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**Transforming Health
Archives Available
June 29th 2011: Take the Earth Diet Challenge**

My guest this week challenged herself back in 2009 to only eat only foods naturally provided by the earth for 365 days and kept track of her journey on The Earth Diet daily blog. Although it is titled as a diet, it is not one (you know by now I do not promote dieting); in fact it is a lifestyle transformation and we will be discussing why it is important to incorporate foods that the earth provides naturally and what effect this has on our health. And don't be fooled, the Earth Diet is for everyone, children and adults, vegetarians, vegans, meat eaters, sweet lovers, rawists and fruitarians.

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Featured Guest



Liana Werner-Gray

Liana Werner-Gray was born in Australia and grew up mostly in Alice Springs, Northern Territory. In 2009 Liana created a challenge to eat only foods naturally provided by the earth for 365 days, she shared her experience in a daily blog and called it 'The Earth Diet'.

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