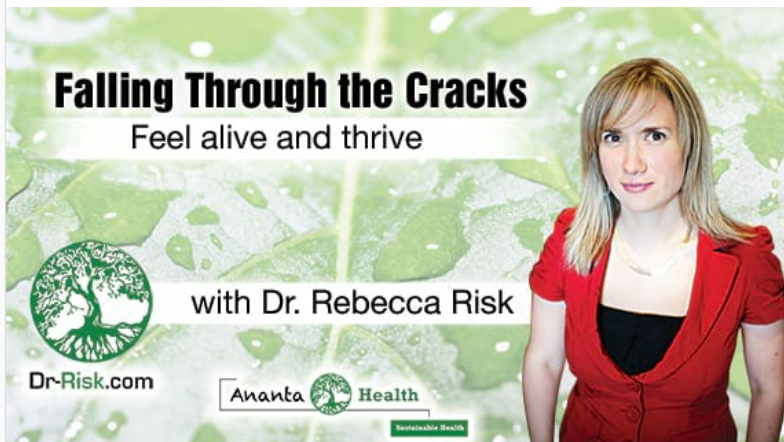


[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a VoiceAmerica Member for Free!



### Falling Through the Cracks: Feel alive and thrive

**Monday at 9 AM Pacific**

**December 04th 2017: The Big Fat Surprise with Nina Teicholz**

In the 1970's the low fat diet became national policy, backed by the American Heart association and nutritionists. With growing evidence, we are now realizing the damage that has been done by avoid fats for decades. In her book "The Big Fat Surprise", Nina Teicholz goes over the history of fat, low fat and the studies behind it all. Join us for this riveting episode.

[SHARE](#) [DOWNLOAD PDF](#) [GET CODE](#)

### Tune in

Monday at 9 AM Pacific Time on VoiceAmerica Health and Wellness Channel

[LISTEN LIVE](#)  
[EPISODE ON DEMAND](#)  
[VIEW HOST PAGE](#)

Questions? Comments?  
Call In Live!

Toll Free: 1-866-472-5792  
Intl: 001-480-553-5759

### Featured Guest



#### Nina Teicholz

Nina Teicholz is an investigative journalist and author of the International and New York Times bestseller, The Big Fat Surprise. The Big Fat Surprise has upended the conventional wisdom on dietary fat and challenged the very core of our nutrition policy. A review of the book in the American Journal of Clinical Nutrition said, "This book should be read by every scientist...[and] every nutritional science professional." In the BMJ (British Medical Journal), its former editor wrote, "Teicholz has done a remarkable job in analysing [the] weak science, strong personalities, vested interests, and political expediency" of nutrition science. The Big Fat Surprise was named a 2014 "Best Book" b

[Read more](#)

### Share This Episode

[Share On Facebook](#) [Share On Twitter](#) [Share On LinkedIn](#)

### Connect with VoiceAmerica

Download our mobile apps

[Available on the App Store](#) [Get it on Google play](#) [Download for Kindle](#) [g+](#) [f](#) [t](#) [in](#) [RSS](#)

**PressPass**  
ALL ACCESS. ALL THE TIME.

Come See what the VoiceAmerica hosts are writing on PRESSPASS