

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

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



### Transforming Health Archives Available August 31st 2011: The Paleo Diet

Healthy, delicious and simple, the Paleo Diet is the diet you were designed to eat says today's guest. The world's leading expert on on Paleolithic (stone age) nutrition, Dr. Loren Cordain joins me to discuss how, by eating all the lean meats and fish, fresh fruits and non-starchy vegetables you want, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, Syndrome X, and many other illnesses.



### Tune in

Archives Available on VoiceAmerica  
Health and Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

### Featured Guest



#### Loren Cordain

Dr. Loren Cordain is a member of the faculty of the Department of Health and Exercise Science at Colorado State University.

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



Come see what **VoiceAmerica's**  
hosts are writing, on **PressBlog!**

