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### Transforming Health Archives Available

**June 9th 2010: Can Poor Sleep Habits Affect Your Immune System?**

We've all heard the expression, "Don't lose any sleep over it," yet over 50 percent of Americans don't get a good night's sleep. The number one culprit: stress. Whether work, family, or finance related, many North Americans are bringing stress into the bedroom, which can seriously impact the amount (and quality) of sleep they obtain. The consequences of not getting enough shut-eye is a weakened immune system that increases your susceptibility to health issues including colds and flus. Find out how sleep and your immune system work together by tuning in this Wednesday. You will find out: •

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### Featured Guest



#### Stuart Reeves, Ph.D.

Stuart Reeves, Ph.D., author of "The Key to a Healthy Immune System", researcher and international biotechnology scientist, has been instrumental in spearheading research on the health benefits of a balanced, not boosted, immune system.

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