

# 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](http://www.WangsMartialArts.com)

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

## September 2013 Newsletter Summary

### Kung Fu Rank Test

Date: 9-14 yrs: 9-12-2013, Thursday, 6-8:30 pm  
5-8 yrs: 9-14-2013, Saturday, 1:30-3:30 pm  
15 yrs +: 9-14-2013, Saturday, 3:30-5:30 pm  
Must register on or before 9-9-2013.  
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."



Inner-school tournament on 8/10/13



Kung Fu Rank Test on 7/29/13.

Black Belt club & Accelerated program rank test:

Date: 10-05-2013 (Saturday)  
Time: 2 - 4:30 pm

### Inner-School Tournament

Date: 11-2-2013 (Saturday)  
Ages 5 - 80 2:00 PM - 5:00 PM  
Entry Fee: \$45.00 up to three events  
\$5.00 goes to scholarship fund

### Tai Chi Rank Test

Date: 9-28-2013 ( Sat. )  
Time: 12 noon - 2:00 pm

### Brown and Black rank test

October 15, 2013 (Tue.) 6 - 8 pm  
October 17, 2013 (Thur.) 6 - 8 pm  
October 19, 2013 (Sat.) 9 am - 3 pm

Master Eric Lee Seminar

Date: November 9, 2013 (Saturday)

Time & Fee:

Age 5 - 14 years old 1:00-2:00 pm  
(Pictures & autograph 2:00 - 2:30 pm)  
\$29.00 pre-register by 10/30/13  
\$34.00 for late

Age 15 - 98 years old 2:30 - 4:00 pm  
(Pictures & autograph 4:00 - 4:30 pm)  
\$39.00 pre-register by 10/30/13  
\$44.00 for late



Inner-school tournament on 8/10/13



Wilfred Hung received \$300 scholarship on 6/24/13.

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  
**Total - \$2198.98 - \$300 - \$300 = \$1688.98**

**\$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

**Basic Sabre**

Dates: 10-11-2013 (Fri.) Time: 8 - 9 pm  
 10-18-2013 (Fri.) 8 - 9 pm  
 10-25-2013 (Fri.) 8 - 9 pm

Cost: \$39.00 or \$19.50 for review  
 Pre-requisite: Adults (15 years old and up) - Yellow belt and up.  
 Jr. students (5-14 years old)- green belt and above. (Minimum 6 people register.)

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!  
 1<sup>st</sup> Place-12pts; 2<sup>nd</sup> Place-9pts; 3<sup>rd</sup> 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 -	7.50
Kayla Warner -	6.00
Madeline Briles -	5.00
Wilfred Hung -	4.50
Deanna Farris -	4.50
Brandon Warner -	4.50
Luis Nunez -	3.75
Andrik Sanchez -	3.00
Brandon Roll-Bush -	3.00
Sean Paul -	2.50
Conner Roll-Bush -	2.25
Diego Ramirez -	5.25
Laghan Burrell -	2.25
Jason Patrick -	2.25
Kevin Papa	2.25
Jason Patrick	2.25
Melanie Campa -	2.25
Valerie 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:**

Thomas Cowart, Chantel Moody  
 Luke Munson, Clemenb Le Bon  
 Jole Le Bon, Mathilde Le Bon  
 Afreyea Charles, Cleveland Glenn  
 Kwaku Charles, Aiden Trayal  
 Guy Nickerson, Bette Nelson  
 Donald Nelson, Joseph Hellsten  
 Deztan ie Hellsten,

**Welcome!**

**Black Belt Club & Accelerated Program**

**Tournament Competition Class:**

Date: 9-6-13 (Friday)  
 Time: 8:00 - 9:00 pm

**Nunchaku Class:**

Date: 9/20/2013 (Friday)  
 Time: 7:00 - 8:30 pm

**Conditioning & Reaction Drill Class:**

Age 5 -12 years old  
 Date: 9/5/2013 (Thursday)  
 Time: 8:00 - 9:00 pm  
 Age 13 - 80 years old  
 Date: 9/05/2013 (Thursday)  
 9/12/2013 (Thursday)  
 9/19/2013 (Thursday)  
 9/26/2013 (Thursday)  
 Time: 8:00 - 9:00 pm

**Tournament Point:**

Jose Guzman -	72
Kelvin Papa -	45
Madeline Briles -	36
Sean Paul -	24
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.



