



CHI -eNews

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Colostrum

Colostrum is a favorite supplement in the Holly House of Health. Colostrum is a rich source of micronutrients and is filled with anabolic hormones, growth factors, proteins and antibodies. It is the pre-milk fluid produced by lactating female mammals, and is particularly high in insulin-like growth factors-1 and 2 (IGF-1 and IGF-2). We take it daily for the prevention of colds and flu's as well as for its immune-modulating effect.



Click YouTube Link > [What Colostrum Does For You](#)

Walking is Beneficial, but...

Walking after an evening meal is wonderful therapy. It is mildly thermogenic, meaning it raises internal body heat and this futile energy (heat) is released into the atmosphere as an expression of muscle contraction and movement instead of being stored as fat (excess energy).

Movement after eating improves digestion and speeds up the transit time of waste through the gastrointestinal tract. It stimulates blood flow throughout the entire vascular tree, improving cellular oxygenation and cardiac health.

Walking after an evening meal changes your brain state and reduces the likelihood of overeating. Instead of collapsing on the couch after dinner and watching TV for the rest of the evening, go for a 20 minute walk. Your headspace when you return will be different, guaranteed. Brain state is relative to motion. Physical activity distracts us from food and appetite.

Walking by our lonesome self allows us to ponder life and meditate on matters of importance. Walking with a partner opens the door for pleasant conversation and discussions on life, love, relationships and the world.



Walking allows you to breathe, destress the mind, unwind and take in the beauty around you. If possible, walk through park trails, beside a river, lake or stream or along the beach. Let nature in. But don't rely on walking exclusively for 'exercise'. First because walking is classified as physical activity (not exercise) and second, walking by itself doesn't prevent the loss of lean functional tissue. For that we need weight training. Walk daily as a supplement, not as a sole single staple.



Audio Excerpt SNU V4N1 (part 3)

Click Audio link > [Jim McMahon](#)
then click [Download Preview](#)



Click YouTube link > [The ABCs of Health & Fitness](#)

Click Website link > [CHI Camp Hawaii April 15th-18th, 2010](#)

Click Article link > [The Myth of Muscle Memory](#)

CSNA Student & Graduate Quote

“Do you wish to move the mountains that stand before you on earth? Do you wish to feel your energy explode among the stars above? Then harness the air you breath, control the food you eat, purify the mind and body with high quality water, exercise your muscle, eliminate the poisons in life and accentuate the positives. And finally, seek truth in who you are and what you do and watch the universe become a living breathing part of you.”

~ Ryan Sleigh CSNA Student – Ottawa, ON, Canada



As always...stay well and live free!

Go Big Go Strong Go [CoryHolly.com](#)

University of Hawaii Honolulu HI

Click YouTube link > [Music of Hawaii](#)

Click Audio link > [He-Said She-Said Mar 2010](#)

