

Writting By: ARNOLD EHRET'S
Mucusless-Diet Healing System
A Scientific Method Of Eating Your Way To Health
A Complete Course for Those Who Desire
to Learn How to Control Their Health

Copyright 1953 - Number 84332

PUBLISHED BY
EHRET LITERATURE PUBLISHING CO.
Ardsley, N.Y. 10502

Nineteenth Edition
Printed in U.S.A.
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General Introductory Principles

LESSON 1.

Every disease, no matter what name it is known by Medical Science, is

Constipation

A clogging up of the entire pipe system of the human body. Any special symptom is therefore merely an extraordinary local constipation by more accumulated mucus at this particular place. Special accumulation points are the tongue, the stomach and particularly the entire digestive tract. This last is the real and deeper cause of bowel constipation. The average person has as

much as ten pounds of uneliminated feces in the bowels continually, poisoning the blood stream and the entire system. Think of it!

My "Mucus Theory" and "Mucusless Diet Healing System" stand unshaken; it has proven the most successful "Compensation-Action" so-called cure against every kind of disease. By its systematic application thousands of declared-incurable patients could be saved.

The Mucusless Diet consists of all kinds of raw and cooked fruits, starchless vegetables, and cooked or raw, mostly green-leaf vegetables. The Mucusless Diet Healing System is a combination of individually advised long or short fasts, with progressively changing menus of non-Mucus-Forming Foods. This diet alone can heal every case of "disease" without fasting, although such a cure requires longer time. The System itself will be expounded in later lessons.

However, to learn how to apply the system, to understand how and why it works, it is necessary to free your mind from Medical errors, partly taken over by Naturopathy. In other words, I must teach you a new Physiology, free from Medical errors; a new method of Diagnosis; a correction of the Fundamental errors of Metabolism, high Protein foods, Blood circulation, Blood composition, and last, but not least, you must be taught

What Vitality Really Is

To Medical Science the human body is still a mystery, especially in diseased condition. Every new disease "discovered" by the doctors is a new mystery for them. There are no words to properly express how far from the truth they actually are! Naturopathy uses the word Vitality continually, yet neither "Medical Scientists" nor Naturopaths can tell what Vitality is. . . .

Disease is an effort of the body to eliminate waste, mucus and toxemias, and this system assists Nature, in the most perfect and natural way. Not the disease but the body is to be healed; it must be cleansed, freed from waste and foreign matter, from mucus and toxemias accumulated since childhood. You cannot buy health in a bottle, you cannot heal your body, that is, cleanse your system in a few days, you must make "compensation" for the wrong you have done your body all during your life.

My system is not a cure or a remedy, it is a regeneration, a thorough house-cleaning, the acquisition of such clean and perfect health as you never knew before.

Remember: Your constitutional encumbrances throughout the entire system are the source of every disease . . .

In Summa: The human mechanism is an elastic pipe system. The diet of civilization is never entirely digested and the resultant waste eliminated. This entire pipe system is slowly constipated, especially at the place of the symptom and the digestive tract. This is the foundation of every disease. To loosen this waste, eliminate it intelligently and thoroughly, and to control this elimination can only be done perfectly by the

***** MUCUSLESS-DIET HEALING SYSTEM *****

The Diagnosis

LESSON III.

My diagnosis determines the following points

The relative amount of encumbrance in the system.

The predominant part, that is, whether more mucus or more poisons.

If pus is present in the system, amount and kind of drugs used.

If internal tissue or an organ is in a process of decomposition.

How far vitality is lowered.

You will also learn thru experience and observations along these lines that the general appearance, especially the face of the patient will indicate more or less the internal conditions.

Diagnosis (Continued)

LESSON IV.

The Experimental Diagnosis

THE MOST EXACT, UNERRING DIAGNOSIS WE HAVE IS A SHORT FAST.

Any inside special "constipated" place is located by a light pain there.

This then is the PROGNOSIS OF DISEASE.

The Formula of Life
The Secret of Vitality
LESSON V.

"V" = "P" - "O" ("V" equals "P" minus "O") is the formula of life -- and yet at the same time you may call it the formula of death.

"V" stands for VITALITY.

"P," or call it "X," the unknown quantity in this question, is the POWER that drives the human machinery which keeps you alive, which gives you strength and efficiency, endurance for as yet an unknown length of time without food!

"O" means OBSTRUCTION, encumbrance, foreign matters, toxemias, mucus; in short, all internal impurities which obstruct the circulation, the function of internal organs especially, and the human engine in its entire functioning system.

You can therefore see thru this equation that as soon as "O" becomes greater than "P" the human machine must come to a standstill.

The engineer can figure exactly "E = P - F," meaning that the amount of energy or efficiency "E" he secures from an engine is not equal to the power "P" without first deducting "F," the friction. . . .

The next fact is that its [the lungs'] function is that of a pump by air-pressure, and with an inside circulation of liquids, such as the blood and other saps, and that THE LUNGS ARE THE PUMP AND THE HEART IS THE VALVE - and not the opposite -- as erroneously taught by medical physiology for the past 400 years!

