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For Healthy, Lasting Weight Loss By Kathy Freston**

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May 06, 2012 Kathy Freston on Charlie Rose talking about her book 'The Lean: A Revolutionary and Simple! 30-Day Plan for Healthy, Lasting Weight Loss' on May 2, 2012.

About | clean & lean revolution

Angela Pifer, MSN, CN Angela Pifer is one of the nation s foremost functional medicine nutrition and health experts, an accomplished speaker and media

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Drop the hot dog, we need to lose weight! |

May 14, 2012 Kathy Freston is the author of The Lean: (and Simple!) 30-Day Plan for Healthy, Lasting Weight 30-Day Plan for Healthy, Lasting Weight Loss.

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