

## ARNOLD EHRET AND MODERN MEDICINE

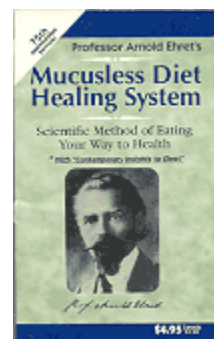
BY David L. Duffy, MD



In his [Mucusless Diet Healing System](#), Arnold Ehret has shown us how to clean the body and eliminate waste. Fasting is very effective when you have the flu or a head cold. A transition diet with plenty of fruits and vegetable can help us lose weight. However, it is tempting for people with chronic diseases such as diabetes, hypertension, and asthma to want to stop all medicines and "switch to Ehret". One has to be very careful in these circumstances. By stopping medications, one can get into trouble with uncontrolled diabetes, uncontrolled blood pressure, or precipitate an asthma attack.

How then should a person proceed when he learns about Ehret? Let us say that you are taking medicines for hypertension and diabetes. You have read [Ehret's books](#). You are going to simplify your diet, eat more fruits and vegetables and have short fasts. You will need to discuss this with your doctor. He will probably have no knowledge of Arnold Ehret. You can discuss the effects of changing your diet on your medical condition. If you have diabetes you may need to skip or lower the dose of diabetic medicine on the day of the fast. If you are serious about following Ehret's diet, your doctor will be interested in monitoring your weight, your blood sugar, and your blood pressure. The goal of medicine is to cure or control illness. If you really lose weight and your blood pressure and blood sugar comes down the doctor will need to lower your dose of medication. If you reach a point where medications are no longer needed, so much the better.

[Ehret's Mucusless Healing System](#) should not be a foe to orthodox medicine. They should work together. Ehret supplies a missing ingredient in modern medicine. Modern medicine talks about "lifestyle changes" which benefit health: eat less, exercise more, stop smoking, and stop drinking. Ehret gives us a detailed knowledge of a major lifestyle change that can have a tremendous beneficial effect.



There are severe chronic diseases such as multiple sclerosis, lupus erythematosus, congestive heart failure, and cancer. What can the Ehret diet do in these conditions? The answer is a matter of individual discipline and personal research. You need to be cautious. It may take a long time for dietary changes to affect a chronic disease state. One should not indulge in promiscuous fasting. You should not go from one dietary extreme to another. You need to go at your own rate. You may start by fasting one day a week, eating 7 to 8 servings of fruits and vegetables a day, and eliminating as much junk food as possible.

Although monitoring weight loss is relatively easy, weight loss is not the only measure of progress. Identify target symptoms. Sinus congestion, wheezing, constipation, indigestion, and fatigue are a few symptoms which can be monitored. Blood pressure, cholesterol level, blood sugar level, and other specific blood tests are important to measure.

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Professor Arnold Ehret founded The Club at the turn of the century. Today the goal of The Club is to assist people in their quest for better health through Professor Ehret's teachings.

The Club is where Ehretists and people interested in their health can work with other similarly motivated people to gain that edge. You are all welcomed to be a part of this exciting club that was designed by Ehret to unlock the healthfulness in all of us.

Join The Arnold Ehret Health Club Today!

<http://arnoldehret.org>

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