

Mucusless Diet Healing System

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著者:Ehret, Arnold

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A scientific method of eating your way to health. Clears up mystery of latent, acute and chronic diseases. Reveals the formula of vitality. Explains the enforcement of elimination by diet reform. Ehret's system is more an education than a personal treatment. Recognizing that Nature performs no rapid miracles when healing the body, but rather demands proper compensation for the former wrong living and eating habits. The Mucusless Diet Healing System is for anyone desirous of learning that greatest and most valuable of all knowledge, How to Control Your Own Health. How to live longer and understandingly meet every bodily and mental sensation

作者介绍:

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标签

Steve_Jobs

成长

健康

乔布斯传

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评论

结论大部分对的，原理解释大部分错了。主要介绍了断食的益处和该如何断食。读完挺有收获。为作者的实验精神和经历点赞。读的是台湾16年出的中译本。

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书评

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