

# The Cause and Cure of Human Illness

Kranke Menschen  
By  
Professor Arnold Ehret



29 New  
Illustrations  
& Pictures

The Common Root Cause of All  
Disease, Aging and Death

---

A nature-based approach to health  
through simplicity and moderation

Translated by  
Professor Dr. Ludwig Max Fischer

© 2014 Book Publishing Company

Interior design: Scattaregia Design

All rights reserved. No portion of this book may be reproduced by any means whatsoever, except for brief quotations in reviews, without written permission from the publisher.

Ehret Literature Publishing Company

a division of Book Publishing Company

P.O. Box 99

Summertown, TN 38483

888-260-8458

[bookpubco.com](http://bookpubco.com)

ISBN: 978-1-884772-02-3

Printed in Canada

19 18 17 16 15 14                    1 2 3 4 5 6 7 8 9

Printed on recycled paper

Book Publishing Company is a member of Green Press Initiative. We chose to print this title on paper with 100% postconsumer recycled content, processed without chlorine, which saved the following natural resources:



- 13 trees
- 411 pounds of solid waste
- 6,140 gallons of water
- 1,133 pounds of greenhouse gases
- 6 million BTU of energy



For more information on Green Press Initiative, visit [www.greenpressinitiative.org](http://www.greenpressinitiative.org). Environmental impact estimates were made using the Environmental Defense Fund Paper Calculator. For more information visit [www.papercalculator.org](http://www.papercalculator.org).

# TABLE OF CONTENTS

---

Introduction

- I. The Common Root Cause of All Diseases
- II. Ways to Eliminate the Common Root Cause of All Diseases and Prevention of Their Reoccurrence
- III. The True Cause of Aging Loss of Attractiveness Loss and Graying of Hair
- IV. Death
- V. Epilogue
- VI. Explanations of Photographs
- VII. Testimonials to Arnold Ehret's Way to Health

## INTRODUCTION

---

The spirit of modern times differs from that of any other time in one regard: the plurality of perspectives regarding the basic questions of life. Neither the scholars, nor especially the scientists can find any kind of common ground. Scholars and scientists question everything, and in doing so, find everything increasingly questionable until finally the human being itself appears as a living question mark. Mauthner, in his critique of language, divulges a secret which everyone knows: all the questions of our times are answered as many times with “yes” as with “no”. Everything proven is eventually disproven. This kind of sophism thoroughly permeates our sciences. By far the most bizarre set of diverging opinions and scientific controversies exist concerning the nature of human illness.

It is time to inform the general public about knowledge I have gained through experience. This knowledge is made freely available to those willing to hear it with an unbiased mind. To receive it requires being open to what is true, and a willingness to be convinced by the weight of evidence rather than by dominant public opinion.

It has been over a year since I published my experiences in the journal “Vegetarische Warte” (Vegetarian Observer), in which I described staying in a malaria-infested area of Italy with a former student of mine. With pulse rates between 45 and 52 we intentionally sought out malaria infested areas, sleeping outside and going on long, strenuous hikes.

I have offered my knowledge about absolute immunity against tropical fevers to all government offices of Europe and America dealing with foreign and colonial affairs. I maintain—and I am ready to prove—that I am immune to cholera and will not contract it even when I eat unripe fruit. Furthermore, everyone who lives according to my dietary rules will also acquire total immunity. It is my duty and moral obligation to inform everyone about these findings, based on empirical, personal, scientific exploration, in order to help those people who seek strength and resist deterioration through disease.

In today’s world there are two ways for ill people to conquer their illnesses. The first group of sufferers wants to eliminate their pain as quickly as possible. They want to discard the unpleasant experience of being a “case” to be treated. They are too busy to be sick. They are full of goals and overloaded with work, and their free time is filled with fun and entertainment.

To get rid of this disturbance of illness, they start taking pills and potions, pop a myriad of medicines and remedies, and actually often achieve an improvement for awhile, enough so they can keep their head above water. But in reality their efforts prevent true healing and propel these people hopelessly toward their own inevitable downfall and eventual death. These are the facts of life for the unfortunate ones and they accept their fate.

Today's medical treatment modalities reflect a legitimate and scientific priority demanded by our society. It is a demand for the instant cure, the expectation of a scientific miracle to end disease. There is no reason to fight against allopathic medicine as long as one subscribes to this perspective. Allopathic medicine is responding to and filling a demand, and it does that more so today than ever.

