

**THUS SPEAKETH THE
STOMACH
AND
THE TRAGEDY OF
NUTRITION**

By Prof. Arnold Ehret

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Introduction

Professor Arnold Ehret was a German healer, dietitian, philosopher, teacher, visionary, and one of the first people to advocate fasting and a plant-based, vegan, mucus-free lifestyle as a therapy for healing. For over 100 years, his written works and teachings have touched the lives of thousands of health seekers pursuing higher levels of vitality. He was also a cultural icon who had a great influence on the "Back-to-Nature" counter-cultural movement which first emerged in Victorian Era Europe, and then migrated to Southern California in the early 1900s. The movement fundamentally influenced the hippie counter-culture of the 1960s.

In the early 1900s, Ehret opened a hugely popular sanitarium in Ascona, Switzerland where he treated and cured thousands of patients considered incurable by the so-called "medical authorities." During the latter part of the decade, Ehret engaged in a series of fasts monitored by German and Swiss officials. Within a

period of 14 months, Ehret completed a fast of 21 days, one of 24 days, one of 32 days, and one of 49 days. He became one of the most in-demand health lecturers, journalists, and educators in Europe as he saved the lives of thousands of people.

On June 27, 1914, just before World War I, Ehret left from Bremen for the United States to see the Panama Exposition and sample the fruits of the continent. He found his way to California, which was viewed as an "Eden of the West." The region was also undergoing a horticultural renaissance due to botanists like Luther Burbank, which greatly interested Ehret. The war prevented him from returning to Germany and he settled in Mount Washington where he prepared his manuscripts and diplomas in his cultivated eating gardens. With the help of Fred Hirsch, he founded Ehret Literature and began to publish his masterful works.

Today, Ehret's works are increasing in popularity as people learn of the healing power of plant-based,

vegan, and raw-food diets. Overall, Ehret believes that pus- and mucus-forming foods are unnatural for humans to eat. He asserts that a diet of fruits and green, leafy vegetables, i.e., mucus-free foods, are the most healing and powerful foods for humans. The world needs Ehret's work now more than ever. In an era where people consume genetically modified, mucus-forming *frankenfoods* daily, the simplicity and truthfulness of Ehret's teachings can transform humanity for the better.

If your intestines could talk, what would they say? What if you could understand health through the perspective of your stomach? In this unprecedented work, Arnold Ehret first gives voice to the stomach and then reveals the foundation of human illness. In this version, minor edits have been made to correct existing errors and outdated gendered syntax.

—*Prof. Spira (2013)*