



NEWS 'n NOTES

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA

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Chinatown Heritage & Visitors Center: 323-222-1918

MAY 2004

JUNE PROGRAM

Guest Speaker:

FILMMAKER ALAN ROSENBERG



HAZEL YING LEE

"A Brief Flight"

WEDNESDAY, JUNE 2, 2004, 7:00 P.M.

CASTELAR ELEMENTARY SCHOOL

Multipurpose Room

840 YALE STREET

LOS ANGELES, CHINATOWN

(PARK ON PLAYGROUND, ENTER ON COLLEGE STREET BETWEEN HILL AND YALE STREETS)

A Brief Flight: Hazel Ying Lee and the Women Who Flew Pursuit tells the colorful story of Hazel Ying Lee, the Chinese American aviator of the 1930's and 40's who was a pilot in the Women Airforce Service Pilots (WASPs). At our June meeting, filmmaker Alan Rosenberg screens this "true story of service and devotion to country that unfolds through original film footage, home movies, and rare photos." The film is narrated by Ming-Na (Dr. Chen on *ER*), and also details the circumstances of Lee's untimely death in 1944

A Portland, Oregon native, Hazel Ying Lee took her first flight in 1932 at the age of 19. She received her pilot's license the same year, when less than 1% of American pilots were women. In 1932, she traveled from the U.S. to China with the intension of fighting against the Japanese. Though not allowed to join the Chinese Air Force, she contributed to the Sino-Japanese war effort in various ways and opened a school in Canton. She returned to the United States in 1938, and in 1944 joined the corps of elite woman pilots who flew fighter planes for the U.S. Army.

(A Brief Flight, Cont'd)

Alan Rosenberg—a documentary filmmaker based in Los Angeles and New York—produced, directed, and co-wrote the film. His first documentary, *Mah Jongg Mavens and Memories*, was described by the *Los Angeles Times* as, "A loving salute to the game of mah jongg and the role it plays in the lives of American Jewish women."

Copies of *A Brief Flight* will be available for purchase at the meeting.

CHSSC ADMINISTRATION: THE TIES THAT BIND

Just shy of its thirtieth birthday, the Chinese Historical Society of Southern California has an active membership of 277, and 90 members in its 100 x 100 Club. Our two arms are our Programs Committee (*April News and Notes*) and the Publications and Research Committee (*March News and Notes*). For all this to run smoothly, however, there is a wide range of administrative responsibilities to be dealt with.

(Continued on Page 2)

**Please See Important
CHSSC Election
Information
On Page 4**



("The Ties That Bind," from Page 1)

Much of what we accomplish is possible because of our members' volunteerism. These generous souls serve and provide refreshments for our monthly meetings and act as docents for our Chinatown walking tour program. We also acknowledge the volunteers who set up chairs, do our taxes, edit our publications, write thank you letters, paint our walls, coordinate fundraisers, plant flowers and do landscaping at our Bernard Street facilities, care for the Chinese shrine monument we maintain, and staff the Chinatown Heritage and Visitors Center on Sunday afternoons.

Our staff member, Randy Bloch's duties run the gamut from grant writing to changing light bulbs to helping orchestrate our monthly meetings. A three-term former Board member, Randy joined the Society in 1990 after getting involved in the Shrine Preservation Project. President Linda Wong Smith has said, "Randy plays an essential link in our Society; he is our anchor."

This year, our Board of Directors focused on a wide range of administrative items and at our November retreat, prioritized several goals. We established a detailed budget for 2004, hired an independent Certified Public Accountant to oversee our increasingly complicated books, and identified ways to tighten our belts. We also established an internal book inventory program and typed up CHSSC's Constitution!

The CHSSC Board meets formally each month but we contact each other—sometimes daily—via email. We disagree on some issues but are in consensus as to our overall mission and goals. We share our responsibilities and as the Society grows, we need more supporters and volunteers. Please join us!

AROUND CHSSC

APRIL GENERAL MEETING REPORT

By Linda Chong

With the help of our co-hosts, the Friends of the Chinatown Library, in April we featured a delightful evening with writer Adeline Yen Mah. Also a physician, Dr. Mah has recently used her bicultural, bilingual background to author a widely acclaimed series of books for adults and children.