Against this modern background, there is another group of people with illnesses who are often characterized as the "stupid, backward people". In reality they are honest, intelligent people who still have a chance to survive. They pursue a more profound goal: to heal the root-cause of their disease and to thrive in health. This quest is difficult because, often, the true causes of disease are not recognized by the official, medical profession. These backward people want to heal the human being, not just subdue the symptom for a few hours, a few days or weeks. They want to fully restore the condition of the body to that which existed before the onset of their disease.

Whoever wants to walk the second path and truly heal himself must make sacrifices, take heart and muster courage. The sufferer must take complete responsibility, and become his own physician and therapist. The sufferer may seek council but only as inspiration and general guidance, for the real work of healing must be accomplished by himself alone. The purpose of this book is to give the person who does his own healing work a sense of direction.

Between the two poles described here, there is a third way: naturopathic medicine. But naturopathy is in a precarious position these days. On the one hand, naturopathy wants to heal the person without masking the disease, which is positive for the healing process. But naturopathic medicine often leaves the root of the illness, namely "comfort food", untouched. Whoever wants to be healed in a natural way must be willing to live in accordance with those laws which nature provides for all living creatures. These natural laws are simple, immutable and knowable. They include regular fasting, especially when ill. Nature's laws prohibit eating anything "artificial", that is to say processed and cooked foods. Specifically nature would have us regularly eat fruit and other plants. I will not deny that naturopathic medicine can support

the effect of fasting through the skillful use of fresh air and water (baths). But until naturopathy fully embraces diet as cause or cure of human illness, it will remain in its precarious position. How are we supposed to fast then? Which foods are we to eat and to avoid? This book will answer these questions. These answers are given as general guidelines and are not a substitute for concrete and individualized medical procedures determined by a qualified health practitioner on a case by case basis.

My readers have found great benefits from the information and the philosophy of healing I have espoused in earlier articles. That body of work will be enriched even more by this expanded version. Yet official medical doctrine ignores my work or dismisses it as the utopian vision of a layman. Such medieval orthodox rigidity actually disqualifies itself. When did true science, the natural sciences and technological progress, ever care whether its major explorers and inventors were “professionals” or “laymen”? Did the professional establishment not ridicule Franklin and Galvani, Edison and Zeppelin, only to eventually recognize and respect the scientific breakthroughs of these laymen geniuses? Students in medical school may occasionally hear about the benefits of a Priessnitz cold-water wrap, but they are never told that Priessnitz was a layman.

I neither believe in the completely hostile invalidation of allopathic medicine by the practitioners of naturopathic medicine, nor do I advocate any of the modern forms of quackery. I must state clearly here that many charlatans “work” in the name of “nature”. My position and my evidence stand completely on their own.

# I

## THE COMMON ROOT CAUSE OF ALL DISEASES

---

“You are a true benefactor of mankind!

I would be happy for all human beings,

If they lived in accordance with

your purely true principles.”

–*Heinrich Knote, Singer*

All stages in the development of medicine, including the healing practices of ancient cultures, have viewed illness as an external force penetrating into the human being. These negative, evil influences disturb the normal lifestyle of the person and then, through an irreversible, irrefutable and non-negotiable progression, harm and finally kill the human being. This basic notion of an evil demon invading the healthy human has continued unchanged, even in modern medicine, irrespective of the latter’s claims to “scientific” superiority. This is especially evidenced in the most advanced form of scientific medicine as it searches frantically for a new virus, new bacteria, new parasites, every day in every laboratory, eager to “catch” and identify another harmful “secret, undercover, invasive agent”. From a philosophical point of view the medieval superstitions and the modern cult of microbes are the same. Then it was the “evil spirit”, the “devil”; now it is a tiny devil, a literally microscopic devil, whose existence can be scientifically proven.

Now an additional term comes into play: genetic predisposition! A wonderful term. But nobody has told us what it truly means. All experiments with animals are questionable because the produced symptoms occur only with injections directly into the blood, but never through oral ingestion.

There is some truth to the idea of the external influence, i.e. that problems “come from the outside”. However, this doesn’t happen through the intervention of a vicious enemy attacking us. Rather, this occurs in the sense that all illnesses, including the inherited diseases, stem from biologically wrong, unnatural food, and from every gram of excess food intake. The exceptions are rare, e.g. lack of hygiene.

