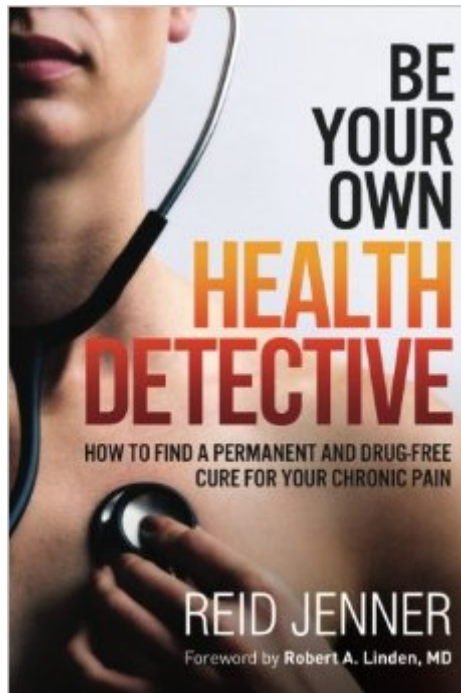


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# Be Your Own HEALTH DETECTIVE: How To Find A Permanent And Drug-free Cure For Your Chronic Pain



## Synopsis

TROUBLING HEALTH PROBLEM? END YOUR PAIN TODAY. Get the #1 bestselling book for Chronic Pain on .For the first time, Be Your Own Health Detective places professional diagnostic tools directly in your hands. By revealing the critical problem solving questions, this essential health reference guide outlines the process anyone can use to solve virtually any pain or chronic illness in as little as one hour. By so doing, the reader can learn how to bypass invasive diagnostic tests, unhelpful doctors, ineffective drugs and unnecessary surgery. Finding the cause of a chronic disease can often be elusive, but it simply requires a disciplined and direct method of gathering and analyzing each person's relevant symptom history. This is information the patient not only has the best knowledge of, but which most physicians have neither the patience or training to uncover. Most doctors perform a quick and superficial examination, then leave the patient with a prescription that only temporarily treats the symptoms and fails to permanently resolve the problem. For over 25 years, naturopathic diagnosis specialist Reid Jenner has trained thousands of people around the world in how to find the root cause of intractable problems. He has successfully facilitated hundreds of individual cases across a wide range of disorders to help his clients find a permanent solution for whatever ails them. In virtually every instance, a simple and drug-free cure is discovered by removing the source of the problem, which is usually some kind of toxin, deficiency, or dietary imbalance. If you're: Tired of taking never-ending prescriptions that don't cure your symptoms; Constantly subjected to invasive tests that don't reveal the cause of your problem; Rushed out of your doctor's office by an MD who doesn't listen to you; Suffering with symptoms that your health care professional can't cure; Contemplating surgery for a seemingly intractable health problem; It's time to take matters into your own hands. Learn how to solve your own health problems--quickly, naturally, and effectively. Order this book today and get on the road to permanent recovery! A sampling of rave reviews from readers: "This is a brilliant book. It takes a holistic perspective and helps patients to think like Sherlock Holmes. I think every patient with an undiagnosed illness should read this. It will help them help their doctor to diagnose their illness." (Dr. A. Malpani, MD) "If you have ever watched the hit TV show "House", or realistic inquiry-based shows like "CSI", you will find this book inspiring, empowering, and extremely helpful. It gives you the tools to do what doctors simply cannot do under the present system: find a way to deal with and heal your own and your loved ones' illnesses." (Andy K.) "I truly recommend this book for everyone with any health issues. After six years and fifty-four doctors and misdiagnoses this book has saved my life." (Michelle H.) "Its absolutely amazing how much one can deduce for oneself before a doctor visit. Simply wonderful! (Gwen M.)" "Two big thumbs up! This is a well-researched eye opener that is a

must read. "Highly recommended." (Reviewer) About Be Your Own Health Detective is a self-empowerment book specifically tailored to help individuals experiencing chronic pain or an undiagnosed illness diagnose the root cause of their disorder without additional medical intervention. Once the root cause is pinpointed, a quick and painless permanent cure can normally be applied without need for prescription drugs, surgery, or additional medical testing.

## Book Information

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## Customer Reviews

Imagine that you are stuck in this cycle of painful symptoms, doctor's appointments, prescribed antibiotics and then temporary relief. Diagnose Yourself: How to find a permanent cure for what ails you says: what if you consider a common sense approach to the symptoms and apply a bit of detective work to unravel what is causing the issue first? What if you take control of your health care and do the detective work to reveal why a symptom is happening? Could you become a more empowered patient? Could you take charge of your health and potentially resolve some of your health issues without needing the doctor as often? Diagnose Yourself: How to Find a Permanent Cure For What Ails You (with or without the help of your doctor) is the first non fiction book by the author. It is a book peppered with case studies that make sense. It starts with the example of a father and daughter struggling for years with vicious sinus pain. They have little relief ever and yet they live in a house with two other members of their family who never ever have sinus pain. Why them? Why not the others? What is unique about the environment the father and daughter share that is not happening for the other two family members? Reid Jenner suggests that you can help

uncover many of your symptoms by working through his system of questions and work sheets. The process itself can be more empowering than the doctor and patient relationship that still sits at the heart of the health care system. The goal at heart of this book is to create a system of empowered patients less reliant on traditional health care models. It's the kind of premise that makes you think this seems incredibly simple, almost too simple to be true. But what if it works? What if you tried it and it worked? You might be surprised.

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