

This important book is out of print, so it is shared here on [Roar's website](#) who himself was 'saved' by health tips from this book!

A Danish doctor says of Alma Nissen's cure: "The times I have visited Brandal I have seen many cases where people became healthier with each passing day."

Physiotherapist and author Lis Andersen writes after reading this: "It will become a popular book. The book gets my best recommendation."

Over the course of thirty years, ten thousand patients have received Alma Nissen's healing drinking cure at Brandal Health Centre south of Stockholm.

In addition to the drinking regimen Alma Nissen uses nature's penicillin - garlic - and has found it effective against most forms of infection and inflammation.

Alma Nissen can back up her theories with tangible evidence, namely the large group of people whom she has helped over the years to a life without pain - and whom conventional medical treatment could not help.

Original title Alma Nissen 'The riddle of gout has been solved'

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Originally Translated by Lilleba Størmer

ISBN 2-09-10030-0

Printed in Aase Grafiske Sandnes, 1982.

also see a video about Alma at this [link](#)

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## Preface

This book can easily be considered a happy message.

A message about tireless work.

A work that has largely yielded results.

Results that will be of help and benefit to many.

**Alma Nissen is the main character's name.**

For 30 years, she has treated patients for gout, psoriasis and other so-called incurable conditions / diseases.

She has devoted her life to this work. Carrying out the work has required sacrifices and perseverance.

Because Alma Nissen is strong, brave and stubborn, which will also be evident from my conversation with her in this book.

Alma Nissen has only one goal in mind: to help her fellow human beings. Without being concerned with the three concepts that are so prevalent today: power, honour and money.

When I visited Alma Nissen at Brandal Health Centre south of Södertälje in Sweden, it was to collect material for a radio program, but it soon became clear to me that it was an impossible task.

Alma Nissen spoke so well that she filled one tape after another. Soon I had five hours of recordings.

In the middle of a recording, I exclaimed: - Well, this is so good that it should be written and published as a book.

Alma Nissen waved her hand and smiled: - The material is yours. You can do as you like want.

That was the starting point for work on the book.

A work that took place in inspiring surroundings, for the atmosphere at Brandal Health Centre is very special, with the concepts of tranquillity and harmony viewed as essential ingredients.

At the same time, you will be infected by the joy of life that 85-year-old Alma Nissen radiates (written 9 years before her passing).

You feel at ease in body and soul.

And that's what many others have done before you.

Thousands.

People from all walks of life.

The guestbook bears witness to that, and I randomly turn to a page and starting to read:

*"Dear Alma". You said: "Today is the first day of your life", and I have had to prove this in these 12 days.*

*This day has been the greatest day of my life, not only because my finger, which suffered of bone inflammation, is on the way to recovery, but especially because what you stand for is completely correct.*

*As a practicing physician in Denmark, I now see quite clearly that what I have done in the past by simply suppressing the symptoms, is completely wrong and much more dangerous than doing nothing. The best and only right thing is simply to build up your health and thus the resilience to fight all diseases. For all diseases depend especially on incorrect diet and then on all the toxins found in the air.*

*"Alma, you are the most logical and clear-thinking being I have ever met (professors and the like included).*

*Your fasting system with potato water and garlic with apple is quite simple and easy to do carry out, and the diet plan you practice afterwards with a fruit meal, a vegetable meal and porridge is so simple and straightforward that anyone - even me - can figure it out."*

Practicing physician in Denmark

\* \* \*

As I read what this doctor is writing, I am interrupted by one of the prominent persons within the health home movement in Sweden, Gösta Eklund, who is visiting Brandal Health Centre.

- There are also Swedish doctors who take Alma Nissen's work seriously now, says Gösta Eklund.

- I am quite sure that several doctors are studying her methods. Then they take a piece here and there bit there, and later it appears as new research results. It has happened in several cases, states Gösta Eklund. A former patient of Alma Nissen, teacher Leif Gudnitz from Helsingør, says: "It is vitally important that the doctors, as authorities, recognize that there is a connection between illness and food".

Alma Nissen has proven that it is.

And there is no doubt that Alma Nissen's cure works against gout, among other things. I am proof of that myself. My own positive result from Alma Nissen's gout cure has also aroused optimism among other gout sufferers.

That's why we need to start a debate on this vital topic," says Leif Gudnitz.

