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HEALTH & WELLNESS



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July 7th 2010: Find out how to lose fat 4 life!

We are turning the tables this week— Transforming Health with Brad King host Brad will be the guest on his very own show! The topic this week is fat loss and who better to share his wealth of knowledge in this area than the author of the International Bestseller Fat Wars: 45 Days to Transform Your Body and the soon to be released: 99 Things You Wish You Knew Before Losing Fat 4 Life! The obesity epidemic is growing (no pun intended) out of control. The question is—why do we continue to fail at our weight loss attempts? Well, the answers may surprise you. Imagine never needing to go on ye

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Featured Guest



Brad King

Your host of Transforming Health with Brad King is a highly sought after authority on nutrition, obesity, longevity and one's health and he has been touted as one of the most influential health mentors of our time.

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