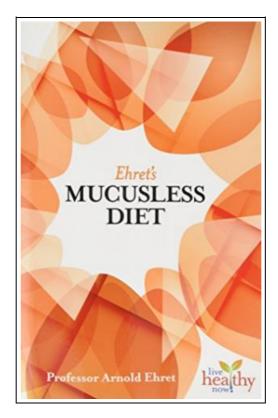
# Ehret s Mucusless Diet (Paperback)



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## Reviews

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Timothy Lynch)

# EHRET S MUCUSLESS DIET (PAPERBACK)



Book Publishing Company, United States, 2017. Paperback. Condition: New. Abridged edition. Language: English. Brand New Book. Over a century ago, health visionary Arnold Ehret developed a logistical course in healing the body that has since helped untold numbers of people achieve their health goals. Ehrets understanding of dietetics and his multidimensional system based on faith and science was decades ahead of its time. In this abridged edition of his original work, Ehret identifies health-destructive foods and proposes a diet based on the laws of nature to cleanse, repair, rebuild, and maintain a healthy body. Special menus help readers replace harmful foods with health-supporting alternatives. Ehret also provides a detailed explanation of the therapeutic value of fasting and includes several recipes that prevent mucus.



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