

Wang's Martial Arts

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

Phone (281) 548-1638, (281) 682-3387
e-mail: yyw3888wma@gmail.com
Web site: www.WangsMartialArts.com



WMA - Wang's Martial Arts
Hand sign - Peace & Respect
Chinese Character - Kindness

December 2020 Newsletter Summary

Rank Test Results – November & December, 2020

<p>Brown & Black Belt Test Result:</p> <p>David Barnes - Black Belt (6th) Allen DeWoody - Black Belt (4th) Rosel Rodriguez - Black Belt (1st) Elmer Whitehead - Black Belt (2nd)</p>	<p>Tai Chi test Result:</p> <p>Jim Gustin - Black Belt (2nd) John Quenzer – Black Belt (2nd) Tania Myers - Black Belt (2nd) Edu Araujo – Black Belt (2nd) Margaret Swavely – Black Belt (3rd) Paul Greenwood – Black Belt (5th)</p>
<p>Age 15 year old and +</p> <p>Natalie Cruz – Orange/stripe Jose Gutierrez – Purple Rob Sheridan – Blue/stripe PJ Glasco- Red Belt Craig Glasco- Red Belt</p>	<p>Age 9 - 14 years old</p> <p>Connor Puissegur – Yellow/stripe Marcus Puissegur – Yellow/stripe Ava Araujo- Yellow/stripe Belt Noah Gutierrez – Purple/stripe Anika Glasco- Red Belt Nicole Glasco-Red Belt Connor Sheridan – red/stripe Jayden Ng-A-Mann - Brown belt Juan Ceji - brown Belt</p>
<p>Age 5 - 8 years old</p> <p>Anthony Medina – Yellow belt Noah Garcia – Yellow belt Isaac Yanez – Yellow/stripe CJ Thompson - Yellow Belt Leah Gutierrez- Orange Belt Hanamel Kirubel – range/stripe Olivia Sheridan - Orange/stripe Ocean Phan – Green/stripe Caleb Villalpando- Purple//stripe Aurora Rodriguez- Purple Stripe Levi Garcia- Blue Stripe</p>	
	







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Kung Fu Rank Test

As ready base.

Make up Test

Date: As ready base.

Accelerated Program Rank Test

Date: As ready base.

Kung Fu Brown & Black Belt Rank Test

Date: As ready base.

Wu Shu class (for Red, Brown and Black belt)

To be announced

Time: 7 - 8 pm.

Cost: Paid by Wang's Martial Arts.

Tai Chi Class (for Red, Brown & Black Belt)

To be announced

Time: 5 - 6 pm.

Cost: Paid by Wang's Martial Arts.

HeBei Chinese Martial Arts Inst.

Time 8 - 9 pm.

Make check payable to:

Cost: \$50 per person.

Guest Instructor; Master Jia

December 2020 Newsletter Summary

Based on Gov. Abbott of Texas, we can open our studio on May 18, 2020 (Monday) with 25% capacity. We would like to maintain up to 10 people per class size. Please let us know a week ahead, each week, which class you will be participating in. We have included a temporary schedule for Kung Fu and Tai Chi. If you wish to continue with the lessons via Facebook Live, a schedule for those classes has also been included.

Tai Chi Live Stream: Via Facebook

Monday, Wednesday, Friday- 5 p.m.- 6 p.m.
Tuesday, Saturday- 12 noon- 1 p.m.

Kung Fu Live Stream: Via Facebook

Monday through Friday 6 -7 p.m.
Saturday- 10 a.m.- 11 a.m.

In School Kung Fu cl

All ages:	(Age 5-108)	Tue. /Thur.	5:00 - 6:00 PM
		Mon./Tue. /Wed./Thur./Fri.	6:00 - 7:00 PM
		Mon./Fri.	7:00 - 8:00 PM
		Saturday	10:00 - 11:00 AM
		Saturday	11:00 - 12:00 noon.
	(Age 18_108)	Tue. /Thur.	7:00 - 8:00 PM
	Red/Brown/Black	Saturday	9:00 - 10:00 am

In School Tai Chi class schedule:

All ages:	(Age 18 - 108)	Tue. Sat.	12:00 Noon - 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM

Tai Chi Rank Test

Date: As ready base

No class on September 7, 2020 (Monday) due to Labor Day.

The health and safety of everyone is of great importance to us, below are the measure we have implemented and will continue to practice until further notice.

- Any and all student companion must remain in their vehicle
- Temperatures will be checked upon entry
- Everyone is required to wear a mask
- Social distancing (6 ft apart) will be practiced at all times, including class time
- All students are required to wash their hands prior to and after class
- We will be using disinfectant wipes periodically to wipe down doorknobs and door handles.

Report Card Points

Antoine Berchara 1.5
Connor Sheridan 1.5
Olivia Sheridan 0.75

Parents:
Please remind students to place their belongings inside the cubicles. We are not responsible for any damages. Thank you.

Wang's Martial Arts College Student Scholarship Fund:

2009 Scholarship Fundraising Banquet - \$628.98

Inner-School tournament:

- December 5, 2009 - \$105.00
- March 6, 2010 - \$85.00
- July 10, 2010 - \$100.00
- December 6, 2010 - \$105.00
- March 19, 2011 - \$80.00
- June 4, 2011 - \$115.00
- September 10, 2011 - \$150.00
- December 3, 2011 - \$110.00
- March 3, 2012 - \$150.00
- Outdoor Training (3-25-12) - \$100.00
- June 30, 2012 - \$160.00
- September 29, 2012 - \$185.00
- December 15, 2012 - \$125.00
- May 4, 2013 - \$90.00
- August 10, 2013 - \$105.00
- November 2, 2013 - \$85.00
- March 29, 2014 - \$90.00
- August 2, 2014 - \$90.00
- November 8, 2014 - \$45.00
- January 24, 2015 - \$60.00
- May 16, 2015 - \$65.00
- Susan Fischman (7/18/15) - \$5.00
- October 3, 2015 - \$55.00
- December 19, 2015 - \$75.00
- March 5, 2016 - \$45.00
- March 2016 Birthday - \$25.00
- April 2016 Birthday - \$40.00
- May 2016 Birthday - \$20.00
- June 2016 Birthday - \$10.00
- Darren Bush (6/14/16) - \$500.00
- June 25, 2016 - \$20.00
- July, 2016 Birthday - \$30.00
- August 13, 2016 Birthday - \$40.00
- September, 17, 2016 Birthday - \$10.
- Marilyn Kidd (9/1/16) - \$200.00
- October 8, 2016 Tournament - \$55.
- Padraic Gilbert (1/21/17) - \$100
- January 14, 2017 Birthday - \$20.
- February 17, 2017 Birthday - \$85.
- March 11, 2017 tournament - \$45.
- March 18, 2017 Birthday - \$15.
- April 15, 2017 Birthday - \$25.
- July 15, 2017 Birthday - \$25.
- Wang's Martial Arts (Jan. to Apr.) - \$400.
- Wang's Martial Arts (May) - \$100.
- Wang's Martial Arts (June) - \$100.
- June 10, 2017 tournament - \$25.
- August 19, 2017 Birthday - \$10.
- September 16, 2017 Birthday - \$10.
- October 14, 2017 Birthday - \$5.
- November 12, 2017 Culture class - \$50.
- November 20, 2017 Basic Escrima - \$25.
- December 6, 2017 Basic nun chuck - \$50
- December 9, 2017 tournament - \$50.
- December 17, 2017 Chinese Culture - \$40.
- January 15, 2018 Basic Escrima - \$25.
- January 29, 2018 Women's SD - \$30.
- 2/3/18 Craig Glasco - \$10.
- February 24, 2018 tournament - \$45.
- February 26, 2018 Women's SD - \$20.
- Wang's Martial Arts (Jan. & Feb.) - \$200
- Darren Bush - \$500.
- Craig Glasco - \$25.
- Cynthia Pate - \$50.

