



MUCUSLESS DIET HEALING SYSTEM

A Complete Course for Those Who Desire
to Learn How to Control Their Health

prof. ARNOLD EHRET

Mucusless Diet Healing System English Edition

Eugene Adolph Bergholz



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Weekly A powerful critique of the failures in our healthcare system and an inquiry into the sinister strains of wellness culture that prey on people's vulnerabilities through schemes, scams, and diets. Jacqueline Alnes was a Division One runner during her freshman year of college, but her season was cut short by a series of inexplicable neurological symptoms. What started with a cough escalated to Alnes collapsing on the track and experiencing months of unremembered episodes that stole her ability to walk and speak. Two years after quitting the team to heal, Alnes's symptoms returned with a severity that left her using a wheelchair for a period of months. She was admitted to an epilepsy center, but doctors could not figure out the root cause of her symptoms. Desperate for answers, she turned to an online community centered around a strict all-fruit diet, which its adherents claimed could cure conditions like depression, eating disorders, addiction, anxiety, and vision problems. Alnes wasn't alone. From all over the world, people in pain, doubted or dismissed by medical authorities, or seeking a miracle diet that would relieve them of white Western expectations placed on their figures, turned to fruit in hopes of releasing themselves from the perceived failings of their bodies. In *The Fruit Cure*, Jacqueline Alnes takes readers on a spellbinding and unforgettable journey through the world of fruitarianism, interweaving her own powerful narrative with the popularity and problematic history of fruit-based raw food lifestyles. For readers plagued by mysterious symptoms, inundated by messages from media about how to attain the perfect body, or caught in the grips of a fast-paced culture of capitalism, *The Fruit Cure* offers a powerful critique of the failures of our healthcare system and an inquiry into the sinister strains of wellness culture that prey on people's vulnerabilities through schemes, scams, and diets masquerading as hope.

Alternative Healthcare Jack Raso, 2013-12-05 Raso examines the philosophical underpinnings of alternative medicine as well as hands-on healing, Qigong, and faith healing. He shows that whatever the specific philosophy, the common denominator is a rejection of the scientific approach of modern medicine in favor of a belief in paranormal forces that influence the well-being of mind and body. The final section is a firsthand account of Raso's many revealing visits to various alternative healthcare practitioners. The book concludes with an encyclopedic glossary of alternative healthcare terminology.

Mucusless Diet Healing System Arnold Ehret, 2020-09-22 This is the ORIGINAL AUTHENTIC version of Prof. Arnold Ehret's Mucusless Diet Healing System, first developed by Ehret. Ehret presents a complete, workable program for cleansing, repairing, rebuilding, and maintaining a healthy body. Considered a complete course for those who desire to learn how to control their health, this simple and logical plan is presented in plain, understandable language so that anyone can apply this method.

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The Food Guide to Glorious Health, with Recipes Eugene Adolph Bergholz,1940 *The Ageless Woman* Sherwin A. Kaufman,1967

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