



## Whey Prescription: The Healing Miracle in Milk (Paperback)

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By Christopher Vasey

Inner Traditions Bear and Company, United States, 2006. Paperback. Condition: New. Us. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. An introduction to the powerful healing properties of whey - Explains how whey acts as a powerful detoxifying agent - Reveals the effectiveness of whey against diseases affecting the heart, liver, kidneys, and intestines and in controlling obesity, high cholesterol, and high blood pressure - Shows how this healing agent is now easily and readily available Since antiquity whey has been known as healing water by Greek physicians. Hippocrates and Galen both recommended whey to their patients. In the eighteenth and nineteenth centuries, spas across Europe offered the whey cure to aristocrats and commoners alike. Modern scientific research has confirmed the curative capabilities attributed by our ancestors to this dairy product, but because it is highly perishable and must be consumed while very fresh, this cure fell out of favor in our modern urban age. Now, thanks to the availability of whey powder and granules, this highly nutritious and effective healing agent is once more within the reach of everyone. Whey is...



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