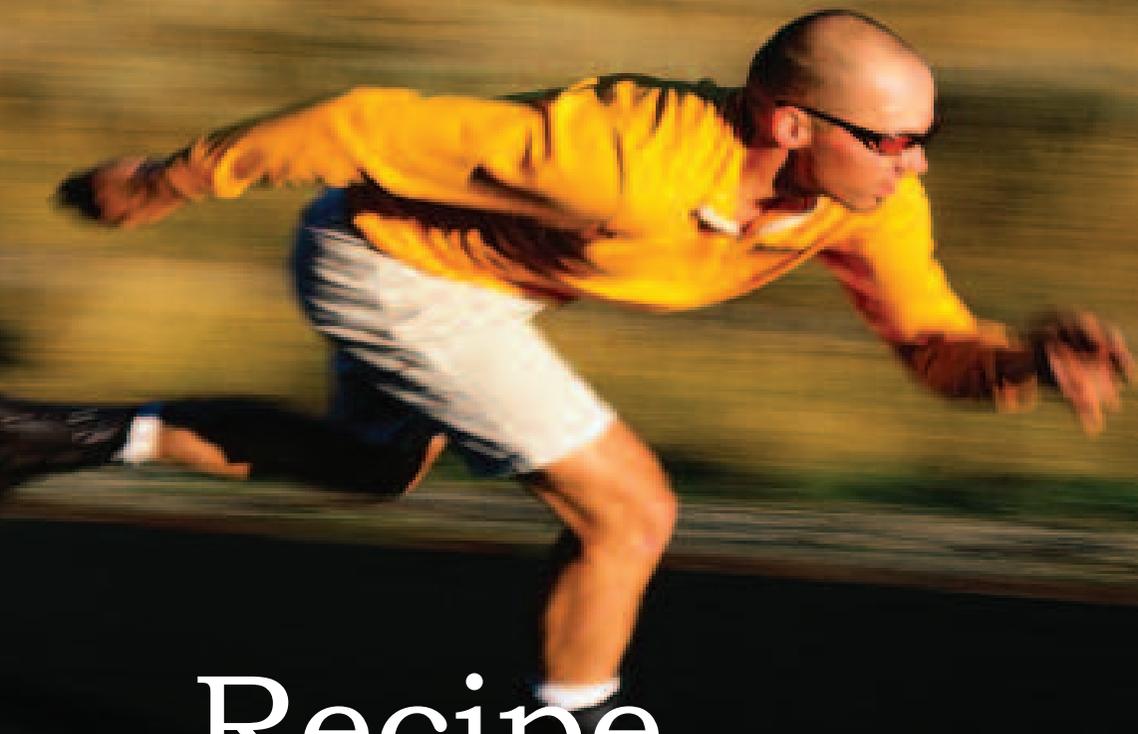


**THE CORY HOLLY SERIES**



# Recipe for Health

**A PRACTICAL GUIDE FOR ACHIEVING  
OPTIMUM HEALTH**

**Book One**

Audio eBook Series

# The Cory Holly Series

## **Recipe for Health (Book One)**

A Practical Guide for Achieving Optimum Health  
by Dr. Cory Holly

Also available in audio format (MP3)

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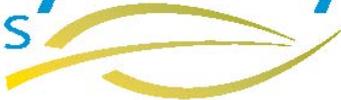
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The  
**CoryHolly**  
SERIES 

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*Recipe*  
*for*  
*Health*

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*A Practical Guide for  
Achieving Optimum Health*

# Foreword

The title of this book by Dr. Cory Holly introduces us to the very real fact that abundant health is not achievable simply by doing one thing well, such as maintaining a high-quality diet, participating in aerobic exercise, abstaining from tobacco and alcohol, or getting a good night's sleep. The term *Recipe for Health* is very well chosen, because it prepares us for an exercise in precision and commitment. Health requires the skillful blending of a number of components or perhaps we should say ingredients. Dr. Holly has provided us with a formula for quality self-care and has given us the rational and scientific basis for each of the ingredients in his *Recipe for Health*. His long history of interest in promoting health and fitness has created a very impressive role model for all of us.

*Recipe for Health* takes us systematically through the components of healthful living and shows us how we can participate in the miracle of well-being. The first chapter, “Clean Air” emphasizes the critical importance of the air we breathe and the urgency of doing everything we can to make it safe. In the next chapter, Cory discusses the importance of water. Water is the main constituent of our body, representing 70 to 75% of our bodyweight. Its performance on our behalf cannot be taken for granted, and he tells us precisely why.

In successive chapters, Dr. Holly reviews the virtues and importance of fresh juices, whole foods, natural light and sun therapy, physical exercise, personal hygiene, periodic cleansing by fasting and bowel cleansing, adequate rest and sleep and nutritional supplements. Each chapter

provides the essential information to motivate us to take charge of our life and health. He has succeeded in creating a powerful message that we can all use to protect and enrich our personal health.

If you were asked to choose either health or wealth, the choice would be easy. Dr. Cory Holly has made a frank, informative and valuable contribution to our understanding of how we can achieve health by taking charge of our life. His clear, precise and sometimes upbeat way of expressing himself makes *Recipe For Health* easy and enjoyable reading. We commend him for this contribution to the public's health.

~ R.H. Rogers MD



Dr. Roger Hayward Rogers practised medicine in Vancouver for twenty five years, emphasizing the prevention of disease and a holistic approach to health. Gradually his interests led him into alternative and complementary medicine. He founded Thera Wellness Centre in 1977 and co-founded the Centre for Integrated Healing (InspireHealth) in 1992 in Vancouver.

In 2001 Dr. Rogers was appointed to the Order of British Columbia, the province's highest honor, for his pioneering work in alternative and complementary cancer care. The Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine was established in 2007 in recognition of his contribution to the field and his tireless efforts to gain widespread recognition for alternative cancer treatments in this country.

Dr. Roger's was my personal mentor and family physician. He taught me the art of prevention and most importantly, how to "*think and live*" that way. He was a very kind, humble and honest man and a treasure to know as a friend. Dr. Roger's died peacefully on November 22, 2011 in Victoria.

~ Dr. Cory Holly

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*“Optimum health provides us with the insight necessary to define our goals and the motivation required to achieve them.”*

# Introduction

*“Positive health requires a knowledge of man's primary constitution and of the powers of various foods, both those natural and those resulting from human skill. But eating alone is not enough for health. There must be exercise of which the effects must likewise be known. If there is any deficiency in food or exercise, the body will fall sick.”*

Hippocrates - 5th century BC

**M**y definition of health is as follows, "Health is a state of complete spiritual, metaphysical, emotional, mental, physical, sexual, financial and social well-being. It is an optimum state of balance and quality. Optimum health provides us with the insight necessary to define our goals and the motivation required to achieve them. When we are truly well, we are able to adapt to change and stress without significant damage."

We need to see and understand how our ability to perform well long-term is limited by our resources of energy, healing and restoration. When this is realized the importance of food quality and nutrition becomes self-evident. Nutrition becomes as important as any other variable known to influence health & athletic performance. You learn to eat as 'hard' as you train, and you design your meals, macronutrient intake,

food plans and supplement protocol with as much thought, precision and planning as your workouts. This is the art and science of sports nutrition.

Wellness of body and mind is always the bottom line. You can't train or play sports if you're sick or injured, and you can't make any progress if your body doesn't cooperate. Optimum health is the single most important requisite for participation in the “sport of living”, so it makes perfect sense to do whatever it takes to keep the body free from disease, fully functional and in a state of dynamic balance.

