

The Works of Arnold Ehret

Arnold Ehret died in early 1922. As far as I can tell all Ehret books but one were published after his death, some by Benedict Lust and some by Fred Hirsch. The Lust descendants and the Hirsch descendants are still engaged in legal actions over who "owns" this material.

The results of a complete search of his titles is appended below.

I have obtained a rare copy of his [*The Definitive Cure of Constipation*](#), which came out in 1922. By date of publication it is certainly public domain material under the laws of its country of original issue. If the reader will take careful note of Ehret's unpolished writing style in this booklet and compare it to the other Ehret materials issued posthumously they might, as I do, wonder who really wrote the newer stuff.

I have previously been threatened with lawsuit for providing "Ehret's" *Mucusless Diet Healing System* and *Rational Fasting* on this website. The threats came from interests connected with the Lust publications. These titles were immediately withdrawn upon receipt of these threats. Such threats could not have been made if any edition of the original title had been published prior to 1923, as the material would have clearly been public domain. If I could but lay hands on any Ehret publication issued and dated prior to 1923 I would be delighted to put these titles online. Under the laws of Australia, Ehret IS already public domain, as his copyright expired 50 years after his death--1972. However, I am not willing to deal with aggressive legal actions from those deep-pocketed claimants (and their American lawyers) to ownership of these materials.

Ehret is worthy of inclusion in this library, even if "Ehret" was really a pseudonym for Benedict Lust and/or for Fred Hirsch. It seems to me that there is something about "Ehret" that lends to antagonistic faction and disputiveness.

So I am asking the patrons of Soil and Health Library to assist me and the world as a whole. I am seeking copies of Ehret publications that were incontestably written by Ehret, meaning those WITH PUBLICATION DATES PRIOR TO 1923. If you have one, please contact me. Meanwhile, enjoy his [*The Definitive Cure of Constipation*](#).

Dear Steve

Re: Arnold Ehret. Searched Kinetica (7) and OCLC (32) for works by

Ehret, Arnold and have appended the brief record results.

Regards

Diana King

State Library of Tasmania

91 Murray Street

HOBART TAS 7001

KINETICA

1. National Bibliographic Database 20/12-10:54:51

Amicus Number 000000103774

LC Control No. 79125412

Source of Acquisition \$0.95

Cataloging Source LC eng LC LC

LC Call No. RM217 .E52 1970

Dewey No. 615/.854

Personal Name Ehret, Arnold, 1866-1922.

Uniform Title Mucusless diet

Title Mucusless diet healing system; a scientific method of eating your way to health. Introd. by Benedict Lust.

Publication Details New York, B. Lust Publications [1970]

Physical Description xix, 168 p. 18 cm.

General Note First published in 192- under title: Mucusless diet.

Subject (Topical) Diet.
Subject (Topical) Fasting.
Subject (Topical) Vegetarianism.
Holdings NLIVL 0264-31960 615.85 Ehr
<0264-31960>
Holdings SSL held
Holdings SSLP A 615.854/32 (Z218104)
Holdings VHOB 615.854 EHR

2. National Bibliographic Database 20/12-10:55:03

Amicus Number 000003308479

ISBN 0879040327 (pbk.) : \$2.95

Cataloging Source WLB eng WLB

Dewey No. 616.34280654 19

Personal Name Ehret, Arnold, 1866-1922.

Title The definite cure of chronic constipation ; also, Overcoming constipation naturally.

Variant Title Overcoming constipation naturally

Variant Title Arnold Ehret's Definite cure of chronic constipation

Publication Details [New York] : Beneficial Books, c1922.

Physical Description i, 44 p. : ill. ; 19 cm.

Series Title Arnold Ehret literature

General Note Cover title: Arnold Ehret's

The Definite cure of chronic constipation.

Contents Note The definite cure of chronic constipation / by Arnold Ehret --
Overcoming constipation naturally / by Benedict Lust.

Subject (Topical) Constipation Diet therapy.

Personal Name (Added) Lust, Benedict. Overcoming constipation naturally.

