



## **“Biggest Loser” Contestant Rob Kidney’s Secret For Keeping Weight Off After The Show:**

Every contestant on “The Biggest Loser” eventually has to go home. And unfortunately, real life doesn’t have cameras following every weigh-in, trainers with 600-calorie-burning workouts, or a kitchen full of leafy greens.

They have to maintain the weight loss themselves, and Rob Kidney (a contestant on the 2016 show) quickly realized stabilizing and adjusting to life outside the show’s campus was going to be half the battle. But it’s a battle he’s winning. And in this audio, you’ll hear how he’s doing it using Heavyhands.

Rob first discovered Heavyhands back in 1982. He says he loves the versatility of the weights and how easy they are to grip and work out with. But the best part for him is that they allow you to work out your whole body at once, so you burn a lot more calories than regular exercise alone, and in less time.

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That's why when experts told Rob he would have to work out nine hours a week in order to maintain his weight loss, he immediately thought of Heavyhands as a way to reduce that.

And in this audio, you'll hear his amazing story of being on *The Biggest Loser*, how he's taken what he's learned home with him, and how he maintains his weight with the help of Heavyhands.

### You'll Also Hear...

- Secret techniques Rob uses with Heavyhands to burn more calories fast: he does two different workouts with the weights – here's what you need to know to keep up
- A quick-start guide to maintaining weight loss realistically, and tips from Rob for finding a routine that will work for you
- The real difference between Heavyhands and dumbbells: They only had regular weights on the *Biggest Loser* campus and Rob says he couldn't wait to get his hands on his Heavyhands again
- A “behind-the-scenes” look at the show: Believe it or not, no one cooks for you and you have to fight for space in the kitchen – and other stories about what life was like on the *Biggest Loser* campus
- All about Rob's scary diagnosis with cancer, what foods he says are the body's enemy, and the one best way to eat to keep cancer away
- A shocking confession: Rob says a lot of people working for the show didn't want him on it for medical reasons – here's how he landed a spot and what his health is like today
- Simple tips for making the most of your next treadmill routine: turn it into an intense workout whenever you want just by adding Heavyhands
- Rob's clear and straight-forward advice for anyone just starting out on Heavyhands

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Rob says the trick to maintaining weight loss is in finding a fitness and diet routine that will work for you for the long run. In other words, you've got to have realistic expectations and a workout you love so you'll stick with it.

And Rob says Heavyhands does it for him because it allows him to safely turn the notch up on any workout so he saves time in the gym. And in this audio, you'll hear exactly how he's maintaining his weight with them, and how you can do it too.

Rob: Within two weeks, which is 80 hours of exercise, they had me off of all medication, no more blood pressure medicine, I was taking post-cancer medicine, the CPAP machine got put in the closet. I could sleep, I could breathe, the allergy medicine that I was taking daily for a long time, I lived on nasal spray three or four times a day, because I couldn't breathe. My body was poisoned and toxic. It was kind of amazing.

[Introduction Music]

Michael: Hi. It's Michael Senoff here and I'm the founder and developer of [www.WeightedHands.com](http://www.WeightedHands.com). I'm a busy professional, a husband, and a father of two young boys. I started making and using Weighted Hands because I wanted a way to burn a ton of calories in as little time as possible, but I didn't want to get injured doing it. I wanted to eat whatever I wanted without feeling hungry or deprived, and I wanted to be able to maintain my weight. I wanted a low impact workout so I could save my knees for later, a workout that required no gym membership, no stair climbers, no treadmills, no ellipticals. I wanted something that feels easy but gets my heart rate high enough for ongoing conditioning. Well, you're in luck because many of my buying customers have been using Heavy Hands for over 20 years and they've been generous enough to share their personal stories with you. You'll hear me interview them on how they got started walking with Heavy Hand hand-weights, what it did for their

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bodies both in terms of musculature and weight reduction; you'll also learn about their favorite workouts, tips and tricks to burn the most amount of calories in the fastest time possible, so enjoy the interview. Now let's get going.

Michael: Is this Rob?

