

## **Mucusless Diet Healing System Scientific Method Of Eating Your Way To Health By Arnold Ehret**

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This scientific method of eating, developed by Ehret in 1922, presents a complete, workable program for cleansing, repairing, rebuilding, and maintaining a healthy body. this book lays out Professor Ehret's simple and logical plan in plain, understandable language so that anyone can apply the Ehret method..

### **professor arnold ehret s mucysless diet healing system**

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he speaks of fasting as riding the body of toxins and mucus which causes ill health really motivates you to keep a fast knowing your body is healing itself a fast of fruits and vegetables is challenging enough for 21 days in this century eating the right foods can be a medicine to the body

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