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Health and Beauty for Life with Dr. Tang and Alexandra

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Archives Available

January 16th 2013: "Nutritional Tips - Interview with Steve and Karen Roth"

Steve Roth married a nutritionist and that's when his life changed forever... no, not because he lost his bachelorhood but because his wife's influence on his diet and lifestyle positively impacted his quality of life. While watching his male friends load up on doctor-prescribed medications, Steve had an idea. Why not write a blog for guys about all the great health and nutrition information he's learned from his live-in nutritionist-wife, Karen Roth, MS, CNC. With Karen's help, Steve wrote the blog, and now that blog has been expanded into a book titled, I Married a Nutritionist: Things I've

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