

The Help Vegetarian Nutrition By Kayla Itsines

HELP definition: 1. to make it possible or easier for someone to do something, by doing part of the work yourself or....

Learn more. 18 senses: 1. to assist or aid (someone to do something), esp by sharing the work, cost, or burden of something 2. to alleviate....

Click for more definitions. The meaning of HELP is to give assistance or support to (someone) : to provide (someone) with something that is useful or necessary in achieving an end. How to use help in a sentence. 1. The action of helping; assistance: Do you need help with that package? 2. One that helps: You've been a great help. A food processor is a help to the serious cook. Find 247 different ways to say HELP, along with antonyms, related words, and example sentences at Thesaurus.com. HELP definition: to give or provide

what is necessary to accomplish a task or satisfy a need; contribute strength or means to; render assistance to; cooperate effectively with; aid; assist. See examples of help ...

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