

SELF CONTROL

# JUE'S KB KORNER

September 2008

## Upcoming Events



Sept. 4th, 5th & 6th

### 2nd Annual Ultimate Fitness Challenge!

Kick off meetings will take place in the studio at the following times:

- Thursday, 9/4 at 8pm
- Friday, 9/5 at 1pm
- Saturday, 9/6 at 10am

All details for challenge will be announced in each of the launch meetings. Wear workout clothing to the meeting.

Non-members of Jue's TKD are welcome to attend and participate.

Sept. 20th

### Sports Performance Discussion

Location: Gordon & Grace's house

Time: 7pm

Oct. 25th

### Nutrition Information Discussion

Location: Gordon & Grace's house

Time: 7pm

Nov. 15th

### Nutrition Information Discussion

Location: Gordon & Grace's house

Time: 7pm



GOLD MEDALIST  
BEIJING OLYMPICS

MICHAEL PHELPS

## RECOVER BETTER, FASTER TO WORKOUT HARDER

**D**id you watch Michael Phelps swim during the first week of the Beijing Olympics?

During his competition, he swam an incredible individual butterfly 200 meter event, then 60 minutes later, led the US relay team to another gold in the team freestyle event! What a sight to see!

So as I watched Michael's first event and marveled at how spectacular an athlete he was, after he finished the coach whisked him away to soak him in an ice bath to get him ready for his next event, just a short time later. I remember thinking as I

watched him walk off, I wonder if he drank any recovery drink while he was soaking?

On the Today show, the following morning after the two incredible events, Al Roker with the editor of Men's Health magazine were talking about the athletes of today and the ability of these athletes to break world records. They said that this can be done due to today's technology and information. The information part is the knowledge the athletes have about nutrition today.

So the question came up between them about how Michael Phelps

## RECOVER (CONT'D)

can compete in a world class competition and then 60 minutes later, compete again and help get another gold. One of the components in his recovery process, is a post recovery drink. The editor pulled a sample of the Phelps's post recovery drink out of Phelps's training bag. Phelps consumes this drink within 15 minutes of his workout. The editor explained that doctors at the University of Texas found that a certain ratio of carbohydrates to protein helps with the body's recovery process. That ratio is 2.67 grams of carbohydrates to 1 gram of protein.

So as a "normal" person or athlete (anyone in our KB program is an athlete in my book), is it that important for us to use this type of nutrition technology after our workouts?

Absolutely!

If you work out really hard, so hard that the next day, your muscles are sore and you find it hard to move, you may decide not to work out the next day or just have a mediocre workout. But if you want to help your body repair itself so that you can go out the next day and have another fantastic workout, to be able to train harder, so you can build more muscle, which would help increase your metabolism so that you can burn more calories, that's being able to push yourself to break the plateau and move yourself into the next fitness level.

## Food Allergies - How They Work



*Is it an allergy or an intolerance?*

Food allergies or food intolerances affect nearly everyone at some point. People often have an unpleasant reaction to something they ate and wonder if they have a food allergy. One out of three people either say that they have a food allergy or that they modify the family diet because a family member is suspected of having a food allergy. But only about 3% of children have clinically proven allergic reactions to foods. In adults, the prevalence of food allergy drops to about 1% of the total population.

*What's the difference?*

This difference between the clinically proven prevalence of food allergy and the public perception of the problem is in part due to reactions called "food intolerances" rather than food allergies. A food allergy, or hypersensitivity, is an abnormal response to a food that is triggered by the immune system. The immune system is not responsible for the symptoms of a food intolerance, even though these symptoms can resemble those of a food allergy.

"So what" you might say - but it's extremely important for people who have true food allergies to identify them and prevent allergic reactions to food because these reactions can cause devastating illness and, in some cases, be fatal. Today we will address the true allergic reaction - in future posts we'll discuss food intolerance.

To read this article in its entirety, go to:

[http://  
supplementalscience.wordpress  
.com/](http://supplementalscience.wordpress.com/)

## Contacting Jue's TKD

### Policy for changes to Billing

We require 30 days written notice to make any changes to your billing. This includes change of credit card information and cancellation of month to month memberships. Prepaid memberships are non-refundable. Notices may be mailed to the studio at 5460 Sunol Boulevard, Ste. 8, Pleasanton, CA 94566 or sent via email to [teamjue@mac.com](mailto:teamjue@mac.com)

### Keep in Touch

If you would like to communicate with members of the studio, there are several clubs available --

[www.juestkd.com/php](http://www.juestkd.com/php)

### Employment Opportunity

Recruiting manager for a billion dollar company is looking to build a team in the Northern California market. If you are an entrepreneurial individual who is looking to make a career change or need to supplement your income, contact Grace at [teamjue@mac.com](mailto:teamjue@mac.com).