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The Kathryn Zox Show

The Kathryn Zox Show Wednesday at 7 AM Pacific November 29th 2007:Fit and Fulfilled

Join Kathryn and Henry Lodge MD NY Times best selling author of Younger Next Year for Women "Smart women don't grow older, they grow younger." "Did you know that 70% of 'normal' aging is optional and that 50% of all illnesses associated with aging can be eliminated? Find out how to live strong, fit and sexy until you're 80 or beyond." "With millions of baby boomers retiring there has never been a better time to become younger next year!" Also join Kathryn and Julee Rosso author of The Silver Palate Cookbook as they discuss the Silver Anniversary Edition. America's favorite cookbook is 25 and s

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