



Health Power: Health by Choice Not Chance

By Aileen Ludington, Hans, M.D. Diehl

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Consciously or unconsciously, most people make sacrifices of some sort. Unfortunately, they often sacrifice health, family, religion, or other priceless possessions in order to gain the transitory pleasures of wealth, power, status, or fame.

Imagine life as a game in which you are juggling five balls-work, family, health, friends, and religion-in the air, and you realize that work is a rubber ball. If you drop it, it will bounce back. BU the other four balls-your family, health, friends, and spiritual life-are much more fragile. If you drop one of these, it will be scuffed, marked nicked, damaged, or even shattered. It will never be the same again. You must understand that, and strive to balance all parts of your life.

This book will help you realize that all these aspects are largely under your control.

- Learn how you can prevent and even reverse many of today's major killer diseases.

- Learn how to make sense out of confusing and often contradictory health information and to understand why today's breakthroughs often become tomorrow's embarrassments.

- Learn how to strengthen your social and family relationships, and cultivate a more meaningful spiritual life.

This book will help you discover-day by day and step by step-not a better life, but the best life!

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Editorial Review

About the Author

Hans Diehl, holds a doctorate in health science with emphasis on lifestyle medicine and a master's degree in public health nutrition from Loma Linda University. He is the founder and director of the Lifestyle Medicine Institute in Loma Linda, editor of Lifeline Health Letter, and the author of the best-seller To Your Health.

Aileen Ludington, M.D., is a graduate of Loma Linda University and a board-certified physician with 25 years of practice experience, and an internationally-known health educator and author. Before her retirement she served on the staff of Weimar Institute's residential NEWSTART Lifestyle Center in Weimar, California. She is the associate editor of Lifeline Health Letter, medical director of the Lifestyle Medicine Institute in Loma Linda, and a popular radio and seminar speaker.

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