**September Birthday**

Brenis Johnson	9/02
Cheeleng Slack	9/15
Joshua Moricca	9/21
Nigel Singh	9/24
Tim Cevirgen	9/07
Victor Makris	9/20
Robin Whitehead	9-11
Kevin Papa	9-18
Julian Rosas	9-25
Steve Alonso	9-07
Roberto Alvarado	9-14
Valerie Roll	9-22
Amy Gilman	9-22
Joseph Alonso	9-03
Chris Ocker	9-03
Luis Nunez, Jr.	9-09
Jeannette Osterman-Adams	9-21
Marvin Henderso, III	9-23
Sarah Payne	9-24
Michael Quevedo	9-14
Ryeon Fuller	9-15
Andrew Nicholls	9-18
Nathan Johnson	9-19
Mike Valladares	9-22
Cleveland Glenn	9-25

**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 future for our retirements 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

### Registration Form for Chinese New Year Banquet

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

**\$50 deposit will reserve a table of 12 seats. Balance due on or before 11/30/13.**

**Your name will be entered for i-pad drawing.**

**Act fast to get best spot.**

**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 - 12 noon,** Kung Fu and Tai Chi rehearse

**12 noon - 1:00 pm,** Chinese fashion show rehearse

**1:00 pm - Special lunch for all volunteers and assignment meeting.**

**4:00 pm**

1. Reception

Wang's Martial Arts slide & video presentation.

**5:00 pm**

2. Dinner

**6:00 pm**

3. Welcome to the 12th annual Chinese New Year and Award Banquet

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

**6:15 pm**

4. Lion Dance by Lee's Golden Dragon.

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

Pass out red envelopes

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

(Introduce by Allen DeWoody, James Moricca)

**7:00 pm**

7. Introduce Black Belts

**7:15 pm**

8. Tournament Points

9. Report Card Points

**7:30 pm**

10. Entertainment Program - Guitar by Victor Makris and Russell Martino

- Dance program by X-Treme Dance school

**8:00 pm**

Kicking contest.

**8:30 pm**

11. Door Prize Drawing (must present to win).

**9:00 pm**

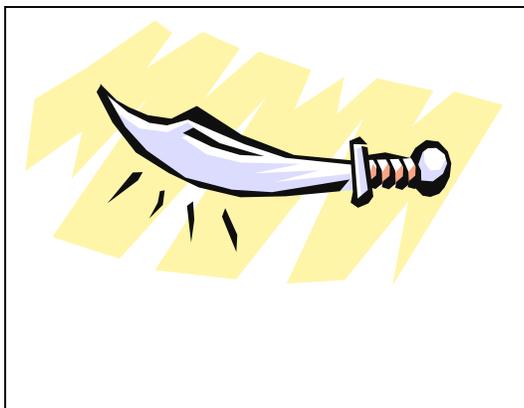
Conclude Banquet.

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

# Wang's Martial Arts

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Web site www.WangsMartialArts.com



## Baisc Sabre

Date: October 11, 2013 (Friday)  
October 18, 2013 (Friday)  
October 25, 2013 (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

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### REGISTRATION FORM

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

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

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

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

Phone (cell): \_\_\_\_\_

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

Amount Paid \_\_\_\_\_ .

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

**INNER SCHOOL TOURNAMENT**

Date: 11-02-2013 (Saturday)  
Time: Ages 5 - 98 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 18-98 Beg./ Int./ Brown/ Black.  
TAI CHI Beg./ Int./ Adv.