Born and reared in China, educated in Britain, and currently based in Huntington Beach and London, Dr. Mah is the author of *Falling Leaves*; *Chinese Cinderella*; *A Thousand Pieces of Gold*; and *Watching the Tree*. Her repertoire will soon expand to include two

(See April Report, Page 3)

2003-2004 CHSSC Officers

Linda Wong Smith, President

Pete Chinn, Vice President

Eugene Moy, V.P. Programs

Susie Ling, Secretary

Ben Nakayama, Membership
Secretary

William Chew, Treasurer

Franklin Mah, Financial Secretary

Board Members

Dr. Betty Gaw Gilbert Hom

Susan Hum Dr. Donald Loo

Dr. Wing Mar Jack Ong

News 'n Notes Editor: Randy Bloch

MISSION STATEMENT

The Chinese Historical Society of Southern California was organized in November, 1975. The purposes of the Society are: 1) to bring together people with a mutual interest in the important history and historical role of Chinese and Chinese Americans in Southern California; 2) to pursue, preserve and communicate knowledge of this history; and; 3) to promote the heritage of the Chinese and Chinese American community in support of a better appreciation of the rich, multi-cultural society of the United States.



(April Report, from Page 2)

more children's books – *Chinese Cinderella* and *the Secret Dragon Society* and *Stories of a Daughter Nobody Wanted*.

After enjoying a smashing debut with *Falling Leaves*—which sold more than one million copies worldwide—Dr. Mah retired from medicine to write full-time. Her second book, *Chinese Cinderella* is an autobiographical work written in the style of a children's book. Her third book, *Watching the Tree*, is a work of Chinese philosophy. In a similar vein, her latest book, *A Thousand Pieces of Gold*, seeks to deepen readers' understandings of China's past through examining its centuries-old proverbs.

At the CHSSC meeting, Dr. Mah spoke passionately on how Chinese Americans need to better understand their ancestral heritage and avoid rejecting the wisdom of Chinese thinking because American culture tends to be Eurocentric. She also noted that her greatest rewards are the letters and feedback she receives from children around the world whose lives are touched by her stories.

Adeline Yen Mah is a member of the prestigious Committee of 100, an organization founded by an elite group of Chinese Americans (including renowned architect, I.M. Pei) which strives to advance the lives of Chinese living in the United States. Dr. Mah is married to Robert A. Mah, a fellow physician, and the couple has two grown children.

Royalties from Adeline Yen Mah's books go the Falling Leaves Foundation which enables American students to study at universities in Beijing and Shanghai.

MARCH GENERAL MEETING REPORT



VP-Programs Eugene Moy, William F. Chew
and CHSSC President Linda Wong Smith

On March 3rd, we proudly hosted CHSSC Treasurer (and now published author), William F. Chew, who presented his new book, *Nameless Builders of the Transcontinental*. Though now retired, during an illustrious

aerospace career, Bill developed a component for the first Mars landing, designed a Space Shuttle experiment and led a program on space commercialization.

Bill's Chew's grandfather helped build the Transcontinental Railroad. Fittingly, the book's dedication reads: "To my grandfather, Che Wing Qui, who would not know that his contribution to railroad travel would, within two generations, lead to his grandson's contribution to planetary travel." Chew's new book is the fruit of years of research to identify descendants of Chinese railroad workers. It taps heretofore unpublished payroll information from the Central Pacific Railroad Company – a rich vein of primary historical data. It is the flowering of two trips to Promontory Point, Utah in 1998-1999 to re-enact the celebrated "Marriage of the Rails" and "Golden Spike" ceremonies. On his second Promontory Point trip, Bill was inspired by a conversation with Golden Spike National Historic Site Superintendent Bruce Powell – "a pivotal encounter that launched me on an amazing journey." Addressing CHSSC at a 1999 meeting, Bill was beside himself when many Society brethren came forward to tell him of their ancestors' ties to the railroad: Johnny and Johnson Yee's great-grandfather, Yee Kwang Toy, had been a black powder worker; Anita Wong Lim's grandfather, Wong Wah Fung, was a rail worker; author Lisa See's great-great-grandfather, Fong Dun Shung and his two sons worked on the railroad; and several other members told him of their ancestors' contributions to the Transcontinental Railroad.

The March 2004 meeting and book signing was a significant event in Bill Chew's life. Many Chew family members were there to share the occasion. Also attending was his literary mentor, Susan Sovine, who spoke on her lifelong study of Pearl S. Buck at our last month's general meeting. As evinced in his talk, Bill Chew brings a scientific approach to research gathering and synthesis by eschewing preconceived notions and rejecting the unsubstantiated.