*"Pursue health...and performance will follow"*



# Chapter One

## Clean Air

*“Sometimes, all I need is the air that I breathe  
And to love you,  
All I need is the air that I breathe.”*

The Hollies (1974)

**F**resh, pure air is one of the first priorities in my recipe for health. Like food, oxygen works to nourish the body and when the air that you breathe is clean and unpolluted, it purifies the blood and helps to build and regenerate the entire body. The deeper you breathe, especially through your nostrils, the greater your vitality and energy will become. Although we can certainly draw breath through our mouths, humans are much better designed as 'obligate nose breathers'. To quote author John Douillard from *Body, Mind and Sport* (1994), "Humans come into the world as nose breathers. Mouth breathing is a learned response triggered by emergency stress. The mouth is for eating, the nose for breathing."

Breathing polluted air damages your health, whether it is indoors or outdoors. Running in a polluted city atmosphere may do more harm than good, due to the enormous increase of oxidizing toxic substances that flood the bloodstream. Whenever I see someone running along a busy street with lots of traffic and automobile exhaust, I tend to think more about the damage to their lungs and immune system than any benefits of cardio or improved oxygen capacity.

It's best to run where the air is fresh and filled with negative ion particles, as in parks packed with trees and foliage, and beside lakes, rivers

and streams. I know it's convenient to just lace up and head out onto the street in the vicinity of your residence for a run before or just after work, but for the sake of your lungs long term, it's better to drive to a safer, cleaner area away from carbon monoxide poison, heavy metals and automobile exhaust. For added protection, take CoQ10, lipoic acid, vitamin E, selenium, vitamin C and pine bark extract before and after aerobic activity to support your antioxidant defense grid.

Common air pollutants include nitrogen oxide, hydrogen chloride, sulfur dioxide, man-made ozone, and carbon monoxide. These factors, in addition to free radicals generated through exercise and the normal oxidation of the food we eat, call for additional antioxidant support.

Free radicals, which represent a component of potential damage and cell injury, are produced via electron leakage in the univalent reduction pathway (hydroxyls, super oxides, singlet oxygen and peroxides). Thus, logic dictates, based on objective science, that we explore the possibility of using supplemental antioxidants to help combat oxidative damage, including lipoic acid, CoQ10, creatine, magnesium, niacin, vitamins C and E, zinc and selenium, carotenoids, flavonoids and N-acetyl-cysteine (NAC).

O<sub>2</sub> deficiency is perceived as a primary cause of cancer and induces its own unique form of free radical pathology. Otto Warburg, a two-time Nobel laureate, demonstrated that when deprived of oxygen, normal, healthy cells in tissue culture become cancerous, and that oxygen destroys cancer cells in tissue cultures.

Adding O<sub>2</sub> to our tissues or blood is called oxygenation. Oxygen deficiency may promote pathogenic activity, whereas excessive exposure to O<sub>2</sub> can cause massive damage and eventually kill us. Oxygen therapy therefore, must be controlled and applied under strict medical conditions for best results. Vigorous exercise increases O<sub>2</sub> solubility, transfer and consumption; and although it does increase O<sub>2</sub> radical production, it also leads to an overall increase in stable O<sub>2</sub> in the blood.

# Chapter Two

## Pure Water

*“Water is the driving force of all nature”*

Leonardo da Vinci

Clean, pure water is essential to the health of every cell in your body. In the presence of fresh water, the body is able to effectively breathe, digest, eliminate and perspire. Even our glandular activities rely on the presence of water. Less than two (2) percent of North Americans drink optimum amounts of the wet stuff, resulting in a steady state of dehydration.

Slowly, ever so slowly, our thirst mechanism begins to fail. Over time, as we age, and specifically because we do not drink enough water, eat too much 'dry' food (flour & overcooked flesh), smoke, drink alcohol and coffee, take medications, etc., the content of water inside the body cells (intracellular) gradually decreases.

Drought management is how we survive. Our bodies are forced to adapt to a water depleted state, which the body recognizes as a form of stress. In managing our biological terrain under these stressful conditions, a great variety of signs and signals are made evident. Unfortunately, most people become accustomed to dehydration and misinterpret their health problems as a need for medication, instead of a biological need for water.



If you base consumption of water purely on thirst or a dry mouth alone you'll never achieve a state of optimum hydration. Except under resting conditions, thirst is not recognized as sufficient stimulus for fluid replacement. The sensation of thirst is a survival mechanism, and by the time your body fluids are low enough to stimulate cells in the hypothalamus (located in the brain), to give you the sensation of thirst, gulping water down to the point of satiation only covers just over half of what is actually required. Don't base your water consumption on how you feel. Instead, base it on what science teaches.

I recommend 30ml (1 fluid ounce) per kilogram of lean body mass (not total body weight) per day, and an additional one to two litres to compensate for elevated body temperature and lost fluids caused by sweating due to physical labour, sport and workouts. This will keep your body well hydrated, reduce fatigue and prevent a tremendous number of sport injuries. Water affects every aspect of our lives, and like it or not, your functional potential will be determined by the quality and quantity of pure water you consume.

Most tap water is unsuitable for drinking, so always try to carry filtered, bottled water with you. In practical terms, this means in your purse, in your briefcase, in your car and in your workout bag. And if you don't consciously prehydrate and bring your own source of water to the gym to maintain hydration...shame on you! This is one of the most basic and fundamental rules of the fitness game.

Keep in mind that it's also very difficult to achieve a state of optimum hydration if you carry too much bodyfat. A fat cell can only hold up to 20% water, whereas a healthy muscle cell can hold up to 75%. The more adipose fat you carry, the less space you have for storing intracellular water, and fat is non-force productive, so it can't contribute to speed, vertical jump height, or strength and power production in athletics.

Therefore, losing lean mass over time, (a phenomenon referred to as sarcopenia), contributes towards an overall state of dehydration. You can drink all the best electrolyte-rich water in the world, but you have to have somewhere to put it, or it will go right through you. Get it?

Water is considered “the universal solvent” and is quintessential to our body's plumbing system. I can't stress enough that the water supply you're consuming should be filtered, as tap water is often polluted with contaminants, including a full range of industrial chemicals, fumigants, pesticides, radioactive waste, bacteria, chlorine (reacts with organic waste to form trihalomethanes which are carcinogenic), and heavy metals such as lead, mercury and cadmium. Tap water can also represent an excess source of inorganic copper. Use spring, distilled, or reverse osmosis, but make sure you drink water that is contaminant-free.

Remember, carry water everywhere you go...in your purse, briefcase, gym bag and car. Sip on water constantly and always have it at your disposal. Establish a water station at home and at work, and if you want your kids to drink more water, buy a water station for each of their bedrooms. When it's in their face, their water consumption will soar, and many childhood illnesses are complicated by dehydration. In essence, water should be the first and last thing that enters your body everyday.



# Chapter Three

## Fresh Juices

*"If the human body is suffering as a result of the transgression of the fundamental laws governing its nutrition, then cleansing the debris and waste from the system and nourishing it with the vital organic atoms of fresh raw vegetables and fruits, cannot help but restore at least some of the ebbing energy and vitality."*

Dr. Norman W. Walker

**F**resh fruit and vegetable juices are nature's own thirst quenchers, cleansers and tonics. Fresh means new, untainted, not stale or preserved by any means. Fresh juices are considered vital health enhancing liquid foods that contain a broad array of vitamins, minerals, proteins, carbohydrates, chlorophyll, enzymes, antioxidants and various cofactors all of which enhance and synergistically amplify the benefits of many essential nutrients.

In liquid form, your body can absorb a much greater percentage of the available micronutrients. Their digestion requires very little effort and therefore frees up your digestive energy.

Together with a whole, natural food diet, it is possible to sustain your body with the best possible nutrients to enhance your performance and well-being.

The word chemical comes from the Greek word “chemia”, meaning the juice of the plant. Live fresh juices nourish and replenish the body with phytochemicals during periods of stress and illness. Fresh fruit and vegetable juices alkalize your system and are high in alkaline minerals, such as potassium and magnesium. Remember the enzyme component, the *vital force, chi* or *life* that improves the absorption of many nutrients and, at all costs, try to avoid dead concentrates and pasteurized juices sold in boxes and cans, especially if you want to stay forever lean.