\*\*\*\*\* WEAPONS\*\*\*\*\*

Ages 5-14 Beg./ Int./ Adv.  
Ages 15-17 Beg./ Int./ Adv.  
Ages 18-98 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 \_\_\_\_\_



# Kung Fu or Tai Chi

**One Month Special- \$119.00**

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

**Saving of \$79.95**

**(Good till 8-31-2013.)**

Wang's Martial Arts

92- B Wilson Road

Humble, TX 77338

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

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

**Master Eric Lee Seminar**

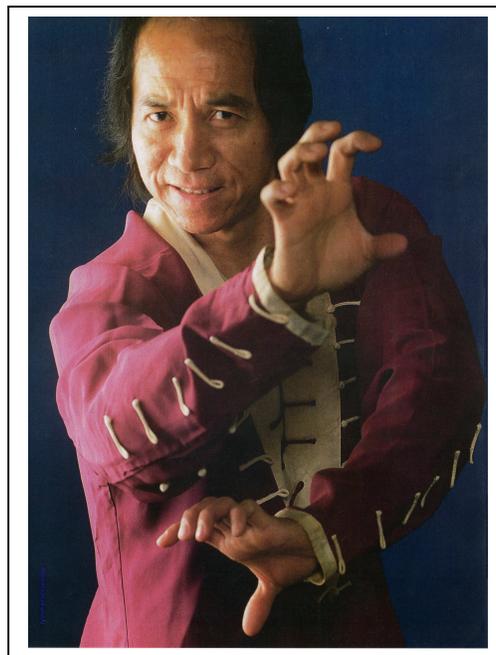
**Date: November 9, 2013 (Saturday)**

**Time & Fee:**

**Age 5-14 years old 1:00-2:00 pm**  
(Pictures & autograph 2:00 - 2:30 pm)  
**\$29.00 pre-register by 10/30/13**  
**\$34.00 for late**

**Age 15-98 years old 2:30 - 4:00 pm**  
(Pictures & autograph 4:00 - 4:30 pm)  
**\$39.00 pre-register by 10/30/13**  
**\$44.00 for late**

**PLACE: WANG'S MARTIAL ARTS**  
**92-B Wilson Rd. at First Street**  
**Humble, Texas 77338**  
**281-548-1638, 281-682-3387**



Master Eric Lee started his training with his father after dinner when he was young. The martial art was Choi Li Fut. At that time, everybody practiced Kung Fu. He was inspired by the black and white series Won Duck Hing.

Master Eric Lee and his family moved to California and at the age of 15 his formal martial arts training started. Now he trained some Wing Chun and Southern Hunang Ga. For 5 years Master Eric Lee also studied with Master Al Dacascos, and several other instructors. From 1972 till 1986 Master Eric Lee had his own club where several arts were taught. He also masters many weapons.

Master Eric Lee started competing in sparring, Kata and weapons. He would be undefeated in Kata and weapons as a black belt.. He also introduced the music while doing Katas. He retired from competition in 1974.

Master Eric Lee has some great stats: 1970-1974 King of Kata, Over 100 titles in Kata championships, 2 Golden Fist Awards, Black Belt Hall of Fame, etc.

Registration Form for Master Eric Lee Seminar at Wang's Martial Arts, November 9, 2013.

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

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

**HOME PHONE** (\_\_\_\_) \_\_\_\_\_ **WORK PHONE** \_\_\_\_ (\_\_\_\_) \_\_\_\_\_

**Cell phone:** \_\_\_\_\_ **DATE** \_\_\_\_\_ **AMOUNT PAID** \_\_\_\_\_

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

**Chinese Vegetarian Food With Master Eric Lee**

**Date:** 11-9-2013 ( Saturday )

**Time:** 5:30 pm Meet at Wang's Martial Art.

**Place:** 6:30 pm Pine Forest Garden Vegetarian Restaurant  
9108 Bellaire Blvd. At Ranchester.  
Houston, TX 77036  
(713) 772-2888  
(281) 682-3387 (Cell phone for Instructor Wang)

**Cost for Food:** \$12.00 for 10 years old and above. (Including food, tax, tip, soft drink or tea. )  
\$ 8.00 for 9 years old and younger.