A further fact -- one that has been almost entirely overlooked -- is the automatic, atmospheric outside counter-pressure, which is over 14 pounds to the square inch. Immediately upon, and after each out-breath a vacuum created in the lung cavity. In other words, the human body animal organism in its entirety, functions automatically inhaling air-pressure and expelling chemically changed air and outside atmospheric counter-pressure on the vacuums of the body. That is vitality, animal life in the first instance and

importance. That is "P" (power) which keeps you alive -- without air you cannot live five minutes!

But the unseen fact, let us say the secret, is that it works simply and automatically thru atmospheric counter-pressure, which is only possible because the "engine" consists of elastic, spongy material with a vital strain power -- with an ability of vibration, expansion and contraction. Those two facts were the unknown secrets concerning the automatic function of "P" as the phenomena of vitality, and the Chemist Hensel has proven thru chemical physiological formulas that this special vital elasticity of the tissues is due to a lime sugar combination. . . .

Here, then, is the cause why so many "fasting," "fruit-diet" etc., "cures" fail.
THE INEXPERIENCED LAYMAN ALWAYS COMES TO THE DEATH POINT
. . .

First -- Vitality does not depend primarily and directly upon food, but rather from the facts of how far and how much the function of the human engine is obstructed -- "clogged up" by the obstructions of mucus and toxemias.

Second -- Removing "O" by artificially increasing "P" thru artificial stimulants, shaking and vibrating tissues thru physical treatments is always done at the expense of "V," Vitality.

Third -- Vital energy, physical and mental efficiency, endurance, superior health by "P," air and water alone, is tremendous, beyond imagination, as soon as "P" works and can work without "O" -- without obstruction and friction in a perfectly clean body.

Fourth -- The limit of going without food and before solid food becomes necessary under such ideal conditions, is yet unknown.

Fifth -- The composition of "P," besides air, oxygen and a certain quantity of water-steam, increases -- but only in a clean body -- thru the following other agents from the infinite:

ELECTRICITY; OZONE; LIGHT (especially sunlight); ODOR (good smells of fruit and flowers).

Further, it is not impossible that under such clean, natural conditions, nitrogen of the air may be assimilated.

In the following lesson I teach you a new but true physiology of the body, which is necessary to know in order to understand why and how the **MUCUSLESS DIET HEALING SYSTEM** functions in its complete perfection,

and for this purpose it was first necessary to lift the veil from the secret,
FROM THE MYSTERY OF VITALITY.

The New Physiology

LESSON VI.

As you now know what Vitality is and how simply animal life functions automatically by air pressure and counter-pressure (on fish, etc., it acts exactly the same, by water instead of air), you may realize that medical physiology, the science of animal functions is fundamentally wrong, based on the following errors, which must be corrected by a New Physiology:

The Theory of Blood Circulation.

Metabolism or change of matter.

High Protein Foods.

Blood Composition.

Blood Building.

[Available in book]

Blood Building

Today, every substance of the human body is chemically analyzed and doctors dream of perfecting chemically concentrated food substances in the future, making it possible for you to carry your meals in your vest pocket in sufficient quantities to last a couple of days. That will never happen, for the human body does not assimilate a single atom of any food substance that is not derived from the vegetable or fruit kingdom.

All manufactured food mixtures, when too concentrated -- either of the animal or vegetable kingdom -- do not build blood but stimulate only.

Animal foods cannot build good blood; in fact, do not build human blood at all, because of the biological fact that man is by nature a fruit eater.

Albumen is not the most important substance for our blood, nor is it mineral salts alone which build perfect blood. The cardinal standard substance for man's blood is the highest developed form of carbon hydrate, chemically called sugar-stuff, grape or fruit sugar as contained more or less in all ripe fruits, and in the next lower state in vegetables.

Confusion in Dietetics

In this very important lesson it is necessary for me to convince you, once and for all, of the following facts:

First -- that in food (in diet) lies 99.99% of the causes of all diseases and imperfect health of any kind.

Second -- That consequently, all healing, all therapeutics will continue to fail as long as they refuse to place the most important stress on diet.

Third -- That what I call "mucusless diet" and "mucus forming foods" divides characteristically all human foods into harmless, natural, healing and real nourishing foods, and into harmful, disease-producing ones.

Fourth -- That all other dietetics are mainly wrong because they lay their stress on food values entirely, whether "wrong" or not, instead of the healing, cleaning, eliminating values and their efficiency before the healing process is started, going on, or accomplished at all. (See Lesson 5.) . . .

It is not sufficient, as the layman imagines, to know which foods are mucusless and which are mucus-forming, but:

HOW FAR AND HOW FAST THE CHANGE CAN SUCCESSFULLY BE MADE.

HOW THE COMBINATION OF DIFFERENT FOODS HAS TO BE ARRANGED.

HOW LONG AND HOW OFTEN FASTING MUST BE INTRODUCED AND COMBINED DURING THE HEALING DIET IF FOUND NECESSARY.

This is and represents the "SYSTEM" of the Mucusless Diet and Fasting as well as what the Practitioner has study and must learn, and what the layman does not know and consequently why he must inevitably fail when trying to cure himself with "good foods."

