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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. (Tanya Dubnicoff, Olympic cyclist, Michelle Morton, Olympic speed skater, several Olympic Biathletes, skiers and hockey players, Jamie Clarke, Everest Summitier) and successful "Empty Quarter desert expedition leader. He was the nutrition coach for Neil Runions who completed the "Bad Water" 135 mile ultra-marathon in Death Valley in August of 2006 an 2007. He is the President of Lean Seekers International, and he is the nutrition coach for the endurance program "Critical Speed". He has also produced numerous video present

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