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THE DIABETIC ATHLETE

By Rhonda Bradley ME, MQP

Diabetes (medically known as *diabetes mellitus*) is the name given to disorders in which the body has trouble regulating its blood glucose, or blood sugar, levels. **This disorder affects millions of people, currently does not have a cure, but can be managed with the proper diet, exercise program, and use of insulin (if insulin-dependent).**

There are two major types of diabetes: Type 1 diabetes and Type 2 diabetes. Type 1 diabetes, also called juvenile diabetes or insulin-dependent diabetes, is characterized by an early onset (under the age of 25) hence the name "juvenile". The onset is typically sudden with symptoms occurring within a time frame of several days to several weeks. These symptoms include:

- Blurred vision
- Extreme hunger
- Fatigue
- Increased thirst and frequent urination
- Weight loss

Type 2 diabetes is typically linked to a family history of diabetes, obesity, and lack of exercise. The age of onset is usually after 40 and is usually not diagnosed until health complications have occurred. Often, there are no symptoms or a very gradual development of the above symptoms for a type 2 diabetic. In fact, about a third of all people who have Type 2 diabetes don't know they have it. Additional symptoms of Type 2 diabetes may include:

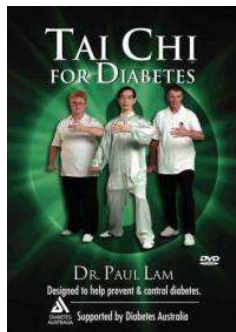
- Decreased vision
- Frequent yeast infections
- Itching of the skin (usually around the vaginal or groin area)

- Numbness and tingling of the hands and feet
- Recent weight gain
- Slow-healing sores or cuts
- Velvety dark skin changes of the neck, armpit, and groin

As mentioned, there is no cure for diabetes but **athletes can successfully manage the disorder and compete at a high level**. In fact, at one time individuals with diabetes were actually discouraged from competing in sports, but no longer. A diabetic athlete's management plan should consider the energy demands of competition and training and balance blood sugar levels by carefully monitoring food intake, insulin levels, and activity levels. Athletes who have done this include:

- Arthur Ashe – Tennis, Australian Open, U.S. Open and Wimbledon winner
- Ayden Byle – Runner, First insulin dependent man to run 6251.5 km across North America
- Dominique Wilkins – NBA, Atlanta Hawks
- Jack “The Assassin” Tatum – NFL, Oakland Raiders
- Michelle McGann – LPGA golfer
- “Sugar” Ray Robinson – Boxer, International Boxing Hall Of Fame inductee

As part of their management program, diabetic athletes should consider learning Tai Chi Chuan. Tai Chi is a traditional Chinese martial art, which combines deep diaphragmatic breathing and relaxation with gentle movement. Reported positive effects of practicing Tai Chi include improved muscle strength, flexibility, balance and stronger joints. **The British Journal Of Sports Medicine reported that a twelve week study using Type 2 diabetics showed that Tai Chi helped improve the control of diabetes.** You can learn Tai Chi in the comfort of your own home, and the suggested guide is the DVD *Tai Chi for Diabetes* (\$21) by Dr. Paul Lam:



Source: Amazon.com

Dr Paul Lam, a practicing physician and Tai Chi master for more than 30 years, is a world leader in the field of Tai Chi for health improvement. His DVDs are well organized, provide good instruction and are professionally done. **Even if you do not have diabetes, consider utilizing Dr. Lam's beginner DVD (Tai Chi For Beginners - \$25) to help with relaxation, better balance and improved strength in your joints.**

I learned Tai Chi using this product four years ago after I began to experience “noisy knees” when using stairs and minor knee pain after running. I practiced daily for at least twenty minutes, and after five weeks of use, my knee health had significantly improved. I continue to practice as a part of my overall health enhancement program and no longer have any joint or knee pain. One unexpected benefit from my practice has been the improved speed of my martial arts techniques when sparring. The slow controlled movements of Tai Chi actually helped me get faster.

BITE TECH PERFORMANCE MOUTHWEAR™

By Rhonda Bradley ME, MQP

They have made believers of 60 Olympic athletes, players on 27 National Hockey League teams, and the national championship football team at Auburn University. I am talking about Bite Tech Performance Mouthwear™ (<http://www.bitetech.com>).

It has been reported that when training or competing in sports, the natural instinct for an athlete is to clench their jaw which compresses the temporomandibular joint. This triggers the release of excess amounts of hormones (like cortisol) which can lead to stress and fatigue. Bite Tech says that its “performance mouthwear” aligns the jaw in its natural and relaxed position which helps to increase oxygen intake. The improved oxygen intake assists in reducing the release of stress hormones that cause fatigue. While the jury is still out within the medical community on these claims, this has not stopped many high profile athletes from endorsing the product (with some even investing in the company):

“It has increased my strength, power and heightened my accuracy.”

