

Written by Allan Besselink  
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Join me on BlogTalkRadio on Tuesday August 4, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". This episode is dedicated to "Nutrition 101". Whether you're struggling with your weight, or trying to find the right foods to utilize in your training, the basics of good nutrition are important. There are a lot of myths in the health and fitness world regarding this issue, and this episode will help to clear up some of these misconceptions.

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

Hungry for information on nutrition? Come join the discussion!