

Wang's Martial Arts

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

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

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

December 2013 Newsletter Summary

Kung Fu Rank Test

Date: 9-14 yrs: 2-06-2014, Thursday, 6-8:30 pm
5-8 yrs: 2-08-2014, Saturday, 1:30-3:30 pm
15 yrs +: 2-08-2014, Saturday, 3:30-5:30 pm
Must register on or before 2-3-2014.
Test fee : \$35.00 and up

Proverbs 12-11 .

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



Kung Fu rank test on 11/16/13.



Kung Fu rank test on 12/7/13.

Black Belt club & Accelerated program rank test:

Date: 1-11-2014 (Saturday)
Time: 2 - 4:30 pm

No class on

12/25/13 (Wed.) -Christmas day
1/1/14 (Wed.) - New Year day

The 4th Annual "Lone Star"
Chinese Martila Arts
Championship:
Date: January 24 - 26, 2014
Marriott Westchase
Houston, TX



Grandmaster Eric Lee workshop picture on 11/9/13.

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
Total - \$2388.98 - \$300 - \$300 = \$1788.98

\$300 scholarship to Ms. Megan Payne on 06-04-12
\$300 scholarship to Mr. Wilfred Hung on 06-24-13

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

 Current Black Belt at Wang's Martial Arts who is taking 6 or more college credit hours at semester final report card:
 All A's - \$500.00
 A & B's - \$300.00
 All B's - \$200.00

Tai Chi Rank Test

Date: 1-18-2014 (Sat.)
 Time: 12 noon – 2:00 pm

Tournament Points: Don't forget to turn in your points after each tournament for a chance to win a seven foot trophy at the Chinese New Year Banquet!
 1st Place-12pts; 2nd Place-9pts; 3rd Place-6pts; Participation-3pts

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

Report card point:

Libeth Nunez -	9.75
Madeline Briles -	9.75
Valerie Campa -	6.75
Luis Nunez -	6.00
Kayla Warner -	6.00
Diego Ramirez -	5.25
Ayden Sowers -	5.25
Diego Ramirez -	5.25
Wilfred Hung -	4.50
Wilfred Hung -	4.50
Deanna Farris -	4.50
Brandon Warner -	4.50
Andrik Sanchez -	3.00
Brandon Roll-Bush -	3.00
Sean Paul -	2.50
Conner Roll-Bush -	2.25
Loghan Burrell -	2.25
Jarrett Almond -	2.25
Kevin Papa	2.25
Joseph Hellsten -	2.25
Deztaniz Hellsten -	2.25
Jason Patrick	2.25
Melanie Campa -	2.25
Jose Guzman -	1.50
Kaeden Sims -	1.50
Julian Rosas -	1.50
Nick Limones -	1.50
Luis Limones -	0.75
Mark Limones -	0.75
Liliana Campa -	0.75

Be sure turn in a copy of your report card as you receive it. For point 2013, every one must turn in before 12-31-2013.

New Student:

Mara Contreras, David Lara,
 Adrian Sermeno, Michael Gamoras,
 Maya Sermeno, January Tsai,
 Josh Bear, Emma Castro,

Welcome!

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 12-27-13 (Friday)
 Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 12/20/2013 (Friday)
 Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 –14 years old
 Date: 12/12/2013 (Thursday)
 Time: 8:00 – 9:00 pm
 Age 15 – 98 years old
 Date: 12/05/2013 (Thursday)
 12/19/2013 (Thursday)
 12/26/2013 (Thursday)
 Time: 8:00 – 9:00 pm

Tournament Point:

Jose Guzman -	72
Kelvin Papa -	57
Madeline Briles -	36
Jaquin Ajucum -	24
Sean Paul -	24
Luis Nunez, Jr. -	24
Michael Billingslea	21
Diego Ramirez -	21
Joseph Alonso -	18
Brandon Sarton -	15

Be sure turn in your tournament point. For point 2013, every one must turn in before 12-31-2013.