Holdings WLB 18607 616.3428 <18607>

3. National Bibliographic Database 20/12-10:55:13

Amicus Number 000011783296

Cataloging Source VDU eng VDU

Dewey No. 613.2 21

Personal Name Ehret, Arnold, 1866-1922.

Title Physical fitness thru a superior diet, fasting and dietetics : also a religious concept of physical, spiritual and mental dietetics / by Arnold Ehret.

Variant Title Religious concept of physical, spiritual and mental dietetics

Edition 8th ed.

Publication Details Beaumont, Calif. : Ehret Literature, 1977.

Physical Description 18 p.

Subject (Topical) Diet.

Subject (Topical) Fasting.

Subject (Topical) Health.

Holdings VDU rnr7000572 GLG

4. National Bibliographic Database 20/12-10:55:25

Amicus Number 000022698630

Cataloging Source CDS eng CDS

Personal Name Ehret, Arnold, 1866-1922.

Title Prof. Arnold Ehret's Mucusless-diet healing system / by Arnold Ehret.

Publication Details Los Angeles, Cal. : Ehret Literature Pub. Co., [1924?]

Physical Description 195 p. : port.; 17 cm.

General Note First published in 1922 under title: Mucusless diet.

Bibliography Note Includes bibliographical references and index.

Subject (Topical) Diet therapy.

Subject (Topical) Fasting.

Subject (Topical) Vegetarianism.

Related/Analytical Title (Added) Mucusless diet.

Related/Analytical Title (Added)

Mucusless-diet healing system.

Holdings VMOU 1299707

MA-RA 613.28 E33M 1924

5. National Bibliographic Database 20/12-10:55:33

Amicus Number 000022748566

Cataloging Source VMOU eng VMOU

Personal Name Ehret, Arnold, 1866-1922.

Title Rational fasting for physical, mental and spiritual rejuvenation / by Prof. Arnold Ehret.

Publication Details Los Angeles, Calif. : Ehret Literature, 1926.

Physical Description 64 p. : port. ; 21 cm.

Subject (Topical) Fasting.

Holdings VMOU 1378088 MA-RA 613.25 E33R

6. National Bibliographic Database 20/12-10:55:39

Amicus Number 000022832572

Cataloging Source VMOU eng VMOU

Personal Name Ehret, Arnold, 1866-1922.

Title Physical culture : fasting and dietetics, also the exact diagnosis of your disease, and the Magic Mirror / by Arnold Ehret.

Edition 4th ed.

Publication Details Beaumont, Calif. : Ehret Literature Pub. Co., c1938.

Physical Description 15 p. ; 20 cm.

General Note Cover title.

Subject (Topical) Health.

Subject (Topical) Dietetics.

Subject (Topical) Fasting.

Holdings VMOU 1471162 MA-RA-TRA 613.28 E33P4

7. National Bibliographic Database 20/12-10:55:45

Amicus Number 000022832577

Cataloging Source VMOU eng VMOU

Personal Name Ehret, Arnold, 1866-1922.

Title The definite cure of chronic constipation / [by Arnold Ehret].

Edition 4th ed.

Publication Details Los Angeles, Calif. : Ehret, c1955.

Physical Description 14 p. ; 20 cm.

Contents Note The internal uncleanliness of man

-- The effect of laxatives -- The real cause of constipation --

Nourishing and curing

"laxatives" -- Conclusion.

Subject (Topical) Constipation.

Holdings VMOU 1471175 MA-RA-TRA 616.3428

E33D4

OCLC

1 The internal uncleanliness of man.

Author: Ehret, Arnold, 1866-1922. Publication: Beaumont, Calif. :

Lust, 1969 1922 Document: English : Book/Text
Libraries: 1

2 Metodo cientifico practico de curar por medio de dieta de
alimentos que no produzcan mucosidades: un curso completo para todos
aquellos que deseen aprender como conservar su salud.
Author: Ehret, Arnold, 1866-1922. Publication: Los Angeles :
Literatura Ehret y Co., 1924 Document: Spanish :
Book/Text
Libraries: 1

