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HEALTH & WELLNESS



**Falling Through the Cracks: Feel alive and thrive**

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**January 14th 2019: The Setpoint Diet with Jonathan Bailor**

We have been trained that calories need to be counted, and food is "bad." As we have increase in diabetes, obesity and other diet related illnesses, we are confused with what to eat, and when to eat, and what is right for us. In his book "The Setpoint Diet Plan," Jonathan Bailor lays out an easy to follow plan to help reset your body to where in wants to be.

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**Featured Guest**



**Jonathan Bailor**

Jonathan Bailor pioneered the field of Wellness Engineering and is the founder and CEO of the world's fastest growing permanent weight loss and diabetes treatment company SANESolution.

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