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# Werde Wieder Mensch (Book)

*Data Sheet*

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## The Species-Appropriate Bible

The extraordinary health cookbook as a comprehensive guide to a species-appropriate lifestyle.

**In the book, you will learn how individual components of your daily life, such as chronic stress, can affect various systems, like the digestive or hormonal systems, and how you can take control of your health.**

The physiological mechanisms are explained clearly and complemented by simple yet refined recipes.

- Specialist literature on the species-appropriate lifestyle.
- Over 70 species-appropriate recipes & nutrition tips.
- Scientific background & mechanisms of action.
- Targeted guidance on using food & lifestyle as medicine.
- With over 600 scientific references.

## What is 'Werde Wieder Mensch' (Book)?

**“Become Human Again – The Return of Homo sapiens”** is the second joint book by Daniel Reheis, founder of artgerecht, and Dr. Leo Pruimboom. The authors, both experts in clinical psycho-neuro-immunology, aim to show the **power of a human-friendly lifestyle**. If you want to take control of your health through your own interventions to implement a healthy, species-appropriate lifestyle, this book is exactly right for you.

Over the millennia, there have been many significant changes in the lifestyle of humans. Particularly in recent times, these changes have not necessarily been in a direction that benefits us. With countless diets and modern **lifestyle trends, it's hard to keep track** of what actually promotes health. \Species-appropriate\ means “according to the needs of humans.” Therefore, species-appropriate nutrition follows the approach of adapting our **food back to human needs**. But a species-appropriate lifestyle goes much further – how we move and how we shape our daily lives is just as important in this context.

In this book, you will learn how individual components of your everyday life, such as chronic stress, can affect various systems, like the digestive or hormonal systems, and how you can **take control of your health**. The physiological mechanisms are explained clearly and are complemented by simple yet refined recipes. Modern design, beautiful photos, and high-quality content ensure an aesthetic experience as well.

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## Why Werde Wieder Mensch (Book) from artgerecht?

- A comprehensive guide to a healthy, species-appropriate lifestyle
- Helps you take control of your health
- With simple yet sophisticated recipes
- Modern design, aesthetic photography, and high quality
- By species-appropriate founder Daniel Reheis and Dr. Leo Pruimboom

## Additional information

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