

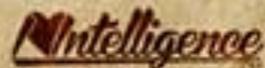
Paora Te Hurihanganui
Te Papa Tākaro o Te Arawa

**Phased approach to
Kaupapa Māori
physical activity
and nutrition**



To remember who you are,
you need to forget who they
told you to be.

He Māori au, e noho Māori nei, i toku ao Māori
I am a natural being, living naturally in my natural world

 *Intelligence*

Life Fitness

1. ANCESTRAL PROFILING – Understand your origins

- What kind of ancestor do you want to be?
- Behavioural Epigenetics
- Ancestral Databank
- Activity examples

2. ANCESTRAL IDEAS on physical fitness

3. TUPUNA KAI – ANCESTRAL EATING

- Tūpuna kai vs Paleo
- Eating Parameters
- Phased Eating
- Shifting Paradigms – ‘The why behind the eating’
- Eating Schedule Example
- Fasting
- Food Hierarchy
- Energy Transferral
- Moon Phases
- Brain Development (Atuatanga example)

4. HEALTH CONSCIOUSNESS

5. KAUPAPA MAORI FRAMEWORK

6. QUESTIONS TO PONDER



Ancestral Profiling

What kind of ancestor
do you want to be?



Whakapapa is
EVERYTHING!

Behavioural Epigenetics

“Not only do we get those physical traits passed down, but the experiences and actions of our ancestors get passed to us as memory through tiny switches in our DNA.

So in other words, our experiences get stored in our genes because they become part of us, and then we pass them down to our offspring.

So for example, victims of trauma, poverty, war, childhood abuse, they carry around that trauma not just as memories but as molecular scars.”

Aulani Wilhem: Stanford Graduate School of Business 15/04/2015



**Whakapapa is
EVERYTHING!**

The European Journal of Social Psychology

“Simply thinking of our genetic origin helps us perform better.

Ancestors we tap into, that ‘ancestral databank’ will help us make better choices now and perform better.

Honour those who came before to think about how to do awesome now and leave a super great future for those to follow.....”



**Whakapapa is
EVERYTHING!**

Ancestral Profiling



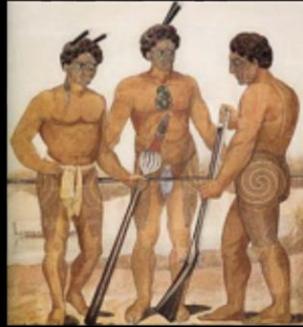
Pounamu Trail 2014
(Routeburn track)

www.crossfit.com/

The 'Murph'



Hokowhitu



The maintenance of physical fitness was recognised as a personal and national obligation. It was also part of the sacred duty of every single member of the community to maintain the body in perfect health.... Physical fitness was thus an honourable thing; ill-health was a disgrace and physical unfitness a disqualification.

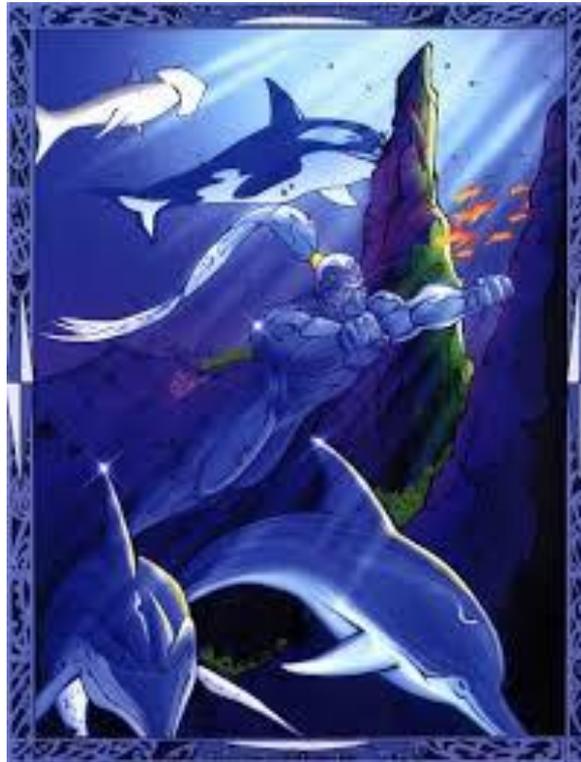


Rakauri
Ngatoroirangi

Houmaitawhiti
Tamatekapua

Physical fit men were rewarded by the permission to marry and become fathers; those that were unfit were penalised by being refused the honour of parenthood and had no chance of finding a woman who would marry them.

