



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

By Arnold Ehret

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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!

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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!

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Editorial Review

About the Author

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.

Users Review

From reader reviews:

Arnold Grigg:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite publication and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the reserve entitled Prof. Arnold Ehret's Mucusless Diet Healing System: Annotated, Revised, and Edited by Prof. Spira. Try to make the book Prof. Arnold Ehret's Mucusless Diet Healing System: Annotated, Revised, and Edited by Prof. Spira as your pal. It means that it can for being your friend when you feel alone and beside those of course make you smarter than before. Yeah, it is very fortunated for yourself. The book makes you more confidence because you can know everything by the book. So , we should make new experience and also knowledge with this book.

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Faye Pearson:

The reason why? Because this Prof. Arnold Ehret's Mucusless Diet Healing System: Annotated, Revised, and Edited by Prof. Spira is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will zap you with the secret it inside. Reading this book beside it was fantastic author who else write the book in such remarkable way makes the content inside of easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of rewards than the other book have got such as help improving your talent and your critical thinking means. So , still want to postpone having that book? If I ended up you I will go to the guide store hurriedly.

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