

March 2011

# Chamber Chatter

Kearney Chamber of Commerce, PO Box 242, Kearney, MO (816) 628-4229

## The Chamber Board:

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### Executive Director:

Siouxan Eisen

## Calendar Of Events

### March

15 – Health Screening, Annunciation Community Center

26 – Ladies' Spring Tea, Mt. Gilead Church

## Ribbon Cutting Ceremony!

On Friday, February 11, at 11:00 p.m. we had a ribbon-cutting ceremony for Eastwood Apartments. We had a good turnout in spite of the snow. Here's a picture to enjoy!



## Thanks to All Winter Extravaganza Attendees

A great time was had by all who came to our annual Chamber Winter Extravaganza. We had the largest attendance yet! The food from Stables was fantastic and there were many great items to bid on at the Silent Auction. The Chamber wants to thank all who attended and we hope to see you again next year!

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### Business of the Month – Ideal Protein Weight Loss Program

### Ideal Protein Weight Loss Program Comes to Kearney

Throughout my 15-year career as a chiropractor, I have been searching for a weight loss program to implement in my office. Because of the frightening statistics of obesity, increased diabetes, increased heart conditions, etc., I knew I had to find a way to combat these problems in my practice and put my patients on a better path to health.

Last August, I met Gerry Zimmerman, area supervisor for Ideal Protein, at a chiropractic convention in Branson, MO. After speaking with him about the program, I was

intrigued and upon further investigation, I decided to implement the program in October 2010. Since then, I personally, have lost 20 pounds. My part-time employee, Renee' Brown, has lost over 60 pounds, and many of my patients and Ideal Protein Clients are well on their way to significant losses.

At Ideal Protein, we believe that no diet should last forever. There needs to be a beginning, a middle, and an end. The Ideal Protein Weight Loss Program is a 4 Phase system, where you lose pounds, inches and fat, gain muscle, and rest your pancreas. Because of the barrage of refined carbohydrates in the American diet, insulin resistance has skyrocketed. Our pancreas has lost its ability to function properly, because we are constantly triggering insulin. This program helps to rest the pancreas and then reset its receptors. For a short period of time, we will take certain foods away from you, which keep you from losing weight. As a client goes through the phases of the program, they learn to eat properly and make good food combination choices. Our maintenance, or Phase 4 of the program teaches a client how to keep the

weight off for life.

If you are interested in learning more about this program, call A Touch of Health Chiropractic at 816-903-3248. We would love to put you on the path to a better, healthier you.

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### Ladies' Spring Tea

Come help us welcome spring and enjoy an afternoon of fun, crafts, tea & cookies. We will be creating a festive felt purse and petite paper boxes.

We will be at historic Mt. Gilead Church, 15918 Plattsburg Road, Kearney, Missouri. On Saturday, March 26, 2011, 1:00pm to 4:00pm.

Cost is \$10 per person, which includes all supplies. Seating is limited and reservations are required. Please call 816-736-8500 for Reservations and/or more information.

Presented by Clay County Historic Sites.

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