After the foregoing explanation you will at once see in the following critique of the best known dietetics, why they are imperfect, and why the confusion is so great. In later lessons you will also learn of every kind of food, why it is good, and why bad. In case you are still unaware of the foods which are mucusless, and which mucus-forming, they are as follows:

All fruits, raw or cooked; also nuts and green-leaf vegetables are mucus-free. All other foods of civilization, without exception, are mucus and acid-forming, and therefore are harmful.

They claim all cooking destroys food values, but it should properly be said:

"Wrong cooking destroys healing value qualities (efficiency) of foods, and can

even cause them to become acid-forming." The "raw food" experts, hint on the same wrong stress, as all others, i.e., higher food value. . . .

Now you may understand why the "Mucusless Diet" is a system in which every change in diet has certain duties to perform -- as a diet of healing to be applied systematically according to the condition of the sick.

You will now understand why and in what manner I differ from all others. The "Mucusless Diet Healing System" is not a collection of different menus for every disease; it is not "made-up" combinations of valuable and nourishing foods -- it is not like a medical prescription or a compilation of standard diets suitable for all diseases, but it is a system of dietetical changes and dietetical improvements -- a system of dietetical elimination of disease matter, waste, mucus and poisons; a system of slowly changing and improving the diet as a diet of healing towards -- and up to -- the ideal and natural food of man - FRUITS ONLY -- or fruits and green-leaf vegetables -- THE MUCUSLESS DIET.

It is therefore a personally supervised and in every case different, modified, scientific, systematical, progressive method of "eating your way to health," combined if found necessary, with short or longer fasts.

It is a healing process through which every sick person must go if he wants to be perfectly healed; it is an exclusive dietetical "curing and healing, rebuilding and regenerating process" based on the use of harmless and natural food for mankind "coined" and set biologically by the Creator in "Genesis" -- "FRUITS AND HERBS," or "MUCUSLESS DIET." Nature will do her part if we but give her half a chance. Try it out for yourself and watch for results.

Transition Diet

My experience of over twenty years, covering for the most part the extremely severe cases of all kinds of diseases, has proven that a carefully selected and progressively changed TRANSITION DIET is the best and surest way for every patient to start a cure, especially for the average mixed eater. As long as wrong foods (foods of civilization) are partly used, I call it a Mucus-LEAN DIET. Transition means the slow change from disease-producing foods to disease-healing foods, which latter I call the MUCUSLESS DIET.

The worst and by far the most unhealthy habit is the HEAVY BREAKFAST. No solid food should be eaten in the early morning at all if you desire to

secure the best results. It is permissible to take the drink that you are accustomed to, but nothing else. If you find this difficult to do in the beginning you may drink again later on so that your lunch is taken in the empty stomach. This is so very important that a number of light diseases can be cured by the so called "NO BREAKFAST PLAN" alone. (This subject is more fully covered in Fasting Lessons 17, 18, 19, 20.)

It is best that no more than two meals a day be eaten, even though the quantity you eat is as much as if three or even four meals were eaten. Later, when the stomach is cleaner, a small dish of fresh fruits when in season may be eaten for breakfast if desired. If possible, the first meal, lunch, should be eaten between ten and eleven in the morning, and supper not sooner than five or six in the afternoon. Another very important rule, when eating for health, is SIMPLICITY; in other words do not mix too many kinds of food at one meal. Count the different number of items in the average meal of today and the total will startle you.

NEVER DRINK DURING A MEAL. If accustomed to tea or coffee, wait a short while after you have eaten before drinking. Soups should be avoided with meals, as the more liquid taken the more difficult for proper digestion. If a warm drink is desired, for instance, as a breakfast drink during the winter time, make a broth by cooking for a long time different kinds of vegetables, such as spinach, onions, carrots, cabbages, etc., and DRINK THE JUICE ONLY.

Menus for the First Two Weeks -- [available in book]
Special Transition Recipes -- [available in book]
Vegetarian Recipes -- [available in book]
ALWAYS EAT FRUIT FIRST.

DO NOT DRINK LIQUIDS OF ANY KIND WITH MEAL.

MAN'S FOOD IS FRUITS AND HERBS -- (Genesis 2.) --

MIX BUT FEW VARIETIES.

NEVER EAT NUTS WITH JUICY FRUITS.

NATURE'S OPEN BOOK IS SIMPLICITY.

DO NOT OVEREAT.

Sample Menus -- [available in book]

Salad Recipes -- [available in book]

Cooked Vegetable Recipes -- [available in book]

Fasting (Part 1)

It is significant for our time of degeneration that fasting, by which I mean living without solid and liquid food, is still a problem as a healing factor for the average man, as well as for the orthodox medical doctor. . . .

On the other hand, fasting is so feared and misrepresented that the average man actually considers you a fool if you miss a few meals when sick, thinking you will starve to death, when in reality you are being cured. . . .

Have you ever thought what the lack of appetite means when sick? And that animals have no doctors, and no drug stores, and no sanitariums, and no machinery to heal them?

