



CHI -eNews

Papaya Seed Dressing

Bar none one of the best salad dressings I've ever tasted. Tracy blends her everyday honey mustard salad dressing (extra virgin olive oil, fresh lemon juice, raw garlic, Dijon mustard and raw Hawaiian honey) with fresh onions, fresh papaya and fresh papaya seeds. After whipping up in a blender it's thick and creamy. In Hawaii that's "DaKine Brah"



Click link > <http://www.youtube.com/watch?v=xrxw9o2mddk&NR=1>

Koko Head Hike



There's nothing quite as invigorating or stimulating as a great hike, especially in Hawaii. Hiking is a brilliant outdoor activity that consists mainly of walking in natural environments. Recently we took on the Koko Head Crater Trail, a very intense but relatively short excursion up the east side of an extinct volcano close to Hanauma Bay on Oahu.

Looking at the slope from afar one wonders if it's actually possible to hike up the trail without falling over backwards. This trail is tougher in one way than the popular Grouse Grind (GG) Mountain hike in Vancouver. The GG is better suited for those who like a steady uphill pace for 40-60 minutes.

The Koko Head Trail isn't as long as the GG, but the incline is definitely steeper. 2000 steps along an old military railway up a 30-60 degree incline to 1200 ft. I completed the hike in 17 minutes, which wasn't bad according to some of the locals and regular hikers I met at the top. The view of course was stunning, well worth the effort, but I actually enjoyed the intensity too.

The key to successful hiking is to prepare in advance for the weather. Proper footwear is important. I wore a hat, jean cut-offs and a sleeveless T-shirt, which I took off during the hike so I could catch some vitamin D. Next time I'll wear a looser pair of shorter training shorts.



Hydration is critical. We both drank lots of water before leaving and took a bottle of ice-cold filtered water to which we added an electrolyte powder rich in potassium, magnesium, ascorbate and just a touch of sodium.

No natural food on this planet from land or sea contains more sodium than potassium. Not one. Keep that in mind when choosing an electrolyte formula or eating food for that matter. Sodium is an essential element in human nutrition, but on average, whole food contains 7x more potassium than sodium. In many cases, the ratio is 20 to one and even 100 to one.

Audio Excerpt

SNU Special Guest Interview V6N12 (part 3)

Trent Nellis: Publisher of VISTA Magazine

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



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Hanauma Bay Oahu

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

CHI Motto

Wela ka hau... "Have a good time"