My first major point is that every illness, without exception, is an attempt by the body to eliminate mucus and, in advanced stages, pus (disintegrated

blood). Every healthy organism of course must contain a certain amount of naturally occurring mucus, called lymph, the fatty mucus-like substance of the colon. Every medical expert dealing with cathartic problems, from a harmless runny nose to pneumonia and tuberculosis, will attest to this fact. But we are examining here a very unnatural and unhealthy mucus condition which is epidemic in modern society. The body's attempt to eliminate excess mucus is not always obvious in diseases of the ears, eyes, skin diseases, stomach problems, heart trouble, rheumatism, arthritis, etc., not to mention in mental disturbances. And yet excess mucus is the main cause of the problem. Mucus, which can no longer be eliminated through natural means, enters the blood and reappears at a location where the blood circulation is reduced (perhaps because of a strong chill) as a heat symptom, an inflammation, a pain, or maybe a fever produced by the body.

If you put a sick person on a mucusless diet, say fruit, or even just water or lemonade, the energy usually used for digestion (and now free for the first time in decades) will immediately attack and try to dissolve the hardened masses of mucus that have accumulated in the body since childhood. And what is the result? With absolute certainty this mucus will manifest itself in the urine and feces. I call these hardened masses of mucus, present at the center of every pathological abnormality, the common root cause of every illness. If the disease is in an advanced stage, to the degree that there are pathological tissue changes deep inside the body, you will also see the elimination of pus. As soon as the mucus-forming artificial food, like fat meat, bread, potatoes, pasta, rice, milk, etc. are discontinued, the bloodstream will attack mucus and pus and will eliminate both through the urine. In people with a high degree of mucus the body will use each and every body opening and elimination channel to rid itself of the poisons.

If you cook potatoes, flour, rice, or meat long enough you will end up with a gelatin-like, thick mucus substance. It looks very much like the glue that bookbinders and woodworkers use as adhesives. This mucus-like substance soon turns acidic, starts to ferment, and becomes the breeding ground for fungi, mold, and bacteria. In the digestive process, which is, chemically speaking, nothing but a kind of cooking and brewing process, this mucus—this glue—is separated out, because blood can only absorb the glucose which has been extracted from the carbohydrates. The remaining byproduct, the mucus or glue, is an alien substance for the body, which must be eliminated completely from the earliest stage of life on.

Now it becomes clear that, in the course of a lifetime, the digestive tract and the colon are increasingly clogged up with mucus. This glue-like

substance, the residue of plant and animal material, continues to ferment, and finally clogs up the arteries and affects the blood's ability to regenerate the whole system.

If, on the other hand, you cook figs, dates, or grapes long enough, until they become a thick paste, you will observe that this substance neither ferments nor forms mucus. It is therefore not called mucus by anybody, but is known by the name "syrup". Glucose, the body's most important building material, is sticky, too, but the body uses it as prime fuel without leaving any residue. Instead, it leaves behind traces of cellulose, which are not sticky, do not ferment, and are eliminated quickly. The concentrated sugar of fruit is even used to preserve because of its ability to prevent fermentation.

Every person, healthy and ill, secretes sticky mucus on the tongue as soon as he reduces his intake of food, or "fasts". The same process occurs on the stomach lining, which is an exact mirror of the tongue. You can see this mucus in the first bowel movement after a fast.

Of course my mucus theory will stir up great controversies in scientific circles, as do all discoveries originating from laymen. Therefore I will explain my theory in more detail to avoid misunderstandings.

I am not saying that mucus is always and exclusively the cause of all diseases, but I do maintain that mucus is the common basic factor of all diseases. There can be many other causes of disease and I do not deny them, but mucus will be involved in each and every case. There is evidence for mucus from childhood on, even in a seemingly healthy organism. Mucus is the main and common factor in every illness, the main substance and indicator next to uric acid, metabolic toxins, carbonic acid, etc. Residues of metabolic waste products originating from animal and plant material form a plaque in the stomach and the colon due to their glue-like, sticky characteristics. This plaque clogs up the digestive tube and is eventually carried through the bloodstream (leukocytes) into every circulatory system of the body, especially the large blood vessels. It causes the clogging of the organs of the lungs, the heart and the kidneys. Whoever does not understand that a thirty foot long tube, the digestive tract, will inevitably collect impurities and residues in its inner linings, even with the strongest digestion, cannot be helped.

My observations can be repeated and documented as an objective reality. They are demonstrable for every person through scientific experiment. They do not grow out of the overactive fantasy of a layman. I recommend to doubting medical doctors and researchers the test of the actual scientific

experiment, which alone can reliably verify my theory. A scientific experiment is a question to nature and is the foundation of all natural sciences. Scientific experimentation provides us with unshakable truths regardless of the person formulating the hypothesis. Additionally, I recommend to those with the courage to prove the validity of my theories, that they report the results of the experiments I am describing in this book as part of their own experience. They will receive the same answer from nature (i.e. from their own body) that I received, provided that they are in a state of health as I define it, because exact results, precise responses, are only possible from a pure, healthy, mucus-free organism.

