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HEALTH & WELLNESS



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September 29th 2010: Fat Won't Make You Fat— The Truth About The Foods You Eat!

The diet industry has turned millions of people into fat-phobics. Over the past few decades we have seen a mind blowing increase in the array of low fat and no fat foods lining our grocery store shelves—but are these foods really better for us? Is fat really the culprit when it comes to fighting your fat war?

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Featured Guest



Dr. Lee Coyne

Dr. Coyne is a former Professor of exercise physiology and nutrition and the nutrition coach to many high performance athletes including several Canadian Olympic teams.

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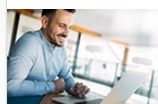
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