**Total - \$6013.98 - \$300 - \$300 - \$1000
-\$2000 - \$2000 = \$413.98**

- \$300 scholarship to Ms. Megan Payne 06-04-12**
- \$300 scholarship to Mr. Wilfred Hung 06-24-13**
- \$1000 scholarship to HISD student on 01-30-16.**
- \$1000 scholarship to HISD student on 01-21-17.**
- \$1000 scholarship to UH student on 01-21-17.**
- \$500 scholarship to UH student on 02/10/18.**
- \$1000 scholarship to UH student on 02/10/18.**
- \$500 scholarship to UH student on 02/10/18.**

Proverbs 4.

18 The path of the righteous is like the morning sun,
shining ever brighter till the full light of day.
19 But the way of the wicked is like deep darkness;
they do not know what makes them stumble.

Scholarship donation;

- 05/18/19 Darren Bush \$500.
- 05/18/19 WMA \$500.
- 06/12/19 Rosel Rodriguez \$1.
- 06/12/19 Lily Valdez \$10.
- 07/12/19 Rosel Rodriguez \$2.
- 07/18/19 Anonymous \$18.
- 07/19/19 Caleb Villalpando \$5.
- 07/24/19 Ruby Abbott \$50.
- 07/31/19 Madeline Vides \$3.
- 09/14/19 Margret Swavly \$5.
- 09/16/19 Ruby Abbott \$50.
- 10/28/19 Raffle of small laptop \$240.
- 02/07/20 Rosel Rodriguez \$10

**New Students:
Welcome!**

**Don't forget to check
our School App to see
upcoming events, pay
for Rank Tests, school
workshops and more!**

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

*** 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.

December Birthdays

Jaci Moricca	12/16
Andrea Smith	12/25
Brandon Roll-Bush	12/20
Carmen Thompson	12/23
Laura Cunningham	12/26
Julius Herron, Jr.	12/02
Deanna Farris	12/24
Kai Alfred Marayag	12/4
Francisco Espinoza-Rocha	12/21
Charles Moore	12/22
Joshua Billingslea	12/30
Chantel Moody	12/31
Andrian Zaldivar	12/10
Lincoln Tedder	12/21
Jayden Goudeau	12/20
Austin Richardson	12/29
Kaitlyn Koch	12/08
Deanna Farris	12/24
Allen	
Anthony Curtis	12/29
Rosel Rodriguez, Sr.	12/18
Mathew Trimm	12/27
Orlando Taylor	12/01
Tony Johns	12/01
Brian Boccanegra	12/02
Donovan Thompson	12/03
Sam Hybary	12/05
Elizabeth McKnight	12/05
Mark Neisie	12/06
Ximena Davila	12/06
Trey Soviette	12/08
Kyle Conley	12/08
Davion Roque	12/10
Christopher Serrano	12/10
Melinda Pettey	12/12
Richard Pamirez	12/12
Juan Ochoa	12/12
Sara Solhjou	12/12

Happy Birthday

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 \$1000 scholarship to UH student on 02/10/18.
 \$500 scholarship to UH student on 02/10/18.**

January 14, 2018 - Birthday - \$5.00
 February 17, 2018 - Birthday - \$5.00
 February 24, 2018 - inner-school tournament - \$75.
 March 17, 2018 - Birthday - \$10.
 April 23, 2018 - Women's Self Defense - \$10.
 May 15, 2018 - Birthday - 10.
 May 26, 2018 - Tania Myers - \$15.
 June 23, 2018 - Inner-school tournament - \$60.
 September 22, 2019 - Inner-school tournament - \$70.
 December 15, 2018 - Birthday - \$10.
 December 8, 2018 - Inner-school tournament - \$80.
 January 12, 2109 - Birthday - \$5.
 February 16, 2019 - Birthday - \$5.
 March 18, 2019 - Birthday - \$10.
 April 13, 2019 - Birthday - \$5.
 April 16, 2019 - Peace by Piecing Quit Guild, \$100.
 April 26, 2019 - Rosel Rodriguez - \$1.



Reminder:
All shoes must be placed on Shoe Rack, to avoid any accidents.
Thank You.





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To whom it may concern:

Wang's Martial Arts is to sponsor one of Northeast Hospital Foundation **"In the Loop" Project Mammogram** which serve the residence within Northeast Harris, East Montgomery, and Liberty counties. See information attached.

We reached our goal of \$2,500.

We appreciate all the following people for generous donations.

We will take a picture on December 11, 2020 (Friday) at our studio at 6 pm. We like you to be here.

Wang's Martial Arts - \$605
Tracy Lee Supple - \$500.
Allen DeWoody - \$300.
Mary Sue Lee - \$100
Paul Greenwood - \$100
Tania Myers - \$50
Edu Araujo - \$150
Margret Swavely - \$100
John Quenzer - \$100
Robert Turk - \$50
Carol A Turk - \$100
Cleo Washington - \$50
Diamantina Reyes/Natalie Cruz - \$20
Cynthia & Sammie Pate - \$50
Jim Gustin - \$100.
Ruby Lee Abbott - \$75
Maria Wilrich - \$50.



Total - \$2500, Thank you.

Sincerely,

Yun Yang Wang





Commit to being

In the Loop
& **DOUBLE** your donation's impact!

July 28, 2020

Yun Yang Wang
Wang's Martial Arts
5311 FM 1960 Rd E., Suite J
Humble TX 77346
Sent via email: yyw3888wma@gmail.com

Dear Master Wang,

This year I enthusiastically agreed to co-chair our annual 2020 In the Pink of Health Luncheon. Unfortunately, we had to cancel the luncheon due to the current state of our economy and the COVID-19 virus. In lieu of the event, I'm glad to report that we have been able to pivot our fundraising efforts to an online donor campaign. I'm asking for your support of our Donor Giving Campaign and becoming an **In the Loop** Donor.

