

Dr. Diehl's Health Tips

Video Topics:

1. Heart Disease: Emergence & Reversal
2. Coronary Risk Factors
3. Effective Cholesterol Control
4. Obesity: Calorie Bombs
5. Pringles
6. Apple Pie
7. Candy
8. Crinkly Bags
9. Oils
10. Empty Calories
11. Constipation
12. Water vs. Caffeine
13. Candy for Breakfast
14. Hormone Replacement Therapy Concern
15. The Pause That Refreshes
16. The Adventist Lifestyle
17. Breakfast for Champions
18. Breakfast Economics

Video Topics:

19. Fabulous Fiber
20. The Real Thing - Water
21. Conserving Water
22. Losing Weight #1
23. Losing Weight #2
24. Losing Weight #3
25. Getting Enough Protein?
26. Getting Too Much Protein?
27. Snacks and Slacks
28. Liquid Calories Do Count!
29. Milk for Babies
30. Push Water!
31. Veggie Oils
32. Salt & High Blood Pressure