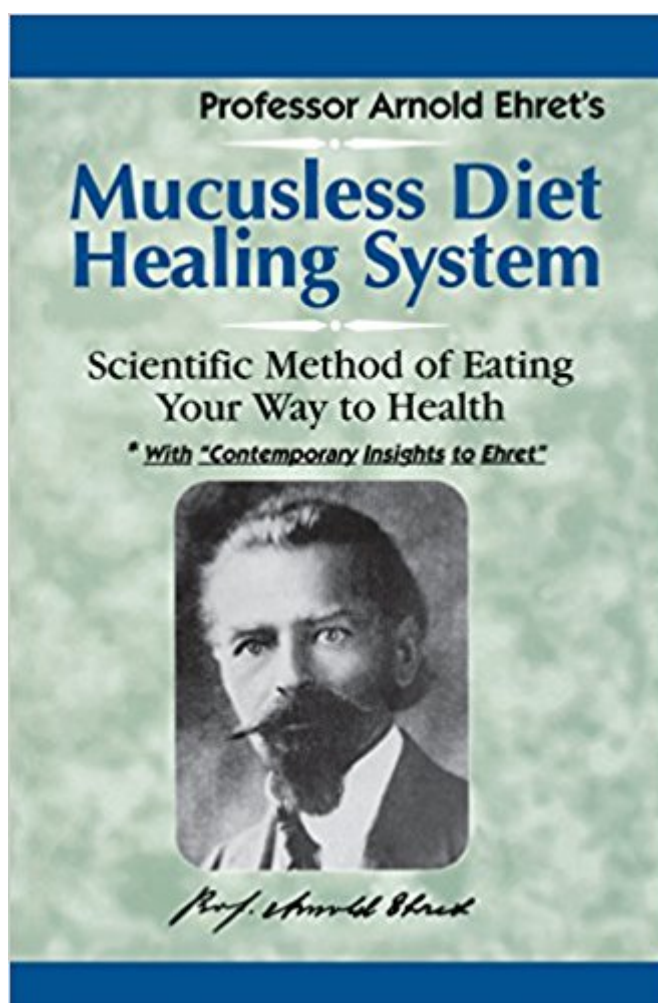




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# Mucusless Diet Healing System: Scientific Method Of Eating Your Way To Health



## Synopsis

This scientific method of eating, developed by Ehret in 1922, presents a complete, workable program for cleansing, repairing, rebuilding, and maintaining a healthy body. This book lays out Professor Ehret's simple and logical plan in plain, understandable language so that anyone can apply the Ehret method.

## Book Information

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## Customer Reviews

Professor Arnold Ehret was a German philosopher, nutritionist, teacher, healer, and visionary, and one of the first people to advocate fasting and raw vegan diets as therapies for healing. For over 100 years, his works and teachings have been based on the theory that health, happiness, and longevity can only be found by living in complete harmony with the laws of nature.

This book is a god send, lots of valuable information here! I have fasted many times and always get amazing benefits. Don't count on the institutions to tell us what we need to cure ourselves, because they simply will not. There is too much money to be lost if things like grape diets were being recommended to people and people were actually ridding themselves of disease without expensive drugs and expensive medical treatments. I have rid myself of severe scalp psoriasis that I've suffered from for 11 years by doing a 10 day grape diet, which included fasting. It was that simple. All the drugs, corticosteroids, toxic shampoos, and doctors appointments didn't help me, but a simple grape diet and fasting did. So much money and time was wasted, not to mention harming

myself with toxic drugs and shampoos, while the solution was so simple and so natural and so healthy, and doesn't cost anything! This book is easy to read and packed with information in so little pages. God bless all the people working hard to get this valuable information out there. This book claims that the diet can cure diseases much more severe than scalp psoriasis, and I have no reason to believe that it wouldn't, because the results I got were amazing and totally unexpected, and scalp psoriasis is not even mentioned in the book. I would highly recommend this book and this diet. I have not followed the diet completely, but fasting alone has dramatically improved my life and health. I'm sure following the diet completely would have even greater benefits!

Eat to live, not live to eat."Arnold Eheret was ahead of his time, literally. We have been crippled as a human race and have forgotten that real food with digestive enzymes can cure any disease. This has happened partially from corporate influences and the billion dollar medical industry. If the medical industry and corporations keep you sick, the profits are limitless. Food for thought.

Excellent read! This book made perfect sense and if you're suffering from any disease, you will learn that Nature already has the key that unlocks the door to your cure. The fundamentals outlined in this book is a bit repetitive but the message is clear: Give Nature the opportunity and you shall heal thy self!

Changed my life. I was having serious hip pain.I followed the mucusless diet plan and loss 25 pounds. Best of all the hip is totally healed.

As a vegan guy I REALLY DO care about what goes into my mouth. This book helped me to review even my carefully selected food and choose only what's best for me.It's amazing, that Mr. Ehret found such brilliant ways of healing human body ... hundred years ago!Talk to your family physician and you find how limited and "plastic" his knowledge is...

I read this book, followed the diet and it worked really well - exceptionally well. I have read in some other articles that to eat only fruits causes one to loose calcium and that teeth can start falling off - my teeth were getting a bit sticky after a while. I would still recommend reading this book as it is quite incredible, it teaches you to also measure how far you can go with a diet, how quickly you can introduce certain food combinations, though to go fully on this diet, over a long time - not sure.

A great companion book to Ehret's Rational Fasting. Between the two of them, I've gained a new perspective and confidence in my decision to implement fasting and a mucusless diet as ongoing parts of my life. Quick read and full of great insight and information.

Arnold Ehret's books are simple yet brilliant genius. If you are trying to decide which one to purchase first, I would recommend this one. You will find a lot of repetition but each book provides info that you will not find in the other books. I was very happy with this purchase.

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