-----  
**Registration Form**

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

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

**Home Phone :** \_\_\_\_\_ . **Work Phone :** \_\_\_\_\_

**Cell Phone :** \_\_\_\_\_

**Number of People ( 10 years and above):** \_\_\_\_\_ x \$12.00 = \_\_\_\_\_

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

( Total Amount Paid ) = \_\_\_\_\_

**Must register and pay for before 11/7/13.**

**Kung Fu FORM**

Ages 5-8

Int. - 1st. Madeline Briles, 2nd James Gordon, 3rd. Joseph Alonso

Ages 9-14

Beg. - 1st. Jefferson Ordonez, 2nd. Dillon Fleming, 3rd. Gregory Strickland.

Adv. - 1st. Jose Guzman 2nd. Kevin Papa 3rd. Jerod Rosenbarker

Ages 15-80

Beg. - 1st. Francisco Espinoza-Rocha, 2nd. Michael Billingslea

Int. - 1st. Susan Fishman.

Brown/ Black - 1st. David Barnes 2nd. Daniel Thibodeaux, 3rd. Darren Bush

**Kung Fu WEAPON**

Ages 5 - 8

Int. - 1st. Madline Briles, 2nd. James Gordon

Ages 9-14

Adv. - 1st. Jose Guzman 2nd. Kevin Papa, 2nd. Jerod Rosenbarker, 3rd. Gregory Strickland

Ages 15-80

Brown/Black - 1st. David Barnes 2nd. Daniel Thibodeaux, 3rd. Darren Bush

**Tai Chi FORM -**

Int. - 1st. Michael Quevedo, 2nd. Deanna Farris

Adv. 1st. Susan Fishman, 2nd. Marilyn Kidd, 3rd. Steve Alonso

**Tai Chi WEAPON -**

1st. Susan Fishman, 2nd. Marilyn Kidd, 3rd. Steve Alonso

**SPARRING**

Ages 5-8

Beg. - 1st. Madeline Briles 2nd. Joseph Alonso 3rd. James Gordon

Ages 9-14

1st. Jose Guzman 2nd. Gregory Strickland 3rd. Jarod Rosenbaker 3rd. Kevin Papa

Ages 15-80

Beg. - 1st. Michael Billingslea 2nd. Francisco Espinoza-Rocha.

Brown/Black - 1st. David Barnes 2nd. Daniel Thibodeaux, 3rd. Darren Bush



## **Kung Fu Inservice at Kingwood Medical Center- Rehabilitation Unit**

On August 9<sup>th</sup>, 2013, I held a lunchtime information and demonstration session on Kung Fu. Six of my co-workers attended this 30 minute presentation. These were professional therapists who work in the rehab unit at Kingwood Medical Center.

The topic of the discussion portion focused on the general meaning of kung fu, the value of kung fu training, what someone might learn during kung fu training, and how someone can get started learning kung fu.

Props brought were multiple books, magazines, and course study guides from my personal library. A dvd of me performing the forms was also brought, but was not view due to lack of dvd player in room. A small discussion of these material was had including what people might find useful when pursuing more information on there selected art and how to become a better student. A handout was projected onto a large television screen so the participants could follow some of the lecture, which included the above topics. This handout was also offered in paper or electronic copy, but none of the participants was interested in receiving this.

After the discussion portion of this presentation, the group was lead through two stances (horse riding and mountain climbing), basic kicks, basic punches, and basic technique number one from our system. Then some Tai chi moves were demonstrated and participants followed the 6 series movements I have pieced together for physical therapy clients. This seemed fitting as all the participants were treating physical and occupational therapists at this facility. Finally the presentation ended with some chi kung movements. This sent the participants off with a pleasant surprise on their face as they stated they felt energized.

