



## Whey Prescription: The Healing Miracle in Milk

By Christopher Vasey

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Whey Prescription: The Healing Miracle in Milk, Christopher Vasey, 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 favour 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. This book reveals the effectiveness of whey against diseases affecting the heart, liver, kidneys and intestines and in controlling obesity, high cholesterol and high blood pressure and shows how this healing agent is now easily and readily available. Whey is the watery part of milk that is separated from the curd in the process of making cheese. It is rich in lactose, minerals and vitamins. Beyond its nutritional value, whey has powerful detoxification properties and its...



**READ ONLINE**  
[ 7.6 MB ]

### Reviews

*If you need to adding benefit, a must buy book. It is actually rally interesting throgh reading time period. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Olen Mills**

*An extremely awesome ebook with perfect and lucid reasons. This is certainly for all who statte there was not a well worth looking at. Your daily life span will likely be convert as soon as you complete looking over this book.*

-- **Anahi Heaney**

## Other Kindle Books



### **My Life as an Experiment: One Man s Humble Quest to Improve Himself by Living as a Woman, Becoming George Washington, Telling No Lies, and Other Radical Tests**

SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. Reprint. 212 x 138 mm. Language: English . Brand New Book. One man. Ten extraordinary quests. Bestselling author and human guinea pig A. J. Jacobs puts his life to the test and reports...



### **Born Fearless: From Kids' Home to SAS to Pirate Hunter - My Life as a Shadow Warrior**

Quercus Publishing Plc, 2011. Hardcover. Book Condition: New. No.1 BESTSELLERS - great prices, friendly customer service â" all orders are dispatched next working day.



### **Shadows Bright as Glass: The Remarkable Story of One Man's Journey from Brain Trauma to Artistic Triumph**

Free Press. Hardcover. Book Condition: New. 1439143102 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!.



### **Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School**

Book Condition: Brand New. Book Condition: Brand New.



### **Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



### **The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program**

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...