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Ring Girl of the Month!



Your Best "Cornerman"

If You're Suffering from Injuries, Cuts or Need a Quick Energy Lift, Take a Close Look at Amazon Herbal Nutrition

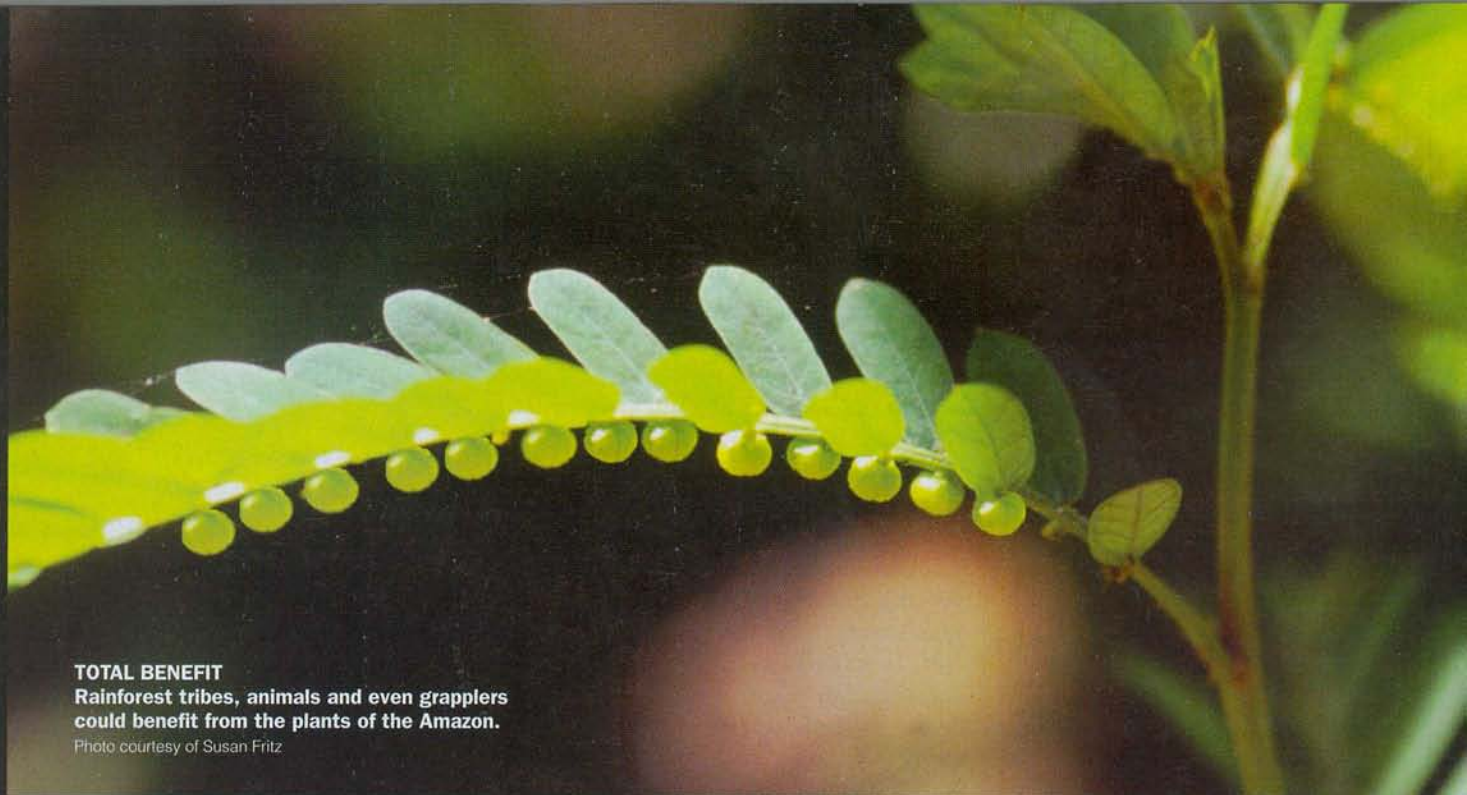
By Terry L. Wilson

AND WHAT A LARGE "OCEAN" IT IS. An entire industry has been built around a sea of remedies for the sprains, aches and pains that plague fighters. Sure, you'll probably hear people say that coming to grips with pain is part and parcel with the sport of grappling and mixed martial arts, but don't you want to know what works and what doesn't so you can shorten the recovery time?

Finding out what works and what doesn't was my personal quest for this story. In the process of playing the role of a skeptic, I became a believer in the power of the Amazon. Deep in the heart of the Amazon rainforest is a medicine cabinet as big as all outdoors, and the pharmacist on duty is Mother Nature. In all of her wisdom, she has created an abundance of plants, roots and herbs to cure the ills of man and beast alike.

Many of the techniques employed in the martial arts were taken from animals ... the way they leap, kick, strike and even





TOTAL BENEFIT

Rainforest tribes, animals and even grapplers could benefit from the plants of the Amazon.

