

## THE KATHRYN ZOX SHOW

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**The Kathryn Zox Show**  
**Wednesday at 7 AM Pacific**  
**February 3rd 2016: The F-Factor Diet and Living and Dying with Cancer**

Kathryn interviews nationally-known nutritionist Tanya Zuckerbrot MS, RD and author of "The F-Factor Diet: Discover the Secret to Permanent Weight Loss". Megyn Kelly recently revealed how she keeps her slim figure – The F-Factor. Zuckerbrot encourages readers to ditch the fad diets in favor of a diet that emphasizes fiber consumption without worrying much about carbs, fats or calories. Zuckerbrot is featured in The New York Post, The New York Times, and Vogue Magazine.

Kathryn also interviews Sherri Fillipo RN, blogger of "Living and Dying with Metastatic Breast Cancer". On the eve of

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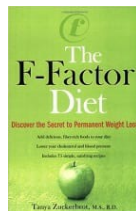
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### Featured Guests



#### Tanya Zuckerbrot MS, RD

Tanya Zuckerbrot, MS, RD, is a nationally-known dietitian and the creator of the renowned F-Factor Diet, the only dietitian-created program for weight-loss and optimal health that is based on fiber-rich nutrition. Tanya has worked in private practice in Manhattan for more than 15 years and her success was profiled in the Sunday Styles section of The New York Times.

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#### Sherri Fillipo RN

Sherri was born and raised in North Carolina where she spent many summers on the beaches of NC. She began collecting seaglass when she moved to Connecticut as an adult, living on the Long Island Sound.

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