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Waking Up in America

Waking Up in America Wednesday at 2 PM Pacific

**August 22nd 2007: Marcella Vonn Harting: Keeping Your
Waistline in Check with Chronobiotic Nutrition – Special
Encore Presentation!**

Scientists have discovered that when you eat has a profound impact on your health. The unique factor of eating time is now recognized as a major aid to weight loss and diet control. The Marcella Vonn Harting's new book "Yes, No, Maybe" Chronobiotic Nutrition provides a colorful crash course in the essentials of how time relates to food, nutrition and the human systems. Tune in as Marcella and Val discuss how to keep your waistline in check with Chronobiotic Nutrition.



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