



# TOM MANTOS SPEAKING OF NUTRITION

WITH CO-HOST AND  
FITNESS PROFESSIONAL

## FRED FORNICOLA

### Tom Mantos Speaking of Nutrition Archives Available

This show teaches you basic scientific facts related to chronic health conditions, plus the overall picture of the conditions and personal strategies to improve your health outcomes. Topics covered include diabetes, auto-immune disorders, chronic inflammation, heart disease, cancer, toxicity and detoxification, children's health issues, Alzheimer's disease, sports nutrition and more.

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