After almost two years of living on fruit only, with intermittent fasting periods, I attained a state of health hardly imaginable in today's world. For example, I was able to conduct experiments such as I described in my article: "A 49 Day Fasting Experiment" (published in "Vegetarische Werte" (Vegetarian Observer) 1909/10), with the following results:

When I made a cut in my forearm with a knife, there was no bleeding, because the blood coagulated immediately. The wound closed instantly—no inflammation, no pain, no mucus and no pus. In three days the wound was totally healed and the scab had fallen off. Later I repeated the experiment after eating vegetarian food including mucus-forming carbohydrates, but without eggs or milk. The result was that the wound bled a little; I had some pain and some pus oozed out of the wound. There was some inflammation and it took quite a while for the wound to heal. Some time later I conducted the same experiment while on a diet including meat and moderate alcohol. The result was an extended period of bleeding. The blood was light, red and thin, and there was inflammation, pain, and several days of pus. The wound only healed after two days of fasting.

I offered to repeat these experiments to the Prussian ministry of war, but without avail. Why did the wounds of the Japanese heal much faster and better during the Russian-Japanese war than the wounds of the "meat and vodka" Russians? Why has nobody thought for two thousand years about the fact that neither the opening of veins nor the drinking of the hemlock cup could kill Seneca after he had abstained from meat and fasted in his prison cell? Seneca is supposed to have lived previously only from fruit and water.

In the final analysis every disease is a clogging of the tiniest blood vessels, the capillaries, with mucus. If the pipes of a city's water supply have dirty water pumped through them because of clogged filters, nobody would think of cleaning these pipes without stopping the flow of dirty water during

the repair work. More importantly, wise people would immediately direct their attention to the reservoir, the distribution center, and the faulty filters and malfunctioning pump. But these can only be fixed when the dirty water stops running. “I am thy Lord, thy healer” translates in our time as: ‘Only nature heals, purifies, and de-clogs infallibly and totally—but only if you stop supplying your body with mucus-forming food’. Every physiological machine, whether human or animal, purifies itself instantly and automatically, dissolving the mucus in the clogged pipes as soon as the intake of solid food stops. During a fast, even the healthiest person will eliminate mucus, which can be detected in the urine if collected in a glass and allowed to cool. Whoever denies, ignores or suppresses this fact because it is inconvenient or not “scientific” enough, carries the responsibility of covering up the discovery of the main cause of every disease, but more so, inflicts the worst injury on himself.

I am revealing here the true cause of tuberculosis. Does anyone still believe that the enormous amount of mucus eliminated by a TB sufferer actually comes from the lungs only? Actually, because tuberculosis patients are fed a mucus-rich diet (porridge, milk, and fat meat), mucus continues to build up until the lungs start to disintegrate and “bacteria” grow, causing further deterioration. Here the mystery of bacteria becomes quite clear. The accumulation of mucus causes a clogging of the blood vessels, which then leads to a fermentation process of these mucus-rich substances, these residues of dead cooked food. They can no longer be eliminated and begin to “spoil” in the living body, resulting in puss-filled boils, cancer, tuberculosis, syphilis, lupus, etc. It is well known that meat, cheese, and other organic matter spoil while fermenting, growing bacteria as they decay. This is why these bacteria are only detectable in more advanced stages of the disease. They are not the cause, but rather the symptom of the disease. They do accelerate the disease process, however, because the toxins produced by the growing bacteria facilitate the further deterioration of the body’s organs—the lung, for example.

Doubters of this theory point out that bacteria invade an organism from the outside, as in a “contagious” disease. But here the exception proves the rule: in this case, the accumulated mucus within the organism provides a fertile ground for bacterial activity.

If it is true that bacteria invade an organism from the outside, as in a “contagious” disease, this is because the accumulated mucus within the organism provides a fertile ground for their activity, which is called “genetic predisposition”.

I have lived several times in my life—once for a period of two years—on a diet without mucus, e.g. on fruit only. I do not need a handkerchief anymore and have rarely any use for this product of culture. Has anyone ever seen an animal living in the wild having to blow its nose? A young medical doctor and naturopath disagrees with my view that the nose of a healthy animal or of a truly healthy person should not secrete any mucus. He considers the mucus-free nose an abnormality. Obviously he has never examined the nose of a wild animal, or of pets for that matter. The careful observer finds no mucus at all there, but a certain moistness, the dew of the cool air which has the meaningful purpose to filter dust from the in-flowing air. A mucus-free nose is not at all a disease symptom. A mucus-free nose occurs only when there is no intake of any mucus for awhile. I have observed the same phenomenon with all my patients who, by the way, felt their best when there was no mucus in their nose.

