

## **What is Mastering Your Health?**

Mastering Your Health is a half hour television program providing relevant and up-to-date health care advice, designed primarily for women, but appropriate for people of all ages.

Our access to nationally-recognized medical experts, affiliations with leading university researchers and our inter-disciplinary approach allow us to deliver both sound medical solutions and unique natural alternatives.

Each host-driven episode features lively input from a suite of these experts. Well-known medical doctors, licensed chefs, chiropractors, physical therapists and more, explore a given medical topic from all perspectives - often, traditionally conflicting perspectives - to arrive at the best course of action in prevention and treatment.

For deeper involvement viewers are encouraged to visit the Mastering Your Health website where they find extended interviews, cooking demonstrations, recipes, topically relevant exercises and more.

[www.masteringyourhealthtv.com](http://www.masteringyourhealthtv.com)