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December 08th 2010:Skinny Genes

Are you sabotaging your weight loss efforts? You are if you weren't aware of the following: A 100-calorie "health" bar may cause you to gain more weight than a 300- calorie bar. One study found you have a 65% greater chance of becoming overweight and a 41% greater chance of becoming obese for each DIET soda consumed. Is your shampoo making you fat? No calories—does not mean no weight gain. Diet food doesn't mean you'll lose weight or that it's good for you! If you really want to lose weight and wear your skinny jeans FOR LIFE, then join me this Wednesday as I interview Nicole Smith the author

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Featured Guest

Guest Image

Nicole T. Smith, L.Ac.

Nicole T. Smith, L.Ac. is the owner of her clinic The Pampered Porcupine Acupuncture, Inc. In addition to acupuncture, Nicole counsels her patients on diet, nutrition, lifestyle, toxicity, and prevention. She has successfully treated countless patients and ailments with these methods. She has degrees in both Biology and Acupuncture and Oriental Medicine, and is licensed in both California and nationally. She is the author of several books, and also a speaker. Writing is just one of her many passions. Living in Southern California allows her the freedom to enjoy the many sports and physical activities she loves. You may contact the author at: 949-276-7222 or visit her other website at:

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