



Prof. Arnold Ehret's Thus Speaketh the Stomach and the Tragedy of Nutrition: Introduced and Edited by Prof. Spira

Arnold Ehret

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If Your Intestines Could Talk, What Would They Say?

What if you could understand your own health through the perspective of your stomach? In this unprecedented work, Prof. Arnold Ehret gives voice to the stomach and reveals the foundation of human illness.

In this book you will learn:

- About the nature of internal uncleanness,
- What happens to the human stomach if it is not properly cleaned,
- The devastatingly negative effects of mucus-forming foods,
- The true meaning of Ehret's famous expression "a tragedy of nutrition,"
- And much more!

"Ehret taught that the mind governs all organic action of the physical body instinctively, and we therefore find humankind gradually evolving from the primitive stage to a higher intellectual plane. The physical and mental welfare of millions of individuals living today are desperately searching for a truthful presentation of this knowledge found only in Prof. Arnold Ehret's message and it is therefore eagerly awaited by an expectant world! Is it asking too much that you lay aside preconceived ideas, opinions, or prejudices and read the Ehret articles with an open mind, particularly his article "Tragedy of Nutrition." Hopefully the truth will eventually dawn upon you, possibly months after reading—for some portion may have indelibly stamped an imprint on your mind—and intuitively proven its correctness!" -Excerpt from the book's Forward by Fred S. Hirsch (Long-time Student of Arnold Ehret and former owner of Ehret Publishing)

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