

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)

February 2014 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."



Chinese Fashion show practice date, time for New Year Banquet on 3/8/14.

2/8/14 (Saturday) - 1:00 pm - 2:00 pm
2/12/14 (Wednesday) - 7 pm - 8:00 pm
2/15/14 (Saturday) - 1:00 pm - 2:00 pm
2/19/14 (Wednesday) - 7:00 pm - 8:00 pm
2/22/14 (Saturday) - 1:00 pm - 2:00 pm
2/26/14 (Wednesday) - 7:00 pm - 8:00 pm
3/1/14 (Saturday) - 1:00 pm - 2:00 pm
3/5/14 (Wednesday) - 7:00 pm - 8:00 pm
3/7/14 (Friday) - 7:00 pm - 8:00 pm (Must attend)
3/8/14 (Saturday) 12 noon - 1 pm at Humble Civic Center. (Must attend)

The store you can get the Chinese cloth:

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Houston, TX 77036
(713) 975- 8889



2014

12th Annual Chinese New Year & Kung Fu, Tai Chi Class Reunion Banquet - 3/8/14.

Humble Civic Center
8233 Will Clayton Parkway
Humble, TX 77338

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: 4-26-2014 (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



Inner-School Tournament

Date: 3-15-2014 (Saturday)
Ages 5 - 80 2:00 PM – 5:00 PM
Entry Fee: \$45.00 up to three events
\$5.00 goes to scholarship fund

Black Belt club & Accelerated program rank test:

Date: 3-22-2014 (Saturday)
Time: 2 - 4:30 pm

New Student:

Ruby Abbott
Raymond Lomelo
Therese Harris
Welcome!

Black Belt Club & Accelerated Program

Tournament Competition Class:

Date: 2-28-14 (Friday)
Time: 8:00 – 9:00 pm

Nunchaku Class:

Date: 3/21/2014 (Friday)
Time: 8:00 – 9:00 pm

Conditioning & Reaction Drill Class:

Age 5 – 14 years old
Date: 2/13/2014 (Thursday)
Time: 8:00 – 9:00 pm

Age 15 – 98 years old
Date: 2/06/2014 (Thursday)
2/13/2014 (Thursday)
2/20/2014 (Thursday)
2/27/2014 (Thursday)
Time: 8:00 – 9:00 pm

Brown and Black rank test

April 8, 2014 (Tue.) 6 – 8 pm
April 10, 2014 (Thur.) 6 – 8 pm
April 12, 2014 (Sat.) 9 am – 3 pm

February birthday

Padraic Gilbert 2-11
Remi Dickinson 2-13
Mark Limones 2-17
Samuel Papa 2-9
Conner Roll-Bush 2-14
Laura Dore 2-4
Jackson Robinson 2-10
Julie Kerr 2-10
Esperanza Saucedo 2-1
Allison Golla 2-4
Diogo Ordonez 2-8
Jerod Rosenbarker 2-12
Affryea Charles 2-17

Happy Birthday

Tournament Point:

Be sure turn in your tournament point. For point 2014, every one must turn in before 12-31-2014.

Report card point:

Be sure turn in a copy of your report card as you receive it. For point 2014, every one must turn in before 12-31-2014.

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

Dress code: Coat & tie, Sunday best, Chinese cloth.



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 color Vase
- 7th prize: Blue Vase
- 8th prize: Lucky Fruit Bowl

Banquet Manu:
(For the benefit of everyone's health and kindness to all animals, the entire meal is vegetarian style.)
Dinner salad/ranch dressing,
Guacamole/purple corn dip,
Vegetable sushi/sauce,
Spaghetti/marinara sauce,
Spinach cheese quesadillas,
Chinese vegetable fried rice,
Baked potato,
Dinner roll,
Sesame ball with red bean paste

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.)

7:00 am - Kitchen staff start to prepare for dinner.

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, Padraic Gilbert)

5:00 pm Paster Herb Haws will say Grace to bless the meal.

Kindness to animals speech by Wu Hsing, and donations to animal charity groups.
Rotary International world projects.

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 Singing of National Anthem by Miss Houston Isis Smalls.

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.

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

* Volunteer schedule:

1st shift - 7:00 am to 10 am (30 people).

2nd shift - 10:00 am to 2 pm (30 people). Lunch at 1 pm.

3rd shift - 1:00 pm to 5 pm (60 people). Lunch at 1 pm.