Photo courtesy of Susan Fritz



grapple. So, it should come as no surprise that the Shaman (medicine men) of the rainforest tribes would also observe how various plants affect their health.

"The Shaman would study what plants the animals ate and how those plants related to their health," says Sue Fritz, an advocate of herbal nutrition. "They would then apply the same plants and herbs to members of their tribe who were suffering from similar injuries and ailments and get amazing results."

Fritz, a jiu-jitsu stylist, benefited from the Shaman's discoveries after injuring her arm while grappling. Her doctor says it was one of the nastiest bruises he'd ever seen.

"She was solid black and blue from her elbow to her fingers," says Dr. George Worth, of Minden, Nevada. "I was very concerned about blood clotting and tissue damage. I told Sue that she would not be able to train for five, maybe six months. When she came back 10 days later, I was astonished to see that her arm was practically healed."

Fritz had treated her injury with an Amazon herbal formula called Recovazon.

"I drank one ounce of Recovazon a day for 10 days and applied it topically onto my arm," Fritz explains. "Iporuru is the key herbal ingredient that speeds up the healing process in Recovazon. Within a week, my arm was externally healed and within five weeks the damaged tissue was



Photo courtesy of Susan Fritz

Susan Fritz is an advocate of Amazon herbs.

repaired. Instead of being out of commission for six months, as my doctor had predicted, I only missed a few weeks of training."

Dr. Ed Wagner, of Malibu, California, is one of the nation's most respected holistic health practitioners and chiropractors. He is also a martial artist. After hearing about Sue, Dr. Wagner began a lengthy series of tests to determine if the herbs had the healing power as claimed. After several months of testing several Amazon products, he too became a believer in the power of the Amazon.

"After extensive research and study, I have come to the conclusion that Amazon Herbs work on a deeper level, a

Continued on page 58

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Your Best "Cornerman"

Continued from page 57

cellular level," says Dr. Wagner. "Recovazon is nothing short of amazing. I have a number of martial arts-related injuries myself. They range from broken bones to internal injuries, and to my astonishment, Recovazon has repaired not only recent injuries, but it also has repaired old scar tissue from injuries I received years ago."

Among the herbs Dr. Wagner tested on himself was Metabazon. He says that this herb toned and shaped his body like nothing he ever before experienced.

"Metabazon, when used several times a day, produced some amazing effects," says the chiropractor to some of Hollywood's elite. "It did the most for my muscles. It was like taking an antibiotic steroid ... not in the sense of size, but in density, strength, power and cuts."

Impact Injuries

Dr. Wagner detailed how impact injuries can cause energy or chi to stick in muscles and joints. He says this consolidates and crystallizes in the form of lactic, uric and pyruvic acids. After months of testing, Dr. Wagner proved that the herbs also worked on meridians, which greatly assists in releasing blocked energy.

"In my 25 years of working with herbs, I have never found another product that produces these kinds of results," he says. "Amazon herbs are what I now use personally, and I recommend them to many of my patients."

Robert Bates is a prison guard in Carson City, Nevada and a mixed martial arts fighter who, as a member of Team



The plants of the Amazon are strong and healthy.

Photo courtesy of Susan Fritz

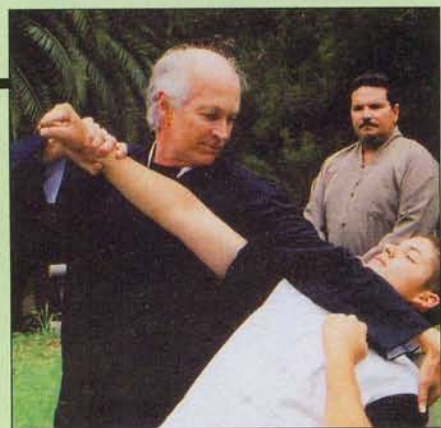
USA, won a gold medal in the super-heavyweight division at the Jujitsu World Championships. Bates works with Fritz, who happens to be a nurse at the prison. When he started complaining about a variety of aches, pains and injuries related to his grappling and full-contact fights, Fritz urged him to try the herbs. He just shrugged it off until he was hurt so severely in a match that he was willing to try anything ... even herbs.

"I'm a real skeptic when it comes to stuff like herbs and such," Bates gruffs. "But Sue kept on me, telling me how great the herbs were. One night I was fighting in a mixed martial arts event and got a bone bruise on my fibula. It was so bad that I literally couldn't walk. I had to

Impressed at 56

Dr. Ed Wagner, of Malibu, California, is 56. In the course of his martial arts career, he's suffered more than his share of bumps and bruises. Of course, these are unpleasant at any age, but they are especially unwelcome when you pass the half-century mark. If it weren't for the herbs Warrior and Recovazon, Wagner would not be as zealous to don the gi.

