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The Hidden Cure: The Five Laws of Perfect Health (Paperback)

By Laurens Maas

Wheatmark, United States, 2009. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Sustenance in biblical times, raw and natural, was a diet in balance with nature and can be considered the original organic lifestyle. Today, our world is filled with biochemical agents, pathogens, and fungi that drastically impact our health. Nothing escapes environmental assaults. The Hidden Cure: The 5 Laws of Perfect Health gives you the knowledge to combat today's ecological hazards. Laurens Maas explains how fungi cause many of our ailments. In this solution-based handbook, he outlines a clinically proven easy-to-follow plan to reduce the fungal and toxic load in your diet and reboot your nervous systems as a means to holistic recovery. The 5 Laws, which help reverse and eliminate the adverse effects of global fungal pollution, include reducing sugar and carbohydrates, eating proteins according to your blood type, eating fats according to your metabolism, eating vegetables that influence your body's biochemical speed, and correcting your body's electromagnetic frequencies. With case studies, a seven day eating plan, and helpful recipes included, The Hidden Cure: The 5 Laws of Perfect Health will help your body promote a powerful...



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Reviews

This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.

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