Tūpuna Kai



Ancestral Profiling

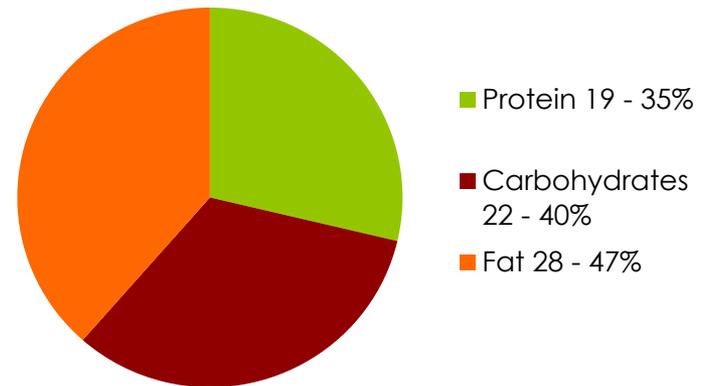


PALEO COMPARISON: is a diet based on what stone-age ancestors ate from 2.5 million years ago to just 10,000 years ago. It excludes food items that are a product of agriculture and the industrialised world.

- Includes fresh fruit, vegetables and all lean meats, fish and seafood
- In moderation: Eggs, honey, dried fruits, nut intake
- Avoid: Potatoes (Starchy Tubulars)
- Excludes dairy, grains and grain by products, all legumes, sugars, processed meat, artificial ingredients, chemical additives (including salt)
- Choose organic/free range
- Lean ground beef (7% Fat)
- Moderate amounts of fat
- Some oils are okay: olive, flax seed, walnut, avocado
- Coffee, tea and (some) alcohol are allowed



The Paleo Breakdown



Kai Parameters

1. If i can whakapapa to the kai
2. Came on the Te Arawa Waka
3. What Pre-European Māori accessed here in Aotearoa
4. 'Greens' are 'Rongoa' and must be treated as such
5. Engage liberally with your local environment

6. No portion sizes
7. Eat whenever and what ever
8. No additives/condiments
9. No/minimal physical activity in the first 6 months

- 10.No weight loss focus
- 11.Catch/gather/grow as much as you can
- 12.What is accessible
- 13.What is affordable
- 14.Essentials can be bought

Phased Eating

PHASE 1



PHASE 2



PHASE 3



RAW



Eating in extremes



ROTTEN

Shifting Paradigms

NOTION: Connecting directly to Atua, through their physical manifestation

NOTION: of all Kai (intake) as Rongoā (healing/medicine)



