



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

NEWSLETTER

西南佛州華人聯誼會月訊



新年快乐, 身体健康!

SAVE THE DATE!

Southwest Florida Chinese Association

Chinese New Year Party
Estero Community Park
Sunday, January 30, 2022

Join us as we celebrate the Year of the Tiger!

新年快乐
HAPPY
CHINESE
NEW YEAR
2022
YEAR OF THE TIGER



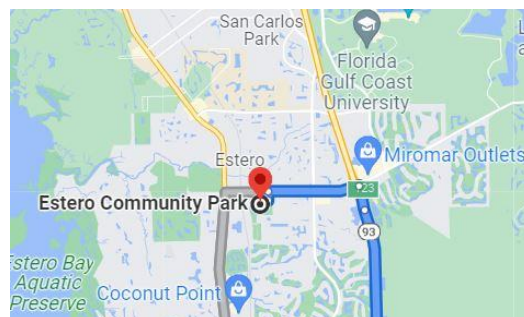
Please join us for a Chinese New Year Celebration!

Lots of fun and entertainment!

Sunday, January 30, 2022 | 12:00 pm

Estero Community Park, Pavilion E

9200 Corkscrew Palms Blvd, Estero, FL (free parking!)



Outdoor event. Masks are encouraged, but not required.

- Entry Without Lunch (10 years old and above): \$5
- Entry With Individual Boxed Lunch: \$15

Pre-order your lunch menu choice:

- | | |
|----------------------------|---|
| 1. Tofu with Vegetables | 4. Sweet & Sour Pork Ribs |
| 2. Seafood with Vegetables | 5. Beef with Broccoli |
| 3. Chicken with Vegetables | All come with white rice and pork dumplings |

**RSVP by January 26th online at <https://www.swfchinese.org/events.html> or
By email to swflaca@gmail.com. Include your menu selections!**

请和我们一起庆祝中国新年！

活动将举办于**Estero Community Park**, 凉亭E。2022年一月30日星期日，中午12:00。

9200 Corkscrew Palms Blvd, Estero, FL (免费停车!)

这将是户外活动。鼓励大家戴口罩，但不强制规定。

* 参加活动但不用午餐 (10岁以上) : \$5

* 参加活动附带个人餐盒: \$15

请先选定午餐, 午餐选项：

- | | |
|---------|----------------|
| 1. 蔬菜豆腐 | 4. 酸甜排骨 |
| 2. 蔬菜海鲜 | 5. 西兰花牛肉 |
| 3. 蔬菜鸡肉 | 所有餐盒都包含白饭和猪肉饺子 |



敬请于一月26日前在网路上登记报名 <https://www.swfchinese.org/events.html>

或是 email 至 swflaca@gmail.com 请注记你的午餐选项喔！

SWFCA Sponsor Spotlight

This month's SPONSOR SPOTLIGHT features Dr. Lily Heh, an Acupuncturist in Fort Myers, FL. Dr. Heh was a past president of Southwest Florida Chinese Association.



We sat down with Lily and asked her about her *stories of success in the Southwest Florida community.*

1. How did you get started and what were some of the obstacles you have overcome and how did you succeed?

Dr. Heh immigrated to the United States from China with her parents 20 years ago seeking a better life. According to Dr. Heh, her life in America is much better not in the sense of material possessions, but more in spiritual life. Dr. Heh's grandfather was a doctor in China and mainly practiced traditional Chinese medicine. Dr. Heh always believed in the holistic approach of traditional Chinese medicine. She

further specialized in acupuncture and was able to help so many people who came to her as a last resort after exhausting western medical treatments. In her own words

“I am very happy to hear the good news that my patients bring to me every day about their improvements. I hope that everyone will live a healthy, safe and happy life.”

Last summer, a young girl injured her leg during her dance practice. There were only two weeks left before the final performance at Barbara Mann. The young girl was referred to Dr. Heh for treatment. Dr. Heh treated her twice and the young girl was able to perform on schedule. On stage, she thanked Dr. Heh in front of thousands of people.

We asked Dr. Heh if she had any obstacles and how she overcame them. She said she always believed in herself: “if other people can do it, so can I”. She loves the festival gatherings organized by the Southwest Florida Chinese Association, so, she can enjoy the cultural performances and traditional Chinese food.

2. What is acupuncture mostly used for?

“Facial paralysis, herpes zoster, insomnia, depression, anxiety, stress, cervical spondylosis, lumbar disc herniation, sciatica, arthritis, rheumatism, gastroenteritis, etc. Acupuncture stimulates the nerves, helps blood circulation and boosts one’s immunity.”