December birthday

Babett Cevergin	12/13
Jaci Moricca	12/16
Tracy Supple	12/19
Faye Cevergin	12/06
Andrea Smith	12/25
Brandon Roll-Bush	12/20
Carmen Thompson	12/23
Laura Cunningham	12/26
Kaitlyn Koch	12/08
Julius Herron, Jr.	12/02
Deanna Farris	12/24
Kai Alfred Marayag	12/4
Diego Ordonez	12/13
Judy Bragg	12/20
Francisco Espinoza-Rocha	12/21
Charles Moore	12/22
Josh Bear	12/27
Joshua Billingslea	12/30
Chantel Moody	12/31
Andrian Zaldivar	12/10

Happy Birthday

Red, Brown and Black Belt Class

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

* For all student's family members & guests, please be silent during the class in progress. The instructors and students require all the concentrations to teach and to learn. Please do not distract the class by talking. All young people learning from parents, teachers, adults and their surroundings. Please be good example to all our young generations to observe the rules. We are counting on them to build better and brighter future for us and for themselves.

2014

12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet

Date: March 8, 2014 (Saturday)

Cost: Ages 3 and under

\$8.00

Time: 4:00 pm (Reception)

Ages 4 - 12

5:00 pm (Dinner)

\$20.00

6:00 pm (New Year program)

Age 13 and up

Place: Humble Civic Center

\$25.00

8233 Will Clayton Pkwy

A table of 12 people

Humble, TX 77338

\$250.00



For more information:

Wang's Martial Arts

92-B Wilson Road

Humble, TX 77338 (281) 548-1638

Name: _____ Date: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Other phone: _____ Age: _____

e-mail: _____

(Every family please bring a pot luck dessert to share.)

Banquet Fees:

A table of 12 people: \$250.00

\$25.00 x Number of 13 years old and up

\$20.00 x Number of 4 – 12 years old

\$8.00 x Number of 3 years old and under

_____ = _____

_____ = _____

_____ = _____

_____ = _____

Total: = _____

Door Prize:

1st prize: Chinese Jewlery Armoire

2nd prize: Kindle Fire

3rd prize: Bicycle

4th prize: Hand Stitch Color Art (L)

5th prize: Hand Stitch Color Art (S)

6th prize: Golden Vase

7th prize: Blue Vase

8th prize: Lucky Fruit Bowl

Wang's Martial Arts 12th Chinese New Year 2014 Banquet Schedule

March 8, 2014 (Saturday)
Humble Civic Center
8233 Will Clayton Parkway
Humble, TX 77338

MC by Mr. Victor Makris (Makris Law Firm, P.C.)

10:00 am - 11 am, Kung Fu rehearse (Allen DeWoody, James Moricca)

11:00 am - 12 noon, Tai Chi rehearse (Rusty Haws, Susan Fischman)

12 noon - 1:00 pm, Chinese fashion show rehearse (Shawna Rencher, Marvin Henderson)

1:00 pm - Special lunch for all Black Belts, volunteers and assignment meeting. (Nigel Singh)

4:00 pm

1. Reception

Slide & video presentation. (James Dyess, Jose Guzman)

5:00 pm

2. Dinner (Joseph Alonso's Family in charge)

5:45 pm

3. Fashion Show (by Wang's Martial Arts students & Family)

Pass out red envelopes (Shawna Rencher, Marvin Henderson)

6:00 pm

4. Welcome to the 12th Annual Chinese New Year and Award Banquet (Victor Makris)

A Tribute and Celebration of the Life and Achievements of Grandmaster Victor Cheng.

6:15 pm

5. Lion Dance by Lee's Golden Dragon.

6. Kung Fu & Tai Chi demonstration by Wang's Martial Arts students.

(Kung Fu Introduce by Allen DeWoody, James Moricca, Tai Chi by Rusty Haws, Susan Fischman)

7:00 pm - Guest Speaker - Bill "Superfoot" Wallace.

7:15 pm

7. Kicking contest. (David Barnes, Padraic Gilbert)

7:30 pm

8. Tournament Points (Marvin Henderson)

9. Report Card Points (Daniel Thibodeaux)

7:45 pm

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

8:00 pm - World Peace Martial Arts - Hall of Fame.

