



Why Suffer?

Ann Wigmore

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Why Suffer? Ann Wigmore

Here is the remarkable and inspirational autobiography of Ann Wigmore, an internationally recognized name synonymous with the discovery and use of raw and living foods for nutrition and health. This fascinating first-hand account includes stories from Ann's early childhood, watching her grandmother heal the sick in war-torn Central Europe. Engrossing behind-the-scenes anecdotes reveal how Ann formed her philosophy of healing and became inspired to create the Hippocrates Institute, the first health center that relied on the use of sprouts and wheatgrass for healing.

This now-classic autobiography weaves a compelling narrative that shows how Ann's religious faith supported natural healing and how her positive nature and independent spirit helped her overcome every limitation she encountered. It demands a new respect for the early pioneer of the movement, even from those who already hold her in high esteem.

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