It is to initiate this debate that this book has been written.

Thanks to Alma Nissen and Pia Gahns - Alma Nissen's right hand - and to the patients who have contributed to the book.

Kind regards, Peter Laursen

## Conversation with Alma Nissen

Alma Nissen is in great demand.

Many people want to get in touch with her.

Naturally, this applies first and foremost to the patients at Brandal Health Centre in Södertälje, south of Stockholm. But also people who ask her to give talks about her work at Brandal Health Centre. Lectures that can last for many hours and always draw a full house.

And then there are all those outside Sweden who would like to get in touch with the manager of Brandal.

Suddenly, Alma Nissen gets a busy phone call from Japan - later it might be from the USA, Canada or Australia.

Future patients who have to travel thousands of kilometres book an appointment to go to Södertälje.

It can therefore be very difficult to get a quiet moment for a longer conversation.

But now something is happening.

The phone call with a patient who will come from Tokyo is finished.

Alma Nissen hangs up.

- Yes, they call from all corners of the world. I actually don't understand how people from so many different countries find my phone number. Nevertheless, people from the most distant countries find their way to me. It looks like the disease crisis is almost the same everywhere... Well, otherwise I'm ready now, says Alma Nissen. - I think we can start the conversation...

## My childhood

- Alma Nissen, you have lived in Sweden for over 30 years. But where were you actually born?

- Yes, I was born close to a nice Danish provincial town, Sønder Omme in Jutland.

My parents had a small homestead there. My father cultivated moorland and planted many thousands of fir trees, among other things.

My parents took a great interest in their fellow human beings and were very reserved.

But unfortunately father fell ill early on.

He had asthma. He was greatly troubled by that.

We were all terribly unhappy about it, because we really wanted to help him.

When I was 6 years old, my father died.

It was a very, very great sadness for us.

Now we had to try to cope as best we could. My siblings moved away as they grew up. Since I was the youngest in the pack of siblings, I was eventually alone with mother.

In that way, I learned the seriousness of life early on, because mother had become weak afterwards the births of children and the loss of father.

Already at the age of 12, I had to go into service.

It was with a good family. I was put to scrub floors and do all the rough work. But I took it in good spirits, and that way it all went well.

I have always wanted to do something for others.

It has followed me throughout my life.

## Mother healed me

When I was 10 years old, I had an acute attack of gout.

People called it growing pains.

My knees became swollen and red.

My hands became completely immobile. Therefore, I do not for a moment doubt that I had gout, or rheumatism, as we also call the disease.

Mother was convinced that I had to have heat in my body to get rid of the gout.

She wanted to stimulate the circulation. That's why she wrapped me in cut strips of wool. She wrapped me up like a mummy.

And then, of course, what was intended happened: I began to sweat profusely.

I was supposed to sweat out the toxins.  
At the same time, mother gave me lots of potato decoction to drink.  
It all worked.

When I had been in bed for 10 days, the gout attack was over.

### **I now instinctively loathed meat.**

Something told me that I should have everything raw and fresh.

We had carrot, carrots and cabbage. And on all occasions I ate raw food. That's how I got over the disease.

Then many years passed, and I occasionally noticed that the joints were creaking, because unfortunately I did not continue to eat raw food exclusively.

At times I was in pain; especially when I ate beef, meat soup or kidney ragout, which is also an extract of uric acid. Often it happened that a shoulder locked up - or my hands hurt.

### **A prisoner in my own body**

When I experienced the menopause, things went completely wrong.

I had such a severe attack that I remained a prisoner in my own body.

It hurt in every single joint - finally, my jaws locked.

Now I was completely out of it and unable to take the 20 tablets I had been prescribed daily.

Quite ill and poisoned with medicine, I noticed that I could not think clearly.

My jaws were locked, I was completely cut off from eating.

Suddenly, I remembered what my mother had shown me as a child - I started drinking a decoction of potatoes and herbs.

When I got hungry, I drank - and I did that for 40 days.

Now something wonderful happened.

It was just as if the disease melted away.

Yes, the disease actually left the body on the same way as ice that melts.

It was the uric acid calcium salts that were neutralized by the alkaline mineral from the potatoes.

I have since seen thousands of proofs that I am right about this here at Brandal Health Centre.

