

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



**Transforming Health
Archives Available
December 22nd 2010: A Novel Diet**

Find out how to include a few easy-to-implement principles into your life for life-changing rewards. Many of these principles will answer your most important weight loss questions! Join me this week as I discuss with Dr. Nikki Lang smart strategies for permanent weight loss. You'll find out: •Why having breakfast is so vital for losing weight •Why consuming more meals can actually speed up weight loss •Why some people who weigh more cook less •What intelligent cheating is •Why managing time is critical for weight loss •Which certain types of exercise are crucial for weight loss

[Read more](#)



Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel



Featured Guest



Dr. Nikki Lang

Dr. Lang was born into this world destined to be a maverick. Although her parents couldn't afford to send her to college, she went anyway, paying her own way through Temple University. She married in her last year of college and gave birth to her first child, followed two years later by her second.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

