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Master Your Life

with Leaha Mattinson
and
Howard Rankin, Ph.D

**Master Your Life
Archives Available
August 1st 2017: How to Lead a Balanced
Lifestyle**

Does eating a healthy diet mean giving up all desserts? What is it about a healthy diet that makes it beneficial: is it the absence of bad foods, the presence of good ones, or a combination of both? Is there a middle ground of moderation, or do you need to eliminate all foods that are unhealthy? Internationally acclaimed health promotion and nutrition expert Dr. David Katz discusses the importance of balance and sustainability in lifestyle habits and how to achieve it.

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Featured Guest



Dr David Katz

Dr. Katz has published more than 200 scientific articles and textbook chapters, and 15 books to date, including multiple editions of leading textbooks in both Preventive Medicine, and nutrition.

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