When you fast you eliminate first and at once the primary obstructions of wrong and too much eating. . . . So it is a well known fact that a faster can feel better and is actually stronger on the twentieth day than the fifth or sixth day, certainly a tremendous proof that vitality does not depend primarily on food, but rather on an unobstructed circulation. (See Lesson 5.) The smaller the amount of "O" (obstruction) the greater "P" (air pressure) and therefore "V" (vitality).

Thru the above enlightening explanation you see that fasting is:

first, a negative proposition to relieve the body from direct obstructions of solid, most unnatural foods;

second, that it is a mechanical process of elimination by contracting tissues pressing out mucus, causing friction and obstruction in the circulation.

The following are examples of vitality from "P," Power, air pressure alone:

One of my first fasters, a relatively healthy vegetarian, walked 45 miles in the mountains on his 24th fast day. A friend fifteen years younger and myself walked 56 HOURS CONTINUALLY after a ten-day fast.

As long as the waste is in the circulation you feel miserable during a fast; as soon as it is thru the kidneys you feel fine. Two or three days later and the same process repeats itself. It must now be clear to you why conditions change so often during a fast; it must now be clear to you why it is possible for you to feel unusually better and stronger on the twentieth fast day than on the fifth, for instance.

. . . consequently a long fast, especially a too long fast, may become in fact a crime . . . Fasters who died from too long a fast did not die from lack of food, but actually suffocated in and with their own waste.

I gave all of my fasters lemonade with a trace of honey or brown sugar for loosening and thinning the mucus in the circulation. Lemon juice and fruit acids of all kinds neutralize the stickiness of mucus and pus (acid paste cannot be used for sticking purposes).

If a patient has ever taken drugs over his entire life period -- which become stored up in the body like the waste from food, his condition might easily prove serious or even dangerous when these poisons enter the circulation, . . .

How Long Should One Fast?

[Available in book]

Here is the point where human intelligence can correctly assist in the self-healing process by the following adjustments which embrace the Mucusless Diet Healing System:

First. Prepare for an easier fast by a gradually changing diet towards a mucusless diet, and by laxatives and enemas.

Second. Change shorter fasts periodically with some eating days of cleansing, mucus-poor and mucusless diet.

Third. Be particularly careful if the patient used much drugs; especially if a mercury or saltpeter, oxide of silver (taken for venereal diseases) have been used, in which a long, slowly changing, preparative diet is advisable. An "expert's" suggestion to fast until the tongue is clean has caused many troubles with "fanatical" fasters, and I personally know of one death. You may

be surprised when I tell you that I had to cure patients from the ill effects of too long a fast. The reason will be clear later.

In spite of the above, every cure, and especially every cure of diet should start with a two or three-day fast. Every patient can do this without any harm, regardless of how seriously sick he may be. First a light laxative and then an enema daily, makes it easier as well as harmless.

How to Break a Fast

The right food after a fast is as important and decisive for proper results as the fast itself.

Important Rules to be Carefully Studied and Memorized

What can be said in general, and what I teach is new and different from the average fasting experts, and is as follows:

The first meal and the menus for a few days after a fast must be of a laxative effect, and not of nourishing value as mostly all others think.

The sooner the first meal passes thru the body the more efficiently it carries out the loosened mucus and poisons of the intestines and the stomach.

If no good stool is experienced after two or three hours, help with laxatives and enemas. Whenever I fasted I always experienced a good bowel movement at least one hour after eating, and at once felt fine. After breaking a long fast I spent more time on the toilet than in bed the following night -- and that was as it should be.

While sojourning in Italy many years ago, I drank about three quarts of fresh grape juice after a fast. At once I experienced a watery diarrhea set in foaming mucus. Almost immediately after I experienced a feeling of such unusual strength that I easily performed the knee-bending and arm-strengthening exercise 352 times. This removal so thoroughly of obstructions, taking place after a fast of a few days, increased "P"-vitality at once! You will have to experience a similar sensation to believe me, and then will agree with my formula, "V" = "P" - "O," and will realize the absurdity of making up scientific nourishing menus for health and efficiency.

The longer the fast the more efficiently the bowels perform after it is over.

The best laxative foods after a fast are fresh sweet fruits; best of all are cherries and grapes then a little baked or stewed prunes. These fruits must not be used for a meat-eater's first fast, but only for people who have lived for a certain time on mucusless or at least mucus-poor foods -- the "transition diet."

In the average case it is advisable to break the fast with raw and cooked starchless vegetables; stewed spinach has a specially good effect.

If the first meal foods do not cause any unpleasantness, you may eat as much as you can. Eating only a small quantity of food for the first 2 or 3 days without experiencing a bowel movement -- owing to the small amount of food taken (another wrong advice given by "experts") -- is dangerous.

If you are in the proper condition so that you can start eating with fruits, and you have no bowel movement after about an hour, then eat more or eat a vegetable meal as suggested above, eat until you bring out the waste accumulated during the fast with your stool, after eating the first meal.

Rules During the Fast

Clean the lower intestines as well as you can with enemas, at least every other day.

Before starting a longer fast, take a laxative occasionally, and by all means the day before you start the fast.

If possible, remain in the fresh air, day and night.

