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Concerning today's reform movements: the "women's question;" external striving for freedom and inner independence. Methods of natural healing: it is important to proceed individually. Vegetarianism; rules for eating in the mystery schools, e.g., in the Pythagorean and religious communities. The effects of individual foods (alcohol, fish, meat, mushrooms, legumes, sugar, spices, etc.) The effects of fasting. Nourishment related to the temperaments.	

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