



Dr. Clark's  
Center for **Weight Loss Success**  
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Newsletter

September 2013

Rx

For  
Joint Pain

I hope you had a wonderful summer filled with fun activities and quality time with those that mean the most to you. For me, it never seems like there is enough time for that and you may feel the same way.

September is somewhat similar to January. I don't mean with regards to the weather. Rather, it's a great time to re-group and focus on you and your goals. For many, it's time to get back on track with your weight loss, especially if one vacation turned into a couple of months to "splurge" and stray from what keeps you looking and feeling your best.

This month's newsletter is a prescription for healing and/or improving a complaint common to about 1/3 of adults - joint pain. The three most common areas for joint pain are #1 knee, #2 shoulders and #3 hips. One of the best remedies for such pain is...you guessed it...weight loss.

As you likely know, joints form the connection between your bones. They not only support your body but they also help you move. Joint pain can be caused by injury and sometimes injury results from your joints having to carry a larger load than they were intended to support. Although I cannot guarantee you will be free of pain, I can tell you that with as little as 10% excess body weight loss; your joint pain usually improves. As you continue to lose weight, your pain can be entirely eliminated or significantly improved - we see this every week. So what are you waiting for? Let us help you begin losing weight today so you can feel better soon.

Announcements:

*The doctor is in* for people across the USA every Tuesday during an interactive webinar - yes - time to ask Dr. Clark questions every single week! Beginning in September, Losing It Hampton Roads is moving beyond Hampton Roads - by popular demand, it is becoming Losing Weight USA (learn more at [www.LosingWeightUSA.com](http://www.LosingWeightUSA.com))! We are also adding FREE weekly medical and surgical weight loss podcasts which can be played on your favorite portable device (phone, iPad, iPod or computer). You can subscribe at [www.cfwls.com/podcasts](http://www.cfwls.com/podcasts) Join in - you never know what expert and/or successful patient will be chatting with Dr. Clark each week (maybe it will be you)! Best yet, you can listen to the podcasts whenever it fits into YOUR schedule!

Thank you to everyone who supported my second book in our "More Life" series. It went to #1 Best Seller on Amazon within 6 days in two categories! It is great being able to support our mission:

***At the Center for Weight Loss Success, our Mission is to create a community of motivated people who understand how to manage their weight for life.***



Dr. Thomas

# Get Up & Move!

Do you wake up in the morning with achy, painful joints? Does the thought of even moving your body cause you stress? You're not alone. It's a common problem with many causes, including osteoarthritis, old injuries, postural problems, inactivity, old age, and more. Ignoring the problem won't make it go away, and pain relievers are simply a band-aid.

Do you want to know the SECRET to joint pain relief?..... EXERCISE!!! Probably the very last thing you want to do when you're in pain is exercise. However, exercise is crucial for people with joint pain. Limiting your movements could weaken your muscles and cause even more problems. Keeping your muscles and surrounding tissue strong is necessary to maintain support for your bones. Increasing your strength and flexibility will help reduce the pain and help combat fatigue.

Exercise is vital because:

- \*It makes you feel better about yourself
- \*Controls your weight
- \*Improves sleep
- \*Gives you more energy
- \*Sharpens your mind
- \*Maintains bone strength

The types of exercises you choose depends on what type of arthritis and joints are involved.

**Range of Motion:** these exercises can be performed daily. An example of ROM is shoulder rolls or arm stretches over the head.

**Strengthening Exercises:** includes weight machines, free weights, or toning bands. They should be performed three times a week, depending on your level of pain.

**Aerobic Exercises:** for overall fitness and more stamina. Examples are swimming or biking. To reap the benefits of aerobic exercise, you should strive for at least 3 times a week.



Coming soon there will be two chair fitness videos available to you via the members only portal. One video is cardio, and the other is toning. Painful joints need not exempt you from exercising. It's actually critical for you to move your body, even through some of the pain. It's easy to use pain as an excuse to not exercise. But if you don't move your body, you're setting yourself up for even more physical problems. Make sure you talk to your doctor about what pain is normal. Start slowly, move gently, and ice afterward if you need. Don't overdo it. Listen to your body!

Arlyne Spalla

## Weight Management University™ Class Schedule

### Lifestyle Education

September 9th

September 16th

September 23rd

September 30th

**Mondays at 5:30 p.m.**

*Open Forum*

*What Color is Your Plate?*

*Goals, Barriers & a Plan to Success*

*Diet & Exercise Myths*

**Watch the webinar at [www.cfws.com](http://www.cfws.com) in the Members Only Portal!**

# Lubricate Those Joints

Do you suffer from creaky, painful joints? Since you can't oil your joints like the Tin Man, what CAN you do?

