



FOR IMMEDIATE RELEASE

**Prof. Spira of Mucus-Free Life, LLC. - Announces The 2nd Annual Prof. Arnold Ehret Day Celebration – His Contributions To Health Science Rival Those of Dr. Jonas Salk, Chemist Louis Pasteur and Dr. Christiaan Barnard**

***Professor Arnold Ehret was a German healer, dietitian, philosopher, teacher, visionary, and one of the first people to advocate fasting and a plant-based, mucus-free lifestyle as a therapy for healing. For over 120 years, his written works and teachings have touched the lives of thousands of health-seekers pursuing higher levels of vitality and healing.***

Columbus, Ohio, June 26, 2019, Prof. Spira of Mucus-Free Life, LLC., was pleased to announce [The 2nd Annual Prof. Arnold Ehret Day Celebration](#). Though not well known, Professor Arnold Ehret's contributions to health science has forever changed the way people approach healing the human body without the need for prescription medicines. His *Mucusless Diet Healing System* set a new paradigm in healing that has stood the test of time.

It was phenomenal that Prof. Arnold Ehret, born in 1866, was able to understand and make a declaration that, "Every sick person has a more or less mucus-clogged system, such mucus being derived from undigested, uneliminated, and unnatural food substances accumulated from childhood on." His statement has been proven correct thousands of times throughout the years. In fact, Colonic Therapy was an outgrowth of his discoveries. Medical science has long accepted that inflammation is part of every major disease in the human body and mucus that is retained in the body is at the root of this inflammation.

Prof. Spira is an author, jazz trombonist, ethnomusicologist, founder of Mucus-free Life LLC, and one of the most sought-after experts on [Arnold Ehret's Mucusless Diet Healing System](#) in the world. Spira's journey with the Mucusless Diet Healing System began when he met a jazz drummer named Willie Smart Jr. (aka Brother Air) who told him about Arnold Ehret's books. Within 6 months of reading them he lost over 100 pounds and overcame major ailments that had plagued him since childhood. His Mission is to share this knowledge with the world, and he has worked tirelessly to revive the works of Arnold Ehret and has helped thousands of people learn how to transition toward a mucus-free lifestyle.

Ehret's work has inspired many prominent leaders in naturopathy, plant-based vegan diets, raw-foodism, back-to-naturists, artists, scientists, and even innovators of computer technology. Steve Jobs, founder of Apple Inc., was diagnosed with pancreatic cancer in the 1970s and sought Ehret's methods to naturally heal. As a result of his actions, he greatly extended his life beyond the doctor's prognosis.

[The 2nd Annual Prof. Arnold Ehret Day Celebration](#) is an event that will change many lives, as did the first event. Discounted early-bird tickets are now available and the demand has been intense. The celebration will take place on Saturday, July 27, 2019, 11am-9:30pm and Sunday, July 28, 2019, 12pm-5pm. The venue for Saturday will be the Whetstone Park of Roses Shelterhouse, 3901 N. High St., Columbus, Ohio, and Sunday will begin in the Whetstone Park of Roses. Mark the calendar as tickets are selling out quickly.

Attendees of this year's event will be treated to a great line-up of exciting speakers that will discuss a range of fascinating topics. And this year there will be a Q&A power panel with all of the event speakers. Adding to the festivities will be a roster of world-class musicians, dancers, and artists participating in the line-up, as well as healthy mucus-free foods served throughout the event.

For complete information, visit: <https://info.mucusfreelife.com/ehret-day-2019>

Media Contact:

Mucus-Free Life LLC  
Attn: Media Relations  
Worthington, Ohio,  
[support@mucusfreelife.com](mailto:support@mucusfreelife.com)