

**THE CORY HOLLY SERIES**



**Five Steps to  
Health**

**A FITNESS & NUTRITION GUIDE FOR HEALTHY LIVING**

**Book Four**

Audio eBook Series

# The Cory Holly Series

## **Five Steps To Health (Book Four)**

A Fitness & Nutrition Guide For Healthy Living  
by Dr. Cory Holly

Also available in audio format (MP3)

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*Five Steps  
To  
Health*

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A Fitness & Nutrition Guide  
For Healthy Living

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# Introduction

Is your health good or bad?

Is it dynamic, optimum, positive or less than ideal?

Health is a state of mind and body; a continuum between two opposite poles. Good health is something most people take for granted until it's gone. In a world where entertainment reigns supreme even beyond the importance of good health, good health is slowly slipping away from the masses.

In North America, we are eating ourselves to death. It is called addictive modern malnutrition overload syndrome. Perhaps you're familiar with 'frozen shoulder'. Well, here's a new one; it's called 'frozen body'.

Frozen body is a self-perpetuating condition that tolerates no physical movement or whole food. It's a modern form of prejudice against good health that arises from being physically inactive.

As we age, our body will cease up due to neglect and abuse. Our joints and lower back will begin to ache and chronic pain will become something we get used to. We'll sleep less soundly and strange lumps and bumps will start to appear without explanation.

Today we are definitely living shorter, but because of our modern medical safety net, we are dying longer. Expensive drugs and surgery will keep up alive but not well. Medical statistics seldom consider or quantify quality of life. It seems the only thing that matters to the medical establishment is whether you're alive or dead, period.

But quality of life is the most important thing. Let me ask you this. Would you rather live well and long, or sick and long?

Functional health is the key objective here. To live well means preserving your form and function to the very best of your ability. In the wild, the weak, the old and the defenceless are consumed. This is called the balance of nature.

Nature is cruel from a human standpoint, but nature cannot allow future stock to become weak or corrupted. Corrupting the gene pool increases the risk for complete termination of the entire species.

But in the mighty fortress of the gym, men and women of every age are defying the oxidative fire of time. With optimum nutrition and intense routine physical exercise, we can oppose the decline of form and function typically observed in the aging sector.

We can resist sarcopenia, compress morbidity and extend our health span. Health span is the length of time you spend on this earth in a functional whole well state. Sarcopenia means ‘poverty of flesh’.

If you take medication for any reason, you’re not well. If your energy is failing, if you feel depressed without reason, if you carry excess body fat, if you eat refined food and avoid physical exercise, you’re definitely not well. Wellness is something few of us can brag about.

Here are my Five Steps to Health:

1. Five Workouts Per Week
2. Five Phases To Each Workout
3. Five Meals Per Day
4. Five Supplements To Take
5. Five Principles To Live By



Follow this program as a guide for the rest of your life and I promise you'll experience a high level of functional health and wellness. In essence, this program covers much of what needs to be done by anyone regardless of age to stay well.

The five steps recommended are based on natural health philosophy, exercise physiology, nutrition science and both predictive and preventive medicine.



# Chapter One



## Step Number One: Five Workouts Per Week

Drug free training frees the mind but forces smart fitness athletes to pay close attention to optimum nutrition and excellent training technique. Or at least it should.

Maintaining good health through physical fitness directly enhances well-being, improves our immune system, enables us to participate more actively in life and research has shown that it can even prolong life.

Staying active and healthy can even reduce the likelihood that you'll need medical attention and believe me; you want to avoid as much medical attention as humanly possible.

All in all the right way to train and the best way to train is the most difficult. You have to push yourself into and through the zone of pain and discomfort. It's definitely not like watching TV with your feet propped up.

You have to confront your lactaid threshold every time you work out, but because you're training progressively, intelligently, and correctly, you actually look forward to driving through that uncomfortable burning sensation that most people choose to avoid.

The beauty of this concept means that you can achieve your goal in a fraction of the time many people spend in the gym and generate more value.



Because your mental force capacity is virtually unlimited and also increases overtime, you can keep driving yourself and pushing yourself to a much higher plateau. This is the driving principle behind progressive resistance training (PRT).

Does it get any easier? Not really. However, your body will get used to being treated in this manner and as it adapts, your physical condition will move from mediocre to excellent. This is the only way you can actually make any progress and as you get closer to your maximum genetic potential, it gets more and more difficult to make any gains.

If you like where you are, then it's relatively easy to maintain great shape, because your mind and body are conditioned and up for it. But don't take your health or physical shape for granted, because if and when you do, it's real easy to slip back into mediocre condition.

In his first year of training correctly, a seventeen-year-old boy might gain ten pounds of quality lean mass. But in his tenth year of training by age twenty-seven, a net gain of one or two pounds of high quality functional lean mass will be considered a marvellous achievement.

Why? Because of the law of diminishing return and biological absolutes. In spite of being much stronger and more muscular than when he first started ten years earlier, and also being capable of training with more intensity, his ability to make progress will be hindered by his inherent and genetic state of biological limitation.

