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HEALTH & WELLNESS



Transforming Health Archives Available

July 21st 2010: Find out the secrets to staying young!

History dictates that we have been searching for the answers to staying young for thousands of years. Who wouldn't love to drink from the legendary Fountain of Youth? In today's world the Fountain of Youth lives on as a metaphor for anything that has the potential to increase longevity. In Brad King's world, the Fountain of Youth comes in proper lifestyle and dietary choices as he believes that premature aging has more to do with loss of muscle tone and a sedentary lifestyle than the passing of time. If you want to find out the steps you can take to help you turn back the clock and feel and

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Featured Guest



Dr. Howard Peiper

Dr. Howard Peiper is a nationally recognized expert in the holistic counseling field. His healing, health care and natural professional credentials extend over a thirty year period and include those of naturopath, author, lecturer, magazine consultant, radio personality and host of a television show, Partners in Healing.

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