* 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>
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
1 pm - 2 pm	Woman's self defense Instructor by Shawna Rencher (Limited to 60 people, ladys only)	\$20.00	\$10.00
2 pm - 3 pm	Escrima stick class Instructor by Tye Botting (Limited to 60 people)	\$20.00	\$10.00
3 pm - 5 pm	Bill "Superfoot" Wallace Kicking & sparring technique (Limited to 60 people)	\$40.00	\$20.00

Space is limited. First come, first serve.

Registration Form

Name: _____ Date: _____

Address: _____

City: _____ State _____ Zip: _____

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

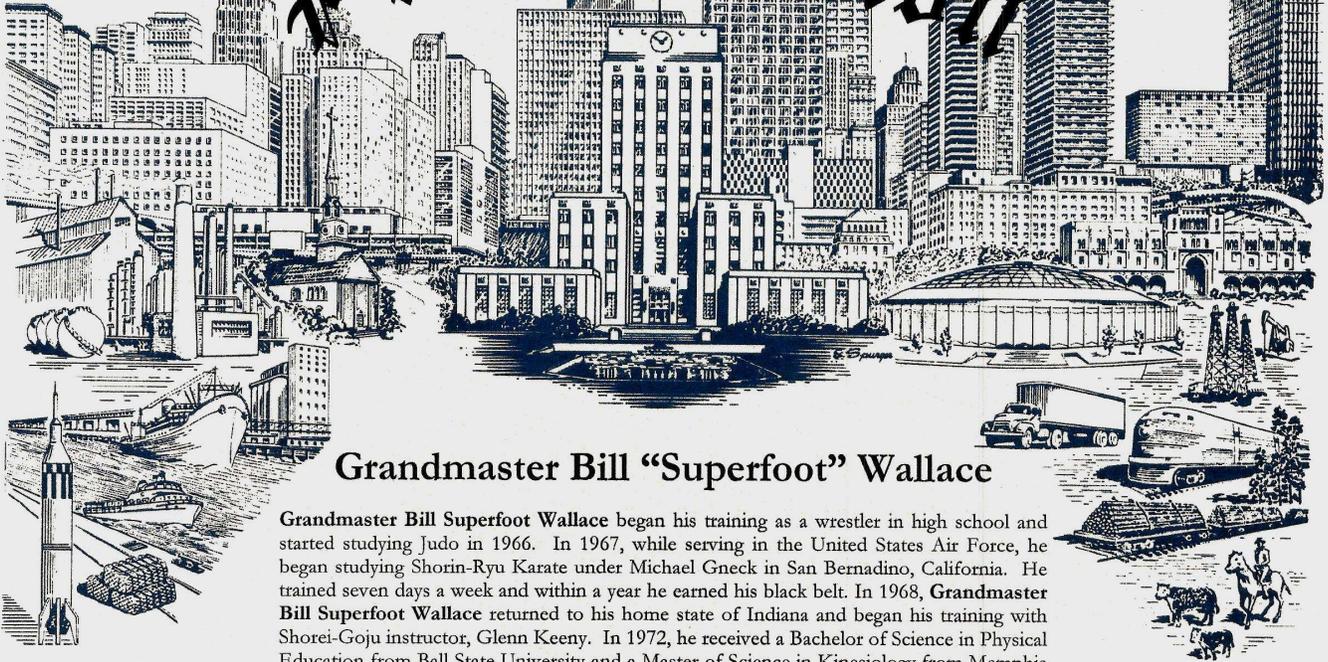
e-mail: _____

_____, _____, _____, _____, _____.
(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: \$ _____



Proclamation



Grandmaster Bill "Superfoot" Wallace

Grandmaster Bill Superfoot Wallace began his training as a wrestler in high school and started studying Judo in 1966. In 1967, while serving in the United States Air Force, he began studying Shorin-Ryu Karate under Michael Gneck in San Bernadino, California. He trained seven days a week and within a year he earned his black belt. In 1968, **Grandmaster Bill Superfoot Wallace** returned to his home state of Indiana and began his training with Shorei-Goju instructor, Glenn Keeny. In 1972, he received a Bachelor of Science in Physical Education from Ball State University and a Master of Science in Kinesiology from Memphis State University in 1976.

