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Leading Conversations

Friday at 10 AM Pacific

October 28th 2016: True Health: The Wisdom Within

Cheryl Esposito welcomes Matt Riemann, founder of the Ultimate Human Foundation, devoted to transforming world health. He is an author, educator and leading expert in personalized health and prevention of chronic pain. Matt's successful career as a physical therapist working with Olympic athletes was interrupted by a genetic disease. Working with geneticists and researchers, he learned of epigenetics and the activation of our genes. Epigenetic factors include diet, exercise, stress, and our environment. "If genes can be triggered or turned on to cause my disease, how can they be turned o

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Featured Guest



Matt Riemann

Matt Riemann, founder of the Ultimate Human Foundation, devoted to transforming world health. He is an author, educator & leading expert in personalized health & prevention of chronic pain. Matt's successful career as a physical therapist working with Olympic athletes was interrupted by a genetic disease. Working with geneticists & researchers, he learned of epigenetics & the activation of our genes. Epigenetic factors include diet, exercise, stress, & our environment. "If genes can be triggered or turned on to cause my disease, how can they be turned off?" This is where art & science of the human body meet: the door to the wisdom within. Matt is launching a Personalized Health Rev

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