



Peninsula Chinese Business Association

美國華聯商會

Leading because we care

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Message from the President

December 1, 2023

Dear Fellow PCBA Members and Friends:

Happy Holidays!

As the Peninsula Chinese Business Association embarks on its fifteenth year, I would like to extend my heartfelt gratitude for your support to the organization and your indispensable contributions to our ongoing strategic planning initiative that will help give PCBA's programs and activities over the next decade.

Drawing from this collective wisdom, we are poised to adapt our mission and future programming to ensure they align even more closely with your expressed priorities. Your support will go a long way, not only for one cause but for building a legacy.

I eagerly anticipate welcoming the new members and extend my gratitude to the loyal members. I look forward to your perspectives on how PCBA can fulfill its promise as a nexus for the PCBAers' and student communities.

I wish you all good health and a joyful New Year to come.

Warmest regards,

Norman Ip

Norman Ip, President
Peninsula Chinese Business Association

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WEIGHT LOSS

The Greatest Weight-Loss Secret!

The “Shangri-la Diet” is a straightforward, effective way to adjust your natural appetite regulation system.

- **How this works:** Maintain your house temperature at a set level; your body maintains a set point weight, the number it perceives as usual; just as a thermostat turns a heater on and off, your body’s weight-control system turns hunger on and off. If the set point is adjusted upward, your body tries to put on weight; if the set point is adjusted downward, you naturally lose weight.
- **Theory:** Your body regulates weight partly in response to food flavor. Food whose taste is associated with calories raises your set point and increases appetite, but flavorless food lowers your set point and curbs appetite.
- **Typical results:** Two 100-calorie doses of flavorless foods reduce appetite that the next automatically consumes 500 fewer calories than usual without feeling hungry.
- **Flavorless oil:** Choose extra-light olive oil or refined walnut oil.
- **Sugar water:** Strangely, the body doesn’t count sweetness as a flavor. One dose equals two tablespoons of sugar mixed with one cup of water.
- **Daily doses:** To lose less than 20 pounds, consume one quantity each of oil and sugar water daily. To lose more, double each amount. Appetite suppression usually begins in a day or so.
- **Essential:** To prevent flavorless foods from becoming associated with other flavors, wait one hour after tasting anything else (including gum and toothpaste) before swallowing the oil or sugar water, then wait one hour more before eating again. Otherwise, flavorless foods add to total calorie intake without suppressing appetite.
- **Convenient:** Schedule food-free intervals for mid-morning (between breakfast and lunch) and bedtime.
- **Troubleshooting:** If swallowing pure oil makes you gag, mix it with the sugar water, then divide it into two doses. If you develop diarrhea, cut the oil in half for a few days. For gallbladder problems, take only one teaspoon of oil per dose. For diabetes and recurrent yeast infections, use only the oil.
- **Achieving goal:** Typically, people lose one to two pounds per week. Once the target weight is met, reduce the oil and sugar water dose to a level that allows you to maintain your weight loss. Do not stop altogether, or you may regain the weight.

Source: The late Seth Roberts, PhD

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Fat in red meat raises your risk for heart disease and stroke, right?

Wrong!

The food police have been telling us to stay away from red meat because saturated fat in red meat increases heart disease. Studies from Harvard researchers analyzed 21 studies in 23 years, followed 350,000 people, and found that saturated fat does not increase heart disease or stroke.

What causes heart disease? Ironically, the real culprit is the experts telling us to eat more. These so-called “healthy” alternative triggers inflammation, increases blood pressure and creates a perfect storm for heart disease. The conventional advice to substitute carbohydrates for dietary fat is misguided and dangerous. The risk of a heart attack was higher when replacing saturated fat with refined carbohydrates, such as white bread, white rice, and dessert. Sugar is terrible because it increases arterial inflammation, insulin levels, and blood pressure.

The best ways to reduce the risk of heart disease include maintaining a healthy weight, exercising regularly, and not smoking.

Source: Jonny Bowden, PhD, CNS





Calm down! Control your anger!

Few things are as unpleasant as having to deal with an angry person. There is a simple way to calm anger instantly, and all you must do is utter a simple 5-word phrase:

“Shutting Off the Anger Hormones”

While this may sound far-fetched, it’s just a case of conditioned response, like Pavlov’s dogs salivating when they heard a bell.

When you utter this phrase, it triggers a habitual response in the person you’re talking to. That response sends signals to the person’s brain, causing them to shut down the anger-related neurotransmitters.

There are three ways to defuse anger.

- **Sit down!** Your brain interprets a seated or reclining position as safe and relaxing, interrupting the flow of anger-enhancing adrenaline. Try leaning back and relaxing your muscles if you’re already sitting down when angered.
- **Never go to bed angry.** Research proves that the old saying is right! A recent study found that hitting the sack after negative emotions reinforces them. Try to resolve disagreements before saying good night.
- **Become an observer.** The next time your blood boils, step back and view the situation from a distance. Evaluate how angry you are on a scale of 0 to 10. Then, project what may happen if you don’t lower that figure using some techniques here. This will help you remain calm.

If you have extreme fight-or-flight symptoms, are getting angry more often, or if others are complaining about your temper, seek professional help.

Source: W. Robert Nay, PhD

How to beat age bias when job hunting!

Age discrimination may be illegal, but it still exists. People over 50 are usually the first to get laid off and the last to get hired. According to the General Accountability Office, older Americans stay jobless for an average of 56 weeks, compared to just 37 weeks for younger workers. And when they do find jobs, they typically take a more significant pay cut.

So, how do you compete against younger candidates when you're looking for a job?

Be prepared to answer embarrassing tough questions that compare to younger candidates. For instance:

Q. Older workers do not get along with younger ones.

A. I like to learn from people of all ages from different backgrounds.

Q. Why did you apply for a lower-level job than you had before?

A. Say you enjoyed management but prefer more hands-on involvement in projects at this point in your career.

Tailor your resume to what the employer is looking for. Describe your professional and life experiences that offer value added to problem-solving.

Source: Andrea Kay and Johnny DaRosa





Editor's Bulletin

December 1, 2023

Greetings PCBA Families and Friends:

For the Peninsula Chinese Business Association, 2023 has been a wonderfully successful year, and much of that good fortune is thanks to the tremendous work and dedication of our members and the preparation we took on before the year began. What we thought was impossible became possible because of your contributions.

In the fall of 2023, the Board of Directors introduced a framework that has played a prominent role in structuring our initiatives. We call it "K-12 Talent Encouragement 360," designing our future tasks, including Elementary Drawing Contests, Middle Schoolers' Social Emotional Learning Prizes, and High Schoolers' Encouragement Scholarship. Connectivity is the heart of what we do - connecting talents, personality, compassion, and passion for chasing dreams.

Finally, we all understand how important it is to help young men and women to amplify their stories to pursue happiness. And we welcome everyone interested in joining our mission to share the happiness we will achieve together.

Kind wishes,

Johnny DaRosa

Johnny DaRosa,
Peninsula Chinese Business Association