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HEALTH & WELLNESS



**Transforming Health
Archives Available
June 27th 2012: Jack Singer**

It is believed that between 80-90% of all illnesses are linked to stress and that nearly 60% of the adult population is chronically sleep deprived! Wow... those are crazy numbers! People who are chronically stressed are more at risk of a fatal heart attack, heart disease, depression, cancer, eating disorders, ulcers and hair loss. Unfortunately, living with chronic stress is an all-too-familiar scenario for many of us and constant, unrelenting stress can severely weaken your adrenal function which can lead to even more problems like weight gain, low feeling of energy, fatigue, irritability, chro

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Featured Guest



Jack Singer

Jack Singer holds a doctorate in Industrial/Organizational and a post-doctorate in Clinical and Sport Psychology. A sought after author and media guest, Jack appears frequently on MSNBC, CNN, FOX, ESPN and radio talk shows throughout the United States and Canada.

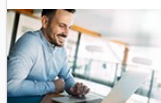
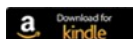
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