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### Transforming Health Archives Available

**September 14th 2011: Fit, Fun and Fabulous at Any Age!**

This week I will be discussing the The Fit, Fun and Fabulous Lifestyle with author Dr. Kathy Hartford. By implementing her suggestions you can get started on your way to experiencing your fullest genetic potential for health and wellness. We will discuss how you can normalize your weight and improve your health indicators so that you will stop the accelerated aging process that leads to the diseases of aging such as heart disease, type 2 diabetes, osteoporosis and even lifestyle related cancers.

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### Featured Guest



#### Kathleen Hartford

For more than two decades Dr. Kathleen Hartford has treated and nurtured thousands of individuals through her integrated wellness approaches. She has authored Fit, Fun & Fabulous At Any Age, along with its companion journal and cookbook, as a supported lifestyle approach that anyone can follow. Dr. Hartford, the president and founder of Health Pyramid Longevity and Vitality Center in the Pittsburgh suburb of Natrona Heights, Pennsylvania, is also the founder of the philanthropically based Sister Support organization which is dedicated to improving the lives of women through education, self knowledge and sharing. Her practice is based on balancing the five aspects of health: emotio

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