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Arnold Ehret's "The Mucusless Diet Healing System" (Steve Jobs' Diet)

Arnold Ehret

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Arnold Ehret's "The Mucusless Diet Healing System" (Steve Jobs' Diet) Arnold Ehret
Arnold Ehret is the founder of vitalism in dietetics, and pioneer of Ehretism. This German author believed that human body is an "air-gas engine" that requires only “mucusless” foods (fruits, vegetables and greens). He believed that the diet was best for healing.

Mucusless Diet Healing System Course is a complete workable program for cleansing, repairing, rebuilding and maintaining a healthy body.

Steve Jobs’ dietary beliefs were greatly influenced by this book. For the better part of his life, Jobs was a strict vegetarian and wouldn’t even consume dairy products.

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