Your donation will have *DOUBLE the impact!* We have secured a generous donor who will *MATCH ALL FUNDS RAISED*, \$1 for \$1 through December 31, 2020. Donor Recognition with your company logo or name will be listed on our website, social media, and newsletter communications.

Project Mammogram has saved the lives of many and given peace of mind to many more. This ongoing program of the Foundation has served over 10,000 residents since its inception. Qualification for services is based on income level, lack of insurance and residence within Northeast Harris, East Montgomery, and Liberty counties. One hundred (100%) of funds raised remain locally in the counties served.



Decreasing the incidence of late stage breast cancer diagnosis through free-to-the-patient outreach, education, preventative diagnostic screenings (mammograms, ultrasounds, biopsies) and other breast service for those who qualify.

Being **In the Loop** solidifies your commitment to making an impact in the lives of those in most need of these lifesaving services: screening and diagnostic mammograms, ultrasounds, and biopsies as well as other breast services.

Commit to being **In the Loop** and with our donor match *Double your impact!* Attached is a fillable donor form or you can donate online at <https://www.betterunite.com/nehf-becomeanintheoopdonor>.

With gratitude,
Carol A. Prince
Co-Chair – 2020 In the Loop Donor Giving Campaign



Northeast Hospital Foundation is a nonprofit 501(c)3 organization #76-0224541
PO Box 2738 Humble, TX 77338 www.northeasthospitalfoundation.org



Commit to being

In the Loop

& **DOUBLE** your donation's impact!

A generous donor has been secured to match all funds raised \$1 for \$1 through 12/31/20

In lieu of the annual **In the Pink of Health Luncheon** event we are asking for your commitment to be an *In the Loop donor*. Donor Recognition includes website, social media and newsletter communication acknowledgment with a logo or in name.

***In the Loop Giving Levels:* Your 100% tax deductible donation will have **DOUBLE** the impact!**

- | | |
|---|--|
| <input type="checkbox"/> \$10,000 Pink Champion Donor | <input type="checkbox"/> \$500 Pink Patron Donor |
| <input type="checkbox"/> \$5,000 Pink Visionary Donor | <input type="checkbox"/> \$250 Pink Advocate Donor |
| <input type="checkbox"/> \$2,500 Pink Hero Donor | <input type="checkbox"/> \$150 Pink Ambassador Donor (Mammogram Restricted Gift) |
| <input type="checkbox"/> \$1,500 Pink Innovator Donor | <input type="checkbox"/> \$ _____ (other amount) |

Company Name: WANG'S MARTIAL ARTS

Contact/Individual Name: YUN YANG WANG

Email: yfw3888wma@gmail.com Phone Number: 281-682-3387

Address: 5311 FM 1960 RD E. #J

City: HUMBLE State: TX Zip: 77346

Name recognition for donation: (company or individual name): _____

WANG'S MARTIAL ARTS

In Memory of: G.M. VICTOR CHENG

OR In Honor of: _____

OR I would like my gift to remain anonymous

Click here to complete your donation online: <https://www.betterunite.com/nehf-becomeanintheloopdonor>

OR make check payable to: Northeast Hospital Foundation • PO Box 2738 • Humble, TX 77338



PROJECT MAMMOGRAM
Giving Peace of Mind and Saving Lives

Decreasing the incidence of late stage breast cancer diagnosis through free-to-the-patient outreach, education, preventative diagnostic screenings (mammograms, ultrasounds, biopsies) and other breast service for those who qualify.

The Northeast Hospital Foundation is a nonprofit 501(c)3 organization #76-0224541
www.northeasthospitalfoundation.org



Chinese New Year Report – January 18, 2020.

On Saturday, January 18, 2020 Wang's Martial Arts held its 18th Annual Chinese New Year and Award Banquet at China Ko in Humble, Texas.

A vegetarian style meal was prepared for the health of all guests & kindness to animals. At the tables, guest received a red envelope that contained a lucky Chinese coin. During the reception, visitors were able to enjoy pleasant music.

As dinner approached, **Pastor William Irwin** said grace. Our Jr. Black Belt, **Makinzi Rodriguez**, followed by singing the National Anthem. As dinner was being served, our MC **Mr. Victor Makris**, honored us by playing two songs for the audience with his guitar.

Jordyn Mayo also impressed the audience with her solo dance called fireworks- Great job Jordyn!

As the evening wore on, Wang's Martial Arts students and family members staged a Chinese folk song.

The MC for the evening, **Mr. Victor Makris**, warmly welcomed everyone to the festivities and honored the present black belts (**Rafael Gonzalez, Allen DeWoody, Daniel Thibodeaux, David Barnes, Ed Green, Russell Haws, Susan Fischman, Darren Bush, Ruby Abbott, Polly Ferguson, Margaret Swavely, Chantel Barnes, Cleotis Washington, Jessie Diaz, Sue Diaz, Chris Duffy, Tania Myers, Jeannett Adams, Charles Moore, Deztanie Hellsten, Elmer Whitehead, Erin McCormic, John Prewett.**) with a Glass Purple Lotus Flower.

Subsequently, a tribute and celebration of the life and achievements of **Grand Master Victor Cheng**. In memory of **Ms. Nancy Green, Mr. Robert Barnes**.

Following, **Victor Cheng Scholarship** (provides by Mrs. Jenny Cheng) was awarded to a U of H Law Student **Jessica Lafferty** for **\$1000**.

Wang's Martial Arts Scholarship was designated to a U of H Law Student, **Alexander Akabar** for **\$1,000** and a Lonestar College Student, **Madeline Vides** **\$200**.

There was also a Chinese Fashion show, WMA students, family, and friends showed off lovely silk like garments and their talent.

The entertainment program started with fabulous Chinese Lion Dance. With four lions and music team by Shaolin Kung Fu Academy. There were many smiles and joyful children.

Next, the awards for tournament and report card points were handed out with first place being a seven-foot trophy! Students are encouraged to turn in their report cards, for a chance to win a **seven-foot trophy** at the Chinese New Year Banquet.



Table Prize Drawing Winners

First Place
Second Place
Third Place
Fourth Place
Fifth Place
Sixth Place
Seventh Place
Eight Place

Lenovo Laptop
Chinese Lamp
Blue Chinese Vase
Three Wise Monkeys
Green Dragon
Chinese Scroll
Lotus Flower
Set of Chinese Chopsticks

James Dyess
Rosel Rodriguez
David Barnes
Rob Sheridan
Ed Green
Mauricio Galvan
Margaret Swavely
Tania Myers

Door Prize Drawing

First Place
Second Place
Third Place
Fourth Place
Fifth Place
Sixth Place
Seventh Place
Eight Place
Ninth Place
Tenth Place
Eleventh Place
Twelfth Place

Bicycle
32" LED TV
Big Tea Set
Golden Chinese Vase
Large Chinese Scroll
Five Lucky Rats
Lucky Cat
Golden Dragon Boat
Side Marble Top Table
Dragon and Phoenix set
Small Glass Flower
Golden Dragon

Benny Sweet
Levi Garcia
Gladiela Galvan
Maria Galindo
Anika Glasco
Madalynn Parasco
Mary Sue Lee
Jordyn Mayo
Preston Townley
Ed Green
Jackie Rodriguez
Daniel Thibodeaux

Once again the banquet was a great success, thanks to everyone at WMA, their family, and friends for making it a successful celebration.