Take a walk, exercise, or some other physical work only when you feel strong enough to do it; if tired and weak, rest and sleep as much as you can.

On days that you feel weak, and you will experience such days when the waste is in the circulation, you will find that your sleep is restless and disturbed, and you may experience bad dreams. This is caused thru the poison passing thru the brain. Doubt, loss of faith, will arise in your mind; then take this lesson and read it over and over, as well as the other fasting chapters and especially Lesson 5. Don't forget that you are, parenthetically speaking, lying on Nature's operating table; the most wonderful of all operations that could be performed; and without the use of a knife! If any extraordinary sensation occurs due to the drugs that are now in the circulation, take an enema at once, lie down, and if necessary break the fast, but not with fruits.

Whenever you arise after lying down, do it slowly otherwise you may become dizzy. The latter condition is not serious, but you had better avoid it in this manner. It caused me considerable fear in the beginning, and I know a number of fasters and strict eaters who gave up when they experienced this sensation -- lost their faith forever.

Fasting Drinks

. . . I consider a light lemonade with a little honey or brown sugar or a fruit juice the best. Drink as often as you care during the day, but in general not more than 2 or 3 quarts a day.

As a change, vegetable juices made from cooked starchless vegetables is very good during a longer fast. Raw tomato juice, etc., is also good.

Morning Fast or Non-Breakfast Plan

The worst of all eating habits nowadays is to stuff the stomach with food early in the morning. In European countries, excepting England, no one takes a regular meal for breakfast; it is generally a drink of some kind with bread only.

The only time that man does not eat for 10 to 12 hours is during the night while he is asleep. As soon as his stomach is free from food, the body starts the eliminating process of a fast; therefore encumbered people awaken in the morning feeling miserable and usually have a heavily coated tongue. They have no appetite at all, yet they demand food, eat it, and feel better -- WHY?

Another "Mystery" Revealed

This is one of the greatest problems I solved, and is one that puzzles all "experts" who believe it is the food itself. As soon as you refill the stomach with food, THE ELIMINATION IS STOPPED and you feel better! I must say that this secret which I discovered is undoubtedly the explanation of why eating became a habit and is no longer what Nature intended it should be, namely a satisfaction, a compensation of Nature's need of food.

This habit of eating, affecting all civilized mankind and now physiologically explained involves and proves the saying I coined long ago: "Life is a tragedy of nutrition." The more waste that man accumulates, the more he must eat to stop the elimination. I had patients who had to eat several times during the night to be able to sleep again. In other words, they had to put food in the stomach to avoid the digestion of mucus and poisons accumulated there!

The 24-Hour Fast, or One Meal a Day Plan

As with the breakfast-fast, you can heal more severe cases with the 24-hour fast, or in cases of deep chronic encumbrance and drugs it is a careful, preliminary step to the necessary longer fasts. The best time to eat is in the afternoon, say, 3 or 4 o'clock P.M.

If the patient is on the mucusless or transition diet, let him eat the fruits first (fruits should always be eaten first), and after an elapse of 15 or 20 minutes eat the vegetables; but all should be eaten within an hour so that it is, so to say, one meal.

Fasting When Used in Connection With the Mucusless Diet Healing System
If fasting is to be used at all, then start at first with the non-breakfast plan; then follow with the 24-hour fast a while; then gradually increase up to 3, 4 or 5-day fasts, eating between fasts for 1, 2, 3 or 4 days a mucusless diet, combined individually as an elimination adjustment, and at the same time supplying and rebuilding the body continually with and by the best elements contained in and found only in mucusless foods.

Please try and memorize the lesson on Metabolism (Lesson 9 -- [available in book]) because it is the most important truth of my new physiology; also Lesson 5, and you will clearly understand fasting with all its possible sensations.

If your blood "stock" is formed from eating the foods I teach, your brain will function in a manner that will surprise you. Your former life will take on the appearance of a dream, and for the first time in your existence your consciousness awakens to a real-self-consciousness.

Your mind, your thinking, your ideals, your aspirations and your philosophy changes fundamentally in such a way as to beggar description.

Your soul will shout for joy and triumph over all misery of life, leaving it all behind you. For the first time you will feel a vibration of vitality through your body (like a slight electric current) that shakes you delightfully.

You will learn and realize that fasting and superior fasting (and not volumes of psychology and philosophy) is the real and only key to a superior life; to the revelation of a superior world, and to the spiritual world.

Destructive Diet of Civilization and the Mucusless Diet,
the Natural Food of Man

You have now learned that total abstinence from food -- FASTING -- is the best and most effective method of healing. . . .

Paradoxically but true, civilized men starve to death thru ten times too much overeating of wrong, destructive foods; the "sack" (stomach) of digestion is enlarged and sunken, prolapsed, which condition dislocates and interferes with the proper functioning of the other organs. Its glands and pores of the

walls are totally constipated and its elasticity as well as that of the intestines, with its vital function is almost paralyzed. The abdomen is an abnormally enlarged sack of fatty, watery, dislocated organs thru which half or even more of the decayed foods of civilization slide, fermenting more and more into feces such as no animal has, and this is called digestion!

