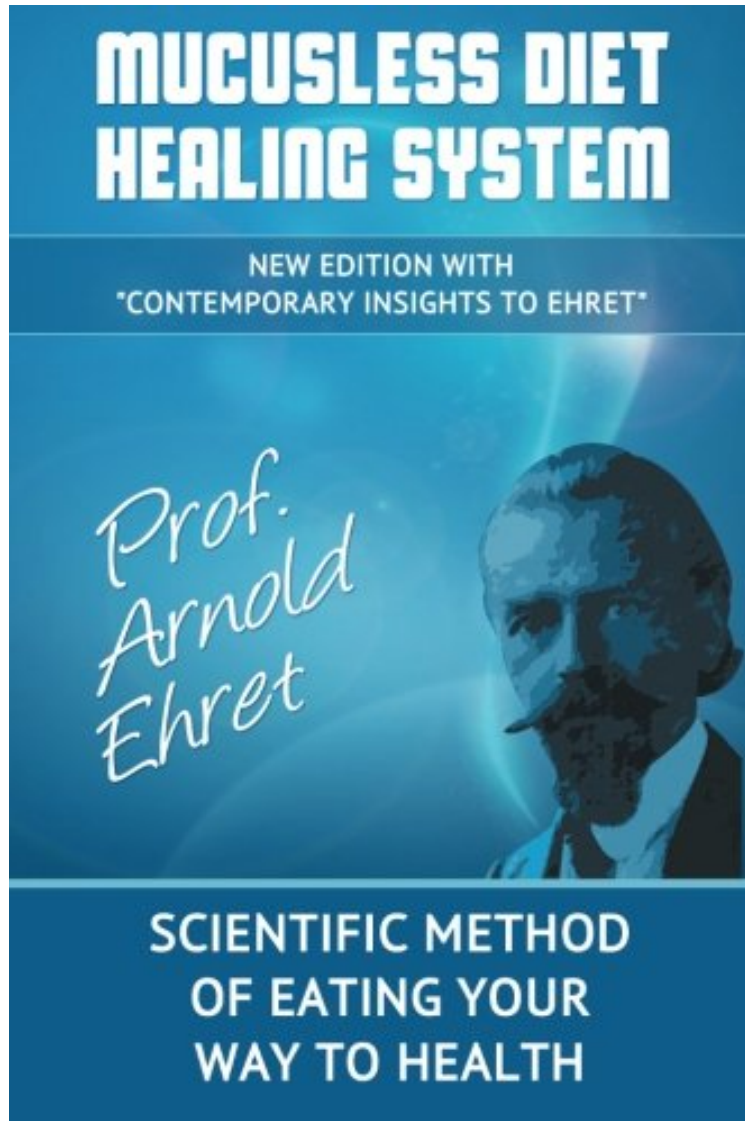


# Mucusless Diet Healing System: Scientific Method of Eating Your Way to Health

*Arnold Ehret*

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**Arnold Ehret : Mucusless Diet Healing System: Scientific Method of Eating Your Way to Health** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mucusless Diet Healing System: Scientific Method of Eating Your Way to Health:

43 of 43 people found the following review helpful. I have fasted many times and always get amazing benefits. Don't

count on the institutions to tell ...By MichiganThis 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!0 of 0 people found the following review helpful. God blessed insight.By Jermaine WalkerPerfect insight into food, the human organism and disease formation. My health as improved dramatically, my sight, joints, clearness of mind. But I'm not very consistent, though I wish I was. But I know it works, my gout pain is lessened 95%. And I lost a few pounds overnight. Dramatic energy increase, I know cause I ride bicycle to work. Hormone imbalance from meat eating is straightened out. Stable now. But, years of eating delicious bad foods, is hard for weak wills like mine. But, no truth lover will be disappointed with this pure knowledge. God blessed insight.God speed.0 of 0 people found the following review helpful. There are better ways to spend your money if you want to ...By Christ NowellThere are better ways to spend your money if you want to learn about proper dieting. I made the mistake of picking up this book without previewing it first and let me tell you it really is quite antiquated as one of the previews reviews mentioned. I also picked up this book because of the number of positive reviews, although, upon reflection now, I believe the reviews may be an enthusiastic response to the diet movement at the moment. Of course the authors work is fascinating. But, the book is quite dated and the most pertinent information for beginners may be obtained via summary on youtube.

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 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.

About the AuthorProfessor 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.