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



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Besides all the group lesson schedule we have which you are attending. We feel that as a student you will benefit from our private lesson club, with Sifu David Barnes. We've noticed your improvements as a student, and we would like to help you better your skills and techniques. The Private lesson is **only half an hour** and **once a month**, for only \$69.00. This will be added to your monthly tuition fee. If you are enrolled in our easy pay program, you will automatically save \$10.00 which will be \$59.00 monthly or \$13.72 weekly on top of your regular tuition.

You can choose the day and time that best works for you from our flexible schedule. We have different options for you to choose from, that will help improve or learn new skills. By adding this private lesson, you will progress much faster.

- **Forms (Review or learn a new form)**
- **Weapon (Review or learn a new weapon)**
- **Sparring or Drill**
- **Two men Set or Techniques**
- **Self Defense and conditioning**



Tournament & report card point - First place is seven foot trophy.



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

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

Wang's Martial Arts

Family Special for Kung Fu or Tai Chi

	1st member	2nd member	3rd member	4th member	5th member or more
Tuition/month <small>(12 to 13 lessons in a month)</small>	\$179.00	\$89.50	\$89.50	\$89.50	Free
Easy pay/Week	\$39.30	\$19.65	\$19.65	\$19.65	
Uniform	\$59.95	\$59.95	\$59.95	\$59.95	\$59.95
Registration fee	\$10.00	\$10.00	\$10.00	\$10.00	\$10.00

Kung Fu class schedule:		
All ages: (Age 5-108)	Tue. /Thur.	5:00 - 6:00 PM
	Mon./Tue. /Wed./Thur./Fri.	6:00 - 7:00 PM
	Mon./Fri.	7:00 - 8:00 PM
	Saturday	10:00 - 11:00 AM
	Saturday	11:00 - 12:00 noon.
(Age 18_108)	Tue. /Thur.	7:00 - 8:00 PM
Red/Brown/Black	Saturday	9:00 - 10:00 am
Tai Chi class schedule:		
All ages: (Age 18 - 108)	Tue. Sat.	12:00 Noon - 1:00 PM
	Mon./Wed./Fri.	5:00 - 6:00 PM
	Wed.	7:00 - 8:00 PM

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www.WangsMartialArts.com

Call for a Free Lesson (281) 682-3387.



Iron On Patches for Kung Fu Uniforms

Every student who turns in their report card with straight A's, will receive an iron on Academic patch, that can be placed on the right lower pant leg of their uniform.



Every student who participates in a Inner School Tournament, and has earned all 1st place awards, will receive a Rising Star iron patch, that can be placed on the left lower pant leg of their uniform.



Tai Chi: Balance in Motion

This ancient alternative medicine may offer many health benefits, including improved coordination and more restful sleep. By [Eric Metcalf, MPH](#) Medically Reviewed by [Cynthia Haines, MD](#)

When you think of martial arts, images of experts breaking boards or perhaps Chuck Norris teaching bad guys a lesson may come to mind.

But an [alternative medicine](#) practice called tai chi — which has roots in a centuries-old Chinese martial art — is experiencing a new wave of popularity. Instead of promoting the practice as a type of self-defense, Eastern practitioners promote tai chi as a way of bringing balance to your body, and Western medical researchers are busy exploring how this form of alternative medicine may help prevent and treat illnesses and injuries.

What Is Tai Chi?

According to legend, Chinese monks began practicing tai chi both to increase their ability to hold meditative poses and protect their monasteries from invaders. While performing tai chi, the participant smoothly proceeds through a flow of movements that are said to mimic the motions of animals such as the tiger and crane.

From the [Chinese medicine](#) standpoint, a vital energy called "qi" should constantly be circulating through your body. However, it can become blocked and stagnant, which disrupts your health — practicing tai chi is said to improve the flow of the qi energy.

Principles that are emphasized in the practice of this alternative medicine include:

- **Balance.** You maintain good body alignment while moving from foot to foot.
- **Relaxation.** You concentrate on your movement while keeping your mind calm and clear.
- **Coordination.** You learn to move your body through complex motions while maintaining good posture.

This form of alternative medicine is growing in popularity. According to the National Center for Complementary and Alternative Medicine (NCCAM), a recent survey revealed that an estimated 2.3 million adults had practiced tai chi in the previous year.

How Tai Chi Could Improve Your Health

In recent years, researchers have explored the possible effects of tai chi on a number of conditions and found that this alternative medicine may be beneficial for these problems:

- **Falls.** Preventing falls in the elderly community is a major focus of interest in tai chi. In one recent study, researchers reviewed studies on how to prevent falls among older people and found that tai chi was effective in reducing the rate of falls for this age group.
- **Sleep disorders.** A study in older people found that practicing tai chi for six months compared with low-impact exercise was associated with [better sleep](#) and less daytime sleepiness.
- **Stroke.** A recent study explored why tai chi might be a helpful alternative medicine for people who have had strokes. The practice is associated with improved balance, lower blood pressure, and elevated mood — all of which were beneficial for people who have survived strokes.
- **Knee pain.** In another study, one group of older people with osteoarthritis of the knee performed tai chi regularly for 12 weeks, while another group with the same condition did not. Those participating in this alternative medicine reported decreased pain and improvements in physical function and stiffness.

NCCAM recommends that you discuss tai chi with your doctor before participating if you have a medical condition or you haven't exercised in a while. In addition, you might experience muscle soreness when you start or if you perform movements too vigorously.

Because the movements are slow and controlled — focusing on simple poise instead of strength — tai chi makes a helpful [meditative](#) activity for any age group.



Rank test picture February 25, 2019.



Rank Test on 10/28/2019.

