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In Your Health Destiny, Dr. Selhub shows what we can

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do to achieve that goal. She uses the word 'Power' as an acronym to describe how we can take charge of our health destiny, determine why our body is out of balance, and what we can do to rectify the imbalance. She advises we begin by attending to the whispers (of our bodies) before they ...

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Your Health Destiny – HarperCollins

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Your health destiny: How physical characteristics can predict your long-term well-being. By ANGELA EPSTEIN. Last updated at 01:17 04 December 2007

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