

## MARCH 2012 E-BLAST

My weight loss story:

Last year about this time I made a stark realization. I had gained weight, more specifically, gained fat. Mind you, I had known it in my subconscious longer than that. The male ego has a wonderful way of keeping the truth at arm's length, for long durations of time, in some cases. You see, I have a stretching routine I do every night and included in that routine is a stretch which involves pulling your knees to your chest while lying on your back. It dawned on me after a while that I was no longer feeling that complete stretch in my lower back. At first I attributed it to my muscles getting tighter. Nope! Then, I suspected that maybe I had a tumor in my abdomen. Nope! It was fat. Remember what I said about the male ego?

Right about that time I was in need of a new book to read and I came across one called "The 4 Hour Body" by Timothy Ferriss. It sounded interesting and a little "out there", so I decided to read it. I was hooked immediately. It was funny, very frank, and extremely motivating. I followed Tim's advice to the last detail and saw immediate results. As I am writing this I continue to follow almost all of the principles and have stayed at my target weight and body fat percentage. If you've ever been overweight/overfat and then lost weight, you know what I mean when I describe the sheer joy I feel regaining that bounce in my step. It's so nice to have it back! I want that for everyone. Our lives are so short, we should get the most we can out of each day, and carrying around extra fat makes it difficult to live at your peak level.

I have a summary of The Slow Carb Diet (the name Mr. Ferriss gave his plan) at the office for you to take and read. I highly recommend getting the book, as it contains much more detail and helpful hints than can be provided on a single sheet of paper. This isn't a book you'll want to leave on the coffee table for mixed company or children. Tim also offers his advice quite graphically on enhancing one's love life. Perhaps I'll address that on another occasion.....then again maybe not.

The bottom line is most of us are carrying around too much fat. Even 5 or 10 pounds can have tremendously harmful effects on our health. This book may not help you as much as it helped me. If it doesn't, we have plenty of other options. I would strongly encourage each of you to face the truth head on this month and find out what your body fat % is. Weighing oneself is useful but incomplete, body fat is a much more important number to know. For the month of March, **I am offering our fantastic health screening device, BioImpedance Analysis (BIA) for \$5.00, \$10.00 off the regular price. It tells you how healthy your cells are and accurately measures body fat %.**

Yours In Health,

Dr. Rich Venske & Staff  
Kettle Moraine Health Center

**p.s. Go to DOC's Corner on the KMHC website to see the SLOW CARD diet.**