Fresh raw, living juice is the finest cleanest purest tonic known. Juices must be consumed immediately after being pressed or squeezed through a juicer, because live juices lose their micronutrient and enzymatic value immediately. Organic carrots are a great staple, as they are a wonderful source of beta-carotene and rich in minerals and trace elements. Carrot juice is extremely alkaline and useful for balancing an acid-dominant diet. It is healing to the intestines and contains a very clean form of atomically charged, naturally distilled water. Fresh carrot juice has a high glycemic index, and water dilution may be necessary to modify the effect on insulin response. Timing is Everything here.

Carrots juiced on their own are delicious, but don't forget how incredibly nutritious it would be to introduce other vegetables along with the carrots. Add beets, celery, cilantro, parsley, garlic, kale and the list goes on. Each vegetable is unique in its micronutrient spectrum, so having a wide range on hand to select from will give you some very healthy choices. Even something as simple as a glass of fresh carrot and apple juice in the morning is a treat, or try a small glass of carrot, ginger & garlic juice just before dinner as an aperitif. Bottoms Up!

# Chapter Four

## Whole Foods

*"A man may esteem himself happy when that which is his food is also his medicine."*

Henry David Thoreau

Pure, wholesome, organic food free of unnecessary chemicals, preservatives, contaminants and other harmful substances is vital to your health and well-being. Eat a diet rich in a variety of whole, unrefined foods and the quality of your brain, bones, blood and entire body will continue to repay the favor for the rest of your life.

By *whole* I mean the skin with the potato or brown rice instead of white. White rice is polished and peeled, a process that removes a significant amount of fiber and most of the essential micronutrients, including vitamin E, the EFAs and magnesium. On the other hand, I don't mean you have to eat the peel of a mango.

Obviously, there are components of whole food that we cannot digest or that are not desirable. However, most of the food on your plate should be as close to its natural, edible state as possible. Things like fresh greens, raw vegetables, organic fruit, homemade soups, fish & seafood, farm-fresh eggs, crude (fibrous) whole grains, wild game meat, raw nuts & seeds, lentils and cultured dairy products.

*“Pure, wholesome, organic food free of unnecessary chemicals, preservatives, contaminants and other harmful substances is vital to your health and well-being.”*



Why organic? Well, for starters, the U.S. Environmental Protection Agency (EPA) considers that 60% of all herbicides, 90% of all fungicides and 30% of all insecticides used in our food supply are carcinogenic. Plus, organic food is simply more nutritious and tastes better. If the soil is fertile and rich, then the food grown from it will be also. Organic refers to a system of farming that maintains and replenishes the fertility of the soil without the use of chemical pesticides or fertilizer. Organic farmers 'listen' to their soil and understand "root" cause. No GMO.

It's also acceptable to consume foods made from whole foods, provided the constituents of the original whole foods are still intact, however, that doesn't mean the end result is equivalent. Grinding kernels of rye into whole rye meal flour, for example, reduces the vital energy that was originally locked into the whole rye kernel seed. Energy literally flies out as the grain is milled; it's just that you can't see it. It's like hydrogen in the sun. Remember that solid matter is just pure energy frozen in time.

Converting any natural whole food to a different form, a lesser form, whether by chopping, grinding, mixing or through some mechanical means, always reduces the value of the food to some extent. Milled grain has a major disadvantage of increased surface area and no means of protecting its delicate germ from exposure to oxygen and light. This makes the once stable solid kernel (now in the form of flour) less nourishing and highly susceptible to spoilage. Don't eat rancid food.

The best way to eat rye, wheat, oat and barley kernels is in the way of a hot cereal, in their whole form and boiled after soaking in water the night before. If the kernels are ground into fresh flour, the flour should be used immediately or sealed in an airtight container and stored in the freezer.

It's enormously important to consume fresh, non-refined, non-processed foods from nature as often as possible. This pertains to both plants AND animals. It's not "either/or" but, rather, the quality and freshness of what you choose to eat as food that makes the difference.

The prime directive is to use food as a means of supplying the biological demands of the body, and that is simply not possible with commercial fast food, canned food, or foods made of white flour, hydrogenated fats and sugar. In fact, it's also not possible with organic whole food, but we can get much closer to the ideal, and then fill in the gaps with high-quality supplements. Unfortunately, the gaps are too wide if the diet is way off track, and no amount of natural health products or supplements can correct such dietary incompetence.

Of course, calories are easy to obtain with refined food, especially carbohydrates and fat. Few people die from starvation in North America, but millions die prematurely or suffer needlessly as a result of malnutrition (micronutrient starvation). Most people consume more calories (macronutrients) than they expend in any given day but they are grossly undersupplied with essential micronutrients (vitamins & minerals). Removing the fiber, the water, and the spoilage factors from natural food creates more space for sucrose, salt and chemically altered trans-fats. Food processors generally use lots of heat, solvents, acidifying chemicals and dozens of fancy sterilizing techniques that destroy enzymes, heat-labile nutrients and the vitality or *life force* of food. The net effect is a massive increase in addictive, easy-to-overeat and non-nutritive empty calories.

How we cook and prepare what we eat is extremely important, because heat, light and oxygen can ruin even the best food before it's eaten. Direct contact with high heat will damage the quality of your food, so I recommend steaming, poaching, or baking food at a low temperature (covered) for longer periods. Frying in damaged commercial oils is hazardous and must be avoided. If you must heat up oil, as in a stir-fry, use a saturated fat, which is less susceptible to chemical alteration, such as butter (ghee) or coconut oil. Eating refined food as a staple will inevitably lead to health problems, so avoid commercial white oils, white rice, pasteurized/homogenized cow's milk, white sugar and white flour (along with products made from them). As my physician, friend and mentor Dr. Rogers used to say "*Don't let your treats become your treatment*".

# Chapter Five

## Natural Light

*"The speed of light (c) is a universal physical constant; the length of a metre and the international standard for time are both defined by it"*

(c) = 299 792 458 m / s

Exposure to the rays of full-spectrum natural light is necessary for general health and well-being. Photons of light energy penetrate the body through the eyes and skin influencing hormonal and metabolic chemistry. When light enters the body through our eyes, millions of light and colour-sensitive cells called photoreceptors convert this light into electrical impulses. These impulses travel along the optic nerve to the brain, where they trigger the hypothalamus to release messengers called neurotransmitters.

These particular neurotransmitters lift us 'up' and counter the effects of seasonal affective disorder (SAD). Many health experts are convinced that daily sunbathing is beneficial to the body's immune system and that exposure to fluorescent indoor lighting (those predominant in office buildings) is harmful.

I think of natural light as an essential, life-giving nutrient. Let's call it vitamin "L". Everyone reacts to it a little differently and has a built-in limit in terms of genetic tolerance and ability to produce melanin, but everyone still needs a daily dose.

Ultraviolet light stimulates the production of vitamin D, the “sunshine” vitamin. Artificial full-spectrum light can be used to treat depression, eating disorders and many chronic skin conditions. However, most artificial lighting, such as fluorescent and incandescent, interferes with the quality of our health and actually increases risk of skin cancer.

Yes, we know that cosmic photo-oxidation and free-radical damage results from excessive exposure to direct sunlight. But don't blame skin cancer on the sun exclusively! In fact, most skin cancer is caused by a long-term deficiency of natural light and exposure to the healing rays of the sun. This degrades our immune system, and then, when the sun comes out after months of rain and winter and no direct light exposure, we go crazy and end up burning the epidermis. The incessant need to get tanned as quickly as possible in a state of dehydration equates to massive free-radical damage. A poor diet lacking in protective antioxidants makes us all more susceptible and adding alcohol and cigarettes only adds fuel to the fire that burns. The body can withstand only so much abuse. Beyond threshold causes break down and disintegration.