Rob: Well, it is.

Michael: How are you?

Rob: I'm good, now that I'm home and settled down a little bit. It's been a good day, a lot of miles.

Michael: You've had a tremendous success story from what I was reading about from being on The Biggest Loser. How long ago was The Biggest Loser 17<sup>th</sup> episode? When did that end?

Rob: It ended in March of last year. It's been a year of experimentation, a year of getting my feet back on the ground, of stabilizing, because everybody who comes back immediately starts gaining a little bit of weight until they learn how to stabilize, and some never do. But, it's just a lot of work. There's a lot of reasons for why that happens that are science, we're learning, but there are ways to keep it under control for most people.

Michael: So, before Biggest Loser, had you done any kind of exercise whatsoever, or was it just a poor diet and a sedentary lifestyle?

Rob: I've been married 35 years, got married in 1982, and I mean, a really good diet, I was always eating really good, always ran, always worked out in the gym, it was just when, I guess about the year 2000, maybe then, I was about 30 pounds, 40 pounds overweight, but I was still in okay shape - a weekend warrior, maybe once during the week I'd work out, but in about the year 2000 when I started my business, my personality is I'll always be a 65-hour worker my whole life, that's just who I am. I've learned to accept that and to try to find other ways to work

around that, other ways to work smart when I workout, I want to work smart, which is why I've chosen Heavy Hands to help with that, because it's just smart work.

Michael: When did you first learn about Heavy Hands?

Rob: Back in the early '80s when I got married, it was the height of the aerobic revolution, you had the Jane Fonda's, and a little bit later the Denise Austin's, and the guys were fighting for survival, the guys were still wanting to stay masculine and staying in the gym, and I liked working out in the gym, and then I saw this older fella on TV with these strange looking weights in his hands, doing a little bit of aerobics, but it was weights - using weights. So, that kind of pulled me up and got excited. I bought my first pair of Heavy Hands, I think, probably in '82. I just saw the theory behind it, it was pre-computer days, so you couldn't jump on Google and go research it and watch any more videos, but all I know is I saw it a number of times, and it just really got my attention. I went out and bought them at a sporting goods store.

Michael: So, what did you buy? Did you buy just the handles, or did you buy the whole set of weights? What did you end up getting? Do you remember?

Rob: I thought I had multiple weights. What I ended up with over these years is just the complete three-pound set. I've got the red handles, the AMS stamp handles, and then the black weights, and they say "three pounds" on them. They feel like three pounds completely, yeah, total.

Michael: So, when you got them, what did you do? Did you start walking with them? How consistent were you with them? Did you get any kind of results from them? What did you notice?

Rob: Honestly, I didn't use them with enough intent to probably get any data on it. I did use them when I ran, though. I was running, and at one time, I was trying to train, probably in '86, '87, I

thought I would do some mini-triathlons, and I started training for all that and doing some running, and I ran with them then. I didn't do the motions and the skiing-type motion with them back then, but I just held them, and I would box, and I'd do a little Rocky Balboa going down the street, and always played with them, ran with them a couple of times when I started exercising, because it just made sense. I've always been one who wanted to work as many body parts at one time as I can. I am a worker, I love to work, and if I have to do exercise is always something I had to do for a long time. Today, I enjoy it quite more than I ever have, but at those times, it was just something you had to do.

Michael: Would you say that your trainers and the help and the assistance you received on the show was second-to-none? How would you rate their knowledge and their training on exercise physiology?

Rob: Having never worked with a trainer before, I think they have a very efficient way of getting things done. My trainer was Jen Widerstrom when I started, and she just kind of breathed hope into me and brought me along. I did not think - I mean, when you take a body that's 326 pounds, and you start asking it to exercise seven and eight hours a day, it rebels. It doesn't want to get up the next morning, and you partly just get up and hobble back to the gym for the first few days, and you have excellent trainers and people who watch what's going on the whole time, watch you for injuries. I found it to be probably the most amazing thing I've ever experienced. After a week or two, guess what? It works, and the soreness does go away, and you can walk freely, and you can start to jog a little bit, and your muscles are getting stronger. Wow, squats - I never could squat, and even at the point when I went in, I don't think I even could squat. I could barely bend over and touch my toes.