My chronic nephritis, which was considered terminal, was not only completely healed, but I am in a state of health and energy which by far surpasses that of my teenage years. Show me a European who is terminally ill at the age of 31, and who runs over two hours and hikes 56 hours without interruption eight years later.

Thus my “Mucus Theory”, based on repeated experiments, proposes the first thorough, universal causality of all illnesses. Even though naturopathic doctors usually suspect blood diseases, and in particular Dr. Lahmann discusses the “dietary blood disintegration” as a basic cause for all illnesses, this viewpoint has proven insufficient in practice. The reason for the failure of this therapy was that, although the diet excluded meat, it included bread, gruel, milk, butter, eggs, cheese, and pies, and thereby, especially with the inclusion of starch flour, introduced high amounts of mucus into the patient.

These same factors contribute to sickness in vegetarians, whose diets are otherwise to be highly praised. I can attest to this from personal experience, as I was, for several years, a mucus glutton myself. If most of today’s vegetarians do not find their way back to natural food and fruit-diets, or advance to mucus-free diets and learn portion control soon, there is a danger that the vegetarian movement will become a fad of the past. This is not because the concept of excluding meat from one’s diet is poor, but mainly because the healing success of common vegetarian diets is so poor. The good news is that a small number of fruit-eaters is regularly taking first place in competitive foot marches and other disciplines, but conventional medicine does not acknowledge their diet as the reason for their successes. More commonly however, one finds representatives of the vegetarian movement

trying to prove that humans need various types of cooked food, because they cannot bring themselves to acknowledge the foundation of the fruit-diet as a remedy.

One objective of the vegetarians' propaganda is to prove that man is not naturally carnivorous, and that meat is "unnatural". Of course critics counter-justly—that eating meat is as "natural" as eating cabbage, bread, milk, and cheese. More than a decade ago, Professor v. Bunge labeled vegetarians as inconsequential, and he is right. In scientific centers led by vegetarians, the protein and nutrient value of vegetarian meals was evaluated and misleadingly compared to the nutrient value of meat. Such a debate is beside the point. Vegetarians seem to have forgotten the famous principle of healing, which is: "The more you feed a sick person, the more you harm him." (Hippocrates, an eminent dietician and the greatest physician, father of the medical profession).

Up to now I have not been talking about fasting as a lifestyle—not in the sense of vegetarian propaganda, but solely as a form of healing. The mucus-free diet as a means of healing conforms to Hippocrates' view of "not-feeding", i.e. not further burdening the body, but rather facilitating excretion.

Theoretically, at an earlier time in the evolution of the species, people surely lived off fruit only. Biologically, we can certainly still do that. Perhaps for some their "common sense" cannot be persuaded, without proof, that people lived from fruit only, before they became hunters. But I will go so far as to declare that human beings once lived in perfect health, beauty and unimagined strength, without pain and distress, just as it is written in the Bible. Only fruit, the sole mucus-free nourishment, is natural. Everything prepared and supposedly improved by people causes harm.

This argument concerning fruit is scientifically defensible. An apple or a banana contains everything needed to meet human dietary requirements. There are said to be old people with enormous energies who never ate anything but bananas their entire lives. The human body is perfected enough to live off one fruit only, at least for a long period of time. One should not dismiss a simple truth, preached by nature, just because cultural norms don't allow for it. It is true that, initially, a fruit-only diet always leads to sickness, but that is because the body goes through a cleansing process.

Had I not proven it by doing it, no one would have believed my assertion that during 14 months one can live 126 days—49 in a row—without food. Even now, no one understands the implications of this truth, even though I have presented empirical proof. Up to now I have taught that fruit is the most

natural remedy.

The fundamental truth of this most natural way of healing is not affected by such questions as whether Eskimos, or any other people, could live this way. It doesn't matter that I myself do not absolutely live this way. What matters is the truth of healing. We will see whether my assumptions are correct when Europe is struck by the next epidemic of an infectious disease.

I want to discuss here the reasons why people are not inclined to believe the self-evident. If someone had suggested making a phone call to Paris from Berlin during the 18th century, he would have been laughed out of town and dismissed out of hand, because the knowledge of how to do that did not exist at that time. In a similar fashion, a natural foods diet is dismissed because, as civilized people, we are not used to it and, moreover, we find it difficult to even practice living a natural life. Some opponents fear a drop in the price of artificial food products, while others fear an invalidation of current nutritional science and a social devaluation of physicians. On this last point, let me be clear: As there is a need for constant monitoring and instruction regarding fasting-cures and fruit-cures, there should be an increasing number of physicians caring for a smaller number of patients, all of whom are very willing to pay more to get healed. This posits a bright future for doctors.

