

MAGAZINE

JAN/FEB 2009

Dear OH Readers,

Happy 2009 to you and your loved ones!

After the New Year, I always find myself reflecting on the previous year and the precious memories that were created and shared. For me, in 2008, stronger family relationships were formed in the midst of grief and loss, old friendships were renewed, and new friendships begun. I met people who inspired me; some who forever touched my

heart. I learned from authors who wrote important articles to support me in my personal journey and I made an amazing discovery of my own: spending \$596.43 in a single day on anti-wrinkle creams, lip plumping products, and face-lifts in a bottle...well, that didn't work for me. I must have built up some sort of special resistance to the miracles these products can offer. I still see me and the same weathered lines of time when looking in the mirror.

As I start anew in 2009, I will probably still be looking for that miracle product that reverses the aging process, after all, one can have hope-but there is also that realistic side of me that knows I need to set goals and aspirations that are within my reach. Simply put, I want to strive to maintain a healthier lifestyle. I want to create and stick to a healthier diet and I have vowed to walk, walk, walk away the calories in 2009. (Therefore, my brand new treadmill purchase!) Yes, it is makeover time! A New Year and a new and improved ME. Perhaps you have similar goals or goals that are personal and right for you only? Wherever you may be on your journey, I hope that the articles within this issue of OH Magazine inspire and motivate you. You can do anything you set your mind to...perhaps it is indeed time for a "Mind Makeover" (see page 24) to help you achieve the healthier lifestyle that you desire. Wishing all the best for you in 2009!

Best Regards,

Tammy Colter
Editor-In-Chief

8001 Irvine Center Drive, Suite 1270
Irvine, CA 92618
Advertising: 866-957-4636 x 342
Editorial: 866-957-4636 x 353
Email: Editor@ObesityHelp.com
www.obesityhelp.com/magazine/

FOUNDER Eric Klein

PUBLISHER Tammy Colter

ART DIRECTOR Michael Miller

EDITOR-IN-CHIEF Tammy Colter

MEDICAL EDITOR Terry Simpson, MD, FACS

STAFF EDITORS Joanna Fee, CLC, Cathy Wilson, CLC

STAFF WRITERS Joanna Fee, CLC, Jeremy Gentiles, Kathleen Nickerson, PhD, CSCS; Cathy Wilson, CLC

CONTRIBUTING EDITORS Kathy Nickerson, PhD

CONTRIBUTING WRITERS Jessica Anthony, Linda Algazi, PhD, Robert Brandt, PhD, Chef Robert Fee, Barbara Maxwell, RN, PhD, Tim McCanness, Mary Jo Rapini, LPC, Jesse Jayne Rutherford, Jennifer Schwettmann, MSPT, CWS, Connie Stapleton, PhD, Jodi Wellner, RD, LD

DIRECTOR OF MARKETING Jason Riddle, 866-957-4636 x 363

ADVERTISING/SALES Traci Armstrong, Kristin Gyurina, Bo McCoy, Sid Schwalbe, Chris Smith 866-957-4636 x 395

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SUBMISSIONS Please email submissions to editor@ObesityHelp.com or call 866-957-4636 ext. 353 for more information.

ARTICLE REPRINTS For reprints of articles in this issue, please contact Tammy Colter at 866-957-4636 ext. 353 or email editor@ObesityHelp.com.

POSTMASTER Please send Change of Address forms to OH Magazine, 8001 Irvine Center Drive, Suite 1270, Irvine, CA 92618.

CANADIAN POST PUBLICATIONS Mail Agreement No. # 40065056 Canadian Return Address: DP Global Mail, 4960-2 Walker Road, Windsor, ON N9A 6J3.

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