



*“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

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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.

Dear Q-100 members:

Well, I did it; I finally accomplished my first marathon run (26.2 miles) on Memorial Day, May 29th.

I set out to do a 22.2-mile distance training run that morning and on my return split around the 16 mile mark, I began to think whether I should do four more miles and be done with my first marathon run. While my body was telling me no, but my mind was saying otherwise.

I thought about what my ex-Marine running coach, Butch, once told me, he said that if I could do 22 then for the last four miles I simply had to “suck it up”. So I went for it. I took a left turn opposite to homing direction and ran an extra 4 miles to yield a total of 26.2 miles – the marathon distance!

I was glad I had my hydration backpack and snacks with me, and boy did I need them! The Tucson summer sun was beating down on me, the air temperature over the paved roads by Tangerine was getting close to 80° F. I had already been running over three hours since 4 am by the time I completed 14 miles. I finally made it home by 9 am. Exhausted and dehydrated I crashed on the floor and laid there not moving for the next 10 minutes. But you should see the grin on my face because I was thinking: “I am now a marathoner!”

One down and 99 more to go before I reach my 100th birthday! Please take note - The 100th marathon will be on my 100th birthday! – Steve Liu

Upcoming Healthy You Network Events

Healthy You Network has two upcoming events. ***Your Planet, Your Health*** will take place on September 21st at the Fox Tucson Theatre. 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!**

On November 17th, they’re presenting the first-ever ***VegFest Tucson***. Rory Freedman, author of the runaway best-seller *The Skinny Bitch*, will be a featured speaker, as well as vegan bodybuilder Robert Cheeke.

Check out www.HealthyYouNetwork.org for more details.

Healthy You Network Symposium Re-cap

Last month at the Healthy You Network's Symposium there were over 400 people in attendance for the two day seminar and many of you were there too.

At my booth, I revealed the new Q-100 Society banner (designed by member Karen), which also became the banner for the June's newsletter as well as the new Q-100 website, which will be ready in July.

The Symposium featured 10 prominent speakers, which included giants in the plant-based nutrition community like, Dr. T. Colin Campbell and Dr. John McDougall. I'm currently reading Dr. Campbell's new book,

'Whole' and I simply love it.

At 80-years old, Dr. Campbell is not shy about disclosing the truths. He talks about how Americans' understanding of nutrition and health has gotten off track and what we can do to get it right. Dr. McDougall was such a convincing speaker, he explained that eating starch is not the problem with our diets, but it is in fact, fats and animal protein that are contributing to the demise of health in this country.

The highlight of the Symposium was meeting Scott Jurek, who is the world's foremost ultra-marathoner and Ultimate Fighter champion, James Wilks. These two men are some of the best athletes in

the world and they are vegans.

When Scott was signing my book, he took a photo of my "100th-marathon-on-100th-birthday" plan when I told him this was what I intended to do.

During his presentation, James showed a video in which he interviewed his German friend who was regarded as the strongest man in the world. This gentleman once lifted a 400-pound steel pipe over his head! When James asked him what he'd say to men who still believe in eating animal protein for building muscle, the man looked directly into the camera and said, "This is the same as believing that eating animal brains will make you smarter!" I just love this analogy and I hope you can use this line to tell anyone who still believes the protein-muscle myth.

"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet".

-Albert Einstein

Q-100 Memory Lane



May 19, 2013 Q-100 Night-out at the Loft Theater after a dinner at the Blue Willow



May 4 – 5, 2013 Q-100 member group photo at Healthy You Network Symposium

Professional Corner – Introducing Member Lettie Holton

Lettie Holton is a Therapeutic Exercise & Movement Coach who possesses multiple fitness certifications, from water exercise, older adult fitness, healthy eating and nutrition certification, Pilates, gentle yoga, kickboxing, healthy lifestyles, weightlifting, Silver Sneakers and others too numerous to mention.

Lettie is available for encouragement; support and assistance in helping you attain the best shape of your life. Lettie is available for comments, suggestions and questions. Lettie can be reached at 520.270.1066. You can also visit her website: <http://www.coachinglifetucson.com/>



Lettie & Steve, May 2013



Lettie, Wild Burro Trail Run Spring, 2011

Q-100 Group Event



Don't forget to come join "the tribe" for the next hiking event that will be held

6:00 am, Sunday June 23, meet at Catalina State Park trail head parking. Be sure to bring your family members and friends for a good heart-healthy walk.

NOTE: Usually this walk happens on every last Sunday of the month. But this month last Sunday the 30th I will be in Germany so I moved the date to a week earlier. Please take a note and see you there.

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.