Most fasting experiments fail for one simple reason: People are not aware that the beginning of the mucus-free diet causes an excretion of old mucus until the patient is absolutely pure and healthy. This is a cleansing process and causes a transitional phase of sickness in an otherwise healthy person on his way to a higher level of health. Unfortunately, because only a few vegetarians have ever personally experienced this higher level of health, the majority of vegetarians dismiss it as unobtainable. However, as chronicled in the "Vegetarische Warte" (Vegetarian Observer), my 49 day fasting experiment, preceded by a fruit-only diet, proved that the big objection of "mal-nourishment" is unfounded in regards to fasting. Irrespective of some unhygienic side effects, my general condition only improved due to the radical excretion of mucus from my body. Another good outcome of that fasting experiment was that I received countless recognitions from people in highly educated circles.

Meanwhile, the majority of vegetarians "slimes" on. Vegetarian representatives of both sexes are undifferentiated from "Munich Beer-bellies", a result of cramming in all that "mucus-food" on a daily basis. Compared to this, indicted poisons like meat, alcohol, coffee, and tobacco are relatively harmless, consumed in small amounts. Are there not thousands of

people, living to advanced age, who are habitual smokers with a fondness for alcoholic beverages? They are just small eaters! This is the solution! Even these habitual toxins are less harmful than stuffing oneself regularly with good old “comfort” foods. As professor Sylvester Graham puts it: “A drunkard can get old, a glutton never.”

I will present some explanations here to prevent misunderstandings among teetotalers and vegetarians. Meat is not a food. Rather, it is a stimulus that putrefies in the stomach. This putrefaction does not start in the stomach, however, but immediately after the slaughter of the animal. Graham has proved this for living humans, and I add to this fact that meat works as a stimulant through the toxins of putrefaction, and is therefore perceived as an energy providing food. I do not believe that anybody can find chemical-physiological evidence that a putrefying protein-molecule gets transformed in the stomach to be revived in a person’s muscle as available energy. Similar to alcohol and other stimulants, meat initially appears to give strength and energy until the whole organism is contaminated by it and inevitably breaks down.

The basic evil of all non-vegetarian diets is the overconsumption of meat, which leads to other evils, such as the craving for alcohol. Eating a fruit-only diet avoids the craving for alcohol, while carnivores constantly have to fight the lust for it, because meat calls the demon “thirst” into the great plan of life. Evidently alcohol serves as some kind of counter-toxin for meat. City-gourmets, primarily living off meat, need wine, coffee, and tobacco as a partial counter-toxin for their meat poisoning. It is an ironic matter of fact that one’s physical condition after eating an opulent dinner will be better if the meal is consumed with small doses of such toxic stimulants than without them.

I absolutely declare war against meat and alcohol; eating fruit and generally eating little vigorously counteracts the consumption of meat and alcohol. Nevertheless, there is great irony in the fact that people who consume both meat and alcohol, but in small portions, are in a better position by far than vegetarians who eat too much.

The American Fletcher proves this fact through his enormous healing successes. My experiments explain his secret by revealing that people are most efficient and healthy when eating as little as possible. Is it not true that the oldest people are usually poor and therefore used to eating little for obvious reasons? Is it not true that the greatest discoverers and inventors stem from poor families and therefore ate little? Is it not true that the greatest

people in human history, the prophets, founders of religions, etc. were ascetics? Why is it called culture when people living in Berlin opulently stuff themselves three times a day? Why is it called social progress when every blue-collar worker eats five meals a day and pumps his body full of beer in the evenings? Feasting, considered to be harmless, proper, moral and aesthetic up to now, is not only immoral, but is the cause of more disease than everything else, even for teetotalers and vegetarians. Given that a diseased organism best regenerates without food, it is only logical that a healthy one needs only little nourishment for health, strength and endurance.

All the holy miracles at sacred places can be ascribed to asceticism, and are rare nowadays because the prayers are no longer accompanied by fasting. There are no miracles anymore because there are no saints—people who have been sanctified and healed by fasting and asceticism. The saints were self-radiant. Speaking in modern terms, they were “mediums” or “psychics”, not because of a “special grace”, but because their asceticism led them to a physiologically “godlike” health.