This analogy is based on the assumption that this fellow has been training continuously for ten years, and adhering to the principles of nutrition and the kind of healthy lifestyle advocated in this program.

Compared to light exercise, intense exercise is harder on the system and can greatly deplete body reserve. More free radicals are generated than

lighter exercise and the risk of damaging muscle fibres, membranes, ligaments and tendons is definitely higher. So high intensity should be periodized and this is achieved by incorporating variation into your workout program throughout the year.

It also means you absolutely must protect and nourish yourself with excellent nutrition. Don't train the same way all year long. Don't train heavy and compete in sport at the same time. Repetitions, sets, specific exercises and frequency of workouts should vary throughout the year.

Train with intensity, but change your workout pattern in relation to the methodology you have in mind, which should be based on your personal objectives and what science teaches.

Researchers at the University of Birmingham in England compared the effects of exercise intensity and duration on immune function. The subjects exercised on two occasions, first at low intensity for an extended time, at 55% of their VO2 max for up to three hours, and then at high intensity for a shorter duration, this time at 80% of their VO2 max for up to one hour.

Participants exercised to fatigue during both sessions. Although measures of immunity following exercise were decreased in both groups, the ability to fight infection was lowest in the low intensity, long duration group, not the high intensity group.

Next time you're in the gym, take a look at some of the people around you and make a mental note of how hard they train. Based on simple observation, I'm sure you'll agree that most members lack the component of intensity. Many seem to just go through the motions.

They tend to exercise too light, or too long, which forces them to maintain a pace of training at a much lower degree of intensity, or they avoid the strain of the pain for fear of injury.

Intense training is essential, not just for elite athletes, but for anyone striving to improve the calibre of their physique, physical performance and overall general health. Each workout should be short and snappy, brief, to the point, but highly productive. Intensity should be applied within the domain of your existing level of strength and development.

The process of getting fit is not a race or about beating anyone, but it is important to challenge your condition if you want to improve and make progress. Also, as you train with more intensity, you must pay more attention to your diet and lifestyle.

As we age, there is less room for error. This truth becomes more evident with advancing age and is obvious to most masters' age athletes. Many athletes working out at the gym on a regular basis make the same basic mistake.

They eat a so-called, normal or 'balanced diet', without recognizing the increased need of very specific nutrients such as antioxidants, electrolytes, amino acids and essential fatty acids, micronutrient requirements that cannot be met by eating food alone. Very few athletes are well-hydrated and that in itself increases risk of injury, especially in the joints.

Supply your biological demand and realize that this demand changes as we change; the only true constant in life is that everything does change. As you increase your activity, increase your fuel intake. Always maintain a high standard of 'quality consciousness' when selecting your food.

Eat more of the right amount of the correct materials as it relates to your metabolic demand and the challenge of your particular training or sport. For example, if you take up long distance or marathon running, everyone knows your tolerance for carbohydrates will increase.

But if your principle source of carbs include refined breads, bagels and pastas made from white flour, you'll definitely create a deficit of chromium, manganese, magnesium, and the B complex family of vitamins, and this in turn, will increase your risk for many health problems down the road, such as artery disease, chronic inflammation, degeneration of the nervous system and even depression.

Without the germ of whole grain, you lose essential fatty acids, vitamin E and coenzyme Q10. Although you may be providing the carbohydrate matrix from the grain, which the body converts into glucose and then oxidizes as a fuel for ATP production, you're still going to end up with a micronutrient deficiency as a result of increasing your intake of the wrong type of carbohydrates, namely refined and processed.

Don't be conned into thinking that a little bit of refined flour or sugar won't hurt you. The body needs all the biological support it can get. Eating nothing but whole fresh food, day in and day out, is nothing new. That's how humans have eaten for all but a fraction of the time we've been on the planet.

The principle of symmetry encourages the full and complete development of the entire physique. All the major muscle groups should receive equal training stimulation to produce a balanced musculature.

This demonstrates a high level of harmonious proportion, plus it looks fantastic. For instance, many weightlifters neglect their legs, or refuse to train their abdominal or lower back region (core).

Attention given to your entire frame is wise and requires planning. This will help prevent injuries associated with training patterns, which favour specific muscle groups over others. If back, chest and shoulders grow out of proportion to the rest of the body, symmetry is compromised and accessory muscle groups appear abandoned.

As Dr. Michael Colgan states in the New Power Program: *“Repair, recovery and growth of muscle strength occur only during the periods between workouts.”*

Although the time required varies for different muscles, in general, muscle breakdown after a hard power workout continues for seventy-two to ninety-six hours. Growth to an increased level of strength, then takes another seventy-two to ninety-six hours. So the full recovery and growth period is six to eight days after you train.

On the Five Steps to Health program, each major muscle group is trained thoroughly and completely once per week, short and sweet. The objective is to train with intensity, class and a progressive mind. The plan is based on a five-day workout schedule and by the end of the week, no stone is left unturned.

After a week of five good hard workouts, your immunological, neurological and endocrine systems have to fully recover before any muscular development or tissue modeling occurs.