Have you ever heard someone say that sunshine is absolutely essential to their health and mental well-being? Is it because the brain undergoes physiochemical changes resulting in a greater sense of well-being? Without doubt, the sun nurtures, relaxes, soothes and energizes the body. Besides helping to kill germs and bacteria on the skin, natural light assists in the transport and assimilation of calcium, nature's natural 'tranquilizer'. Light is what we are made of.

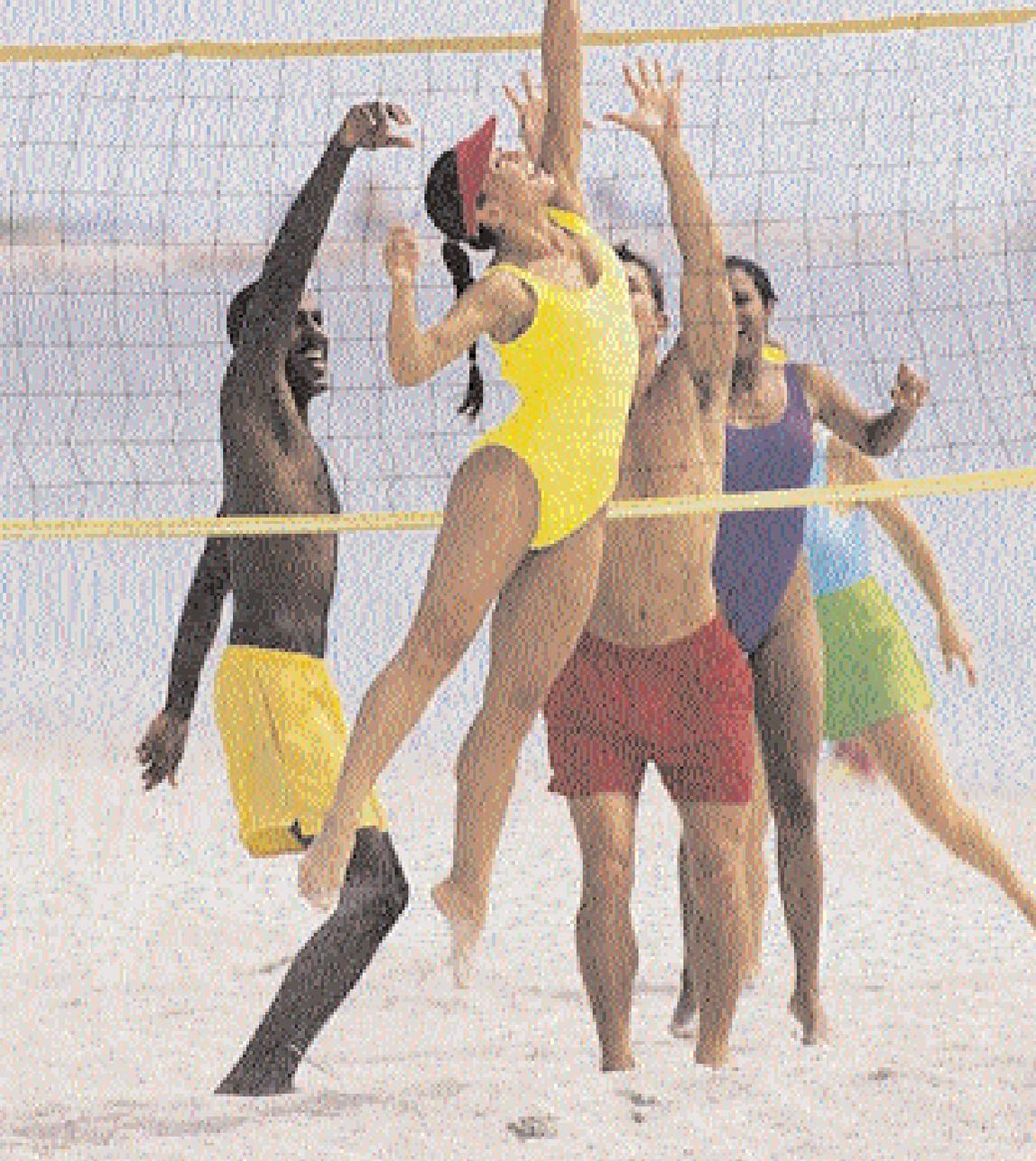
The most important thing to avoid is abuse, meaning excessive exposure for vanity sake. If you were really out-of-shape, would you workout as

hard as you could the first day you went to the gym? I think not. You would take it easy, and let the body slowly adapt to the stress of exercise over time. Well, that's exactly what you're supposed to do with the sun. Take it easy. Increase exposure over time, and ultimately, live and play and work 'with' vitamin L, rather than against it.

Be aware of the risks, learn to respect the sun, ensure a nutrient-rich diet with adequate antioxidants, drink enough clean pure water to remain well hydrated and when required, use a natural sun block or make your own from the internet. Be wise. Protect the skin that you're in.



***"The Incentive to Exercise  
Emanates from the  
Conceptualization  
of its Necessity."***



# Chapter Six

## Physical Exercise

*“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save and preserve it.”*

Plato - 350 BC

**S**it. We all do it everyday in trains, planes and automobiles. We sit at school and we sit at work. We sit when we eat, read, watch TV, play video games or when surfing the Net. Sitting has become our national pastime. Whether socializing with friends, cheering for our favorite sports team or waiting for the doctor, our posterior spends far too much time parallel to the floor.

Sedentary living adds to our burden of stress. It actually causes morbidity and increases mortality risk. Storing energy without release spawns apathy and accelerates decay, especially if the energy is being stored as excess body fat. It's much better for health to be a biological conduit than a stagnant pool.

Prolonged inactivity destroys the immune system, robs the body of vital capacity and greatly reduces human motivation. But when you fight the urge to do nothing and physically move your body, something wonderful happens.

Exercise is no less important to me than breathing, eating, eliminating waste and sleeping. If I don't do these things I will die, and if I don't do them right I will suffer, and the same is also true with exercise, it's just that the suffering and death is not so immediate, and it often comes later in the form of physical degeneration (and death of spirit). The consciousness of physical fitness, sport and exercise, outside of its enjoyment and pleasure, must be hardwired into your belief system as an absolute prerequisite to health and wellness and survival. Of interest to note, and anyone engaged in fitness as a lifestyle can attest to this, that the function of respiration, digestion, elimination and sleep all improve as a consequence of achieving optimum fitness. Movement is a must.

The simple truth is that our bodies are meant to move. Until recently, if you didn't farm, fish, hunt or gather, you didn't eat. You had to expend calories to get calories. That's balance, but don't count calories.

Controlled exercise AND physical activity are necessary to our survival because they are the only means of compensating for living without physical effort in the 21st Century. They both pave the way to better health and longevity of life through transformation of mind and body.

Part of the problem is that most people do not understand what exercise is, or the difference between physical activity and fitness. Going for a walk isn't exercise. Neither is golfing, gardening, hiking, dancing or any sport. These are all examples of physical activity, but they are not exercise. Here's the difference and it's a major one.

Physical activity refers to any expenditure of energy brought about by bodily movement through the contraction of skeletal muscles. This includes a complete spectrum of activity ranging from very low resting levels to maximal exertion.

Exercise is a component of physical activity but its distinguishing characteristic is that it's structured progressively in relation to the science of

*"Motivation is a function of incentive born out of necessity and desire. It is fueled by enthusiasm, driven by passion, governed by positive emotion, compelled by logic and sustained by clarity of vision."*



exercise physiology and organized to develop and maintain total physical fitness for the benefit of health and performance. Think of exercise as a science that overcomes the effects of sarcopenia and entropy (gradual movement from a state of order to disorder).

