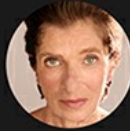


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THE KATHRYN ZOX SHOW

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The Kathryn Zox Show
Wednesday at 7 AM Pacific
September 12th 2012: Eat Your Vegetables! and
Organize Your Mind, Organize Your Life

Kathryn interviews community pediatrician Dr. Natalie DigateMuth on her latest book "Eat Your Vegetables! and Other Mistakes Parents Make: Redefining How to Raise Healthy Eaters". DigateMuth shares strategies to help kids embrace healthy foods without battles or bribes. Kathryn also interviews Harvard medical expert Margaret Moore on her book "Organize Your Mind, Organize Your Life". Moore, also known as "Coach Meg", offers a proven way to help everyone train their brain to get more done in less time.

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Featured Guests

Guest Image

Natalie Digatemuth

"Natalie's own personal struggle with childhood obesity served as impetus to adopt a heart-felt personal mission to devote all efforts to combating childhood obesity. And that especially includes helping kids to prevent it from happening in the first place."

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Margaret Moore

Margaret Moore also known as Coach Meg. Coach Meg is a 17-year veteran of the biotechnology industry in the United States, United Kingdom, Canada, and France.

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