Hunter Mahan, PGA Pro

“I tried it, not only on the field but off the field during workouts. I could feel the difference in my endurance. I was strong, my body felt better.”




Andrian Peterson, Running Back, Minnesota Vikings (also an investor)

“When the game is on the line I want my body and mind to be 100% in sync, this technology makes that happen for me.”

Marian Gaborik, New York Rangers, NHL All Star

The company offers a mouthpiece for non-contact sports (why?) and one for contact sports. The devices are obtained through your dentist who sends molds of your top and bottom teeth to the Bite Tech lab which then makes the device. Once fitted, the order usually takes 10 days for delivery; and *retails for \$495. Yeah, a nice chunk out of your pocket.*

Bite Tech partnered with Under Armour in 2009 and continues to receive positive publicity. It was also named as the #10 most innovative company in sports by Fast Company earlier this year. Direct competitors to this product include Makkar Athletics Group and Dental Lab Direct.

UA Performance Mouthpiece	UA Performance Mouthguard	UA Performance Mouthguard (Strapped Version)
 <p>Source: bitetech.com</p> <p>Suggested for non-contact sports such as baseball, golf, tennis, cycling and running.</p>	 <p>Source: bitetech.com</p> <p>Suggested for contact sports such as football, hockey, lacrosse, martial arts and wrestling.</p>	 <p>Source: bitetech.com</p> <p>Suggest for contact sports such as football, hockey and lacrosse. Available in black only.</p>

CHAD'S SUPPLEMENT SPOTLIGHT: RAW HONEY – ANCIENT ELIXIR OF HEALTH

By Chad Kelly



Did you know that the ancient Egyptians are reported to have farmed honey for medicinal uses more than 3,000 years ago? Yes, this marvel of nature has been healing and nourishing humans for a very long time. It's unbelievable how many uses this natural substance has to offer. Let this article inspire your curiosity and awareness of one of nature's greatest treasures.

What is raw honey?

Raw honey comes from a natural hive and is not pasteurized (heated at high temperatures) or force filtered. It is loaded with antioxidants, vitamins, minerals, and enzymes. Unfortunately, most of the commercially available honey is almost completely void of all nutrients. That \$2.00 honey bear typically seen in the supermarket usually comes from a factory-farm setting where the bees are literally fed high fructose corn syrup. Given this, no wonder that this cheap imitation honey is mostly fructose sugar; the last thing that most Americans (or athletes) need more of.

What are the benefits?


There are many reported uses and benefits to using raw honey, both internally and externally. The following is a brief sampling of these benefits:

- Heals wounds, bites, stings
- Natural anti-biotic properties (has been used successfully for surgical wounds, gangrene, and stomach ulcerations)
- Colds, flu, respiratory infections
- May improve chronic asthma, bronchitis, sinusitis
- Aids constipation
- Instant source of energy / workout recovery
- A tasty natural sweetener that does not spike insulin levels like commercial honey or sugar
- Helps with anemia / hemoglobin count
- Aids calcium absorption
- May help arthritic joints when combined with raw apple cider vinegar and used regularly

****Beauty Tip:** Works as an excellent face mask. The antioxidants repair damaged skin while the enzymes gently exfoliate dead skin cells to renew a brighter complexion. A natural alternative to harsh acid peels and chemical-laden dermatological treatments**

Where do I get it?

Thankfully, it's getting easier to find true raw honey. Any natural foods store should have a good selection of raw honey. Several brands that I enjoy are Y.S. Organic, Wee Bee Honey, Himalaya Soliga Forest Honey, and Honey Gardens Apiary.

Y. S. Organic	Wee Bee Honey	Himalaya Soliga Forest	Honey Gardens Apiaries
 <p data-bbox="159 541 365 562">Source: amazon.com</p>	 <p data-bbox="505 552 755 573">Source: weebehoney.net</p>	 <p data-bbox="889 531 1096 552">Source: proriens.com</p>	 <p data-bbox="1214 520 1507 541">Source: organicwholesale.com</p>

Does it need to be local?

No, it doesn't have to be local. From an environmental standpoint it's always great to buy things that are local. However, it's not necessary to buy local honey for the health benefits. In fact, the **honeys with the most medicinal benefit are ones that come from areas with the most diverse plant life.** While one would think local honey might help more with seasonal allergies, it's actually **the antioxidants, and enzymes found in honey that help suppress the allergic response.** If you choose to buy honey from a local source make sure that the honey is sourced from a hive that is miles away from any crops that could have been sprayed with pesticide. Bees that have collected pollen from toxic crops can't possibly make great honey.

Colony Collapse Disorder - Where are the bees going?

In 2007 it was noted that ¼ of all North American honeybee hives had collapsed. Unfortunately, this trend has continued to escalate. This occurrence has been dubbed Colony Collapse Disorder and is a major problem given that bees are responsible for pollinating more than ⅓ of all U.S. produce. There have been many ideas reasoned for this unfortunate occurrence. Everything from climate change to cell phone tower signals have been blamed. However, the general consensus among bee experts is that modern chemical farming is the culprit. The over-abundance of pesticides and fungicides that are being sprayed on our crops appears to be harming more than just humans. It is now jeopardizing the entire food chain.

