

## Fitting News

### The Ultimate Energy Playlist!

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Get revved, even on total slug days, with this new set of workout songs:

“Feelin’ Stronger Everyday” by Chicago

“Over The Rainbow” by Livingston Taylor (yes, this is James Taylor’s brother)

“Tomorrow Gonna Be a Brighter Day” by Jim Croce

### Lead In Your Plumbing?

*Dr. Lippman is generous in spirit and shares her knowledge on many subjects related to wellness. We met years ago at a fabulous organization created by another wonderful friend and colleague, Dr. Tessa Warschaw.*

*In addition to many of her speaking engagements, Dr. Lippman has been a frequent presenter, sharing her knowledge at San Fernando Valley Marketing and Admissions Professionals (SFVMAPS), and other distinguished groups. This month, I am honoring Dr. Lippman as my guest blogger.*

*Thank you Dr. Lippman, I look forward to hearing from you again.*



#### **By Cathie Lippman, M.D., the Lippman Center for Optimal**

The disastrous contaminated water situation in Flint, Michigan this year has alerted the populace across the country to the problem of lead contaminated water. People were unaware of lead as a problem in the first place, unless you remember leaded paint and leaded gasoline. Secondly, many of us have been unaware of how much lead is still used in our environment.

[On the Lori Michiel Fitness website, click “Blog” on the menu to read the rest of this article.](#)



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