

Dr. Rau's Diet for  
Whole Body Healing

# The SWISS



# SECRET to Optimal Health



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Foreword by Dr. Mark Hyman

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## The Swiss Secret to Optimal Health: Dr. Rau's Diet for Whole Body Healing



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Today in paperback: a world-renowned doctor shares the secrets that draw international clients to his clinic. Prevent disease ? There, Dr. Thomas Rau's unique diet plan rejuvenates his customers, while preventing and healing illness. Help readers feel young and energetic-in body and mind Proven effective time and again, Dr. Rau may be the world's foremost practitioner of biological medicine. Finally, he reveals his exclusive Swiss health strategy- a proven plan based on the most recent medical research that will: ? Encourage healing ? Regulate pH balance ? Fortify the immune program ? Purify the body ? For nearly 50 years, folks have traveled to the Paracelsus Clinic in the Swiss Alps. Lauded mainly because "the Mozart of medicine," Dr. With Dr. Rau's system can reduce or actually eliminate a lifetime of toxins, alleviate chronic conditions like allergies, arthritis, and diabetes, and promote weight loss and overall well-being. Rau's Swiss plan, everyone can begin to enjoy the many health benefits of the Swiss Magic formula.



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Well worth it! I have had so many symptoms of lyme for at least five years and overtime We went in for a medical check, it returned negative. I am ill with Lyme disease for two years and sensed horrid--extreme fatigue, discomfort, neurological symptoms, aphasia, etc; You need to understand why you are doing what you are doing. The vegetables are yummy. Five Stars highly recommend Great Services and Delivery Great Services and Delivery Five Stars GREAT Outcomes! I didn't treatment what the medical program said, I know I had lyme and started the lyme plan and in three weeks, I am beginning to feel like I just could easily get the old me back again! Rau has discovered a series of strategies for healing the body in ways many of us would not think about or have been exposed to. I would not be all the way there yet but I understand I am better off when I started and that is clearly a good deal more hope than your medical program gave me!!! This book ought to be a bestseller. Absolutely positively works. It is necessary to READ THE WHOLE BOOK before you start. This reserve is a consider their research, explanations why they perform what they perform, and what they provide to help those afflicted with serious illness.. I used to run up to about 10 miles only five years ago and had to quite do to discomfort that I was informed was all in my head. In order to do that, you must BROWSE THE WHOLE Reserve before you start. This is my second time performing the 3-week process. The only thing to note, the procedure of cooking, washing, and eating on a schedule is very difficult if you too have a complete time job. I don't think the dietary plan could be harmful to anyone, but it is best to ease into it. following Dr. Still, very worth it. There's so much info and science behind this method. A perspective really worth exploring. Also, you can't just go straight to the dietary plan and the dishes and make it happen. It's worth it! The very best detox diet ever! This isn't like the instruction manual that is included with your TV that you instantly discard and go straight to the energy cord and the on switch.. Cleared stubborn warts Had some hpv warts that I have already been freezing for nearly a year. Only a four times on the dietary plan and they disappeared independently. This Diet Does Work This book is a great diet for those who have digestive problems. Does amazing things for your current health.! An extremely interesting read! Plenty of great recipes if you're trying to consume more alkaline. Rau has discovered a series of approaches for healing the . Interesting! Fantastic program in creation of health Dr. Rau has written a fantastic, easily understandable reserve on how best to create wellness and/or get over illness. His good sense approach, with basically stated yet total explanations, made it so much less difficult to follow his system than others I've attempted. That is by far the best detox diet my husband & I've found it easier to modify my dietary practices because I've information about the way the foods I used to consume were affecting my health. I found Dr Rau online and watched a video he had on lyme and understood that my symptoms were indeed lyme. It will be the only various other thing you perform before and after function. Rau's program for just a few weeks has made an enormous difference in how I feel. I've energy, something I haven't had the opportunity to claim for a long time, and I simply feel BETTER. Knowing given that a high percentage of the immune system is in the gut, consuming to heal it makes total sense. What a difference! I by no means thought I'd be eating oatmeal with raw apples and a tablespoon of flax seed essential oil and revel in it, but it's very tasty and gives a wonderful, sustained energy through the entire morning.! nourished! Very worthwhile! Buy it! Let food be thy medicine! I'd not recommend going on the Intensive Diet plan/Liver Detox immediately. prevent disease. Rau and his personnel at their prestigious curing institute in Switzerland offer state-of-the-artwork healing modalities that radically detox and restore our bodies from disease and years of exposure to a multitude of factors that cause imbalance inside our bodies. For example, I under no circumstances knew that feeding on onions has the aftereffect of producing the lymphatic system sluggish! Love the dishes & Felt full & But the best part may be the result---feeling great after years of disease. I've got just about every diet book made but this is actually the best. As time continued, I could barely walk up a air travel of stairs with such sever pain I wondered how much longer before I wouldn't rise them at all. I have ever done. feel better! I would suggest doing the regular diet

initial, which most will find challenging to remain on, but it is worth it. Dishes I've tried have been very, very good.! SEVERAL MISSING PAGES I purchased this publication digitally. Now I find it's missing a number of important pages. For example it goes from page 133 to 140 then from page 140 to 160! So now I have a book that's pretty much worthless to me! What a rip off!!! Great book, great diet Great book , great diet. Great reference on how to put your body right into a healthful alkali state to heal & Also, exercise should be moderate.! I've done diets such as this before - a raw food diet plan in a 3 week program (I came across as well restrictive) and a cleaning food sensitivity diet with a homeopathic doctor (very costly). This diet is comparable and it work if you don't cheat. I recommend "easing" involved with it by starting to cut down on coffee, sugars, gluten and meat and observe how you feel. It is not impossible, but, you wont have any time to do other things. Headaches, mind fog, sore joints, the list continued. most sensible thing I ever did.



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