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February 22nd 2012: Naked Calories!

A diet filled with fruits, vegetables, lean protein and a daily multivitamin should translate into good health. But some of our most entrenched beliefs—including the nutritional benefits of the produce and other foods we consume—are turned upside down in this ground-breaking interview. Join me as I discuss with Mira and Jayson Calton the truth behind Naked Calories!



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Featured Guest



Mira and Jayson Calton

The Caltons are among the world's leading experts on the topics of weight management, lifestyle medicine and micronutrient deficiency. Their high success rate working with adults and children to achieve sustainable

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