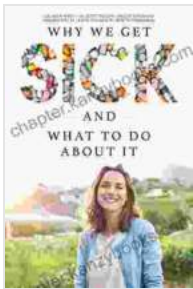


# Why We Get Sick: The Hidden Truth Behind Modern Diseases and How to Heal

By Dr. Ben Lynch

Why do we get sick? It's a question that has plagued humanity for centuries. And while we've made great strides in understanding the causes of disease, there's still much that we don't know.



## Why We Get Sick: and What to Do About It by Shelby Stoddard

★★★★☆ 4.6 out of 5

Language	: English
File size	: 270 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 54 pages
Lending	: Enabled



In his groundbreaking book, *Why We Get Sick*, Dr. Ben Lynch reveals the hidden truth behind modern diseases and offers a revolutionary new approach to healing. Drawing on his decades of experience as a leading expert in functional medicine, Dr. Lynch shows us that the root causes of chronic illness lie not in germs or viruses, but in our own bodies.

Specifically, Dr. Lynch identifies four key factors that contribute to disease:

\* \*\*Genetics:\*\* Our genes play a role in our susceptibility to disease, but they are not the sole determining factor. \* \*\*Environment:\*\* The environment we live in can have a profound impact on our health. Exposure to toxins, pollutants, and stress can all contribute to disease. \* \*\*Lifestyle:\*\* Our lifestyle choices, such as diet, exercise, and sleep, can also affect our health. Eating a healthy diet, getting regular exercise, and getting enough sleep can all help to reduce our risk of disease. \* \*\*Emotional health:\*\* Our emotional health can also play a role in our physical health. Stress, anxiety, and depression can all contribute to disease.

Dr. Lynch's approach to healing is based on the belief that we can reverse chronic illness by addressing the underlying causes. He provides practical, step-by-step advice on how to improve our diet, lifestyle, and emotional health. He also discusses the importance of detoxification and supplementation.

Why We Get Sick is a must-read for anyone who wants to understand the hidden truth behind modern diseases and learn how to heal themselves. Dr. Lynch's groundbreaking book offers a revolutionary new approach to healing that can help us all live healthier, happier lives.

## **About the Author**

Dr. Ben Lynch is a leading expert in functional medicine and the author of the bestselling book, Dirty Genes. He is the founder of the Institute for Functional Medicine and the Lynch Group, a research and education center dedicated to the advancement of functional medicine. Dr. Lynch has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and The Dr. Oz Show.

## Reviews

"Why We Get Sick is a groundbreaking book that will change the way you think about health and healing. Dr. Lynch's revolutionary approach to healing is based on the belief that we can reverse chronic illness by addressing the underlying causes. He provides practical, step-by-step advice on how to improve our diet, lifestyle, and emotional health. This book is a must-read for anyone who wants to understand the hidden truth behind modern diseases and learn how to heal themselves."

- Mark Hyman, MD, author of The Blood Sugar Solution

"Dr. Lynch has done it again! Why We Get Sick is a tour de force that will empower you to take control of your health. This book is a must-read for anyone who wants to live a longer, healthier life."

- David Perlmutter, MD, author of Grain Brain

"Why We Get Sick is a game-changer. Dr. Lynch's groundbreaking research has finally revealed the hidden truth behind modern diseases. This book is a must-read for anyone who wants to understand the root causes of disease and learn how to heal themselves."

- Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom



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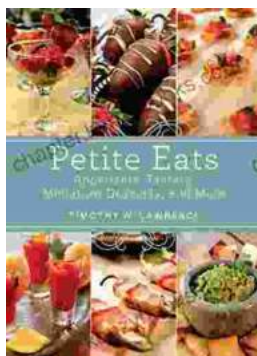
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