In his general meeting talk, Bill focused on four areas of inquiry. Regarding the first dates of employment and names of the first Chinese rail workers, his research gives a date of January, 1864. Payroll sheets from January and February of that year record Hung Wah and Ah Toy as leaders of a crew of 20. Chew listed the most notable railroad projects as Bloomer Cut (near Auburn, California), Cape Horn, a cluster of 13 tunnels blasted through solid granite in the Sierra Nevada mountains, and a record-setting 10 miles of track laid in one day at Rozel, Utah. As to the number of Chinese railroad workers, Chew said: "The rounded total of 23,000 Chinese workers is considered a minimum but is much larger than the previously published total of 10,000 at peak employment, especially since 29



("Transcontinental," from Page 3)

months of payroll records from 1864 through 1867 are lost." Concerning Chinese lives lost, Chew states that no company or government officials recorded the number of fatalities, though it is estimated at 1,300. He stated the death toll of Chinese workers is the largest among public and private projects in U.S. history.

Bill's recent article in the Society's *Gum Saan Journal* concludes: "The Transcontinental Railroad was completed on May 10, 1869. There were celebrations in Washington, D.C., Omaha, San Francisco, Chicago and New York. The grandest of these was in Sacramento, but the most historical was at the actual site of Promontory Summit, Utah. After the 'Marriage of the Rails' celebration, dignitaries drove in the 'Golden Spike.' But after the crowd dispersed, the Chinese removed the gold and silver spikes, along with the Laurel railroad tie, and laid the last tie and drove the last spike!" - RB

ANNOUNCEMENTS

CHSSC ELECTIONS TO BE HELD ON JUNE 2, 2004

This year, we are fortunate to have many members willing to take leadership in the Society. The following summarizes the 2004-2005 election procedures: The election will be held on June 2, 2004 between 7:00 p.m. and 8:00 p.m. Our Board has instructed that ballots will be printed one week before the election with additional nominations allowed until May 25, 2004. There will then be allowance for write-in candidates on the ballot at the election. The CHSSC Board consists of between 13 and 17 total members. Since there are 7 officers, no more than 10 members-at-large may be elected. Paid CHSSC members will receive candidate platform statements of 50 words or less with their ballot. Each candidate must submit his or her 50-word statement to the CHSSC Office by May 26, 2004 at 5:00 p.m. Past president Irvin Lai will officiate the proceedings and announce the results. Randy Bloch, Franklin Mah and Stanley Mu will tabulate the ballots. As of this printing, the candidates include in alphabetical order:

President:	Kenneth Chan; Pete Chinn
Vice-President:	William Chew
VP-Programs:	Pedro Loureiro; Eugene Moy
Treasurer:	Ann Lau; Ben Nakayama

Financial Secretary:	Howard Fong
Secretary:	Susie Ling
Membership Secretary:	Philip Tong
Member at Large:	Dr. Albert Chang, Dr. Betty Gaw, Susan Hum, Dr. Munson Kwok, Jeannie Liu, Dr. Don Loo, Jack Ong, Frank Yee, Martha Yee, Mary Yee, Wei Yee, Donna Young

PURCHASE TICKETS NOW FOR L.A. CONSERVANCY SCREENING OF ANNA MAY WONG IN *SHANGHAI EXPRESS* AT SPECIAL CHSSC PRICE!

On Wednesday, July 7th at 7:00 p.m., the Los Angeles Conservancy hosts a showing of *Shanghai Express*, starring Marlene Dietrich and Anna May Wong, at the Orpheum Theater. The screening is the closing event of the Conservancy's annual "Last Remaining Seats" fundraiser at Broadway theater district historic movie palaces. A CHSSC Board member will accept a proclamation on stage from Los Angeles Councilmember Ed Reyes, praising Ms. Wong's cinematic and humanitarian achievements. The tribute will include footage of her visit to Shanghai in 1936.

CHSSC members may purchase show tickets at a \$13 special price. Please mail checks to CHSSC, P.O. Box 862647, L.A., CA 90086-2647. The deadline to buy tickets is July 1, 2004. Doors open at 7:00 p.m., show begins at 8:00 p.m. and the program ends at approximately 10:45 p.m. Please phone the Conservancy at (213) 623-2489 for further details, or Randy in the CHSSC Office at (323) 222-0856.

