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Dr. Sanjay Gupta interviews Dr. Robert Lustig at the ACSM Conference

Posted by Xtreme Dream Team on May 31, 2012 in Blog | 1 comment



Dr. Sanjay Gupta interviews Dr. Robert Lustig in San Francisco today at the conference of the American College of Sports Medicine.

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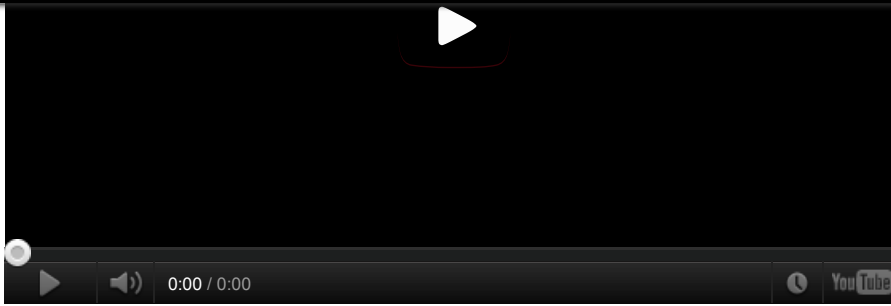


- One of my inspirations, [@patsummitt](#) received an amazing honor this week from [@BarackObama](#). How awesome! <http://t.co/bZ2BpHn9> 05:48:59 PM June 01, 2012 from HootSuite
- [@jodeanpetersen](#) Love your slogan. Gonna post that on Facebook today as my motivation quote for the weekend. Keep on movin ONWARD gir! 04:45:49 PM June 01, 2012 from HootSuite in reply to jodeanpetersen
- [@MattCNN](#) [@roniselig](#) [@sanjayguptaCNN](#) They are the [@CNN](#) team following my story. Now they are a part of the story! <http://t.co/asjaRtNa> 02:53:02 PM June 01, 2012 from HootSuite in reply to MattCNN
- [@mattcnn](#) It was great seeing you as well! Looking forward to the 2012 Swim with you guys. 01:47:42 PM June 01, 2012 from HootSuite in reply to MattCNN

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Dr. Ludwig a pediatrician and endocrinologist who had the crowd wide-eyed with his bold statements that the shocking obesity statistics in the U.S. come down to ONE MAJOR CUPRIT.....sugared drinks. That's right. And we're not just talking coke and sprite. Just as "evil" are the sports drinks, the Gatorades, Powerades, Red Bulls, Monsters, etc.



- [@teresafritschi](#) Yea soda is definitely not a good choice, especially for kids. You should trick them with flavored

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One Comment



Laura B.

May 31, 2012

Evil is the word, sugar and the over use of salt is terrible. It's in everything we eat and when we aren't eating it, we are being urged to do so by t.v. – most children watch twelve hours of t.v. a day, not to mention the video games and texting that goes on. Not an active lifestyle for any age, little wonder there's a growing problem. My Endocrinologist told me two things would help along with medication for my thyroid – extreme diet change and hard long work outs! He said in effect, change your diet or die. And move your body! So I did just that. I now am a vegetarian, a little fish once in a while – and I work out every day. Simply riding my bike to work did wonders! If I can do this, anybody can! It will save your life.

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Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She's a beacon of hope to us all that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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With my friend Sanjay Gupta at ACSM Conference in San Francisco

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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian