



## The Swiss Secret to Optimal Health: Dr. Rau's Diet for Whole Body Healing

*By Thomas Rau, Susan M. Wyler*

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### **The Swiss Secret to Optimal Health: Dr. Rau's Diet for Whole Body Healing**

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- ? Purify the body
- ? Regulate pH balance
- ? Strengthen the immune system
- ? Encourage healing
- ? Prevent illness
- ? Help readers feel young and energetic-in body and mind

Proven effective time and again, Dr. Rau's program can reduce or even eliminate a lifetime of toxins, alleviate chronic conditions like allergies, arthritis, and diabetes, and promote weight loss and overall well-being. With Dr. Rau's Swiss program, everyone can begin to enjoy the numerous health benefits of the Swiss Secret.

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#### **About the Author**

Thomas Rau, M.D., is Medical Director of the Paracelsus Clinic in Lustmuhle, outside of Zurich, which attracts patients and clients from all over the world. He also presides over a sister clinic, Al Ronc, in the Swiss Alps. His articles are widely published, and he lectures internationally.

Susan Wyler, former food editor of *Food & Wine* magazine, is author of 8 previous books.

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