

## Take Charge of Your Health

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- Beat Diabetes
- Lower Your Cholesterol
- Deal With Depression
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- Add Life to Your Years  
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# HEALTH POWER

Healthy by Choice,   
Not by Chance!

Hans Diehl, DrHSc, MPH • Aileen Ludington, MD

Hans Diehl M.D. and

## Health Power: Health by Choice, Not by Chance!



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Dr. But when an anniversary holiday to Fiji converted into a long-term mission project, that all transformed. Jerold Beeve hadnt uttered a serious prayer for more than 20 years.



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