

About Beth Ley

Beth M. Ley, Ph.D., has been a science writer specializing in health and nutrition since 1988 and has written many health-related books, including the best sellers, Recipes For Life (cookbook), DHEA: Unlocking the Secrets to the Fountain of Youth and MSM: On Our Way Back to Health With Sulfur. She wrote her own undergraduate degree program and graduated in Scientific and Technical Writing from North Dakota State University in 1987 (combination of Zoology and Journalism). Dr. Beth has her masters (1998) and doctoral degrees (1999) in Nutrition from Clayton College.

Dr. Beth does Biblical-based nutrition and wellness counseling in the Twin Cities area and also on line (www.recipesforlifewithdrbeth.com). She speaks on Biblical nutrition, health and Divine healing locally and nationwide.

Dr. Beth currently lives in the Minneapolis area with her husband Michael Knotts. Together they produce "Recipes For Life with Dr. Beth" seen since 2009 on local cable TV throughout MN, WI, NE and nationwide through CTN and NRB channel on Direct TV.

Memberships: American Academy of Anti-aging, Omega Team and Resurrection Apostolic International Network (RAIN).