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May 5th 2011: Eating The Right Stuff – Superfoods and Nutrition

Most of us eat at least three times each day and we don't give it much thought other than that we like and enjoy it or don't like it and did not enjoy it. If we're hungry, we may eat the first thing we can find – junk food, fast food, whatever is in the 'fridge or the vending machine. We may count calories but we pay little attention to the overall nutrition we are getting from our food. Hippocrates, considered the father of modern medicine, said "Let food be thy medicine and medicine be thy food." Gabriel Hoffman takes this seriously and, as a certified nutrition consultant and holistic health

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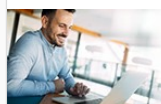
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