

APRIL 2012 E-BLAST KMHC

Hello Everyone,

I just got done seeing a really great movie called "Fat, Sick, and Nearly Dead". A patient of mine named John had been suggesting it to me repeatedly, and I finally got around to seeing it! Thanks for the tip, John!

Anyway, don't let the title scare you, it's not gory or depressing....in fact its just the opposite. It was one of the more uplifting films I've seen in awhile. Without giving it all away, it's basically a documentary about an Australian gentleman who ends up overweight and very sick. He finally has enough, and decides to come to America and do a 60 day juice fast.



The people he encounters along the way espouse the typical attitudes of most Americans. Most people know they need to do better, but few are willing to take the necessary steps. Some of the folks he meets are sicker than he was, and the touching part comes in the depiction of the willingness of one stranger to reach out and help another. The great thing is that this movie can be watched free on "Hulu", so you can watch it any time. Bob Cross, the film's subject, states one of the primary reasons for juicing is the ability to concentrate micronutrients (vitamins and minerals). Obviously, the standard American diet is lacking in these micronutrients.

While I'm on the subject, this month's promotion involves these micronutrients. Metagenics has developed targeted nutrients for people in different categories. The product is called "[Wellness Essentials](#)". These nutrients come in very convenient combination packets, which are also more cost effective. The basic point is to reduce or eliminate the need to buy multiple bottles of supplements and target your nutrient needs more specifically. Categories include: Essentials for men, for women, for those with blood sugar issues, pregnancy, and more.

To get things started, we're taking **10% off for the month of April**. If you do try them, we would love your feedback, as this is a very new product.

Hope you enjoy the movie and Happy Easter from KMHC!

Yours in health,
Dr. Rich Venske & KMHC staff

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FREE EDUCATIONAL PROGRAM!

Back Care Basics

Saturday, April 14, 10:30 am - noon

Presented by: Claudia Satorius

Free at Good Harvest Market

Pre-register by calling 262-544-9380

SOS-Save Our Spines! This class will benefit those with acute or chronic back pain or discomfort and will also be highly beneficial to those wishing to prevent spinal issues in the future. Focus will be on posture, physical balance, core activation and deep breathing. Claudia, a Certified Exercise Rehabilitation Specialist and Yoga Instructor, will talk about the do's and don'ts of managing back pain, first aid for the spine, and will lead you through some simple, yet effective core exercises to maintain or improve the health of your spine.

SAVE THE DATE - MAY PROGRAM

Addiction: "Breaking the Cycle" Wednesday, May 9th from 6-7:30pm