3 The internal uncleanliness of man.
Author: Ehret, Arnold, 1866-1922. Publication: Butler, N.J. :
Lust, 1922 Document: English : Book/Text Libraries: 1

4 Physical fitness thru superior diet, fasting and dietetics :
also a religious concept of physical, spiritual and mental dietetics.
Author: Ehret, Arnold, 1866-1922. Publication: Beaumont, Calif. :
Ehret Literature Pub. Co. 1975 Document: English : Book/Text
Libraries: 1

5 The story of my life: as told to Anita Bauer /
Author: Ehret, Arnold, 1866-1922.; Bauer, Anita. Publication: New
York : Benedict Lust Publications, 1980 Document:
English : Book/Text Libraries: 1

6 The definitive cure of chronic constipation ;
also overcoming constipation naturally.
Author: Ehret, Arnold, 1866-1922.; Lust, Benedict, Publication:
[Greenwich? CT : Benedict Lust Publications?, 1922
Document: English : Book/Text Libraries: 1

7 The definite cure of chronic constipation also overcoming
constipation naturally : the internal uncleanliness of man... /
Author: Ehret, Arnold, 1866-1922. Publication: Beaumont, Calif. :
Ehret Literature Pub. Co., 1955 Document: English :
Book/Text Libraries: 1

8 Arnold Ehret's mucusless-diet healing system : a complete course for those
who desire to learn how to control their health /
Author: Ehret, Arnold, 1866-1922. Publication: Beaumont, Calif. :
Ehret Literature Pub. Co., 1977 Document: English :
Book/Text Libraries: 1

9 Arnold Ehret's mucusless-diet healing system :
a complete course for those who desire to learn how to control their health /
Author: Ehret, Arnold, 1866-1922. Publication: Cody, Wyoming :
Ehret Literature Pub. Co., 1977 Document: English :
Book/Text Libraries: 1

10 Pratique des guérisons par le jeûne ...
Author: Ehret, Arnold. Publication: Paris, Maloine, 1937 Document:
French : Book/Text Libraries: 2

11 Arnold Ehret's mucusless-diet healing system : a complete course for
those who desire to learn how to control their health /
Author: Ehret, Arnold, 1866-1922. Publication: Dobbs Ferry, N.Y. :
Ehret Literature, 1983 Document: English : Book/Text
Libraries: 1

12 Ayuno racional para el rejuvenecimiento físico, mental y espiritual /
Author: Ehret, Arnold, 1866-1922. Publication: Buenos Aires :
Kier, 1994 Document: Spanish : Book/Text

13 Lechenie golodom i plodami /
Author: Ehret, Arnold, 1866-1922.; Milishnikov, N. S.; Anofriev,
V. V. Publication: [S.l.] : Valeri, 1990 1915 Document:
Russian : Book/Text Libraries: 1

14 Rational fasting for physical, mental and spiritual rejuvenation /
by Arnold Ehret. Health and happiness through fasting / by Fred S.
Hirsch.
Author: Ehret, Arnold, 1866-1922.; Hirsch, Fred S. Publication:
Beaumont, Calif. : Ehret Literature, 1975 Document: English :
Book/Text Libraries: 1

15 Santé & alimentation naturelle /
Author: Ehret, Arnold, 1866-1922. Publication: Montréal : Éditions
Le Commensal, 1992 Document: French : Book/Text
Libraries: 2

16 Arnold Ehret's mucusless-diet healing system : a complete course for
those who desire to learn how to control their health /
Author: Ehret, Arnold, 1866-1922. Publication: Beaumont, Calif :
Ehret Literature, 1953 Document: English : Book/Text
Libraries: 4

17 A scientific method of eating your way to health; prof. Arnold Ehret's
mucusless-diet healing system. A complete course

for those who desire to learn how to control their health.
Author: Ehret, Arnold, 1866-1922. Publication: Los Angeles,
Calif., Ehret literature Pub. Co. 1924 Document: English
: Book/Text Libraries: 3