First, you need the energy to perform the work. Your body also expends a great deal of energy inside to recover from the trauma of exercise. Its objective is to bring everything back to normal or what is known as homeostasis.

Each five-phase workout takes about one hour. A maximum of four exercises are performed per body part and with some exception due to

the necessity of engaging both fast and slow twitch muscle fibres, a maximum of two sets per exercise. Reps vary from six to twelve. Both fast and slow twitch muscle fibres are recruited for maximize size, strength and complete muscular development. Full range of motion is mandatory.

Complete range of motion and continuous tension are two important principles of scientific weight training. While engaged in any particular exercise, one should concentrate on full range of muscular motion in relation to the function and natural movement in the target muscle.

This means you should fully extend and completely contract the muscle. Complete stretch and maximum contraction with applied resistance and control of movement is necessary for total muscular development.

An example of complete or full range of motion is the chin-up when performed correctly. The lift commences from the bottom directly underneath the chinning bar with the arms completely outstretched and straight. The body hangs to its maximum length without the feet touching the floor.



The body is then pulled up principally with the biceps, shoulders and lats (back) to a vertical height equivalent to where the chin of the face is equal to or greater than the height of the chinning bar.

The body is then slowly lowered back to its original starting position in control. There is a slight pause at the bottom to maximize stretch and minimize momentum. Arms are completely extended to their maximum length. The next repetition is then attempted.

This technique is far more difficult than how most people perform chins, but believe me, it is much more productive and in the long run you'll maintain your form and function while everyone else will lose theirs because they're not training correctly.

Partial movement brings only partial results, although partial movements can be utilized in heavier lifting techniques to increase tendon and ligament strength or enhance ones adaptive capacity to accommodate heavier lifting strategies, provided one is already performing exercise correctly through a full range of motion on a regular basis.

An example of partial movement is a quarter or half squat. The weight is lowered only one quarter to one half of the possible distance down and then raised back up.

In power lifting, the weight used for quarter squats would normally be impossible to lift back up if the weight was lowered to the fullest range of motion at the bottom of the squat, which is known as the eccentric or negative phase of the lift. This technique however is generally only recommended for advanced training.

Now here is an outline for a one week training routine:

On Day One, or Monday, you train your legs.

The exercises I recommend are barbell squats, hack squats, leg curls, and either seated or standing calf raises. The first exercise is a compound movement and will provide up to 90% of the value when performed correctly. Each of the remaining three exercises has two sets with eight to twelve reps. They are the icing on the cake.



On Day Two, or Tuesday, you train your chest. The exercises are barbell bench press, dumbbell pullovers, incline dumbbell press and cable crossovers.



On Day Three, or Wednesday, you train your back. The exercises are barbell deadlift, barbell power cleans, close-grip cable pulldowns and seated cable rows.





On Day Four, or Thursday, you train your shoulders. The exercises are standing barbell overhead press, seated dumbbell press, dumbbell side lateral raises and bent-over dumbbell lateral raises.



And finally on Day Five, or Friday, you train your arms. This means your biceps and triceps. Direct forearm work is optional as they get plenty of stimulation from other exercises. The exercises are standing barbell curls, incline dumbbell curls, bar dips and lying triceps press.



So that's it, more is not necessarily better. We want to de-emphasize volume and focus on intensity and quality of movement. The goal is to get in and then get the hell out. Get the work over, out of the way and then spend the rest of your day enjoying the benefits of feeling like you've really accomplished something worthwhile.

I mean, think about it. It only takes an hour to get this done and you've got another twenty-three of your twenty-four hours to get on with it. So please don't tell me you haven't got time to workout. What you're really saying is, "I don't want to" or "I don't believe it's necessary".

Whatever reason you've got, sorry, I don't buy it. It's time to get real and face the facts. If you don't train routinely and imitate the physical work of our predecessors, as in a hunter, gatherer, fisherman or farmer, you'll definitely suffer the consequences of living a sedentary life.

This is not an arbitrary law invented by humans. No man or woman has set this rule in motion. This law is what the forces of nature and biology dictate and demand. Use it or lose!



# Chapter Two

## Step Number Two: Five Phases to Each Workout



Each daily workout consists of five workout phases.

The goal is to remain injury free and develop total physical fitness as determined by a complete fitness assessment. To ensure health, form and function life long, the athlete with a mind of a wizard relies on medical science to evaluate his or her health. This is where an annual fitness assessment combined with a holistic, natural medical check up comes in.

[Phase One](#) involves a short warm-up that elevates body temperature to minimize injury. The warm-up includes some light calisthenics, circular joint movements, minor core activity, pole twisting, balance work, rotator cuff cable work and some light aerobic activity.



The idea here is to warm up your entire body just like how you warm-up your car on a cold winter morning before taking it out on the road. Each day, one or more of the four rotator cuff muscles, namely the infraspinatus, supraspinatus, teres minor, and subscapularis, are exposed to light cable extensions and rotation work to prevent damage caused by pressing movements like the bench press or overhead shoulder presses. The warm up always precedes the weight training segment which is phase two.