Sex

Sex Diseases

Thru the knowledge received in past lessons, you now know and can realize more than any Naturopath that there is no principal difference between any one kind of disease or another.

In this particular case, however, we find an exception, but only in so far as the symptoms of syphilis are concerned. Venereal diseases can be healed by diet and fasting easily for the simple reason that the patient is generally young in years. The cure becomes more aggravated, made more difficult, if drugs have been used. This, of course, has unfortunately happened in almost every case.

The so-called characteristic symptoms of any kind of syphilitic disease are due to drugs of one or several kinds.

Nothing is easier to heal than this "cold" or "catarrh" at the sex organ, if untouched by drugs or injections.

I healed hundreds of such cases where Naturopathy failed to heal. Only fasting and mucusless diet can help.

This condition requires so careful a control of the elimination that under all circumstances an expert with previous experience is required.

Natural Control of Sex

[available in book]

Motherhood and Eugenics

Motherhood with mucusless diet, before, during and after pregnancy is the development towards the Madonna-like, holy purity principally different from the dangerous so-called "ordinary" childbirth, with its ever-present risk of life, known in our present civilization.

If the female body is perfectly clean thru this diet, the menstruation disappears.

Headaches, toothache, vomiting, and all other so-called "diseases of pregnancy" disappear, and painless childbirth, an ample sufficiency of very sweet milk, babies that never cry, babies who are very differently "clean," as compared with others, are the wonderful facts I have learned from every woman becoming a mother after having lived on this diet.

It is not advisable to start a radical change in diet during pregnancy, or while nursing; this should be done at least two or three months before conception.

Feeding the Baby

What is considered a well-fed and healthy looking baby, of average normal weight, is in reality pounds of waste of decayed milk.

As stated before, if a change of this kind in the baby's diet is made, they must be healed first -- whether sick or not -- cleansed from the waste of their "latent disease."

Natural sweets are necessary for the growing child for building a strong skeleton. Lime is also important. (See Berg's Tables.)

Thousands of pregnant mothers, innocently thru overeating, half kill their children before they are born.

Eugenics of a Diseaseless, Superior Race

Using a plant as a comparison, "motherhood" can be said to represent the QUALITY of the soil; "fatherhood" represents the quality of the seed-of the germ.

A relatively poor, almost barren soil but a good quality of seed produces a fairly good plant, but a defective seed, even though planted in the best of soil, NOTHING.

As in every respect of life this problem is different also, and, of course, is different in the case of a clean body on natural diet. Medical doctors and Naturopaths alike will hardly believe at all in the new principles and arguments which I have brought out, and postulated in this work. They

reason and figure with the facts and experiences of the filthy body living on the unnatural diet of civilization.

One cannot reason about colors with a man born blind. One cannot use the old arguments and the old physiology to gainsay my statements. Until you have personally experienced on your own body the truth of my teachings, you will have to accept and believe the new ones.

Realize, please, what this means -- SUPERIOR FASTINGS -- as they were taken by the prophets of old.

It is nothing less than the problem of the future of the American Nation -- mixing races or inbreeding. The Jewish race is the answer, the only example in existence that inbreeding is natural and perfect. Marriage of close relationship fails simply because we have degenerated too far, in comparison with the people of their ancestor Abraham. Outside breeding is a "stimulation" with an apparently good result, lasting only for one or two generations and then, in general, the family dies out.

The Enforcement of Elimination by Physical Adjustments

As shown in previous lessons all physical treatments vibrate -- shake -- the tissues and thereby stimulate the circulation in one way or another for the purpose and with the result of loosening and eliminating "foreign matters," the cause of all diseases.

The most natural exercises and by far the best, are walking, dancing and singing;

By taking the proper care of your body you will generate health. The following exercises are suggested for those who desire to keep physically fit: [available in book]. I must again remind you that air is more necessary to life than food. Proper breathing is therefore essential. Do not exercise in a close, stuffy room.

Always bear in mind that extremes of any kind are harmful. This applies to exercise, bathing and sleeping, as well as extremes in eating. Even extreme joy and happiness has been known to kill just as readily as extreme anger, hate and worry. Therefore, AVOID EXTREMES OF ALL KINDS.

"Man is what he eats" is a philosopher's greatest and truest statement.

You must now see why civilization, all religion, all philosophy, with their tremendous sacrifice of work, time, money, energy, is and has been part guesswork. The magic formula for "Heaven on Earth" -- of the Paradise -- must read like this:

"Eat your way into Paradise physically." But you cannot pass the gate, watched over by the angel with the flaming sword, until you have gone through the purgatory (cleansing fire) of fasting and diet of healing -- a cleansing, a physiological purifying, by the "Flame of Life" in your own body! During thousands of years no one has escaped the struggle of death caused by an unnatural life, and you will have to face it some day.

This will give an outline of the serious nature of my work -- and the necessity for your help in carrying it through as the greatest deed you can perform -- upon which depends not only your future destiny, but that of a suffering, unhappy mankind -- on the verge of a physical and mental collapse.

