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HEALTH & WELLNESS



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May 4th 2011: Toxic Fat: When Good Fat Turns Bad

For many of us, one of the first signs of toxic fat is the accumulation of excess body fat. In fact, obesity can be viewed as a form of "cancer" that is driven by toxic fat. However, only when this toxic fat begins to spread into the bloodstream does it begin to attack your other organs leading to early development of chronic disease. This is why some people can be overweight and be quite healthy, while others can be of normal weight and be quite sick. What ultimately determines your state of wellness is not your weight but the levels of toxic fat in your blood. My interview this week is w

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Featured Guest



Dr. Barry Sears

Dr. Barry Sears is one of the leading authorities on the dietary control hormonal and inflammatory responses to treat chronic disease. His is the author of the 12 books on anti-inflammatory diets, including the #1 New Times bestseller, The Zone. His books have sold more than five million copies and have been translated into 22 languages.

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