Phase Two is where your will of iron is revealed by lifting the same. Like whole food, barbells and dumbbells should be your training staple. Like vitamins, cables, pulleys and machines are supplements. Weight training not only benefits metabolism, it builds muscle and preserves bone mass.

Dr. Robert Staron and colleagues at Ohio State University found that eight weeks of weight training not only increase muscle mass and strength, but in people with high blood fats, it also lowered blood cholesterol. There are countless benefits associated with weight training that only those who actually train with weights can receive.

Unfit people die sooner; have more heart disease and cancer, suffer from impotence, sluggish sex drive and slow metabolism and get more stomach ulcers than fit people.

According to a study by Dr. Kathleen Hutchison, and co-workers at Miami University, people with excellent cardiovascular fitness can actually hear better than those with poor fitness. Fit people have superior hearing because they have better circulation and healthier levels of blood fats.

After working a single major body part, such as the legs, chest, back, shoulder or arms, the next phase, phase three, targets the core. This means hitting the abs and lower back, transverse abdominus, obliques, serratus and intercostals. Perform at least two of the ten different core movements per workout.



Core training is often neglected, but is arguably the most important component of the entire exercise program. If someone asked you to lift up your shirt and show them your abs, what would they see? How would you feel about showing someone your midsection? Would you be embarrassed or proud?

[Phase Three](#) hits the core from all angles over the course of a week. I call this *“walking around the core”*. And always remember, you don’t train the core and abs to burn fat. You train your core to build a foundation of rock.

The widely held false notion of performing copious amounts of ab work or cardio to burn off belly fat is completely out of touch with science. You don't train or workout or run, hop or skip to lose or burn fat. You train to get into excellent physical condition.

Weight management has much more to do with nutrition and what you eat, than exercise, but millions still don't get this fact. I'll say it again.

Never train or exercise to lose body fat. That objective is entirely dependent on how well you can apply the art and science of nutrition.

You train your core for the same reason that you train your legs and arms, because they're there and because you want to keep them functional and disease free.

If you've got excess fat on your body, then you've got excess fat on your mind, because humans have the ability to choose what they eat based on logic and rational thinking. We are not ducks at the pond, but many of us behave like them when it comes to food.

Individual human behaviour is mediated from within the mind. If you have any excess body fat, then you must be eating incorrectly for your age, body type, metabolism and sport. If what you're doing is making you fat, then the opposite must be true.

If you don't understand that, then like so many, you'll most likely spend thousands of hours of running and jumping and pumping iron and burning yourself out on the treadmill in the gym to no avail. You'll get fit but not necessarily lean, or not as lean as you'd like to be.

I've watched this phenomenon for decades in the gym, people who train and get fit, but then don't lose the body fat around their hips, butt

or belly because they don't understand nutrition and how it influences their insulin chemistry and body composition.

[Phase Four](#) focuses on heart, lung and aerobic conditioning, preferably a variety of cardio activities including the treadmill, stair master, elliptical machine, rowing or skipping.

Cardio comes after the weights, not before. Your body will oxidize fat as fuel more efficiently after weight training because weight training is anaerobic and uses glycogen as a primary fuel source. Not fat.



You want to lift the weights first while there is plenty of glycogen in your muscles for strength and power. After depleting muscle glycogen anaerobically through the weight-training phase, your body will then switch to a different energy delivery system during the cardio segment that follows and begin oxidizing fat as a dominant energy source.

Countless numbers of women make the mistake of spending thousands of hours on cardio machines thinking that this is how to burn fat. If only they knew how wrong they were and how much time could be saved and devoted to a superior method of training.

It's so simple. Just do your weights first and then follow through with the cardio and not the other way around like most people do.

Cardio is performed before the final phase of stretching to warm up and flush the entire body. Performing cardio after the weight-training segment also forces the body to consume the lactic acid that was produced as a by-product of training anaerobically with weights.

Reducing lactic acid increases workout recovery and helps reduce muscle soreness. More fat is also oxidized or burned as fuel after weight training than before, because there is less glycogen available to the muscle due to its depletion caused by pumping the iron. Glycogen, not fat, is the primary fuel for intense weight training.

Length of time and intensity during cardio exercise is variable depending on body composition, aerobic exercise, goals and body type. Cardiovascular health cannot be overlooked or viewed as non-essential.

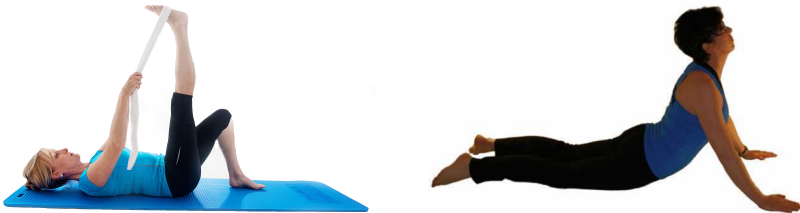
The capacity to utilize oxygen from every breath we take decreases dramatically as we age in the absence of aerobic conditioning. However, cardio should take a back seat to weight training, as cardio uses muscle and is catabolic, whereas weight training builds muscle and lean mass and is therefore anabolic.

