

SectorSurfer Strategies & Portfolios

Beaver 7 Individual Strategy: OPPAX, VTWG, PJGOX, IWV, SPY, DODFX, PRRIX;
635709742851345000-4582-4-112843

Current Top Dog Strategy: Stock Strategy 2.0 – NFLX, PES, BMRN, AMZN, MIC, EBAY,
SBAC, AGG, VIPS, PHM, GEO, CHK; 635682686543486250-5552-4-126989

Celeste Portfolio

38	ADD	ATOMIC Fidelity #2				FLBAX	FSELX	FBMPX	FSLBX	FSVLX	FCNTX	FSENX	FSCHX	FSDAX	FSRBX	FISDX	BARAX
39	ADD	YODA Hi-Performance				NFLX	VIPS	CVI	PCYC	CHK	CPA	PES	EBAY	AMZN	QCOM	MIC	SBAC
40	ADD	GoWithTheFlow				NFLX	VIPS	TSLA	PCYC	CHK	CPA	PES	EBAY	AMZN	QCOM	MIC	SBAC
41	ADD	AK 7/ld				SH	ORCL	INTC	CERN	MCHP	CSCO	DLTR	AMZN	ORLY	NFLX	STX	AKAM
42	ADD	ETF X-4e /d				EWP	SPY	EWZ	EWJ	PSQ-	SIVR	---	DBO	ITB	---	RSX	IWS
43	ADD	ETF Various Sector /d				EWV	ITB	EEM	IBB	REZ	PPH	BAL	XLE	QQQ	GLD	PGJ	ZROZ
44	ADD	Young 4 Equities				RSP	VEU	VNQ	DBC	---	---	---	---	---	---	---	---
45	ADD	P: Celeste Portfolio				S38-1	S39-2	S40-2	S41-1	S42-1	S43-1	S44-2	---	---	---	---	---

Yale U Portfolio – <http://www.marketwatch.com/lazyportfolio/portfolio/yale-u-portfolio> – VTSMX, VGSIX, VIPSX, VUSTX, VEIEX

Basic S&P 500 Strategies & Portfolios

Strategy or Portfolio	Sortino Ratio	SS Score	Safety	3 Year Return	10 Year Return	15% loss	Max DD
S&P 500	4.83	47.9	2.8	18.2%	11.5%	4.34%	19%
NASDAQ	2.66	36.0	0.0	21.3%	14.3%	19.8%	52%
NASDAQ AQR	2.57	32.4	0.0	21.3%	15.1%	26.3%	62%
S&P 500 + NASDAQ	4.25	48.3	0	19.9%	14.1%	8.19%	33%
S&P 500/NASDAQ 1/1	4.33	46.4	0.1	19.8%	12.9%	9.08%	36%
S&P 500/NASDAQ 1/2	4.07	45.6	0.0	20.3%	13.4%	10.8%	41%
S&P 500/NASDAQ 2/1	4.57	47.0	0.3	19.2%	12.5%	7.42%	29%

Web Sites

YODA’s Toolbox <http://www.aailosangeles.org/sumgrowth.htm>

SectorSurfer: Sumgrowth.com Chart of the Day: www.chartoftheday.com

Portfolio tracking software: SigFig - SigFig.com; Wikinvest - wikinvest.com

For S&P 500 Total Return, \$SPXTR in StockCharts.com

Social Security

Wall Street Journal: How to Maximize Social Security Benefits
<http://tinyurl.com/o53tzye>

Social Security Solutions <https://www.socialsecuritysolutions.com/>

YODA’s social security analysis: June 25, 2014 presentation in YODA’s Toolbox

Don Gimpel's Take-Out, Return Signals

Don Gimpel's "Note 115: An Absolute Take-Out Signal"

Use SPY in Stockcharts.com. Sell everything and go to cash when 75-day Exponential Moving Average (EMA) goes below the 300-day EMA. Get back in when the 50-day EMA crosses above the 200-day EMA.

Nutrition & Diabetes References

"Ending the War on Fat", <http://time.com/2863227/ending-the-war-on-fat/>

Academy of Nutrition and Dietetics DGAC Comments: <http://tinyurl.com/pcdyhj7>

Effects of Low-Carbohydrate and Low-Fat Diets: A Randomized Trial
Annals of Internal Medicine 2014;161(5):309-318. doi:10.7326/M14-0180

Dr. Bernstein's Diabetes Solution <http://www.diabetes-book.com/>

Gary Taubes

What if It's All Been a Big Fat Lie? NY Times July 7, 2002

<http://www.nytimes.com/2002/07/07/magazine/what-if-it-s-all-been-a-big-fat-lie.html>

Why We Get Fat, 2011; *Good Calories, Bad Calories*, 2007

<http://garytaubes.com/works/books/>

Nina Teicholz

The Questionable Link Between Saturated Fat and Heart Disease, Wall Street Journal, May 6, 2014

<http://www.wsj.com/articles/SB10001424052702303678404579533760760481486>

The Last Anti-Fat Crusaders, WSJ, Oct. 28, 2014 <http://www.wsj.com/articles/nina-teicholz-the-last-anti-fat-crusaders-1414536989>

The Big Fat Surprise, 2014, <http://thebigfatsurprise.com/>

YODA's Low Carbohydrate Review: <http://lcreview.org/>

Potential investment: HEAL Clinics <http://healclinics.com/>

Lunch

Hop Li Seafood Restaurant
10974 West Pico Blvd.
West Los Angeles, CA 90064

North on Overland 2.4 miles
Left onto West Pico
½ mile further to Hop Li