

JADE Buddha



1971 Queen St. E. #208, Toronto, ON

647-258-7469

www.cmacbeaches.com

West Camp Highlights Inside



2012
Year of the Dragon

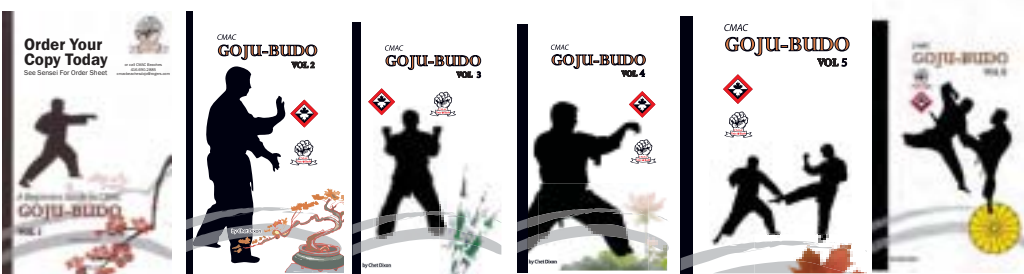
Head West this summer for the CMAC West Camp
Go to breath taking Waterton International Glacier Park
August 24-26



INSIDE THE JADE BUDDHA

Sensei's Note	2
Training Tip	2
Grading Results	2
Events Calendar	3
West Camp Highlights	3
More Pics	4
Cancer Update	5
Cancer feeds on	6
Spear and Broadsword	7
Blue Berries	8

Get the CMAC Book Series Book 6 now available



In Life you get what you give.

Beaches Newsletter

Sensei's Note

Wow what a summer! Now back to reality. I like that we have the seasons, there are times to go hard and times to chill out, just like the style of Karate we train Goju Ryu, hard soft style.

I think this summer was the best one ever, training in the park, weekends off, and the West Camp totally rocked! We had been working the Spear, Broadsword, 8 Gates, 5 Fists and Dragon Bagwa pretty good all summer so by the time we got out west the seminar was finely tuned.

We had a good size group, and Senpai and Sava were crucial to the ease and success of such a smooth running seminar, so thank you very much for making the effort to get there.

The weather was over the top fantastic, sunny and warm for the whole weekend, even the wind died right down to nothing and the lake was calm, which in all the time I've been going has never happened.

To finish it off we had a black belt grading for Casey which was very cool, and lastly we all got together for Anna Tisdall's Birthday party. So all in all just a fantastic time, Thank You Sensei Thankachen for hosting the whole event.

Training Tip

Understand that training is a privilege and not a right! When you come to the dojo, respect it, and those inside it!

Respect seems to be a thing that is lost on people these days, so many demand it first before they give it. The colour belts that the students wear indicates that they have achieved a certain amount of success and that advancement should be recognized.

The other side of that is, demanding respect is kind of un-cool. People will get it in time, bossing everyone around is Sensei's job, so if you're leading a group try not to let it go to your head.

When a student reaches Black Belt we refer to them a Mr. Miss. Ms. Senpai or Sensei and their last name. Currently we have one Senpai - Senpai Tisdall, (Senpai) translates into Second In Command or 2IC.

When I opened up in Pickering 22 years ago I was a Senpai for two years before being promoted to Sensei. A Senpai is under the watchful eye of the head Sensei and that never stops, even after the promotion.

Sensei DeQuetteville and Sensei Titus are running their own schools and have been doing so for many years. Sensei Titus was Senpai for a good 10 years before he was promoted to Sensei. Each promotion is as unique as the student and up to the Sensei.

Beaches Grading Results

June 16 2012

Yellow Belt

Sage Clarke
Nicholas Stevenson

Orange Belt

Jacob Fromer
Nolan Warfield
Ryan Dynes
Andrew Waslen
Oliver Fernandez

Green Belt

Dave Walters

Blue Belt

Anne Vos
Ricky Reidstra

Next Grading

September 15 2012



Worry does not take away tomorrow's troubles, it takes away from today's peace.

BEACHES EVENTS

September

- 1-3 Labour day long weekend
Dojo closed
- 4 Dojo open for the Full schedule
- 15 Kyu Belt Grading

October

- 8 Thanksgiving long weekend
- 20 Kyu Belt Grading
- 28 CMAC Black Belt Grading

November

No Kyu belt grading

December

- 1 Kyu belt grading
- 24 Christmas holidays 24-31

CMAC West Camp Highlights

I'll be brief and let the pictures do most of the talking. The Host, weather, students and the training were fantastic! Another Canadian Adventure that will live in people's hearts for ages, Thanks for being part of it.



All things are temporary. If going well, enjoy it, they will not last forever. If not going well, don't worry, they can't last either.

