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HEALTH & WELLNESS



Transforming Health Archives Available

January 19th 2011: Find out how to Reduce Anger, Rage, Negativity, and Depression in Your Life.

Can the foods you consume—or don't consume for that matter—cause anger? rage? depression? Find out this week when Kathleen O'Bannon joins me to discuss her book *The Anger Cure. A Step-by-Step Program to Reduce Anger, Rage, Negativity, Violence, and Depression in Your Life.* You will find out what foods to add to your diet and which foods to eliminate in order to gain health and vitality. This interview will help you take charge of your health and energy by giving you steps that can be taken starting immediately.

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Featured Guest



Kathleen O'Bannon

Kathleen O'Bannon is the author of 10 books on nutrition and natural foods. She believes that many dis-eases can be overcome by eating breakfast within the first half hour of getting up. She has developed line of supplements which has helped people get relief from ovarian and uterine cancer, liver cancer, MS, lupus, diabetes, rheumatoid arthritis, herpes, cold and flu, and even psoriasis.

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