

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



**Occupy Health**  
Friday at 11 AM Pacific  
**June 29th 2018: Tips to undo chronic diseases**

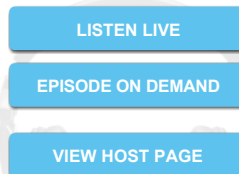
Sarah Myhill, MD gives tips on how to reverse chronic diseases and to maintain optimal health. The simplicity of her advice is advice we can all follow with or without a primary provider. She has helped many people with her approach to address the factors that lead to chronic disease. As the gut is instrumental in the rotation of chronic ideates, she recommends a ketogenic diet along with vitamin C until bowel tolerance to reduce unhealthy bacteria in the small intestine. An organic diet with sufficient vitamin D. She then gives tips on how to fine tune thyroid and adrenal functions.

[Read more](#)



#### Tune in

Friday at 11 AM Pacific Time  
on VoiceAmerica Health and  
Wellness Channel



Questions? Comments?  
Call In Live!

Toll Free: 1-866-472-5792  
Intl: 001-480-553-5759

#### Featured Guest



#### Sarah Myhill, MD

Dr. Sarah Myhill qualified in medicine (with Honours) from Middlesex Hospital Medical School in 1981 and has since focused tirelessly on identifying and treating the underlying causes of health problems, especially the "diseases of civilization" with which we are beset in the West.

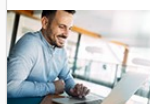
[Read more](#)

#### Share This Episode



#### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)