WITH GREAT APPRECIATION: GOODBYE, FRANKLIN MAH

It has been CHSSC's fortune to receive great support and volunteer professional expertise from many of its members. *News 'n Notes* wishes to pay special tribute, however, to outgoing Financial Secretary (and IRS Auditor) Franklin Mah. Indeed, Franklin has written our checks, coordinated our books, and done our state and federal TAXES for greater than a decade! And as the organization has grown, so has Franklin's volunteer time and dedication. Perhaps most importantly, Franklin provided much-needed continuity on the Board and has been an outspoken voice for fiscal prudence.

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MAY 2004

(Announcements, from Page 4)

Franklin shunned the limelight for his contributions, but we must now thank you, Franklin, from the bottom of our hearts for debts unpayable.

NUPTIALS

CHSSC sends a very special congratulations to romance (not the first) in our very ranks. In May, longtime community leader, Gilbert Hom, wedded Linda Chong, former CHSSC administrative assistant and University of Southern California speechwriter. The wedding venue was the Old Grapevine, Plaza Park, in the shadow of the historic San Gabriel Arcangel Mission. The newlyweds will honeymoon on an Alaskan cruise.

MAY GENERAL MEETING REFRESHMENTS

Thank you to the following members for their generous snack donations at our May General Meeting: Susan Dickson, Cindy Fong, Dorothy Louie Lee, Rose Marie Lee, Winnie Lee, Susie Ling, Ruth Lung, Doreen Chan Nakayama, Judge Delbert & Dolores Wong, and John & Esther Yee.

CHSSC SUMMER SCHEDULE

Please note the Society does not convene a general meeting in July or August. Also, *News 'n Notes* does not publish in June or July. We look forward to seeing you at our June and September general meetings!

COMMUNITY CALENDAR

May 3 to May 28, 2004

EXHIBIT OF TEN NEW CHSSC PORTRAITS OF PRIDE PROFILES

Los Angeles Harbor College (Library)
1111 Figueroa Place, Wilmington, CA

May 20, 2004, 12:00 p.m.

CHINESE CHAMBER OF COMMERCE LUNCHEON MIXER WITH CITY ATTORNEY ROCKY DELGADILLO

Big China Restaurant, 911 N. Broadway, L.A.
Information: (213) 617-0396

May 21, 2004

CHINATOWN PUBLIC SAFETY ASSOCIATION ANNUAL BANQUET

Empress Pavilion Restaurant

Information: (213) 621-3043

May 22, 2004

ASIA CULTURE-FEST: PERFORMANCES & CRAFTS (FREE EVENT)

Pacific Asia Museum

46 N. Los Robles, Pasadena

May 27, 2004, 6:00 p.m. to 9:00 p.m.

ORGANIZATION OF CHINESE AMERICANS - MIXER

Chinese American Museum

El Pueblo Plaza

Information: (323) 250-9888

May 27, 2004

BITTERSWEET ROOTS: THE CHINESE IN CALIFORNIA'S HEARTLAND

Airs on KOCE Television at 8:00 p.m.

Through June, 2004

CHINESE AMERICAN MUSEUM EXHIBITS: TYRUS WONG: A RETROSPECTIVE; NEIGHBORHOOD STORIES; CHINATOWN STORIES: REALIZING THE IMAGINED

El Pueblo State Park at Olvera Street

Information: (213) 626-5248

June 2, 2004, 7:00 p.m.

CHINESE HISTORICAL SOCIETY OF SOUTHERN CALIFORNIA ELECTIONS & GENERAL MEETING

Castelar Elementary School Multipurpose Room

840 Yale Street, Los Angeles Chinatown

June 4, 2004, 6:30 p.m.

FRIENDS OF CHINATOWN LIBRARY SCHOLARSHIP AWARDS DINNER

Ocean Seafood Restaurant

750 N. Hill Street

Information: (213) 620-9917

June 5, 2004, 11:00 a.m. to 3:00 p.m.

OCA OF GREATER LOS ANGELES - CHAPTER PICNIC

Alhambra Park

June 6 through August 1, 2004

"THROUGH MY FATHER'S EYES," THE FILIPINO AMERICAN PHOTOGRAPHS OF RICARDO OCRETO ALVARADO

UCLA Fowler Museum

Information: (310) 825-4361

June 7, 2004, 7:00 p.m.

