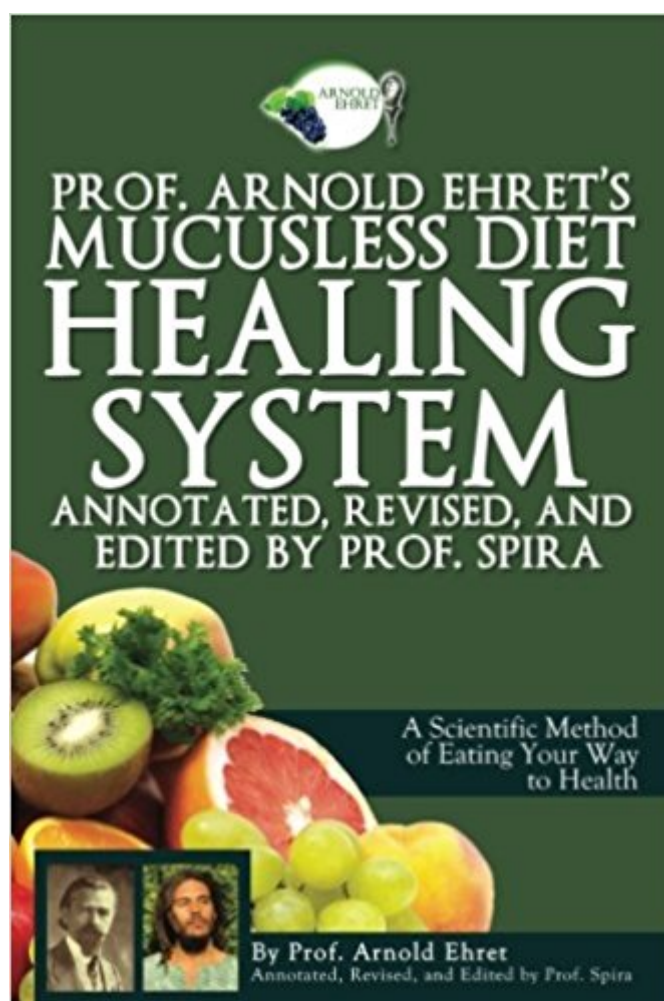


The book was found

Prof. Arnold Ehret's Mucusless Diet Healing System: Annotated, Revised, And Edited By Prof. Spira



Synopsis

Warning! Many of the foods that YOU thought to be Safe and Healthy are Creating SLIME inside YOUR BODY! Discover The Simplest and Most Powerful NATURAL lifestyle secret that has IMPROVED the lives of THOUSANDS! Professor Arnold Ehret's Mucusless diet healing system: Annotated, Revised, and Edited by Prof. Spira contains one of the most profound revelations of the 21st century: that mucus-forming foods are unnatural for us to eat and are the fundamental cause of many human illnesses. But how can you eliminate these foods and cleanse the body from their waste? This book has everything You need to Know to Instantly begin Cleansing the Body and Gaining a NEW Lease on Life! Got MUCUS? Then You Need To Read This Book Because You Will Learn how to: Overcome debilitating health issues naturally, Identify which foods are mucus-forming, Melt away unwanted body fat, Easily overcome that stuffy nose or cough, Heal yourself of numerous painful ailments naturally, Transition safely and permanently toward a mucus-free diet, And much more! What others are saying: "When I came across Prof. Arnold Ehret's Mucusless Diet Healing System: Annotated, Revised, and by Prof. Spira it was an epiphany because I finally understood the root cause of human illness, and therefore the compensation action that must be taken to correct prior years of wrong disease producing foods that have been eaten since birth." -Andrae K. Genus, M.Sc., Environmental Scientist "The Annotated Mucusless Diet will be able to answer questions that people who read the original in the past might have had, making Arnold Ehret's book finally complete." -Georgia Barretto, Brazilian Jazz Musician "Having now read the book with Spira's notes and revisions, it is as if I was led hand in hand by a wise person, almost feeling the author's presence next to me, guiding me toward the right thing to do. In a word, if I were on a desert island, this is the only book that I would take with me." -Aldo Bassi, Mucusless Diet Expert from Italy "The book is excellent! I love the fact that you are so detail oriented. With each page I was learning a lot. Professor Spira, you really outdid yourself and deserve a pat on the back!" -Keonna Lo "What if you only craved the foods that were good for you? You will learn to transform your taste buds so that you no longer desire the most harmful mucus-forming foods. This makes eating healthy so much easier and fun! How Much Money Is It Worth To Eliminate Your Health Concerns And Revitalize Your Body? People have paid thousands of dollars to learn the kind of details found in this book. Arnold Ehret's public lectures on the Mucusless Diet cost \$100 in 1922 Adjusted for inflation, this would be \$1,389.90 today! But, the same information Ehret shared and used to heal THOUSANDS of people in his clinics are available to you in this affordable book. And the annotations by Prof. Spira make this book even more valuable, and a must-have for all people interested in natural living. Mucus-free, The ORIGINAL

Vegan Diet! Get the book that paved way for all plant-based, "vegan" diets. Everybody interested in plant-based natural healing, vegan diets, and raw-food lifestyles must own this book! Scroll up and grab a copy today.