I have not only seen the practical results: that arthritis patients can move their joints and that the pain disappears, but I also see positive physiological changes.

That's why I'm demanding that doctors now take this seriously.

### **Prescription pad - like a loaded gun**

As fate would have it, when I was young I assisted a doctor in his practice. It happened after I had had qualified as a paediatric nurse.

I saw how a waiting room was emptied using the prescription pad, as efficiently and as effectively as if a loaded gun had been used.

No questions were ever asked about what kind of food the patients ate.

Nor were lifestyles ever discussed.

It was a matter of course that the prescription pad was taken out when the patient recounted their ailments.

Then the words were spoken: - "Thank you and goodbye. Come back when you've used up your medication!"

When I had experienced this for a long time, I began to worry. A prescription pad doesn't solve any fundamental problems.

It's nutrition that provides the foundation for health!

If we look at our hands, we can quickly realise that we are not equipped with claws like predators. From this we can conclude that we are not designed to eat animal protein.

We are not created to kill our fellow creatures, the animals, and eat their dead bodies.

If we do that, we create a scary situation.

We get a putrefying bacteria in our yellowing insides. A poisoning. These toxins are absorbed by the bloodstream and permeate all the external and internal organs, so that we get disruption of the entire organism.

Our defence mechanism is not designed to keep up with this invasion.

That's the whole misery.

This is the root cause of rheumatic diseases!

### **Absolutely reprehensible**

When we want to cure a disease, we must first discover what the main cause of the disease is. It must be removed, and then we must strengthen the organism's own healing power.

It is a matter of getting the organism's defence mechanism in order, so that it can overcome any infection.

We achieve this through proper nutrition.

Giving a sick person disease-suppressing drugs with dangerous side effects as compulsory treatment is absolutely reprehensible!

Professor of Pharmacology at the University of Copenhagen, Dr med. Knud O. Møller, has in his lectures at the university, said that it is unscientific to use a drug with dangerous side effects if you do not know the root cause of the disease.

In other words, the way rheumatic patients are treated is unscientific.

Again: - I do not hesitate for a moment to call the treatment absolutely reprehensible!

Today is the time to speak out, because I have been watching this unfortunate development for 30 years. Doctors must realise that you cannot call yourself a specialist in a disease when you don't know how it originated.

It's a bluff!

You might as well turn to a bicycle dealer as to a doctor, if the patient is given medicine that does not help, but on the contrary adds to the burden.

"When I arrived at Brandal Health Centre, I had tried almost every medicine for my gout.

It just got worse and worse every day. Now I could hardly walk, and I had to stop working.

When I met Alma Nissen, a new life began."

"Today is the first day of the rest of your life," said Alma Nissen - and she was right.

After just a week's stay, I felt better. It's been a year since I was at Alma Nissen's, but I often long to return to Brandal despite the fact that I'm fine and working a full day."

Kind regards

Eva Lindgren

89200 Domsjö

Sweden

Letter to the author in connection with the work on this book.

### 10,000 patients in 30 years at Brandal Health Centre

Here at Brandal Health Centre, a total of 10,000 patients have been treated over the course of 30 years.

And they each tell their own story of suffering.

So I really know what I'm talking about!

The work we do here at Brandal Health Centre is not quackery, because we don't use no drugs or strange treatments.

It's all about giving the patients a cleansing with a liquid diet and then an organic diet.

This means that patients feel better and most recover completely.

That's the short version.

Looking at the state of health today, it is with real sadness that I realise that hospitals are getting bigger and bigger.

It's almost as if there are hardly any healthy people left.

Most of all, I feel sorry for the children.

They are stuffed with sweets and have cavities in their teeth even before they reach school age.

They are unbalanced and disharmonious.

But it's even worse for the adults. Crime, alcoholism, illness and drug and medicine abuse are rampant in many countries, including Denmark, which I had to leave 30 years ago because I realised that there was absolutely no chance of Denmark being in alignment with me or what I wanted.

### No thanks - not interested

I approached the then editor of Ekstrabladet, Ole Cavling, and he made a great effort to get people's attention. I also went to the chief physicians at the major hospitals and made them aware of how I had overcome my own illness.

At the same time, I stated that I would work for free and anonymously.

But that was of absolutely no interest!

Then I realised how hopeless the situation was for my fellow sufferers, the rheumatism patients.