What is the fundamental cause of disease? Why in this time of heightened scientific medical advancement is degenerative disease so prevalent? Have we accepted a state of existence as normal, when in fact so much more is within reach? Are we living a compromised life? These are serious questions we need to ask, in order to embark upon the road which cruelly leads to understanding of the central cause of disease and its prevention.

At the present time disease claims more lives than all other causes of death combined. Over twenty five million are afflicted with Arthritis. Diabetes claims over five million and ranks third as a cause of blindness in this country. Cancer has become so very wide spread despite the so called war on cancer. The field of scientific medical thought is struggling to resolve these problems.

In the past ten years, the medical community has understood the basics of diet in relationship to disease and prevention. Effort is being made but, the lax focus and weak education effort is an issue of contention. Why? Because Professor Arnold Ehret as well as others have been at least suggesting the role of diet and disease for seventy years. Why does it take so long for a response when millions are suffering? Have you been watching the advertisements for milk and beef lately. Industry is panicking in the face of growing awareness of the value of a vegetarian diet. So why the contention? Why are so many thousands leaving the country to seek alternative treatment for cancer?

In the course of forty years you consume about 42,000 meals. Is it not responsible that they may have some effect on the human organism? Diet is the basis of blood formation and the quality of the blood is the life for your cells. The body is not inert to a response. The failing health of a person has a link to somewhere.

Professor Arnold Ehret seventy years ago taught through his common sense reasoning the importance of diet in the cause of disease, its prevention and treatment. Additionally he offered a glimpse into the possible true state of health, a standard far higher than believed today in traditional health medical science.

What is it that is guiding man? Progress in technology, to more comfortable life? But without the guidelines of natural law what are the tradeoffs? Air pollution, water pollution, dumping of toxic waste, and what do we do with radioactive waste? Where does conscience enter into the process? Professor Ehret is a man of concern for the morality and sacredness of life. His effort on Earth was to educate people in the relationship between natural law, health and a respect of all life.

Professor Ehret's proclamation of the internal uncleanness of the human organism is caused in part by devitalized, demineralized, refined, chemically filled fake foods of modern civilization. Autopsies clearly show through arterial plaque and intestinal retained waste, that the body is in a state of uncleanness. The foul odor of the bowels and bad breath are indicators of this impurity.

The field of science is essential. Biochemistry, physiology, nutrition, etc. enables us to understand details of molecular function and the chemistry

behind the function of systems and organs. Pathways eg; Krebs Cycle, bring us to the inner world of cellular chemistry. This is only half the story however.

Natural law is essential to understand if we are to build a world without disease. The understanding of natural law is the spiritual moral, and purposeful force and meaning behind something. Without this, science is like sailing without a compass. We have come to realize that in some way or another all things are connected together. As we cut down rainforests and pollute the air, we understand that it is our own survival at stake. The Earth is our source of biological life. Arnold Ehret realized this and clearly taught the direct relationship between the foods of the Earth (the right kinds) and health. His personal validation of his teachings as well as countless others is an outstanding feature of this man. So many teachers do not practice their own words. It is true that word and deed create a man of substance. Truthful words and truthful deeds created a bright memorable person, Arnold Ehret.

While science is advancing we learn evermore clearly the wisdom of nature. Today, science being far more developed than seventy years ago, is no reason to stumble over some of the less clear explanations, concepts or science of Professor ehret's era. The essence is this: we must eat right, we must purify our lives, and know the Principles that govern nature, of which mankind is included.

Dear Friends,

After careful and intelligent study of the forgoing lessons, you now know that disease consists of an unknown, decayed and fermented mass of matter in the human body, decades old - especially in the intestines and colon. You likewise know how unwise and ignorant it is to think that knowing what to eat is, alone, a complete diet of healing.

None of the recognized authorities know the tremendous importance of a thorough and deep cleansing of the human "cesspool." All are more or less "fooled" by Nature when they advise eating of fruits, with stomach and intestines clogged up by mucus and decomposed protein foods, eaten from childhood on.

You have been taught the result: should these poisons -cyanide of potassium - be dissolved too rapidly and permitted to enter the circulation, severe

sensations - even death may occur, and man's natural food, oranges, grapes, dates, etc. are blamed!

My teachings clearly prove that this hitherto unexplained ignorance regarding fruit diet is the "stumbling block" for all other food research experts, who have made personal experimental tests. Thousands of times have I heard the same cry - even from young and supposedly healthy persons - "I became weak!" And all experts with the exception of myself say, "Yes, you require more protein; at least eat nuts."

During my personal tests, involving this same problem, I tried to overcome this "stumbling block" hundreds of times. After a two year cure, in Italy, of Bright's disease with consumptive tendency, by fasting and strict living on a mucusless diet, I ate two pounds of the sweetest grapes and drank a half a gallon of sweet grape juice, made from the best and most wonderful grapes grown there. Almost immediately I felt as though I was going to die! A terrible sensation overcame me, palpitation of the heart, extreme dizziness which forced me to lie down, and I was seized with severe pains in the stomach and intestines. After ten minutes the great event occurred - a mucus foaming diarrhea and vomiting of grape juice mixed with acid smelling mucus, and then the greatest event of all! I felt so wonderfully well and strong that I at once performed the knee-bending and arm-stretching exercises 326 times consecutively. All obstructions had been removed!

