

Join me on BlogTalkRadio on Tuesday June 9, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". This episode is entitled "The Marshall Burt Interview". **Marshall Burt** is an Austin-based track coach and head of the Elite Training Group Track Club. His notoriety stems from his online presence and views on health and training. Though many of his views are well-supported by scientific evidence, it is almost guaranteed that they challenge the beliefs of many. This episode will expose some of Burt's beliefs, his approach to training and health, and why he might not be so crazy after all.

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.

I look forward to having you join us!