This presentation seemed to be received well and appreciated by all who attended. I feel the small number of participants is a reflection of the “last minute” advertisement and was assured by 3 others that they did intended to participate. I also felt that more demonstration and audience participation would be valuable for the next presentation. I know that since this was a first experience for this setting, I wanted to be general with the information I shared and some concern was expressed with the contact person for setting this up about how much physical contact that this would include. In the future, more discussion could focus on what benefits I have realized through my kung fu training and how these benefit can tie in with a healthy lifestyle that could benefit anyone.

## Water: Quality and Quantity

From: Healthy Living Magazine

### Formula for drinking



#### Water for Life

Did you know that pure water is responsible for carrying nutrients and oxygen to cells, cushioning joints, hydrating skin, converting food into energy, removing toxins and wastes, empowering the body's natural healing process and enhancing overall good health? True. But the wrong kind of water can pollute, clog up and hinder your health and vitality. The experts agree, "The quality of your water is just as important as the quantity."

As to quantity, if you're thirsty, you are probably slightly dehydrated already. And if you are active, you lose more water than if you're sedentary. Diuretics such as caffeine (coffee, tea and soda), alcohol and even some prescription medications cause you to excrete more water than you normally would. In addition to urination, you also lose water through respiration, perspiration and bowel movements.

A good estimate of how much water you should drink is to take your body weight in pounds and divide that number in half. This is the volume in ounces of water a day that you need. So, if you weigh 150 pounds, you should drink at least 75 ounces of water a day. With exercise, add another eight ounce glass of water for every 20 minutes you are active. And for every alcoholic beverage, you should drink an equivalent amount of water. When flying, it's a good idea to drink eight ounces for every hour you're on board the plane. If you live in an arid climate, add two servings per day. To ward off dehydration and make sure your body has the fluids it needs, make pure water your beverage of choice. Here are some easy tips to follow:

- Drink at least a glass of water with each meal and a glass between each meal.
- Hydrate before, during and after exercise.
- Avoid diuretics when possible.

Your body will regulate itself to that diuretic effect.

As we age, our bodies' are less able to sense dehydration and send thirst signals to the brain. So, don't rely on your thirst to regulate your intake of water!

# Nutritional Intravenous Therapy: How it Works



While largely ignored in conventional oncology for decades, intravenous nutritional therapy still plays a major key in recovering from and battling disease. But when you visit conventional doctors for any sort of treatment, they never address a patient's diet, besides shrugging and saying, "Eat better and get more exercise." What kind of vague, useless advice is that?

This poor mindset stems from medical schools where a physician may receive only 30 minutes of nutritional training in their biochemistry course. Then all training, including residency and fellowship is completely pharmaceutically focused. Only a select few take the time to be trained and mentor with integrative physicians that specialize in cancer treatment.

Powerful Insights to Cancer Treatment

Nutrition is key in recovery, especially with cancer, because chemotherapy and radiation treatments suck the nutrients right out of you. This is why patients undergoing chemo look so ill – their bodies are literally starved of nutrition while simultaneously loaded with toxins and metabolic waste.

But every person has unique metabolic needs, meaning that telling a patient to open wide and then throwing some vitamins down their throat won't do the trick. Some people need more Vitamin C in their diet and others need less. Some people need more magnesium and others have iron deficiencies.

Even though oncology as a whole has ignored intravenous nutrition, fearing that nutrients will adversely impact chemotherapy or radiation, they really detour patients from these kinds of treatment. This is in spite of 280 peer-reviewed studies, including 50 human studies involving 8,521 patients that have emerged since the 1970's. 5081 subjects that were given nutrients have shown that these nutrients do not interfere with their therapeutic modalities for cancer. [1]

So what are you left with? The fact is, you need a complete, personalized nutritional profile if you really want an edge in fighting cancer. Let's explore what that means and how it can mean the difference in your survival and quality of life.

## Nutrition, the Immune System and How Together They Fight Cancer

Briefly, let's review: cancer is mutated cells that are activated by either faulty genes, environmental toxins or infectious agents that cause mutations. The reason the body can have such trouble fighting cancer varies – in part, it has to do with immunity and recovery of healthy cells. Poor nutrition leads to poor immune defense, which can allow cancer cells to thrive, spreading and creating a microenvironment that makes cancer cells resistant to treatment.

