

(Read download) Manual of fresh juices, raw vegetables and fruit dishes (Bircher-Benner Manual) (Volume 4)

Manual of fresh juices, raw vegetables and fruit dishes (Bircher-Benner Manual) (Volume 4)

Dr Andres Bircher

*DOC | *audiobook | ebooks | Download PDF | ePub*



Manual of fresh juices,
raw vegetables and
fruit dishes



EDITION BIRCHER-BENNER
CH-8784 Braunwald

DOWNLOAD



READ ONLINE

#4695592 in Books 2015-11-25Original language:EnglishPDF # 1 8.27 x .19 x 5.83l, .23 #File Name: 390608909680 pages | File size: 78.Mb

Dr Andres Bircher : Manual of fresh juices, raw vegetables and fruit dishes (Bircher-Benner Manual) (Volume 4) before purchasing it in order to gage whether or not it would be worth my time, and all praised Manual of fresh juices, raw vegetables and fruit dishes (Bircher-Benner Manual) (Volume 4):

This handbook is based on the decades of knowledge and experience of the world-famous Bircher-Benner Clinic,

today's Medical Centre Bircher-Benner, a cutting-edge medical healing center. This book is a huge help for you as a patient to assist you on the road to recovery and to prevent illness. It enables you to understand the scientific basics and causes of your illness and gives valuable direction on nutrition, nursing and physical treatments. The book explains nutrition in interconnected levels, is ready to use practically and is supplemented by a wide variety of tested good-tasting nutritional recipes by the Bircher-Benner Clinic. For physicians, this book is a great time-saver and a valuable aid in guiding their patients. Table of contents Introduction, Two Kinds of Food Energy, The New Order of Foods according to their Qualitative Nutritional Value, The Basic System of Soft Connective Tissue, the Origin of Chronic Diseases, The Experiment at the Royal Free Hospital, London, A few Additional Examples of Scientific Studies on the Effect of the Raw Vegetable Food Therapy, Secondary Plant Substances, Medical Effect of Vegetable Foods, On Raw-Food Therapy to Prevent and Fight Cancer, On Dietetic Raw-Food Therapy for Degenerative Complaints (Antioxidation) On Raw-Food Therapy for Danger of Thrombosis and Embolism, Special Features of Raw Food Therapy for Hypertension, Special Feature of Raw-Food Therapy for Reduction of Cholesterol Levels, On raw food therapy for diabetes mellitus, on raw-food therapy for infectious diseases (antimicrobial effect), On raw-food therapy for a weak immune system and susceptibility to infection, The Indication for the Fresh-Vegetable Diet, (Raw-Food-Diet) The Fresh Raw Fruit and Vegetable Diet, Stage-1-Diet, Stage-2-Diet, Forms of the Fresh-Vegetable Diet, Reactions to the Change to the Fresh-Vegetable Diet and Their Treatment, Additional General Recommendations for the Fresh Vegetable and Juice Diet, The New Balance, The Rejuvenating Effect of Fresh Raw Vegetable Food, The Right Starting Dose, The Subject of "Raw-Food Intolerance", Recommendations for lab examinations for the attending physician, Preparation and Cleaning of Raw Vegetables, Composition of Raw Vegetables, Adjustment to Taste and Chewing Ability, Cleaning of Raw Vegetables, From the Bircher Grater to The Electric Blender, Menu, Menu Combinations for Different Types of Raw Vegetable Diets, The Recipes Birchermuesli, Fruit-and-Fresh Grain Dishes, Fruit Dishes, Juices, Milk Types, Dressings for Raw Vegetables, Salads, Healthful Teas, List of recipes, Bibliography, Index

About the Author About the author: Dr. med. Andres Bircher is Dr. med. Maximilian Bircher-Benners grandson. After medical studies in Zurich and Geneva, ten years as a hospital physician in anesthesiology, intensive medicine, emergency surgery, pediatrics, psychosomatics, hematology, geriatrics. Psychiatry and psychotherapy, as a specialist at Zurich university hospitals at senior level. Training analysis with Brain Kenny, head physician of a hospital for internal medicine in Zurich and later in the western part of Switzerland. Study and specialist training in TCM and acupuncture in Vienna, neural therapy, manual therapy, classical homeopathy, Training as a German specialist in balneotherapy, climatology and physical medicine. Scientific work in food energy, dietetics and the effects of regulative medicine. Medical director of the Bircher-Benner Medical Center