

New Book Challenges Traditional Health Views>Health Backwards>An Original Look from Different Perspective: Cyndi Whatif

Cyndi Whatif's groundbreaking book redefines health, challenging conventional wisdom and shedding light on invisible illnesses.

*"What Cyndi is figuring out is going to **force science to catch up with her.**" ~ Dr. Aaron Chapa*

Health **Backwards**

*An Original Look from
**a Different
Perspective***



Cyndi Whatif

Founder of DESIE: A New Approach to Chronic Disease

NOT Medical Advice-Informational Purposes Only

Foreword by Dr. Aaron Chapa, Doctor of Chiropractic

Wilmington, Delaware Jan 18, 2024 ([IssueWire.com](https://www.issuewire.com)) - In a society inundated with health advice, Cyndi Whatif's new book, *Health Backwards: An Original Look from a Different Perspective*, takes a bold step to disrupt the status quo. Published to clear her name after facing skepticism from doctors who couldn't identify her health issues, Cyndi offers readers a fresh viewpoint that pushes the boundaries of conventional health beliefs.

Albert Einstein once said, "To raise new questions, new possibilities, to regard old problems from a new angle, requires creative imagination and marks real advance in science." Cyndi has embraced this wisdom in her book, introducing a revolutionary perspective on health.

Cyndi's journey began when, at 40, her doctor gave her a life expectancy of 38-42. Determined to defy the odds, Cyndi, a stay-at-home mom, tapped into her rusty Bachelor of Science degree to experiment on herself. Faced with a dire prognosis, she started asking different questions, leading to different answers and, ultimately, different results. Living fourteen-plus years past her expected expiration date, Cyndi believes she has uncovered the reason some people struggle with their health.

Health Backwards challenges the common perception of chronic inflammation, suggesting it's not the problem but a warning signal of something deeper. Cyndi introduces the concept of "intelligent disobedience," a last-ditch effort by the body to protect itself. She terms this phenomenon the Defensive Individual Shield Hypothesis (DISH), explaining its role, impact, and her journey in understanding and addressing it.

This thought-provoking book, using simple language and junior high-level science, is not medical advice but a guide for those seeking answers to invisible illnesses, autoimmune challenges, chronic fatigue, and more. Cyndi's naturopath doctor affirmed, "What you are figuring out is going to force science to catch up with you."

Health Backwards is a beacon of hope for those grappling with health mysteries. Cyndi invites readers to ponder: What if we don't know what we don't know? The book targets invisible illness sufferers, EMF-sensitive individuals, autoimmune disease patients, and those with severe food and environmental allergies.

In addition to challenging health norms, Cyndi Whatif's *Health Backwards* has earned an *Honorable Mention at The BookFest Fall 2023 in the nonfiction category of Science Breakthrough*. This accolade is a testament to the book's exceptional contribution to the field and Cyndi's unique perspective on health.

Cyndi Whatif recently engaged in a captivating interview with Kate Delaney, unscrambling the insights and inspiration behind *Health Backwards: An Original Look from a Different Perspective*. In this intriguing conversation, Cyndi delved into the decade-long exploration of her groundbreaking body system hypothesis. Listeners gained a profound understanding of Cyndi's relentless pursuit of knowledge and the possibilities her unique perspective exposes.

Listen through these links:

Podcast:

<https://soundcloud.com/kated-294710598/cyndiwhatif/s-Ltnqookkm3x?si=751c0c239a3941949746173>

[981b7dd47&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing](https://www.issuewire.com/981b7dd47&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing)

YouTube:

https://youtu.be/u_n9pi4K9Cc

Grab your copy today!

Buy the book at: [Health Backwards: An Original Look from a Different Perspective: Whatif, Cyndi, Chapa DC, Dr. Aaron: 9798988610403: Amazon.com: Books](#)

ISBN: 9798988610403

Book Title: Health Backwards: An Original Look from a Different Perspective

Author: Cyndi Whatif

Publisher: Purple Beaver Publishing

Represented by: Great Writers Media

Published Date: July 9, 2023

Book Genre: Self-Help, Health & Wellness, Health Tips, Multiple Sclerosis, Food Allergies, Chronic Fatigue Syndrome, Fibromyalgia, Nonfiction

About the Author

AUTHOR. WEBMASTER. TEACHER. MOTHER. SPOONIE. CHRISTIAN.

Cyndi, a dynamic individual, wears many hats - author, webmaster, teacher, mother, Spoonie, and Christian. Having surpassed her life expectancy by fourteen years, Cyndi spent a decade researching a groundbreaking body system, five years hypothesizing, and another five testing. Writing as Cyndi Whatif, her pen name reflects her endless curiosity. A 1991 Bachelor of Science graduate, she briefly served in the Air Force before becoming a stay-at-home mom. Born in Camp Lejeune, she faced water contamination issues. A military dependent, Cyndi's early years included living in New Zealand and Turkey. Find her insights at desperatetobewell.com, her author site at cyndiwhatif.com, or explore her book at healthbackwards.com. Cyndi's journey embodies resilience, faith, and a relentless pursuit of knowledge.

Media Contact

Great Writers Media

hlopez@greatwritersmedia.com

1-877-556-0487

24A Trolley Square #1580

Source : Great Writers Media

[See on IssueWire](#)