LIVE CHINESE CLASSICAL MUSIC CONCERT FEATURING ZHI MING HAN ENSEMBLE

China Society of Southern California

Golden Dragon Restaurant, Los Angeles Chinatown

Information, Robert Lee: (213) 628-8439 after 1:00 p.m.

(See Community Calendar, Page 6)



(Community Calendar, from Page 5)

June 9 through July 4, 2004

M. BUTTERFLY BY DAVID HENRY HWANG

East West Players

120 Judge John Aiso Street, Los Angeles

Information: (213) 625-7000

June 19-20, 2004

CHINESE FOOD FESTIVAL

Los Angeles Chinatown

Information: (213) 680-0243

June 22, 2004, 12:00 p.m.

CHSSC TREASURER WILLIAM F. CHEW SPEAKS TO

RAYTHEON ASIAN PACIFIC ASSOCIATION

2000 East El Segundo Blvd., El Segundo, CA

Reservations required: (310) 616-8222

June 22-23, 2004, 12:00 p.m. to 1:00 p.m.

CHSSC PORTRAITS OF PRIDE SHOWCASE AT

RAYTHEON PLAZA

2000 East El Segundo Blvd., El Segundo, CA

Reservations required: (310) 616-8222

June 23, 2004, 7:00 p.m.

REVISITING EAST ADAMS FILM DOCUMENTARY
PREMIERE

David Henry Hwang Theater, 120 Judge John Aiso Street,
Los Angeles

Information: jennycho@ucla.edu; (323) 222-0856

Through June 27, 2004

REVISITING EAST ADAMS - AN EXHIBITION OF
PHOTOGRAPHS AND MEMORABILIA FROM THE
EAST ADAMS NEIGHBORHOOD, CIRCA 1930'S TO
1950'S

Curators, Jennifer Cho & William Gow

CHSSC Chinatown Heritage and Visitors Center

411 Bernard Street, L.A. Chinatown

June through September, 2004

CHINESE AMERICAN MUSEUM EXHIBIT:
"FOOTSTEPS THROUGH TIME"

El Pueblo State Park at Olvera Street

Information: (213) 626-5248

July 7, 2004, 7:00 p.m.

SCREENING OF SHANGHAI EXPRESS WITH ANNA
MAY WONG & MARLENE DIETRICH; ANNA MAY
WONG TRIBUTE AT HISTORIC ORPHEUM THEATER

Sponsored by: Los Angeles Conservancy

See "Announcements," this issue of News 'n Notes

HEALTH & WELLNESS

HOW DOES ENVIRONMENTAL POLLUTION AFFECT US?



By Dr. Betty Gaw

When giant whales beach themselves on our shores and expire in mass strandings, arctic polar bear populations become decimated due to disease brought on by environmental pollution, and birds fail to hatch because of fatal deformities, we all wonder why. A few years into the third millennium, we experience ever-increasing levels of lung cancer worldwide and suffer strange disease syndromes not encountered a few decades ago. Eight of our pristine National Parks, including Yosemite, are so polluted they violate federal smog standards. Indeed, all Earth's creatures great and small are suffocating in a potentially deadly soup of toxic, man-made chemicals.

THE KNOWN POLLUTANTS

Smog and Ozone

In 2003, Los Angeles, Orange, San Bernardino and Riverside Counties had 120 days out of compliance with the EPA standard of acceptable air quality. Southern California is, thus, the new smog capital of the United States. The chief pollutant sources are diesel trucks and buses, cars/vans/SUVs, aircrafts, locomotives, industrial plants/factories, oil and gas refineries, construction equipment, smokers, etc. (*Los Angeles Times*, April 16, 2004.)

Chemicals

With our current scientific sophistication, new chemicals are created every day. The most deleterious to our health are: paint and paint solvents, including nail polish and remover; deodorants, perfumes, fragrances; hairsprays; marking pens; cleaning soaps and solutions; chlorine in Clorox and its byproducts such as flame

(See "Pollution," Page 7)



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retardants/PBDEs; plastic in every shape and form that lead to cancers of the reproductive organs and infertility; mothballs; benzene/gasoline; pesticides and herbicides; perchlorate from fireworks, rocket fuel, explosives, air bags and road flares; mercury, lead and other heavy toxic metals; and overuse of fertilizers of every kind. The newest potentially carcinogenic chemical reported is Acrylamide, formed from high temperature heating of starch foods, such as French fries, baked goods, grilled potatoes, snack food chips, etc. Health-damaging hydrogenated vegetable oils are in almost all baked goods to extend shelf life, mimicking bad saturated fats and thus contributing to cardiovascular diseases.

