

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

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



Occupy Health: with Susan Downs, MD

What's Real and what is not

Occupy Health
Friday at 11 AM Pacific
February 08th 2019: The GAPS diet

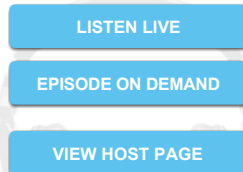
Why are there epidemics of degenerative diseases in the Western World? Diet, nutrition and life style choices play a large part in degenerative diseases and in our health. Dr. Campbell-McBride developed the GAPS diet which has helped in many chronic diseases. She discusses different diets including vegetarian, GAPS, low fat diets. Studies indicate that eating animal fat is not related to heart attacks and that cholesterol may not be related to heart disease. Studies also show it is impossible to reduce blood cholesterol or the death rate from low fat, low cholesterol diets. She will

[Read more](#)



Tune in

Friday at 11 AM Pacific Time on
VoiceAmerica Health and Wellness
Channel



Questions? Comments?
Call In Live!

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

Featured Guest



Dr. Natasha Campbell-McBride MD

Natasha Campbell-McBride M.D. MMedSci (neurology), MMedSci (nutrition) Dr. Campbell-McBride graduated with Honors as a Medical Doctor in 1984 from Bashkir Medical University in Russia. In the following years she gained a Postgraduate Degree in Neurology. After practicing for five years as a Neurologist and three years as a Neurosurgeon she started a family and moved to the UK. It was during this time that Dr. Campbell-McBride developed her theories on the relationship between neurological disorders and nutrition, and completed a second Postgraduate Degree in Human Nutrition at Sheffield University, UK. Dr. Campbell-McBride returned to practice in 2000 and runs the Cambridge Nutrition Clini

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

