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Transforming Health Archives Available

September 8th 2010: Find out the 7 Nutritional Lies of the 21st Century!

This week Dr. Cory Holly will expose the conspiracy that exists against our health through the foods we eat. You will discover why so many of us today are sick, struggling with obesity, auto immune disease, unexplained illnesses, infection and premature death. If you want to find out why so many popular "healthy" foods:

- Cause more damage and do the opposite of what they are advertised to do
- Increase your risk of diabetes, cardiovascular disease and osteoporosis
- Suppress thyroid function
- Cause respiratory infections in infants
- Cause an increase in allergies
- Cause many gastro-in

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Featured Guest



Dr. Cory Holly

Dr. Cory Holly is the Founder & President of the Cory Holly Institute. As Canada's Ambassador of Sports Nutrition, Health & Fitness, and recipient of the 2003 CHFA Sports Nutrition Hall of Fame Award, Cory's objective is to strengthen sports nutrition awareness worldwide and bridge the enormous gap that exists between nutrition and fitness.

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