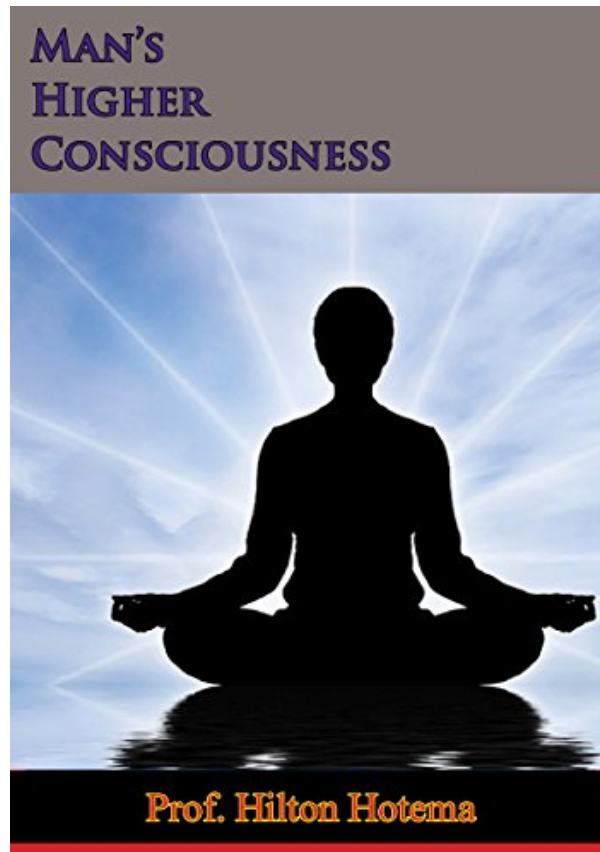


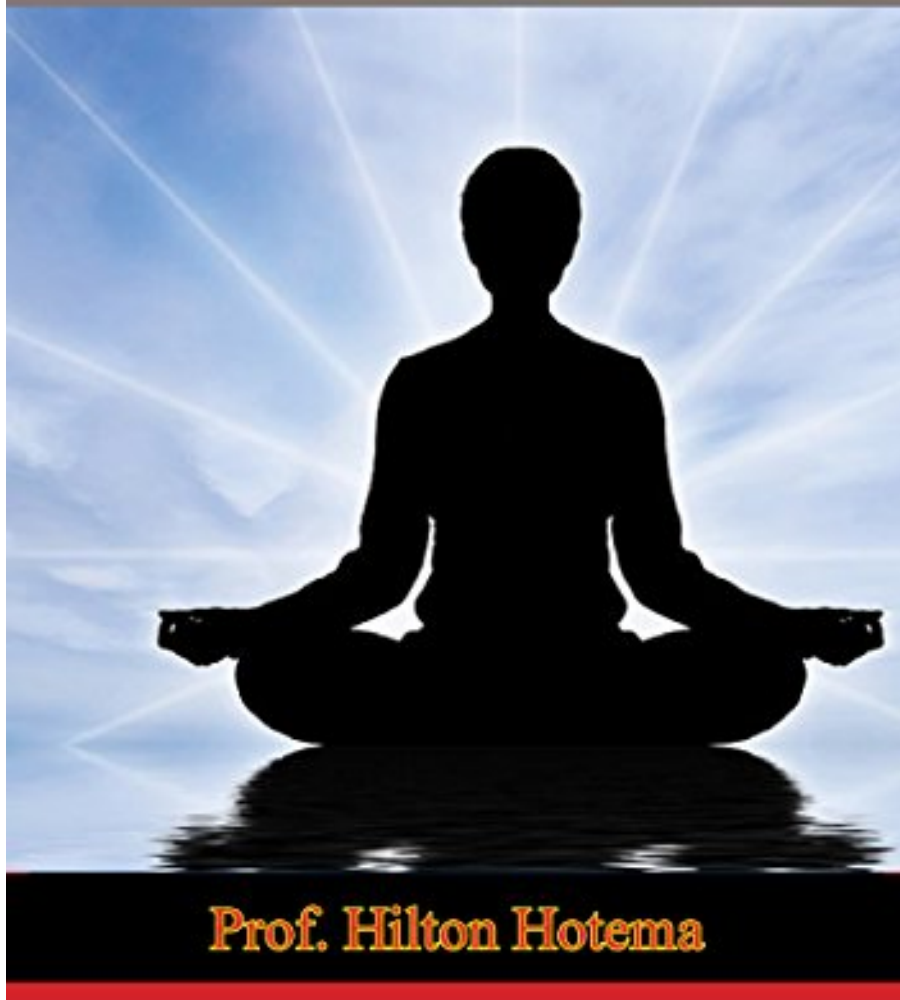
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In this book, first published in 1962, Professor Hilton Hotema provides his insights into how we could all live longer by learning the body's simple requirements of breathing fresh air, avoiding animal flesh, banning any cooked food, and by gradually lessening the amount of food consumed.

Hotema firmly believes that breathing fresh air and consuming organic fruits and natural organic liquids alone could extend our lives and also lays bare his secret that what kills at an early age is not the illusion of time, but rather overeating, breathing in toxic, unclean air, and elements such as electronic radiation, dirty electricity and medications.

A must-read for any health-conscious individual.

- Sales Rank: #307638 in eBooks
- Published on: 2016-01-18
- Released on: 2016-01-18
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By Lady Bluebell

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By Uzo Uba

This book will help you to climb higher in Consciousness...

As a Vegetarian I was a bit ashamed to read the "true facts" in this book about my meatless diet, -which kind of hurt my feelings, however I want to change and change is sometimes painful. You will be surprised to read some of the many facts in this book about eating meat, eating vegetables, composition of the blood thru diet and much much more. I suggest you go to google books and preview some of the literature if you really can't wait. But to be truthfully honest, if you are even here reading this review right now, then this is a book that you will love and keep for future reference as you evolve and transform, becoming more intelligent, and more loving. Indeed, you will also find quite shocking information about the history of mankind degeneration; just reading this book will give you a different outlook on life. What you see with your two eyes when you "wake up" every morning is just an illusion, which many people never escape from. Arm yourself with Knowledge! I urge you! The fire of knowledge must be ignited inside you or your life will never amount to any significance. I am in college, but college doesn't teach you a single thing about "How to

go beyond" It's just all about money. If you really want to go beyond, you'll have to do it yourself. You're not the only person who is questioning the idiotic way of life that many people are living. (Forgive them for they know not what they do). Arm yourself with real knowledge, Go Beyond, and you will understand all that you have been wondering. I am not sure what much to say, but you should definitely buy this Book. The knowledge in here is probably worth \$10 Million dollars over the course of your life.....

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I also plan to purchase more books by Hilton Hotema :)

Go forth with Peace and Love!

14 of 14 people found the following review helpful.

I really love this eye-opening book!

By Souleem

Andrew Norton Webber recommended Man's Higher Consciousness during one of his interviews. It took nearly a year of listening to his interviews before I decided to give this book a read. I found it so interesting and so compelling that I bought a second copy so that I have an everyday copy to carry with me and a backup in case I lose the original.

Since beginning Man's Higher Consciousness, I have read about ten other Hilton Hotema books and I really wish the publishers would make all of Hilton Hotema's books available in electronic form. It appears that the author sometimes repeated entire chapters from his prior books, but the Hotema material is such uncommon knowledge that the repetitions were beneficial and worked well for me.

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