Inner School Tournament Results 08/31/2019

5-14 Years Old

Beginner	Forms
----------	-------

Lanese Kendricks	1 st Place
Lamar Kendricks	2 nd Place
Olivia Sheridan	3 rd Place

Intermediate	Forms
--------------	-------

Anika Glasco	1 st Place
Connor Sheridan	2 nd Place
Nicole Glasco	3 rd Place
Levi Garcia	4 th Place

Advanced	Forms
----------	-------

Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

Advanced	Weapons
----------	---------

Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

Beginner	Sparring
----------	----------

Lamar Kendricks	1 st Place
Olivia Sheridan	2 nd Place
Lanese Kendricks	3 rd Place

Intermediate	Sparring
--------------	----------

Connor Sheridan	1 st Place
Levi Garcia	2 nd Place

Advanced	Sparring
----------	----------

Joseph Alonso	1 st Place
Nickelus Moreno	2 nd Place

15 Years and Older

Beginner	Forms
Miguel Gallegos	1 st Place

Intermediate	Forms
PJ Glasco	1 st Place
Rob Sheridan	2 nd Place
Craig Glasco	3 rd Place

Advanced	Forms
Allen DeWoody	1 st Place

Intermediate	Weapons
Margaret Swavely	1 st Place
PJ Glasco	2 nd Place
Jim Gustin	3 rd Place

Advanced	Weapon
Allen Dewoody	1 st Place

Intermediate	Sparring
Craig Glasco	1 st Place
Rob Sheridan	2 nd Place

Tai Chi

Advanced	Forms
Margaret Swavely	1 st Place
Jim Gustin	2 nd Place

Wang's Martial Arts

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



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

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



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



Wang's Martial Arts

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Phone (281) 548-1638, (281) 682-3387
e-mail: yyw3888wma@gmail.com

Web site: www.WangsMartialArts.com

Based on Gov. Abbott of Texas, we can open our studio on May 18, 2020 (Monday) with 25% capacity. We would like to maintain up to 10 people per class size.

Please let us know a week ahead, each week, which class you will be participating in.

We have included a temporary schedule for Kung Fu and Tai Chi. If you wish to continue with the lessons via Facebook Live, a schedule for those classes has also been included.

Tai Chi Live Stream: Via Facebook

Monday, Wednesday, Friday- 5 p.m.- 6 p.m.
Tuesday, Saturday- 12 noon- 1 p.m.

Kung Fu Live Stream: Via Facebook

Monday through Friday 6 -7 p.m.
Saturday- 10 a.m.- 11 a.m.

Kung Fu class schedule:

All ages:	(Age 5-108)	Tue. /Thur.	5:00 - 6:00 PM
		Mon./Tue. /Wed./Thur./Fri.	6:00 - 7:00 PM
		Mon./Fri.	7:00 - 8:00 PM
		Saturday	10:00 - 11:00 AM
		Saturday	11:00 - 12:00 noon.
		(Age 18_108)	Tue. /Thur.
	Red/Brown/Black	Saturday	9:00 - 10:00 am

Tai Chi class schedule:

All ages:	(Age 18 - 108)	Tue. Sat.	12:00 Noon - 1:00 PM
		Mon./Wed./Fri.	5:00 - 6:00 PM
		Wed.	7:00 - 8:00 PM

The health and safety of everyone is of great importance to us, below are the measure we have implemented and will continue to practice until further notice.

- Any and all student companion must remain in their vehicle
- Temperatures will be checked upon entry
- Everyone is required to wear a mask
- Social distancing (6 ft apart) will be practiced at all times, including class time
- All students are required to wash their hands prior to and after class
- We will be using disinfectant wipes periodically to wipe down doorknobs and door handles.



PLEASE HELP KEEP OUR SCHOOL CLEAN!

- Do not leave anything behind.
- Put your name tag on equipment bags etc.
- We can contact you if anything is left behind.
- There will be a lost & found box.
- We will only keep for 10 days,
- After 10 days, if no pick up or claim, things will be donated to HAAM.

T-Shirt days

Wednesday & Saturday class

(Unless if we have special event, rank test, demonstration need to be in full uniform).



\$16.00



\$12.00

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But we will only keep for 10 days, after that we will donate to HAAM in Humble.

TAI – CHI – CHUAN - Testimony

Since earning (2nd) Black Belt in Tai – Chi – Chuan on 27 February 2016 from Master Wang – Wang’s Martial Arts, I decided I wanted to reach out and give back to the community by teaching Tai – Chi classes at Retirement Centers in Kingwood, Texas.

Currently I am teaching four (4) times a month or once per week at Watercrest Retirement Center and eight (8) times per month or twice per week at Brookdale Retirement Center. Both facilities are in Kingwood, Texas.

It is personally gratifying to me to see other people’s personal health and well being changed for the better as a result of practicing Tai – Chi.

Paul B. Greenwood
Student Wang’s Martial Arts



Elderberry Fights Flu Symptoms

By **Dr. Mehmet Oz** and **Dr. Mike Roizen, MDs**

Pliny the Elder was a first century Roman author and naturalist. One of his most famous sayings is: "Truth comes out in wine."

Did he know about elderberry wine? Being a naturalist (and Roman), there's a good chance he did. After all, the health benefits of elderberry syrup for treating the symptoms of the flu have been anecdotally cited since before his time.

But it's only in the last 20 years that the medicinal properties of the elderberry have been scientifically documented.

- A small study published in 1998 showed that 93 percent of flu patients given elderberry syrup (Sambucol) were completely symptom-free within two days, while those taking a placebo recovered in about six days.
- Another controlled study from 1999-2000 in Norway reported that flu patients taking three teaspoons of elderberry syrup four times a day saw their symptoms improve four days earlier than others who took a placebo.
- And a randomized, double-blind trial in 2009 found that 48 hours after flu sufferers took elderberry extract, 28 percent of them were devoid of all flu symptoms and 60 percent showed some symptom relief. Not a single patient in the placebo control group showed any relief.

Elderberries are more bitter than blackberries or raspberries, which is why they're distilled into wines or baked in pies in combination with other berries.

But the concentrated syrup is what you want if you have flu symptoms. As the American Nutrition Association states, "Elderberry extract seems to offer an efficient, safe and cost-effective treatment for influenza."

Raw fruit and vegetables provide better mental health outcomes



The study surveyed more than 400 young adults — an age group with typically the lowest fruit and vegetable consumption and at high risk for mental health disorders. Image: Shutterstock

New study identifies the top 10 raw foods related to better mental health: carrots, bananas, apples, dark leafy greens such as spinach, grapefruit, lettuce, citrus fruits, fresh berries, cucumber, and kiwifruit.

— By University of Otago

Seeking the feel good factor? Go natural.

That is the simple message from University of Otago researchers who have discovered raw fruit and vegetables may be better for your [mental health](#) than cooked, canned and processed fruit and vegetables.

[Dr. Tamlin Conner](#), Psychology Senior Lecturer and lead author, says public health campaigns have historically focused on aspects of quantity for the consumption of fruit and vegetables (such as 5+ a day).

However, the study, published in [Frontiers in Psychology](#), found that for mental health in particular, it may also be important to consider the way in which produce was prepared and consumed.

“Our research has highlighted that the consumption of fruit and vegetables in their ‘unmodified’ state is more strongly associated with better mental health compared to cooked/canned/processed fruit and vegetables,” she says.

Dr. Conner believes this could be because the cooking and processing of fruit and vegetables has the potential to diminish [nutrient levels](#).

“This likely limits the delivery of nutrients that are essential for optimal emotional functioning.”

Related: [Organic food provides significant environmental benefits to plant-rich diets](#)

For the study, more than 400 young adults from New Zealand and the United States aged 18 to 25 were surveyed. This age group was chosen as young adults typically have the lowest fruit and vegetable consumption of all age groups and are at high risk for mental health disorders.