Now, the most commonly accepted forms of cancer treatment are chemotherapy and radiation therapy. These

drugs seek out and destroy cancer cells, but they also damage healthy cells and drain the body of essential nutrients and critically diminish immunity. During these treatments, the immune system is essentially obliterated, which can lead to remission or may not even affect the original cancer. Let's remember, only 30% of people respond to chemotherapy, leaving 70% unresponsive, according to Steve Gullans, Ph.D. [2]

Truly, the immune system is the first and last defense against cancer. If poor nutrition is ignored, as it has been by conventional oncology for decades, how can a full recovery or at least a satisfactory quality of life be expected? In our clinical experience it's difficult. Some oncology groups have improved by offering in house nutritionists, but oral supplementation is nowhere near sufficient.

The best analogy is that it's like trying to take out a forest fire with a squirt gun. Unfortunately, most groups that advertise integrative, alternative or naturopathic medicine for cancer lack proper testing, a targeted method of administration or proper combination with personalized treatments. That's the difference that lengthens the quality of life, in our clinical experience.

## Nutritional Deficiencies and Their Negative Health Effects

Below are some common nutrients, their purpose and symptoms, as well as how frequent these deficiencies are seen in the general public. While this list is far from exhaustive, it should give you a good jumpstart.

**Calcium** (very common)

**Purpose:** Builds bones, teeth, assists the heart, nerves and muscles.

**Common Sources:** Dairy, wheat or soy flour, Brazil nuts, broccoli, cabbage, dark leafy greens, hazelnuts, oysters, sardines and salmon.

**Symptoms of Deficit:** Osteoporosis, osteomalacia, osteoarthritis, muscle cramps, irritability, acute anxiety and increased colon cancer risk.

**Magnesium** (very common)

**Purpose:** More than 300 biochemical reactions, including muscle and nerve function, heart rhythm, immune system, strong bones, regulates calcium, copper, zinc, potassium, vitamin D.

**Common Sources:** Green vegetables, beans, peas, nuts, seeds, whole unprocessed grains.

**Symptoms of Deficit:** Appetite, nausea, vomiting, fatigue cramps, numbness, tingling, seizures, heart spasms, personality changes, heart rhythm.

**Zinc** (extremely common)

**Purpose:** Supports enzymes, immune system, wound healing, taste and smell, DNA synthesis, normal growth and development during pregnancy, childhood and adolescence.

**Common Sources:** Found in oysters, red meat, poultry, beans, nuts, seafood, whole grains, fortified cereals and dairy.

**Symptoms of Deficit:** Growth retardation, hair loss, diarrhea, impotence, eye and skin lesions, loss of appetite, taste, weight loss, mental lethargy.

**Vitamin E** (very common)

**Purpose:** This antioxidant regulates oxidation reactions, stabilizes cell membranes, immune function, protects against cardiovascular disease, cataracts and macular degeneration.

**Common Sources:** Found in wheat germ, liver, eggs, nuts, seeds, dark leafy greens, sweet potatoes, avocados, asparagus and certain cold-pressed vegetable oils.

**Symptoms of Deficit:** Anemia, rupturing of red blood cells, bruising, PMS, hot flashes, eczema, psoriasis, cataracts, wound healing, muscle weakness, sterility.

**Vitamin B1** (very common)

**Purpose:** Carbohydrate conversion, breaks down fats and protein, assists digestion, the nervous system, skin, hair, eyes, mouth, liver, immune system.

**Common Sources:** Pork, whole grain, enriched cereals, brown rice, wheat germ, bran, brewer's yeast and blackstrap molasses.

**Symptoms of Deficit:** Age-related cognitive decline, heart problems, Alzheimer's and fatigue.

#### Vitamin B2 (very common)

**Purpose:** Like Vitamin B1, works in carbohydrate conversion, breaks down fats and proteins, assists digestion, the nervous system, skin, hair, eyes, mouth, liver and also metabolism.

