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HEALTH & WELLNESS



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**August 15th 2012: Adrenaline Nation**

Adrenaline Nation: Contending with chronic stress at work or at home is an all-too-familiar scenario for many of us these days. Combine this fact with a diet of stress-producing foods and a lack of exercise and we can unfortunately find ourselves on a sure path to premature aging. The fact remains that the physiological effects of unremitting negative stress can be devastating to the goal of living a long, healthy and lean life. Find out how to AVOID and REVERSE stress and in the process live a longer, healthier and leaner life!

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### Featured Guest



#### Peter McCarthy

Peter McCarthy is a nationally board certified traditional naturopath and CEO of Life Energy Holistic Partners, an integrative stress management and wellness consulting practice based in Helotes, TX. He is a highly respected expert in his field and today he also serves as CEO of AHI Productions, an Austin-based media company which is creating NHN TV, the planet's first broadcast-quality, Web-based TV network devoted to natural health and green living. Peter was a pilot of B-52 bombers, commander of a squadron, and Pentagon Air Force aide during his distinguished military career so he knows about stress. Upon retiring from the military as a Lieutenant Colonel, he joined Southwest Airlines as

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