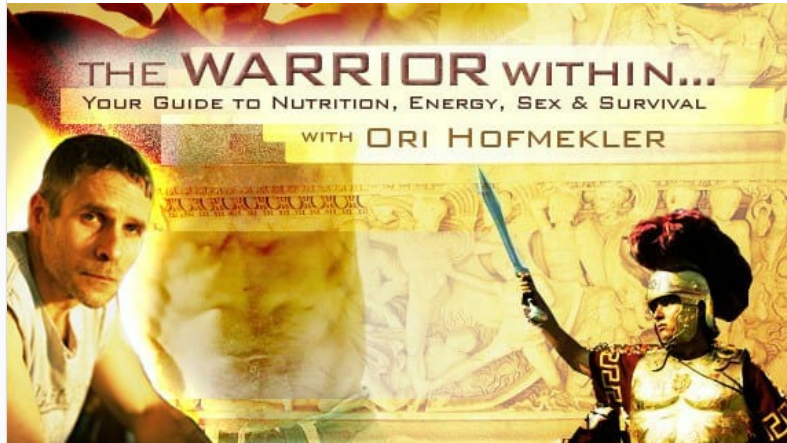


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The Warrior Within...Your Guide to Nutrition, Energy, Sex, and Survival

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May 28th 2008:Fighting Fat / The Hidden Factors

The episode will present resolutions to problematic "fat loss factors" which have been overlooked or ignored. Ori Hofmekler and Marty Gallagher will discuss "fat loss" with guest Raymond Francis, an MIT trained scientist and author of Never Be Fat Again – is there a single missing nutrient that can signal your body to store fat? Which food additives are most toxic? How to fight fat on the cellular level? In addition, Ori Hofmekler will talk about how "fixated" body fat set points cause delayed fat loss reactions, how salt sensitivity becomes a serious obstacle, how sleep deprivation inhibi

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