The group’s typical consumption of raw versus cooked and processed fruits and vegetables were assessed, alongside their negative and positive mental health, and lifestyle and demographic variables that could affect the association between fruit and vegetable intake and mental health (such as [exercise](#), [sleep](#), unhealthy diet, chronic health conditions, socioeconomic status, ethnicity, and [gender](#)).

“Controlling for the covariates, raw fruit and vegetable consumption predicted lower levels of mental illness symptomology, such as [depression](#), and improved levels of psychological wellbeing including positive mood, life satisfaction and flourishing. These mental health benefits were significantly reduced for cooked, canned, and processed fruits and vegetables.

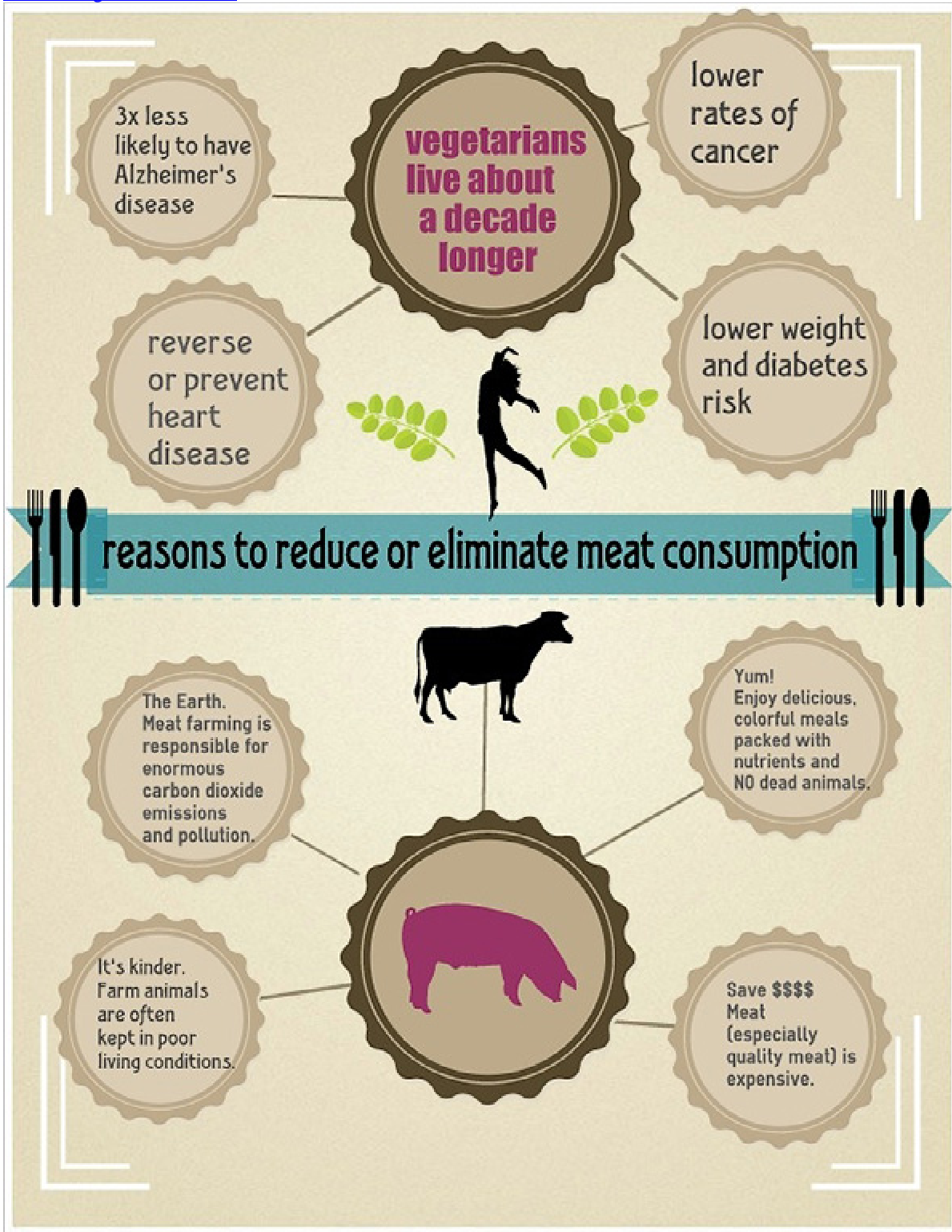
“This research is increasingly vital as lifestyle approaches such as [dietary change](#) may provide an accessible, safe, and adjuvant approach to improving mental health,” Dr. Conner says.



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CLEAN PROTEINS

HOW MANY GRAMS OF PROTEIN ARE IN THESE PLANT-BASED VARIETIES?



Sesame Seeds
1 oz - 6.5 grams



Broccoli
1 cup - 5 grams



Chickpeas
1 cup - 39 grams



Hemp Seeds
1 oz - 11 grams protein



Broccoli Rabe
3.5 oz - 3.2 grams



Tahini
3 Tbsp - 8 grams



Walnuts
1/4 cup - 5 grams



Alfalfa Sprouts
3.5 oz - 4 grams



Quinoa
1 cup - 9 grams protein



Cashews
1 oz - 4.4 grams



Spinach
1 cup - 5 grams



Refried Beans
1 cup - 15.5 grams



Almonds
2 Tbsp - 4 grams



Kale
2 cups - 5 grams



Oatmeal
1 cup - 6 grams



Pistachios
1 oz - 5.8 grams



Sweet Potato
1 cup - 5 grams



**Non-dairy Milks
(Soy, Almond, Hemp
or Coconut)**
1 cup - 9 grams



Peanuts
1 oz - 6.5 grams



Lentils
1 cup - 18 grams



**Nut butters
(peanut, almond
or cashew)**
2 Tbsp - 8-10 grams



**Beans
(Pinto, Kidney
or Black Beans)**
1 cup - 13-15 grams



Avocado
1 medium-sized - 10



Soybeans
1 cup - 28 grams

HONORABLE MENTIONS

Spirulina Chlorella
Sea vegetables Edamame

- Protein powder from Sun Warrior
- Sprouted grain bread products
- Amaranth, bulgur, brown rice, wheat germ and oat bran

60% ↓

If everyone became vegetarian by 2050



FOOD-RELATED EMISSIONS

would drop by 60%

Worldwide vegetarianism by 2050 would lead to a global



MORTALITY REDUCTION

reduction of up to 10%

Some research has linked vegan diets with lower blood pressure and cholesterol, and lower rates of heart disease, type 2 diabetes and some types of cancer.



YOU CAN EAT A TOTALLY PLANT-BASED DIET

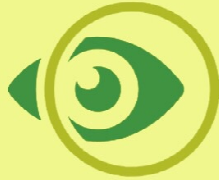
that supports excellent health, whilst helping animals and protecting the planet.

