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HEALTH & WELLNESS



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**September 22nd 2010: Turn back the clock with  
the Power of Super Foods**

Have you ever wondered why some people never seem to age, while others appear to age before our very eyes? Could the difference lie in the pH of the body? Many researchers believe that alkalinity may hold the key to living a longer, healthier and more energetic life.

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### Featured Guest



#### Sam Graci

Sam is an internationally-renowned researcher, formulator, lecturer, consultant, and author in the field of optimal health and nutrition. A graduate of the University of Western Ontario in adolescent psychology and chemistry, Sam has additional degrees in special education and counseling.

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