



# The Hidden Cure: The Five Laws of Perfect Health

*Laurens Maas*

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## **The Hidden Cure: The Five Laws of Perfect Health** Laurens Maas

Sustenance in biblical times, raw and natural, was a diet in balance with nature and can be considered the original organic lifestyle. Today, our world is filled with biochemical agents, pathogens, and fungi that drastically impact our health. Nothing escapes environmental assaults.

*The Hidden Cure: The 5 Laws of Perfect Health* gives you the knowledge to combat today's ecological hazards. Laurens Maas explains how fungi cause many of our ailments. In this solution-based handbook, he outlines a clinically proven easy-to-follow plan to reduce the fungal and toxic load in your diet and reboot your nervous systems as a means to holistic recovery.

The 5 Laws, which help reverse and eliminate the adverse effects of global fungal pollution, include reducing sugar and carbohydrates, eating proteins according to your blood type, eating fats according to your metabolism, eating vegetables that influence your body's biochemical speed, and correcting your body's electromagnetic frequencies.

With case studies, a seven day eating plan, and helpful recipes included, *The Hidden Cure: The 5 Laws of Perfect Health* will help your body promote a powerful immune system, rebalance your internal environment, and lead you to optimal health.

Simply put, The 5 Laws are about the five molecules of health: sugars, proteins, fats, minerals, and electricity. It is the balance of these five molecules that exist within us all that determines the overall health of the individual. This book is a simple guide to teach you how to gain total control of your health for the better, now and for the rest of your lives. Mr. Laurens Maas is a registered osteopath and homeopath physician.

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