

**\*\*Discovery of Natural Wellness Method 99\*\***

Individuals suffering from heart disease should fully adopt a raw food diet. Soon, they will notice a faster improvement in their condition. Wellness cannot be purchased; rather, it can only be attained through following a systematic and thoughtful approach. This method should not include simply throwing whatever you desire into a pot and eating it.

Why do glandular and muscular changes that lead to cancer occur in youth? The glamorous lifestyle that has followed World War II, which many are drawn to today, has had a severe negative impact on human health. Highly processed and burnt foods that are advertised in the media, as well as various products derived from grains, can all contribute to the onset of illness.

**P 99 translated from the Farsi book "If you want to stay healthy and live a long life, forget the pot!"**

— **Helmut Wandmacher**

**Translator**

— **Seyyed Mashallah Farakhande (Kashfi)**