CMAC West Camp



All things are difficult before they are easy.

Cancer Update

Johns Hopkins Update - This is an extremely good article. Everyone should read it.

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO TRY ('TRY', BEING THE KEY WORD) TO ELIMINATE CANCER, JOHNS HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY .

Cancer Update from Johns Hopkins:

1. Every person has cancer cells in the body..These cancer cells do not show up in the standard tests until they have multiplied to a few billion.When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to genetic, but also to environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Cancer food advice on page 6.

Your body is a temple, keep it clean - mind, body and spirit.

CANCER CELLS FEED ON:

a. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful (a key ingredient in diet sodas). A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in color Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little other meat, like chicken. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most-vegetables including be an sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C)..

e. Avoid coffee, tea, and chocolate, which have high caffeine Green tea is a better alternative and has cancer fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells.. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, un-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

1. No plastic containers in micro.

2. No water bottles in freezer.

3. No plastic wrap in microwave

Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.

Spear and Broad Sword Seminar

The spear and broad sword seminar at the park was another banner day of training outside. I'm thinking we should have a couple more before the snow falls, one in September and the last one in October. We started at 11am and finished at 2pm, a solid 3 hours of weapons in the park, so awesome. Those that came out to the last one almost have the first spear form down. The broad sword was a little too much for those that have never seen it before, but for those that have been working it for a year or so are really starting to get it. See you at the next one.



Confidence and encouragement will increase the numbers of any cause.

Blue Berries

In terms of U.S. fruit consumption, blueberries rank only second to strawberries in popularity of berries. Blueberries are not only popular, but also repeatedly ranked in the U.S. diet as having one of the highest antioxidant capacities among all fruits, vegetables, spices and seasonings. Antioxidants are essential to optimizing health by helping to combat the free radicals that can damage cellular structures as well as DNA. We recommend enjoying raw blueberries — rather than relying upon blueberries incorporated into baked desserts — because, like other fruits, raw blueberries provide you with the best flavor and the greatest nutritional benefits.



As one of the few fruits native to North America, blueberries have been enjoyed by Native Americans for hundreds of years. They have also enjoyed great popularity around the world in cuisines from Asia to the Mediterranean.

- After many years of research on blueberry antioxidants and their potential benefits for the nervous system and for brain health, there is exciting new evidence that blueberries can improve memory. In a study involving older adults (with an average age of 76 years), 12 weeks of daily blueberry consumption was enough to improve scores on two different tests of cognitive function including memory. While participants in the study consumed blueberries in the form of juice, three-quarters of a pound of blueberries were used to make each cup of juice. As participants consumed between 2 to 2-1/2 cups each day, the participants actually received a very plentiful amount of berries. The authors of this study were encouraged by the results and suggested that blueberries might turn out to be beneficial not only for improvement of memory, but for slowing down or postponing the onset of other cognitive problems frequently associated with aging.
- New studies make it clear that we can freeze blueberries without doing damage to their delicate anthocyanin antioxidants. There's no question about the delicate nature of many antioxidant nutrients found in blueberries. These antioxidants include many different types of anthocyanins, the colorful pigments that give many foods their wonderful shades of blue, purple, and red. After freezing blueberries at temperatures of 0°F (-17°C) or lower for periods of time between 3-6 months, researchers have discovered no significant lowering of overall antioxidant capacity or anthocyanin concentrations. Anthocyanins studied have included malvidins, delphinidins, pelargonidins, cyanidins, and peonidins. These findings are great news for anyone who grows, buys, or picks fresh berries in season and wants to enjoy them year round. They are also great news for anyone who has restricted access to fresh blueberries but can find them in the freezer section of the market.
- Berries in general are considered low in terms of their glycemic index (GI). GI is a common way of identifying the potential impact of a food on our blood sugar level once we've consumed and digested that food. In general, foods with a GI of 50 or below are considered "low" in terms of their glycemic index value. When compared to other berries, blueberries are not particularly low in terms of their GI. Studies show the GI for blueberries as falling somewhere in the range of 40-53, with berries like blackberries, raspberries, and strawberries repeatedly scoring closer to 30 than to 40. However, a recent study that included blueberries as a low-GI fruit has found that blueberries, along with other berries, clearly have a favorable impact on blood sugar regulation in persons already diagnosed with type 2 diabetes. Participants in the study who consumed at last 3 servings of low-GI fruits per day (including blueberries) saw significant improvement in their regulation of blood sugar over a three-month period of time. (Their blood levels of glycosylated hemoglobin, or HgA1C were used as the standard of measurement in this study.) It's great to see blueberries providing these clear health benefits for blood sugar regulation!