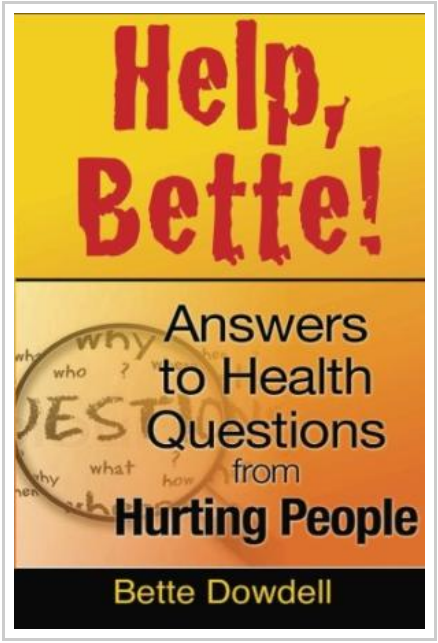


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# Help, Bette: Answers to Health Questions from Hurting People

By Bette Dowdell

Confident Faith Institute LLC. Paperback. Book Condition: New. Paperback. 92 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Help, Bette! Answers to Health Questions from Hurting People What do you do when youre sick, but doctors say youre fine Well, if youre Bette Dowdell, you crank up your Oh, Yeah! attitude and start researching your way out of the ditch. Its fortunate she likes research, because it took her years to get to the root causes. Along the way, she learned many things, such as: Most of what we know about diet and health is wrong-a huge cause of disease. If we want to be healthy, we have to take responsibility for our health. Theres no way doctors can know whats going on in our bodies every day, all day. Even frequent trips to doctors dont get the results live in management does. Everything affects everything else in health. The problem is never just, say, the thyroid-or the heart, or some other body part. Its about supporting the entire body with the nutrition it needs-which is different from what were taught. Nowadays, Dowdell shares her learning so others can recover their health, too. In Help, Bette! Answers to Health Questions from Hurting...

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