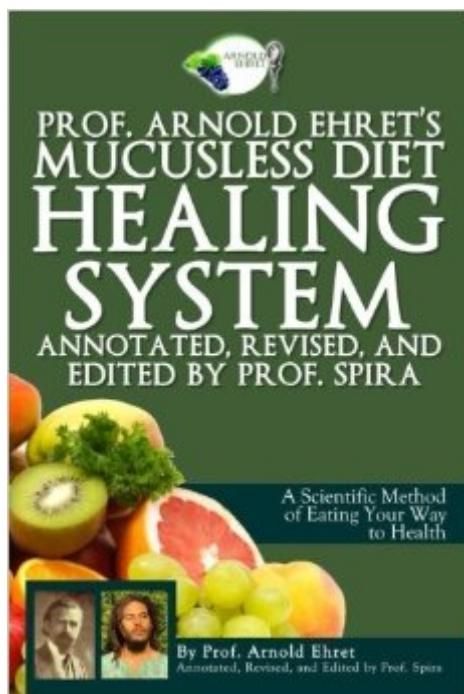


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# Prof. Arnold Ehret's Mucusless Diet Healing System: Annotated, Revised, And Edited By Prof. Spira



## 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 Ehretâ™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?Â Then You Need To Read This Book Because You Will Learn how to:Overcome debilitating health issues naturally,Identify which foods are mucus-formingMelt away unwanted body fat,Easily overcame 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 Ehretâ™s book finally complete." -Georgia Barretto, Brazilian Jazz Musician"Having now read the book with Spiraâ™s notes and revisions, it is as if I was led hand in hand by a wise person, almost feeling the authorâ™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"This mucus free movement is like the next big thing up from going ORGANIC." -Qwalion Busby, EducatorWhat 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 Ehretâ™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.

## **Book Information**

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## **Customer Reviews**

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.

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