



ADIEL GOREL
Host of "Life 201"



PBS

AIRS LIVE ON AETN SATURDAY, NOV. 16, AT 3:30 P.M. CST

FROM SHOW HOST ADIEL GOREL:

The three tiers to this message are FUEL, FEEL and FUND.

I bring together eight experts in different fields to talk about the different ways to live younger, longer.

- **Dr. Kat Toups** is a medical doctor that focuses on preventative care and the interventions of modern-day medicine with dementia. She teaches us that the elusive cure for brain and psychiatric illness was not going to be found in a pill. It's in how we FUEL our bodies long term.
- **Dr. John Sottery, Ph.D.**, is a scientist who focuses on understanding and optimizing human health at a molecular level. His mission: Helping people transform their health by optimizing their unique biochemistry.
- **Dr. Shanhong Lu, MD, Ph.D.**, focuses on lowering toxicity in your environment. "Today, hidden heavy metals are pouring in our lives, promising conveniences, yet putting accumulative chronic stress to the entire ecosystem," she says. She teaches us to clear toxins from our life for more vibrant health.
- **Beth Greer** is an environmental toxins expert and educator who teaches us how to eliminate toxins we ingest, put on our skin and have in our homes.
- **Leslie Fightmaster** leads breath-focused, alignment-based yoga classes. She emphasizes how specific, useful, simple movement and concentration can impact your life.
- **Lucian Ioja** teaches people how to implement financial strategies that bring wealth, happiness, and success to their families.
- **Anat Baniel's** work is at the forefront of the emerging brain plasticity field and the understanding of the role of movement in our health and vitality. She teaches us simple ways to move better.

Host Adiel Gorel works to change people's futures with single-family home investing. He teaches people how to have fun with a process that most find complex and speaks about the importance of securing a strong financial future for retirement, business investing and college education.