11. Introduce Black Belts (Rafael Gonzales, Ed Green)

8:45 pm

12. Prize Drawing (must present to win). (Darren Bush, Chris Castillo)

9:00 pm

Conclude Banquet.

www.WangsMartialArts.com

* Tentative schedule, subject to change. See program book on the day of event.

Wang's Martial Arts New Year Banquet Workshop

Date: March 9, 2014 (Sunday)

**Place: 92 Wilson Road Suite B Humble, TX 77338
(281) 548-1638, (281) 682-3387**

<u>Time</u>	<u>Event</u>	<u>Normal Fee</u>	<u>Banquet attendee</u>	<u>The Person who organized banquet table by 12/31/13</u>
9 am - 11 am	Black Belt class Kung Fu, Tai Chi Black Belt only			
11 am - 12 noon	Lunch break			
12 noon - 1 pm	Take down & ground self defense Instructor by Rafael Gonzales (Limited to 60 people)	\$20.00	\$10.00	Free
1 pm - 2 pm	Woman's self defense Instructor by Shawna Rencher (Limited to 60 people, ladys only)	\$20.00	\$10.00	Free
2 pm - 3 pm	Escrima stick class Instructor by Tye Botting (Limited to 60 people)	\$20.00	\$10.00	Free
3 pm - 5 pm	Bill "Superfoot" Wallace Kicking & sparring technique (Limited to 60 people)	\$40.00	\$20.00	\$20.00

Space is limited. First come, first serve.

Registration Form

Name: _____ Date: _____

Address: _____

City: _____ State _____ Zip: _____

Home phone: _____, Cell phone: _____, Work phone: _____

e-mail: _____

_____, _____, _____, _____, _____
(9 am - 11 am), (12 noon - 1 pm), (1 pm - 2 pm), (2 pm - 3 pm), (3 pm - 5 pm)
Black Belt class, Take down, Woman's defense, Escrima stick, "Superfoot"

Total amount paid: \$ _____



Kung Fu or Tai Chi

One Month Special- \$129.00

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

Saving of \$79.95

(Good till 2-28-2014.)

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<u>KUNG-FU</u>		
Adults	(Age 15-98)	Tue. Sat. 11:00 - 12:00 Noon
		Mon./Tue./Thur./Fri. 7:00 - 8:00 PM
		Mon./Wed. 8:00 - 9:00 PM
		Tues./Thur. 4:00 - 5:00 PM
Children	(Age 5 - 14)	Tue./Thur. 5:00 - 6:00 PM
		Mon./Tue./Wed./Thur./Fri. 6:00 - 7:00 PM
		Tue./Thur. 7:00 - 8:00 PM
		Saturday 10:00 - 11:00 AM
Family class	(Age 5-98)	Tue./Thur. 5:00 - 6:00 PM
		Tue./Thur. 7:00 - 8:00 PM
		Mon./Tue./Wed./Thur./Fri. 6:00 - 7:00 PM
		Saturday 10:00 - 11:00 AM
<u>T'AI CHI CHUAN</u>		
All ages		Tue. Sat. 12:00 Noon- 1:00 PM
		Mon./Wed./Fri. 5:00 - 6:00 PM
		Wed. 7:00 - 8:00 PM
		Tue./Thur. 8:00 - 9:00 PM

Name: _____ is guest of _____ .

(Name of current student)

Each guest signed up, you will receive one FREE Chinese New Year Award Banquet ticket (value \$25) for March 8, 2014 (Saturday).

Kung Fu Rank Test Results - 11/16/13

Age 15 - 108 years old

- Cleveland Glenn - Yellow
- Charles Moore - Orange/stripe
- Lindley Keating - Green
- Dennis Cruz - Green
- Roberto Alvarado - Purple

Age 9 - 14 years old

- Dezie Hellsten - Yellow/stripe
- Joseph Hellsten - Yellow/stripe
- Nathan Johnson - Orange

Congratulations!



Kung Fu Rank Test Result - 12/07/13

Age 5 - 8 years old	Age 9 - 14 years old	Age 15 - 108 year old
<p>Alfred Kai Marayag - Yellow Jarrett Almond - Yellow Caden Row - Yellow/stripe Aiden Trayal - Yellow/stripe Noe Zelaya - Orange Jack Robinson - Orange/stripe Santiago Guerrero - Orange/stripe Hugo Campa - Green Joseph Alonso - Purple/stripe Ethan Fu - Purple/stripe Carlos Gamboa - Red Melanie Campa - Red/stripe</p>	<p>Kendall People - Yellow Anne Gutierrz - Yellow Afryea Charles - Yellow/stripe Francisco Zelaya - Orange Dezie Hellsten - Orange Joseph Hellsten - Orange Daniel Rosendo - Orange/stripe Kathryn Werling - Orange/stripe Madeline Briles - Purple Brandon Sarton - Purple Ian Fu - Purple/stripe Jerod Rosenbaker - Blue/stripe Luis Nunez - Blue/stripe Libeth Nunez - nBlue/stripe Liliana Campa - Red/stripe</p>	<p>Mara Contreras - Yellow David Lara - Yellow Pablo Garzon - Yellow Clement Le Bon - Yellow/stripe Francisco Espinoza-Rocha - Orange Chantel Moody - Orange Adrian Zaldivar - Orange Charles Moore - Green Liliana Campa - Green Dennis Cruz - Green/stripe Roberto Alvarado - Purple/sripe</p>





On Saturday the November 9, 2013 about 30 students enjoyed a special class with Grandmaster Eric Lee. Some topics were health, success in life and of course, great new Kung Fu and Tai Chi technique's were practiced. Students had the opportunity to ask any questions they had for Grandmaster Lee as well. It was very interesting and informative discussion. Everyone who participated was given personal autographed pictures. Afterwards some students joined Master Wang and Grandmaster Eric Lee for excellent Chinese vegetarian dinner in China town.

Olive Branch For Cellular WWII



By Jonny Bowden, PhD, CNS

Any organ is fair game for free radical attacks, which destroy genetic material, damage and mutate DnA, burden the immune system and virtually ruin a cell's identity. Ron Rothenberg, MD, wasn't being dramatic when he called free radical attacks "Cellular World War III." Olive Leaf Complex scored twice as high as green tea and grape seed extract and 400% higher than vitamin C on ORAC (antioxidant capacity) value testing. Plus, it will also deliver immune-stimulating phytochemicals to the body's defense sentries this cold and flu season.

Olive oil has become big business, and for good reason: studies show it's good for heart, arteries and might even prevent breast cancer. A polyphenol called oleuropein is thought to be responsible.

Now, I love extra virgin olive oil, but sometimes it's unavailable or I just don't want the calories. In any case, I can't carry the stuff around with me, which is where olive leaf complex comes in. You see, olive leaves contain rich amounts of that same oleuropein, which can be extracted and standardized as a supplement.

Cardiologist and diet specialist David Colquhoun, MD, comments: "Olive leaf [extract] is potentially a huge step forward for antioxidant therapy in a wide range of human diseases."

But this winter, the bacteria-hating phytochemicals in this ancient leaf just might keep your body cold- and flu- free when everyone around you is falling prey to microbial mayhem.

Immune Leaf

Ever get that sinking “I can’t get sick” feeling when you hear the receptionist sneeze? Among its immune-boosting compounds, olive leaf contains another compound called luteolin that has been shown to have anti-inflammatory and anti-allergy effects. In the late 1960s and early 1970s, a series of Upjohn Company studies were published by the American Society of Microbiology that found olive leaf extract toxic to almost all viruses studied in the test tube, and at low concentrations. No wonder, the olive tree is known to live for over 1,000 years. It is resistant to parasites, bacteria, viruses, fungi and other microbial pathogens.

Studies have shown that olive leaf complex is effective in delaying the growth of *Staphylococcus aureus* and *Bacillus cereus*. And a study involving over 500 patients conducted at the R-Clinic of Budapest found olive leaf effective in a wide variety of infections and illnesses. One trial with olive leaf extract resulted in greater than 95% recovery rate among patients with respiratory tract infections (a whopping 115 out of 119 treated patients fully recovered). That’s compelling reason for making olive leaf complex part of one’s cold and flu prevention program.