Michael: What was your darkest hour on the show?

Rob: My darkest hour on the show was when we sat in the morgue and Dr. Huizenga held up a card, which is about five years from today, and said, "What are you doing on this date? Statistics are showing this is the day you will die if you don't change something drastically." I thank Biggest Loser and NBC for spending all the care they did to get me on the show, and all the medical tests, and that has to all go through the doctors and the lawyers and everything, and from what I heard, a lot of people didn't want me on the show, and Dr. Huizenga fought for me and some others, and said, "This is exactly why we exist: to help people like this." They found three heart blockages on their tests, and I guess it wouldn't be a very good thing if somebody had a heart attack on their show, but they fought for me. Within two weeks, which is 80 hours of exercise, they had me off of all medication, no more blood pressure medicine, I was taking post-cancer medicine, the CPAP machine got put in the closet. I could sleep, I could breathe, the allergy medicine that I was taking daily for a long time, I lived on nasal spray three or four times a day, because I couldn't breathe. My body was poisoned and toxic. It was kind of amazing.

Michael: What do you think the real problem with obesity is, as far as the types of foods?

Rob: Research today is much different than it was even 20 years ago. It's pretty much an accepted fact today that sugar is a real enemy in everything, and that a lot of unhealthy carbs turn straight into sugar, and sugar spikes your insulin, and insulin stores fat, and there's the cycle.

Michael: Did they explain that to you when you got there at camp?

Rob: They did, and it's not that I hadn't heard it before, but I was finally listening, and I guess I had never realized that all of the things and the physical ailments I was experiencing were all because I ate a lot of bread and potatoes and starchy food in probably three times the quantities I should have eaten them, but today, I tend to be more toward a paleo-ketogenic type diet.

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I'm not down there at 20/25 carbs, but I don't eat very many carbs at all. That includes fruit. I even find today that if I eat a piece of bread, instantly my head stuffs up.

Michael: Do you test to see if you're in ketosis?

Rob: I did for a long time. I've always had a hard time getting in ketosis, even years ago, I did a lot of fasting, and doing that, my father at one time owned some diet clinics, and that's where I learned about ketosis, and I've starved myself to the point before where I was in ketosis, but some people have a harder time getting into ketosis, and a lot of times, it's the hidden carbs that we don't see in our foods. If you eat out a lot, it's almost impossible to get into ketosis.

Michael: One of the biggest negatives I've heard about ketosis is keto-breath, like a bad breath. Have you found or known any kind of solution for that?

Rob: I guess it's like any detoxification process, that comes early on in the process, as well as some people experience like a keto-flu, and a tiredness and an illness, but that goes away once your body becomes keto-adaptive, and you just feel better than you ever have in your life. Part of the reason I tend that way right now, it's not because I'm afraid of getting fat again, part of it is I know that it's the absolute best way to eat to prevent cancer from being in your body. I've had two cancer operations now, and I have no cancer in my body, the best that we can tell, but I'm going to do the best that I can. If I get cancer again, it's not because of something I put in my mouth.

Michael: How were you diagnosed with your cancer?

Rob: I went to PSA first, that was for an insurance exam, and a little bit high, and I just started watching it, and over a couple of years, I just watched it climb, and then it started to climb really fast, and had a couple of biopsies, couldn't find anything, so we caught it so early that I was very fortunate to be able to have



two operations within a year and get it taken care of with a couple of different methods, but today, I'm doing really, really well. I'm a new man, I've got a new life, and I'm not on any medication, and I eat really, really well. I prep food every day, I take food with me, I don't eat at fast food restaurants, but on occasion if I eat out, it's usually like at a supermarket that has a salad bar.

Michael: What was your biggest weakness when it came to food?

