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Mucusless Diet Healing System: Scientific Method of Eating Your Way to Health

Arnold Ehret

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Mucusless Diet Healing System: Scientific Method of Eating Your Way to Health Arnold Ehret Professor Arnold Ehret was a German philosopher, nutritionist, teacher, healer, and visionary, and one of the first people to advocate fasting and raw vegan diets as therapies for healing. For years, his works and teachings have been based on the theory that health, happiness, and longevity can only be found by living in complete harmony with the laws of nature.

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