One of the most effective things an individual can do to lower their carbon footprint is to



ALL ANIMAL PRODUCTS.

This goes way beyond the problem of cow flatulence!



Vegans tend to have better vision and less macular degeneration – all that extra vitamin c and consequent collagen leads to much better skin.



A PLANT-BASED DIET

is better for the planet as it requires much less energy and farmland to feed a vegan.

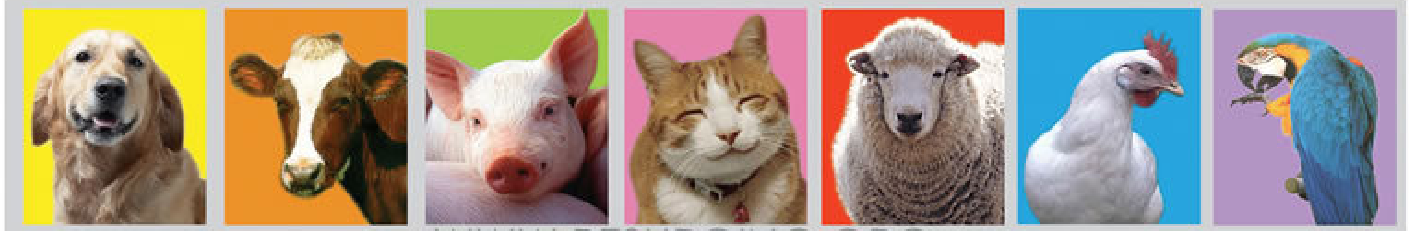
Vegans have been found to enjoy

LONGER AND HEALTHIER LIVES

when compared to meat-eaters.



LOVE US, NOT EAT US !



WWW.RESURGING.ORG

All Lives Are Precious

5 REASONS TO GO VEGETARIAN

IF YOU FIND YOURSELF FEELING CONSTANTLY SLUGGISH, IT MAY BE A SIGN TO SWITCH DIET, SO HERE ARE SOME REASONS TO GO VEGETARIAN...



1. REDUCES RISK OF HEART DISEASE

Meat clogs up arteries to stop blood getting to the heart.

Salads don't.



2. HELPS YOU LOSE WEIGHT

Because of the fat they have in them, meat puts weight on a person's body.

Salads don't.



3. COMPASSION FOR ANIMALS

Meat comes from animals.

Salads don't.



4. BEING VEGETARIAN WOULD HELP END WORLD HUNGER

The animals that the meat comes from need loads of food to be fattened up. Salads don't. That food could go to people who need it.



5. BEING VEGETARIAN SETS A GOOD EXAMPLE TO THE YOUNGER GENERATION

By seeing adults refusing to eat meat, kids may do the same and could adopt a healthy lifestyle, seriously reducing the risk of heart disease and cancer later in life. While feeding little ones meat is quick and easy, it can create a detrimental effect on their health.

Salads don't.



What are the benefits of a clean diet?

We live in a fast paced environment, which spoiled us when it comes to eating. We are always on the go and society has made it a norm to eat on the go. About half of your day is spent in your vehicle, and well you also get hungry. It is now so easy to order food without having to get off your car and just eat it on the go. Have you stopped and asked yourself what really goes into all of these foods? Like they say, "you are what you eat". Sure we make healthier choices when we grocery shopping, but are they really a healthy choice?

It is so easy to fall off the wagon and start "next Monday" with the clean eating, is it worth the risk of waiting? Why not start now? Nowadays, we have so many options to transition into a healthy clean diet. Organic fruits, vegetables, and pastas are now a choice.

No one tells us the risks of eating veggies and fruits that are exposed to pesticides, the effects it can have in your organs nor the permanent damage something so minimal can do. They might be a little more expensive when purchasing but in the long run it will be cheaper for your health.

Veggie beef, veggie poultry and veggie fish are also part of this trend.

Farm animals are also fattened and exposed to chemicals while alive and dead. In order to maintain their shelf life, they must be put through a number of chemicals to preserve its shape, color, and texture.

One cannot quit a habit from one day to another, therefore we must slowly transition our minds and body into a healthier and cleaner lifestyle.

What are the benefits of a Clean Healthy Eating?

- Lowers the risks of Cancer
- Lowers risks of Diabetes
- Prevents (In some cases reverses) Heart disease
- Helps with Weight Loss
- Expands life expectancy
- Less animals are harmed every day.

MARTIAL ARTS FOR STUDENTS WITH ADHD

In ADHD, Benefits of Martial Arts, National

by SDSS October 31, 2016

STUDENTS WITH ADHD CAN BENEFIT GREATLY FROM THE MARTIAL ARTS.

If your child has ADHD, you know how challenging it is for them to succeed in school, in sports, and in many of the activities that come naturally to many of their peers. At the same time, you know how they need activity and a place to channel their energy more than most kids. The good news is, Martial Arts is often the perfect fit for their learning style, providing the individual attention they need and providing a place to channel their extra energy in a positive way.

If your child has been diagnosed with ADHD, you probably see any or all of the following challenges:

- 1 **Following directions.** This has become an issue for all children in today's media-saturated society, especially since most kids live 24/7 with mobile devices. For children with ADHD, the problem is far worse. They often miss multi-step directions, and even if they catch them, they lose focus and attention while trying to carry them out.
- 2 **Impulsivity.** Your child may sometimes act without thinking. That, combined with exceptionally high energy, creates challenges in the classroom, in the home, and everywhere in life.
- 3 **Inattention.** This one seems obvious, but in moments when you're trying to teach a child with ADHD, or help them learn to do things around the house or even teach them basic safety, it becomes apparent just how inattentive this disorder makes them.
- 4 **Low frustration tolerance.** Life is tough for a student with ADHD, and it becomes worse because they get lots of "you failed" messages in life. Children are not naturally patient, but there is an even lower threshold for kids with ADHD. This makes for an angst-ridden childhood experience.

The problem is, of course, that ADHD makes it even more challenging for the child to cope with these issues. It is just as challenging for the adults who care for them, whether it be parents, teachers, or relatives. Children with ADHD experience a greater degree of conflict in the home and at school. That leads to a growing cycle of frustration, depression, diminished self-esteem, and a lack of peace at home and in school. ADHD is brutal for everyone involved.

Doctors and Psychologists are still learning about this disorder, even today. As of this writing, there is no known "cure," but, there are many ways in which the martial arts can and will help your child be more successful.