Grandmaster Bill Superfoot Wallace has trained in martial arts for more than 50 years. He has been named "Competitor of the Year" twice and "Man of the Year" in *Black Belt Magazine*. He has received numerous Hall of Fame recognitions worldwide and a Lifetime Achievement Award from Century Martial Arts. From 1974 to 1980, **Grandmaster Bill Superfoot Wallace** won more than 20 consecutive professional fights and became the Professional Karate Association Middleweight World Full-Contact Champion, retiring undefeated. He is known worldwide as "Superfoot" for his 60-80 mph kicks, and has starred in several films with Chuck Norris, John Belushi, Jackie Chan and Mickey Rourke. He is also known for training both Elvis Presley and John Belushi, and has written and co-written several books. He has been influential to martial arts in the City of Houston for the past 38 years. He has supported and contributed several charities such as Hannah the Warrior Princess Fund and the Healing Warrior Initiative. He is currently a 10th degree Black Belt, and teaches over 50 seminars yearly.

On March 8, 2014, **Grandmaster Bill Superfoot Wallace** will be honored at the Chinese New Year and Cultural Event Day. The City of Houston commends **Grandmaster Bill Superfoot Wallace** for his accomplishments within the martial arts field, serving as an inspiration and positive role model for martial arts students worldwide.

THEREFORE, I, Annise D. Parker, Mayor of the City of Houston, hereby proclaim March 8, 2014, as

Grandmaster Bill "Superfoot" Wallace Day

in Houston, Texas.



In Witness Whereof, I have hereunto set my hand and have caused the Official Seal of the City of Houston to be affixed this 27th day of February, 2014.

Annise D. Parker
Mayor of the City of Houston



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Saving of \$79.95
(Good till 2-28-2014.)

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

www.WangsMartialArts.com

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

Name: _____ is guest of _____ .

(Name of current student)

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

Kung Fu Rank Test Results - 1/11/14

Age 15 - 108 years old

Ah-Bel Lara - Yellow/stripe
Dennis Cruz - Purple
Roberto Alvarado - Blue

Age 9 - 14 years old

Dezie Hellsten - Orange/stripe
Joseph Hellsten - Orange

Congratulations!



Tai Chi Rank Test Result - 1/18/14

Cleveland Glenn - Orange
Deanna Farris - Green
Shannon Disorbo - Green
Dung Nguyen - Purple
Robert Kerr - Brown
Polly Ferguson - Brown
Julia Kerr - Brown
Paul Greenwood - Black (1st)
Andrew Nicholls - Black (1st)
Jeannette Adams - Black (1st)



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INNER SCHOOL TOURNAMENT

Date: 3-15-2014 (Saturday)
Time: Ages 5 - 80 2:00 PM – 5:00 PM
Place: Wang's Martial Arts
92 – B Wilson Road at First St.
Humble, TX 77338
(281) 548 - 1638
Entry Fee: \$45.00 up to three events
\$ 5.00 goes to scholarship fund



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

***** FORMS*****

Ages 5-8 Beg./ Int./ Adv.
Ages 9-14 Beg./ Int./ Adv.
Ages 15-17 Beg./ Int./ Adv.
Ages 18-80 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 _____



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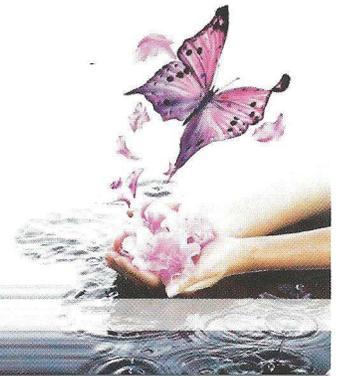
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Web site www.WangsMartialArts.com

Baisc Bo



Date: February 07, 2014 (Friday)
February 14, 2014 (Friday)
February 21, 2014 (Friday)

Time : 8:00 - 9:00 PM

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

Pre-requisite: Adults (15 years old and up) –
Yellow belt and up.
Jr. students (5–14 years old)- green belt and above.
(Minimum 6 people register.)

Fee : \$39.00
\$19.50 for review class

REGISTRATION FORM

NAME: _____ DATE: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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

Phone (cell): _____

e-mail: _____

Amount Paid _____ .

Isis Smalls - Miss Houston 2014

Isis Smalls is Miss Houston 2014. She graduated as an All-American volleyball player and anthropology major from the University of Chicago in 2012. Since graduating, she has been teaching 6th Grade Reading & English through the Teach for America organization. Isis has a passion for getting Houston's young women involved in sports, so in addition to making appearances and serving the Houston community, she will spend the year building awareness of her platform: "Girls in the Game: Women Empowerment Through Sports" which seeks to teach invaluable life lessons through participation in sports. This summer Isis will go on to compete in the Miss Texas Pageant, the preliminary competition to Miss America.



