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March 16th 2011: 7 More Nutritional Lies

I've invited Dr. Cory Holly back to the show to continue our discussion from the September 8th episode. We will be discussing 7 More Nutritional Lies. Dr. Holly will expose the conspiracy that exists against our health through the foods we eat. You will discover why so many of us today are sick, struggling with obesity, auto immune disease, unexplained illnesses, infection and pre-mature death. If you want to find out why so many popular "healthy" foods: Cause more damage and do the opposite of what they are advertised to do. Cause your blood cells to clump up and interfere with circulation.

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Featured Guest



Dr. Cory Holly

Dr. Cory Holly is the Founder & President of the Cory Holly Institute. As Canada's Ambassador of Sports Nutrition, Health & Fitness, and recipient of the 2003 CHFA Sports Nutrition Hall of Fame Award, Cory's objective is to strengthen sports nutrition awareness worldwide and bridge the enormous gap that exists between nutrition and fitness.

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