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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

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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: "Clean Cuisine: An 8-Week Anti-Inflammatory Nutrition Program that Will Change the Way You Age, Look & Feel." She is an American College of Sports Medicine certified Health Fitness Specialist and creator of Full Fitness Fusion: The 30 Minute Solution workout DVD. Ivy holds professional certifications as a fitness instructor and fitness testing specialist through the Fitness Institute International. Ivy's story of keeping MS at bay, as well as her expertise in fitness and nutrition, has made her a popular f

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