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
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
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
“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!

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

www.crossfit.com/

The ‘Murph’

Pounamu Trail 2014 (Routeburn track)

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.
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.
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

- Protein: 19 - 35%
- Carbohydrates: 22 - 40%
- Fat: 28 - 47%

REF: Paleo Nom Nom!
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
- Coconut
- Banana
- Sweet Potato
- Turmeric

PHASE 2
- Root vegetable
- Leafy green
- Fern
- Bird

PHASE 3
- Raw chicken
- Dandelion
- Wild pig
- Eggs

RAW  Eating in extremes  ROTTEN
NOTION: Connecting directly to Atua, through their physical manifestation

NOTION: of all Kai (intake) as Rongoā (healing/medicine)
<table>
<thead>
<tr>
<th>Paora Te Hurihanganui daily intake:</th>
<th></th>
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<tbody>
<tr>
<td>Kai:</td>
<td>Type:</td>
</tr>
<tr>
<td>Drinks: Water</td>
<td>N/A</td>
</tr>
<tr>
<td>Fruit: Banana</td>
<td></td>
</tr>
<tr>
<td>Fresh Coconut</td>
<td></td>
</tr>
<tr>
<td>Vegetables: Red Kumara Only</td>
<td></td>
</tr>
<tr>
<td>Taro</td>
<td></td>
</tr>
<tr>
<td>Yams</td>
<td></td>
</tr>
<tr>
<td>Pikopiko/ Mauku</td>
<td></td>
</tr>
<tr>
<td>Greens: NZ Native Spinach only Puha</td>
<td></td>
</tr>
<tr>
<td>Fish: Coastal Native</td>
<td></td>
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</tbody>
</table>
| Shell Fish: Coastal Native          |       | As above, TC Takeaways have the cheapest kinas in ROT $14, average $15 - $18 | Boiled/Raw     | Typically Hoki, Tarakihi, Araara (Trevally), Moki, Tamure (Snapper), Kahawai, Tuna (Eel), Flounder, Octopus, Squid, Crayfish etc .....
| 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 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)

“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.”

Paracelsus
Kaua e mate wheke mate ururoa

Don't die like an 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.
‘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.....
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.
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

Health influences all of life

Individual health
Family Whānau Community
Education • Housing • Social support • Workplaces • Transport • Recreation
Environment Economy

Many factors contribute to health

New Zealand Health Strategy 2016 – Future Direction
“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 aua
Ko te aua 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?
  - 0   100 +

Kailonised - Kailonisation
Paora Messiah Te Hurihanganui

Son of the tribal name and of Ngāti Awa, Ngāti Whakaue and Whakapakapa.

Specialising in testifying ancestral methods of creating contemporary potential.

I am a firm believer in the significance as auth and collective optimi

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