

How do you make healthy 'healthier'?

Many individuals who think they are healthy as they have no symptoms really have milder forms of chronic medical problems like high blood pressure, early diabetes, high cholesterol, are overweight or have other problems like cancer in body that was missed as proper screening was missed. So those who think 'they are healthy' may not really be healthy. We educate them and work with them to detect the problems early that they can be treated or cured
