

# List of books of the Edition Bircher-Benner



Bircher-Benner  
Manual for patients with multiple sclerosis, Parkinson's disease and other neurodegenerative diseases



## Manual 1

Multiple sclerosis, Parkinson's disease and other neurodegenerative diseases can be reliably prevented. They are caused by toxins and the widespread malnutrition. This book explains the causes and the way to prevent neurodegenerative diseases and to achieve a permanent cure for multiple sclerosis based on scientific evidence, which has enabled thousands to be cured at the Bircher-Benner Clinic, ready for practical application: a path that is worthwhile.



Bircher-Benner  
Manual for patients with liver and gallbladder conditions



## Manual 2

This book explains the causes of liver diseases, gallbladder diseases and gallstones and shows how to prevent them and how to reliably cure them without an operation. It shows how the metabolism can be detoxified so that the liver can recover and how existing gallstones can be broken down so that surgery is not necessary. This diet is explained in stages, with diet plans and recipes ready to be put into practice: a path worth taking. A must for anyone wanting to detox.



Bircher-Benner  
Manual of fresh juices, raw vegetables and fruit dishes



## Manual 4

This book explains the latest scientific findings on dietetics with fresh, living, vegetable food in a way that is easy to understand, their high energy potential, the biophysical basis of their effect, the phytochemicals contained in the various vegetables, effective against infections, inflammation, immune deficiency, allergies, autoimmune diseases, cholesterol, high blood pressure, which of these are antioxidant, antidiabetic, antithrombotic, ant arteriosclerotic and anticancer, with tables ready for practical use: a must for anyone who wants to stay healthy and get healthy.



Bircher-Benner  
Manual for diabetics



## Manual 7

This book contains the most recent findings on diabetes, its causes, prevention and treatment on the latest scientific basis and the way to the often still possible cure of type II diabetes without medication. It contains diet plans and a wealth of carefully calculated recipes from the Bircher-Benner Clinic, which make the diet easier for every diabetic and which help to prevent the serious subsequent illnesses. It contains diet plans for the mostly necessary weight loss and charts on the glycemic index and glycemic load. The medication and the insulin therapy are also carefully described. A must for every diabetic.



Bircher-Benner  
Enjoy Food without Table Salt



## Manual 9

Cooking with little or no salt so that eating is a pleasure is a high art that was developed in the world-known Bircher-Benner Clinic, a centre for the most modern arts of healing. This diet is very important for all people with high blood pressure or kidney diseases. In this book you will find the cause and nature of salt-sensitive hypertension explained in detail. It contains diet plans and many tasty recipes, ready for practical use: a must for anyone suffering from high blood pressure or a kidney disease. This book completes the Manuals 19 and 12.

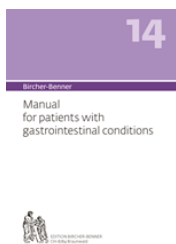


Bircher-Benner  
Manual for patients with rheumatism and arthritis



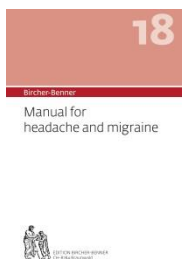
## Manual 10

This book explains the way of permanently curing rheumatoid arthritis, ankylosing spondylitis and other rheumatic diseases on the basis of scientific evidence and without drugs, just by treating their causes. Dietetics is explained in progressive stages, with diet plans and delicious recipes ready for practical use. A must for anyone suffering from rheumatism. A path that is worthwhile.



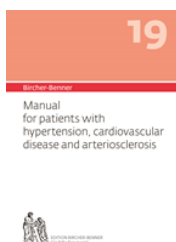
#### Manual 14

This book explains on a scientific basis the different types and causes of gastric and intestinal diseases and the way to their permanent cure, including reflux disease, ulcerative colitis, Crohn's disease, food intolerance, and many more. by treating its causes and without medication. The diets are explained clearly, in progressive stages and tables for an easy overview. It contains diet plans and recipes from the famous Bircher-Benner Clinic, based on the latest scientific findings. This is a great help, a must for anyone with a stomach or bowel disease and a great help for the doctor treating you.