"For the professional athlete, Warrior and Recovazon are absolutely essential," he says. "They unlock any jammed energy in the body, and they are the only product I've found that can heal old scar tissue. I'm 56 and training at this age produces a lot of aches and pains. Recovazon does what vitamins and amino acids don't do; it cleanses that whole network of injuries ... old and new."



be carried out to my car. I thought I'd be out of the game for more than a month. At Sue's insistence, I started taking large doses of something called Recovazon. I figured I didn't have anything to lose so I gave it a shot. I couldn't believe the results."

In about a week, Bates was back training for his next fight.

"I've had bone bruises like that before, and they've taken as long as six months to get better," he says. "So, I know these herbs work. They give me a definite edge, and I won't go into a fight without them in my corner."

Energy Boost

Bates also had issues with his energy, Fritz says.

"He works all day, he goes home, he takes care of his son, and then he goes to the gym and trains for hours. He was dragging big-time. His adrenals were drained and his energy level had bottomed out by the time he got on the mat, so I told him to try Sumacazon for adrenal support and Warrior for energy."

This time it didn't take Bates four months to take Fritz's advice.

"I had no energy by the time I got to the gym," he says. "Then I started taking Sumacazon and Warrior. Suddenly, I've got energy to spare. It doesn't give you a buzz or make you all hyped-up; it just extends your endurance and energy. It allows you to do what you do best ... only longer. I can honestly say that the difference in my energy has been the difference between winning and losing on more than one occasion. If you've still got gas in your tank and the other guy doesn't, you definitely have an edge. Amazon herbs gives me that edge."

Stop the Bleeding

The Shaman of the Amazon noticed that the shape of a plant would often determine what part of the body its healing powers affected. Take Sangre de Drago, for example. Shaped like a heart, this plant — when pricked at the base — produces a bright red sap that resembles blood. A tribal Shaman watched as a wounded and bleeding leopard tore at the plant with his claws until the sap flowed from it stems. The leopard began licking the red sap onto his wounds until the bleeding stopped.

The Shaman also noticed that animals

suffering from stomach problems would eat the plant and seemed fine shortly afterwards. Subsequently, the medicine men began applying the substance to wounds received in battle and also to settle digestive problems.

Jay Hurren, a Los Angeles grappler and bodybuilder, has used the herbs for some time and was quick to point out how useful Sangre de Drago is for a fighter.

"It stops bleeding almost instantly," says Hurren. "We've used it to close cuts over eyes that would normally cause a fight to be stopped. We use that along with Warrior, Recovazon and the tea."

Christian Drapeau, director

Interested?

For information about the power of the Amazon, contact Sue Fritz at (888) 920-6177 or go to www.sierrasue.amazonherb.net.



of research of Amazon Herbs, delved into the secrets behind the healing power of Sange de Drago.

"There are two elements in Sangre de Drago that make it so effective," says Drapeau. "It puts protein in the blood immediately, which instantly stops bleeding. It's strong in antibiotics so it prevents any kind of infection, plus it stimulates wound tissue for fast healing."

Don't Leave Home Without It

While training at a muay Thai gym in Bangkok, Thailand, I ate something that really didn't agree with me. I was deathly sick to my stomach. A fighter told me that Sangre de Drago helped him get over food poisoning before a fight in England. So, I put a few drops of the stuff in a cup of tea. In no more than 10 minutes, my digestive problems (and they were nasty) vanished. There are now two things I never leave home without: my American Express card and a bottle of Sangre de Drago.

Why do these herbs seemingly work better than any one of the zillion other herbs on the market? After extensive research and interviewing, it comes down to two basic and logical principals.

- First, the herbs that grow in the Amazon are the strongest and healthiest plants on the planet because of their rich environment. Plus, only the strongest of plants survive in the rainforest.

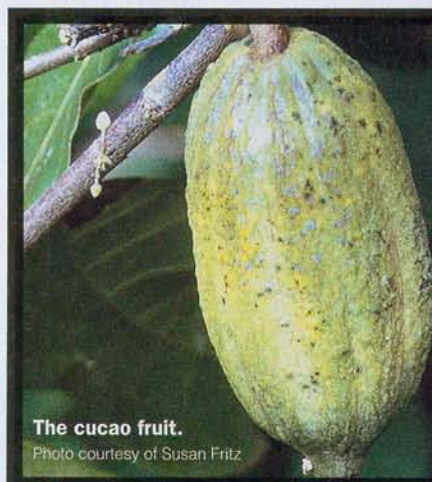
- The other reason why these plants retain so much of their healing power comes down to the way in which they are harvested and processed. The herbs are processed by a spagyric extract formula, which is a plant alchemy process developed in 18th-century Europe. This spagyric formula retains the plant's original constitution, while enhancing the

Photo courtesy of Susan Fritz

strength, focus, absorbability and healing potential of the plant. The alchemists believed ingesting plants processed in this manner transferred vital energy and healing qualities of the plants to people.

Check It Out

When you're down and out and can't shake those nagging injuries or lethargy, it might be worth checking these herbs out. The power of the Amazon is rather amazing. **Grappling**



The cucao fruit.

Photo courtesy of Susan Fritz