Compounds in olive leaf have long been used to fight illnesses, such as colds and flu, brought on by microbes. According to James R. Privitera, MD, the first formal mention of the olive leaf—an account describing its ability to cure severe cases of fever and malaria—occurred in 1854 when the *Pharmaceutical Journal* carried a report by one Daniel Hanbury that contained the following simple healing recipe:

“Boil a handful of (olive) leaves in a quart of water down to half its original volume. Then administer the liquid in the amount of a wine glass every 3 or 4 hours till the fever is cured.” According to the author of the report, this method became popular for treating sick Englishmen returning from the tropical colonies. The author believed a bitter substance in the leaves was responsible. That bitter substance has since been identified as oleuropein and resists bacterial damage.

In the May 2011 *Bioresource Technology*, a study from Korea found olive leaves “have great potential as a natural antioxidant.” The results showed that both the individual and combined phenolics exhibited free radical scavenging abilities and also revealed superoxide dismutase (SOD)-like activity. In terms of antimicrobial activity, both oleuropein and caffeic acid showed inhibition effects against microorganisms. Furthermore, the results show that the combination of olive leaf extract phenolics possessed the highest antioxidant and antimicrobial activities. Olive Leaf Complex from Barlean’s, a company known for producing the freshest organic oils, contains 24 different polyphenols compared to single phenolic formulas. The company lists all of the formula’s identified phenolics (oleuropein, verbascoside, hydroxytyrosol, caffeic acid, quercetin, rutin and others) on its label.

I have four more good reasons to recommend Olive Leaf Complex:

Lowers Blood Pressure

Animal studies show olive leaves can lower blood pressure. A recent clinical study tested olive leaf extract in 30 patients with essential hypertension at a dose of every four hours for three months after a 15-day treatment with a placebo. Active treatment resulted in a statistically significant decrease of blood pressure in all patients and was considered well-tolerated. That’s why cardiologist Stephen Sinatra and I included Barlean’s Olive Leaf Complex among best supplements in our book *The Great Cholesterol Myth*.

Reduces Heart Problems

At the University of Granada in Spain, researchers found olive leaf extract helped relax arterial walls in laboratory animals. In animal studies in Tunis, researchers found that olive leaf extract reduced

hypertension, blood sugar, and blood levels of uric acid, which—when elevated—are a risk factor for heart disease.

Supplies Antioxidants

Oxidative damage—also known as oxidation—comes from rogue molecules called “free radicals.” These tissue oxidizers contribute to virtually every disease on the planet: Alzheimer’s, obesity, diabetes, cancer, heart attack and stroke. When free radical damage accumulates in the brain, age-related cognitive decline results. When they accumulate in the heart or vascular system, one has heart disease. When the free radicals accumulate in skin, one has aged skin.

Balances Blood Sugar

Olive leaf extract demonstrates hypoglycemic (blood sugar lowering) activity in animals, probably because of the oleuropein, which produced anti-diabetic activity in unwell animals. Though human studies aren’t yet available, anecdotal evidence suggests that people use olive leaf extract as an adjunct to dietary modification for diabetes. One report from Morocco found that 80% of people surveyed used herbal medicines for diabetes, hypertension and cardiac disease, and olive leaf was one of the most popular choices. Because plants have built-in protection against the sun’s oxidative damage, fruits and vegetables provide rich quantities of antioxidants. These same antioxidants work as cell protectors in the human body. That’s one reason why people who eat lots of fruits and vegetables tend to live longer, healthier lives. They’re consuming a ton of antioxidants (along with other good stuff in plant foods, like anti-inflammatories).

Like many things, though, antioxidants work a whole lot better as a team. A combined measure of antioxidant action in a food or supplement is called Oxygen Radical Absorbance Capacity, mercifully shortened as ORAC.

Simply put, higher ORAC foods and supplements have better synergistic teamwork: their antioxidants know how to work together harmoniously to “mop up” free radical damage.

