



西南佛州華人聯誼會
SOUTHWEST FLORIDA CHINESE ASSOCIATION

NEWSLETTER

佛州西南部華人協會月訊



Upcoming Events 活動

Sat, June 12 – Dragon Boat Festival, Pavilion 8. 11 am

Dragon Boat Festival

Make sure you save the date for the upcoming Dragon Boat Festival. The event will take place at Lakes Park, Ft. Myers (Pavillion 8) and will begin at 11 am with the Dragon Boat craft activity for children. The festival commemorates the life and death of the famous Chinese scholar Qu Yuan, who was a loyal minister of the King of Chu in the third century BCE. This event will feature poetry reading in honor of Qu Yuan and a presentation about the origins of the Dragon Boat Festival.. Lunch will be served at 12 by Jingdu Restaurant. We hope to see you there!

Cornerstones of Health

Health is the hottest topic in the past two years. Are you healthy? What is the relationship between health and medical science?

According to a speech by Dr. Dong Liu on TedTalk in China, the complete medical chain should include five links: prevention, health care, diagnosis, treatment, and rehabilitation. We all know that prevention is worth a pound of cure. Prevention and health care are something that each of us can practice on our own. Let's take a look at how to lay a healthy foundation. According to Dr. Zhijiang Mao, a well-known Chinese-American doctor in Chicago, a healthy body is supported by four cornerstones: nutrition, exercise, emotions, and detoxification, all of which are indispensable.

1. Nutrition includes eight major categories of nutrients.
2. Appropriate exercise varies from person to person and from time to time.
3. We must understand how to control our emotions instead of being controlled by our emotions. Anger is not only harmful to the heart, liver but also stomach.
4. Detoxification is often neglected by most people. Many people are very particular about what to eat or how to eat them, but they forget to pay attention to the five outlets of detoxification.

We will discuss the details of each cornerstone every month.

If you have any suggestions or questions about the content of this issue, please feel free to contact Liwen Williams at LiwenWilliams@gmail.com.

Member Benefits

Free with Membership:

- Newsletters
- Chinese Cultural Classes
- Professional Counseling Seminars
- Chinese Festival Events

Discounts with Membership:

- Special Promotions
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Contact:

David Wright 许大伟, President
djw03d@gmail.com
Judy Wright 许素珊, Vice President
judywright@embarqmail.com
Jim Wolff, Secretary
wolffjw@outlook.com
Wendy Kuo, Treasurer
kuowendy43@gmail.com

健康是这两年来最关注的话题。您健康吗？健康与医学的关系又为何？根据刘东医师在中国TedTalk的一段演说，完整的医学链条包括五个环节：预防, 保健, 诊断, 治疗, 康复。我们都知预防胜于治疗。预防和保健是我们每一个人可以由自身做起的。那我们来看看如何打好健康的基础。根据芝加哥鼎鼎有名的华裔医生，毛志江医师，健康的身体是由4个基石支撑起来的：营养，运动，情绪，排毒，缺一不可。

1. 营养包括八大营养素。
2. 适当的运动需要因人而异，因时而异。
3. 要懂得如何控制情绪，而不是被情绪控制我们的人生，生气不仅伤心，伤肝更伤胃。
4. 排毒常被大多数人忽略，很多人非常讲究吃什么或怎么吃，但是却忘了注意五个排毒的出口，造成有进没有出！

接下来每个月我们将一一展开来讨论每个基石的细节。

对于本期内容如有任何建议或疑问, 欢迎联系Liwen Williams (LiwenWilliams@gmail.com)。

[Asian Americans and Pacific Islanders \(AAPI\) and Covid-19](#)

Business Members

A BIG THANK YOU to all of our [business members](#) for their support for our association and the Southwest Florida Chinese community.