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January 10th 2014: The Scoop on Java - with special guest
Dr. Bob Rakowski

Our special guest is Robert Rakowski, DC, CCN, DACBN, DIBAK who is a chiropractor, kinesiologist, certified clinical nutritionist and the clinic director of the Natural Medicine Center in Houston, Texas. He has helped thousands of people regain health through good nutrition, detoxification and lifestyle change and we're so lucky to have him join us! We'll discuss coffee with Dr Bob. Get the inside scoop on the good and bad of coffee. Did you know that the people who drink the most coffee live the longest? Does that mean everyone should drink coffee? Learn what makes a healthy coffee and an unh

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Featured Guest



Robert A. Rakowski

Robert A. Rakowski, DC, CCN, DACBN, DIBAK is a Chiropractor, Kinesiologist, Certified Clinical Nutritionist, Certified Biological Terrain Instructor, and the clinic director of the Natural Medicine Center in Houston Texas. In addition to running a busy practice, Dr. Rakowski has lectured internationally for over 20 years on various topics in Natural and Lifestyle Medicine. He has appeared on numerous television programs and international radio talk shows. He is a recognized expert in functional endocrinology and in-office diagnostic procedures to assess nutrition status. His clinical experience ranges from treating elite professional athletes to critically ill patients with a variety of ca

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