Cardiorespiratory fitness for example, relates to the ability of circulation and respiration to supply oxygen during sustained physical activity. But cardiorespiratory fitness and physical activity have significantly different relationships with respect to cardiovascular disease and coronary heart disease risk. In other words, it's possible to be active and not fit, and thus have a higher risk of heart disease, as opposed to being active and fit, which reduces the risk. This is based on epidemiological data and clinical scientific evidence.

Exercise is the means; physical activity is the end. You strengthen and condition your body so you can use your body without limitation according to its natural design. If you don't, it slowly erodes, thanks to entropy. Entropy is a phenomenon whereby everything that exists in the known universe degrades, separates, ages and eventually disappears.

When performed correctly and routinely, exercise will give you TOTAL PHYSICAL FITNESS, which cannot occur without resistance training, aerobic conditioning and stretching. No single sport or physical activity provides total physical fitness. No single sport works the body with perfect symmetry in absolute harmony. That's why all competitive athletes supplement their participation in sport with sport specific exercise. With few exceptions all sports create asymmetrical athletes.

The function of exercise is to develop muscle strength, muscle endurance, aerobic capacity and flexibility, the outcome of which when combined with an optimum diet and dietary supplements (natural health products) is an ideal body composition, greater tolerance for stress and improved resistance to disease and infection. Fitness is something you can measure and the test results could save your life. That's

one of the reasons your strength and degree of fitness is recognized as one of many biomarkers in the determination of your biological age. Each of my clients begins with a complete fitness test, which includes an assessment of body composition. Where there is good health there should be evidence of good health and good performance.

So, in the same way you make time to eat, sleep, breathe and work, and for the same reasons, you should make time for exercise. Routine exercise will raise your performance standards, immune function and appearance to a level not possible without training. And you can do it in five hours or less per week, as revealed in detail in my fourth book of this series *Five Steps to Health*. Don't expect to keep your youthful shape and physical strength without paying the price. This is the New Millennium, the 'information age', so get with the program!

As you optimize your fitness level, the benefits will manifest themselves in everyday life. You'll feel and look better both in and outside of the gym, or at least you should. If you are training routinely but don't look like you train, then the problem must be nutrition related. Combining optimum nutrition with routine physical exercise is really a very simple concept, but most adults find the process extremely difficult to master.

Getting physically active not only refreshes and strengthens the body, mind and spirit, it also improves circulation, lowers cholesterol, tones & builds muscle tissue, develops endurance, increases agility and stimulates internal organs. Moving the body helps us to think more clearly. It reduces drowsiness, sluggishness and feelings of depression, eases tension and stress, promotes better sleep, increases our sexual motivation and improves sexual function. It also increases self-esteem and our overall sense of well-being and helps us wake up refreshed every morning.

Remember, inactivity is the #1 stress. It is incongruent with our history, evolution and genetics. Exercise increases the excretion of waste and improves the absorption of nutrients.

Exercise improves insulin sensitivity and helps prepare our bodies so we can endure stress without damage and even reverse arterial hardening. *Exercise is not an option*, so if you desire optimum health it should be planned, structured, repetitive and purposeful.

By the way, intense exercise coupled with physical activity is best for longevity and health. Combine resistance training (weight-lifting) with aerobics for an ideal effect. Did you know that resistance exercise offsets the catabolic effects of oxidation and gravity by keeping our anabolic drive alive, which involves dark field energy and negative entropy.

The real key to long-term training success is motivation, which emanates from the soul. Motivation is a function of energy and right thinking. So check your mental diet and analyze it for content, quality and purity, because what you pour into your mind eventually works its way outward through your behavior and conduct. To stay on track you need passion, purpose, strong self-esteem and the power to confront and accept reality. To *stay together* you must *get yourself together*.



# Chapter Seven

## Personal Hygiene

*"Hygiene is the corruption of medicine by morality."*

H. L. Mencken

**H**ygien is the science and maintenance of health. Sanitation, which describes the measures developed and established to maintain health in the environment, is far more crucial to our economy and your personal health than access to conventional medicine. Without running water, sanitation and waste removal in a large metropolis, in just a matter of days order begins to break down, and although emergency medical care has enormous significance, it plays second fiddle to the importance of hygiene, environment, ecology and basic sanitation.

In fact, there is evidence that during medical strikes in various countries at different times in history, the general health of the population tended to increase, rather than decrease.

Internal hygiene is vital to intestinal health, immune function, and both the quality and population of indigenous microflora that reside in our intestines and colon. Skin brushing, bathing and grooming should be done on a daily basis, as poor hygiene opens the door to infection and sets the stage for disease pathology. When performed correctly, facials, manicures and pedicures are not only a luxury but also an important



facet of health and well-being. Personal grooming shows that you care about yourself and the way you look. When you look good and are well-groomed, you feel good about yourself. In addition, such grooming will prevent and help identify fungus, in-grown toenails, calluses and corns before they get out of control. Wake around in bare feet as much as possible.

Personal hygiene, both internally and externally, is vital to health. By keeping our internal environment clean through a healthy diet, pure water and exercise, our external hygiene is largely maintained, resulting in a minimum need for cleansers and cover-ups. Try to avoid chemical cosmetics (body deodorants, mouthwash, toothpaste, hair care products, soaps) as much as possible, as they can interfere with the natural detoxification, excretion of waste and cleansing process of the body. Some cosmetics including most instant tanning dyes contain heavy metals and substances derived from questionable sources, which can be absorbed through the skin into your bloodstream. Be aware.

# Chapter Eight

## Periodic Cleansing

*“Half of the secret of resistance to disease is cleanliness; the other half is dirtiness.”*

Anonymous

Healing cannot take place in a toxic environment. Fasting and bowel cleansing are two of the most effective and possibly the oldest ways to cleanse the body, both mentally and physically. Fresh juice, vegetable broth or water fasting for 3 to 5 days, or longer when deemed necessary, can produce amazing health benefits and restore the inner vitality lost long ago.

If your diet contains a large percentage of devitalized foods (or did), your body is being robbed of its essence, vitality, and energy. Food is defined as a substance that nourishes or fuels the body with the life-giving force, micronutrients and energy required to strengthen, build and maintain health.

Consuming dead acidic food takes an enormous toll on the body and the price you pay isn't worth the temporary pleasure. Remember, temperance is a virtue.

Are you aware that right now you could unknowingly be suffering from serious malnutrition and autointoxication because of an accumulation

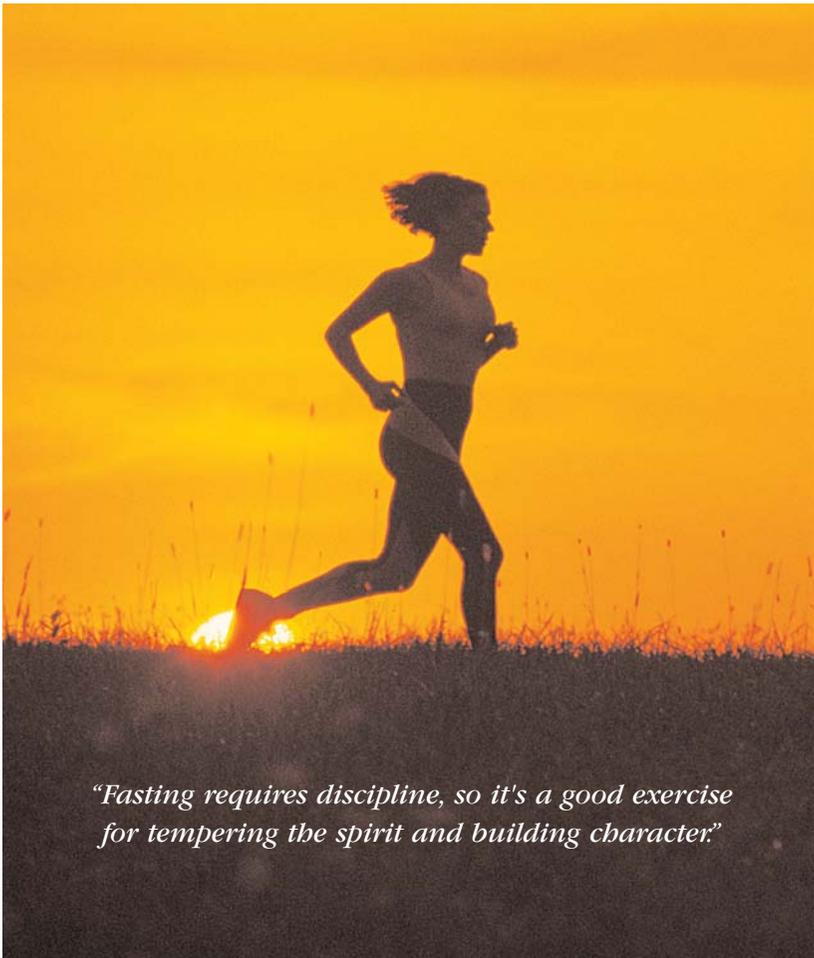
of hardened mucoid fecal matter that has built up over time in your intestinal tract? All animals fast when ill, yet as a human collective, we tend to gorge and continue to eat, to keep up our strength for fear that we will starve to death. It is usually best to undereat when ill.