My favorite style of cardio in the gym is interval training on a recumbent Lifecycle or rowing machine. I warm-up for 2 minutes then crank it up for one minute at a high level of intensity. I then return to my warm-up speed to recover for about a minute, then crank it up again for another minute. I repeat this procedure several times then finish off with a 2 minute come down. Now I'm ready to stretch.





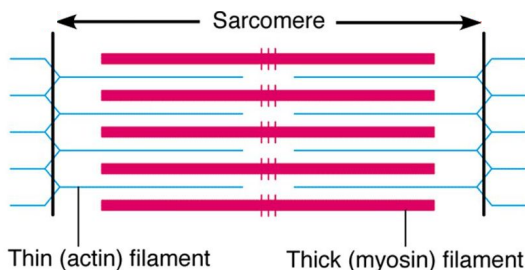
[Phase Five](#) includes a full body stretch on the floor on a mat. Although, seldom practiced in the gym, stretching helps prevent injury, improves anabolic response to resistance training, and optimizes joint mobility.



Maybe you're as strong as a horse, but poor flexibility will be your downfall especially as you age into your fifties, sixties and beyond. Flexibility is commonly defined as *"maximum joint range motion across a joint or series of joints."*

Stretching is fundamental to any workout routine because it helps build and maintain high quality muscle. Stretching increases overall flexibility, which generally diminishes through inactivity and aging. It improves overall health and fitness, prevents over extension, injuries in joints, improves neuromuscular coordination, prevents muscular soreness and increases overall tissue elasticity.

Stretching also improves joint motility and actually helps preserve form and function of the actual joint capsule. When muscles contract, the area of overlap between the thick and thin myofilaments increase.



When muscle is stretched, the area of overlap decreases allowing muscle fibres to elongate or lengthen. When a muscle fibre reaches its maximum resting length, additional stretching pulls on surrounding connecting tissue. As tension increases, the collagen fibres in the connective tissue align themselves along the same line of force as the tension.

Stretching muscle pulls it out to its full length, sarcomere by sarcomere. Surrounding connective tissue takes up some of the slack and this helps realign fibres in the direction of the stretch induced tension. This realignment has been shown to rehabilitate scared tissue back to health. I mean, think about it, you can actually regenerate cells through stretching.

The stretch is the come down portion of the workout. It is meditative and provides an opportunity to relax, breath deeply from deep inside the lungs and alkalize the blood. When the stretch component of your workout is finished, your workout is complete.

Don't neglect stretching. It is equal in importance to health and function to every other segment of your exercise routine.



# Chapter Three

# 3

## Step Number Three: Five Meals Per Day

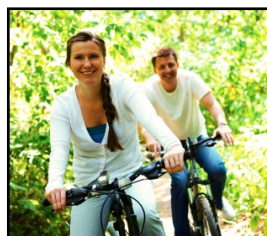
Missing meals is like missing payday. Few people forget to collect their cash. Without energy you can't sustain a strong workout drive or a functional immune system. Energy is cash and is transferred from food to cell. That's why we need to eat.

Eat for pleasure and taste alone and you'll get soft and go down hard before your time. Use the left side of your brain to select what you eat instead of your right side, meaning use logic and foresight instead of emotion and your pleasure driven palate.

Determine your daily protein intake in grams. In the CSNA education program, I designed a dosage guideline chart for daily protein requirements, which is available to download as a PDF from [CoryHolly.com/articles/charts](http://CoryHolly.com/articles/charts).

There are four protein classes including:

1. Inactive (sedentary)
2. Aerobic (endurance)
3. Aerobic |Anaerobic (cardio and weights)
4. Anaerobic (heavy lifting for strength and size)



Determine your daily protein intake in grams and then divide this figure by five. That's how much protein in grams you need to eat at each meal.

For example, if you lift weights and run on a regular basis you're a class three athlete. The guideline for class three is two grams of high quality protein per kilogram of your lean mass per day.

Let's say your bodyweight is 80kg in total and your body fat is 20% (16 kg). We don't need to feed the fat, so next we subtract 16kg from 80kg to give us 64kg of lean mass. 64kg of lean mass x 2 grams of protein per kg of lean mass is 128g.

128g is your total daily requirement of protein required to keep your body in a positive nitrogen state. That's 25 grams per each of five meals.

If you walk around in a negative nitrogen state due to insufficient protein intake, your body will strip amino acids and protein from your skeletal muscle and bones to maintain the function of your vital organs and immune system. Need I say this is definitely not ideal.

Feed yourself like a newborn baby. Plenty of feedings are ideal for growth and recovery, each one supplying your body's unique biological demand. Throw out the concept of breakfast, lunch and dinner, it doesn't work.

Think like a lean muscular warrior ready for battle. Think in terms of feeding time. Consume protein with each meal, five times a day. Make at least two protein shakes and think of these as a meal. Remember to Shake'n'Take.

Eat more fresh fruits and raw or steamed vegetables, than things like pasta, bread, beans and yams or potatoes. Add complex, dense carbs only if you have the biological need for them, because if you overeat these things it's likely you will store the extra calories that you bring in as body fat. Excess bodyfat is not only unsightly, it's also a liability in terms of human performance and health.