What can we do?

Buy local produce from farmers who value their land and use non-toxic means of pest management. When you can't buy locally produced food, purchase organic or sustainably grown food. Support beekeepers that practice traditional beekeeping.

As you see in the picture I recently had the opportunity to suit up and collect honey for myself from a natural bee-hive in Wartrace, TN. It was an amazing experience to see hundreds upon hundreds of worker bees so determined to protect their hive and produce some of the best honey I've ever tasted. Farm-Girlz Honey is the name of this new honey operation. I encourage everyone to learn more about bees. You will gain a huge respect for nature and be humbled by the complexity of life.



KRISONA'S KITCHEN: CHICKEN FAJITAS

By Krisona Payne

The Mayo Clinic web site has a section dedicated to recipes for diabetics (<http://www.mayoclinic.com/health/diabetes-recipes/RE00091>) and our recipe this month comes from the many choices they offer that include appetizers, bread, desserts and main dishes.

What You Will Need

1/4 cup lime juice
1 or 2 cloves garlic, minced
1 teaspoon chili powder
1/2 teaspoon ground cumin
3 pounds boneless, skinless chicken breasts, cut in 1/4-inch strips
1 large onion, sliced
Half a green sweet bell pepper, thinly sliced
Half a red sweet bell pepper, thinly sliced
12 whole-wheat 8-inch tortillas
1/2 cup salsa
1/2 cup fat-free sour cream
1/2 cup low-fat shredded cheese

Instructions

1. Combine the first four ingredients in a large bowl.
2. Add chicken slices and stir until chicken is well coated and marinate for 15 minutes.
3. Cook chicken in a pan on the grill or in a pan on the stovetop for 3 minutes, or until no longer pink.
4. Stir in onions and peppers and cook 3 to 5 minutes, or until done to your liking.
5. Divide the mixture evenly among tortillas and top each with 2 teaspoons salsa, 2 teaspoons sour cream and 2 teaspoons shredded cheese. Roll up and serve. Makes 12 servings.

QUESTION OF THE MONTH

This 3-time world heavyweight boxing champion was born Cassius Marcellus Clay, Jr. on January 17, 1942. What did he change his name to in 1964?

Email your answer to one80turn@comcast.net with the words SEPTEMBER QUESTION OF THE MONTH in the subject line.

First person submitting the correct answer will receive a \$30 gift card to Dick's Sporting Goods that can be used in store or on line.

CONGRATULATIONS TO J.J. JEFFERSON of Huntsville, AL for being the August Question of the Month winner!

DO YOU WANT TO GET RECRUITED BY COLLEGES & UNIVERSITIES?



Source: necollegeprospects.com

If you are a student-athlete who answered, **YES** and you:

- Have a good head on your shoulders
- Possess the ability and desire to play college sports
- Perform on the field and in the classroom

Be proactive concerning your future, and contact me now (one80turn@comcast.net) to learn how I can help you get exposed to over 14,000 coaches and 3,500 colleges and universities and give you choices for your athletic aspirations through a program that is **sanctioned and monitored by the NCAA** and has a **success rate of over 90% of program participants continuing to play at the college level!**

CONTRIBUTING WRITERS



Rhonda Bradley, ME, MQP

Rhonda is the owner of One 80 Turn, LLC. In addition to being a Life Purpose Coach for athletes, she is an engineer, second degree black belt in karate and certified medical qigong practitioner who supports her community as a member of Delta Sigma Theta Sorority, Inc. and the Nashville Sports Council. An avid music lover, Rhonda is an aspiring bass player who believes, "the only volumes for music are loud and louder."



Chad Kelly

Chad is an herbalist who spends a lot of his time learning about ancient systems of herbal medicine and the natural healing traditions of our ancestors. He has attended numerous workshops and classes learning about the various facets of maintaining a healthy lifestyle, using natural methods such as organic farming, fermentation and detoxification. He loves to share his knowledge with those who share his fascination with nature and the nourishing gifts that nature provides. Currently, Chad manages the supplement department at The Turnip Truck Urban Fare in downtown Nashville. In his spare time you'll find Chad out in nature with his dog soaking in the healing rays of the sun.



Krisona Payne

"Every obstacle is a stepping stone to your success," that's her motto. Krisona is a graduate of Lipscomb University; and an avid reader, writer, and sports enthusiast. An athlete since the age of seven, she understands the importance of good nutrition and preparedness to perform at optimum levels. Much of her spare time is spent in the kitchen creating recipes; she finds joy in sharing tasty creations with family and friends.



"Life Coaching For Your Individual Greatness"

One 80 Turn, LLC

4636 Lebanon Pike, PMB #251

Hermitage, TN 37076-1316

Email: one80turn@comcast.net

Web: <http://www.one80turn.com>

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