

Prescott Pair Pedals Real Healthcare Reform

Dietitian and ANTI-Diet RN team up to bicycle to the Grand Canyon and raise awareness about **true** healthcare reform: living a healthy lifestyle.

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Rita Carey, MS, RD, CDE and Phil Larson, RN, BSN, CCRN will ride a tandem bicycle from Whipstone Farm in Paulden, AZ on a 220 mile round trip to the Grand Canyon South Rim. Their message: true healthcare involves taking care of ourselves with healthy lifestyle choices. Those choices don't require any debate in Washington, DC or huge expenditures of money. They maintain that such choices would save the system billions of dollars.

"The scientific and medical literature is full of studies and reports that show lifestyle choices as the most important factors in the development of disease" Larson says. He adds, "recently the CDC reported that obesity related diseases are responsible for about \$147 Billion in annual costs". The CDC report further shows that medical spending averages \$120 a month more for people with obesity (\$1429 a year) and that drug costs alone are \$600 a year higher for obese Medicare recipients than for normal weight beneficiaries.

Despite "knowing better" as a critical care nurse, Larson struggled with being overweight his entire life and had developed high blood pressure, high cholesterol, pre-diabetes, sleep apnea, gastric reflux disease, and depression as a result of morbid obesity prior to losing more than 100 pounds using "The ANTI-Diet". The book has since helped many transform their lives and has been featured on NBC's Arizona Midday, in "Today's Dietitian"™ magazine, along with other media outlets. Dietitian Rita Carey has referred struggling clients to the book, some of whom have had remarkable success. They have not only lost weight, but have reduced and in some cases eliminated their need for medications for diabetes, blood pressure, and cholesterol control. Many also report increased energy and general well-being.

A certified diabetes educator and proponent of fresh, local organic and pesticide-free food, Carey is passionate about helping people discover the health benefits of buying and eating local produce. Whipstone Farm's Community Supported Agriculture (CSA) program provides a solution for today's busy and budget minded family seeking to improve the healthfulness of their diet. Every week from May to October, Whipstone Farm CSA members enjoy a bounty of fresh, organic produce grown in Paulden and picked the day it is delivered.

Rita and Phil will eat a variety of dried produce from Whipstone to help fuel their adventure, including zucchini zips, Thai turnip ticklers, purple potato patches, and summer squash jerky (for recipes send email to Phil@the-anti-diet.com). They will start and finish the ride at Whipstone's location in Paulden. The round trip four day ride will include one rest day at the Grand Canyon that will incorporate a power hour dinner at El Tovar's acclaimed eatery.

The power hour is a daily feast incorporated into "The ANTI-Diet" that helps insure that followers never feel deprived. The program overall is designed to eliminate cravings and deprivation which are the major problems reported by long term frustrated dieters. Part of the key to doing so is incorporating lots of fresh vegetables prepared in tasty ways. This ride highlights that membership in a CSA such as Whipstone's and shopping at local farmer's markets is a good way to get that healthy produce and support a vibrant healthy community at the same time.

Learn more about Whipstone Farm's CSA program at www.whipstonefarm.com, more about "The ANTI-Diet" at www.theANTI-Diet.com and about CSA's at www.localharvest.org/csa/.