Mary Carolyn & Sharon Kleyne Explore Nutrition & Water Health On Kleyne Talk Radio

Mary Carolyn & Sharon Kleyne Agree on World Water Crisis & Common Sense Proactive Health Care Based on the Natural World. Kleyne Talk Radio Features Commonsense Health Tips from Host Sharon Kleyne & Science Cheerleader Mary Carolyn.

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Guest: Mary Carolyn, certified personal trainer, nutritionist, yoga instructor, Science Cheerleader

Sharon Kleyne, founder and research director of Bio Logic Aqua Research Water Life Science®, Nature’s Pharma®, The Power of Water® & Your Health sponsored by Nature’s Tears® EyeMist® on VoiceAmerica sponsored by Global Dragon TV and produced by Rose Hong, that we are all walking sponges and must drink 8-to-10 glasses of water a day one full glass at a time, recently welcomed guest Mary Carolyn to the show.

Carolyn is a former professor of math, statistics and research at the University of Maryland and George Mason University and worked as a senior statistician in human space flight for the U.S. Department of Transportation. Currently, Carolyn is a nutrition expert, certified personal trainer, RYT200 Yoga professional, certified Pilates trainer and corporate instructor in group fitness.

Carolyn, whose training is in plant-based nutrition, claims that variety and hydration are most important in a healthy diet. “Eat seasonally,” she urges, “and remember that the most colorful vegetables are the healthiest.” Carolyn encourages people to grow gardens but that it is all right to use frozen vegetables, “a second-best alternative to farm-fresh veggies”. Carolyn also says that people can easily learn how to grow healthy herbs such as cilantro and parsley.

Kleyne observes that more people are taking the world water crisis seriously but that there is so much work to do. “Not enough people know how to protect the water,” Kleyne cautions. “More people need to study evaporation and finding cures for diseases by using common sense.”

If you would like to listen to a conversation with Mary Carolyn, nutrition expert, nutrition studies statistician, gardener, Science Cheerleader, certified Pilates and yoga teacher and corporate wellness trainer and Sharon Kleyne about nutrition, health and the world's water crisis, follow this link: https://tunein.com/podcasts/Health/The-Sharon-Kleyne-Hour-p122663/?topicId=134547320
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