*Would you like to be featured in future community spotlights?
Contact us! We’d love to schedule a time to meet you, hear your story, and share it with the community.*



社区聚光灯

本月的赞助商聚焦以佛罗里达州迈尔斯堡的针灸师 Lily Heh 为特色。郝医生曾任西南佛罗里达华人联谊会会长。

郝医生20年前随父母从中国移民到美国，寻求更好的生活。郝医生说，她在美国的生活不尽是物质上的富裕，而更是精神上的。郝医生的爷爷在中国是一名医生，主要行中医。郝医生一向信奉中医整体疗法。她进一步专注于针灸，能够帮助这么多在用尽西医治疗不好后最后求助于她的人。用她自己的话来说“我很高兴听到我的病人每天给我带来的关于他们改善的好消息。我希望每个人都能过上健康、安全、幸福的生活。”去年夏天，一个小女孩在练习舞蹈时弄伤了腿。在最后一场演出只剩下两周了，小女孩被转介给郝医生接受治疗。郝医生两次治疗，小女孩都能如期表演。台上，她当着万千观众的面感谢郝医生。

我们问郝医生她是否有任何障碍以及她是如何克服的。她说她一直相信自己：“别人能做到，我也能做”。她喜欢西南佛罗里达华人协会组织的节日聚会，因此，她可以享受文化表演和中国传统美食。

我们问她中医针灸主要治疗哪些问题或疾病。她说：“面瘫、带状疱疹、失眠、抑郁、焦虑、压力、颈椎病、腰椎间盘突出、坐骨神经痛、关节炎、风湿病、肠胃炎等。针灸刺激神经，促进血液循环，增强免疫力。”

Cornerstones of Health

Among the eight major nutrients that people in this era need on a daily basis, carbohydrates are the most controversial in the last two decades, for example, the Atkins Diet, Keto Diet, etc. In this issue, let's dig deeper into this nutrient so we won't feel guilty whenever we consume carbohydrates.



Carbohydrates are chemicals made of carbon, hydrogen, and oxygen atoms. Even though fat and protein can be used for energy, carbohydrates are the body's go-to energy source. They fuel you throughout daily activities, and during short to moderate lengths of exercise. They are the preferred fuel source for movement, biosynthesis of proteins, brain function, and more.

According to the composition of the molecule, carbohydrate can be categorized as the following three types:

- * Monosaccharides: Monosaccharides is the basic molecule of carbohydrates. All carbs need to be broken down to monosaccharides before they can be absorbed by the intestines. Monosaccharides includes: Glucose, Fructose, Galactose.

- * Disaccharides: It includes Lactose and Sucrose.

- * Polysaccharides: It contains more than two monosaccharides molecules. Starch and fiber are considered polysaccharides.

But are carbs all bad?

1. Refined carbohydrates have lots of calories, but lack of nutrition, often considered as “bad” carbs. It mainly includes two types:

- * Refined starch: white rice, refined wheat flour products, such as noodles, bread, cakes, dessert, etc

- * Sugars: any sweet drinks, juice.

It is generally believed that this type of carbohydrate has no nutritional value, as lots of natural fiber was lost during the refining process. Many studies have also found that the intake of refined carbohydrates is highly correlated with obesity and Type 2 diabetes, because the intake of such foods will be quickly absorbed by the body, causing the blood sugar level to rise sharply and then drop rapidly. It makes people feel hungry, and craving more refined carbohydrates, creating a vicious circle.

2. Non-refined carbohydrates: can be considered as "good" carbohydrates. Vegetables, fruits, legumes, potatoes or whole grains are all non-refined carbohydrates and low glycemic index foods. Such foods are

usually relatively healthy and contain fiber and other nutrients. As long as the consumption of the non-refined carb is an adequate amount in a balanced meal, it will not cause drastic changes in blood sugar. Many studies have pointed out that intake of high-fiber carbohydrates such as fruits and vegetables and whole grains can increase overall metabolism and reduce the risk of many diseases.

However, eating too many carbohydrates, especially foods with high glycemic index, can easily cause blood sugar to rise too fast. When there is too much glucose in the body, the body will secrete insulin, which converts the excess glucose into glycogen, which is stored in the liver and muscles. However, if the glycogen exceeds its storage limit, it will be converted into fat, leading to overweight or obesity. More seriously, it may cause a decrease in insulin sensitivity, produce insulin resistance, and cause symptoms such as hyperglycemia and hypertension.

Although many people nowadays believe that carbohydrates are the main cause of obesity, before obesity became an epidemic, people did not actually have health issues due to carbohydrate consumption. Therefore, unless there are special circumstances, carbohydrates are generally regarded as an important source of nutrition. It is recommended that instead of consuming refined starches, sugars and artificial sugars, you should eat more fiber-rich fruits, vegetables, whole grains or beans daily. As long as you have a correct concept, and a healthy and balanced diet, there is no need to be afraid of carbohydrates.

Liwen is a SWFCA board member. She has a Master's Degree in Communication. She is a Holistic Life Coach. For any questions or suggestions, please contact her at liwenwilliams@gmail.com, (239)595-8888

这个年代的人所需的八大营养素中，碳水化合物是最近二十年来最受争议的营养物，例如阿特金斯饮食，生酮饮食。在本期月刊让我们来一探究竟这个营养素，如此我们食用碳水化合物时不须觉得内疚。

碳水化合物是由碳、氢和氧原子所组成的化学物质。虽然脂肪和蛋白质都可以用于提供能量，碳水化合物才是身体首要的能量来源。它们为您在整天的日常活动，以及短至中等时间的运动中提供燃料。它们是运动、蛋白质的生物合成和脑功能等活动的主要燃料来源。

根据分子的组成，碳水化合物大致上可分为以下三个种类：

* 单糖：单糖是组成碳水化合物的基本单位，食物中的碳水化合物都要分解至单糖型态，才能被小肠吸收。单糖包括：葡萄糖、果糖、半乳糖。

* 双糖：包括乳糖、蔗糖。

* 多糖：由两个单糖以上的分子组成，就称为多糖，淀粉和纤维都属于多糖。

但难道所有的碳水化合物都是不好的吗？

1. 精致碳水化合物：空有热量、缺乏营养的「坏」碳水化合物，主要有两大类，包括：

精致淀粉：白饭、面食、白面包、蛋糕。

糖类：含糖饮料、果汁。

一般认为这类的碳水化合物，较无营养价值，因为经过加工处理，流失了许多天然的纤维。许多研究也都发现，摄取精致碳水化合物，与肥胖和第二型糖尿病高度相关，因为摄取这类食物，会被身体快速吸收，造成血糖值先急速上升，然后快速下降，使人们产生饥饿感，并渴望更多的精致碳水化合物，产生恶性循环。

2. 非精致碳水化合物：可以理解成「好」的碳水化合物，蔬菜、水果、豆类植物、马铃薯或全谷类等，都属于非精致碳水化合物，低升糖指数食物。这类食物通常都是相对健康的，拥有纤维和其他营养素，只要适量摄取不会造成血糖的剧烈变化，许多研究都指出，摄取蔬果、全谷类等高纤维碳水化合物，能够提升整体新陈代谢，并降低罹患许多疾病的风险。

然而吃太多碳水化合物，尤其是高升糖指数的食物容易造成血糖骤升过快，体内会有过多的葡萄糖，人体会分泌胰岛素，将这些过剩的葡萄糖转换为肝糖，储存在肝脏和肌肉中，而超过肝糖储存极限就会转换成脂肪储存，导致过重或肥胖；更严重的是，可能会导致胰岛素敏感度下降，产生胰岛素阻抗，导致高血糖、高血压等症状。

虽然许多人认为碳水化合物是肥胖的主因，但在肥胖成为流行病之前，人们其实并没有因为摄取碳水化合物，造成特定健康问题，因此，除非特殊状况，一般仍然都将碳水化合物，视为重要的营养来源。建议大家尽可能减少或限制精致淀粉和人工添加糖，应在每天饮食中多摄取富含纤维的水果、蔬菜、全谷类或豆类等食物，只要建立正确观念，有健康均衡的饮食，不用怕碳水化合物。

力文是西南佛州华人联谊会董事会成员。她拥有大众传媒硕士学位。她是一名全方位的健康生活教练。如有任何问题或建议，欢迎与她联系 liwenwilliams@gmail.com, (239)595-8888



Meet Our December New Members!
Chen Dan, Laura Bisbee, Cecilia Chao, Linda
FengPing Shan, Eleanor Hou, Sarah and Jon Niu

Snapshots from our SWFCA 2021 Christmas Gala



*SWFCA would like to thank the
Chinese Alliance Church of Southwest Florida 西南佛州華人宣道會,
for sharing its facilities, and for the choir
and all the performers who participated at our Christmas Party!*

A BIG THANK YOU to all of our [business members](#) for their support!

Visit <https://www.swfchinese.org/sponsors.html>