

A Scientific Method Of Eating Your Way To Health

ARNOLD EHRET'S
Mucusless-Diet Healing System

BY

PROF. ARNOLD EHRET

*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.

First published in 1922

(Enlarged and reprinted in 1953)

All rights reserved, including the rights to reproduce
this book or portions thereof in any form.

This book is an *AUTHENTIC copy* of the *ORIGINAL* version
of Prof. Arnold Ehret's Mucusless Diet Healing System

General Introductory Principles

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 un-eliminated 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

My diagnosis determines the following points

1. The relative amount of encumbrance in the system.
2. The predominant part, that is, whether more mucus or more poisons.
3. If pus is present in the system, amount and kind of drugs used.
4. If internal tissue or an organ is in a process of decomposition.
5. 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.

The average 'normal' man, considered healthy, has a chronic, stored up accumulation of waste food – poisons and drugs.

Whenever Nature endeavors to save a human life thru her efforts to eliminate 'feverishly', mucous and its toxic products, it is called acute disease.

In chronic conditions, Nature cannot work as efficiently, and proceeds slowly. The word chronic is derived from the Greek word 'chronos,' meaning time.

The Experimental Diagnosis

THE MOST EXACT, UNERRING DIAGNOSIS WE HAVE IS A SHORT FAST. The more rapidly the patient feels worse through a short fast, the greater and the more poisonous is his encumbrance. Should he become dizzy, suffer severe headaches, etc, he is greatly clogged up with mucous and toxemias. If palpitation of the heart occurs, *it is a sign that pus is somewhere in the system*, or that drugs, even though taken many years ago, are in circulation for elimination.

Any inside special "constipated" place is located by a light pain there. If this 'short fast' diagnosis is tried on the average person called normal and healthy, but in reality clogged up with mucous – latent disease – Nature reveals the same to you in a moderate degree. Nature will then indicate where and how the individual will later become sick if the wrong method of living is continued, although it may take some years.

This then is the PROGNOSIS OF DISEASE.

The Formula of Life (The Secret of Vitality)

"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

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:

1. The Theory of Blood Circulation.
2. Metabolism or change of matter.
3. High Protein Foods.
4. Blood Composition.
5. Blood Building.

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:

1. HOW FAR AND HOW FAST THE CHANGE CAN SUCCESSFULLY BE MADE.
2. HOW THE COMBINATION OF DIFFERENT FOODS HAS TO BE ARRANGED.
3. 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.

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.

Eating Recommendations

- ALWAYS EAT FRUIT FIRST. The digestion of ripe fruits takes place within a normal stomach within a few minutes after eating. Wait 5 or 10 minutes before eating your vegetable course.
- DO NOT DRINK LIQUIDS OF ANY KIND WITH MEAL. Liquids of all kinds interfere with the proper digestion of a proper meal. At least 30 minutes should elapse before drinking both before and after a meal.

- MAN'S FOOD IS FRUITS AND HERBS -- (Genesis 2.) – For healing purposes, uncooked, starchless green leaf vegetables (parsley, carrots, celery and lettuce), combined with fruits both in their natural and cooked state, will be found to be better than an exclusive fruit diet.
- MIX BUT FEW VARIETIES. Fruit meals should consist of not more than 2 kinds of fruit in season. Appetite will dictate quantity.
- NEVER EAT NUTS WITH JUICY FRUITS. When nuts are eaten with juicy fruits like oranges, apples, pears etc, the water makes the nuts indigestible.
- NATURE'S OPEN BOOK IS SIMPLICITY. The fewer food mixtures the better. Three different varieties should be sufficient
- DO NOT OVEREAT. Mother Nature requires moderation in all things.

Fasting

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.* 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?

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:

1. 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.
2. 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.
3. 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 watery diarrhoea 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.

