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HEALTH & WELLNESS



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September 1st 2010: Organic Panic!

Is organic really all that it is cracked up to be? Is spending a little more money at the grocery store really worth it? Is there really a difference between organic dairy and non organic dairy? Why are we subjected to thousands of ads for prescription medication and fast foods, when we hardly ever see an advertisement for organic foods? If you have every asked yourself these questions then you will not want to miss my interview with Dr. Darren Wayne this week, as we delve into the truth behind organic foods.

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Featured Guest



Dr. Darren Wayne

My father passed away when I was ten years old. I was raised by my mother who taught me every day about food, and not only what to eat, but also exactly how to read labels on food products, so I could decide if it truly is healthy or not. I became very proficient at reading vitamin labels, too.

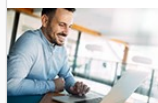
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