Miss Houston 2014 - Ms. Isis Smalls.

713-377-2808

Smalls.Isis7@gmail.com



Miss Houston pictured with Ms. Chantel Moody.



Published: February 1, 2014 Updated: 01:36 February 1, 2014

Holistic Heart Health: Strategies for Wellness

Supplements, cholesterol control can help lower blood pressure

Cardiovascular disease is an enormous health problem throughout the industrialized world. In the United States, approximately 80 million people suffer from some form of this condition.

“In nearly every year for which we have records, heart disease has been the number one cause of death in the United States,” says nutritionist Gary Null, PhD.

It’s no wonder: “Overall, there are 247 risk factors that can damage the heart,” explains complementary physician David Steenblock, DO.

With the nature of the risks running the gamut from anything that injures the lining of the blood vessels (such as air pollution, food additives, gasoline fumes, or tobacco) and clogged arteries to family medical history and obesity, it’s easy to see why cardiovascular disease is so pervasive.

Three Key Approaches

1. Manage your Blood Pressure

More than 73 million Americans have high blood pressure (hypertension), which can put great stress on the heart.

“Even a slight elevation in blood pressure is enough to raise the risk of heart disease,” says integrative physician Michael Janson, MD, former president of the American Preventive Medical Association.

Hypertension can occur at any age, though African-Americans, middle-aged and older people, and anyone with Type 2 diabetes, gout, obesity, or kidney disease are most likely to be affected.

Because high blood pressure is a “silent disease,” with few obvious symptoms, check your pressure regularly and aim for readings under 120 (systolic—the top number) and under 80 (diastolic—the bottom number). A reading of 140/90 or above marks hypertension.

For many people, reducing salt intake can lower blood pressure, as does weight loss. Avoiding alcohol and reducing consumption of caffeine and sugar can also help.

“Increased levels of minerals such as **potassium** and **magnesium**” fight hypertension, writes Carolyn Dean, MD, ND, in *The Magnesium Miracle*.

Cardiologist Stephen Sinatra, MD, FACC, FACN, CNS, also recommends **taking coenzyme Q10 (CoQ10)** as “the bellwether of any natural hypertensive lowering regime.”

Other useful supplements include **garlic, hawthorn, L-arginine, lecithin, [medicinal mushrooms](#)** (maitake, reishi, and shiitake), and **B-complex vitamins**.

Dr. Null also recommends **vitamins C and B6, omega-3 fish oil, and L-glutamine**, adding that “green vegetable juices are natural blood thinners.”

2. Control your Cholesterol

Once again, lifestyle (particularly a vegetarian diet and regular exercise) plays an important role.

The American Heart Association recommends particular levels for the different forms of these blood fats, but research, in fact, shows that it is the ratio of LDL to HDL that is a better predictor of heart attack risk than total cholesterol, according to Dr. Sinatra.

For example, a ratio of 5:1 or greater LDL (lousy) cholesterol to HDL (healthy) cholesterol is associated with a greater risk of heart attack than a ratio below 5:1.

“Since low levels of HDL are a serious risk factor for coronary disease,” he adds, raising “good” cholesterol “to respectable levels definitely will reduce your cardiac risk.”

L-carnitine has been shown to raise HDL levels, and taken in combination with **CoQ10, D-ribose, and magnesium**, it has been a “terrific nutritional support in [Dr. Sinatra’s] practice of cardiology.”

All of these supplements, he adds, are “safe and efficacious.”

Mainstream medicine's treatment of choice, cholesterol-lowering statins, can cause profound metabolic shifts in some people, resulting in muscle discomfort. Among other adverse effects, these drugs also deplete the body's levels of CoQ10, an antioxidant coenzyme that inhibits LDL oxidation, improves circulation, potentially prevents clot formation, and appears to protect against a range of cardiovascular problems such as aortic valve disease, congestive heart failure, and coronary artery disease.

Anyone at risk for heart disease should take **CoQ10**, and it's a must if you're taking statins. Other supplements help lower cholesterol too.

Magnesium acts like a natural statin, Dr. Dean says, lowering LDL and raising HDL levels.

In addition, enzymes dependent on this important mineral help convert essential fatty acids to prostaglandins, hormone-like substances that are vital for heart health. Based on the findings of four controlled trials, New Orleans researchers recently recommended an intake of at least 500 milligrams (mg) per day of omega-3 fatty acids (EPA and DHA) for healthy individuals, and up to 1,000 mg daily for those with coronary heart disease and heart failure.

