies have shown onions to be effective against streptococcus strains and porphyromonas gingivalis among other bacteria, especially from fresh, raw onions. So add fresh onions to your salads, salsas, and picnic food to help ensure you don't get sick!

Onions contain a prebiotic fiber, inulin, that helps to feed and encourage the growth of [healthy gut bacteria](#) which creates a stronger immune system, assists in healthy absorption and assimilation of food, and actually helps your mood and brain function. Inulin is also thought to be responsible for helping to prevent obesity and lower your risk of diabetes.

In those with **type 2 diabetes**, inulin helped to improve blood sugar reactions and maintain a more stable glucose level. Another compound in onion, allium cepa, was shown to have a significant effect on lowering blood sugar in another study with rats, although more research needs to be done.

Sleep and Mood

Onions have a positive effect on sleep and mood as well, due to the folate content in them. In fact, it is thought that onions may help with depression, by decreasing the amount of homocysteine, an inflammatory agent in the body. Besides being dangerous for heart and blood vessels, excess homocysteine may also interfere with brain hormones such as serotonin, dopamine, and norepinephrine, all of which are 'feel-good' hormones. These hormones also have a huge effect on sleep and appetite as well.

Colds and Flu

Native Americans recognized the power of the onion to treat colds and flu and have used it for years and years. Even the World Health Organization recognizes the power of onions for coughs, congestion, bronchitis and respiratory infections. Onions have also been used for hundreds of years as a remedy for colic and vomiting.

How to Choose Onions

Different onion varieties contain different levels of nutrients and polyphenol content. Shallots have the highest level of polyphenols, but yellow onions have the highest flavonoid content. As a general rule of thumb, like most vegetables, the brightest and deepest coloring contains the most nutrients overall, so consuming red onions will give you the biggest bang for your buck!

Be sure to choose organic onions if you can, as conventionally grown onions are often irradiated to prevent them from sprouting—which also kills some of the beneficial nutrients. And speaking of nutrients, did you know that most of those powerful antioxidants are more concentrated in the outer layers? So when you peel an onion, only peel off the outermost papery layer to avoid throwing away the best parts of the onion. I actually chop up and use even the outer layer if I am making soup.

Live to 100 with onions?

One other thing about onions... I recently read about a longevity study that surveyed a large number of centenarians (people that live to 100 and beyond), and one of the common traits they found in the survey was that centenarians seemed to eat a lot of onions! Just further proof that onions are a powerful superfood worthy of addition to your daily meals... I like to have them in my scrambled eggs, diced up in salmon or tuna salad, and sauteed with mixed veggies at dinner!

Enjoy eating onions with other friends, so no one notices the onion breath!





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Baking Soda May Reduce Premature Death Risk



Today's blog is republished from my friends at [TheAlternativeDaily](http://TheAlternativeDaily.com), a leading publisher of daily alternative health tips that I personally read every day...

By Stephen Seifert, TheAlternativeDaily.com

Research published this month in the Clinical Journal of the American Society of Nephrology found that having balanced baking soda, or bicarbonate, levels in your body could reduce your chances of an early death.

The study examined data compiled in the Health, Aging and Body Composition Study for 2,287 participants. Participants were healthy adults who, at the onset of the study in 1997, were between the ages of 70 and 79, and were followed for approximately 10 years. Survival data were gathered through February 2014.

What did they find?

Study author Dr. Kalani Raphael, associate professor and nephrology and hypertension specialist at the University of Utah, and colleagues investigated pH, carbon dioxide and bicarbonate in association with long-term survival. According to the University of Utah press release, "Critically ill patients with severe acid-base abnormalities have a very low likelihood of surviving their illness, but it's unclear whether more subtle changes in the body's acid-base status have an effect on the longevity of life." Raphael and colleagues found that low levels of bicarbonate may be linked to an increased risk for premature death by 24 percent. Sodium bicarbonate assists your body in balancing pH levels, possibly extending life. "What we found was that generally healthy older people with low levels of bicarbonate had a higher risk of death," Raphael said. "Adding the pH measurement into the equation didn't change the results, which is important because pH is not routinely measured." The study's findings may assist clinicians in better assessing a patient's risk of premature death by analyzing their blood bicarbonate

concentrations more closely. Clinicians can recommend dietary adjustments to patients with low bicarbonate concentrations to optimize health.

What does it mean for me?

How do you get more baking soda in your life? Surprisingly, the answer has nothing to do with that yellow box in your fridge fighting odors. If you want to balance your pH levels by getting more sodium bicarbonate in your diet, eating more fruits and [vegetables](#) is the key.

Fruits and vegetables high in potassium and bicarbonate will have a negative potential renal acid load (PRAL) score. This represents the amount of acid produced by the kidneys after metabolism. The higher the negative, the more potassium and bicarbonate they will provide, potentially reducing your risk of premature death, according to the study. Apples, raisins, spinach, bananas, carrots, broccoli, lemons and even [coffee](#) are a few sources that will boost your potassium and bicarbonate levels.

Are you eating enough fruits and vegetables to keep a healthy pH balance?

—Stephen Seifert, TheAlternativeDaily.com

Stephen Seifert is a writer, professor, adventurer and a health & fitness guru. His flair for travel and outdoor adventure allows him to enjoy culture and traditions different than his own. A healthy diet, routine fitness and constant mental development is the cornerstone to Stephen's life.

(The original [article source is here](#))

Note from The Watchdog...

Baking Soda and Exercise Performance:

One last thing to mention here about the benefits of baking soda... There are many recent studies that reveal that taking baking soda mixed with water about 60-90 minutes before exercise shows significant improvements in exercise performance, which can equate to the results you get from exercise.

The dosages in the studies were generally about 90-135 mg per lb of body weight, which would basically equate to about 2-3 teaspoons mixed in water for most people. However, it was noted that this quantity caused stomach upset for some people. If this is the case, you could test smaller amounts spaced out over time, such as 1 teaspoon 2 hrs before exercise and another teaspoon 1 hr before exercise.

The theory as to why baking soda helps exercise performance is that it helps reduce the effects of lactic acid on the muscles and allows you to do more reps before fatigue sets in.

