



The Cause and Cure of Human Illness

By Arnold Ehret

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The Cause and Cure of Human Illness By Arnold Ehret

Written over 100 years ago, Ehret offers timeless insight into how to achieve true strength, health, vitality, and happiness. Based on a nature-based approach to health through simplicity and moderation, readers are given affordable and effective teachings on how to gain control of their health and take responsibility for their own well-being. Everyone who has put Ehret's simple diet and lifestyle changes into practice has experienced profound, positive results.

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Editorial Review

About the Author

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 over 100 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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