

# Why Suffer? By Ann Wigmore

**By Ann Wigmore**

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<http://www.fishpond.co.nz/Books/Why-Suffer-Ann-Wigmore/9781570672934>

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Ann Wigmore (1909 1994) was a medically unqualified Lithuanian American "holistic health" practitioner, nutritionist, whole foods advocate, author, and doctor

[http://en.wikipedia.org/wiki/Ann\\_Wigmore](http://en.wikipedia.org/wiki/Ann_Wigmore)

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Ann Wigmore, the mother of the living-foods diet, recounts her inspiring story of fighting dietary ignorance and disease. She begins with her early childhood <https://www.overdrive.com/media/1342988/why-suffer>

In depth article on the ins and out of The Living Food Diet as taught by Ann Wigmore, including meal calendar, raw food recipes and more. <https://www.wheatgrasskits.com/living-raw-food-diet-ann-wigmore>

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Dr. Ann Wigmore, teacher, healer, Living Foods Lifestyle founder and Center director and author of numerous books and articles on Living Foods, dedicated her life to [http://www.goodreads.com/author/show/385454.Ann\\_Wigmore](http://www.goodreads.com/author/show/385454.Ann_Wigmore)

Jan 16, 2015 'Why Suffer How I Overcame Illness & Pain Naturally' Ann Wigmore audiobook read by Daniel UK . Audiobooks 14. Subscribe Subscribed Unsubscribe 20 <http://www.youtube.com/watch?v=cJFw9vrt-eQ>

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Dr. Ann Wigmore's Raw Living Foods eBook "Why Suffer? How I Overcame Illness & Pain Naturally" Ann Wigmore reveals how she overcame pain and illness with the raw

<http://loveforlife.com.au/content/09/04/16/dr-ann-wigmores-raw-living-foods-ebook-why-suffer-how-i-overcame-illness-pain-natur>

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<http://www.youtube.com/watch?v=OEBMQ94NRVE>

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Here is the remarkable and inspirational autobiography of Ann Wigmore, an internationally recognized name synonymous with the discovery and use of raw and living

<http://traxxas.trustedproductreviews.net/detail/why-suffer-1570672938>

The story of Hippocrates Health Institute began in 1908, when Ann Wigmore was born in Lithuania. To learn more about the factors of her youth that shaped her future

<http://hippocratesinst.org/ann-wigmore-founder>

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<https://www.hippocrates.com.au/products/book-products/and-more/why-suffer>

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<http://www.wellsphere.com/complementary-alternative-medicine-article/free-online-dr-ann-wigmore-s-raw-living-foods-ebook-why-suffer-how-i-overcame-illness-pain-naturally/559658>

More than thirty years ago I began to develop my ideas on sprouting and indoor gardening to help myself. For years I had been plagued by bouts of colitis, arthritis

<http://www.chickfriendly.net/dr-ann-wigmore/ann-wigmore-why-suffer/>

Ann Wigmore, the mother of the living-foods diet, recounts her inspiring story of fighting dietary ignorance and disease. She begins with her early childhood

<http://www.therawfoodworld.com/whysufferbyannwigmore-pi1007305>

Why Suffer? Ann Wigmore was an amazing person. Her skills as an author kept me captivated, I read her book non-stop. It was so well done.

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