A randomized clinical trial at UCLA found that **aged garlic** (along with **B vitamins, folic acid, and L-arginine**) fights oxidation, retarding the progress of heart disease.

One study shows that drinking **green tea** modulates cholesterol metabolism and lowers LDL oxidation.

3. Alleviate Depression

Increasingly, research bears out the mind/body connection, and, what's more, "Depression is not limited to the mind," says homeopathic practitioner Michele Galante, MD.

Depression has been linked to both high blood pressure and cardiovascular disease, including heart failure and atrial fibrillation. Even in young adults with no symptoms of heart disease, depression appears to produce a thickening of cardiovascular tissue, a risk factor for heart disease.

Omega-3 fatty acid deficiency has been found to be a preventable cause of both depression and heart disease. Because many people with mood disorders are found to be low in **magnesium**, supplement with that mineral as well.

Dr. Null recommends **SAMe (S-adenosyl-l-methionine)** and **L-carnitine**.

SELECTED SOURCES

“Aged Garlic Extract Lowers Blood Pressure in Patients with Treated but Uncontrolled Hypertension . . .” by K. Ried et al., *Maturitas*, 10/10

“AHA Adds Fiber & Omega-3 to Triglyceride Management Recommendations,” 5/3/11; **“Krill Oil Shows Heart Health Benefits in Humans . . .”** by Stephen Daniells, 12/19/13, www.nutraingredients-usa.com

“Membrane Omega-3 Fatty Acid Deficiency as a Preventable Risk Factor for Comorbid Coronary Heart Disease . . .” by R.K. McNamara, *Cardiovasc Psychiatry Neurol*, 9/16/09

“Plasma and Dietary Magnesium and Risk of Sudden Cardiac Death in Women” by S.E. Chiuve et al., *Am J Clin Nutr*, 2/11

“Role of Coenzyme Q10 (CoQ10) in Cardiac Disease, Hypertension, and Meniere-like Syndrome” by A. Kumar et al., *Pharmacol Ther*, 12/09

“Role of Dietary Magnesium in Cardiovascular Disease Prevention . . .” by S. Bo and E. Pisu, *Curr Opin Lipidol*, 2/08

The Sinatra Solution, Metabolic Cardiology by Stephen Sinatra, MD (\$18.95, Basic Health, 2011)

“A Study of the Comparative Effects of Hawthorn Fruit Compound . . . on Lowering Blood Lipid Levels” by H. Xu et al., *Am J Chin Med*, 2009

“Supplement Smarts of Cholesterol and Triglycerides,” www.WebMD.com

“What You Can Do to Lower Your Triglycerides,” www.umassmed.edu





10 anti-inflammatory foods that fight pain - Article from Delicious Living

Oranges: These sweet citrus fruits are considered anti-inflammatory and are recommended in anti-arthritis diets. Oranges contain beta-cryptoxanthin, a phytochemical that has been shown to decrease the development of inflammatory joint conditions. Some other foods that have beta-cryptoxanthin are apricots, plums, watermelons, peaches and papaya.

Red Grapes: Red grapes (and, to a lesser extent, green grapes) have resveratrol in their skins. Resveratrol inhibits the COX enzyme, which is what NSAIDs do. Resveratrol is also found in mulberries.

Seeds and Nuts: Sunflower seeds, sesame seeds, peanuts and hazelnuts contain tryptophan. This chemical helps reduce pain sensitivity.

Beans and Whole Grains: Beans, whole grains and lentils also contain tryptophan. A good pain-fighting dish would be beans over brown rice with some nuts on the side.

Fatty Fish: Fish like salmon and mackerel contain large amounts of essential fatty acids (omega-3s), which are anti-inflammatory.

Cherries: Recent studies have shown the anti-inflammatory properties of cherries. Cherry juice works well too.

Blackberries, Strawberries and Blueberries: These berries have antioxidants, which help prevent cell damage. This can inhibit or prevent painful conditions like arthritis. Other studies have also found these berries to be anti-inflammatory as well.

Chickweed: You may not recognize this as a food, but it is an edible plant that you can probably find in your yard. Chickweed helps reduce swelling and helps ease internal pain. It can be eaten as a salad green or brewed into a tea.

Ginger: Ginger is a tasty anti-inflammatory that reduces those pesky prostaglandins. It seems to work especially well for muscular pain.

Celery Seeds: The anti-inflammatory chemical in celery and its seeds is apigenin. Celery seed is recommended for managing gout pain and preventing attacks of gout.