RAW



Eating in extremes



ROTTEN

Whiringa Kai



Paora Te Hurihanganui daily intake:				
Kai:	Type:	Purchase	Cooked Method:	Notes:
Drinks:	Water	N/A		Tap before bottled
Fruit:	Banana	Supermarket Fruit Monster, Fresho and Pak n Save best value for money 99c - \$4.00kg	Raw	Limited to 8 – 12 Banana's a day
	Fresh Coconut	As above \$2.00 each	Fresh	Juice used in breakfast or as a electrolyte/replacement
Vegetables			Grated	Used in Kumara/Taro baking, on breakfast
	Red Kumara Only	Look for specials average \$2.99 - \$5.99kg	Boiled/Grilled	No additives including no salt
	Taro	Average 3.99kg Pak n Save	Boiled/Grilled	No additives including no salt
	Yams	Expense per \$\$ to kg ratio	Boiled/Grilled	No additives including no salt
Greens:	Pikopiko/ Mauku	Collect yourself in forest, hilly fairly wet lands	Boiled	Normally cooked with Kumara and Bird
	NZ Native Spinach only	Can't be bought (to my knowledge) but some people still grow	Boiled, blanched	Kōkihi or also known as Tetragonia tetragonioides
	Puha	\$3 a bag at Kuirau Markets Saturday (Good quality)	Boiled, blanched	Prickly Puha
Fish	Coastal Native	Bulk by Hawkesbay seafoods (online, credit card required, 2 day delivery) or supermarkets, fish suppliers, fish n chip shops	Baked/Boiled/Raw If smoked – No seasonings, salt, sugar or additives etc	No salt or additives incl adding onions etc Typically Hoki, Tarakihi, Araara (Trevally), Moki, Tamure (Snapper), Kahawai, Tuna (Eel), Flounder, Octopus, Squid, Crayfish etc
Shell Fish	Coastal Native	As above, TC Takeaways have the cheapest kinas in ROT \$14, average \$15 - \$18	Boiled/Raw	Paua, Kinas, Mussels, Scallops etc... Good value mussels at Pak n Save. Without salting and sugar or additives
Birds	Native Birds	As above for mutton birds or other suppliers for other birds	Baked/Boiled/Grilled	Hard to come by and expensive Without salting and sugar or additives. Smoked without salting and sugar or additives
Birds	Chicken	Pak n Save Waitoa brand – Pak n Save and Countdown \$14 each for a whole chicken	Baked, boiled	Organic, Free Range only, minimal consumption. No additives including no salt. Minimal chicken intake 1 to 2 (whole chicken) per month max
Meat:	Wild Pig		Boiled, grilled	Wild pork only, Minimal intake 1 to 2 x per month max

FASTING



“Rest from food, followed by exercise, was necessary to put the “inner man” in good form again.”

Ettie A.Rout 1926

“Fasting is the greatest remedy the physician within.”

Paracelsu



"Fasting must be recognized as a fundamental and radical process that is older than any other mode of caring for the sick organism, for it is employed on the plane of instinct..." Herbert Shelton (1895-1985)

Food Hierarchy

Kaua e mate wheke mate ururoa

Don't die like a octopus, die like a hammerhead shark

Octopus are renown for their lack of resistance when being captured, however a hammerhead shark will fight bitterly to the end, to the point that when you fillet it fresh, its meat quivers. Commonly used to encourage someone not to give up, no matter how hard the struggle is.



Energy Transferal

'Nutrition' in a Maori world view doesn't just mean diet. It denotes the intake through all your senses and any development must consider this. It includes all energy sources that fuel your ability to live and live well in the pursuit of excellence. The energy sources you continue to engage in are major contributors to life fitness and allow the development of all aspects of your 'Oranga'. Health is not 'the target' to be aimed for, the pursuit of excellence through gaining Mātauranga is the target and balance, fitness, wellbeing, wellness and health are but incidental gains. When this is understood and consistently pursued through a relationship with the natural environment, then excellence is limitless.....



Moon Phases

RAKAUNUI (16): High kai intake and any physical activity. Your most active day in all aspects to push and challenge beyond all limitations, Wairua, Hinengaro, Ngākau, Whanau – Relationships, Tinana.

