

WORLD OF ASP

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President and Technical Director of American Self-Protection: Professor Evan S. Baltazzi D.S.,D.Phil.

IN THE NEWS

Happy holidays to everyone! May your holiday season be a safe and happy one.

ASPA wants to know your opinion. Enclosed with this newsletter you will find a pre-paid and pre-addressed postcard. Please take the time to answer the questions and return it. If you would like to continue to receive this newsletter from ASP and Dr. Baltazzi, we must receive your reply as soon as possible.

A meeting will be held at 825 Greengate Oval, Sagamore Hills, OH 44067 on Thursday December 15, 1994 at 9:00 P.M., to reform the ASPA corporation in the State of Ohio. An election of the Executive Committee and Board of Directors will be conducted at this meeting. The presence of members in good standing is requested. Please call (216) 467-1750 if you plan to attend.

PROMOTIONS

*To Red Belt: Amanda Borovicka
To Red Belt II: Craig Phillips
To Red Belt III: Eric Phillips, Brandt Ward, Bob Sedlock
To Red Belt IV: George Erasmus
To Brown Belt: Stephanie Wright
To Black Belt II: Paul Mandzak
To Black Belt III: Dr. James Phillips
To Black Belt IV: Troy Schultz
Congratulations to all.*

ON HEALTH & FITNESS by E.S. Baltazzi

Recently a friend and former colleague of mine died of a massive heart attack while playing handball. He was a fitness buff in his late sixties, who jogged regularly, played handball vigorously and showed no signs of heart trouble. His case is not unique. Fitness enthusiasts died much younger than Caesar (my friend's name), as did recently a cyclist in his mid-thirties. This brought home once more what I have maintained for many years: Physical fitness, health, and good looks are different from each other. Sometimes, and only sometimes, they go hand-in-hand. Yet, because there is so much money to be made in these areas, the public is often deliberately confused and misled by cleverly crafted promotional ads appearing in the media.

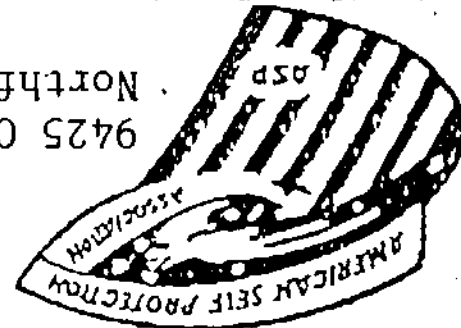
Since everyone wishes to live a long and healthy life people latch onto every new or not so new discovery which makes the headlines and either promises to bring about a desirable result, or help one to get rid of bothersome symptoms. This is normal and quite understandable.

The vast majority of medical and physiological statistics upon which these new findings are based, are rarely grounded on a firm foundation because of the inherent difficulty to select truly representative population samples. ANYONE INVOLVED WITH PHYSICAL, CHEMICAL, STATISTICAL, OR ANY KIND OF SAMPLE ANALYSIS, KNOWS THAT THE BEST ANALYTICAL METHODS ARE WORTHLESS IF THE SAMPLE THEY ARE USING IS NOT TRULY REPRESENTATIVE. There is an entire technology of sampling, however, people are not sacks of flour or oil tanks and the methods for proper sampling cannot be applied to them. Yet, how the few hundreds or even thousands of people selected mostly from the same geographical area, similar environmental influences, similar lifestyles, and often not vastly different genetic make-up, truly represent 260 million Americans, or the 4 billion people inhabiting the Earth, so as to warrant sweeping generalizations? One has to admit that medical researchers must start somewhere and do the best they can with what is available. Also, every one of us desires longevity, good health, and wants to get rid fast of annoying symptoms. This is why people are jumping from one health fad to another. Unfortunately, it is not rare for the profit motive to override scientific ethics and objectivity.

I do not believe that anyone has all the answers. In previous newsletters, as well as in my books, I have expressed the opinion that health and longevity depend on our genes, the way we handle strain (misnamed stress), nutrition and how we use or abuse our bodies, IN THAT ORDER. It is precisely this order which is usually not recognized. No one is under contract with God and, if he is, he does not know when his contract expires. There is so much we do not know! Yet, there is a valid guideline to follow. Our bodies talk to us and we should try to listen. Forcing them so as to reach supposedly desirable results, is rarely a good idea. Physical exertion for fitness must be tempered by common sense and a sense of proportion and values.

Else, it will do more harm than good. The recent example of a young girl gymnast who wanted to lose weight in order to be tops in her sport is a case to the point. She reached the point of no return, where medical science could not save her.

Above all, it is always helpful to remind ourselves that life is a daily gift. There is nothing we can do to change the past, the future is unknown, and we have only the fleeting present to do something worthwhile with it.



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