4. The longer the fast the more efficiently the bowels perform after it is over.
5. 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."
6. In the average case it is advisable to break the fast with raw and cooked starchless vegetables; stewed spinach has an especially good effect.
7. 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.
8. 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

1. Clean the lower intestines as well as you can with enemas, at least every other day.
2. Before starting a longer fast, take a laxative occasionally and by all means the day before you start the fast.
3. If possible, *remain in the fresh air*, day and night.
4. 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.
5. 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*.
6. 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 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 beg 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!*

Motherhood

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.

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

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. 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.

Mucusless Diet Supplement

We should not put mucus into the body faster than it can be taken and eliminated. With this preventative diet, not only are the sinuses, the bronchi, and the lungs cleared, but also the constipating mucus (catarrh) in the tissues of the body from the head to the bottom of the feet.

Harmful or Mucus-Forming Foods

Secondary, denaturized, or inorganic food substances are to be eliminated from the patient's diet.

Salt: For those who are accustomed to large amounts of salt, this may sound difficult, but if you will substitute coarsely ground pepper and savory herbs, adding powdered kelp, you will find that the craving for salt will immediately begin to disappear. The black pepper is a good nutritional herb and helps rebuild the body when used in its natural state. But, when pepper is cooked in food, the molecular structure changes, so it becomes an inorganic irritant (as high heat changes the cayenne, black pepper, and spices from organic to inorganic), and this is the only time when damage results. The use of salts of a vegetable or potassium base (such as Dr. Jensen's, Dr. Bronner's, and other various ones, which in some cases contain some sea salt) is all right, providing it is not overdone.

Eggs: No eggs should be eaten in any form.

Sugar and All Sugar Products: You may use honey, sorghum molasses, or blackstrap molasses, but no sugar of any type.

Meat: Eliminate all red meats from the diet. A little white fish once a week, or a bit of young chicken that has not been fed commercial food or inoculated with formaldehyde and other anti-spoilage serums, would be all right (as these are the higher forms of edible flesh), but do not use them too often.

Milk: Eliminate all dairy products, which includes butter, cheese, cottage cheese, milk, yogurt, etc. These are all mucus forming substances and, in most cases, are extremely high in cholesterol. As a substitute for butter or margarine (hardened vegetable oils, etc.), you can train your taste buds to enjoy a good, fresh, bland olive oil on vegetables, salads, and other foods and you will discover this is one of the choicest foods there is.

Flour and Flour Products: When flour is heated and baked at high temperatures, it changes to a mucus-forming substance. This is no longer a food, which means it has no life remaining therein. All wholesome food is organic, where unwholesome food or dead food is inorganic. This is the key to our whole mucusless program.

Supplements: Revitalizing and Healing Aids

Our supplement recommendations will build up strength in the body and start cutting the mucus out of the tissues and remove the catarrh from the system. [Catarrh: inflammation of a mucus membrane especially of the respiratory tract, causing excessive secretions.]

Cayenne: Take one teaspoonful of cayenne three times a day. Start gradually with 1/4 teaspoonful in a little cold water. Add 1/4 teaspoonful to this dosage every three days, until you are taking one teaspoonful three times a day (the graduated dosages will accustom your system to the pungency of the herb).

Honey and Apple Cider Vinegar: Place one tablespoonful of honey and one tablespoonful of vinegar in warm water, so that the honey will liquefy. Sip this amount three times a day so that at the end of the day a total quantity of three tablespoonfuls are consumed. This must be apple cider vinegar, do not use malts or other types of vinegars, as these are damaging to the body. The apple cider vinegar is medicinal and very beneficial.

Kelp: If there is any indication of a thyroid problem, you should use between ten and fifteen kelp tablets daily. Otherwise, two or more will keep the body in good condition as preventative nutrition. This can take the place of salt and helps build a new thyroid gland. Kelp powder can be used on salads and in other foods.

Molasses: Take one tablespoon three times a day of either sorghum or blackstrap molasses.

Wheat Germ Oil: Take one tablespoonful of a good, fresh wheat germ oil three times a day.

Dietary Suggestions: Regenerative Foods

If this diet is followed as outlined, we guarantee that after a short period of time you will have much more satisfaction from the foods we recommend for better health than you ever had from the food of your former diet. You will also come to your normal weight. If you are overweight, you will lose with this diet; and if you are underweight, you will gain after having passed your "new low," as mucus must be expelled from the body before the good flesh can be restored.