There are now supplements on the market that may help to alleviate some of the symptoms that cause this pain and stiffness.

Our joints are really a fabulous design and made to maintain their own lubrication. They are surrounded by synovial fluid that splashes over the moving parts to cushion and protect, allowing the bones to glide over each other. This fluid is decreased in those with osteoarthritis. You may be experiencing a lack of this fluid. Glucosamine sulfate helps to rebuild both the synovial membrane as well as the fluid and can be taken orally. It is available in most pharmacies and pharmacy departments in your local grocery stores.

There may be other reasons that you are uncomfortable. Inflammation in the body due to allergies or autoimmune responses can affect the joints. Food sensitivities or medical conditions should be considered. Determining which foods could be triggering this inflammation could start with your food journal. While tracking your daily intake, note how your joints are feeling in the comment section. This could be a valuable tool for you and your doctor.

Taking an omega-3 EFA (essential fatty acid) supplement is an option. A study at Cardiff University in Britain found that taking supplements with omega-e oils helped to alleviate the inflammation and discomfort of the joints. Oils from salmon and tuna contain these omega-e oils so adding these fish to your regular meal plan is beneficial for more than just a source of lean protein!

Grape seed extract may have antioxidant properties and an anti-inflammatory effect that can minimize joint pain. Horsetail herb has been used for years to decrease fluid retention but may have some effect in reducing inflammation around the joints and help reduce discomfort.

Losing weight and staying active are key to better joint health but if the joint pain is persistent, see your primary care physician to rule out any physical conditions.

Note: Please consult with your primary care physician before taking supplements that may conflict with current medications.



Dawn Olson

## WMU™ & WLF Group Exercise Class Schedules

Mondays	6:30 p.m.	<i>Intervals with Susan</i>
Tuesdays	6:00 p.m.	<i>Get F.I.T.T. with Wendy</i>
Wednesdays	5:30 p.m.	<i>PiYo with Susan</i>
Thursdays	6:00 p.m.	<i>Yoga with Ann</i>
Saturdays	8:30 a.m.	<i>Zumba with Gail</i>

Check out our exercise videos on [www.youtube.com/docweightloss](http://www.youtube.com/docweightloss)



## Weight Loss Nutritionals By: CFWLS



Call now **757.873.1880**

### FREE B COMPLEX INJECTIONS

Limited Time Offer...Only \$179\*

**Dr. Clark's Ultimate Weight Loss Package**

**Begins September 9, 2013**

**Expires September 30, 2013**



### Lose 8-25 lbs in 2 Weeks

- ◆ 2 B-Complex Injections or 1 Bottle B-Complex Activated Vitamins
- ◆ Dr. Clark's 2 Week Jump Start Plan
- ◆ 70 Delicious Weight & Inches Shakes
- ◆ CFWLS Shaker Cup
- ◆ CFWLS Tote Bag
- ◆ Body Composition Analysis
- ◆ \*Aspartame FREE Jump Start \$199.99

### September Rewards Party & Sale

**Sept. 16th 4-7 PM**

**15% OFF**

**FREE Samples**

**CFWLS Fitness Handout**

**Food! Fun! Fellowship!**



## Weight Loss Fitness

### Personal Training

*Partner Training* - Fitness with a Friend  
Package of 5 One Hour Sessions for \$250

### Specialty Classes—Hurry Starting Soon!

#### *Tai Chi* with Ann Swanson

Wednesdays at 6:30 pm Starts 9/4/13

Cost of course \$80

(WLF members 25% off!)

#### *Walk, Jog, Run* with Jim Bradley

Tuesdays at pm Starts 9/12/13

Cost of course \$80

(WLF members 25% off!)

### Become a Member!

Only \$49 to join & \$29 monthly with a one-year commitment; \$39 monthly with no contract  
(Never a sign-up fee for WMU members)

### **Join Us!**

**Weight Loss Surgery Seminars** Every Tuesday at 4 pm and the 2nd Saturday each month at 9 am

**Surgical Support Group** September 11th (2nd Wed each month) at 7 pm

Be one of the first to subscribe to **Losing Weight USA!** Weekly access to the country's most experienced bariatric surgeon at your fingertips. Register at [www.LosingWeightUSA.com](http://www.LosingWeightUSA.com)

Watch for our new podcasts. Sign up to receive free weekly tips and weight loss info on the website. [www.CFWLS.com](http://www.CFWLS.com)