Rob: Probably more in the breads and the potato things, but to me, food was more of a numbing agent to soothe emotions. When I was that stressed in this eight-year period of time where my business was tornado-ed, I lost a lot of money in five minutes and I borrowed more money, re-built, the economy went down, my son went on drugs and is working still on getting clean, my best friend and mentor in life fell on his head and died, it was just eight years of absolutely just trying to survive, everything in life, trying to keep it together, keep a business, pay the bills, keep from losing everything. The pressure was there, and I would find myself on a drive-through restaurant line, and not even know that I got there. I would say, "Woah." It's like waking up and wondering, "Why am I here?"

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[www.WeightedHands.com](http://www.WeightedHands.com).

Michael: Can you give the listeners your daughter's or your Facebook page so they can check out some of the posts on there?

Rob: Mine is my name, it's Rob Kidney, and I have a Rob Kidney BL17, but mostly everybody finds me on Rob Kidney, and my daughter is Sarah Gilbert. She was one of the big social media stars of the show, she's probably got 35,000 fans and has helped people lose millions of pounds on diet bets.

Michael: And her page is "The Flourish Movement," if you go to Facebook, and you type in "The Flourish Movement," you'll find

her page. That's wonderful. So, we talked about low carbs, you're more on a ketogenic diet, higher protein, very few carbs, but when you were exercising seven to eight hours a day on The Biggest Loser, what kind of carb intake were you ingesting during that period of the show?

Rob: We were totally eating balanced diets. There were vegetables and grains every time you ate, and you did fix your own foods. Nobody cooks for you and says, "You have to eat this," or "you have to eat this," so you're on your own. Your nutritionist comes in, shows you how to prepare a lot of really good stuff, and then you fight for space at the stove in between workouts and make your food, but there was spinach and greens on every plate, always five or six ounces of protein, sometimes seven because we were exercising so much, probably survived on a little less than 2,000 calories, so we weren't starving ourselves. No, we ate really well.

Michael: On that show, were you all hooked up with the monitors where you could calculate how many calories you burned during your exercise?

Rob: Yes, we could. One of our sponsors was Garmin and I've bought several Garmin's since, and that's kind of where I'm heading with Heavy Hands, is I'm tracking my workouts with Heavy Hands so I see how much time I spend in each zone, how many minutes. My workout the other day - I just looked it up before I called you - I spent 56% of my time in Zone 4 and Zone 5, that's 140 beats, up to my max almost.

Michael: Talk about your Heavy Hand workout. What are you finding is working for you, or that you're trying to accomplish with them?

Rob: Again, I'm going to find what burns the most for me. In an hour - I workout for 59 to 60 minutes, is usually my workout. I probably burn a lot less calories than most people in there, that's just one of the things that happened to our metabolisms, and I'll burn 650 calories at an intensity level that most people don't usually

get to. So, I do high intensity interval training with the Heavy Hands. I have a well-defined route and I know this route, and I'll run at a real good clip in zone for two minutes, I'll slow back down, I watch my heart rate the whole time, I'll come back down. I never get back into zone two once I get going, but I'll get down to about 125, 130, and my heartbeat at my max is about 170, and then I push it back up for short periods of time, like the tabata workout, where I'll do just 20 seconds full-out, where I'll do the Heavy Hands hard and walking as fast as I possibly can, and then I'll slow back down, and I'll let my heart rate go up and down. So, I'm looking at all the data, and probably a good month from now, I'll have a lot more solid facts and know what I like, but my other workout is just a normal Heavy Hands walk. I start off - and my body takes a long time to really warm up, believe it or not. My first mile is about a 17-minute mile with seven pounds, I guess, in each hand.

Michael: How high are you pumping them? Just coming to shoulder level?

Rob: Different levels for different zones. I spend most of my time shoulder level or higher. I do have times where I'll do some presses, I'll do some curls, kind of like different intervals. I'll do some presses, curls, boxing - short, tight boxing, keeping the motions within four, five inches in front of my chest to not throw off my balance or my stride.

Michael: So, doing that, walking at a 17-mile pace, doing the different arm movements, does that get you into zone...

