

# HEALTH POWER

*Health  
by Choice  
Not  
Chance*

by  
**AILEEN  
LUDINGTON, MD  
& HANS DIEHL,  
DRHSc, MPH**

- Increase Your Endurance
- Slow Down the Aging Clock
- Regain Energy of Your Youth
- Eat More, Weigh Less
- Beat Diabetes
- Lower Cholesterol
- Grow Healthier Kids
- Reverse Heart Disease

# Health Power Afr Amer Cvr Health By Choice Not Chance

**JG Myers**



**Health Power Afr Amer Cvr Health By Choice Not Chance:**

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