



EUREKA VETERANS CLINIC

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Dear Scott,

Thank you so much for your recent presentation to the Veterans of Eureka. You were an absolute “THINspiration!” After losing 70 pounds yourself, I love that you point to perfectionism as a major barrier to weight loss. Time and again I talk to folks who set lofty goals for restricted eating or outrageous workout regimes. Then, as you said in your presentation, they endlessly beat themselves up about their “failure.” Encouraging people to set realistic goals is an important part of any health position. Thank you for reminding me of that!

I appreciate your candor and openness in speaking with our patients at the Veterans clinic in Eureka. I am positive that the participants felt better about themselves after hearing you speak. Maybe some of them will stick to the small goal that they set at the end of the talk, and begin taking baby steps toward a healthier body.

I’ll be seeing you around. And I promise not to watch what you eat if I see you at a restaurant. I’m sure you won’t be watching what’s on my plate!

Sincerely,  
Leah King, Registered Dietitian  
VA Clinic  
Eureka, CA