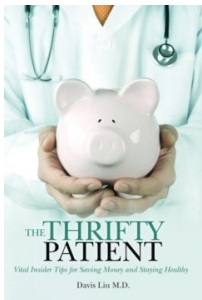




# HEALTH

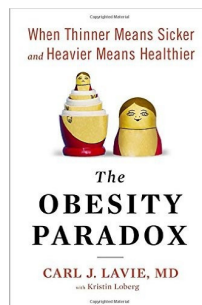
While there is an incredible amount of health information available – a lot of it is misleading and contradictory. Here are **5 top health experts** with some great and practical advice to keep you healthy.



## Do You Need an Annual Physical?

Getting a physical exam every is something many people feel is an essential part of their health care. But is it? Dr. Davis Liu author of “The Thrifty Patient” says the evidence is pretty clear and you may be surprised at the answer. Also, what if there was a fountain of youth? Turns out there is one! Dr. Liu reveals that too.

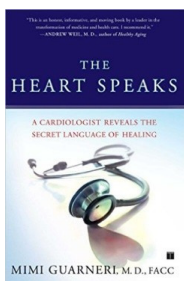
 **LISTEN TO IT NOW!**



## Being Fat is Not All Bad

Despite the obsession with being thin – more and more people are overweight. But it turns out that being overweight is not necessarily the problem you think it is. Dr. Carl Lavie, author of “The Obesity Paradox” discusses the fascinating relationship between fatness and fitness.

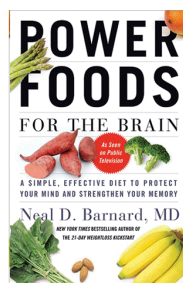
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## Emotions and Heart Disease

Heart disease is the number one killer. And there is a strong and definite connection between heart disease and emotions. Cardiologist Dr. Mimi Guarnieri author of “The Heart Speaks” reveals this importance connection and how you can use it to your advantage.

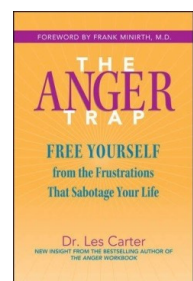
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## Foods That Protect Your Brain

We know that the food we eat has a definite impact on whether or not you get dementia later in life. Dr. Neal Barnard author “Power Foods for the Brain” reveals the bad foods to avoid and the good foods to eat to protect your brain as you get older.

 **LISTEN TO IT NOW!**



## Anger Management

Some people get so angry so easily. And anger can take a huge toll on your health. Anger expert Les Carter, author of “The Anger Trap” offers some great advice if you or someone you know has anger issues.

 **LISTEN TO IT NOW!**