

By the same author:

HEALTH IS YOUR BIRTHRIGHT

The right to health and freedom from disease for everybody
through the world-famous Waerland health-system

A pocket-book

HUMATA PUBLICATIONS CH-3000 BERN 6

Are Waerland's HEALTH LAND- BOOK

HUMATA PUBLICATIONS
CH-3000 BERN 6

Translated from the original German edition by Miriam Anak,
edited by Harold S. Blume

ISBN 3-7197-0260-X

Humata Publications' internal code No. 7260137

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Turn over please

Note

Are Waerland's Health Handbook outlines nearly all of Are Waerland's books and pamphlets concerning the *Waerland Health System*. Only his original texts have been used.

Are Waerland's Health Handbook is the reference book on the practice of the Waerland Health System. It neither expresses philosophical and ideological views—as put down in other of his works—nor the adjustment of the Waerland diet to disease which is dealt with in detail in Ebba Waerland's *Rebuilding Health* (Arco Publishing Co., Inc., New York).

Introduction

Life is continuous creation. We humans are active participants in the midst of this creative process, fully responsible for our thoughts and deeds towards life and ourself. Man becomes fully alive only in his role as a free co-creator in the great drama of evolution. Only then can he find his true mission, and himself.

We must start from this point if we expect to find the right way of life, both biologically and physiologically.

For thousands of years man has led an unconscious existence. First he was led by his instincts; but the direction pointed out by the awakening intellect was misleading as well because of the intellect's inadequacy. Then he was carried into the swamp of illness in which—pushed forward relentlessly by the pleasure seeking forces—he became hopelessly engulfed.

In vain he has been trying to free himself by building more and more hospitals and asylums and by searching for ever new artifices and methods with which he hopes to outwit and defy Nature. Instead, he should humbly and with gratitude and love study Nature's wonderful law and follow it.

This law of Nature should be the great goal of our life, and the foundation to our life-building efforts.

The Waerland Health Movement has said NO to a system that allows us to drift—a system so common in today's civilization. Let us fight in order to re-gain man's true place

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