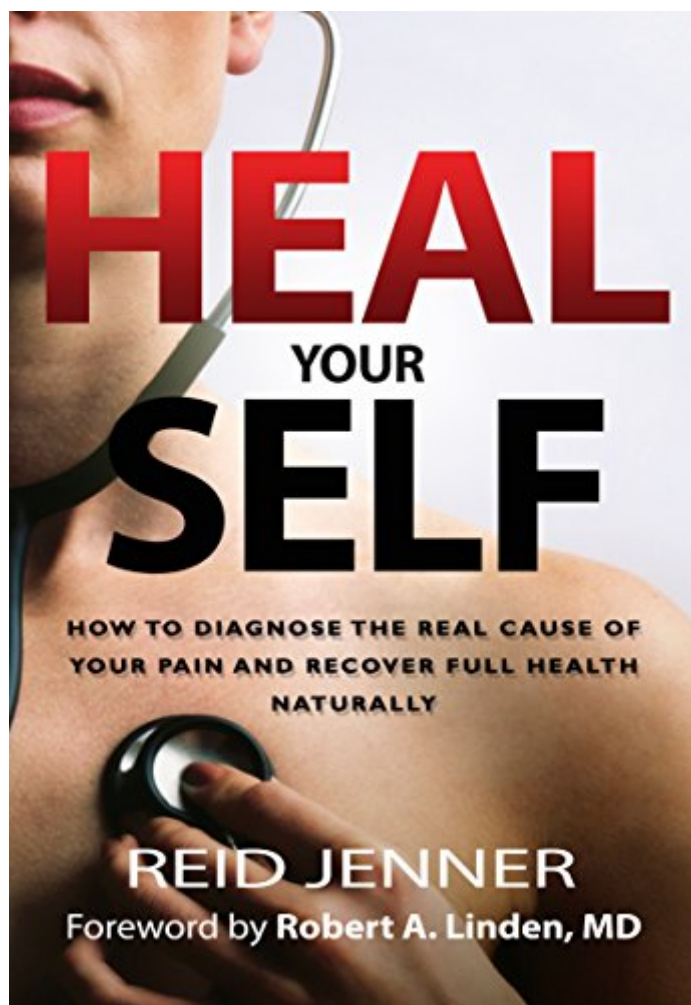


The book was found

Heal Your Self: How To Diagnose The Real Cause Of Your Pain And Recover Full Health Naturally



Synopsis

END YOUR PAIN TODAY Find the real cause of your health problem and a permanent drug-free cure. Over 90% of diseases and pain are caused by external factors. Which means you simply need to pinpoint the source of your health problem in order to find a fast, permanent, and drug-free cure. For the first time, **HEAL YOUR SELF** 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. Your doctor has a busy waiting room, an expensive practice to maintain, and profits by prescribing more drugs, surgery, and tests. Only you have the time, motivation, and the knowledge of your full problem history to diagnose your problem without expensive and invasive medical procedures. Learn how to take back control of your health by becoming your own best health care advocate. 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;

Then it's time to take your health into your own hands. Learn how to:

- Diagnose and quickly remove the root cause of your pain
- Rule out serious diseases that are not causing your health problem
- End all transient and chronic pain
- Cure health problems your doctor has been unable to solve
- Pinpoint the source of autoimmune diseases
- Recognize how your travel habits or home location may be contributing your health issues
- Analyze the physical location of your pain on your body to pinpoint the cause of the problem
- Track the timing and changes in your symptoms to recognize what exposures may be contributing to your pain
- Avoid unnecessary drugs which don't treat the real cause of your problem
- Avoid unnecessary surgery that permanently disfigures your body
- Avoid unnecessary and invasive physical examination and testing
- Avoid long wait times at your doctor's office

Download 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 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.)

Book Information

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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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