



The Kathryn Zox Show

Wednesday at 7 AM Pacific

September 09th 2015: Healthy Eating and World Suicide Prevention Day

Kathryn interviews sociologist Dina Rose PhD, author of "It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating". After years of research and working with parents, Dr. Rose discovered a powerful truth: when parents focus solely on nutrition, their kids eat poorly. But when families shift their emphasis to behaviors and habits, they promote healthy eating. She uses over fifteen years of experience to give readers tips on how to avoid bad eating habits in early childhood. Kathryn also interviews psychotherapist Adele Ryan McDowell PhD, author of "Making

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Featured Guests

Guest Image

Dina Rose PhD

Dina Rose has a PhD in sociology from Duke University and more than fifteen years' experience in teaching and research. For parents who want to feed their kids right, Dina leverages a unique combination of expertise as a sociologist and a mother to help parents solve their kids' eating problems by focusing on the root of the problem—eating habits, not nutrition. Dina's approach, known as #RoseHabits, shows parents how to change the conversation from nutrition to habits. Her techniques help parents teach their toddlers (and older children!) the healthy habits they'll need for a lifetime of healthy eating.

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Guest Image

Adele Ryan McDowell, PhD

Adele Ryan McDowell, Ph.D., is a psychologist and writer who came to her current place in life through the frequent and not-so-subtle prodding of the gods. She likes looking at life through the big view finder and is a perpetual student who believes in the power of an open heart, and a good laugh. Dr. McDowell is a psychotherapist with more than 30 years' experience; a teacher of meditation, intuition development, and psychospiritual issues; an international workshop facilitator; and energy healer. Adele was the director of outpatient treatment at Liberation Clinic, a substance abuse clinic in Stamford, CT. She was founder/director of The Greenheart Center, a holistic, psychotherapeutic,

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