For the first time in history I have shown what man was when he lived without "fired" foods - during the prehistoric times (called Paradise) eating fruits, the "bread of heaven."

For the first time in human history this "demon" in the tragedy of human life has been shown - and how he can and must be eliminated - before man can ascend to a Paradisaical health, happiness, immunity from disease and "Godlike" being.

If the Garden of Eden - heaven on earth - ever existed it must have been a "fruit orchard." For thousands of years, through a wrong civilization, man has been tricked into unconscious suicide, reduced to slavery, to produce wrong food, "earning his bread by the sweat of his brow." Unnatural foods cause sickness and death.

"Peace on Earth" happiness and righteousness as yet remain a foolish dream. During thousands of years, God, Paradise, Heaven-Sin, Devil, Hell - seldom found an interpretation that a clear, reasoning mind would willingly accept. The average unfortunate fellowman thinks of God as a good and forgiving Father who will allow him to enter Paradise in another world - unpunished for violations of His laws in Nature.

I have proven for the first time in history that the diet of Paradise is not only possible - good enough for a degenerate mankind, such as we now are - but that it is the Unconditional Necessity and the first step to real salvation and redemption from the misery of life. That it is a needed key to the lost paradise where disease, worry and sorrow - hate, fight and murder were unknown, and where there was no death, from unnatural causes at least.

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You must now see why civilization, all religions, all philosophy, with their tremendous sacrifice of work, time, money, energy, is and has been part guesswork. The magic formula for "Heaven on Earth" - of the Paradise - must read like this:

"Eat your way into Paradise physically." But you cannot pass the gate, watched over by the angel with the flaming sword, until you have gone through the purgatory (cleansing fire) of fasting and diet of healing - a cleansing, a physiological purifying, by the "Flame of Life" in your own body! During thousands of years no one has escaped the struggle of death caused by an unnatural life, and you will have to face it some day.

But you, I and others who have learned this greatest and most important truth of life, are the only ones in existence today who are in fact, and not in mind only, out of the road of darkness and unconscious suicide, and into the light of the new civilization - the light of physical regeneration - as the Foundation of Mental and Spiritual Revelation-like Progress to the light of a superior, that is to say, a spiritual world.

This will give an outline of the serious nature of my work - and the necessity for your help in carrying it through as the greatest deed you can perform - upon which depends not only your future destiny, but that of a suffering, unhappy mankind - on the verge of a physical and mental collapse.

Professor Ehret's Mucusless Healing System is a complete course for those who desire to learn to control their health. This third and final part in the condensed version of the Mucusless Healing System is aptly titled the Destructive Diet of Civilization and the Mucusless Diet, the Natural Food of Man. Part III of this Ehret Trilogy shows how Professor Ehret healed diseases that other professionals considered impossible. Amazingly and clearly, he explains how there is no principal difference between any one kind of disease or another. Rather, he says that you can "Eat your way into Paradise physically." But he also warn that you "cannot pass the gate, watched over by the angel with the flaming sword, until you have gone through the purgatory (cleansing fire) of fasting and diet of healing -- a cleansing, a physiological purifying, by the "Flame of Life" in your own body!"

Who was Arnold Ehret

Arnold Ehret received his degrees at 21 and taught college until drafted for military service. Released after nine months because of "neurasthenic heart trouble," Ehret resumed his teaching career at 31 despite chronic ill health, suffering from kidney trouble with consumptive tendency.

Under the care of 24 different physicians at one time or another, Ehret finally turned to natural methods, vegetarianism and mental healing, but still without completely satisfactory results. A sojourn in Nice, living on a radical milk-and-fruit diet proved helpful but only partially beneficial.

The following winter, Ehret traveled to Algiers, living almost exclusively on the plentiful native fruits. His condition rapidly improved and he was emboldened to try short fasts, hopefully desiring to assist Nature in the cleansing properties of fruit and climate. Success crowned his efforts, for not only did he regain good health, but also unbelievable energy, strength, and joy of living. He and a companion undertook an 800-mile bicycle trip from Algiers to Tunis -- returning completely exhilarated by their feat!

Through years of continuous experimentation on himself and others; studying diets in Central and Southern Europe and the Middle East, Ehret successfully developed his MUCUSLESS DIET HEALING SYSTEM. Thousands of

patients were taught these methods of regaining health in what he called his "Fruit Fasting" Sanitarium in Switzerland.

Coming to the United States just before World War I (which conflict later necessitated his remaining there), Professor Ehret embarked upon an immensely popular lecture tour.

Who was Arnold Ehret? was written by Fred Hirsch an associate and student of Professor Ehret. Fred graduated from Ehret's Mucusless Diet Healing System class of 1922.

Carrying the Torch

At fifty-six, while enjoying a superior state of health known to only a few people, he met an unfortunate accident; suffering a basal fracture of the skull which caused almost instant death. After Ehret died in 1922, Fred Hirsch continued Ehret's life work. Fred maintained the club and published Ehret's books. Today this legacy lives on through the members of the Arnold Ehret Health Club and Ehret Literature Publishing Company.