

OH

M A G A Z I N E
MARCH/APRIL 2010



Dear OH Readers,

Kristi Hall and her husband Jim had been together since she was 16 years old. When she was just three months post-op and still learning to live her new lifestyle, her husband and number one supporter, was suddenly deployed to Iraq. In our cover story, It's The Journey, Not The Destination, (page 54) Kristi shares her personal journey and provides tips and insights both as a pre-op and post-op patient. You won't want to miss her many Wow moments and her tear-filled reunion with her husband after she lost over 100 pounds! Today, she has lost over 150 pounds and has formed many relationships in the OH Community and is an inspiration to countless others. (Congratulations on your weight loss beautiful Kristi!)

Also in this issue: nutrition, nutrition, nutrition! Don't miss Chef Dave's Recipes For Success (page 36) and Vicki Bovee, MS, RD, LD's article, Fresh Springtime Eating (page 39). OH Member, Megan Mejia shares a few of her fun and efficient muffin tin meal recipes. (Page 35) And Dr. Christine Gerbstadt writes about Nutrition Tips For Perfect Plastic Surgery. (Page 32) Don't miss the inspiring Before & Afters, OH Event updates and other important and informative articles in this issue.

Our readers are very important to us and as we feature more and more of your photos and stories, we hope that you will feel free to tell us what you would like to see more of in *OH Magazine*. Have a sensational Spring!

All my best,

Tammy J. Colter
Editor-In-Chief

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