18 Prof. Arnold Ehret's Mucusless-diet healing system /
Author: Ehret, Arnold, 1866-1922. Publication: Los Angeles, Cal. :
Ehret Literature Pub. Co., 1924 Document: English :
Book/Text
Libraries: 8

19 A scientific method of eating your way to health,
Prof. Arnold Ehret's mucusless-diet healing system.
Author: Ehret, Arnold, 1866-1922. Publication: Los Angeles, Ehret
Literature Pub. Co. 1924 Document: English : Book/Text
Libraries: 2

20 Kranke Menschen; der gemeinsame Grundfaktor im Wesen aller
Krankheiten, des Alterns und des Todes.
Author: Ehret, Arnold. Publication: München, Kuhn, 1911 Document:
German : Book/Text Libraries: 3

21 Santé et guérison par le jeûne;
traduction française (résumée).
Author: Ehret, Arnold, 1866-1922. Publication: Paris, Aryana 1963
Document: French : Book/Text Libraries: 1

22 Rational fasting for physical, mental, and spiritual rejuvenation,
by Arnold Ehret. Also, Health and happiness through fasting, by Fred S.
Hirsch.
Author: Ehret, Arnold.; Hirsch, Fred S. Publication: Beaumont,
Calif., Ehret Literature Pub. Co. 1971 Document: English
: Book/Text Libraries: 3

23 Physical fitness thru a superior diet, fasting and dietetics ; also, A
religious concept of physical, spiritual and mental dietetics /
Author: Ehret, Arnold, 1866-1922.; Ehret, Arnold, Publication:
Beaumont, Calif. : Ehret Literature Pub. Co., 1966
Document: English : Book/Text Libraries: 2

24 Mucusless-diet healing system ; a complete course for those who desire
to learn how to control their health.
Author: Ehret, Arnold, 1866-1922. Publication: Beaumont, Calif.,
Ehret Literature Pub. Co. 1977 Document: English :

Book/Text
Libraries: 6

25 A scientific method of eating your way to health; Ehret's mucusless-diet healing system,
Author: Ehret, Arnold, 1866-1922. Publication: Los Angeles, Calif., Ehret literature Pub. Co. 1924 Document: English
: Book/Text Libraries: 10

26 Thus speaketh the stomach : the germinating center of all disease! also, The tragedy of nutrition / Author: Ehret, Arnold, 1866-1922. Publication: Beaumont, Calif. : Ehret Literature Pub. Co., 1965 Document: English :
Book/Text Libraries: 4

27 Mucusless-diet healing system; a complete course for those who desire to learn how to control their health.
Author: Ehret, Arnold. Publication: Beaumont, Calif., Ehret Literature Pub. Co. 1972 Document: English : Book/Text
Libraries: 3

28 Rational fasting for physical, mental and spiritual rejuvenation/ Health and happiness through fasting /
Author: Ehret, Arnold, 1866-1922.; Hirsch, Fred S. Publication: Beaumont, Calif. : Ehret Literature, 1975 Document:
English : Book/Text Libraries: 2

29 A scientific method of eating your way to health : Prof. Arnold Ehret's mucusless-diet healing system, a complet course for those who desire to learn how to control their health /
Author: Ehret, Arnold, 1866-1922. Publication: Los Angeles : Ehret Literature Pub. Co., 1953 Document: English : Book/Text
Libraries: 4

30 Rational fasting for physical, mental and spiritual rejuvenation / Health and happiness through fasting /
Author: Ehret, Arnold, 1866-1922.; Hirsch, Fred S. Publication: Beaumont, Calif. : Ehret Literature, 1971 Document:
English :
Book/Text Libraries: 4

31 Mucusless diet healing system; a scientific method of eating your way to health.
Author: Ehret, Arnold, 1866-1922. Publication: New York, B. Lust Publications 1970 Document: English : Book/Text
Libraries: 33

32 Rational fasting; a scientific method of fasting your way to health.
Author: Ehret, Arnold, 1866-1922. Publication: New York, B. Lust
Publications 1971 Document: English : Book/Text
Libraries: 39