



CHI -eNews

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INFOFIT

Are Your Medications Making You Fat? Andre Potvin is one of four special guest speakers presenting at CHI Camp Hawaii in Honolulu April 15th-18th, 2010. Andre is a dynamic speaker with decades of experience as a fitness educator and rehabilitation exercise specialist. Andre's lecture will outline facts on how certain medications contribute to fat gain. Unwanted "fat-gain" may be related to your medication.



Click YouTube link > [Andre Noel Potvin](#) Click Website link > www.INFOFIT.ca

Sirtuin Genes

Silent Information Regulator Two (Sir2) proteins, or Sirtuins, are a class of proteins known to influence aging and regulate cellular transcription, apoptosis and stress resistance. Think of Sirtuins as longevity genes.

The protective effect of Sirtuins in individual cells is an exciting area of research. These genes seem to mediate the life extension value gained through the action of calorie restriction. Restricting an animal's calorie intake does indeed extend lifespan, provided the restricted dietary regime reduces food and calorie consumption by 30-40 percent. However, to be successful, scientists discovered that the vitamin and mineral intake had to be equal to the typical amount of food normally eaten by the animals.

Rats, mice, dogs and even primates that remain on this reduced calorie diet not only live longer but are much healthier during their prolonged lives, provided of course, their food is reinforced with dietary supplements, proving that the nutrients added to the food are absorbed and influence genetic expression. Think of this every time you take your vitamins. They are absorbed and they do influence how your genes express themselves.



Resveratrol isolated in red wine is known as a Sirtuin activator. Resveratrol is a small molecule manufactured by a variety of plants when they are stressed. It occurs in the vines, roots, seeds and stalks of grapes, but its highest concentration is in the skin. A liter of red wine typically contains 2 mg of resveratrol and supplements often provide 100-200mg. But don't be misled. Based on the amount of resveratrol given to the research animals, we would need to take tens of grams daily. In practical terms, that is a minimum of 5000 liters or 20,000 glasses of red wine DAILY!



Audio Excerpt SNU V3N5 (part 3)

Click Audio link > [Dr. Ronald Reichert](#)
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CSNA Graduate Quote

"It is easy to get swept along by the rat race, and be sidetracked by worldly pursuits, and when we do, degeneration creeps up from behind and takes us by surprise. A lifestyle dedicated to health and wellness is necessary, if one aspires to age with grace and dignity."

~ Theo Sakoutis CSNA – Saint-Laurent, Quebec Canada



As always...stay well and live free!

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Turtle Beach Oahu HI

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