If you're not digesting, absorbing and efficiently assimilating most of your fuel supply, it will be difficult (if not impossible) to benefit from even the best that training and coaching has to offer. When I was younger and integrating into the health field in the 70s and 80s, I think I tried every fasting technique imaginable. There was the Grape Cure, Juice Fasting, Carrot Juice fasting, water fasting, Bieler Broth fasting, the six day eliminative diet, the three day cleanse, the Rasayana Swiss cleansing diet, the famous maple syrup/lemonade Master Cleanser, the Sambu Elderberry cleansing diet, Herbal D-Tox and so on. I also fasted in the Middle East, in Thailand, India and Peru according to various religious traditions common in these regions. It was all good.

During a water fast, no energy is required for digestion of food, and this spares energy that can be redirected and utilized for tissue repair and removal of lymph, organ and vascular impediment. Fasting is catabolic, meaning after 24-48 hours, you'll start to lose fat AND muscle. So fasting isn't recommended if you're into an athletic "bulk-up" or strength-training program. Ideally, you shouldn't even train or workout during a fast. I spent hours walking along the beach, resting and reading. I also practiced several breathing techniques, different types of meditation and stomach vacuums. It's a time for rest, regeneration and contemplation.

Fasting requires discipline, so it's a good exercise for tempering the spirit and building character. But be careful not to fall into the trap of fasting and feasting. Fasting is an art that requires planning and devotion. It's best to enter a fast after eating very lightly for a few days, and it's very important to come out of the fast in the same way, or you can really damage yourself. It's called "breaking" the fast (that's where breakfast or "break-fast" gets its name).

I've learned to fast everyday; that is, I've learned to fast from junk food, sugar and white flour, negative people, destructive work environments, and pretty much anything or anybody that causes harm. Of course I'm not always successful, but that's part of the challenge of living. You tend to get into yourself during a fast, and your awareness of sight, sound, smell, people and the environment heightens. Fasting is good for the soul; it's a good time to reevaluate your life, define your life's purpose and set goals for relationships, career and family.



*“Fasting requires discipline, so it's a good exercise for tempering the spirit and building character.”*



# Chapter Nine

## Adequate Rest and Sleep

*"Man is ill because he is never still."*

Paracelsus

**R**est and sleep are great healers. Sufficient down time regenerates every cell in the body, helps clear emotional conflict and sorts and files data obtained during daylight hours. At rest we assimilate nutrients and eliminate toxins. Cortisol, the muscle-wasting hormone that elevates in response to stress, decreases. Resting also helps us all to think, work, and train at our peak.

Without sleep, the brain functions like an enormous library with all its books scattered about the floor without discretion, instead of being neatly organized on labeled shelves. A good, undisturbed sleep each night, with the bedroom window open if possible, is one of the best things we can do for our health, recovery and complete regeneration of the nervous system.

However, the vast majority of us tend to push the envelope when it comes to sleep. We stay up late working or watching TV, and the prob-

lem with such common nocturnal habits, is that they can rob the body of the time it needs to cleanse, detoxify, repair and rejuvenate, thus we end up with a chronic sleep debt. The body can endure a deficiency of sleep and rest for only so long, but it does eventually catch up with us. Sleep deprivation increases free radical activity, increases risk of infection and illness, and is associated with premature biological aging, fatigue and muddled thinking.

What is the optimum amount of sleep? It actually varies considerably from one person to another and depends on age, gender, stress levels and physical workload. Our evolutionary pattern suggests eight to nine hours of sleep as an ideal figure. I find seven and a half works best for me, coupled with the odd 20 minute power nap or meditation period in the mid-afternoon. In Greece and Mexico “siesta” time is a way of life. Plenty of evidence suggests that employees are less prone to injury and error when given the opportunity to rest horizontally for 20-30 minutes each day at approximately 3-4 pm. Take a break sometimes.

Can't get a good night's sleep? Avoid stimulants and reduce anxiety, worry and mental stress through exercise. Incorporate nutrition, meditation and relaxation therapy. Avoid the use of over-the-counter and prescription drugs as a treatment for insomnia, or you put yourself at high risk for addiction. Antihistamines and benzodiazepenes have numerous side effects, including suppression of REM sleep, nightmares, impaired coordination, headache and depression, but more importantly, they do not treat the cause of the insomnia. Cause must be known.

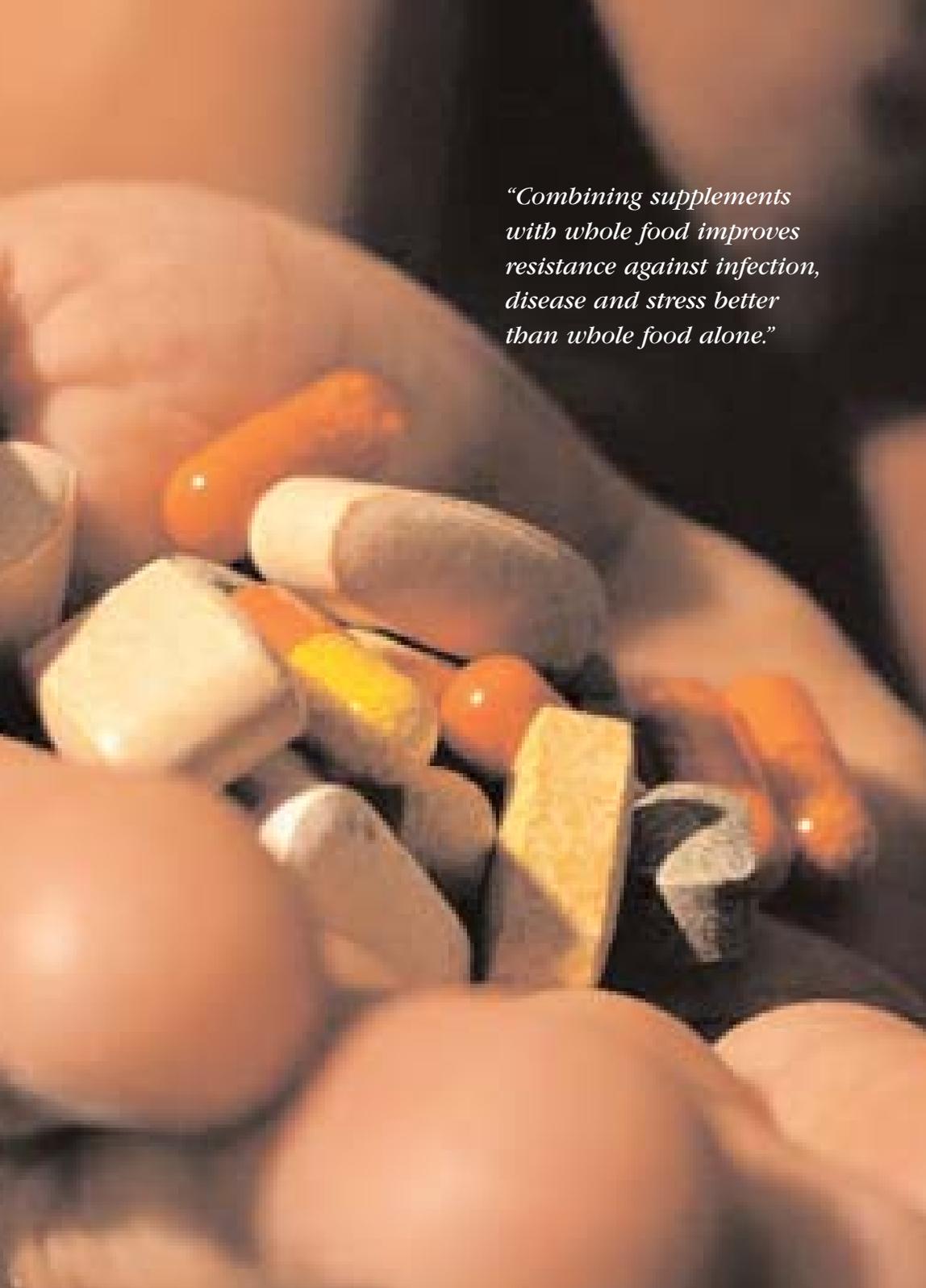
There are many well-known and proven natural sleep remedies that enhance the quality of your sleep, such as tryptophan (amino acid), melatonin (hormone), valerian (herb), St. John's Wort (herb) and passionflower (herb). Other successful remedies include homeopathic preparations, Chinese herbs, Bach flower therapies, calcium and magnesium, niacin, inositol, chromium, massage, music, and a warm bath. Don't be afraid to take a 20-30 minute refresher nap in the afternoon

