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Your Health Destiny How To

In Your Health Destiny, Dr. Selhub teaches

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When You Feel Better And Live Longer
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In Your Health Destiny, Dr. Selhub shows what
we can 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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The philosophy of 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...

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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

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Illness, Feel Better And Live Longer
15 health. From 0 to 5 Resilience your health will climb by 2 for each extra point. From 6 to 10 Resilience your health start climbing by only 1 for each extra point.

Destiny 2: Mobility, Resilience and Recovery guide - Metabomb

In Your Health Destiny, Dr. Selhub teaches you how to 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 the disease process all together.

Your Health Destiny - HarperCollins

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