

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

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



**Autism One: A Conversation of Hope Archives Available**  
**April 07th 2009: Creating your Perfect Body**

Our magnificent bodies intuitively know how to be well. Unfortunately, toxicities and depleted nutrition has left our bodies challenged to maintain adequate levels of the nutrients necessary for optimal function. At the same time, we cannot underestimate the power of our thoughts and beliefs to affect our health in both positive and negative ways. Join guest host, Betsy Hicks as she discusses with her husband, medical doctor and pediatrician, Dr. John Hicks, ways to learn how to take control of your health through nourishing the body and healing the mind.

**Tune in**

Archives Available on VoiceAmerica Health and Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

[← SHARE](#) [↓ DOWNLOAD PDF](#) [↔ GET CODE](#)

**Share This Episode**

[f Share On Facebook](#) [t Share On Twitter](#) [in Share On LinkedIn](#)

**Connect with VoiceAmerica**

Download our mobile apps