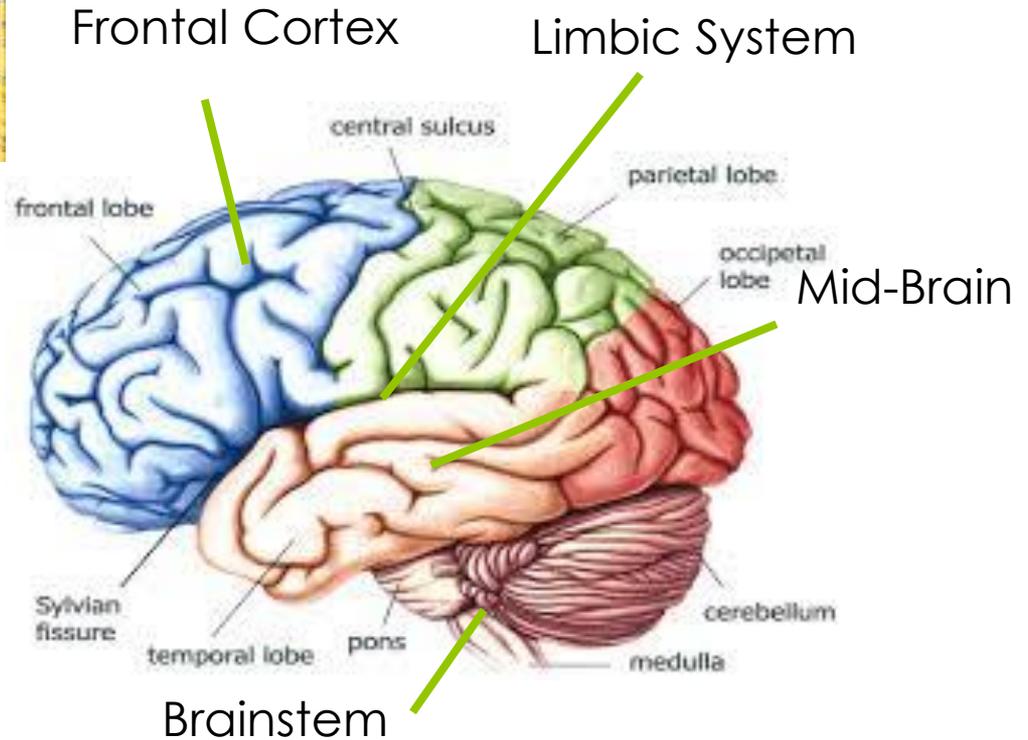


OTANE (27): Bad day for all things. Minimal kai intake and ease up on any physical activity. Focus only kai from Rongo.

OMUTU (30): Bad day for anything. No solid kai intake and no physical activity. Water only or liquid forms of kai may be accepted.