I will mention here that I myself produced visible, electrical radiances, merely by external and internal supply of sun-power (sunbaths and food out of the “sun-kitchen”, i.e. fruit). The whole world is now arguing about these phenomena and tries to explain them. The solution lies right at the center of the experiment, which anyone can repeat who has the guts to do so, as with any rigorous scientific experiment. But it is easier to write books, talk about it, pray, or view me as an exception to the norm. My experience may be the exception, but only because of the courage and consciousness I bring to it. Physiologically all human beings are equal, and he who cannot moderate himself should learn it from me, if he chooses to be a true explorer. When a person eats little and is healthy, he can digest and eliminate the most absurd food, including meat and mucus. A person becomes even more perfect and pure when eating only fruit, of which he needs very little, because fruit is the quintessential nourishment.

People of today will not and cannot accept this eternal truth dictated by natural law. They are even afraid of it, because their bodies are built of food that has been cooked to death, and they are accustomed to this. Yet their dead body cells are eliminated the moment they take a sun-bath, fast or ingest the living cells of fruit. This cure has to be done with a great deal of caution. Medicine has tried to prolong human life from cell-breakdowns for as long as possible only to let people die even faster in case of diseases when a quick death seems better than long suffering. Vegetarians cannot deny that consumers of meat and alcohol are highly effective, apparently healthy, and

survive into old age, provided that such people eat little and do not get over-nourished. The meat diet contains relatively little “mucus” compared to the “slimy” vegetarian diet, which mainly consists of starch-flour, especially the highly praised vegetarian dinners with their many courses every day.

I haven't bothered with eating at prescribed times during the day for many years now. I eat only when I have an appetite and then I eat only a little, to prevent harmful effects in case I ingest food that is not absolutely healthy. The art of remaining healthy does not so much take into account the “what” we ingest but the “how much” food and beverages we take in. What is important is self-control and self-restraint. I personally consider it a bad example to advocate vegetarianism and abstinence, pretending to a pioneer of a global mission, only not to “walk one's talk” in the end. I want to dissociate my work from fanatic movements of any kind.

If it is possible to heal the most serious diseases with fasting –which is proven– and, if done right, even get stronger through this lifestyle, it follows then that fruit, which is reliably the food richest in energy, will bestow even greater health and strength.

Allopathic medicine admits that the sick organism has to excrete something, but thus far has mainly worked on the hypothesis of irritants, or counter-toxins. It often prescribes an alcohol- and meat-free diet, but ignores the real natural forces of the healing process–namely, a decrease in food, fasting and especially the fruit diet.

Alcohol is particularly viewed as a major culprit and made the scapegoat for almost every illness, because some squalid people, consuming enormous quantities of it, fall into a delirium. But just force a drunkard to stay on an all-fruit diet for a few days, and I assure you he will not find any pleasure in the best booze. Here the dangers of our cultural eating norms become obvious. Everything taken to excess, from beefsteak to supposedly harmless porridge, creates a craving for proscribed substances, like alcohol, tea, or tobacco, as an antidote, or counter-toxin. Why? The reason is that eating extensively makes a person indolent and only those irritants can get the person going again. Thus the true main reason for the increase in alcohol consumption is seen to be this over-nourishment with food, especially with meat. Alcohol, and particularly beer, acts instantly as an irritant but is, in the long run, less harmful to health than the chronic poisoning of the whole digestive tract with mucus-rich food.

Given that our bodies have accumulated masses of mucus since childhood, which now is causal to a process of deterioration in the body (which in places is evidenced as infected body-tissue, i.e. a symptom for

disease), my question now is, which of the following strategies seems more reasonable? Does it make sense to force these masses of accumulated mucus out of the body by sweating, baths, artificially induced fevers (Kneipp-cures), massages, sports, etc., at the expense of vitality (mainly of the heart) and longevity? Or would it make more sense and be more effective to just stop the ingestion of mucus? The answer is obvious. If mucus producing foods and over-nourishment really are the main root causes for all illnesses without exception (a theory I can prove with my own body), then there is only one really natural remedy—fasting and an all-fruit-diet.

The mucusless diet is properly viewed as a significant step on the path to natural healing. It is well known that every animal fasts at the slightest sign of sickness, which only proves my point. Normally animals only munch as much as is necessary for them and, typically, they fast till they are healthy. If our pets have lost this instinct for the right time and the right amount of chow, it is due to the ignorance of our civilization and to the people who overfeed them in times of sickness. And if it is bad for our pets, it's worse for our people. In our misguided society, the poor sick person is not allowed to eat small or no portions for more than one or two days “for their own good”, so as to not become “weakened”. People are pressured to eat with the best intentions and the worst results.

