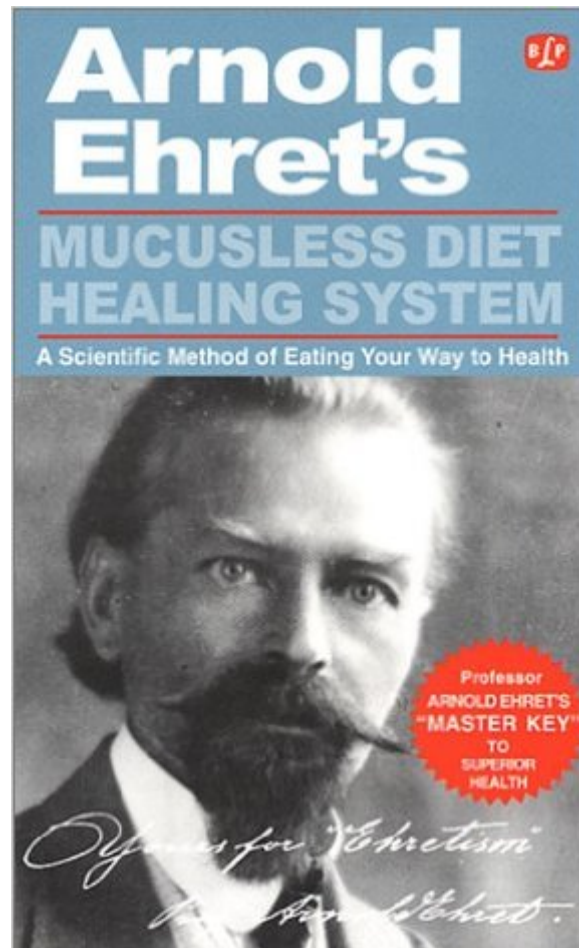


The book was found

Mucusless Diet Healing System



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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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (161 customer reviews)

Best Sellers Rank: #49,052 in Books (See Top 100 in Books) #28 in [Books > Medical Books > Allied Health Professions > Diet Therapy](#) #39 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #274 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

Customer Reviews

I was poisoned by the birth control shot depo provera. Immediately falling sick with symptoms I went back to the doctor. She told me no way was it the shot that was making me sick. She was concerned there was something wrong in my brain and from there I ended up at two different neurologists, a chiropractor, many nurse practitioners, an ear nose and throat doctor and on and on. I was eventually diagnosed with fibromyalgia. (...)No doctor could cure me. They all gave me various drugs, which I took willing.. (foolish me!!) but not one of them cured me. They only further POISONED MY SYSTEM!! I was cured by one thing and one thing only! FASTING AND A MUCUS FREE DIET! I have researched fasting and diet for healing purposes extensively. My stack of books on the subjects stacks waist high. This is by far, hands down, the book I recommend the highest. If you've read *Fast Your Way To Health* and/or *The Miracle of Fasting*, this one is even better!! A+++ I URGE you to read this book! If you apply what he teaches you will change your life. You WILL regain a greater health than you have ever known!

Prof. Ehret's ideas and methods can change your life and unleash a tsunami of energy from within you. But they're not easy. It has taken me years to ease into and then finally enjoy a healthy lifestyle. And it's been disappointing to see how difficult it is for some of my friends and family to end their poor eating habits and change their lifestyle. I wouldn't consider this book as a "starting guide." It's more for people who are already committed to changing their lifestyle. The author's ideas are as undiluted as his politically incorrect worldview. To be fair, he died nearly 90 years ago and was unrestrained by the social pressures of our current hyper-sensitive society. For a short book, he covers a lot of ground, including acidic and alkalizing foods, transitioning to a healthy diet and fasting. The transition diet he espouses is extremely important because Ehret's idea of fasting isn't today's MTV-type weekend cleanse. His idea of a fast is more of the biblical kind - 40 days or so. One caveat - when you do begin to change your lifestyle, it's best to use a product to make sure you get all of the nutrients you need at the beginning. If not, your "cleansing crisis" could be so severe that you'd simply abandon your goals. Even when starting on a simple juicing regime, it's best to take it slowly at the outset. In summary, I think this is a great book with proven concepts that will work for you. But just realize the guy's hard-core. Take it easy in the beginning and build on your successes and stay with it. It's definitely worth it.

I've had rheumatoid arthritis for 15 years and the ONLY "treatment" with positive results was this diet of Ehret. No more pain killers, no more acne (thanks to cortisone etc.) no more depression and NO pain or swelling. All allergies disappeared and I can eat almost anything in moderation. Had candida (chronic) - this also disappeared after the fast and never returned thanks to this MUCUSLESS DIET of Ehret. I don't miss any animal proteins in my diet and have no cravings! My husband and daughter loves this diet - they feel so clean! Read the book - it will make all the difference!

In the last few centuries, no one has come close to a more safe and effective method of healing than Dr. Ehret. For centuries, man has abused his stomach, and therefore, has cut short his life span and quality of life. Dr. Ehret has revealed the truths that convey the idea: "you are what you really eat." This is a must have for every American, athlete, elder, chronically sick, and young healthy person in the world today. Discover what the dangers of our modern diets are and how they show themselves in our everyday lives by gray hair, cancer, cavities, and obesity.

Reading between the lines of this simple yet profound book tells us that aging is based on the progressive accumulation of nonfunctional matter within the confines of the body which ultimately

obstructs organ function until a key organ fails and death ensues. The origin of the nonfunctional matter within the body is from diet. If the foods we eat are not completely digested down to simple sugars and amino acids, and these incompletely digested fragments are absorbed, they only serve to obstruct the body's internal mechanisms. Aging is based on the progressive accumulation of nonfunctional matter originating in diet. If we can eliminate more nonfunctional matter from the body on a day to day basis than is formed, we have in fact reversed the aging process. Nonfunctional matter is eliminated from the body through two surfaces: the skin by sweating and the entire lining of the alimentary canal from the mouth to the anus, in particular through the surface of the colon from the goblet cells. The substance of Ehret's book is the same as that found in the HATHA YOGA PRADIPIKA which is a sanskrit text explaining the scientific basis of physical immortality. The key to making spiritual progress is the complete purification of the physical body. For the brain to function on a higher level the substance in the body that limits the electrical capacity of the brain must first be removed. The rest is then automatic.

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