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Chasing Hunger

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January 17th 2017: Tosca Reno on Chasing Hunger, with Kathy Welter Nichols

Sharing the evolution of health and wellness, Tosca is often called "the woman with 9 lives," Reno has a depth of experience beyond many. Through her love of family she reveals her selflessness. Through her loss of love and child, she reveals her humanity. Through her consistent caring for others she shares her compassion. Through her grit she shows her resilience. When most would have given up, Reno still stands, sharing her smile and authenticity. In this episode we'll tackle the subject of White Poison, Sugar! How it contributes to binge eating and addictive patterns with foods. To

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Featured Guest



Tosca Reno

Tosca Reno is a New York Times best selling author, founder of the Eat-Clean Diet® health revolution, health and wellness expert, transformation coach, motivational speaker, Star of a Gemini Award Winning reality TV show, physique competitor, and mother of 4. Reno started her career at an age when most would consider retiring, earning her first of many Oxygen covers at 43, after losing 84 pounds and healing herself through Eating Clean®. She has competed in numerous physique contests and endurance events. The founder of the Eat Clean® series that kicked off a food revolution by the same name, Reno has sold millions of copies, helping millions lose weight and become well, thanks to

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