Two food supplements with high ORAC values are green tea and grape seed extract. I love both, but for the record, Olive Leaf Complex scored twice as high as either and 400% higher than vitamin C alone on ORAC value testing.

The antioxidant benefits alone are enough reason to take this powerful supplement. That it can fight cold or flu or help one get over them more quickly is all the more reason to include in your supplement arsenal. I recommend Barlean’s Olive Leaf Complex. Their source is the world’s largest, most sophisticated olive tree orchard in Australia. The company specializes in preserving the ultra fresh medicinal activity of the leaves that are cold pressed to retain phenolic compounds, making the company’s olive leaf rich in vital immune boosters. A Vity Award winner, Olive Leaf Complex includes 8 and 16 ounce liquids in both natural and peppermint flavor, throat spray and softgels (with 1,000 milligrams of omega-3s). It is always from fresh leaves with measured potency.





Published: November 29, 2013 Updated: 10:00 December 7, 2013

Sea Buckthorn for Heart & Liver Health

This berry is rich in vitamin C, tocopherols, carotenoids and flavonoids.

By: John Neustadt ND

A traditional Indian and Tibetan medicine, sea buckthorn (*Hippophae rhamnoides*) has a long history of use in treating circulatory disorders, ischemic heart disease (damage to the heart from decreased blood flow, usually from atherosclerosis), liver damage, and cancer.

This plant grows in a severely cold region of southwest China, where its yellow-orange berry is used medicinally. This berry is rich in vitamin C, tocopherols (vitamin E), carotenoids (such as beta carotene), and flavonoids.

Heart Health

Cardiovascular disease is an umbrella term for many different conditions, including hypertension, atherosclerosis, and stroke. Eighty percent of strokes are caused by blood clots. Platelets are blood cells that form blood clots. Some medications decrease platelet aggregation to prevent strokes; however, effective natural treatments are actively being studied. Sea buckthorn has been tested in human clinical trials for its ability to decrease the tendency for blood to clot. While one small, double-blind, randomized, placebo-controlled study found no change in platelet aggregation (or the tendency for blood to clot), there may be several reasons.

Sea buckthorn preparations vary in their relative concentrations of nutrients depending on the plant's origin, the climate in which it was grown, and the way in which it was stored and processed. (Researchers recently developed a high-speed centrifuge process to produce high-quality juice.)

The only conclusion that can be drawn from this study is that the particular sea buckthorn preparation tested did not have positive effects on the cardiovascular disease risk factors

tested. A second, randomized, placebo-controlled study using a different preparation, in fact, did show a significant decrease in platelet aggregation. More research is needed, but sea buckthorn may yet prove helpful in decreasing cardiovascular disease risk.

A major risk factor for atherosclerosis is free-radical damage to LDL cholesterol, called oxidized LDL. An in vitro study demonstrated that sea buckthorn is a powerful antioxidant that decreased oxidized LDL.

Similarly, sea buckthorn inhibited radiation-induced mitochondrial damage in animals. Mitochondria are the energy-producing part of our cells, and damage to them has been implicated in heart disease and many other conditions. Interactions and Dosage No drug-herb interactions have been documented.

There are no standard dosage recommendations for sea buckthorn, but amounts of up to 45 grams of granulated plant have been studied in people without adverse effects.

Liver Fibrosis

A condition characterized by degenerative changes in this organ, liver fibrosis can lead to liver failure and the need for a transplant. There are many causes of liver fibrosis, including infections (hepatitis B and C), alcoholism, and primary biliary cirrhosis (a chronic liver disease). Inflammation is a common factor in the development and progression of this condition.

Natural anti-inflammatory compounds may be helpful, and in this regard sea buckthorn may help prevent and treat liver fibrosis. In one study, 50 patients were randomized to receive either 15 grams of granulated sea buckthorn or placebo, which was a B-complex vitamin, three times daily for six months. Inflammatory markers and proteins indicating hepatic cell damage were measured.