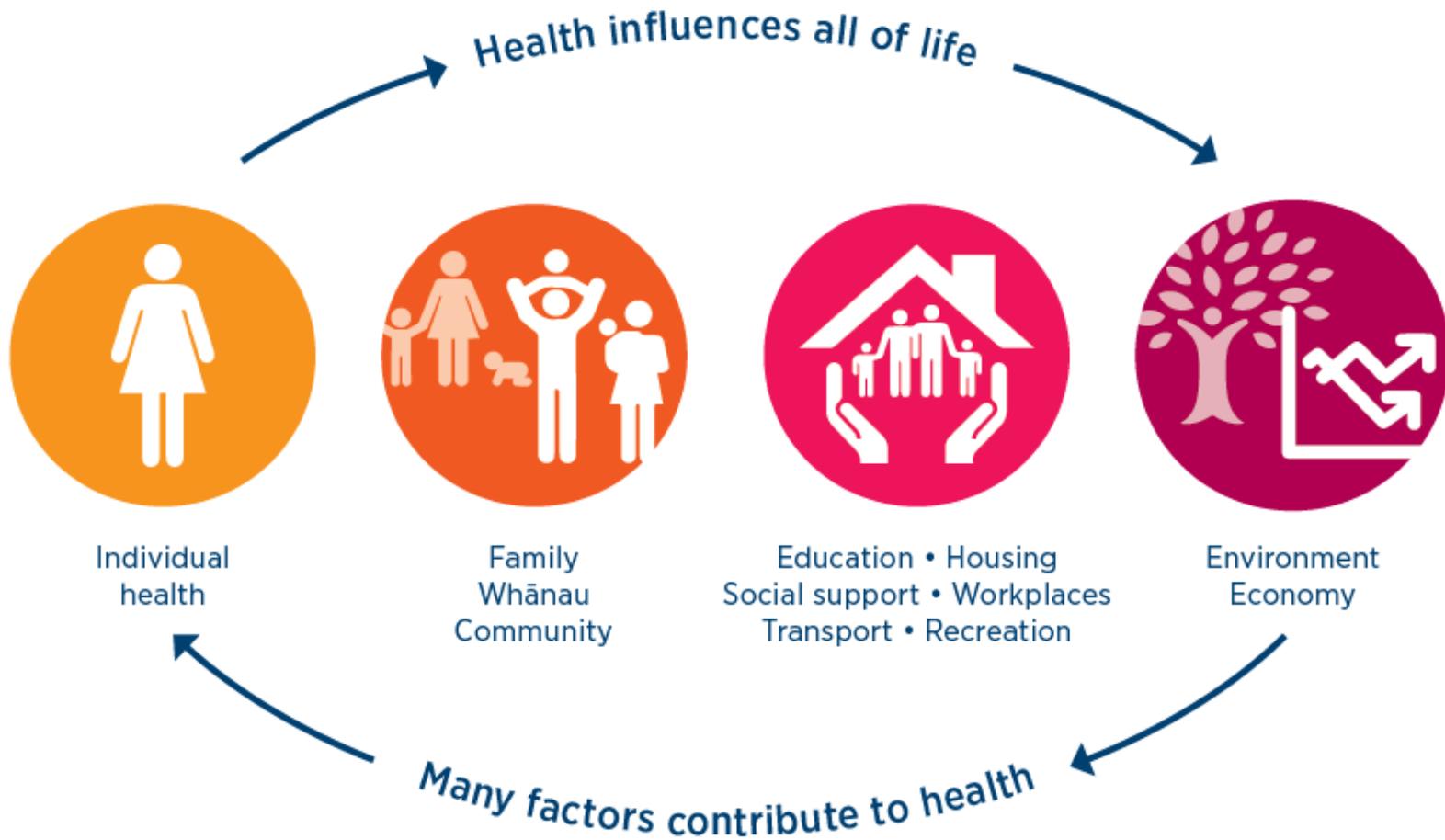


Rongo ma Tane



They are kind and hospitable to strangers; and are excessively fond of their children. On a journey, it is more usual to see the father carrying his infant than the mother; and all the little offices of a nurse are performed by him with the tenderest care and good humour. In many instances (wherein they differ from most savage tribes) I have seen the wife treated as an equal and companion. In fact, when not engaged in war, the New Zealander is quite a domestic, cheerful, harmless character..... Augustus Earle 1827

Health Consciousness



PEPEHA:

Maunga

Awa

Moana/Roto

Marae

Waka

Iwi

Hapū

Whānau

Ko Koe

Tāne ----- **Hinetūparimaunga**



Parawhenuamea ----- **Kiwa** ----- **Hinemoana**



Inland waterways

Pacific Ocean

Ocean/Sea

“The very notion of purposeless self immolation was contrary to the Māori mind, but equally contrary was the lack of self-control and self-discipline”

Ponder this...

- If we are not engaging directly with manifestations of nature :
 1. Will this affect your ability to succeed “as Māori?”
 2. Does this continue to perpetuate colonisation/assimilation?

