



TESS GOLDBLATT

Dr. Tom Clark consults with nurse practitioner Nancy Ritchie.

Center For Metabolic Health: Live your DREAMS

BY TESS GOLDBLATT

Dreams work triple duty at the Center For Metabolic Health (CMH). As an organizing principle, the acronym governs the content for one-on-one sessions designed to help clients understand not “what” they need to become healthy, but “how” to become healthy. Dr. Tom Clark and his team of experts use the DREAMS motto as a philosophical centerpiece that encourages overweight and unhealthy clients finally to make necessary long-term changes in their lives.

Dr. Clark, a full-time bariatric surgeon who also owns the Weight Loss Surgery Center, dreams of a more perfect world, one in which his surgical patients will someday opt for the services and support of the Center for Metabolic Health before opting for surgical procedures. He explains that medications and surgery are “at the extreme end of the continuum of tools” used to help clients achieve long-term metabolic health.

“Metabolism is the sum total of all the biochemical processes going on in your body for a 24-hour period and

D is for DIETARY EDUCATION.
R is for REALIZE GOALS.
E is for ENVIRONMENT.
A is for ACTIVITY.
M is for MAKING CHANGES.
S is for SUPPORT.

how much energy, expressed as calories, it takes to sustain those processes,” Clark goes on to explain. At the other end of the continuum of tools lies the fundamental and essential process of creating and maintaining muscle mass.

CMH’s nurse practitioner Nancy Ritchie and fitness counselor Anita Pozin coach clients on how to preserve their lean body mass through physical activity, exercise programs, behavioral changes, and healthy high protein eating. Located at 733 Thimble Shoals Boulevard, Suite 120, the center also offers optional dietary supplements as a good way to “jump start” a yearlong comprehensive individualized plan that always begins with a variety of physical, fitness, and emotional assessments including blood work, an EKG, previous diet history, and goal-setting sessions.

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Pozin adds that their goal is not to create dependent clients. Rather, helping their clients means “really creating independence” so they can “graduate into the real world,” according to Dr. Clark. “We’re like

► “We end up wanting it right now, but health can’t be had instantaneously.”

—Anita Pozin

salmon swimming upstream,” as Pozin describes the large role the media plays in providing nutritional information and messages. As a result, “We end up wanting it right now, but health can’t be had instantaneously,” she cautions.

Dr. Clark speculates that at the heart of the obesity epidemic, there’s an overabundance of inexpensive, high-calorie, non-nutritive foods that are readily available in a society coached to supersize for added value. The obesity epidemic attacking the health of this country’s youth has led CMH to launch a program for children and adolescents which is slated to start this summer. ◀

served at B&G Concessions also makes this business unique. This is much more than a hot dog stand. The menu includes items such as hamburgers, smoked barbeque, hot Italian sausage, fried chicken wingdings, as well as a daily special. “I try to have quality food at a reasonable price,” says Lassiter.

When B&G Concessions first opened, not many places to eat existed within the Oyster Point business park. Now among the construction and changes happening, restaurants are popping up just down the street from where Lassiter parks his truck each day. Lassiter, however, makes it clear that he does not want to compete with these establishments. Instead, he sees his business as simply a different option. “I offer an alternative quality meal at very low prices.”

Creating and running B&G Concessions has not always been an easy road for Lassiter. “When I first started out here I froze and starved. I received encouragement from the people in the business park who told me to be patient.” That patience, along with his own focus and passion, has led Lassiter to the successful business he manages today. ◀

Dear *Oyster Pointer* Readers,

I am proud to introduce in this issue a new newspaper that the *Oyster Pointer* is sponsoring. *Kidsville News!*, a children’s paper, will be free and available to every elementary-aged child in Newport News each month beginning in September. We are thrilled to be a part of this wonderful publication. We hope our children will enjoy reading it, and that parents and teachers will use it as an educational resource. We believe *Kidsville News!* will be a great asset to the community. You will find a sample issue of the newspaper in this *Oyster Pointer*. Take a look at it and let us know what you think!



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