

CHI -eNews

Dreamy Dates

In days gone by before the era of refined sugar and white flour, what did people eat to satisfy a sweet tooth? Dates, honey, raisins, figs and a wide variety of organic dried fruit. All designed and built from nature over time. Dates are rich sources of magnesium and potassium. Refined carbs cause depletion of the essential nutrients they once contained.



Click link > <http://www.youtube.com/watch?v=1rxQB8YwBf4>

Reliability

Reliability is a key word that relates to character and product. It denotes dependability, trustworthiness and authenticity. A reliable person shows up on time and gets the job done. They are someone you can count on when they have given their word. Reliable people are like gold.

Product reliability relates to quality control and ingredient composition. It's a promise that what is printed on the label and what is inside the container are one and the same.

In experimental sciences, reliability is the extent to which the measurements of a test remain consistent over repeated tests of the same subject under identical conditions. An experiment is reliable if it yields consistent results of the same measure. It is unreliable if repeated measurements give different results.

When it comes to health and wellness, reliability is an important feature of our own behavior. We have to be reliable to create and maintain great health. We have to be consistent and do the right things day in and day out. The motivation to do is actualized by the reality of what is done.



The principles we apply in the gym and with food and nutrition also must be sound and reliable. The evidence of their soundness is proven out through their continuous application. Functional medicine judges the value of cause by the outcome (effect).

In a world of increasing uncertainty, reliability in ourselves and in the health principles that protect us from infection, chronic disease and obesity cannot be overstated. Consistency in terms of application is what brings results we can count on. We can look back and identify the steps that were taken.

Whole food. Regular workouts. Good hygiene. In essence many of us know what to do, but struggle to do what needs to be done routinely. Like getting to bed on time and having a good night's sleep, or making a shake before and after each workout. Reliability is an awesome trait and it's in everyone.

Audio Excerpt

SNU Special Guest Interview V6N7 (part 3)

Jeff Anderson: Supplement Hype

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



then click [Download Preview](#)



As always...stay well and live free!

www.coryholly.com

Vancouver BC

Cory continues to travel and lecture throughout the world promoting sports nutrition, anti-aging, health and fitness education...www.coryholly.com/about

CHI Motto

Exercise is not an option...