The exceptions for consuming greater concentrations of food of course are for those who are extremely lean by nature, or those who need the fuel because they expend ginormous amounts of energy at work like a bricklayer or carpenter, or in athletics as a marathon runner or triathlete for example.

Supply your biological demand in the form of fresh, whole, organic food. As a general rule, consume food that doesn't come from a factory. Choose a variety of natural foods rich in a full spectrum of natural colours, the more the better. Eat rainbow salads.

Colourful food is loaded with flavonoids, carotenoids and thousands of life giving micronutrients. Eat nothing white except egg whites, cauliflower, mushrooms, white kidney beans, white fish, white onions and poultry. Avoid white sugar, white salt, white milk, white rice, white oils and white flour.

Eating more of the right food will stimulate your metabolic rate. This approach will stabilize your blood sugar, keep insulin in the ideal zone of health and sustain a positive nitrogen state, which is critical if you want to prevent osteoporosis, joint erosion and sarcopenia.

Smaller meals rich in low-fat, high quality protein and fresh fruits and vegetables keep you revved up throughout the day. The more often you eat, provided you eat correctly, the less likely you will store fat, feel tired or get wild uncontrollable cravings for sweets, especially late at night.

Feed your body at least as good as show dog or race horse owners who feed their animals with precision on time and without fail. Ask the owners why they spend money on high quality food and dietary supplements for their animals. Now apply the same rationale to your own life for the same reasons.

# Chapter Four

## Step Number Four: Five Supplements to Take



### Number One:

#### Essential Vitamins and Minerals

Start with what we know the body absolutely requires, namely the essential ‘must have for life’ micronutrients. These include vitamins A, B complex, C, D and E, and the minerals including zinc, selenium, chromium, calcium, magnesium, potassium, vanadium, silicon, copper, manganese, and molybdenum.

Don’t neglect minerals or you’ll slowly fall apart. No diet anywhere can give us everything we need for optimum health, especially as we age. That concept is a pipe dream and fairy tale told to children in elementary school who continue to believe this myth well into adulthood.

Let the people who believe they get everything they need from food do their thing. Good health recognizes freedom of choice. Meanwhile, move forward yourself and take advantage of the science. Why should you suffer needlessly? Do you like what technology has done so far to make life here on earth more pleasant?

Do you like your car, dishwasher, cell phone or MP3 player? Do you enjoy surfing the net, emailing friends or taking airline trips to Hawaii? Let the essential vitamins and minerals do the same.

Focus on the technology; focus on the same aeronautical science that we use to raise a hundred tons of metal into the air and transport people around the globe. It's not possible to do this without science.

The use of supplements should always be based on scientific research, and believe me, there's plenty of it out there. Some people still think you take supplements to compensate for a bad diet. But that concept is out-dated.

The new paradigm is that you add the finest supplements you can find to the best possible diet you can eat and then combine that strategy with controlled exercise.

The new paradigm of sports nutrition focuses on health, biological age and function. It coincides with nutrition science and clinical research in human performance. The objective is to minimize damage to your body as you age, extend your health span and maximize quality of life.

## Number Two:

### Whey Protein Isolate

It's 2018 and whey protein isolate is still number one above all other proteins. Other protein sources including eggs, fish, hemp, rice or soy for example do indeed possess certain unique biological properties, but none scores even close to the high biological value (BV) of whey protein isolate. BV is the score given to a protein with respect to how much nitrogen is retained in the cells after consuming it.

Whey protein isolate is a great source of branched-chain amino acids. The branched-chain amino acids (BCAAs) are essential to human biochemistry and include leucine, isoleucine and valine.

These three amino acids help maintain muscle tissue and are required in abundant amounts during times of physical stress and intense physical exercise. Whey peptides crank up the immune system every time you chug them back, which ideally should be before and after each workout in a blended protein shake.

Become one with your blender. Protein shakes are a brilliant delivery system. Absorption is reliable and utilization is extremely high.

Tracy and I call making a protein shake and taking vitamins with the shake, 'Shake'n'Take'.

High numbers of people fail to take their vitamins for numerous reasons. If you can get into the habit of making a shake before and after each workout, or for breakfast or as a night-time snack, try taking your vitamin supplements at the same time. They'll go down the hatch with ease as you swallow your shake, making the entire process less cumbersome and more practical. Make health a practical experience.

### Number Three:

#### Essential Fatty Acids

Add one to two tablespoons of fresh liquid sport oil to each shake. Be liberal. Don't worry about getting fat. Essential fatty acids will improve your ability to oxidize lipids as fuel and help build a healthy, strong nervous and immune system.

Ensure your live fresh oil is dominated by omega-3 fatty acids including alpha-linolenic acid (omega-3), cis-linoleic acid (omega-6), EPA and DHA. Use a mix of oils derived from both plant and sea such as flax, hemp, pumpkin, walnut, anchovies, mackerel and sardine.