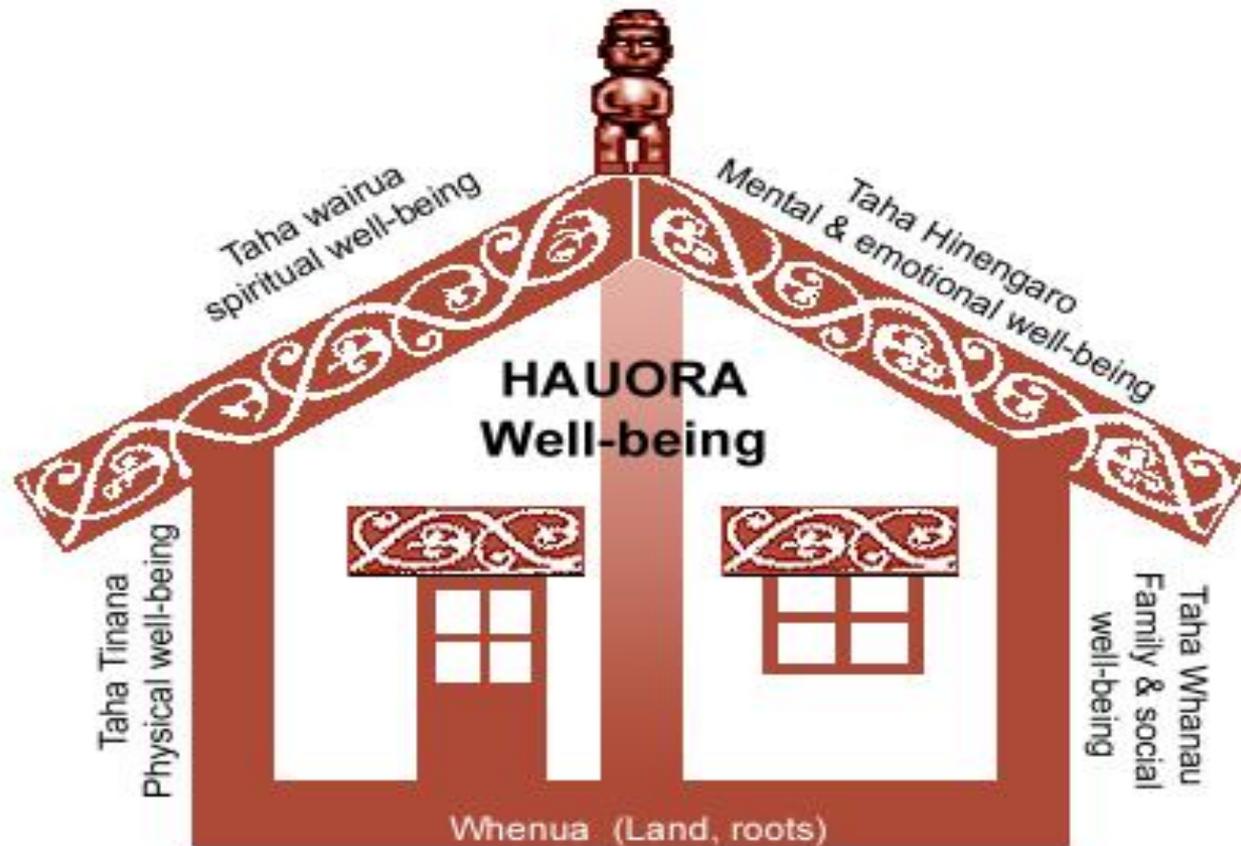


**“Ko au te awa
Ko te awa ko au”**

**“If we say we are Pueblo people, native
to this place, what does that mean if
we're living like the rest of America?”**

Ponder this...

- How does your diet affect your ability to authentically develop all pillars of wellbeing?



Ponder this...

- Can you determine how assimilated or colonised you are by critically analysing your diet?
- How assimilated/Kailonised are you are?

- 0 100 +

Kailonised - Kailonisation



Paora Messiah Te Hurihanganui

QUOTE MASTER.FLEX



Home

About Me

Life Fitness

Ance

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www.tearawawhanauora.org.nz

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A collage of three photographs. The top photo shows a man in a dark polo shirt standing in a forest. The bottom-left photo shows a man in a red sports jersey with the number 24 on a field. The bottom-right photo shows a man in a white t-shirt sitting in a cave or grotto, making a hand gesture.

Paora Messiah

Son of the tribal nation of Ngāti Awa, Ngāti Kahungunu and of Ngāti Awa, Ngāti Kahungunu

Specialising in testing ancestral methods creating contemporary potential.

I am a firm believer in the significance as authentic and collective optimism

**PAIN IS
TEMPORARY
TE ARAWA
PRIDE
IS FOREVER**