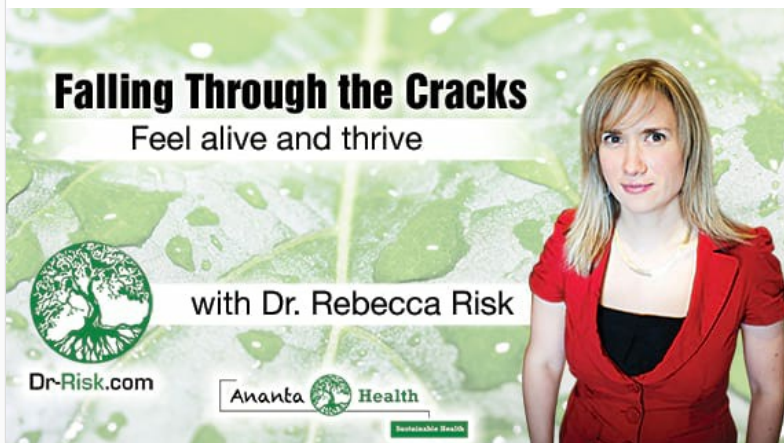


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February 27th 2017: Hot Detox

"Set your life on fire. Seek those who fan your flames."-Rumi. Digestion is the core to good health; it's where we absorb nutrients and control inflammation with healthy choices. Julie Daniluk has created a detox program that supports digestive fire using anti-inflammatory foods and ayurvedic techniques. Discussing her book "Hot Detox" learn how to fire up your digestion, balance body systems like hormones and increase weight loss.

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Featured Guest



Julie Daniluk

Nutritionist Julie Daniluk hosts Healthy Gourmet, a reality cooking show that looks at the ongoing battle between taste and nutrition. She is the bestselling author of Meals That Heal Inflammation, Slimming Meals That Heal and her latest book Hot Detox. Julie has appeared on hundreds of television and radio shows, including The Dr. Oz Show, and is a resident expert for The Marilyn Denis Show. Check out more information at juliedaniluk.com and connect with her on Facebook, Instagram and Twitter @juliedaniluk

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