



CHI -eNews

Travel

Few things in life compare with the joy, exhilaration and adventure of world travel. Travelling broadens your mind and deepens your soul. It answers many of life's most important questions and creates enthusiasm for living.



Click link > <http://www.youtube.com/watch?v=Ur7ud9x-moU>

Calories Smalories

Calories. I hope you don't count them. I don't. Wiser to count QUALITY. Knowing the macronutrient profile (fats, protein and carbs) of any food doesn't hurt either. Where there is quality you will find good health.

A calorie is a unit of heat content or energy. It is the amount of heat required to raise the temperature of one gram of water one degree centigrade. It's a theoretical concept born out of a lab using a bomb calorimeter. A machine. Humans are not machines.

Calories represent the POTENTIAL energy of food. A theoretical estimate. Let's emphasize the word POTENTIAL because we know with absolute certainty that food, no matter what variety or type you choose, does not behave the same way in every human body. In fact the range of variance is mind boggling when you look at the clinical research data.

Some people swell up like a balloon on shrimp. Others thrive on red meat. Some of us can digest a horse. Others have the metabolism of a snail. How can two people from the same family have a completely different response to exactly the same food? Simple. Biochemical individuality.

Protein contains an average of 5.65 kcal per gram, but because the body cannot oxidize its nitrogen component, about 19% of the protein's potential



energy is lost. In the human body, if all conditions are ideal, as in the sky is blue and the sun is shining, then theoretically, protein yields about 4.6 (4) kcal per gram, carbohydrates release about 4.2 (4) kcal per gram, and fat provides more than double at 9.4 (9) kcal per gram.

But here's the deal. Calories or that unit of potential energy in food doesn't act the same for everyone. That's why food is said to contain potential energy. It's not released at the same rate, in the same way or in the same quantity for everyone. A calorie is an estimate of energy stored in food.

Variables such as metabolic rate, food sensitivities, biochemical intolerance, enzyme deficiency, body type, age, organ reserve, oxidative damage, immune health, thyroid function, insulin resistance, vitamin status, physical condition, exercise frequency, exercise intensity, body composition and many others influence how we respond to the energy potential of food.

Audio Excerpt

SNU Special Guest Interview V1N8 (part 3)

Udo Erasmus, PhD - Fats That Heal Fats That Kill

Click link > <http://www.coryholly.com/snu/archive.cfm?keyword=udo+erasmus>



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www.coryholly.com

Birmingham AL

A handwritten signature in black ink that reads 'Cory Holly'.

Cory has competed in a great variety of competitive sports including hockey, soccer, football, basketball, lacrosse, wrestling, track & field, tennis, badminton, volleyball, triathlons, running, swimming, diving, gymnastics, handball, rowing, Taekwondo, boxing, bodybuilding and power lifting...www.coryholly.com/about

CHI Motto

Motivation is a function of desire and necessity...