



## The Hippocrates Diet and Health Programme

By Ann Wigmore, Dennis Weaver

Avery Publishing Group Inc., U.S. Paperback. Book Condition: new. BRAND NEW, The Hippocrates Diet and Health Programme, Ann Wigmore, Dennis Weaver, Ann Wigmore, founder of the Hippocrates Health Institute, teaches that what we eat profoundly affects our health. She repeatedly points out how our modern nutritionless diet is a prime cause of illness and obesity, but she also offers a positive alternative. This volume presents a diet of fresh fruits, vegetables, grains and nuts, all of which is prepared without cooking, and which allows the body to regain its strength and vigour gently. It also discusses body cleansing and ageing issues, and there is a foreword by Hollywood icon Dennis Weaver.



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