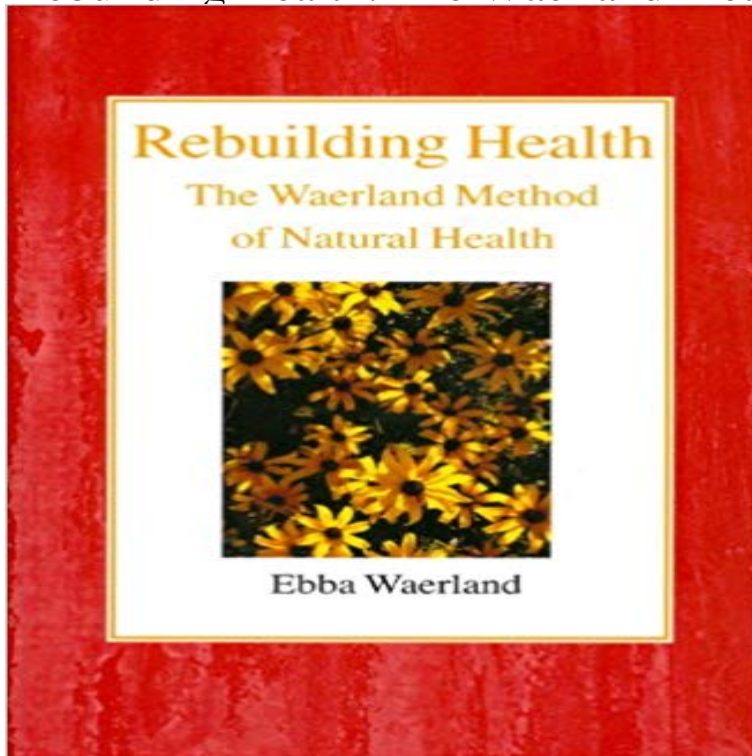


Rebuilding Health: The Waerland Method



A detailed guide to nutrition popularising the Waerland regime based on careful attention to diet, illustrating the efficacy of the method with a number of case studies. In addition to general dietary guidance, the author offers organic and drug-free treatments for a wide range of diseases, including rheumatism, asthma, cancer, diabetes, skin problems, ulcers, diseases of the liver, multiple sclerosis, tuberculosis, diabetes, headache, migraine, insomnia, and constipation, anaemia, high blood pressure, heart disorders, goitre and varicose veins.

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