or on a lunch break...especially if your nerves are fried due to the stress of your current life situation such as divorce, separation, financial worry, problems with teenagers, betrayal in love, sick children, insecurity, loneliness, recent diagnosis of cancer in the family, fear of death...

Just remember that sleep is a restorative process that serves to replenish the body, and with sufficient sleep Growth Hormone, released in pulse-like cycles, aids in the recovery from strenuous exercise. You don't repair, strengthen and grow in the gym, in the pool, on the track or at work. You repair, strengthen and grow only when your brain switches from a conscious state into the mysterious realm of sleep induced unconsciousness. We actually live amongst our neurons as pulses of light.

Sleep disorders are epidemic in North America; about 40 percent of the population experiences insomnia as a way of life. Based on my clinical experience, I would say that up to 90 to 95 percent of adults do not have a good, decent sleep most of the time. The wherefore and the why for this state of affairs ranges from things like anxiety, depression, food intolerance, excessive use of stimulants (nicotine and caffeine), prescription drugs, thyroid problems, jet lag, excess prolactin, lack of exercise, electromagnetic fields, deficiency of natural light, overeating prior to bedtime and nocturnal hypoglycemia. Slow down and breathe.





*“Combining supplements  
with whole food improves  
resistance against infection,  
disease and stress better  
than whole food alone.”*

# Chapter Ten

## Nutritional Supplements

*"A supplement is something you add to remedy a deficiency or use to enhance, improve or compliment an object, state or cause."*

Certified Sports Nutrition Advisor (CSNA) Education Program

Combining supplements with whole food improves resistance against infection, disease and stress better than whole food alone. Current worldwide research on athletic performance provides an overwhelming degree of evidence in favor of multiple antioxidant support and the use of high-quality precision food supplements, such as whey protein isolate, creatine, glutamine, HMB, D-Ribose and various amino acids. For best results, a traditional whole food diet should be combined with the sophistication and science of engineered supplements. This is the new sports nutrition paradigm.

It's not one or the other; but the dosages and spectrum of both natural food and nutritional supplements should be designed as a strategy with respect to your individual biochemistry and biological demands.

The concept of eating 3 square meals a day from four food groups without distinguishing food quality or biochemical compatibility is simply out of touch with what is presently known.

Micronutrients may be classified as essential, non-essential and conditionally essential, and guidelines used to determine minimum and optimum quantities of each individual micronutrient often vary, depending on who has performed the research and why. In the U.S. for example, you have Recommended Dietary Allowances (RDAs), Dietary Reference Intakes (DRIs), Adequate Intake (AI), Estimated Average Requirement (EAR), Tolerable Upper Intake Level (UL) and Performance Daily Intakes (PDIs). In Canada, vitamin and mineral requirements are classified according to a Recommended Nutrient Intakes (RNIs) schedule.

How many times have you heard someone say, “I get everything I need from the food I eat”. WRONG! Your diet, no matter how natural, how organic or how fresh, does not, will not, and cannot supply you with everything you “need”, unless of course, your definition of need is based entirely on what the body absolutely needs to prevent death from the classic vitamin deficiency diseases, such as beriberi, scurvy, pellagra, kwashiorkor, marasmus and xerophthalmia.

In biological medicine, optimum health and presence of function are used as the standard to measure wellness. This means living free of prescription medication, feeling good, looking good, having lots of energy, setting goals, living above mediocrity and demonstrating excellent physical, sexual, mental and emotional performance. It's a mental thing. You have to be inquisitive, responsible, educated and 100% accountable to achieve optimum health.

Do you have the same body today as you did 10, 20 or 30 years ago? Of course not! The enzyme glucosamine synthetase declines with age. That means you produce less and less glucosamine from glucose and glutamine, explaining in part why the cartilage in your joint matrix tends to erode over time. Taking glucosamine sulfate (GS) over-comes this rate-limiting step, and this is just one of hundreds of examples I could give from the annals of nutritional medicine. But don't wait until you're *old* and in desperate need, take it now to PREVENT the erosion of your knees, especially if you're physically active and athletic.

There is another side to the supplement coin that is well worth mentioning here. This flip side to micronutrients emphasizes the importance and quality of macronutrients, which include protein, carbohydrate & fat. In this domain, special emphasis is placed on high-quality non-denatured protein (amino acids) and essential fats that heal. When used correctly, these products can be extremely beneficial to health and athletic performance, as many of them are designed to enhance immune function, improve insulin efficiency, increase one's fat-burning capacity on a genetic level, improve strength, endurance & stamina and encourage long-term participation in physical activity.

None of us can live without protein and many people, especially women and children, either don't consume enough low-fat, high-quality protein or consume too much heat-damaged, high-fat protein. Whey protein isolate is suitable for the whole family, young and old. It's exceptionally "clean" and contains no animal related contaminants. It's extracted without heat, is extremely soluble and tastes great. Whey protein isolate is definitely the *way to go*.

When combined with a 1-2 tbsps of an omega-3 rich seed oil, a good quality protein isolate can be mixed in a blender (in water) with fresh organic fruit to create a delicious drink that provides essential amino acids, essential fatty acids and low-glycemic carbohydrates (which also provide enzymes, fibre and antioxidants). Adding at least one shake a day to your diet helps to stabilize blood sugar, modify insulin levels and maintain a positive nitrogen balance for the preservation of muscle and lean mass.

Adding powdered vitamin C to your smoothie will mitigate cortisol-related damage, reinforce collagen production, strengthen your adaptive capacity to physical and mental stress, detoxify your blood and lymph, support adrenal function and quench free radicals generated via strenuous exercise. Vitamin C is the world's most underrated lifesaver, please don't leave home without it. Two time Nobel Prize Laureate Linus Pauling was right on the money. 10g daily for life.

