

SELF-HELP TECHNIQUES

THE EASY GRAPE CURE



NICOLA QUINN

The Grape Cure

Basil Shackleton



The Grape Cure:

The Grape Cure Johanna Brandt,1939 **The Grape Cure** Johanna Brandt ,2011-11-15 This classic is still making its mark over 80 years since its debut Author Johanna Brandt shares a personal journey of living with cancer and her discovery of how the beneficial properties of grapes cured her disease by refreshing and purifying cell structures The virtues of naturopathy are extolled and readers are encouraged to detoxify their bodies and prevent disease namely cancer through a combination of fasting and a diet of grapes **The Grape Cure** Johanna Brandt,1928 *The Grape Cure* Basil Shackleton,1969 **Grape Cure** Johanna Brandt,1986-12 Author Johanna Brandt shares a personal journey of living with cancer and her discovery of how the beneficial properties of grapes cured her disease by refreshing and purifying cell structures The virtues of naturopathy are extolled and readers are encouraged to detoxify their bodies and prevent disease namely cancer through a combination of fasting and a diet of grapes *About the Grape Cure* Basil Shackleton,1962

The Fruit Cure Jacqueline Alnes,2024-01-16 lucid and elegant The Washington Post A deeply compelling read Spellbinding BookPage Her journey from desperation to self acceptance is moving and well rendered In the crowded medical memoir field this stands out Publishers Weekly A powerful critique of the failures in our healthcare system and an inquiry into the sinister strains of wellness culture that prey on people s vulnerabilities through schemes scams and diets Jacqueline Alnes was a Division One runner during her freshman year of college but her season was cut short by a series of inexplicable neurological symptoms What started with a cough escalated to Alnes collapsing on the track and experiencing months of unremembered episodes that stole her ability to walk and speak Two years after quitting the team to heal Alnes s symptoms returned with a severity that left her using a wheelchair for a period of months She was admitted to an epilepsy center but doctors could not figure out the root cause of her symptoms Desperate for answers she turned to an online community centered around a strict all fruit diet which its adherents claimed could cure conditions like depression eating disorders addiction anxiety and vision problems Alnes wasn t alone From all over the world people in pain doubted or dismissed by medical authorities or seeking a miracle diet that would relieve them of white Western expectations placed on their figures turned to fruit in hopes of releasing themselves from the perceived failings of their bodies In *The Fruit Cure* Jacqueline Alnes takes readers on a spellbinding and unforgettable journey through the world of fruitarianism interweaving her own powerful narrative with the popularity and problematic history of fruit based raw food lifestyles For readers plagued by mysterious symptoms inundated by messages from media about how to attain the perfect body or caught in the grips of a fast paced culture of capitalism *The Fruit Cure* offers a powerful critique of the failures of our healthcare system and an inquiry into the sinister strains of wellness culture that prey on people s vulnerabilities through schemes scams and diets masquerading as hope , [The American Journal of the Medical Sciences](#) ,1861 **The Journal of Horticulture, Cottage Gardener and Country Gentleman** ,1862

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