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HEALTH & WELLNESS



The Healing Whisper: A Return to Peace
with host Dr. Mary Anne Chase
Archives Available
January 5th 2018: New Overfat Category - Are You At Risk? Can You Quick Fix?

You might not be obese or overweight, but you may be part of the 76% of the world's population who are now being labeled "overfat". It's a new term being used by doctors to describe patients that may have normal BMIs but have too much fat around the belly that could put them at higher risk for diabetes, stroke, cancer, heart disease and inflammation. Dr. Christine Horner, natural health expert and author of the award-winning book, "Radiant Health, Ageless Beauty," says 100,000 cancer cases are linked to an increase in body fat each year, in the US and at least 50 other illnesses have direct

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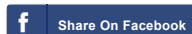


Dr. Christine Horner

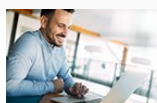
Christine Horner, M.D., FACS, is a nationally known surgeon, author and professional speaker and holds two board certifications: the National Board of Surgery and the National Board of Plastic Surgery.

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