Do not be concerned because this diet omits meat and the commercial types of protein, and don't worry about adding protein, as you will get all that you need in these foods. The gorilla is built on the same order as the human being, and he gets all the protein he needs from just fruit and nuts (and for the human, the greens will round out the body requirements). You can prove this program to yourself!

Morning

It is best not to "break-the-fast" (breakfast) until at least noon, except in cases of young or very active people. You will find that this will not be hard to do when you use items that we recommend (such as wheat germ oil, cayenne, etc.).

These will lower the appetite while providing the needed nutrition, so you will feel satisfied and will have taken these items even the second time during the morning because it is time to eat the regular noon meal but if (after taking the lower bowel tonics, wheat germ oil, cayenne, apple cider vinegar, honey, molasses, herbal teas, etc.), you have room left, are hungry, and want something to eat, the best food to start the day is a

good low heated whole-grain cereal; however, this should be cereal in its wholesome state (with life in it). Or eat fresh fruits.

The cereal is prepared by first soaking the whole grain in water sixteen to twenty hours, then heating in stainless steel double boiler at a very low heat, 135 degrees or under, which can be done by pouring hot water over the grain and then applying low heat. It can also be prepared in a thermos bottle, as follows: Take a wide-mouth thermos bottle (pint, quart or whatever size you need for your size of family or individual); fill it in the early afternoon or evening one-third full of high-protein turkey red wheat; then finish filling the thermos bottle with boiling water (turning the container on its top and back once or twice, so that during the evening the water circulates completely into the bottom, or else some wheat in the bottom will not be treated).

When you uncover your vessel in the morning, after low heating the grain all night long, it should be ready for consumption. The wheat is popped open, is soft and very tasty (as none of the flavor has been lost in cooking); this procedure is still improved by pre-soaking. With a little oil or fresh butter added, it is a very delectable food. Some folks like to add cinnamon, nutmeg, allspice, etc.

Wheat contains all of the potential nutrient values needed in the human body. The wheat herb or wheat grass especially is a complete food, as it provides you with protein, calcium, and all the needed enzymes, vitamins, minerals, etc., to rebuild and regenerate the cell structure of your body. The grain is alive until it is killed in some chemical storage procedure, or high heat. The test for germane wheat (which is still in a "wholesome" state, having the life therein) is to plant it and see if it will grow.

This test is also valid for testing cooked wheat, and when low-heated in stainless steel, it will retain the life power and will grow! The foods, prepared in this manner, are organic; consequently, this is the manner that grains must be prepared for use. We are told in holy writ that "all wholesome grains and herbs are for man, and grain is the staff of life," but it does not say that it is permissible to grind it to a face powder fineness or to heat it above 212 degrees F., and change the molecular structure from organic to inorganic, and thereby make it very mucus-forming. The results of man's inventions indicate otherwise. Sprout the grains if you wish, in preference to popping them open with moist heat.

Sprouted grains are excellent and nutritious but if you give a growing child a bowl of sprouts for breakfast, he is hungry in a short time, so a good serving of soaked, low-heated grain tastily prepared will "stick to his ribs" for hours. Alternate the wheat with barley, millet, buckwheat, rye, oat groats (whole, not rolled oats).

Noon

If you prefer only a light lunch, then have a tossed salad--a salad as large as you want of mixed vegetables and leafy greens, using homemade olive oil dressing:

- 1 cup olive oil
- 2 tablespoonfuls apple cider vinegar
- Pinch herbs, black pepper, etc.

Make this dressing to your own taste, for there are so many varieties you can make--avocado, onion, garlic, etc.--but do not use the processed dressings of the commercial market.

Juices may be taken during the afternoon: carrot, grape, apple, etc. Dried fruits and nuts are very nourishing and beneficial, and the latter are better (as a whole protein) when used in combination with the garden greens. If a person has cancer or is inclined toward cancer, do not overdo eating protein, such as nuts.

