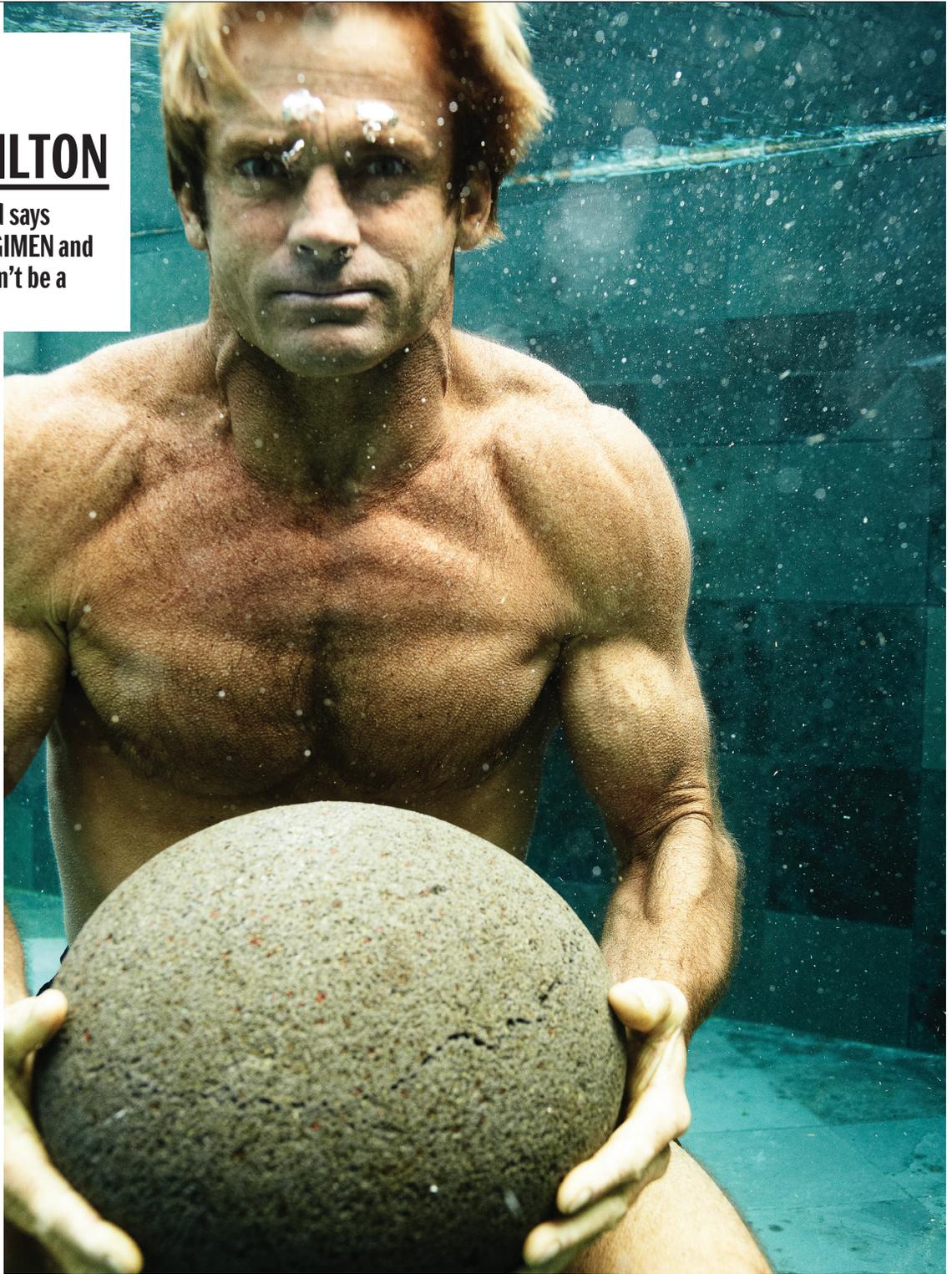


THE TAO OF LAIRD HAMILTON

The big-wave surf legend says keep a solid **FITNESS REGIMEN** and a varied diet. Oh, and don't be a **MOUTH BREATHER**.

● Even a surf icon, ● fitness model, and Most Beautiful Person Alive like Laird Hamilton has to put in extra effort once he hits the half-century mark. And while he trains just as hard as you'd expect, he's got some pretty out-there health hacks. (Did you know that your water may be broken?) In advance of *Take Every Wave*, the documentary about Hamilton's life out this month, the waterman tells us that sometimes the whole point is to take a few grains of salt. **I normally train six days a week**; the day of rest is the most difficult. Monday, Wednesday, Friday is land-based training. The other days, I'm in the water. That diversity keeps the body guessing, and you avoid boredom. **Diversity counts** in nutrition, too. Being raised in Hawaii, we had so many different cultures—Filipino, Japanese, Chinese, Portuguese, Hawaiian—and that helped me have a diverse palate. Eating different vegetables and different proteins helps give you the phytonutrients we just aren't getting in our diets. **Dental health is a big issue** if you don't want to be gluing your teeth in when you get older. I looked into Invisalign because I could tell my bite wasn't lining up and my teeth were starting



to clump at the bottom. My floss would break when I used it. The orthodontist ran a 3-D camera around in my mouth for maybe ten minutes, and from that they made my Invisalign aligners. Using them is pretty effortless, which is nice.

Humans have become habitual mouth breathers, and it's affecting our health. Good runners and good fighters all breathe through their nose. It filters the air, so it makes you more CO₂ tolerant, and nose breathing produces a gas called nitric oxide—

that's a vasodilator and that helps you absorb oxygen. **Most of the water** we drink is pretty broken. The minerals are practically gone. Putting a little Himalayan salt in your water, just a pinch in a liter, can help you absorb it.

Breathing is free, and you can do it with very minimal effort. If you do pranayama, holotropic—any of these breathing patterns—it will bring you a solitude that will affect your life. And that will override a lot of bad water. —As told to **Jon Roth**