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Customer Reviews

Professor Arnold Ehret, revered as the father of naturopathy, is one of the most important pioneering researcher and authors on natural healing. Ehret showed how a plant-based diet consisting of starchless fruits and green-leafy vegetables (mucusless foods) combined with intermittent fasting, is the most powerful way to heal the human body of many illnesses. Ehret's Mucusless Diet is the ORIGINAL Vegan Diet! ABOUT THE EDITOR: Prof. Spira is an expert on the Mucusless Diet and author of "Spira Speaks: Dialogs and Essays on the Mucusless Diet Healing System" where he reveals how he lost 110lbs and overcame numerous illnesses by practicing Arnold Ehret's Mucusless Diet Healing System. He is also the editor of the first critical edition of the the mucusless diet and webmaster of the popular www.mucusfreelife.com.

Arnold Ehret's original MDHS contains all the information needed to radically change anyone's life, providing they are truly committed and rational about their lifestyle changes. Nevertheless, its relevance is reduced by archaic, almost 100-year-old cultural references and sometimes strange translations from the original German that don't always make sense in our modern culture. Professor Spira has researched Arnold Ehret and his writings extensively, experienced the diet first-hand for years, and understands every aspect of Ehret's thoughts in a way that a casual first-time reader

may not. Professor Spira makes this amazing yet archaic book easily accessible to anyone concerned about health today. The annotations provide a very helpful clarity that is just not found in the original writing. This is the only book about diet and health that perfectly describes and accounts for everything that I have empirically observed happening around me in my life. I feel like I took the red pill from the Matrix and understand why everyone is having problems with their health. This book goes against everything you have ever learned from society about health and diet. (Except maybe "eat more fruits and vegetables"). Until you feel the results of this system yourself, you might find some aspects very strange or hard to believe. 2 tips that may be otherwise looked over as not-important by anyone starting this healing system, but they are in fact VERY important: -TRANSITION SLOWLY, CAREFULLY AND RATIONALLY- DO ENEMAS This is not a "get healthy quick" program, this is a lifestyle change. Enemas are your best friend and will get you through tough periods of emotional and physical discomfort. You aren't practising this system unless you follow those two tips. Don't kid yourself, real health is something achieved gradually. For me, the only (and best) way to effectively spread the amazing information this book contains is to achieve greater and greater glowing health, fitness and vitality, and let the people come to you. Thank you Spira!

Short and to the point, makes it a case that protein is killing us and toxins in the body will kill you if you fast incorrectly. It's all made sense and I've lost about 25 pounds. I use to be a meat eater. Now vegan. If you actually followed this book, you can get dangerously skinny. I show it to anyone who needs weight loss. Best thing about this book is that it has a list of mucusless foods to try. I found a bunch I've never tried but like now.

Interesting health information. I followed it pretty strictly for several days and felt better (lighter, more clear-headed), but ended up returning to my usual vegan, gluten-free, IC-friendly diet as I was getting too hungry. My mom followed it for a long time many years ago, and her health was really good (better than before), she lost all excess weight, and then was having a hard time not losing too much weight (5'9", 120#) so modified the diet though still staying vegan for many years. I had never read the book or known much about the diet she was following other than it was vegan with no added fat. I'm already on the low end of normal weight, and hypoglycemic (so is my mom), so I pretty quickly got to the point she was at after she had been on the diet for several months.

Be careful. This man Arnold Ehret has a very powerful system. I posted that I love it because I know

it works, I know he discovered something amazing. But Don't just jump into it like I did. I have been very ill now for over a month because of this system and have thrown my body into total and complete chaos. I have no doubt that it works extremely effectively, but go slow and pay for the guidance from someone who knows what they're doing. This system has almost killed me.

Thank you for this awesome book, the application of the information contained within it is changing my life for the better and I am very excited about the potential of health. It is very possible to be free from disease, live a long and high quality life, but I think there is much more to this path than most of us can understand yet, so a lot to look forward to if you are a serious practitioner.

Half of the book is scientific and makes me eager to get to the instructions of how to make change. I'm just glad the book finally came.

Helpful and potent information to be healthier. Lots of interesting info.

More updated and explanatory!

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