



**How to prevent & reverse 100 diseases the new
French way with Dr. Seignalet's diet miracle:
Obesity - Arthritis -Migraines - Depression -MS -
Crohn's - ... Fibromyalgia - Acne - Psoriasis -
Lupus etc.**

Dr. Dominique Seignalet

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How to eat for health and for pleasure

This French Amazon healthy eating guide bestseller (dozens of 4 & 5 stars) based on 20 years of clinical trials by a leading French doctor shows how to prevent and reverse over 100 so called “incurable“ diseases, including all the autoimmune diseases, using a delicious eating plan. (Contains menu plans and recipes).

- Alzheimer's
- Arthritis (all types)
- AS
- Asthma
- Bronchitis
- Cancer
- Cirrhosis
- Colitis (all types)
- Conjunctivitis
- Crohn's
- Depression
- Diabetes 2
- Eczema
- ENT infections
- Fibromyalgia
- Gastritis 2
- GERD
- Hashimoto's

- Hay Fever
- Heart Disease
- Hepatitis
- Hives
- IBS
- Lupus
- Migraines
- Multiple sclerosis
- Parkinson's
- Psoriasis (all types)
- Rheumatism (all types)
- Rhinitis
- Sinusitis
- Sjogren's
- Spasmophilia
- Ulcers
- Uvetitis

A selection of the over 100 diseases which were treated in 2,565 patients.

2,300 patients improved and in most cases went into complete remission.

In this simplified guide to Dr. Signalet's (pronounced "Saynyalay") original scientific text book, his daughters explain in layman's terms why these frightening, so called "incurable diseases" have one thing in common, caused by our "modern" diet. A pioneer in organ transplant biocompatibility, Dr. Signalet used his knowledge of many different medical and biological specialist fields, especially genetics, to identify the factors, (genetic, viral, bacteriological, oral health etc. etc.) involved in each disease. "Leaky gut" was the common factor. Once Dr. Signalet had understood this, he could work out how and why certain foods in our diet were causing it. Remove them from the diet and the disease often disappears along with the symptoms.

Why is Signalet 100% reliable?

Gerson, Paleo, Primal, Raw, Weston-Price, Specific Carbohydrate diet (SCD), GAPS, Metabolic Typing, Swank, Food Combining, Macrobiotic, Medicinal chef will all improve health. But like Dr. Gerson, Dr. Signalet carefully observed his patients in a clinical setting and watched the effects of his dietary modifications over 20 years and made meticulous notes.

Vibrant health is your birthright, this book will help you reclaim it

A lifetime of pain and drug dependency are **not inevitable**. This book shows how to follow this delicious way of eating, that Dr. Seignalet called "hypotoxic". After a period of elimination and detoxification, your health will improve, allowing your doctor to reduce your medication or even taper it off altogether and you can finally be free of the harmful side effects.

Lose weight, look fabulous, improve your athletic performance

Look fabulous? More energy? If you already do, this book can make you look even more fabulous! Lose weight? Following this regime will allow you to lose weight slowly but surely without the draconian restrictions on portion size or calories imposed by so called "slimming diets". Mental poise and physical abilities will improve. Seignalet reported that high level athletes greatly improved their performance using the diet and many modern day athletes follow it.

The diet combats high cholesterol and prevents ageing, osteoarthritis, osteoporosis and cancers. Dr. Seignalet's patients had a fraction of the deaths from cancer and heart disease that statistics from the general population would have predicted and remember that these were patients who all started off with some disease or other.

You should be aware that the diet is not a total cure and you must stay on it to maintain remission. So your new life starts now with this new way of eating.

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From reader reviews:

Thomas Depew:

As people who live in the actual modest era should be change about what going on or info even knowledge to make these keep up with the era which is always change and move forward. Some of you maybe will certainly update themselves by reading books. It is a good choice to suit your needs but the problems coming to you actually is you don't know what one you should start with. This How to prevent & reverse 100 diseases the new French way with Dr. Seignalet's diet miracle: Obesity - Arthritis -Migraines - Depression - MS -Crohn's - ... Fibromyalgia - Acne - Psoriasis - Lupus etc. is our recommendation so you keep up with the world. Why, because this book serves what you want and want in this era.

Mark Hart:

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