

*Doctor Morrison's
Amazing Healing Foods:
With Miracle Health
Promoter M*

*Marsh Morrison
D.C., Ph.C., F.I.C.C.*

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Marsh Morrison

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How You May Reasonably Expect This Book to Healthify You

This book is almost extravagantly full of good, natural, *tested* health-restoring things to help you. This is said with barely any qualification, for it applies to nearly any condition or ailment that may bother you.

After more than fifty years of doctoring with a method that understands the overuse and abuse of both drugs and surgery, and depending on neither in my practice, I am loath to declare any state of disease absolutely incurable. Why so? Because the way people with all kinds of ailments have responded to the treatments set forth in this book has made me realize that there is hardly any incurable malady but only wrong and unnatural treatment programs for ailments called incurable. So long as people live and breathe, so long as their hair and fingernails grow, so long as there remains some life in the organism, I have found that there is some chance of improvement if not full recovery. This is so because of two reasons: First, because nature tends toward the normal—note how the body fairly yearns to heal every cut and bruise without the need of any doctor's diagnosis; and secondly, if the healthifying programs are natural and right, as they are in these pages, the body returns to a state of wellness in almost every case, no matter how irremediable other doctors have called the condition.

What faced me in writing a good, useful, helpful book of this kind was this: Do I merely set forth what to do that is almost immediately beneficial for any condition, or do I explain *why* you ought to do what I tell you to do?

There are arguments on both sides. Some readers favor both approaches. The philosopher Plato wrote that to give sick people reasons *why* is almost trying to make doctors of them, but sick people do not desire by way of education to be made doctors but only to be made well. From my experience as a teacher of doctors, however, I have reason to value knowing the *why* of things.

Rules can be forgotten and often are. But if you know *why* a thing should be done, you then needn't bother about rules because understanding the reason tells you what the rule should be.

Consider this simple example. *Don't go swimming soon after eating.* That's the rule. But here's the *why* of it. When food is in the stomach the blood is drawn towards the digestive organs in order to start cooking down (digesting) the food to its end products. If you jump right into vigorous swimming, or into a hot bath, the blood is drawn off to the muscles for its activity, or to the skin surface, away from the digestive organs. Lacking enough blood to power its job, the stomach slows down, the food sours, there's belching and burping and a whole chain of ensuing problems along the entire gastrointestinal line. So one should do what animals do after a meal: curl up and nap, or rest. This permits the digestive apparatus to make full use of the blood for its work, whereas swimming or bathing tends to draw away the needed blood. Now you know the reason *why* it is wrong to be active after a meal, and you don't need to remember the exact rule. My way of putting it to student doctors in my college classes was this: "One reason *why* is worth a hundred rules."

So in this book I do both. Where it is important, I spell out the reason *why*. Mostly, however, I simply tell you what to do for your illness, not *why* you must do it.

If you have a heart ailment you'll find in these pages exactly the Amazing Healing Foods that act somewhat like drugs for the heart would—only better because they are natural, with no side

effects. And to make sure that such restorative foods are assimilated, you will learn the precise manner of applying the Miracle Health Promoter M, which makes healing come about. If you suffer from distressing heart pains you'll find here the foods that will usually still such pains and do it safely, plus, as in all cases, the Miracle Health Promoter M to make it all work.

Whether yours be an ailment of the heart or lungs or kidneys or whatever, in this book you will find a two-pronged benefit in the shape of (1) case histories of others with similar conditions who gained and maintained health through these programs, and (2) the oft-mentioned Miracle Health Promoter M, which constitutes thoroughly tested body movements that tend to correct pinched nerves, replace the body in proper structural alignment, and thus set up an uninterrupted flow of life force nerve power that assures the utilization of the amazing healing foods, for, if any potentially valuable foods do not reach the cells, they're not actually valuable and it is as though one hadn't eaten them.

In the following pages there are foods that improve one's sex drive; remarkable foods that almost miraculously help in brain fatigue and memory lapses; amazing foods to heal and strengthen the lungs and bronchial tubes; miracle foods for relieving digestive disorders; well-tested foods for aiding a poorly functioning liver, and for beneficially energizing a malfunctioning pancreas, weak kidneys, and incontinent urinary bladder, and many other surprisingly effective foods that tend to heal and restore and normalize almost every other organ of the body much more quickly and far more safely than anything presently known in the pharmacological manuals. And, most importantly—and absolutely unique to this book of get-well pages—the assurance in all cases of using the Miracle Health Promoter M that makes renewed, rejuvenated health possible.

This amazing, newer knowledge of nutrition and miracle health promoter factor was derived from 102 independent research projects conducted under proper control conditions over a span of fifty years, and not conducted under the restraints of, or obligated to, the American Medical Association, medical societies, or pharmaceutical interests. Triggering every one of the

102 researches was the need to discover how to be healthy in an unhealthy world. And the meaty middle of what I know or have learned is in this book.

Where my findings differ from the so-called “medical wisdoms,” I found my approaches right and the medical ones wrong; no wonder that despite all the research millions lavished on them they are still behind the ever-rising incidence of heart disease, cancer, mental illness, diabetes, arthritis, emphysema, epilepsy, renal dysfunctions, and the rest. Mere millions alone, or impressive research equipment, will not conquer diseases where the approach and fundamental starting premises are physiologically inexact.

Besides the amazing healing foods for the conditions mentioned above, these pages contain lists of the remarkable “food medicines” that aid the uterus and cure its functional discomforts, that tend to restore the power of the prostate gland, that frequently rehabilitate arthritic joints, that recondition human skin and hair, that very often mend nerve damage; also seven foods for visual health, and three outstanding throat healthifying foods, and so on and on—all of these in addition to the simple, but simply amazing, structural self-aligning instructions which make the Miracle Health Promoter M.

The foods we deal with here are common foods, not the uncommon or hard-to-get variety, usually. Almost always they are foods that can add ten years to your life, and life to your ten years.

Every important health aid of valuable significance that I have researched in over half a century of doctoring and researching is in this book. This is my twenty-ninth book. If one seeking my advice had only enough spending money for just one of my books, it is this one that I would without hesitation counsel him to read and heed. This is so because within these pages almost anyone who is plagued with virtually any illness may reasonably expect to learn how to regain, and then maintain, a precious, desirable level of health.

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