**Common Sources:** Brewer's yeast, almonds, whole grains, wheat germ, mushrooms, soy, dairy, eggs, green vegetables.

**Symptoms of Deficit:** Anemia, decreased free radical protection, cataracts, poor thyroid function, B6 deficiency, fatigue, elevated homocysteine.

#### Vitamin B3 (less common)

**Purpose:** Helps with energy, digestion, nervous system, skin, hair, eyes, liver, eliminates harmful toxins, assists sex and stress hormones and improves circulation.

**Common Sources:** Beets, brewer's yeast, meat, poultry, organ meats, fish, seeds, nuts.

**Symptoms of Deficit:** Cracking, scaling skin, digestive problems, confusion, anxiety, fatigue.

#### Vitamin B6 (common)

**Purpose:** Assists with enzymes, protein metabolism, RBC production, reduces homocysteine, helps nerve and muscle cells, DNA/RNA, B12 absorption, and immune function.

**Common Sources:** Poultry, tuna, salmon, shrimp, beef liver, lentils, soybeans, seeds, nuts, avocados, bananas, carrots, brown rice, bran, wheat germ and whole grain flour.

**Symptoms of Deficit:** Depression, sleep and skin problems, confusion, anxiety and fatigue.

#### Vitamin C (common)

**Purpose:** Aids in enzyme activation, second messenger roles (transmitting hormonal information), blood clotting, cell and cell organelle membrane function, nerve impulse transmission and muscular contraction, tone and irritability. (Not to be confused with High Dose Vitamin C that acts as an oxidative therapy)

**Common Sources:** Supplements, broccoli, Brussels sprouts

**Symptoms of Deficit:** Muscular and nervous irritability, muscle spasms, muscle cramps and tetany, tooth decay, periodontal disease, depression and possibly hypertension.

#### Vitamin D (very common)

**Purpose:** Calcium and phosphorus levels, calcium absorption, bone mineralization.

**Common Sources:** Sunlight, milk, egg yolks, liver, fish.

**Symptoms of Deficit:** Osteoporosis, calcium absorption and thyroid issues, cardiovascular risks and cancer risks.

#### Folate (very common)

**Purpose:** Mental health, infant DNA and RNA, adolescence and pregnancy, works with vitamin B12 to regulate RBC production, iron function and reduce homocysteine.

**Common Sources:** Supplements, fortified grains, tomato juice, green vegetables, black-eyed peas, lentils and beans.

**Symptoms of Deficit:** Anemia, poor immune function, fatigue, insomnia, hair, high homocysteine and cardiovascular disease.

Consider that, if these shortages are found in a healthy population, what we see in cancer patients is far worse, due to their high metabolic demands. Though the dietary source is important, it's the amount and quality of care received at therapeutic intravenous levels that is vital.

# How Supplementation Can Kick-Start Your Recovery

As you can see, nutritional deficiencies can lead to a serious amount of health issues. These problems can become exponential in cancer patients because of the severe strain placed on the patient, especially when chemotherapy is involved.

To make matters worse, absorption of vitamins and minerals is impaired. This means, eating a balanced diet and swallowing a few vitamins won't even come close to the nutritional needs of the patient. These changes are essential for long-term health, but in the wake of cancer, it's hardly enough.

What needs to be done is intravenous nutritional therapy. When nutrients are channeled directly into the bloodstream, the results are immediate, targeted and dramatic. Keep in mind, this methodology isn't a treatment in and of itself. Intravenous nutritional therapy must be combined with other forms of treatment to be truly effective. But once it is combined with the correct, personalized medicine, then revolutionary treatment can begin.

## Using Lymphocytes to Determine the Best Possible Battle Strategy

In modern day oncology, surgeons biopsy the lymph nodes to determine how cancer is spreading or provide staging. Lymphocytes, a type of white blood cell that is found in these lymph nodes are usually the first to defend against cancer. Impaired lymphocytes are at least one factor that can contribute to cancer growth and spread, if gone unchecked.

