



## CHI -eNews

### Exercise with Precision

What is more important than knowing HOW? Simple. Knowing WHY. But in a sliver of time after we come to terms with why we need to do anything, the next step is knowing how.

Click link > <http://www.youtube.com/watch?v=DoJcVktf9jA&feature=channel>



---

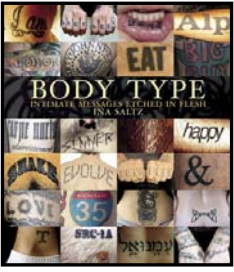
### Mind & Body Typing

An extensive review of the literature and research that has accumulated over the last several decades in preventive, integrative and complementary medicine, confirms the profound importance of biochemical uniqueness.

In his timeless classic "Biochemical Individuality", author Dr. Roger J. Williams states, *"individuality in nutritional needs is the basis for the genotrophic approach and for the belief that nutrition applied with due concern for individual genetic variations, which may be large, offers the solution to many baffling health problems."*

Williams emphasized the importance of biochemical individuality as a crucial factor in nutrition, claiming that certain individuals must have special nutritional environments if they are to thrive. Now deceased, Dr. Williams was a Professor of Chemistry at the University of Texas, the author of several bestselling books, and the discoverer of pantothenic acid (vitamin B5) the "anti-stress" vitamin.

That we are individuals may come as no surprise. But when it comes to formulating a dietary strategy designed to optimize our health, athletic performance and body composition, Lucretius was correct when he wrote more than 2000 years ago... *"What is one man's meat is another man's poison"*.



Can we please agree that the current pre-fabricated, turn- style, Borg-like mentality 'you will adapt to us resistance is futile', assembly line cookie cutter approach used in conventional medicine to diagnose and treat chronic disease is simply not working? In fact, just like the 'war on drugs' it is a dismal, complete and utter failure that causes far more harm than good.

Before we recommend, promote, advise or take advice regarding natural or conventional treatment, doesn't it make sense to determine FIRST and FOREMOST what state your mind and body is in? Who am I? What am I? How did I come to be? What are my inherent strengths and weaknesses?

CHI Mind & Body Typing includes an extensive investigation into variables that relate to our unique disposition and mindset including Sport Type, Genetic Type, Blood Type, Somatotype, Gland Type, Chronotype, Autonomic Type, Metabolic Type, Functional Type and Aryurvedic Type. Perhaps the reason we aren't feeling, looking or acting our best is hidden in the 'stars' of our own personal biochemical inner universe.

### Audio Excerpt

#### SNU Special Guest Interview V3N2 (part 3)

Dr. Gina Nick - No Quick Fix: Provide Your Body with the Tools it Needs

Click link > <http://www.coryholly.com/snu/archive.cfm?id=23>



then click [Download Preview](#)



As always...stay well and live free!

[www.coryholly.com](http://www.coryholly.com)

Anaheim CA USA

Cory has lived among, worked, broken bread and spent significant time with many local, indigenous, native and aboriginal people in over 60 countries on six continents... [www.coryholly.com/about](http://www.coryholly.com/about)

### CHI Motto

*Strip Down and Show Me what you GOT!*