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The Optimal Health Hour

The Optimal Health Hour
Tuesday at 2 PM Pacific
January 24th 2017: Judy McCraw Was Told She Had 6 Months To Live.

Judy McCraw is an inspiration, a beacon of light and love. She was told multiple times she had 6 months or less to live and that was 6 years ago. We are honored to listen as she shares her journey over the last 6 years and walk in her shoes. Judy shares her many insights, knowledge and bold decisions that allowed her to take control of her health and wellbeing. This is very special show you don't want to miss. Join us for the next Optimal Health Hour episode.



Tune in

Tuesday at 2 PM Pacific Time on
VoiceAmerica Health and Wellness
Channel

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Featured Guest

Guest Image

Judy McCraw

Judy McCraw is an inspiration, a beacon of light and love. She was told multiple times she had 6 months or less to live and that was 6 years ago. Throughout her life she was healthy, happy, and active doing Yoga since the 1980's. Her family ate organic foods always paying attention to diet. In 2010 she started having what appeared to be sinus infections. After nine months of treatment in which infections did not clear an MRI was performed. The results showed a tumor at the top of her sinus cavity. Thus her journey began with Head/Neck cancer at age 68. Judy has accumulated a wealth of knowledge and insight during this 6 year journey. She had to make bold decisions to take control of h

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