

Q-100 Society Newsletter

Plant • Physical • Purpose

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Q-100 "Physical Team" Race Report

Dear Q-100 members:

Well, we did it. On March 24, 2013, I finished the Oro Valley Half Marathon in 2 hours 9 minutes, (my personal best was 1 hour 49 minutes at last December's Tucson half marathon).

I ran at a slower pace than I wanted because I put in a seven mile run before the half marathon began to meet my personal goal of running one single 20.2 miles by the end of March. By the time the race began, I developed a bad cramp in my left calf. It took me about a half-mile walk/jog before I could pick up the pace and I was never able to run at my normal



8.5- to 9-minute per mile pace. This taught me a lesson; I should not take a long break between long distance runs.

Member Stoney finished his quarter marathon in 1 hour and 42 minutes. He plans to go after the Tucson half marathon in

December 2013 while I am going after my first marathon.

I hope we can inspire a few more fellow members to join us for the race in December.

Q-100 Society Mission:

This is a patient-based support group under guidance of Steve Liu, a Tucson-based Licensed Acupuncturist. We practice Steve's 3-P Triad Principles: Eat Plants. Get Physical. Have Purpose. Our goal is to live 100 years old with quality of life. No medications. No chronic diseases.

Q-100 Group Event

I propose that we form a routine hiking event for our group. Once a month, we'll meet every last Sunday of the month at the trail head parking lot in the Catalina State Park for a hike. There is a very mild, two-mile loop trail that I'd like to do for our first hiking event.

The date and time of our hike will be **Sunday, April 28, 2013, beginning at 7:00 a.m.** I will lead the group and we should be done by 8 a.m. Please bring your family members and friends for a good heart-healthy walk in one of the most beautiful parks nature has to offer.

Catalina State Park is located at 11570 N. Oracle Road.

Park Entrance Fees:
Per Vehicle (1-4 Adults): \$7.00
Individual/Bicycle: \$3.00. Annual Pass is available at price \$75.00 (+ \$5 handling). Please visit <http://azstateparks.com/parks/CA/TA/index.html> for driving directions and additional information.

April Q-100 Meeting

The next Q-100 meeting will be held on **Friday, April 26, 2013 from 5 p.m. to 6 p.m.** at my clinic, 6812 N Oracle Road, Ste 130.

The HanLing clinic is located on the east side of Oracle Road, between Ina and Orange Grove.

At this meeting, we will

have our first potluck social. The theme is tofu. Everyone can bring his/her favorite tofu dish along with the recipe to exchange.

I will also give a demo of my tofu cooking skills and a short lecture on the history of tofu and its role in Asian culture and Buddhism.

It will be a fun night and perfect chance to meet with fellow members. Please call my clinic (520) 878-8116 to let me know how many of you are coming.

"Your work is to discover your work and then with all your heart to give yourself to it."

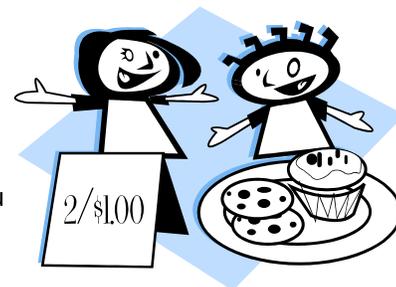
-Buddha

Worldwide Vegan Bake Sale Saturday, April 20, 2013

Healthy You Network is participating in this event which will be held from 10 a.m. - 3 p.m., at Our Saviors' Lutheran Church, 1200 N. Campbell Ave., Tucson.

Healthy You will honor all animals by donating the proceeds to The Humane Society of Southern Arizona. Join them for some of the most delicious cookies, brownies, bars, cakes, pies, cupcakes, and muffins you have ever eaten!

You can call 520-275-7999 for more information.



Third Annual Healthy You Network Symposium, May 4-5

This year's event will be held at the DoubleTree by Hilton Reid Park.

The cost of the symposium is \$150, which includes a whole food, plant-based lunch each day. Reservations for this event must be made by April 29th, and there will be no refunds after April 1. Reservations will be accepted until April 29th unless the event is sold out prior to that date. Also, they cannot accommodate any children under 12.

The symposium will begin Saturday, May 4th at 8 a.m. until 5:30 p.m., with registration beginning 7 a.m. to 8 a.m. and on Sunday, May 5th from 8:15 a.m. to 5:30 p.m.

Please visit <http://healthyyounetwork.org/> for more information.

World Tai Qi Day: Healthy Eating & Living

The World Tai Chi event will be held on **Saturday, April 20, from 10AM -2PM** at Chinese Culture Center, 1288 W. River Road. The focus this year will be *Eating and Living Healthy "Asian Style"*. Many styles of Tai Qi will be demonstrated in the Main Hall and so as cooking demos from Chef Wanda of Harvest Moon. In the Library there will be series of lectures on health and Asian cooking. I will be giving a half-hour talk on the link between cancer and emotions between 1:30 and 2 pm. There will be health screening and Chinese calligraphy demos in the Main Lobby.

Latest Health News: Carnitine, substance in red meat, another cardiovascular health risk

Thanks to member Rachel for the submission of this health news. Remember in 2012 Harvard School of Public Health released a study on the link between the consumption of red meat and "premature death"? The study was based on the eating habits and health of more than 110,000 Americans over 20 years and proved undisputedly the danger of consuming red meat. I remember in the report the researchers mentioned that they were not clear why the red meat was so much worse than white meat. This news solved that puzzle partially.

Researchers now found a substance in red meat called carnitine, and as bacteria in the gut break it down, it turns into compound known to harden arteries, according to a study published on April 7, 2013, in the journal *Nature Medicine*. What's more, people who eat a lot meat allow more of the bacteria that convert carnitine to the harmful compound to grow, increasing the heart-damaging effect.

"The bacteria living in our digestive tracts are dictated by our long-term dietary patterns," said study author Stanley Hazen, the section head of Preventive Cardiology and Rehabilitation at Cleveland Clinic, in a statement. "A diet high in carnitine actually shifts our gut microbe composition to those that like carnitine, making meat eaters even more susceptible."

New Q-100 Society Event Coordinator

Hello everyone, my name is Lyla and I am a current patient of Steve's. He recently asked that I help to assist in creating a newsletter for the Q-100 Society. I am very excited about the prospect of working with Steve to put together a source of valuable information (along with some fun too), that will benefit us all. I plan to attend the April 26th Q-100 meeting and will be bringing a delicious tofu dip. I look forward to meeting you all. Hope to see you there!