



CHI -eNews

CHI Camp Hawaii 2011

Beer Belly Blues

Nutritional Expert and Bestselling Author Brad King's award winning book *Beer Belly Blues: What Every Aging Man and the Women in his Life Needs to Know* is really worth taking a look at. Look around you and more often than not you will see far more men sporting the so-called beer belly—than not. The truth is, the majority of people don't find a beer belly an attractive feature, but far more important than looks is what the beer belly is actually telling you about one's health. If you want to feel better, live longer, and look your best, go to www.BeerBellyBlues.com to purchase your copy today... not only will it change your life, you will also receive 30 incredible free bonus gifts to boot.



Click Website Link > [Beer Belly Blues](http://www.BeerBellyBlues.com)

CHI Camp Hawaii 2010 Highlights

This year's CHI Camp Hawaii in Waikiki was truly extraordinary. A once in a lifetime event filled with passion, excitement, learning, friendship and the beauty of Hawaii! The lectures and speakers were fantastic, the outdoor activities wonderful, the beach exquisite, and the luau...fun, fun, fun!!!!

The Speakers included Andre Potvin, Karen McCoy, Chad Benson, Dustin Dillberg and Dr.C. The topics were eclectic and definitely information dense.



We discussed and analyzed various training patterns, injury prevention, integrative medicine, motivation, dietary supplements, health and natural healing, performance, functional training, weight management, acupuncture, energy, Chi, sports nutrition, food quality, anti-aging and so much more.



Outdoor activities included walk & talks along Ala Wai Canal, bamboo forest hikes, beach boot camp, volcanic crater hikes, sprint & stretch and dance class stretch. All food served at the luau was delicious, whole, fresh and local. Tracy cooked up a wonderful storm! Our guests, attendees and guest speakers were truly spectacular. We danced, partied and shared wonderful times. CHI Camp Hawaii 2011. Be there!



Audio Excerpt SNU V9N4 (part 3)

Click Audio link > [Danny Dreyer](#)
then click [Download Preview](#)



Click Article link > [The Power of Chi](#)



CSNA Student & Graduate Quote

“Each of us must find a way to weave our way through the obstacles of today's stresses, environmental pollutions and unhealthy food choices. For many, this can often be a difficult task, but thank goodness the science of nutrition can demonstrate how to achieve optimum nutrition and why we must do so.”

~ Karen Walters-Edgar CSNA – Victoria, BC, Canada



As always...stay well and live free!

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

CHI Camp Hawaii 2010 Waikiki

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

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

