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Transforming Health Archives Available November 09th 2011: Lights Out!

Have you ever wondered just how important sleep is? How sleep plays a role in everything that we do? Our internal clocks are governed by seasonal variations in light and dark; extending daylight artificially leads to a craving for sugar, especially concentrated, refined carbohydrates that, in turn, cause obesity. More seriously, lack of sleep inhibits the production of prolactin and melatonin—deranging our immune systems and causing depression, diabetes, heart disease, and cancer. Tune in this week as the author of Lights Out TS Wiley joins me to share with you everything you need to know about

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Featured Guest



T.S. Wiley

T.S. Wiley is the author of "Lights Out: Sleep, Sugar and Survival, ". Wiley succinctly and logically argues that electricity and the light bulb put us out of sync with nature as the ultimate "endocrine disruptors".

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