

FOUR BOOKS in a SINGLE VOLUME!

Volume II: THE BASIC HEALTH LIBRARY

FASTING: Fastest Way to Super Health and Rejuvenation

How superlative health and long life are built by the provident employment of fasting.

HOW TO KEEP YOUR BODY PURE

Explains how you can cleanse your body and so live as not to further pollute it.

TOXEMIA EXPLAINED THE TRUE HEALING ART

Presenting Dr. Tilden's classic wherein he bequeathed to the world an insight into the universal basic cause of disease. Dr. Trall presents an indictment of the medical profession and their murderous blunders that appalls us. Moreover, he presents a way out of the morass of disease and early death.

THE GREAT WATER CONTROVERSY

A guide to the water you should use for your body and how best to obtain it. Focusing the light of Natural Hygiene on a very simple need surrounded by many perplexing complexities.