But I continued to work.

Among other things, I gave lectures at Politikens Hus (Lit House of Politics). There I gathered an interested audience, including ten rheumatism patients whom I installed in my flat, two in each room.

They promised to stay with me for two months.

Now I was determined to show that my gout treatment was the right one.

Among the ten patients, there was a man who sat with his head turned to one side.

Do you think you can help me too? he asked.

- Yes, I'm sure I can, I replied.

- What kind of work do you do? I asked.

- I am a specialist in rheumatic diseases, and I work at Bispebjerg Hospital in Copenhagen, he answered.

I told him that if he could forget that he was a specialist in rheumatic diseases - and that I wasn't - I could surely heal him.

He had a half-day shift, and every day he came to me at 12 o'clock. I gave him soda baths and the drinking regimen that my other patients received.

### Gout specialist recovers

The gout specialist recovered within a short time, the specialist in rheumatic diseases was relieved of pain in the cervical vertebrae.

He was completely cured!

- What can I do to thank you? He asked.

- I decided that a long time ago, I replied.

- You will continue to come here, and you must keep records of my patients and follow up the trial. Because this is, after all, a clinical trial that I'd very much like to be under scientific control.

He did.

He kept records of my patients. And the patients got better and better. Finally could the sickest of them dance the polka with me, she was a teacher - When she first came she was so sick she couldn't lift her little handbag!

The good result was celebrated.

My friends invited everyone who had taken part in the trial to dinner.

And now we asked the doctor who was a specialist in rheumatic diseases to make the results of the treatment public.

- Unfortunately, I can't, he said.

- You have to understand, I have a career to make.

And he has done just that - He is a prominent specialist in rheumatic diseases. But I would like to ask him if he has ever seen one of his patients recover.

I very much doubt that he has!

Like other doctors, he has given his patients medicines that are mandatory for them rheumatic diseases.

I have yet to see a single patient recover from these drugs.

### Deeply depressed

The doctor would not publish the results of my treatment. No one was interested in taking up the idea.

Disappointed, I travelled to Alassio in Italy.

I was deeply depressed.

I wandered in the mountains and along the Mediterranean for half a year.

Here I met the well-known Swedish nutrition researcher and health pioneer Are Waerland.

We eagerly discussed what could be done for the health issue. Are Waerland was like me, disappointed by the doctors' lack of understanding of the importance of nutrition for health and wellbeing.

One day something happened that was to have a decisive impact on my life.

Are Waerland was visited by Conrad Ahlberg. He owned a health home in Sweden and was an advocate for health reform there together with Are Waerland.

Now Conrad Ahlberg was looking for a substitute for the Matron at the nursing home.

He offered me the job. I was very doubtful.

But in the end I agreed to take over the position. As soon as I took over the position, the health home filled with patients, and it continued to be so for the four months I was there. When the temporary job was over and I was going home, Conrad Ahlberg said: - You will never be allowed to leave Sweden. We can't do without you here.

### A day at Brandal Health Centre

Conrad Ahlberg now placed an advertisement in the newspaper.

He was looking for a house that could be used as a nursing home or health centre.

There were a lot of offers. Among other things, this house, Brandal, which was run as a regular boarding house. I agreed to manage Brandal.

But it didn't take long before Conrad Ahlberg suggested that I should buy the house from him.

The result was that we set up a contract. I was supposed to pay the house in the long term with 1 flexible interest rate and suitable installments.

I have done that for 30 years - it is now my house.

Together with Conrad Ahlberg, it was primarily Are Waerland who inspired me to stay in Sweden. I have not regretted that. It has been a wonderful time - with many joys, but also with concerns. In the 30 years I have been here, I have experienced with great sadness what the patients look like when they arrive at Brandal Health Centre.

Invalidated, drug-poisoned, broken down in body and soul.

They are received with great patience and warmth.

We live exclusively to help them to a disease-free, happy and meaningful life.

- What does the day look like for a patient here at Brandal?

A patient who comes here is usually very unwell.

I can read the diagnosis of the medicine he has with him.

There may be medicine for that the heart: too low or too high blood pressure, too much weight or because the patient is too thin.

As a rule, many patients are constipated, sleepless or generally run down.

### How to make potato soup

To begin with, we give the patients a juice glass filled with lukewarm water and added a children's spoon of Glauber's salt (sodium sulphate).

