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HEALTH & WELLNESS



**Transforming Health Archives Available**  
**February 15th 2012: The Alternative Medicine Cabinet**

Learn ways to regain health naturally and rely less on drugs and surgery. This interview will benefit you and your family as we cover topics such as depression, obesity, sleep and energy, cancer, nutrition and mind/body medicine. Navigating the world of alternative health can be a challenge and this interview will serve as the perfect guide to clarify confusing topics and help you better understand what might be the best fit for your individual situation.

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#### Featured Guest



#### Kathy Gruber

Dr. Kathy Gruber has over 22 years experience and holds her PhD in Natural health. She studied mind/body medicine at Harvard and is the author of The Alternative Medicine Cabinet.

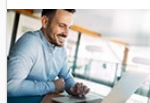
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