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Transforming Health

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November 16th 2011: Reprogram your genes to effortless weight loss

Being healthy and fit has gone mainstream—millions sweat the calories away on the roads or in health clubs and scrutinize labels and menus trying to do the right thing to control weight, delay aging, and feel healthy, fit, and energetic. And it's simply not working. Rates of obesity, diabetes, arthritis, heart disease, and cancer continue to climb, and even the most committed fitness enthusiasts often carry 10 or 20 extra pounds of body fat. This week I have invited the Bestselling Author of Primal Blueprint to join me to discuss how to reprogram your genes in the direction of weight loss, he

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Featured Guest

Guest Image

Mark Sisson

Mark Sisson is the author of a #1 bestselling health book on Amazon.com, The Primal Blueprint, as well as The Primal Blueprint Cookbook and the top-rated health and fitness blog MarksDailyApple.com.

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