Glauber's salt is a laxative, and it works spontaneously, so the patient has to stay in it near a toilet on the first day.

Once the cleansing has taken place, we can begin the cure that we consider to be correct.

We give the patient a drinking regimen.

He or she will drink approx. three liters a day.

We call it potato soup.

Actually, it is a kind of congee that is the reduced down potatoes and vegetables.

We use 1 kilo of organically grown potatoes, which must be cut into very thin slices, with the skin on.

The potato slices are placed in three liters of water together with a leek, an onion, parsley and celery top - to give the whole thing a pleasant taste.

Salt must not be used.

The soup boils for an hour, and then it is strained.

It is important that the soup - the potato water - is alkaline.

We can possibly ascertain this with the help of indicator paper.

Two to three large cups of this potato water are drunk with each meal, which also includes up to ten cloves of raw garlic are eaten with apple wedges. Also, one or two glasses of flaxseed, which counteracts the burning of the mucous membranes due to the garlic.

Linseed is prepared in this way: You take a teacup of linseed and pour boiling water over it, after which it is stirred well.

After standing for a while, the linseeds become slightly slimy. We leave it all overnight and it will be ready the next day.





Pia Gahns - Alma Nissen's assistant: her 'right hand' - is about to prepare the potato soup today's drinking cure at Brandal.

- I have seen the most incredible thing happen here at Brandal, says Pia Gahns.

- We have had such good results that you can hardly believe it. We receive gout patients who have been told by the doctor: "In 10 years you will be in a wheelchair!"

- We get asthma cases where the doctor has said: "This is a disease that you have to live with."

Then the patients fast for 30 days according to Alma Nissen's instructions and are cured.

It is fantastic! But afterwards, it is necessary to remain a vegetarian - otherwise, the problems will return! Says Pia Gahns.

### It takes time

The patient receives this meal three times a day:

- at eight in the morning
- at twelve o'clock
- and six o'clock in the evening.

At three in the afternoon we drink herbal tea. Beyond that, the fasting patients must not eat other food during the approximately 15-30 days that the treatment takes.

The cure causes the patient to relax and feel well.

Insomniac patients begin to feel a pleasant relaxation.

Like other patients they now sleep with the window open so that they get as much oxygen as possible. Fresh air and exercise are also an important supplement to the drinking regimen.

Many patients notice an improvement very quickly.

But patients who have been ill for a long time should not expect any definite improvement until after 2-3 months of treatment.

For safety's sake, it would be wise to be under the control of a doctor if the patient carries out the cure alone.

We are experienced and equipped here and can react as required.

It takes time to adjust to the regimen.

In the same way, it takes time to adjust when the cure ends after approx. 30 days. In both cases, it must be done gradually.

When you start eating again after the 30-day fast, you should only eat raw food, and there should be small portions at each meal.

Slowly you get used to bigger portions.

Patients who are very ill and drug-poisoned may, at the start of the course, have reactions such as feeling restless and tingling in the legs.

They may also get headaches and a tendency to vomit.

If this occurs, we give the patients four large glasses of pure spring water to drink, and then they are given a radical cleansing too.

After vomiting, the discomfort and headache are usually gone.

Yes, - it sounds horrible.

All in all, we have four options to cleanse the body, namely: - through the skin, - the intestines, kidneys and - the lungs.

Every morning we give the patients enemas so that they can flush their bowels.

Then they get a shower: first warm - then freezing!

Yes, it sounds terrible -but it is necessary.

It is stimulating for the nervous system, skin and blood circulation as well as for the peristalsis (automatic wave-like movement of the muscles that line your gastrointestinal tract that carries the contents forward.)

In general, we emphasize a treatment that works quickly and is complete harmless.

The first duty, namely "do no harm", is respected.

We never give the patients anything that could harm them.

Nature's penicillin is also harmless.

I call garlic nature's penicillin. I have never, ever seen an infection resist contact with garlic. The bacteria drop like flies when they meet with garlic. The bacteria had not expected this meeting! But that surprise kills all the bacteria at the Health centre.

### Garlic for all infections

Garlic also has the effect that you can end up sitting alone in a train compartment - well, you'd better take that from the humorous side. Unfortunately, it is true that it takes some time for people to get used to the smell of garlic.