Noise Pollution

How many decibels of noise can our auditory eighth nerve endure before we begin to go deaf? The longer we suffer noise bombardment, the earlier we lose our hearing. Moderate but long-term noise over 60 decibels damages our health and hearing, resulting in high blood pressure, obesity, coronary artery disease, peptic ulcers, irritability, poor productivity, deafness, and insomnia. Simply put, noise is stressful.

The loudest noise is from airplanes, lawnmowers, trucks and jackhammers. In California, one can be ticketed for a vehicle exhaust system that emits noise greater than 95 decibels. A busy street or highway may emit ambient noise of 75 decibels, which interferes with learning in an adjacent school. The longer that high noise levels are sustained, the more rapidly nerve damage occurs. Therefore, rock musicians and those who celebrate with firecrackers will be deaf at a young age. Earplugs are a must for hearing preservation.

EFFECTS OF ENVIRONMENTAL POLLUTION

We currently see an increase in new diseases of modern living, such as:

- Multiple chemical sensitivities and allergies, some severe enough to be life threatening;
- Autism;
- Fibromyalgia; autoimmune disorders; Chronic Fatigue Syndrome;
- Cysts and or fibroids of the breasts and uterus;
- Depression;
- Cancer of the reproductive organs in men and women;
- Attention Deficit Hyperactivity Disorder;
- Colon polyps;
- Parkinson's disease;
- Alzheimer's disease;
- Violent and destructive behavior;
- Morbid obesity;
- Addiction to alcohol, tobacco, food, illicit drugs, sex, work and money;
- Asthma/reactive airway disease;
- Irritable Bowel Syndrome; and
- Diabetes.

STRATEGIES FOR COPING AND SURVIVAL

- Use chemicals cautiously and dispose of them safely, not down the toilet or drain;
- Avoid carcinogens and rinse your fruits and vegetables thoroughly;

- Instead of using snail poisons, buy decollate snails which are natural predators of garden snails and use ladybugs to eliminate aphid infestations;
- Minimize your use of plastics, and never microwave a baby's milk bottle nor any food or drink in plastic containers;
- Use vinegar, baking soda and castile soap made from plants, for cleaning, and avoid chlorine;
- Unbleached towels and tissue paper have not been bleached with chlorine and are eco-friendly;
- If you must use deodorants and perfumes, apply them on an outer garment, not on your skin, and use them sparingly;
- Organic foods and meats mitigate the contamination of pesticides, herbicides and hormones;
- Use a central water purifier so you do not breathe or absorb toxic chlorine through your skin when you shower;
- A HEPA indoor air filter is helpful in filtering out particulate and gas pollutants. Plants are wonderful detoxifiers, and they produce oxygen when there is sunlight;
- Drive a hybrid vehicle such as the Prius, manufactured by Toyota. It has a very efficient electric/gas engine that averages 55 miles per gallon on low octane gas. It generates its own electricity and stores it for use. As an environmental activist, I bought my first Prius 2001 three years ago and now drive the upgraded Prius 2004. If 50% of Americans drove hybrids, we would be less dependent on oil imports and our air would be much cleaner;
- Healthy food items are: nuts, whole grains and a wide variety of fruits and vegetables that are yellow, orange, purple or red because of their phytochemicals, carotenoids, and potent antioxidants;
- If you wish to take supplements in addition to eating healthily, the following are useful daily detoxifiers: Green Tea, Milk Thistle, Alpha Lipoic Acid, N-Acetyl-Cysteine, Quercetin, Garlic, Psyllium, Pycnogenol/Proanthocyanidin, Burdock, Artichoke Leaf, Hesperidin, Selenium (detoxifies mercury), and Schizandra, per Dr. Stephen Sinatra, M.D. I suggest adding Probiotics and Astragalus to that list to enhance the immune system;
- Daily exercise helps burn fat, increases circulation and rids the body of toxins.

There is much we can do to restore and protect ourselves and our planet, thus teaching our children and grandchildren healthy lifestyles. If we do nothing, we are doomed to disastrous diseases as our immune systems are weakened and destroyed by global toxic pollution. Longevity requires taking action to ensure good health and preserve the Earth for posterity. This is our sacred and urgent responsibility.



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