Never Weigh Yourself! - Please GET OFF THE SCALE!

Once upon a time 2 guys had to trade some grain. They wanted to make a fair trade so they invented a scale. Now, what in the world does this have to do with your health? Weight is a ghost that everyone chases with little reward. It is important if you have to mail a package. Otherwise it is a ghost you will chase the rest of your life with (most likely) disappointing results. I have not weighed myself for 12 years and the only problem I’ve had is getting a driver’s license (“How much do you weigh?”)

So What Do I Do? Use the Waist/Hip Ratio

First of all: Get off the scale! It’s not telling you what you need to know. It’s confusing you. It’s depressing you. You’re wasting your time (unless you have to weigh your luggage).

Learn the waist/hip ratio. Measure your waist line then divide it by the hip size.

Example: Waist = 36, and hips = 40

\[
\frac{36}{40} = .90
\]

| Normals/Goals  |  
|----------------|-------------------|
| Men – normal is .95 or below / Goal is .90  |  
| Women – normal is .90 or below / Goal is .85  |  

Consider the following FAILURES when trying to apply weight to health:

1. The life insurance companies tried to create an “ideal weight” table. This was done to try and determine who would live the longest. They have thrown these tables out. They failed to determine longevity. Now they carefully measure waist and hip sizes (see bellow to find out why).

   When you ask, “What is my ideal weight?” The answer is “There is no ideal weight!”

2. BMI:

   \[
   \text{BMI} = \left( \frac{\text{Weight in Pounds}}{\text{Height in inches}} \right) \times 703
   \]

   \[
   \text{BMI} = \frac{\text{Weight in Kilograms}}{\text{Height in Meters}}
   \]

Doctors have recently created the BMI or Body Mass Index. They keep trying to attribute many health related circumstances to this BMI. It will ultimately fail because it uses weight in the formula. A recent study of Olympic athletes revealed that more than 75% had high BMIs! Are you telling me that 75+% of Olympic athletes are obese? Ridiculous!
Recommended READING 2012

**The Anti-Inflammation Zone**, Barry Sears—Even though he stole my exercise program without giving me credit. Barry and I lectured together for three years.

**Stretching**, Bob Anderson—Guess what this one’s about!

**Anti-Cancer**—David Servan-Schreiber—*Highly recommended. Read this book!* Dr. H says, “Heart attack, stroke, and cancer are all the same disease!” Why would he say something that crazy? Inquire after reading this book.

**Ageless or The Sexy Years, or any hormone related** Suzanne Somers book. Suzanne nicely discusses *Bioidentical* hormones. This is no dumb blonde.

**Love, Medicine, and Miracles**, Bernie Siegel, MD—Learning about exceptional cancer patients can make you an “exceptional” person. (I love this book).

**The Art of Racing in the Rain**, Garth Stein—Because I love dogs, cars, and a great story.

**Left Over from Previous Years:**

**Strong Women Stay Young**—Miriam Nelson, and Sarah Werniak—A great book for all women especially those post-menopause.

**New Passages, Mapping Your Life Across Time**, Gall Sheehy—How to be happier and more productive as we live longer. Kenneth Cooper’s *It’s Better to Believe* is also great.

**Stopping the Clock**, Drs. Klatz and Goldman—Everything you need to know about making the golden years really golden!

**Reversing Human Aging**, Michael Fossel, PhD, M.D—More scientific and scholarly but utterly amazing” “What if we all live to be 150 years old?”

**DIET BOOKS:** “The Famous One Page Diet” is all you have to read, but if you desire 200-400 pages instead of 1, here is a recommended list. Remember no diet will ever be successful if you don’t MOVE your body everyday!

**The Famous One Page Diet** *(Water, vegetables, fruit, protein, and Psyllium)*

Or

**South Beach Diet or Mastering The Zone**, Barry Sears, Ph.D.—Avoid his “The Zone.”

**Dr. Atkin’s Diet Revolution**—READ THE WHOLE BOOK! Please.

**Sugar Busters**—same as “Mastering the Zone” and “Protein Power” but more readable.

**The Protein Power Diet**—(paperback) Nearly as good as The Zone.

**The G-Index Diet**, Richard Podell—The glycemic index in meal plans.

Website: [www.mendosa.com/ailists.htm](http://www.mendosa.com/ailists.htm) —This will give you the current Glycemic Index.

These diets are based on the Glycemic Index.

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No diet will ever be successful if you don’t MOVE your body everyday!

Walk, bike, weight lift, etc. for a total of 30 minutes a day.
Take a Moment to Consider:

1. How often do I take that I.V. for Energy?
2. *Centrum Silver* is best for people **under** 45 years old?
3. Am I supposed to take Calcium? Which one?
4. How do the Waist to Hip Ratio? Why are Olympic athletes “fat”?
5. Why are there “Parking Spaces” in my muscles and how do I empty them?
6. How do I make an HRA?
7. That Crazy Dr. H wants me to read about dogs and race cars?
8. Heart attack, Stroke, and Cancer are all the same disease? What?

If these questions confuse you go back and read again. This handout is not easy reading, but it’s vitally important to your health.

**BONUS POINTS:**

The name of Dr. H’s beloved Jack Russell Terrier __________

**Extra Bonus:**

The last page of the handout includes my secret program for muscle energy: My secret way of getting that extra energy required to win Triathlon metals. It’s safe and easy and **anyone** seeking a little extra muscle energy may pick up the products at our office. Please do not inform my Triathlon competition.
www.theAntiAgingandWellnessCenter.com - OUR CENTER

WWW.ANTIAGINGHEALTHNEWS.COM – AN ANTI-AGING NEWSLETTER

BE SURE TO REGISTER YOUR EMAIL
YOUR MAY REGISTER OTHER EMAILS
CLICK ON “CURRENT ISSUE” – “ALL ABOUT ESTROGEN” – PLEASE

TO RECEIVE PRODUCT INFORMATION:
www.mwpc-mi.com

OUR ANTI-AGING WEBSITE IS:
www.theantiagingandwellnesscenter.com

HAVE FUN!  Be informed!

Sincerely,
Mark Hertzberg, M.D.
Mark Hertzberg, M.D., P.C.

Secret Muscle Energy Program of an Award Winning Triathlete

Muscle Energy

What You Need:

1. **Co-Q-10 200-400mg** (or so) - Take one daily with food.
2. **Carni-Q** – Take two daily with food
3. **D-Ribose** – Take 2 twice a day with food
4. Be sure your testosterone is at an adequate level

How It Works:

1. **Co-Q-10** – Inside the muscle cells it drives the Kreb’s cycle in the mitochondria to produce energy packettes called ATP. **Critical if taking statin drugs for cholesterol.** Be sure the Co-Q-10 is of high quality and take Co-Q-10 with food.

2. **Acetyl L-Carnitine** – transports the ATP energy packettes from the mitochondria into the muscle cell. Take with food. **CarniQ** is best.

3. **D-Ribose** – The key ingredient in the ATP energy packette. Take at least 2x/day.

4. **Testosterone** - dramatically improves the energy burn in the muscle cell.

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**Mark Hertzberg, M.D., P.C.**

**Internal Medicine**

- Chief of Internal Medicine, Straith Memorial Hospital (retired)
- Board Certified American Board of Anti-Aging Medicine
- Diplomat, American Board of Anti-Aging Medicine
- Member of American College for the Advancement of Medicine (ACAM)
- Member American College of Physicians
- Member American Academy of Anti-Aging Medicine
- Member American College of Sports Medicine

**Anti-Aging**

**Preventive Medicine and Wellness**

- The Anti-Aging and Wellness Center

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