

# HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

## JUNE 2010

**Website:** [www.huilimakoua.com](http://www.huilimakoua.com). Happy Fathers' Day!!!

**Next Meeting.** (a) Our next potluck meeting will be held on **Saturday, June 12, starting at 2 pm** at Our Lady of Assumption Church (3175 Telegraph Road, Ventura). We will be meeting at **Parish House**, which is across the parking lot from Hurley Hall, our normal meeting place. **Please note that this is a new building for our meeting.** We will be having a plant exchange for this meeting. Bring 1-5 small plants, preferably in no larger than one gallon containers that can be easily transported. Even if you don't plan to participate in the plant exchange, come to the potluck anyway. (b) Next month, **Daniel Andaya** will be conducting the program. More info will be published next month, so stay tuned.

**Past Meeting.** Our past potluck meeting was very successful. The program was interesting and "onolicious." **Kim Nishimura** and **Kay Nakamura** demonstrated how to make the California roll sushi. Even **Daniel Andaya** and guest **Amy Takeshima** helped make the sushi. We learned a lot and had the chance to eat the sushi at the meeting. Mahalo to both **Kim** and **Kay** for being last minute volunteers for this program. Mahalo also to **Daniel** and **Amy** for participating.

**Membership News.** (a) Some of us Hui members went to see **Estelle Ichino** in the cast of "The World Goes Round," a play held at the Ventura College. The live performance was a lively and fast-paced program with a lot of singing and dancing held in April. **Estelle** mentioned being exhausted after months of practice and now has to take off for a relaxing vacation. We have a promising star in our club. When is your next program, **Estelle**? (b) **Darrin Ching** recently sold his house in Camarillo. Congratulations and happy hunting for a replacement.

**Tidbits.** (a) The Northridge Hoolaulea will be held on June 5 & 6. Free admission, 10058 Reseda Blvd, Northridge, CA 91324. The Hula Halau **Juanita and Evelyn** belong to will be dancing at this Hoolaulea. (b) A recently released movie, "**Princess Kaiulani**" should be of interest to many of us. **Princess Kaiulani** (the person) was the crown Princess of Hawaii when the overthrow of the Hawaiian Monarchy took place in 1893. Her aunt, **Queen Liliuokalani** was the reigning queen at that time. (c) Punahou High School boys' volleyball team is ranked number 1 in the country. Volleyball is still very popular in Hawaii.

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### **Excerpts from Julian Whitaker, MD's, Health & Wellness Newsletter**

Patients coming to the Whitaker Wellness Institute sometimes express surprise that we serve coffee. Doesn't it increase the body's acidity? Aren't health-conscious people supposed to drink tea instead? Isn't caffeine bad for you? If coffee were harmful, then every morning emergency rooms around the world would be choked with people suffering the ill effects of our favorite breakfast beverage. Of course, this isn't the case. Coffee is not harmful. On the contrary, I consider it to be a health food, and hundreds of studies bear this out.

## **Research shows that regular coffee consumption lowers the risk of type 2 diabetes**

In fact, a new meta-analysis published in the *Archives of Internal Medicine* showed a nice correlation between coffee consumption and the risk of type 2 diabetes. For every cup you drink, your risk goes down by 7 percent. This review included data from more than 500,000 people, with over 21,000 cases of type 2 diabetes. Of the 31 studies reviewed, 18 looked at regular coffee consumption, six focused on decaf, and the remaining seven studies included tea drinkers. It's not just regular coffee that protects against diabetes. People who drank three to four cups of decaffeinated coffee per day had a 33 per cent lower risk of type 2 diabetes, compared to non-coffee drinkers. And three to four cups of tea dropped diabetes risk by one-fifth as well. No wonder coffee is now championed as a natural way to maintain blood sugar and reduce diabetes risk. But that's not all...

## **More reasons to enjoy your cup of Joe**

Coffee reduces the risk of Parkinson's disease by as much as 80 percent and even protects against other neurodegenerative disorders such as Alzheimer's. It improves concentration and alertness, boosts mood, and decreases suicide risk. In fact, coffee aroma alone can relieve stress in animals. Additionally, coffee can halt a full-blown asthma attack in its tracks stop. It can stop migraine headaches, curb appetite, prevent tooth decay, and increase the effectiveness of aspirin and other analgesics. And if you drink coffee before a workout you'll enjoy both increased endurance and less muscle pain. Some studies suggest that coffee will make you live longer! A large 2008 study found that drinking up to six cups of regular or decaffeinated coffee daily is associated with a slightly lower risk of death from heart disease, cancer, and other causes.

## **What makes coffee so healthful?**

So what is it in coffee that provides such remarkable benefits? First, that cup of java is a terrific source of protective antioxidants. Researchers evaluating both the antioxidant levels of various foods and drinks and the frequency with which those items are consumed have found that the average amount of coffee consumed by American adults per day—1.64 cups—provides 1,299 mg of antioxidants. Tea, the second richest source, supplied only 294 mg, followed by antioxidant-rich (but sparingly eaten) fruits and vegetables, which provide fewer than 75 mg each of antioxidants per day. Believe it or not, coffee even contains fiber—nearly 2 g per cup. But these aren't the only components that make coffee a health food. Although some studies reveal that regular and decaffeinated coffee both have benefits, oft-maligned caffeine gives the drink much of its oomph. In addition to perking up the nervous system, caffeine increases the activity of the neurotransmitter dopamine and enhances delivery of nutrients and oxygen to the muscles and brain.

## **Drink up, but don't go overboard**

There are some folks who need to be careful about how much coffee they drink. If you're pregnant or expecting to become pregnant, I'd recommend that you go easy on caffeine. And if you're struggling with osteoporosis, limit your coffee intake to a cup every now and then—higher intake has been linked with a decrease in bone density. Otherwise, drink up and enjoy the boost to your mood, your energy, and your overall health. To your health!