



CHI -eNews

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McCoy Fitness and Health



Women and Training: The *Real* Story Karen McCoy is one of four special guest speakers presenting at CHI Camp Hawaii in Honolulu April 15th-18th, 2010. Karen will take a fresh look at what women *really* want (and need) with respect to training, weight loss, supplements, hormonal balancing, visualization, motivation and more! Women are the real driving force in gyms across the country, but many women still struggle with attaining their health and fitness goals. Karen is a great teacher and personal motivator.

Click YouTube link > [Karen McCoy](#) Click Website link > www.McCoyFitness.ca

Tsunami

Click YouTube link > [Ultimate Tsunami](#)

At 6am Saturday morning Feb 27th on the island of Oahu, in Waikiki, we were suddenly awoken by an extremely loud Pacific tsunami warning siren. Not knowing what the commotion was all about, I immediately turned on the local Hawaiian News station and sure enough, the fellow on the news confirmed that an earthquake had occurred in Chile and that the entire state of Hawaii was at risk for a surge of forthcoming tsunami waves.

Hawaii experiences a tsunami on average once every seven years, so the local people are used to tsunami warnings and familiar with the risk.

According to a U.S. Geological Survey, fifty tsunamis have been reported in Hawaii since the early 1800s. Of those fifty reported, seven caused major damage, the worst of which occurred in 1946. It struck without warning and claimed the lives of 170 people. Wave heights near Hilo reached 30 feet while the maximum height was 55 feet at the northern tip of the Big Island near the Pololu Valley. Large ocean waves carry incredible force and power.



Thankfully, this tsunami was relatively harmless without loss of life or any significant damage. Credit must be given to the excellent warning system developed through science that alerted the people of Hawaii to the possibility of impending danger. The experience served as a useful reminder of how important it is to respond to symptoms of illness and pain.

Modern humans are extremely domesticated. We are dependent on comfort, demanding of convenience and often lack the emotional capacity and mental fortitude to deal with personal health “tsunamis”. When they come we wonder why, even with plenty of warning. Integrative biological functional medicine teaches a keen sense of self-awareness that allows us to respond to warnings sent from the body so we can prevent disaster.



Audio Excerpt SNU V6N11 (part 3)

Click Audio link > [Bruny Surin](#)
then click [Download Preview](#)



Click YouTube link > [Chi SN Principle No.3 – The Science](#)

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

Click Article link > [Winning](#)



CSNA Graduate Quote

“The main role of a CSNA is to educate. Many athletes are not getting the truth about nutrition and the use of supplements.”

~ Wayne Pedranti CSNA – Canyon Lake, Texas USA



As always...stay well and live free!

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

Angel's Bay Oahu HI

Click YouTube link > [Music of Hawaii](#) Click Audio link > [He-Said She-Said Feb 2010](#)