Physicians who pay attention to results have described fasting as “a miraculous cure”, a “cure for the incurable”, a “cure of all cures”, etc. Unfortunately, some charlatans, lacking the necessary basic knowledge, have brought discredit on this infallible, but hazardous cure. I hold the world-record for fasting, 49 days, (see “Vegetarische Warte” (Vegetarian Observer) 1909, Vols. 19, 20, 22; 1910, Vols. 1 and 2) and I know the rigors and rewards of this miracle cure intimately. Through my research, I have combined the basic cure of fasting with a systematically and individually adjusted fruit-diet (mucus-free diet), making it surprisingly easy and absolutely risk free. We now can reliably cure diseases that traditional medicine deems incurable. Based on my knowledge about mucus being the root cause and main factor of all illnesses, symptoms of aging, obesity, loss of hair, wrinkles, weakness of nerves and memory, etc., I envision a new age of innovative cures and biological medicine.

Hippocrates long ago realized the essence of all illness. More recently, Prof. Dr. Jaeger termed the common symptom as “malodorousness” but did not identify the source of this “bad smell”. Dr. Lahmann and other advocates of the physical-dietary movement, particularly Dr. Kuhne, have searched for “common alien substances” to shed light on human disease. None, however,

has been able to scientifically, through experiment, prove that the main cause for disease is the mucus in our artificially altered foods. This mucus, which burdens our organism from early childhood on, can even threaten the viability of the human organism. Beyond a certain threshold, the mucus in the body can enter a state of fermentation, building up pathological metastasis in which the body tissue starts to fester and deteriorate. Occasional colds or high temperatures activate this mucus, and in trying to leave the body, it causes symptoms of abnormal functioning, which up to now have been incorrectly identified as the illness itself. Now, for the first time, we are able to define predisposition. The more mucus is accumulated from childhood on through contaminated mother's milk or supplements, and the less mucus is metabolized and excreted by the responsible organs, the higher is the probability (predisposition) to catch a cold, develop fevers, feel cold, host parasites, fall ill or age prematurely.

This knowledge most probably lifts the veil off the secret of white blood cells. I think that our understanding here, as in many other fields of medical research, may be incomplete. Bacteria invade the white blood cells rather than the other way round, because those cells consist mainly of the perpetually indicted mucus. Outside of the organism there are millions of bacteria cultivated on exactly this mucus. They grow on potatoes, bouillon, gelatin—in a word, on slime, a nitrogenous herbal and animal substance, consisting of alkaloid reacting fluids, which contains granulated cells similar in appearance to white blood cells. Maybe an absolutely healthy mucous membrane is not supposed to be white and slimy at all, but clear and red, like the mucous membranes of normal healthy animals. Maybe the “death slime” is the true reason for the paleness of the white race! Paleface! Deathlike pallor!

This “mucus-theory”, proven by experimentation, wrestles the demonic mask from the ghost of illness. Those who believe me have an opportunity not only to heal themselves, but have—for the first time ever—the opportunity to prevent sickness forever, to make it impossible. Even the dream of everlasting youth and beauty can come true here.

The mammal organism, especially the human organism, is, technically speaking, a complex pipe-system of blood vessels driven by the air of the lungs, with the blood-fluid constantly moving and being regulated by the heart as a valve. Every breath causes the splitting up of air into oxygen and nitrogen in the lungs. This constantly activates the blood, and the human body can work properly for an incredibly long time without tiring. What is completely left out of this mechanistic description is the issue of the transcendental, metaphysical life-force, the existence of which is contested by

our stubbornly materialistic way of thinking.

My argument here is simple and basic: If we do not slow our engine down by excessive eating, it will work better. I do not want to listen to ignorant and uninformed excuses anymore—people talking about their “daily necessity and natural urge to eat a lot”—before those people have experienced how easy and long one can work or walk without tiring in a lifestyle that includes fasting and fruit-diet.

Getting tired is the result of three factors. The first reason for fatigue is a reduction in strength due to excessive digestion. Second is the congestion of blood vessels, because they are heated up, which causes their dilation. And finally the “self-poisoning” and “rebound-poisoning” caused by mucus-excretion due to activity. Air is not only the best and quintessential operating-substance for the human body; it is also the basic element for build-up, repair, replacement and perhaps also the source of nitrogen for the animal organism. At least there is no proof to the contrary. There have reportedly been weight gains of a certain kind of caterpillar due to air only.

**You've Just Finished your Free Sample**

**Enjoyed the preview?**

**Buy: <http://www.ebooks2go.com>**