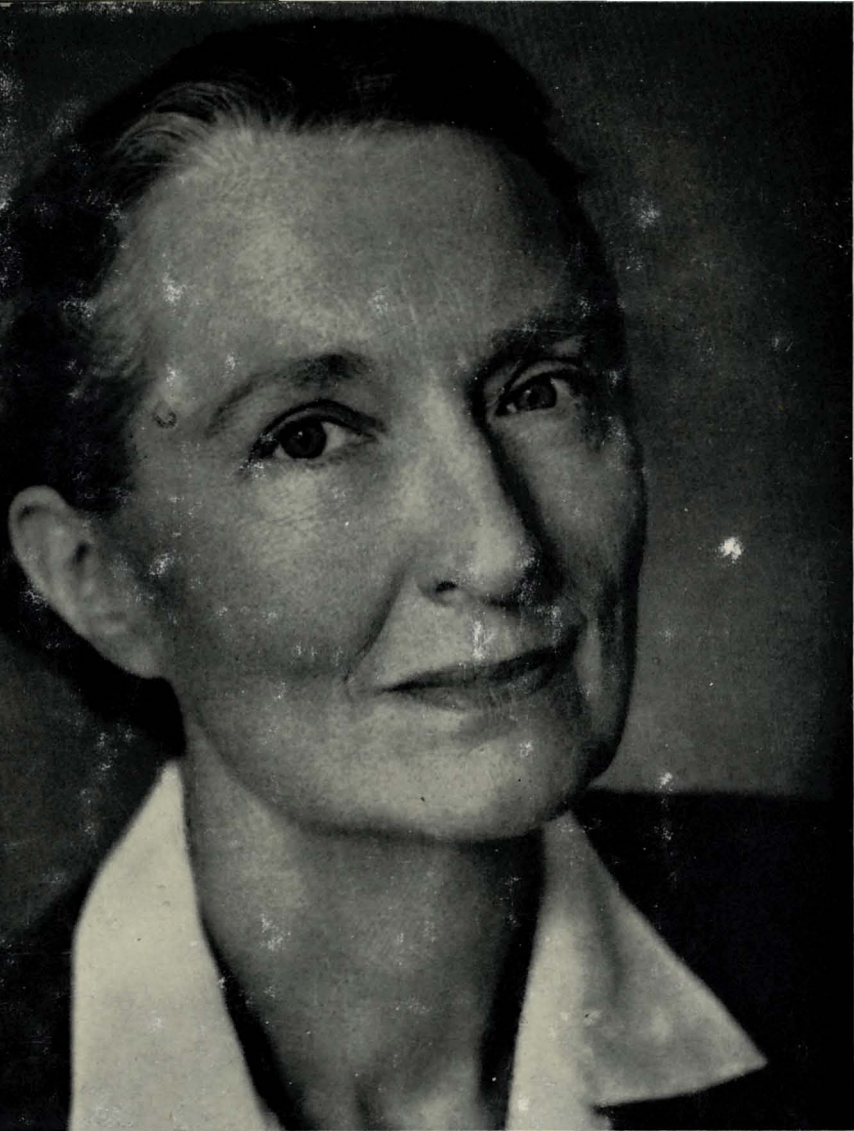


EBBA WAERLAND

Rebuilding HEALTH

The Waerland Method of Natural Therapy

WITH CASE
HISTORIES



—Ebba Waerland, author of *Rebuilding`Health*.

Rebuilding Health

*The Waerland System of Natural
Therapy, with Case Histories*

BY Ebba Waerland

This is the testament of a remarkable woman healer who practices natural therapy with spectacular results. It appears at a time when sickness is rampant, despite all our expensive health facilities, public and private.

Ebba Waerland was born in Stockholm, Sweden, October 15, 1899. She was a sickly child whose own case history—given here—is extraordinary in that she was able to survive at all. Active in social work in both world wars, in 1946 she married the famous European nutritional physiologist, Are Waerland, founder of the dietary system and way of life which bears his name. She became his closest co-worker until his death in 1955. Sanatoriums, where thousands of patients who had reached the end of the road have been restored to health and usefulness by following the Waerland therapies, are to be found today in Germany, Sweden, Switzerland, Italy and Iceland. The therapies are outlined in these pages.

REBUILDING HEALTH *has been translated from the Swedish by Isabella Gibbs.*

Rebuilding health:

*The Waerland Method of
Natural Therapy / with case histories
by /Ebba Waerland*

*translated from the Swedish by Isabella M. Gibbs
foreword to the American edition by Royal Lee, D.D.S.*

THE DEVIN-ADAIR COMPANY / NEW YORK 1961

Foreword to the American Edition

*by Royal Lee, D.D.S., President, Lee
Foundation for Nutritional Research*

An interesting phenomenon of present-day civilization is the general ignorance of the first principles of nutrition; people do not seem to be aware that the body depends for its health upon the integrity of the food supply. It is taken for granted that the body, in some miraculous way, can transmute demineralized, devitaminized foods into healthy tissue.

We have 750,000 deaths per year from cardiovascular disease, which is 98-percent preventable and which may be described as the American beri-beri, because so much of it is unquestionably due to the use of white, bleached flour and refined sugar.

In 1941, after spending ten years in China, Dr. I. Snapper reported the almost complete absence of cardiovascular disease there. He attributed its absence to the use of soy-bean products, and this finding is corroborated by the discovery that unsaturated fatty acids in natural oils block cholesterol accumulation. Autopsies of our soldiers in Korea revealed that 76 percent were found suffering from coronary disease at an average age of 22. Korean soldiers were completely free of the condition.

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It is becoming clear that the leading cause of death in America is malnutrition. Malnutrition arises from the use of spurious foods: hydrogenated fats, synthetic glucose, chemicalized bread made from degerminated flour, pasteurized milk that has had its mineral-assimilating enzymes destroyed. Arthritis, for example, is closely related to nutrition. The only test animals ever to have incurred arthritis have been those fed on pasteurized milk and cooked foods; arthritis always has followed such a diet.

We say, therefore, more power to Mrs. Waerland. She is preaching the gospel of natural living. She insists on cleansing the poisons of civilization from the system and on rebuilding the body with the right foods. She has built clinics in three countries, she has restored health to thousands, and in this remarkable book she tells her secrets.

Milwaukee, Wisconsin
January 1961