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teaches you how to
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pay attention to your
body's signals, to
understand what
these signals mean,

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and make the right choices that will bring amazing results to your health, now and for the future. You will discover ways to prevent disease from happening or getting worse; and even find that you can reverse the disease process all together.

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practices and cutting
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shows what we can
do to achieve that
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how we can take
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Your Health Destiny is
essentially that we all
have the ability to
change the destiny of
our health for the
good. Our genes and
the diagnoses we're
given do not dictate
how...

Do You Know Your

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Psychology Today
A Guardian with 0
Resilience has around
186 health. A
Guardian with 10
Resilience has
roughly 201 health.
So, if you put all your
points into Resilience,
that's an increase of
15 health. From 0 to 5
Resilience your health
will climb by 2 for

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each extra point.
From 6 to 10
Resilience your health
start climbing by only
1 for each extra point.

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teaches you how to

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pay attention to your body's signals, to understand what these signals mean, and to make the right choices that will bring amazing results to your health, now and for the future. You will discover ways to prevent disease from happening or getting worse; and even find that you can reverse

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long career, Dr. Eva
Selhub has
discovered a
fundamental truth:
health, happiness,
and strength are often
a direct result of the
affirmative choices we
make, regardless of
whatever genetic or
environmental
setbacks we face.
When our bodies get
sick, we often feel out

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of control—a cycle of
fear that leaves us
feeling vulnerable and
helpless, desperate
for medication or tests
that will make us well.
But illness shouldn't
make us afraid. We
do have control over
our wellbeing,
contends Dr. Selhub,
and we can make
choices that can
positively influence

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any health issue, big or small, acute or chronic. It's all about perception—how you view yourself, your resources, and your circumstances.

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discover ways to prevent disease from happening or getting worse; and even find that you can reverse the disease process all together. We have more power than we think. Your Health Destiny shows you how to harness it to improve your life.

Dream interpretation

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and medicine.
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Dr. Noah McKay hit
Better And Live
the limits of
Longer
conventional medicine
when he was
hospitalized with heart
failure in 1989.

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Desperate for a cure he was told was not possible, he began delving into quantum science and the formulas of Einstein, Heisenberg, and Bell. In *Wellness at Warp Speed*, Dr. McKay shares the hard-won results of his study. In lay terms, he explains the actions of atoms and subatomic

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particles in the body, which travel at "warp" speed, or the speed of light. Many of the advances in high-speed medical diagnostics – for example, the CT, PET, and MRI scanners – are attributable to the science he describes in this book. But Dr. McKay goes further in

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threatened, driven,

and shaped our

existence since the

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history. However, our

fast-paced society

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have altered our
relationship with food
and hunger. While
consumerism and
urbanization have
created new priorities
and values for
humankind, they have
left us with little time
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research for holistic wellness. Author Prof. Anand Chockalingam is a cardiologist at the University of Missouri, Columbia. From his research into stress cardiomyopathy, mental health, and heart failure, he pioneered a self-inquiry-based program called 'Heartful Living' for

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resilience show you
how to channel your
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way, and come out
thriving on the other
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Much in the news,
inherited disease and
genetic testing are
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leave most asking:
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have taken, what the
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when further genetic
counseling is in order;
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For the person who doesn't know where to start to be healthy, the person who has a busy life and little time, or the person who needs a reminder in an easy to read format. Own Your Health, Change Your Destiny: Ancient Knowledge Made Simple offers concise steps, in a simple

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