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HEALTH & WELLNESS



**Transforming Health
Archives Available
December 8th 2010: Skinny Genes**

Are you sabotaging your weight loss efforts? You are if you weren't aware of the following: A 100-calorie "health" bar may cause you to gain more weight than a 300-calorie bar. One study found you have a 65% greater chance of becoming overweight and a 41% greater chance of becoming obese for each DIET soda consumed. Is your shampoo making you fat? No calories—does not mean no weight gain. Diet food doesn't mean you'll lose weight or that it's good for you! If you really want to lose weight and wear your skinny jeans FOR LIFE, then join me this Wednesday as I interview Nicole Smith the author

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Featured Guest



Nicole T. Smith, L.Ac.

Nicole T. Smith, L.Ac. is the owner of her clinic The Pampered Porcupine Acupuncture, Inc. In addition to acupuncture, Nicole counsels her patients on diet, nutrition, lifestyle, toxicity, and prevention. She has successfully treated countless patients and ailments with these methods.

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