EFA's are anti-inflammatory. They help maintain insulin sensitivity and nourish our delicate endocrine glands including the pineal, pituitary, thyroid, parathyroid, thymus, adrenals, ovaries and testicles.

EFA's affect every hormone that influences growth and response to exercise including testosterone, growth hormone, insulin and thyroxin.

EFA's are critical for joint health and tissue elasticity. Mixing EFA's with whey protein isolate in a shake will lead to the formation of healing lipoproteins that will do your arteries and circulatory system a huge amount of good. Your body absolutely needs a continuous daily source of essential fatty acids.

## Number Four: Vitamin C

You could say this vitamin is the strangest secret in the world. Why? Because the power of vitamin C to heal and prevent damage to the human body when stressed to the max isn't a secret at all, but that's what makes it strange, because hardly anyone knows or understands that.

It's bizarre how the ultimate power of this simple and inexpensive vitamin remains a secret to the masses. Of course everyone's heard that vitamin C prevents scurvy, but few know of its true healing power when taken in doses of three to six to ten grams a day in divided doses, especially the conservative at heart who still hang on to the myth that high doses of vitamin C cause kidney stones.

Here's where the Costanzia Principle comes in; the opposite is true. Kidney stones are formed due to a lack of vitamin C and of course chronic dehydration, excessive alcohol consumption, tobacco smoking

and consuming dead, dry food loaded with trans-fats and high-glycemic refined carbohydrates.

When I think of Vitamin C, I think of the seven C's including collagen, connective tissue, cartilage, cholesterol, carnitine, cortisol and cancer.

I think about how it's greatly depleted under stress and how the body is completely unable to manufacture it. Under stress, humans release massive amounts of adrenaline and cortisol and because most people don't come even close to maintaining optimum amounts of vitamin C on a daily basis, their bodies become a waste land, barren of antioxidants and protective nutrients.

Huge numbers of people are injured, infected, weak and tired because they fail to consume optimum amounts of vitamin C.

Take no less than 1 gram of vitamin C, three times a day. The more the merrier up to what is known as bowel tolerance. Saturate your blood, adrenals, eyes and pituitary gland with ascorbate to protect them from damage.

Use a mineral ascorbate such as calcium ascorbate in powder form and consume fifty to one hundred milligrams per kilogram of your body weight if you workout and engage in sport on a regular basis. Add vitamin C powder to shakes and take throughout the day to maintain constant tissue saturation.

## Number Five:

### Vitamin E

Use a natural mixed tocopherol with added tocotrienols. Vitamin E is actually a family of lipid (fat) soluble factors that can protect

membranes and joints from damage. Vitamin E retards cellular injury caused by uncontrolled free radical pathology.

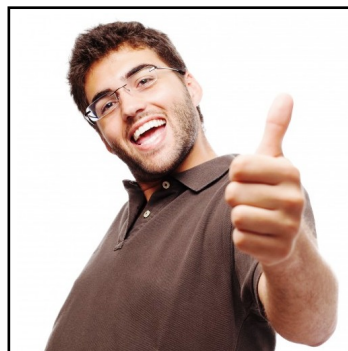
Do you have a heart? How about your sex organs? How important are they? Don't let nature oxidize your brain and nervous system prematurely. Protect the delicate membranes that surround every cell, organ and muscle fibre by taking 800 to 2000 milligrams of natural source vitamin E every day.

Vitamin E has a direct effect on the synthesis of hemoglobin, so it affects oxygen transfer, stamina and endurance. Vitamin E is a big player in energy production and helps maintain insulin sensitivity, which ultimately affects the transport of creatine.

No matter how conservative your approach to vitamin therapy, don't neglect taking vitamin E. On top of a multivitamin and mineral, for example, additional vitamin E is definitely recommended as a vitamin staple along with vitamin C.

Vitamin E is highly concentrated in immune cells and supplemental alpha-tocopherol can reduce much of the inflammation seen in muscles and connective tissue by suppressing the production of arachidonic acid.

Finally, if you're having any problems with reproduction or sexual function, suspect a deficiency of vitamin E. Vitamin E increases blood flow and oxygen to the genitalia. It's a key player in the production of sex hormones that drive libido. In research men who consume vitamin E supplements have improved sperm count and motility.



# Chapter Five

## Step Number Five: Five Principles to Live By



The First Principle is [Nutrition](#)

The power of nutrition for health and healing is greatly underestimated. In school we are taught that food is nothing more than fuel for the fire. But don't be fooled by convention. Prescription drugs and surgery destroy more lives than they save except on the battlefield and in medical emergencies, which constitute only 5% of all medical procedure.

If you want to live disease free, you have to give up what the masses have been conditioned to believe is food. The best food on the planet is fresh, whole, organic, mostly raw and derived from both plants and animals.

In Nutrition for Champions, my friend and mentor Dr. Michael Colgan spells out the truth about nutrition very clearly; eight basic changes in food are responsible for the detrimental effect caused by our modern diet.

These include:

1. The introduction of cereal grains and processed carbohydrates.
2. The introduction of animal husbandry, dairy foods and cultivated meats.
3. The introduction of refined sugar.