Rob: It takes almost a mile for me to get from 55, my wake-up heart rate, to about 110, 112, and once I get to that point, and everything wakes up and functions, I climb really quick, and I stay really high the rest of the time. So, my second mile is a 16-minute mile, and my third mile is usually a 15-minute mile.

Michael: So, by the time you get into your second and third and fourth mile, are you close to your maximum? Where are you at?

Rob: When I start Zone 2, I'm in probably upper 3s, moving into Zone 4, I'm probably about 135, 140, and then I start my intervals. When I hit mile three, that's when I begin my boxing. I guess I could say I pick up the pace a little bit between a walk and even a slight jog. I know we're supposed to be walking most of the time, but I pick it up at different times, and I'll even stop and hold the Heavy Hands still for a moment, and do a quick little sprint if I have to, just watching my heart rate the whole time. But, by the time that whole third mile is up there, usually, in upper Zone 4 and Zone 5. Zone 5 was my highest zone in my workout the other day. I did 32% or 19 minutes in Zone 5, 14 minutes in Zone 4, 12 minutes in Zone 3, but I really go by how I feel. That's the ultimate everything. I know when I'm pushing my body, I know when I've had too much.

Michael: How do you know when you've had too much?

Rob: When I have too much, my breathing becomes a little restricted and tight, and my chest, but again, I push at a very high intensity, that's just the way I work.

Michael: So, what's the strategy? You mentioned tabata, okay, I know a little bit about high intensity interval training. Maybe this is on your high intensity day, you go super hard, and then after your intense workout, doing repetitions, rest, repetitions, rest, then you're burning calories and fat at an alarming rate for up to 24 hours after. Is that your strategy on those days?

Rob: That's my goal and that's my aim. Where I'm at right now is I'm in kind of a maintenance mode, and I'm trying harder to lose the weight, so I'm trying a little bit of everything, especially with diets and with workouts.

Michael: How many pounds up are you since your lowest on The Biggest Loser?

Rob: Well, probably the day after Biggest Loser I gained probably six or seven pounds.

Michael: So, your body wants to get fat again. You're fighting to keep it down where you were. I know, I've seen research that, with all this exercise, your metabolism slows down. Did you ever do any kind of measurements on your basal metabolic rate before you started the show and then compared it to today?

Rob: No, I did not. They did that, and they probably have that figure from when we first started.

Michael: You don't want to gain all that weight back and you're trying to do everything you can to fight to get down to where you were to keep it off. I mean, what have you found that really helps, or works?

Rob: I'm just very happy at this point to be able to maintain. That is a real goal for me, and that was like goal one for me: let's stabilize and let's maintain. So, I've been able to maintain within two or three pounds. I can go on a Friday night, and if I have some French fries and chicken fillet or something and ate a little bit of bread or a couple pieces of pizza and wake up five pounds heavier the next morning.

Michael: That would happen?

Rob: Yes, it does happen now, even over a weekend, but that's not so much because of what's happened to my metabolism, that's because of the ketogenic diet that I usually eat. My body's not trained to take all of those carbs in, and there's always an adjustment period when you come out of it, starting carbs again. You know, it is my metabolism, because I'm training my metabolism every day, whether I'm not eating carbs or what.

Michael: So, with all the contestants on The Biggest Loser, you hear you never see reunion shows because everyone's gained all the weight back. Is that true?

Rob: I've got some real champions out there who are good friends of mine, and those are the ones that I'm really keen on, the people who have kept it off. Now, being 58, I have a little bit of a deficit

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there already, but working out is now my hobby. I have no other hobbies or anything that I do. I workout, I'm going to stay that way. I love the way I feel, and to me, everything in the world is worth it.

Michael: Now, you're an inspiration. You've done it. You've done the work, and maintaining it certainly should be a lot less stressful than getting the weight off, and I know, myself, personally, I'm always trying to control my weight, and Heavy Hands has been an amazing tool to do that without beating up your body.

