

Expert Skin Care Author Will Attempt Guinness World Record for Longest Wall Sit

SAN FRANCISCO, Calif., Dec. 1 (SEND2PRESS NEWSWIRE) – Dr. Thienna Ho, founder of Thienna, Inc., a skin care company that focuses on health, is also the current Guinness World Records' holder for the most sumo squats in one hour. On Saturday, December 20 at 10:00 a.m. PST, she will attempt to break yet another world record for the longest wall sit. The event will take place at World Team USA Gymnasium at: 2575 Ocean Avenue in San Francisco.

The current Guinness World Records' holder for the longest wall sit is Rajkumar Chakraborty at 11 hours and five minutes; this record was set at Panposh Sports Hostel, Rourkela, India, on April 22, 1994.

“At the age of 41, I must prove to myself that I can do this,” Dr. Thienna says. “As a scientific nutritionist, I eat well and live well and these wellness ideals have given me health, strength, and stamina; I am confident that I can break this record.”

She adds that she is also attempting this record to honor her mother who passed away in 2006 from an autoimmune disease.

Dr. Thienna has set a personal goal of 12 hours. During this time, she will sit on an “invisible chair” – her thighs parallel to the floor and her back to the wall.

Dr. Thienna explains that no supportive use of hands on thighs is allowed. She expects to engage in some odd behavior during this time that will include pulling on her hair, pounding on her thighs, jiggling her legs, and massaging her neck. These are all behaviors to keep her sane during this record-breaking attempt.

“It will be difficult and even somewhat tortuous,” Dr. Thienna says, “but, I hope to feel a real sense of pride and accomplishment when it’s all over.”

The event is open to the public. Dr. Thienna is also accepting \$1 pledges and donating 100 percent of the proceeds, for each minute she exceeds the current record, to the American Autoimmune Related Diseases Association:

www.aarda.org.

About Dr. Thienna

Dr. Thienna is the top expert in the area of skin care nutrition and human skin color. She is a seven time award-winning author of “Unlocking the Mystery of Skin Color.”

Her company, Thienna, Inc., is a one-of-a-kind, science-based developer, manufacturer, and marketer of the FAIRSKIN line of natural nutritional

supplements and organic skin care products.

In December 2007, Dr. Thienna was named the Guinness World Records' greatest super-sumo squatter; she achieved an incredible 5,135 of these muscle-burners in just one hour.

Dr. Thienna is also scheduled to release "The Amazing Clear Skin Cookbook" during the first quarter of 2009.

To learn more about Dr. Thienna, visit: www.Thienna.com. Or, to watch the live broadcast on December 20, visit: www.selfcast.com/thienna/ .

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