Generally speaking, you should take small to moderate doses of any new supplement and take them with meals that provide similar nutrient value (pro-

tein shakes and fresh organic foods are ideal). For example, you should take vitamin E (a fat-soluble vitamin) with some fatty food, such as fish, a protein shake with a seed oil or a salad with dressing that includes a fresh live oil. It's also best to take supplements throughout the day in incremental doses, as opposed to handfuls all at once. For consistency and ease of application try taking your vitamin supplements with protein shakes throughout the day.

You wouldn't normally eat your entire daily food supply at one sitting for obvious reasons, and so it is with supplements. Like food you should spread them out, and this is especially necessary if you are taking relatively high doses of water-soluble vitamins and phytonutrients, such as vitamin C, HMB or grape seed extract. Divide the amount you want to take daily into several smaller doses (2-4) to maximize utilization and maintain a constant level of tissue saturation. There is a biological ceiling or limit to what a person can utilize in a given period of time and once this threshold is exceeded, much of what you take will simply be excreted out of the body. It is actually good to have some of the supplements you take flow out through your excretory channels, as their antioxidant and antibacterial properties will protect you against infection and damage.

Fiber supplements can interfere with mineral absorption, so it's probably best to take minerals and fiber supplements at different times. If any dietary supplement makes you feel nauseous or queasy, consider changing the timing of administration (before eating versus after eating or with a meal versus on an empty stomach), consider the form (tablet versus capsule versus powder or picolinate versus citrate versus chelate), and consider the dosage (decrease overall total daily intake or divide daily intake into several smaller doses). When troubleshooting, start with simple, basic and clearly understood concepts, and then proceed to the more obscure. For example, if the TV doesn't work, check to see if it's plugged in.

Don't let anyone frighten or intimidate you with misleading or exaggerated information regarding health hazards associated with the use of nutritional supplements. At the end of the day dietary supplements and natural health products are incredibly safe and effective.

# Afterword

*"Cory, what must I do to be well?"*

I have attempted to answer this question in the preceding chapters by defining optimum health and describing the principles essential to its achievement. Herein lies the ten basic steps that I live and walk by because they represent the logic of health care as defined by nature.

They also parallel the wisdom of preventive medicine, which teaches that compliance to these principles will compress morbidity and provide a functional state free of pain and degeneration. This is my *Recipe for Health*.

I personally want to stay as well as possible for as long as possible. How about you? All action is preceded by thought; therefore, before this knowledge can be applied in an organized and consistent manner, a strong and unrelenting natural desire to be well must be present.

Desire is born of the Spirit. It is felt by the heart and obeyed by the mind, which then commands the body into action. You cannot buy, swallow, inject, download or borrow desire. No one can give it to you. You either have it or you don't, and if you do, you are fortunate indeed.

This book is the first in a series of many to follow, each forming a link in the [Cory Holly Series](#). I invite you to join me on this journey of self-discovery and in the meantime please move on the next book in the series, book two, titled, [The Athletes Food Pyramid](#).

The Athlete's Food Pyramid teaches the reader what foods to eat and why. It provides a comparison of several food pyramids and challenges conventional thinking with facts, clinical observation and real life athletic experience.

The Athlete's Food Pyramid liberates the athlete inside and defines the true meaning of sports nutrition. It emphasizes the consumption of organic, whole food and truly bridges the gap between fitness and nutrition.

After reading this book you'll know how to personalize your own nutrition program and use dietary supplements to improve your health and performance.

To live long with vibrant health and function, we must make exercise a top priority and nourish our bodies with the best possible food and natural health products we can find.

This is Cory Holly wishing you all the very best of health and wellness for life.

Stay free and live well!

A handwritten signature in black ink that reads "Cory Holly". The signature is written in a cursive, flowing style with a large, stylized "C" and "H".

## Cory's Ultimate *Shake'n'Take* Power Shake

### Basic Shake Recipe

250 ml (1 cup)	filtered pure clean water
1-3 servings (25-75 g)	whey protein isolate / mixed plant proteins
2 tbsp (30 ml)	omega-3 rich seed oil (hemp / flax / chia)
250-500 ml (1-2 cups)	fresh or frozen fruit (papaya, berries, etc...)

### Selected Optional Ingredients

1 tbsp (15 ml)	liquid raw honey
1 tsp (5 g)	D-ribose (powder)
1 tbsp (15 g)	fresh raw bee pollen
1 tsp (5 g)	L-glutamine (powder)
1 tsp (5 g)	hawaiian spirulina (powder)
1 tsp (5 g)	calcium ascorbate (vitamin C)
1 tsp (5 g)	creatine monohydrate (powder)
1 tbsp (15 g)	multiple vitamin & mineral (powder)

### Directions

First add water to the blender. If you like your shake ice cold, add 2-4 ice cubes. Next, add the omega-3 oil, then the fresh and/or frozen fruit. Now pour a thin layer of liquid raw honey on top. Finally, add all of the powdered food supplements, including your favorite protein, vitamin C, glutamine, creatine, spirulina, ribose, multiple vitamin & mineral, etc...

Blend all the ingredients at low speed for 10–20 seconds. Stop the blender. Use a knife to scrape any powders or honey stuck to the sides of the blender jar. Turn the blender back on and rev it up at high speed for 10-20 more seconds! The taste, texture and thickness of your shake will depend on the amount and type of fruit you use, the volume of water added, and the flavour and quantity of the food supplements you select.

*Bon appétit!*

# *Recipe for Health*

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I *Clean Air*

II *Pure Water*

III *Fresh Juice*

IV *Whole Foods*

V *Natural Light*

VI *Physical Exercise*

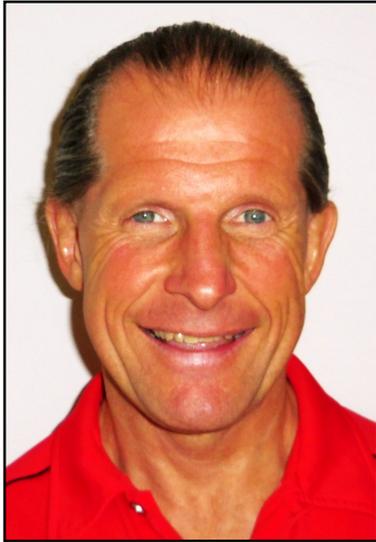
VII *Personal Hygiene*

VIII *Periodic Cleansing*

IX *Adequate Rest & Sleep*

X *Nutritional Supplements*





## About the Author

Dr. Cory Holly is the Founder & President of the [Cory Holly Institute](#) (CHI). Cory completed his Doctor of Naturopathy degree at Clayton College of Natural Health in 1992. He studied exercise physiology and biochemistry at Western Washington University and apprenticed at the Colgan Institute of Nutritional Science for seven years. He currently studies philosophy, physics, biology, biochemistry, physiology, molecular genetics and human psychology online at MIT, Standford, UCLA and the Ayn Rand Institute.

As Canada's Ambassador of Sports Nutrition, Health & Fitness, Cory's objective is to strengthen sports nutrition awareness worldwide and bridge the enormous gap that exists between nutrition and fitness. Cory is the recipient of the 2003 CHFA Sports Nutrition Hall of Fame Award. The CHFA (Canadian Health Food Association) is Canada's largest trade association dedicated to natural health and organic products.

Cory has competed in a great variety of competitive sports including hockey, soccer, football, basketball, lacrosse, wrestling, track & field, tennis, table tennis, badminton, volleyball, triathlons, running, swimming, diving, gymnastics, handball, rowing, Tae Kwon Doe, boxing, bodybuilding and power lifting. He was awarded Athlete of the Year in both Junior High and Senior High School.

Cory currently competes on Canada's Masters National Team in track and field (hammer throw) and has several Natural Masters bodybuilding titles including CNBA Canada (Gold) INBA Universe (Silver) INBA Olympia (Silver) and INBA Hawaii (Gold). Each year in Vernon BC he also hosts the [Cory Holly Classic](#) (track & field meet).