This is one thing that does damage to the pancreas and, in these cases, eat the nuts only in the morning. But stay away from peanuts and concentrate on almonds. A person with a cancerous condition should use from eight to ten almonds in the morning and the same at noon. But do not take any protein from evening time until the next morning, allowing sixteen to eighteen hours for the pancreas to clear and start to work on enzymes again. All protein should be taken early in the morning. And, of course, in cancer cases, never any secondhand or secondary protein, such as meats.

Proteins are a fad and are highly over-advertised. All fruits, vegetables, grains, nuts and seeds have protein in them. If you are eating a good live mucusless diet and wonder what to eat for protein, ask any gorilla. Their body organs are built just like a human's, and they live a number of years longer than humans. They are one of the strongest animals, for their weight, on the face of the earth.

They are fruitarians, eating that which grows above the ground, fruits, grains, nuts and seeds. We enjoy underground roots and tubers, but they do not dig as we do; so with carrots, potatoes, beets, etc. added to the above-the-ground vegetation, we should do better than the gorilla.

We kill the cow to eat the steaks for the protein she gets from eating grass. Let's get our protein fresh and natural, not secondhand as from animals flesh or from something in its dead state concocted by man. Commercial protein will work on the effect and give quick relief from certain ailments, but overuse of commercial types will overwork the pancreas and other glands, causing low blood sugar (hypoglycemia) and/or diabetes (high blood sugar). The natural live protein in foods on the mucusless program will be used as needed and the surplus discarded from the body naturally when not needed. The sedimentation of the commercial type of protein of lower vibration remains in the gland of the body and causes future trouble.

Regular meals can start off with a nice cup or bowl of potassium broth. Dehydrated vegetables in the form of potassium powder or broth can be purchased from most health stores or you can prepare your own. Some health books provide instructions for making potassium broth. You can add the left-over, savory vegetables and here you have one of the most exotic-tasting, low-heated vegetable soups that is imaginable. The broth starts the meal off, and is followed with salad. There are thousands of salad combinations, and with some investigation and experimentation, you will never run short of interesting ones.

After that, serve the low-heated vegetables (many types can be prepared with various savory herbs, and these can be removed from the low heat just before serving), and these will always be tasty and beneficial as long as they are low-heated and are still in a wholesome state. At least five to six vegetables should be eaten each day, of which two should be green, leafy ones. A small amount of bland oil (such as olive oil) added to the

baked potato, baked squash, etc., is very good. If you are using cayenne regularly, you may use fresh butter on your vegetables. You can explore and concoct some very interesting, intriguing meals with a little daring and imagination, and you will never need to worry if you eat copiously until you are satisfied, and you will have all the nutrition that is needed for ample physical strength; use casseroles with whole grains, etc.

You can prepare delicious casseroles with barley, rye, millet, wheat soaked as above and while low heating add fruits or vegetables, tasty herbs, etc. All lentils, beans, soys, etc., prepared this way are alive and good eating. Soys and most beans can be soaked for two or three days and then low-heated twelve to twenty hours adding onion, garlic, peppers, etc., during low-heating.

Do not drink liquids during mealtime. Mix food thoroughly with saliva. Wait 1/2 hour after eating before drinking.

Evening

This is generally the heavy meal of the day, but you can reverse this at will if you like, eating the heavy meal maybe at noon, then the light meal with a salad at night. If you prefer a warm meal, start off with a cup of vegetable broth (regular potassium broth).

The broth should be followed with a salad, then the main course is steamed vegetables that have been prepared at low-heat. Be sure to always cook in stainless steel, Pyrex, or some approved vessel, but never in aluminium!

Juice or nuts, dried fruits or fresh fruits are all excellent. Whenever you use a fresh fruit, use it alone, only one type of fruit at a time. When you want to eat some other type of fruit, wait for one half hour or more at least before eating it, and this will prove much easier on your digestive system. **The mono diet is also recommended for people on a healing routine.** If the individual feels he is well and healthy, a fruit salad or mixed fruits at times is permissible.