

# 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 satisfactorily prevented. They are caused by toxins and today's 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 and has enabled thousands to be cured at the Bircher-Benner Clinic. The book details methods ready for practical application. Here we have a path to health that it is worth following.



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 the need for an operation. It shows how the metabolism can be detoxified so that the liver may recover and how existing gallstones can be broken down so that surgery is not necessary. The relevant diet is explained in stages, with diet plans and recipes ready to be put into practice: a path to health worth following. A must for anyone needing to detox.



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



## Manual 4

This book explains the latest scientific findings on dietetics and details a cure with fresh, vital, vegetable foods in a way that is easy to understand. It describes their high energy potential, the biophysical basis for their effects and the phytochemicals contained in the various vegetables. This treatment is effective for infections, inflammation, immune deficiency, allergies, autoimmune diseases, cholesterol and high blood pressure. It is antioxidant, antidiabetic, antithrombotic, ant arteriosclerotic and anticancer diet. The book includes tables ready for practical use: a must for anyone who wants to be and remain healthy.



Bircher-Benner  
Manual  
for diabetics



## Manual 7

This book details the most recent findings on diabetes, its causes, prevention and treatment on the basis of the latest scientific facts and describes a path to the often possible cure of type II diabetes without the need for medication. It contains diet plans and a wealth of carefully prepared recipes from the Bircher-Benner Clinic, which make following the diet easier for all diabetics. This treatment also helps to prevent serious subsequent illnesses. It contains diet plans for weight loss, which is necessary in most cases, and charts concerning the glycemic index and glycemic load. Medication and insulin therapy are also carefully described. A must for every diabetic



Bircher-Benner  
Manual for patients  
with rheumatism and  
arthritis



## Manual 10

This book explains how to permanently cure rheumatoid arthritis, ankylosing spondylitis and other rheumatic diseases by treating the causes on the basis of scientific evidence and without drugs. The necessary dietetic plan is explained in progressive stages, including delicious recipes ready for practical use. A must for anyone suffering from rheumatism. A path to health that it is worth following.



Bircher-Benner  
Manual  
for patients with  
gastrointestinal conditions



## Manual 14

This book explains the way to a permanent cure of the different types and causes of gastric and intestinal diseases on a scientific basis. These diseases include reflux disease, ulcerative colitis, Crohn's disease, food intolerance, and many more. The treatment deals with the causes and dispenses with the conventional medication. The necessary diets are explained clearly, in progressive stages with tables to provide an easy overview. The diet plans and recipes come from the famous Bircher-Benner Clinic and are also based on the latest scientific findings. This is a must for anyone with a stomach or bowel disease and a great help for the doctor.



Bircher-Benner  
Manual for  
headache and migraine



#### Manual 18

People take triptans which have marked side effects and they do not realize that their migraines can be cured with little or no medication. The migraine is in fact the 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 causes of various other types of headaches. It details a diet to cure migraines and cluster headaches and includes plans and recipes from the famous Bircher-Benner Clinic. Anyone who suffers from migraines is well advised to "take matters into their own hands" in this way since the usual medication only serves to make the disease chronic. This book is a must for anyone looking for a real cure.



Bircher-Benner  
Manual for patients with  
hypertension, cardiovascular  
disease and arteriosclerosis



#### Manual 19

High blood pressure, arteriosclerosis, heart attack and stroke are not fatal diseases of old age. They arise from an unsatisfactory diet and a lifestyle which are not in harmony with 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 whilst this is still possible, by systematically tackling the causes. It also describes the medication commonly given and its side effects. The book provides the patient with a diet made up of progressive stages ready for practical use. It is a must for anyone who is determined not to die from these diseases, and is also a great help and time saver for the doctor.



Bircher-Benner  
Manual for  
prevention of dementia  
and Alzheimer's disease



#### Manual 24

Becoming demented results in unspeakable suffering and more and more people are affected nowadays. Dementia is not a hereditary disease and it is not a matter of chance. Its causes are known. Dementia results from toxins related to a style of eating and living that is contrary to the needs of the biological system.. Dementia can in fact be reliably prevented. This book explains the causes based on the latest scientific evidence and shows how you can prevent dementia by consistently tackling the causes. It contains a diet that protects from degenerative changes in the nervous system and includes diet plans and recipes from the famous Bircher-Benner Clinic. A must for anyone who is determined not to suffer from dementia.

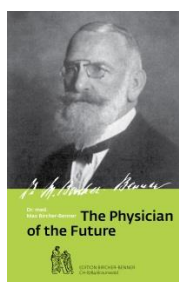


Bircher-Benner  
Healthy and Slim  
Manual for treatment  
of weight problems,  
overweight and anorexia



#### 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 how to regulate appetite, body weight and our energy balance on the basis of the latest scientific evidence. Almost every overweight person has many unsuccessful attempts at dieting behind them, because after purely calorie-reduced diets you cannot maintain the lower weight and if you are underweight fattening diets are similarly ineffective. The causes lie in the diseased environment of the intestine and the unsatisfactory functioning of the metabolism. This book describes a diet that permanently cures weight problems and eating disorders so as to achieve the ideal weight. It also includes diet plans and recipes from the famous Bircher-Benner Clinic: a path to good health that it is worth following.



#### The Physician of the Future

At the peak of his life's work, Dr. Maximilian Bircher-Benner wrote this book, "The Physician of the Future". It is an autobiographical work by 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 to encouraging humanity in the world around him. Studying his career can be fascinating for any reader. It is a textbook describing a new kind of humanity and will be of interest for every young doctor as well as for nurses, lay individuals and in fact everyone who is professionally involved in dealing with people. It shows how to prevent illness and to attempt to cure the ills of humanity. A book that it is certainly well worth reading.