



The Kathryn Zox Show

Wednesday at 7 AM Pacific

September 07th 2016: 'Forks Over Knives' and 'Expectant Moms'

Kathryn interviews Matthew Lederman MD, New York Times bestselling author of the book 'Forms Over Knives Family'. Dr. Lederman brings us a complete guide to a plant-based lifestyle for the entire family—with more than 125 delicious, kid-friendly recipes for raising a whole-foods-loving child. Dr. Lederman and his wife Dr. Alona Pulde make the case that modern diseases can be prevented and often reversed by removing meat, dairy, and highly refined foods from one's diet. Kathryn also interviews women's health expert Alice Domar PhD, author of 'Finding Your Calm for the Expectant Mom':
Tools f

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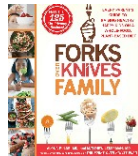
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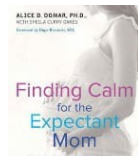
Featured Guests



Matthew Lederman MD

Alona Pulde, MD, and Matthew Lederman, MD, both specialize in nutritional and lifestyle medicine. Together they have created the lifestyle-improvement program used in their medical center and for patients in the film Forks Over Knives. They also coauthored Keep It Simple, Keep It Whole, and the New York Times bestseller The Forks Over Knives Plan. Matt and Alona currently live together in Los Angeles with their daughters Kylee (age 4) and Jordan (age 2) while working with Whole Foods Market overseeing various health and wellness projects.

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Alice Domar PhD

One of the country's top women's health experts, Alice D. Domar, Ph.D. is a pioneer in the application of mind/body medicine to women's health issues. She established the first Mind/Body Center for Women's Health and conducts groundbreaking research in the field, focusing on the relationship between stress and different women's health conditions. Dr. Domar has appeared on the Today Show, Good Morning America, CBS This Morning, Dateline NBC, CNN, and PBS and is on the advisory board for Shape, Parents, and Resolve. Dr. Domar received her M.A. and Ph.D. in Health Psychology from Albert Einstein College of Medicine/Ferkauf School of Professional Psychology of Yeshiva University. She is cu

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