

97 Pound Woman Attempts Guinness World Records (Set by Men) to Lift Over 90,000 Pounds in 1 Hour!

SAN FRANCISCO, Calif., July 22 (SEND2PRESS NEWSWIRE) – Thirty years ago, Thienna Ho and her family were Vietnamese boat people who survived a brutal attack by Thai pirates during a treacherous voyage on their way to their new home in San Francisco. Now Thienna is a super-athlete who has broken Guinness World Records (GWR) for feats of strength and endurance. On August 14, 2010 she plans to take the men's Guinness World Record for the most weight dead lifted in one hour.

Athletes who heard of this news said "it is just impossible for a 5 feet tall female, weighing nearly 97 pounds, to break this world record!" This event will be streaming live FREE over the Internet for those curious to see if Thienna can dead lift and shatter the world record!

Thienna said when she applied to challenge this world record with GWR, the world record was just 69,445 pounds in one hour held by Eamonn Keane (Ireland) in 2007. Since she posted her personal record of 90,000 pounds in an hour on YouTube, two men had tried and one man has beaten her personal record, taking over the new world title. The current world record is 90,058 lb by Stuart Barr of the UK as of April 2010.

Thienna is not only a super-athlete but also a nutritional scientist. Thienna credits her endurance and strength to her sulfur rich diet which she developed during years of research and testing on how foods affect skin health, complexion, and fitness. She is eager to show the world that you do not need drugs or steroids to be strong and harness tremendous endurance. You just need to eat the right foods.

Thienna's cookbook has been widely anticipated. Everything you want to know about how she eats, prepares food, and all other secrets are packed in her ground-breaking book, "[Cooking on the Light Side: Smart Recipes for Bright Skin and Vitality](#)" (ISBN: 978-0-9792103-7-2).

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You can participate in Thienna's attempt to make history at the official Guinness World Records event. Admission is free and open to the public. A Guinness World Records adjudicator, Amanda Mochan, will be on hand to witness Thienna. Thienna's new cookbook will be given out free to attendees and a book signing will be held right after the event.

Event Information:

Date: Saturday, August 14th, 2010

Location: St. Emydius Gym San Francisco, 255 Jules Street, San Francisco, CA 94112

Event Time: 12:30 p.m. Pacific Time (PDT/PST) USA

Live Broadcast: www.livestream.com/thiennainc.

Note: Attendees are advised to arrive at approximately 12:00 p.m. to allow for parking time. Private parking will be available for media only.

To learn more about Thienna Ho, please visit:

www.CookingOnTheLightSide.com, www.thienna.com, or
www.youtube.com/thiennainc.

News issued by: Thienna Ho



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