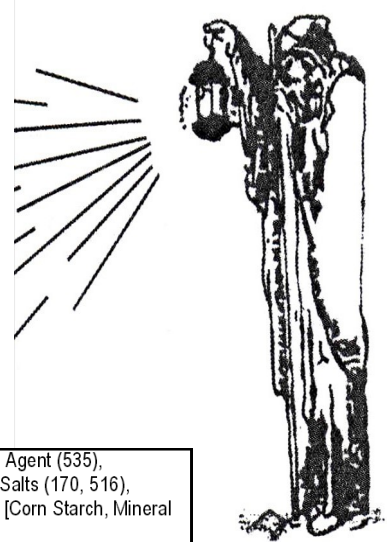


Timaru Dojo 40th year

Birthdays

Jun Shihan Sandra April 21st
 Sei Shi John 82 June 27th
 Hanshi Kenzie July 26th

Matter Follows
 consciousness
 in all forms



Big Mac	BIG MAC BUN: Wheat Flour, Water, Sugar, Canola Oil [Food Acid (330)], Yeast, Iodised Salt [Anticaking Agent (535), Potassium Iodate], Sesame Seeds, Dough Conditioner [Soy Flour, Emulsifiers (471, 472e, 481), Mineral Salts (170, 516), Wheat Flour, Enzymes (1100, 1101, 1104, Xylanase), Antioxidant (300), Dextrin], Flour Treatment Agent [Corn Starch, Mineral Salts (341, 516, 460, 500, 470), Enzyme (1101)], Preservative (262), Malt Flour . BEEF: Beef (100%) LETTUCE: Iceberg Lettuce BIG MAC SAUCE: Soybean Oil (Antioxidant (330)), Water, Relish [Pickles, High Fructose Corn Syrup, Sugar, Distilled Vinegar, Preservative (202), Thickener (415), Natural Flavourings], Mustard [Water, Distilled Vinegar, Mustard Seed, Salt, Sugar, Colours (150d, 100), Spice], Salted Egg Yolks, Distilled Vinegar, Onion, Thickeners (1442, 415, 405), Spices, Sugar, Salt, Hydrolyzed Protein (Corn Gluten, Soy , Wheat Gluten), Preservative (211), Colours (160c, 150d, 100), Emulsifier (433), Garlic, Antioxidant (385). CHEESE SLICE: Cheese [Milk, Salt, Starter Cultures, Enzyme (Animal or Microbial Rennet)], Water, Milk Solids, Non Fat Milk Solids, Emulsifiers (331, 332), Flavour, Salt, Acidity Regulator (260, 330), Soy Lecithin, Colours (160b, 160c), Preservative (200). PICKLE: Gherkins, Water, Acidity Regulator (260), Salt, Flavour, Firming Agent (509), Preservative (211) ONION: Water, Dehydrated White Onion <i>Contains egg, gluten, milk, soy and sesame seeds.</i> <i>Note: Beef patty seasoned on grill. Seasoning: Salt, Pepper, Soy Oil.</i>
Good For You ?	

Myth #5 Beer causes a beer belly

Fact Moderate beer consumption poses no serious threat to your belly

It seems that whoever coined the phrase "beer belly" had a vendetta against beer. "Excess kilojoules from beer are no more likely to contribute to weight gain than excess kilojoules from anything else" says sports scientist and personal trainer Christian Finn.

In a 2011 review of 31 studies, researchers concluded that only binge drinking was associated with weight gain. Moderate alcohol use appeared benign and some studies even found that moderate drinkers were thinner on average, regardless of preferred beverage.

Still worried about beers carbohydrates? Fine, but worry with perspective: a typical bottle of beer has a carb load similar to a glass of wine - roughly 10-20 grams - and it also contains roughly 2.5g of barley-derived fibre. That puts beer on par with a slice of wholegrain bread. In the world of vices, that's more Bindi Irwin than Amy Whitehouse.

A.G.M

The Annual General Metting was held on Tuesday 9th June. Attending were 1st kyu's Tim, Anthea and Jo. Sei Shihan Michael, Jun Shihan Sandra, Sensei David, Laura and Jevon. Jun Shihan Sandra read the minutes and was second by Sensei David. Thing brought up were more posters (getting made) and more students, Coxys rent staying the same and general tidying up at the dojo inside and out. The meeting finished early and was successful in all events.
 "OSU"

Midwinter

Saturday 20th had a good turnout of students for the morning session, which was followed by Pams Yoga come Shiatsu down in partners.

2.30 and Black belts from Timaru, Temuka, Geraldine, and Dunedin are there to witness Christine, Peter, Gisell and Michelle Senpias go for their Nidan grading. After over 2 ½ hours of Black belt matrail they were successful in becoming Nidans, the grading was taken by Sei Shihan Michael. Good to see so many Black belts present.

Sunday Black belts are at the Dojo at 7am and going through Kata plus line work, beginning with a warm up of skip-ping. 8.30 we met up with Kyu grades at the bay for a quick run along the beach. We then split up into groups and finally we made it into the sea up to our chest punching back out we join hands and do mae geris.

At the Dojo we all enjoy Pams Special soup and garlic bread. All in all _____ Students from Timaru, Temuka, Geraldine and Dunedin took part over the weekend.

Well done everyone.

“OSU”



“Not all headaches are produced by mineral imbalances, but we now know that 50-60% of migraines are magnesium-linked. And that’s probably why there is no prescription therapy on the market”

THREE THINGS YOU NEED TO KNOW ABOUT MAGNESIUM AND ASTHMA

1. Research shows that many patients asthma and other bronchial diseases have low magnesium.
2. Many drugs used in the treatment of asthma cause a loss of magnesium, only making symptoms worse.
3. Patients treated with simple magnesium supplementation report marked improvement in their symptoms.

SUPPLEMENTS FOR ASTHMA

First Line of Treatment:

ReMag:(Picometer-ionic)150 mg 2-3 times a day and/or

magnesium citrate: 300 mg twice a day

ReLyte Mineral solution. Dosage: ½ tsp three times a day

Vitamin B complex: 2 per day. Food-based, grown by nature

Second Line of Treatment to be added to the above if necessary:

Vitamin B₆: 25 mg twice daily

Pantothenic acid: 500 mg daily

Vitamin C: 1-2 g daily

Vitamin E as mixed tocopherols: 400 IU daily

Quercetin (a bioflavonoid): 500 mg three times a day

Flaxseed oil: 1-2 Tbsp daily

Hydrochloric acid: 5 grains, one tablet per day at the end of a meal, increasing to one with each meal

Probiotics: Prescript-Assist, 1 per day at night



Senpia Kerensa off to help in Nepal



A Timaru tutor and builder are among those working to provide Nepal's earthquake-stricken towns with water and shelter.

Aoraki Polytechnic tutor Kerensa Clark, Timaru builder Sam McKenzie and Christchurch builder Steve Trevella will head to the village of Changunarayan on July 19 to lend their hands to earthquake relief work.

Clark, a sport and fitness tutor, said Nepal's government had put a moratorium on new buildings, while it urgently revised Nepal's building code, but damaged buildings could be repaired.

The monsoon season and Nepal's cold winter, would also make life difficult for those with damaged homes.

She understood the earthquake had made life particularly difficult for widows in the area, who "aren't able to create their own income. These are old ladies sleeping outside."

A General Grading held on the 28th June saw approx. 15 students going through the grades, the Highest going was Dean Lawrence to 4th Kyu. The grading started at ¼ to 11 and went through to after 1 O'clock, all in all a good Grading with students learning some useful Self Defence techniques against holds. "OSU"