The problem is solved when everyone starts eating garlic.

- How is it that garlic - *as you say* - can be considered nature's penicillin? What does garlic contain?

- It has been shown in practice here at Brandal that garlic contains positive elements which means that it can be used for all infections.

Garlic consists of, among other things of silicic acid, iodine and essential sulphurous oil. All in all, garlic is one of the best natural remedies we have. Several hundred years of experience have shown that.

Garlic has many positive properties, among other things, it works to promote appetite and digestion, and at the same time it is bactericidal.

I have seen swollen fingers completely healed thanks to garlic. I have seen osteitis, which attacks the bones, be healed within 14 days. E.g. a doctor who visited Brandal Health Center was healed. The doctor was due to have surgery to amputate the finger due to bone inflammation.

We treated it with garlic and oil and he avoided amputation.



- When I use garlic and oil for leg ulcers, they heal very quickly, says Alma Nissen, who in the picture on the left is treating a leg wound in an elderly patient.

In the picture on the right, Alma Nissen is seen together with 6-year-old Mette Jensen, who is a good example that Alma Nissen's gout cure also works on children.

- We are convinced that Alma Nissen has saved Mette from being disabled by gout, states farmer Hans Østergaard Jensen, Onsbjerg pr. Tranebjerg, Samsø.

- Mette got gout when she was 4 1/2 years old. For the pain, she was given four large cody-magnyl tablets every day. Had Mette continued with that, her kidneys would have been destroyed.

We can't imagine how Mette would have felt today if she hadn't had met Alma Nissen and had started her cure.

Now, two years later, Mette has it well, although she still has a little difficulty walking.

But her situation is significantly better and - *most important of all* - she is not in pain. We have seen gangrene patients recover at Alma Nissen.

We have seen gout patients get it significantly better.

Eventually, the doctors must be convinced and take the cure seriously! emphasizes Hans Østergaard Jensen.

### [This is how I use garlic for leg ulcers](#)

As mentioned, nature's penicillin has great application possibilities.

We have used garlic against:

- cystitis,
- prostate
- ovarian and sinus inflammation
- infection in the jaw cavity
- the forehead cavity and
- the ears.

Yes, in our experience all infections in closed cavities can be affected by garlic.

When I use garlic and oil for leg ulcers, they heal quickly.

And the procedure is very simple: I take a medicine glass with a screw cap.

I fill a third of the glass with pressed garlic, and the other two thirds with cold pressed oil.

It can be cooking oil or olive oil.

Then I screw the lid on the jar and shake it.

I use the contents of the glass to moisten a compress that is placed on the wound.

I do this because I want to defeat the staphylococci.

These staphylococci prevents skin cells from forming.

The second I put on this compress that is moistened in garlic oil, the staphylococci's cell growth is stopped.

Thereby the skin cells get their size chance and the wound heals from the edges.

It sounds fantastic! Nevertheless, it is a fact.

In the 30 years I have been here at Brandal Health Centre, I have eaten garlic every single time day.

And I've never ever had a cold, sore throat, or anything form of infection.

Among other things, I can thank the garlic for that.

### [How to save an opera performance](#)

You can also get the recipe for how an opera director can save a performance.

Because when the play's prima donna, who is supposed to sing a great song, has become hoarse, there will be no performance.

It's every opera director's nightmare.

I know that as soon as there is the slightest hint of a fever or a cold, one can save the situation by pressing garlic in a soup or in warm milk with honey and drink this garlic soup or garlic milk.

- How much garlic should you use?

- Yes, it is individual, but around 6-8 cloves.

When an opera performance is at risk, you have to grit your teeth and do what you can.

- How quickly does this cure work?

- It works spontaneously.

It doesn't take long before the fever goes down again.

It is important that raw garlic is used, right?

- It's clear; you should not start heat treating fresh produce.

In general, you should avoid using heat on vegetarian food as much as possible.

In the moment you treat food with heat, you kill the vital growth cells.

I have a teaching that reads: - The best way to fry is - not to fry at all.

And I think that's right, although of course you shouldn't be fanatical.

Here at Brandal, we advocate living vegetarian food.

It gives red cheeks, shiny eyes and desire to dance and have fun.

### [The meals at Brandal](#)

But now, while we are so well into talking about food, perhaps I should tell more about the individual meals we serve for patients who have been through the fasting cure

- the drinking regimen I described earlier.