#### Manual 18

People take triptans with strong side effects and don't know that their migraines can be cured. The migraine is a powerful discharge of a massively overloaded metabolism via the trigeminal system. This book explains the causes of migraines based on the latest scientific evidence. It also explains all the other causes of the different types of headaches. It contains the diet to cure migraines and cluster headaches with diet plans and recipes from the Bircher-Benner Clinic. Anyone who suffers from migraines has to "take matters into their own hands" because the usual medication only makes the disease chronic. This book is a must for anyone looking to cure their headaches.



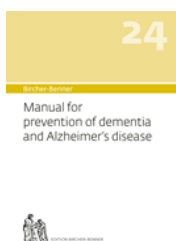
#### Manual 19

High blood pressure, arteriosclerosis, heart attack and stroke are not fatal diseases of old age. They arise from a diet and lifestyle that are contrary to the needs of our biological system. Based on the latest scientific evidence, this book explains the real causes of cardiovascular diseases and how to reliably prevent and cure them naturally as long as it is still possible, by consistently tackling the causes. It also explains the medications commonly given and their side effects, and the diet in progressive stages ready for practical use. This book is a must for anyone who does not want to die from these diseases, and for the treating doctor it is a great help and time saver.



#### Manual 21

The skin is a mirror of health. Most skin diseases, including neurodermatitis, psoriasis and rosacea, among others, are caused by a diseased environment in the intestine, a diseased microbiome and immune system, on the basis of epigenetic inheritance. This book describes all skin diseases and explains, on the basis of the latest scientific evidence, the way to definitively cure these diseases, which are officially considered incurable, as well as other skin diseases by tackling their causes. It contains the diet that heals the causes in the intestinal milieu and the way in which the epigenetically inherited portion of the cause can be gradually erased. The diet is described in progressive stages, with diet plans and recipes from the famous Bircher-Benner Clinic. A must for anyone who wants to definitively heal their skin disease and a great help for the treating doctor.



#### Manual 24

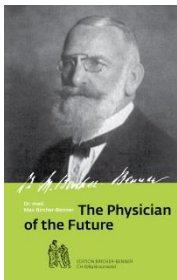
Becoming demented means unspeakable suffering. More and more people are affected. Dementia is not a hereditary disease and it is not a hazard. Its causes are known. Dementia results from a way of eating and living that is contrary to the needs of the biological system and from toxins. Dementia can be reliably prevented. This book explains the causes based on the latest scientific evidence and shows how you can reliably prevent dementia by consistently tackling the causes. It contains the diet that prevents the degenerative changes in the nervous system in progressive stages, with diet plans and recipes from the famous Bircher-Benner Clinic. A must for anyone who never wants to become demented.

Healthy and Slim  
Manual for treatment  
of weight problems,  
overweight and anorexia



### Manual 26

This manual shows how to be healthy and slim throughout your life. It explains the causes of obesity, eating disorders, anorexia, constitutional thinness and disease-related cachexia and the way to cure them by treating the causes. It explains the regulation of appetite, body weight and our energy balance based on the latest scientific evidence. Every overweight person has unsuccessful diet attempts behind him, because after purely calorie-reduced diets you cannot maintain the lower weight and fattening diets are ineffective if you are underweight. The causes lie in the diseased environment of the intestine and metabolism. This book contains the diet that permanently cures weight problems and eating disorders, right to the ideal weight, with diet plans and recipes from the Bircher-Benner Clinic: A path that is worthwhile.



### The Physician of the future

At the height of his life's work, Dr. Maximilian Bircher-Benner wrote this book "On the of the new doctor". It is an autobiographical work of a great doctor who healed thousands of people and saved many lives, the description of the life of a doctor who always devoted his life to the search for truth and humanity. Witnessing his career is fascinating for every reader. It is a textbook for a new humanity for every young doctor, for nurses, for laypeople and everyone who has to do with people and shows the way to prevent and heal a sick humanity. A book worth reading.