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February 23rd 2011: Losing Fat 4 Life! No dieting or calorie counting allowed!

Have you been bamboozled by the billion dollar weight loss industry? If so, you are far from alone! What if everything you have ever heard or read about losing weight was wrong? What if dieting is actually making you gain even more fat? You should not even think about starting yet another diet before hearing what Brad King has to say about why diets don't work long term. Diets cause destruction to your fat burning engine—your metabolism—making it harder and harder to lose weight with each passing year. You will never need to go on yet another diet ever again and will be given

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Featured Guest



Brad King

Your host of Transforming Health with Brad King is a highly sought after authority on nutrition, obesity, longevity and one's health and he has been touted as one of the most influential health mentors of our time.

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