

FOR IMMEDIATE RELEASE
May 20, 2008

Contact: Melissa Rothermel
Imagine Marketing
702-837-8996

**Radio program “Hope for Health” on KKVV 1060 AM Las Vegas discusses
losing weight without dieting**

Making better food choices and exercise are important keys for lasting weight loss

LAS VEGAS, Nev. – New Hope Medical Center’s radio show guest on “Hope for Health,” Liz Bonis, a national radio and television health and medical reporter for Clear Channel Communications and Newport Television, discussed how to lose weight without dieting with co-hosts Dr. Daniel Royal and Dr. Dean Friesen.

Ms Bonis is a registered dietician, certified personal trainer, former diabetes educator with a Masters degree in Public Communication and Radio Television News from Syracuse University. She publishes an on-line newsletter which can be found at lightenupwithliz.com and holds seminars across the country on weight management, women's health, diabetes management, fitness and nutrition, and foods for better health.

“It is a known fact that obesity has become epidemic in this country,” said Ms Bonis. “Americans can start managing their weight better by simply making better food choices such as more fruits and vegetables, which are lower calorie foods”

The live Hope for Health broadcast with Ms. Bonis aired on Friday, May 16, 2008, but the rebroadcast can be heard on Wednesday, May 21, 2008, 2-3 p.m. on KKVV 1060 AM Las Vegas, where it will also be simulcast on the Internet at KKVV.com. Podcasts for Hope for Health are archived at newhopemedical.org, by clicking on "KKVV Radio Show."

“Ms. Bonis represents the conventional medical viewpoint that says, ‘calories in equal calories out,’” said Dr. Royal. “While calories are a factor, there are other considerations that cannot be overlooked such as blood sugar regulation, lower hormone levels with aging, food allergies, body-fat ratio, and exercise. For example, exercise stimulates the production of testosterone which, in turn, helps improve the body fat ratio, which ratio is key for helping to ensure that muscle mass is not sacrificed during the weight loss process.”

Dr. Friesen, a clinical pharmacologist, concurred with Dr. Royal. “If the body-fat ratio does not improve then the patient is less healthy than before losing weight and can be expected to gain back all that was lost plus more. In our practice, we use Bio-Energy Testing to help us determine at what point a patient changes from fat burning to carbohydrate metabolism. This information is important whether the patient is an athlete trying to refine his workout or a patient seeking to lose weight.”

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 innovative diagnostic and therapeutic procedures not readily available in conventional medical practices. New Hope's mission is to provide hope, health, and healing worldwide through evidence-based protocols by treating mental, physical, emotional, spiritual and relational causes with innovative means. It specializes in providing individualized 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, visit newhopemedical.org or call 702-476-0000 or 866-432-5669.

#####