At the conclusion of this study, patients treated with sea buckthorn showed improvement, compared with the control group. Additionally, liver enzymes normalized in 80 percent of the people taking sea buckthorn.

9 ways to better understand wheat

Oct. 14, 2013 Interviews by Cree Cornejo | Delicious Living



As celiac disease (CD) awareness grows, more people than ever before are adopting a gluten-free diet. An estimated 3 million Americans have CD, an autoimmune digestive disorder that occurs when white blood cells react to gluten, a protein found in wheat and other grains, causing intestinal damage. On top of that, 18 million Americans experience adverse reactions (but not the immune response) when they eat gluten, a distinct condition called nonceliac gluten sensitivity. Many more people simply feel better when avoiding wheat. So should you join the millions eschewing gluten? These experts explain how to make an informed choice.

Gluten specialist

Amy Myers, MD, Austin UltraHealth, Austin, Texas

- **Know the signs.** CD or gluten intolerance can trigger physical discomfort such as bloating, nausea, diarrhea, or stomach cramping; psychological issues like brain fog, memory problems, and impaired coordination; behavioral problems in children; and many other health issues.
- **Eliminate gluten.** Completely cutting gluten from your diet is a good way to test sensitivity. Eliminate gluten for at least 30 days; then reintroduce it and monitor your body's reaction. Gluten is a very large protein and can take time to clear from your system. Some people experience immediate relief, but others may not feel fully better for several weeks, as the GI tract slowly repairs itself from inflammatory damage.
- **Restore the gut.** If you have CD, even though you've stopped eating gluten your gut will need some TLC because your intestines may not be able to properly digest proteins and fats. These partly digested nutrients can leak into the bloodstream, triggering fatigue, joint pain, and skin rash. Consider supplementing with digestive enzymes to encourage nutrient breakdown. Take one capsule containing protease, lipase, amylase, and cellulase at the beginning of each meal to aid digestion.

Registered Dietitian

Vicki Kobliner, RD, holcarenutrition.com, Wilton, Connecticut

- **Prevent cross-contamination.** If you're extremely sensitive, even small gluten traces can cause symptom flare-ups. If other members of your household eat gluten, use a separate cutting board, kitchen utensils, toaster, and area of the counter to prepare your food.
- **Replace lost nutrients.** Many gluten-containing foods such as cereals and breads are fortified with vitamins and minerals—so if you're avoiding these foods, you risk calcium, vitamin D, B vitamin, and folic acid deficiency. To compensate, focus on nutrient-rich leafy greens like spinach, kale, and beet greens. Also include crucifers like broccoli and cauliflower, and take a daily multivitamin.

- **Bone up.** Those with undiagnosed CD may be at risk for osteoporosis due to compromised nutrient absorption. A gluten-free diet can help reduce risk. Eat calcium-containing foods like dark, leafy greens; and alkalizing foods like legumes, sweet potatoes, celery, and avocado—raising your blood pH helps enhance bone density.

Gluten researcher

William Davis, MD, author, *Wheat Belly* (Rodale, 2011)

- **Get tested.** To determine if you have CD, before you stop eating gluten ask your health practitioner to schedule immunoglobulin tests (IgA and tTG) that measure blood endomysial and transglutaminase antibodies.
- **Focus on nutrition.** If you go off gluten, products like gluten-free breads, pasta, crackers, and cookies make the transition easier, but they can be made with “junk carbohydrates” like refined tapioca and potato starch. Fill your diet with single-ingredient foods that are not made from wheat, such as nuts, fruits, vegetables, and eggs.
- **Understand modern wheat.** Contemporary wheat is the product of many genetic changes made by using X-rays and toxic chemicals to induce mutations. Among these changes is the introduction of a complex carbohydrate called amylopectin A, a rapidly digested starch. Consequently, eating modern wheat can raise blood sugar levels even faster than table sugar. Even if you don't experience digestive distress after eating wheat, you may want to cut it out of your diet.

4 nutrients vegans need

Apr. 2, 2013 [Katy Neusteter](#) | Delicious Living

A varied vegan diet provides most of the nutrients your body needs, but these four might be worth supplementing.

