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Podcasts - Great Audio Info From The Web

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Liz Lipskey - Is a nutritionist from Asheville North Carolina who has written 2 books about digestion. Digestive Wellness and Digestive Wellness for children she does a 20 to 30-minute podcast on a large variety of topics that are very informative. To subscribe to podcast <http://innovativehealing.libsyn.com/rss>

The Health Ranger - News Target is a super informative website dedicated to current information on vitamin supplements, herbal information and regulation - podcasts are now available on lots of informative topics - [click here to download shows](#)

Environmental Podcasts:

Living on Earth - PRI-public radio international presents this excellent 1-hour show on topics related to the environment and global warming. It is similar in quality to NPR's all things considered. Highly recommended! www.loe.org is the website. Podcast address is www.loe.org/podcast.rss

Sierra Club - The Sierra Club now produces a 1/2 weekly podcast that has lots of good environmental news including legislative issues. Highly recommended. The podcast address is: https://www.sierraclub.typepad.com/sierra_club_radio/rss.xml