Lymphocytes can be extracted, tested against key micronutrients and from there, the specific nutritional deficiency can be determined. Lymphocytes are around in our bodies for 6 months, so it gives an important snapshot used for finding and treating therapeutic micro-nutritional deficiencies in cancer. All of this is accomplished with a simple blood draw within our practice.

For example, if you had a calcium deficiency, your lymphocytes would indicate this. By supplying them with a targeted intravenous and aggressive ongoing nutritional boost, it gives your entire body what it needs to fight back.

As we correct the deficiencies and target with other key treatments, patients see and feel the difference. That is how we know cancer nutrition is done properly. The best part about these treatments is they are helpful for most, if not all cancers. If you have questions about your specific cancer or to learn more about dietary changes, please feel free to contact us.

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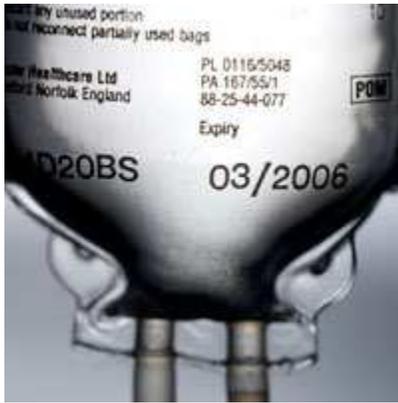




### **Inflammation Is The Fuse That Ignites Cancer**

A new and exciting discovery to provide real hope for late stage and complex cancer patients has arrived...

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### **Nutritional Intravenous Therapy: How it Works**

While largely ignored in conventional oncology for decades, intravenous nutritional therapy still plays a major key in recovering from and battling disease...

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### **The Important Role Oxygen Plays in Cancer Treatment**

One of the most important things to remember about cancer is it is NOT a chemotherapy disease, it is NOT a radiation disease and it is not a Vitamin C disease. Cancer is actually a metabolic dysfunction...

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### **Smart Foods that Impact Your Fight With Chronic Disease and Cancer**

"Let food be your medicine and your medicine your food." - Hippocrates. Dieting is one of the most important keys to recovering from chronic disease and cancer. You see, even a relatively healthy person that falls ill...

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#### References

[1] (Charles B Simone MD, NicoleL. Simone MD) "*Antioxidants and other Nutrients Do Not Interfere With Chemotherapy or Radiation Therapy and Increase Kill and Survival.*"

[2] (Medscape article) "*One Size Fits All Drug Dosing Give Suboptimal Results*"

- See more at: <http://envita.com/cancer/intravenous-cancer-nutrition#sthash.gY9ncwf7.dpuf>

Get in contact! Do you have questions or comments regarding any of the material you find on this site? Would you like to learn more about treatment options for you or a loved one? Are you interested in becoming a patient at Envita? Write us an email below and we will have one of our patient care coordinators contact you. Toll Free: 1.866.830.4576 Phone: 602.569.4144 8759 E. Bell Road, Building G Scottsdale, Arizona 85260



# Kung Fu Rank Test Results - 7/27/13

- Joseph Bavtista - Yellow
- Michael Billingslea - Yellow
- Antonio Herrera - Yellow
- Adrian Zaldivar - Yellow
- Gregory Strilkland - Green/stripe
- Jered Rosenbarker - Purple
- Theunis Oliphant - Red/stripe
- Valerie Campa - Brown



Wilfred Hung received \$300 scholarship on 6/24/13.



UNIVERSITY of HOUSTON

Wilfred W. Hung  
 Spring entry - Undergraduate - University of Houston

2013 Graduation - Spring 2013

Class	Description	Units	Grading	Grade	Grade Point Average
2013-1301	ENGL 1301 - English I (3.000)	3.00	CUM LAUDE	B-	3.000
2013-1302	ENGL 1302 - English II (3.000)	3.00	CUM LAUDE	B-	3.000

2013 Graduation - Spring 2013