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Occupy Health: with Susan Downs, MD

What's Real and what is not

Occupy Health
Friday at 11 AM Pacific
April 07th 2017: The paleo vedic diet

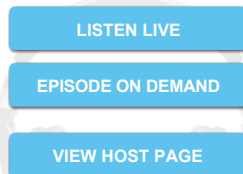
Many have asked among the myriad of diets, "Which one is for me?" Dr. Palanisamy answers this question in his book, *The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy and Reverse Disease*. In this book, Dr. Palanisamy blends the best of the modern scientific method with the time honored ancient healing system, Aruveda. His approach helps to understand a person's biochemical individuality and develops a diet and lifestyle plan that is individualized for each person. He also discusses the importance of nutrition, intermittent fasting, exercise, sound sleep, a balance of th

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Featured Guest



Akil Palanisamy, MD

Akil Palanisamy, MD, is a physician who practices integrative medicine, blending his conventional medical expertise with evidence-based holistic approaches, including functional medicine and Ayurveda. He studied biochemistry at Harvard and completed his medical training at the University of California, San Francisco (UCSF) and Stanford University, followed by a fellowship with Dr. Andrew Weil at the University of Arizona. He currently practices at the Sutter Health Institute for Health and Healing in San Francisco. He is the author of the book *"The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease"*

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