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Transforming Health Archives Available

October 31st 2012: TOXIC FAT – The Inflammatory
Connection to Disease and How to Successfully Combat It!

Why is it that some people can be overweight, consume the wrong foods and live on their couches and still seem to be quite healthy, while others can be of normal weight, watch their diets and exercise copiously and yet be quite sick? What ultimately determines your state of wellness is not your weight but the levels of toxic fat in your blood. We need to change forever how we look at the fat on our body and its impact on the future of health care. We also need to consume the missing ingredient to optimal health. This ingredient in the right quantities can help curb inflammation and all the di

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Featured Guest



Dr. Barry Sears

Dr. Barry Sears is one of the leading authorities on the dietary control hormonal and inflammatory responses to treat chronic disease. His is the author of the 12 books on anti-inflammatory diets, including the #1 New Times bestseller, The Zone. His books have sold more than five million copies and have been translated into 22 languages.

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