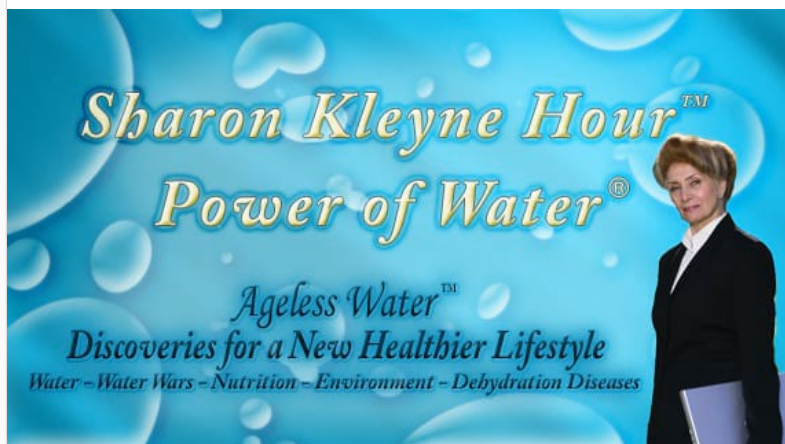


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**Sharon Kleyne Hour**  
**Monday at 10 AM Pacific**  
**September 12th 2011: David Schneider, MD Faculty Physician/Santa Rosa Family Medicine Residency talks about Nutrition, Lifestyle, and Good health go to: [www.blogtalkradio.com/drdaves](http://www.blogtalkradio.com/drdaves)**

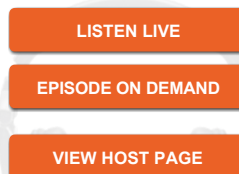
David Schneider, MD, Faculty Physician/Santa Rosa Family Medicine Residency and Associate Clinical Professor of Family and Community Medicine, UCSF talks about his passion of Nutrition, Lifestyle and Good health. You can also find more information here: <https://www.facebook.com/pages/To-Your-Health-With-Dr-Dave-schneider/308308468077> To Your Health is your premier source of accurate health and medical information from a highly trustworthy and reliable source, Dr. Dave Schneider. Dr. Dave has practiced Family Medicine for over 20 years, and has been a full-time teacher of Family Medicine for

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### Featured Guest



#### David Schneider

Having lived his first quarter-century in Southern California, David Schneider, M.D. finally escaped after medical school and has moved progressively northward up the state. He practiced Family Medicine and Emergency Medicine in Central California before joining the faculty of the Mercy/Methodist Family Practice Residency in Sacramento, where he returned to his beloved medical education, teaching Family Medicine residents (physicians in training). "Dr. Dave" has periodically been a "student" of the philosophical aspects of Zen and the Tao (Buddhists and Taoists would cringe at the idea of a "periodic student"), as well as a practitioner and teacher of mindfulness meditation. The four win

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