- 1 **Social development:** Students learn values such as Self Discipline, Self Control, Respect, Honesty, and Patience in the martial arts. It is woven into any substantial martial arts experience. Kids learn that they can control their actions and behavior. It doesn't happen overnight, but as they study the martial arts, they learn personal accountability and responsibility.
- 2 **Emotional development:** Bit by bit, martial arts students discover strategies to control themselves, and not let their ADHD control them. They learn, through genuine accomplishment, that they are capable people who can do great things. When a child earns a new belt rank or wins an award at a competition, they re-discover how good a "win" feels. Particularly for kids with ADHD who may not have scored a "win" in a while, these genuine, real-world accomplishments help them discover that they can and will be successful in life if they work hard enough at it.
- 3 **Physical development:** Probably the greatest benefit to children with ADHD, the martial arts provides a highly focused outlet that is more than enough to handle their nearly limitless energy. More importantly, success in the martial arts requires focusing that energy in positive ways. students learn to use their whole body in every block and strike. They learn when to turn it "on" and "off." For a child whose internal "engine" is perpetually in high gear, this can be a game changer.

Martial arts vs. team sports

Martial arts has a distinct advantage over team sports for kids with ADHD. In the dojo, each student is on his or her journey toward black belt. The training is highly physical, and exhausting in the most positive way. Kung Fu training involves both individualized feedback and high-repetition, both of which are essential for someone trying to learn despite this disorder.

In a team sports setting, the fast pace of play requires a focus on multiple stimuli. Players have to focus on position, on the ball, on the goal, on the rest of their team, and on the movements of the opposition. For a child with ADHD, this is a Herculean task, leading to frustration or embarrassment. These high-energy kids often bring tremendous speed and energy to the game but are prone to high-profile errors during play because they just can't track the ball or know what to do next.

On the field or the court, kids with ADHD sometimes become "ball hogs," hanging onto the ball too long and trying to do everything by themselves. It appears as selfishness, but it's not. For a child with ADHD, they often don't pass the ball because they don't know where to send it. They, quite literally, cannot see the big picture. In games like baseball or softball, they're often the child who is fast enough to steal a base but is thrown out on a baserunning error because they couldn't track the flow of the game. For children who already has a tough time handling frustration, this can make team sports a negative experience.

Not so in the Martial Arts, where every child learns a small, discrete set of skills at one time, and practices those skills until they are mastered. They learn to focus and control their entire body. They learn to react to input successfully. They learn to spar in a safe environment and discover how to focus their body and mind completely in the moment. This is a life-changing experience for a child with ADHD. As they experience success in the dojo, they translate these lessons to other areas of life.

Small group and individual attention

This is probably the best reason to enroll a child with ADHD in the martial arts as soon as you can. Students receive a combination of small group, semi-private instruction, and group classes designed for their particular developmental level. This is the absolute best learning environment for students in general, but particularly for a child with ADHD. He or she is seen and known every single class. It is "preferential seating" of the highest order because each student receives positive and constructive feedback at consistent, short intervals. The class is fast-paced, highly physical, singularly focused, and changes at regular intervals. Each group class is designed to meet the developmental needs of that particular age level. This eliminates much of the frustration and makes learning fun.

Learning can be fun again

What a relief it will be when your child discovers that learning can be FUN once again. When school is tough, when there is drama at home, when there is conflict with peers, there always seems to be negative energy in the air. You'll watch your child laugh, smile, and feel good about himself or herself as she or he pours all that energy into something positive. They will engage in learning games, run high-energy drills, and push themselves to new limits. One day, take a picture of your child walking out of class and save it. When life brings its challenges, you'll discover that the dojo has become a place where your child can focus his or her energy and find the natural joy that comes with being a kid.

Not a cure, but a life changer

There are no snap "cures" for ADHD, but the Martial Arts can change your child's life for the better. Dramatically. Any parent of a child with ADHD will tell you that life with this disorder is a draining combination of love mixed with discipline, patience seasoned with accountability, and an absolute determination that your child will grow into a successful, happy adult. The martial arts can help you both rediscover and celebrate your child's many gifts. Your child will become himself or herself once again, as you enjoy taking the journey together.

Top Flu Fighters

From Nature's Medicine Chest

Apples

One apple has the immune-boosting antioxidant equivalent of 1,500 mg of vitamin C. Plus, apples are loaded with protective flavonoids, which may prevent heart disease and cancer.



Strawberries, Raspberries & Blueberries

Nature's answer to a vitamin pill. Berries help keep you healthier with loads of vitamin C, a cell-protecting antioxidant and immune booster.



Grapefruit

Not only is grapefruit loaded with vitamin C, it also contains natural compounds called limonoids, which can lower cholesterol. The red varieties are a potent source of the cancer-fighting substance lycopene.

Cranberries

One serving of cranberries has the same amount of vitamin C found in broccoli. Cranberries are a natural probiotic, enhancing the body's good bacteria levels and protecting it from foodborne illnesses.

Fresh Ginger Root

Ginger contains gingerol, a natural plant compound that can help fight off infection.



Garlic

The compounds found in garlic have been shown to kill viruses—making us almost three times less likely to get sick. Plus, fresh garlic has more immune-boosting potential than cooked, so to increase the health benefit, add a clove of fresh minced garlic at the end of cooking.

Papayas

A cold-fighting super hero, papaya is packed with 250% of the RDA for vitamin C. Plus, the combination of beta-carotene with vitamins C and E in papaya reduces inflammation throughout the body and can lessen the effects of asthma.



Mangoes

Originally from India, mangoes have been an immune system booster for more than four thousand years. One small mango provides a quarter of your recommended daily allowance for vitamin C, plus vitamins A, E, K and fiber.



Oranges, Clementines & Lemons

A delicious way to increase vitamin C. Make fresh squeezed orange juice, add clementine sections to salads and add lemon to tea.

Sweet Red Peppers

Gram for gram, red bell peppers have twice as much immune-enhancing vitamin C as an orange. Vitamin C is an essential weapon in your flu-fighting food arsenal—it can decrease the duration of a cold by 80 percent and the severity of symptoms like sniffles and cough.



Sweet Potatoes

Sweet potatoes boost the immune system with generous amounts of beta-carotene. Beta-carotene—the vitamin that gives sweet potatoes their orange pigment—converts to vitamin A in the body, which research shows can help fight respiratory infections.



Broccoli, Spinach & Red Onions

Broccoli, spinach and red onions contain high levels of quercetin, a highly potent flu fighter. The best food for quercetin? Red onions. Eat them raw and you'll receive four times the amount found in other produce.



1 Orange
(vitamin C)



1 sprig Oregano
(anti-bacterial,
reduces cough)



1 sprig Parsley
(vitamin C, anti-
bacterial, anti-
inflammatory)



1/4 Lemon
(vitamin C, boosts
immune system)



pinch Turmeric
(antimicrobial)



1tsp Gubinge/Camu Camu
(highest source of vitamin C
on the planet - 60x > than
oranges)



1/2 clove Garlic
(anti-bacterial)



1 Carrot
(beta-carotene
enhances immunity)

1cm Ginger
(anti-viral)



1 stalk Celery
(anti-inflammatory)



FLU SHOT

begoodorganics.com

Flu-fighting Foods



Ginseng Root

Strawberries



Cinnamon

Raw Honey



Cayenne pepper

Raw garlic



Turmeric

spinach



Berries

Onions



Cloves

Ginger



rawforbeauty.com