



*“Live 100 years old with quality of life.
No chronic diseases.
No pills.”*

Eat Plants • Get Physical • Have Purpose

Q-100 Society
www.q-100.org

INSIDE THIS ISSUE:

My Trip to Germany	1
Q-100 Website	2
Healthy You Events	2
Q-100 Group Events	3
Farro	3
Longevity Quotient	3

Dear Q-100 members:

Last week I went to Germany to attend 8th International Congress for Medical Laser Applications and give a presentation on my clinical treatment of soft tissue injury and arthritis in the knee. The conference was sponsored by a professional organization called International Society for Medical Laser Applications (ISLA), which I am a member. Germany currently is in the forefront of research and development of low-level laser therapy in applications as diverse as cancer and acupuncture. My impression from the Congress, especially in the areas of laser and laser acupuncture research, with all puns intended, U.S. is “light years” behind Germany.

At the conference, Dr. Michael Weber of Weber Medical, from whom I bought my laser acupuncture system in 2010, unveiled his brand new 2-story, 10-room medical facility dedicated to laser acupuncture therapy. He received a grant of half of million Euros in the last 10 years from German government and the EU to develop the laser acupuncture system and open this clinic and he did not need to pay them back a dime. I also visited a German anesthesiologist, Dr. Volkmar Kreisel, who opened an alternative medical clinic near the city of Stuttgart, using acupuncture and laser acupuncture to help patients with pain, stroke, and macular degeneration. My wife Wen and I observed him treating patients in his 6-room clinic. Every room is equipped with a computerized laser acupuncture system and the systems were from three different German manufacturers. This is exciting time in my career as a former laser engineer and an acupuncturist who can utilize the best of both worlds, ancient wisdom of Chinese acupuncture and modern science of laser, to help my patients.

While we traveled I couldn't help but wonder why I did not see many overweight and obese Germans despite the fact that they eat pretty much like Americans and some. We all know Germans love their sausages and beers, but they all looked pretty slim to me. I think it's because they move a lot more than us judging from seeing many Germans on their feet and bicycles. It's pretty common to see a man or woman in office suit riding bicycle or catching a train to work. So remember Q-100 members, please keep moving, stay on the “vegan wagon” and stay close to your loved ones, and then the quality of life is clearly ahead in your longevity path!

Healthy You!

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 Society Website

Q-100 Society has a new website!

Completion and release of the site collimates efforts in promoting better health for me and my patients through better eating, exercising more, and having some purpose in life. By October 2013, it will be three years in the making and the Society now has more than 200 members as of this month. Please forward the site's address www.q-100.org to your relatives, friends, neighbors, or anyone you think of that will benefit from the information presented in this site. There is no membership fee and members receive monthly newsletter and past presentations. However, non-members will need to sign up online to become a member before they will be given a password to access the archived newsletters and presentations. So please keep the password to yourself so I can achieve a lifetime goal of having 1 million members by the time I reach 100 years old. If you receive this newsletter then you're already a member. You can use the password, "q1004ever" to access the "Newsletter" and "Presentations" boxes in the Home Page.

In the "My Story" box I posted a personal story of what I called "journey." Without the passing of my beloved sister, I could have never embarked on this journey. Many of you have told me how much I have touched and changed your lives for the better, but I only have my sister to thank. This October is 3-year anniversary of her passing and also the third birthday of our Society. I see the experience as a perpetual cycle of life in which a death leads to a birth. This October I hope you all will join me for a joyous Society birthday party. The details of this party and other upcoming events are posted in "Calendar of Events" box. I also encourage you read some books I posted in the "Book and Publications" box and there is a link in the page to Amazon's site to purchase these books.

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

-Hippocrates

Upcoming Healthy You Network Events

Healthy You Network has three upcoming events.

- Free movie screening of "Peaceable Kingdom," a Tucson Premier at The Loft Theater, 3233 E. Speedway Blvd on July 23rd at 7 pm.
- "Your Health, Your Planet" at the Fox Theater, Saturday, September 21, 9 am to 5 pm. Guest speakers include cookbook author Colleen Patrick-Goudreau, as well as Dr. Michael Greger, an outstanding speaker and the mastermind behind NutritionFacts.org. **Registration for this event begins June 15th!** The cost is \$35.
- 2013 VegFest Tucson at Hilton Tucson East, Sunday, November 17, 10 am to 5 pm. Rory Freedman, author of the runaway best-seller *The Skinny Bitch*, will be a featured speaker, as well as vegan bodybuilder Robert Cheeke. This is a free event.

Check out www.HealthyYouNetwork.org for more details.

Q-100 Group Events

Q-100 Night-Out:

Tuesday, July 23rd 2013, we will meet for dinner at 5 pm at Lovin' Spoonfuls Vegetarian Restaurant, 2990 N Campbell Ave then at 7 pm we will travel to the Loft Theater located at 3233 E. Speedway Blvd to see the movie, "Peaceable Kingdom." This is a special Tucson premier event and there will be a Q and A session after the movie conducted by the filmmakers. Please email member Dave (robert.otanez@yahoo.com) for RSVP. We need headcount for dinner reservation by July 21st, Sunday.

Q-100 Hiking:

The next hiking event that will be held 6:00 am, Sunday July 28, at the Catalina State Park trail head parking lot. Member Dave will lead the group since I will be out of town that morning. 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/CATA/index.html> for driving directions and additional information.

Tasty Grain - Farro

If you love grains and haven't tried farro, you're in for a nutty-tasting treat. Member Olive introduced me to this wheat grain I had never heard of or tried before. Grown in Italy, farro is a pure form of wheat with the husk intact. It's been a staple in the Mediterranean diet for centuries, and its satisfyingly firm, chewy texture makes it incredibly versatile. It can be used in salads, soups, sides and risotto-type dishes; it's easy to prepare and cooks relatively quickly. First rinse the grain and then place 1 cup of grain with at least 3 cups of water. Bring to a low boil for 15 minutes or until "al dente" or chewy. You can Google for recipes and can find it at Costco and Whole Foods.



What's Your Longevity Quotient? (Source: Prevention, July 2013)

A new UK research report analyzing the long-term impact of common habits showed how they can shorten or extend our life span. (Steve's comment: No surprises with the research results, but personally I'd replace coffee with green tea)

Add Years	Deduct Years
Drinking 2-3 cups of coffee a day: +0.9	Smoking a pack of cigarettes a day: -7.3
Eating 5+ servings of produce a day: +2.7	Eating a burger (or any red meat) a day: -1.2
Exercising 20 minutes a day: +1.9	Being about 11 pounds overweight: -0.9
Exercising an additional 40 minutes a day: +0.5	Watching 2 hours of TV a day: -0.8
Having 1 alcoholic drink a day: +0.9	Having more than 1 drink a day (multiply by how many): -1.1
Total: +6.9 years	Total: -11.3 years