

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



The Self Improvement Show Archives Available June 19th 2014: Eating Clean

If you knew what to do to feel and look your best and age gracefully, would you do it? Would you do it even if it meant making some changes in your lifestyle? Ivy Larson did and it paid off big time. Now she shares a program with you that will help you shed the aches and pains, the fatigue and the pounds. As an All-American Cheerleader, dancer and gymnast, Ivy always had a passion for fitness. Her interest in nutrition was sparked by a diagnosis of MS in 1998 at the age of twenty-two. Along with her husband, Andy Larson, M.D., Ivy developed an anti-inflammatory nutrition program that has kept

[Read more](#)



Tune in

Archives Available on VoiceAmerica
Empowerment Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest



Ivy Larson

Ivy Larson is a nutrition, fitness and wellness expert. She is the founder of CleanCuisine.com, the Clean Cuisine product line and author of four nutrition books including the latest

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Come see what **VoiceAmerica's**
hosts are writing, on PressBlog!