Eating a hearty variety of vegetables, fats, and legumes will naturally supply your body with most nutrients. Here are a few exceptions.

Iodine. Omnivores receive most of their iodine, essential for thyroid health, from dairy or fortified salt. (Vegetables contain the micronutrient, too, but in inconsistent levels.) If you're eating vegan, dash small amounts of iodized sea salt over food or take an iodine supplement of 90–150 mcg two to three times per week, advises Ginny Messina, MPH, RD.

Iron. Although vegans often consume more iron than omnivores, Messina says, plant-food iron isn't as well absorbed as that in meat sources. A simple solution: With every iron-rich meal, add a bit of vitamin C to aid absorption. For example, mix tomatoes into bean soup or sauté spinach with a splash of orange juice.



Omega-3 fatty acids. Walnuts, hemp seed, and flaxseed contain short-chain versions of this healthy fat, though this form is less bioavailable. You can also supplement with 1,000 mg docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) sourced from microalgae—the same place fish get these essential fats.

Vitamin B12. Plants don't contain this micronutrient, so vegans (as well as people older than 50) should take a vitamin B12 supplement of at least 25 mcg per day to maintain healthy blood production. B12 supplements are naturally vegan, because B12 is bacteria-produced.

4 favorite nuts (and how to use them)

Oct. 28, 2013 [Jenna Blumenfeld](#) | Delicious Living



Hazelnuts. These pearl-shaped nuts offer abundant vitamin E, an antioxidant that supports heart and eye health. To remove hazelnuts' bitter skins, bake on a rimmed sheet at 350 degrees for 10–15 minutes; place in a clean dish towel and rub vigorously. Make the Egyptian spice dukkah by blending hazelnuts, sesame seeds, cumin, coriander, and sea salt in a food processor. Dip pita into olive oil and dukkah for an exotic appetizer.

Brazil nuts. Just one of these crescent-shaped nuts— technically a seed from trees that grow in South America— provides nearly 100 percent of your recommended daily selenium, a nutrient that protects against oxidative damage and supports reproductive health. For an alternate take on pesto, substitute buttery Brazil nuts for pricier pine nuts

Almonds. Ancient civilizations embraced almonds as nourishing, portable sustenance; it's believed that almond trees lined trade routes like the Silk Road. Today, we love almonds for their high magnesium content: 1 ounce offers nearly 76 mg, or 20 percent of your daily needs. Make your own almond butter by processing 2 cups roasted almonds in a food processor for 10–13 minutes, scraping sides as needed, until creamy.

Pecans. Too often buried inside high-calorie pies and desserts, these Southern staples are quite nutritious on their own: One handful delivers more than half of your daily dose of manganese, a trace mineral associated with osteoporosis prevention. Enjoy pecans' lighter side in a spinach salad tossed with fresh apple slices, dried cranberries, and a rich balsamic vinaigrette.

4 alternative sweeteners

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Erythritol. Unlike some sugar alcohols, this one doesn't cause digestive distress. Naturally found in fruits, vegetables, algae, and cheese, erythritol is cultivated through fermentation and is almost as sweet as table sugar. Substitute no-calorie erythritol for half of white sugar in baking recipes.

Try: Now Foods Erythritol Sweetener

Dates. Roughly 55 percent sugar, fresh dates are packed with fiber and potassium. Make your own liquid date sweetener: pour 2/3 cup boiling water over ten pitted Medjool dates, let sit for 30 minutes, and then purée in a food processor.

Try: Bob's Red Mill Date Sugar

Stevia. Zero-calorie stevia is up to 300 times sweeter than cane sugar. It's typically refined into a powder or liquid extract, but you can also grow your own stevia plant and use the leaves to sweeten beverages.

Try: SweetLeaf Sweet Drops

Coconut. Made by boiling coconut flower nectar, this lowglycemic ingredient boasts nutrients such as magnesium, potassium, and zinc and a delightful butterscotch flavor. Use granules to replace brown sugar; stir the paste or syrup into tea or coffee.

Try: Navitas Naturals Organic Coconut Palm Sugar