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Is all fat the same? http://www.youtube.com/watch?v=1TtPNobcCaY

Steroids & their effects on brain http://www.youtube.com/watch?v=Boy2B1oCnWs

Pre & probiotic discussion - yes it is advertising a product but it is a great discussion
http://www.youtube.com/watch?v=PEIn16Xeb-0

Decrease inflammation – check out your cleaning supplies – are they safe???


High fructose corn syrup – is it good for us??
http://www.youtube.com/watch?v=yHoIDMOB--A (5 min)
http://www.youtube.com/watch?v=dBnniu6-oM (84 min)

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