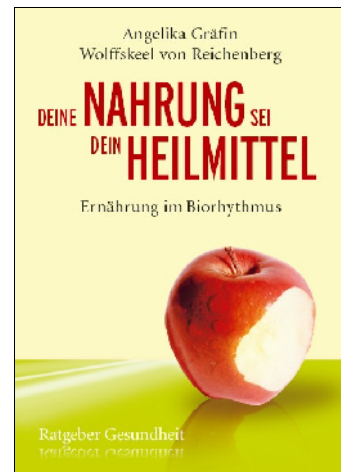


Angelika Gräfin Wolffskeel
von Reichenberg
**Deine Nahrung sei
dein Heilmittel**

Ernährung im Biorhythmus
Ratgeber Gesundheit

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**May Your Food Be
Your Remedy**
Diet in Biorhythm
Health Guide



About the book.

“Your food should be your remedy.
Your remedies should be your food.”
Hippocrates, 400 BC

Already our old physicians in classical antiquity knew the healing power of food and worked primarily with it. The old saying “Your food should be your remedy” is still a therapeutic basis for the preservation and regaining of health.

But for the most part today’s dietetics focus on single components—e.g., selected vitamins, mineral salts, or metabolic diseases, for example elevated cholesterol.

This book offers a lot more: it communicates a holistic view from procreation to death taking account of season and time of day, disposition and food quality.

The practical guide expresses sound knowledge in an understandable way. With an organ watch, a drastic reducing diet, diet tips, recipes, and chapters concerning acid-base-balance, allergies, diabetes, and rheumatism.

About the authoress.

Angelika Countess Wolffskeel von Reichenberg, a renowned alternative practitioner and head of a school for alternative practitioners, has dealt with questions of a healthy diet for many years. She works as a lecturer on the topics of alimentary organs and metabolism and gives lectures all over Germany. Her best seller “The 12 Salts Of Life—Biochemistry According To Dr. Schübler” is one of the most reviewed and most successful guides of tissue salts in Germany.

“(…) Angelika Countess Wolffskeel von Reichenberg takes the name ‘guide’ literally. Whereas other books concentrate on single elements, e.g., vitamins, mineral salts, or metabolic problems, she imparts a holistic view. (…)” Leo—Die Rheinpfalz, 4.1.2007

“(…) Everyone will find something useful in this book, last but not least some recipes for everyday life.” Naturarzt, 4/2007

“(…) This practical guide expresses sound knowledge in an understandable way.” Schrot & Korn, April 2007