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Contact: Melissa Rothermel
Imagine Marketing
702-837-8996

**Radio program “Hope for Health” on KKVV 1060 AM Las Vegas discusses
link between hormones and weight loss**

Optimal hormone levels are key for a healthy metabolism and meaningful weight loss

LAS VEGAS, Nev. – New Hope Medical Center’s radio show guest on “Hope for Health,” Holly Lucille, a nationally recognized licensed naturopathic physician, author and educator, discussed the link between hormones and weight loss with co-hosts Dr. Daniel Royal, Dr. Dean Friesen, and Dr. Ed Fujimoto.

Dr. Lucille, who is the author of *Creating and Maintaining Balance: A Women’s Guide to Safe, Natural, Hormone Health*, recently joined forces with Jon Benson, the author of *Fit Over Forty*, to develop “*NaturaPause*,” an informational audio program focusing on nutrition and exercise to optimize normal hormonal transitions including menopause and andropause.

“It is a known fact that hormones and metabolism decline with age,” said Dr. Lucille. “Modern technology has made it possible for us to supplement this decline with natural hormones that support metabolism without the side-effects commonly associated with prescription medications.”

The live Hope for Health broadcast with Dr. Lucille aired on Friday, May 9, 2008, but the rebroadcast can be heard on Wednesday, May 14, 2008, 2-3 p.m. on KKVV 1060 AM Las Vegas, where it will also be simulcast on the Internet at KKVV.com.

“We had a very informative discussion on medical alternatives,” said Dr. Royal. “Dr. Lucille helped our listeners to understand that weight loss is a complicated matter in which such things as hormone deficiencies and sleep can be key contributing factors that must not be overlooked.”

According to Dr. Fujimoto, the show’s expert on lifestyle medicine, “Patients who have trouble losing weight must also have their dietary habits evaluated. We have found in our practice that many patients are overweight because they eat foods against which they are producing antibodies. Such antibody reactions not only produce symptoms but may also interfere with the production of hormones that help with metabolism regulation.”

Dr. Friesen, a clinical pharmacologist, concurred. “Exercise stimulates the production of testosterone which, in turn, helps improve the body fat ratio,” he said. “This ratio is key for maintaining and losing weight and natural hormones are available to help ensure that muscle mass is not sacrificed during the weight loss process.”

Podcasts for Hope for Health are archived at newhopemedical.org, by clicking on "KKVV Radio Show."

Located at 9065 S. Pecos Rd. in Henderson, Nevada, New Hope Medical Center offers the latest in translational medicine, as well as a wide variety of alternative diagnostic and therapeutic procedures. By building upon a living mantra of "Do no harm" and retaining the top talent and technologies available today, New Hope specializes in providing patient care and specialized wellness treatments that are recognized by leading centers of medical excellence around the globe.

For more information on Hope for Health or to schedule a personal tour of New Hope Medical Center with co-hosts Dr. Royal, Dr. Friesen, or Dr. Fujimoto, visit newhopemedical.org or call 702-476-0000 or 866-432-5669.

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