

Q-100 Society White Paper

July 1, 2013

Founder: Steve Liu, L.Ac. (Licensed Acupuncturist), BSEE (Bachelor of Science in Electrical Engineering)

Founding Date: October 10, 2010

Founding City: Tucson, Arizona, USA

Mission Statement: **Live 100 years old with quality of life. No chronic diseases. No pills.**

Society Triad Principle: **Eat plants. Get physical. Have purpose.**

Contact Person: Steve Liu, L.Ac. (520) 878-8116

Society Website Address: www.Q-100.org

Society Facebook Address: www.facebook.com/q100society

Triad Principle for Longevity with Quality of Life

- **Eat Plants:** First practice 50/50 *plant-friendly* diet – at least 50% of meals are 100% plant-based. Then go for 80/20 *plant-slant* diet – at least 80% of meals are 100% plant-based. That is at least 16 meals a week contain nothing but foods from the following four food groups only: vegetables, fruits, beans, and grains. No more than 5 meals a week with minimal animal products and keep them as organic as possible. Society target: 100/0 *plant-perfect* diet. No food intakes contain any animal flesh or its by-products for the rest of life. Plant-perfect diet makes perfect sense to the health of human body and the eco-health of planet earth.
- **Get Physical:** To start, simply move. Any movement or exercise, 2 days a week, will do. Then go for 4 days a week with 2 days in aerobic. Society target: 6 days a week - 2 days with fitness training and 4 days with aerobic exercise - for the rest of life. Moving heals, sitting kills.
- **Have Purpose:** Social networking and love yield purposes in life. Belong to health-minded groups. Surround yourself with people you love and people who love you. Society target: Participate the Society's monthly activities and meet with other members. Love people, love life, love your work, love your spouse and friends, be a kind and good person and longevity with quality of life is all but assured.

Steve Liu, L.Ac., HanLing Acupuncture Healing Center, Inc.

6812 N Oracle Road, STE 130, Tucson, Arizona 85704

520.878.8116 / www.hlahc.com / info@hlahc.com