Rob: It is phenomenal, and there are so many variables that you can use with your heavy hands, from the duration and the time that you workout, from the path and the tracks that you take, and what you do with your hands - it's limitless. But, the whole principle of working on all of your body at one time is just me, that's it. They said we would have to workout about nine hours a week of intense workout to maintain our body, and to maintain our loss, and nobody can really do nine hours a week that I know of, with work and everything else, so I found a way to maintain with four or five hours of exercise a week, and I like where I'm at, and I'm going to tweak it a little bit, but I like my Heavy Hands, and people look at you on the road like, "What's he doing? Man, he's intense," and it's because I am intense. I've never been the guy to go to the gym and sit on the treadmill and do the same thing over and over again. It's springtime here. You don't know how antsy I was to get out, because I don't walk in cold weather. I was waiting for this weather to break, it broke, and then I went five days in a row straight. I could not wait to get off The Biggest Loser Ranch to get back here and find my Heavy Hands. There was a period after three months, even that first few weeks, we would have 5,000, 6,000 calorie burns a day, and after three months and starting to get into shape, that quickly was down to 3,000 burns a day, 3,000 calories, which I would give my left arm for right now.



Michael: Well, when you lose all that weight and you're dropping weight, you've got less mass to burn the calories, that's one problem, and your body just gets more and more efficient.

Rob: But, I would pick up five pound dumbbells and try to run with them, and walk with them around campus at The Biggest Loser, and just go, "I can't wait until I can find these Heavy Hands," because you can't grip those things and go for very long.

Michael: That's right, it's hard. Now, you told me you had a little bit of a shoulder injury. I said, "How's the Heavy Hands going?" you said you either injured your back or your shoulder. What happened?

Rob: Actually, it's a forearm thing, and again, it's the same situation as I have with the knees - it's muscles that don't get exercise and don't get worked out as well, and when that happens, I can get out there, and if I hold the Heavy Hands in an outward motion, sometimes I'll feel a twinge in my forearm, but I've kind of worked that out now that I've done a lot of wrist curls and tried to get it going. My injury came from - like everything else I have - working too intensely and too quick. So, if you ease into everything and do it right, your body has ability to grow with you and catch up.

Michael: What advice would you give to someone who's considering an exercise program with Heavy Hands? What fatherly or expert advice would you tell them before they start, and what kind of encouragement would you give them?

Rob: Again, I like that you said fatherly advice - now, this is coming from the wisdom of the ages. Why, to me, go out and do a whole lot of exercises, and I'm trying not to say names of things, and certain types of physical activities which are jarring and going to hurt your body, and I know people love to run, but when you can walk really hard and exercise your whole body at one time, and I burn so many more calories when I'm doing Heavy Hands, and nothing's going to get hurt. I know when I'm



done, I'm going to be worked out, I'm going to take care of my body, but I've pushed it to a level that I bet most of the people even doing CrossFit today can't get to. I love these workouts, and I'll tell people, just don't waste your time on a treadmill being slow - there's that kind of person who needs to be encouraged to push it a little bit and go a little bit more. Heavy Hands is perfect to take you to the next level. It's perfect to get you into any type of physical shape, and for the person who - I don't call myself a seasoned athlete, but I guess I am. I worked out a lot of hours in the last year, and it's proven in my body has to pay dividends, but even for a seasoned person, you can go to even the next level after that. There's no end with Heavy Hands. But, just use it, make it your own, like diet and nutrition and everything else, you can find something that works absolutely perfect for you. One of my favorites is stopping, and still, I do intervals with push-ups and squats, put the Heavy Hands down, and do some intervals and get back up and go again.

Michael: Well, this has been fascinating and I'm really happy and proud to have you share your story and your experience with The Biggest Loser and your weight loss success and your struggles trying to maintain it. It's very real and relatable to anyone who's battling with losing weight and maintaining their weight, and I thank you for sharing that with all of our Heavy Hands and Weighted Hands listeners.

Rob: Thank you so much. I'll be happy to help anybody at any time that I can, that's what this is all about: passing it onto others. I thank you for helping me out and helping me find this new hand grips which are fantastic. Oh, they're beautiful. Anyway, thank you for your time, thank you for helping me. I appreciate it.

Michael: Alright, Rob.

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