4. The introduction of salt, which disrupted the sodium potassium balance.
5. The introduction of processed vegetable oils and trans-fats.
6. Loss of fibre.
7. Loss of micronutrients.
8. Increased food acidity.

It's really quite simple. We evolved from natural whole food. Our genome evolved over millions of years and is now fixed in response to eating whole food nutrition in the environment in which it was grown.

When we deviate from this standard we get nothing but into trouble. The foods we are now eating as a society are not suited for human consumption because they are not compatible with human biology.

## The Second Principle is [Exercise](#)

More than a trend but still perceived as one by millions. In truth, it is a powerful medicine.

*"The incentive to exercise emanates from the conceptualization of its necessity." ~ Dr.C*

Now let me say that again. The incentive to exercise emanates from the conceptualization of its necessity. You have to believe it's essential or like most people, you simply won't do it.

Exercise by definition is not natural. Animals don't do it, and neither do most people. Animals move, but they don't follow a structured exercise program in the wild designed to optimize their function and maintain physical fitness.

Science based exercise is completely artificial but incredibly beneficial. Doing it is what separates us from a bug on a leaf driven purely by instinct without the ability to contemplate a better way to live.

What science lifts up for all to see cannot be denied. Exercise is not an option. It must be performed consistently with pride and determination. Exercise is the anchor that provides stability. When exercise is complete your body is like a ship resting safely in the harbour of life.

### The Third Principle is [Take Dietary Supplements \(NHPs\)](#)

Natural Health Products don't do squat if you don't take them. But just like barbell squats they have spectacular effects when utilized correctly.

Take supplements no matter how good you think you eat. Make the best diet even better. Have some fun with your health. Unlike religion, the benefits of nutritional therapy are not a function of faith or what you believe. They are as real as taxes, death and pain.

When the vitamin bashers cry, *"Where's the science"*, say this in response, *"Right in front of your face"*.

But the science won't be hand delivered by your mailman, you have to go to it. You have to do your homework. A man can't find what he isn't looking for; in fact, he might even trip over the solution to his problem without knowing why or how. But if he seeks the truth about vitamins without prejudice, he will find it resting in the arms of science.

### The Fourth Principle is [Education](#)

In contrast to mainstream thinking, the educated mind has little to do with certification, degrees, academic status or the acquisition of pure

knowledge. Countless numbers of people with high IQ's and advanced knowledge of health and fitness science fail to apply what they know.

Their struggle is way beyond logic or reason.

Education is what the enlightened mind seeks. Education is the ability to do what needs to be done when it needs to be done. The power of knowing is revealed in the doing. If you do not do, then you really don't know.

Knowledge in and of itself cannot remedy the human condition of low self-esteem or the intentional evasion of critical thought. Education is the revelation, acceptance and understanding of what IS; what could be and what might have been. An educated man seeks to be free and independent because that is our natural state and everyone needs to be in it.

## The Fifth and Final Principle Is [Motivation](#)

*“Motivation is a function of incentive born out of necessity and desire. It is fuelled by enthusiasm, driven by passion, governed by positive emotion, compelled by logic and sustained by clarity of vision.” ~ Dr.C*

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.

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

Motivation is a river of joy that runs through the human soul. Without the desire to stay well the motivation to do the work required simply doesn't exist.





# Afterword

In my first book of this health and fitness series, *Recipe for Health*, I defined optimum health and described the principles essential to its achievement. I outlined the basic steps that I live and walk by because they represent the logic of health care as defined by nature.

This book is the fourth 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 five, titled, [Achieve Your Ideal Body Weight](#).

*Achieve Your Ideal Body Weight* teaches the reader how to effectively manage body composition through optimum nutrition and routine physical exercise. It approaches weight management from a scientific and emotional point of view.

As someone who knows how to stay lean for life, I will explain how to overcome the battle of the bulge by understanding individual body type, insulin chemistry, food addiction, hydration and the glycemic effect of carbohydrates.

Our body weight is only a reflection of the mirror within our mind. To achieve ideal body composition we must get our mind off our 'weight' and onto our health. We must learn how to think lean if we want to look and live lean.

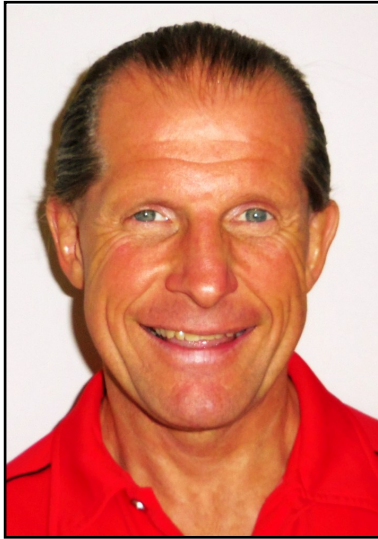
Excess body fat is a disease, accept that. It cripples function and provides no health advantages of any kind. The best body is the one you live in. Take care of it, work it hard and nourish it well.

Remember, to stay well and live long with vibrant health, 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 large loops.



## 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, Stanford, 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).