



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...



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