The breakfast here at Brandal Health Centre is simple.

Modern humans don't seem to at all to have time to eat.

They stuff something into themselves, sometimes turn it in their mouth and think it is good enough.

They think so.

We have now once received 32 teeth for us to use.

And every single tooth should get its chance.

This means that we must chew the food 32 times.

It is difficult to get people to chew their food so thoroughly.

That is why we have acquired one mixer.

We mix the breakfast.

First, we mix a cup of sesame seeds with their shells on with water.

When the sesame seeds are completely chopped, we mix in a banana, an apple without a core and an orange without peel and seeds.

Soon we will have a perfect, easily digestible and very tasty breakfast.

If you want it to be sweeter, one adds in some raisins.

In addition, you can have a little bran if you have difficulties with digestion, and you can sprinkle on some crushed linseed.

Many people like to sprinkle some chopped nuts and wheat germ on this fruit mixture.

It is a very filling breakfast, a complete meal that is also suitable for small children who got their first tooth.



But it is also good for elderly people who are in pain to chew. In short: a breakfast for everyone.



Alma Nissen at work in the kitchen: - We mix the breakfast. First we have a cup of coffee sesame seeds with the shells on, mix with water...



Brandal Health Centre has one small, but good biodynamic cultivated orchard, where Pia Gahn's assistant picks up greens heads of lettuce. (Pictured on the right.) At the top, Alma Nissen grabs for more garlic, while Mizzi Hempel peels hers.



- Me, I've has always had poor health.

Had I not met Alma the magician 30 years ago, I would be dead today, says Mizzi Hempel. She has saved me and give me back my life!

### Fruit, vegetables and porridge

In order for us to feel well, every day we must have: a fruit meal, a vegetable meal and a porridge meal. It is important that the food we eat is predominantly alkaline.

We can measure whether we get sufficiently alkaline food using a urine sample and indicator paper.

80 percent of the food we eat should be alkaline, and 20 percent acid-forming.

We must also ensure that we eat fibre-rich food, so that we stimulate peristalsis in the intestine - the muscle contractions that move the contents forward. At the same time, we must ensure that we get supplied with the substances that build up the cells.

All through fibre-rich, untreated vegetarian diet.

We eat green leaves every day.

I attach great importance to green leaves, because the ingredients help to build up the red ones the blood cells.

We use plenty of nettle soup.

The salad we eat is also made with it nettles and e.g. forest sorrel or meadow sorrel.

Our salad dressing consists of a little oil, the juice of half a lemon, herb salt, 1-3 cloves garlic pressed in a garlic press, and possibly herbs as desired.

The main meal is lunch, and we constantly try to vary the (raw) food comprising the meal. We serve raw, grated carrots, beetroot, finely chopped onions, chopped parsley, finely chopped leek, boiled or baked potatoes, tomato or cucumber.



Alma Nissen's faithful employee, Anni Jacobsen, (top t.v.) conjures up the one tasty vegetarian dish after the other in the kitchen at Brandal — to the delight of patients who have reviewed Alma Nissen's drinking regimen.

After dinner, Alma Nissen gives a lecture every day concerning current diseases and health topics.

### [Sprouted seeds with B-Vitamins](#)

We eat sprouted seeds of e.g. mung beans, lentils or fenugreek seeds.

-We soak the seeds overnight.

The bad seeds that cannot germinate, and which can often be recognized by the fact that they are dark and hard are weeded out.

We then place the sprouted seeds in a glass with a mesh cover over it.

We rinse the seeds two or three times a day for three days.

The seeds should be left in a warm place while they germinate, and then stored in a refrigerator.

We are particularly happy with sprouted seeds, it is because they are rich in B vitamins.

For many years fenugreek seeds have for example been recommended as a general strength and healing agent that also has a positive effect on inflammation.

Lucerne is used as a tonic, and especially by those who have a deficit in mineral substances.

The Lucerne seeds are thoroughly rinsed and placed in a jar with a netting cover overnight.

There they stand warm for 2-3 days and rinsed 2-3 times a day.

In the afternoon, tea is drunk at Brandal Health Centre.

This applies to both patients who are starting the fasting regimen, and patients who have been through the regimen - the drinking regimen as we call it.

In general, we can say that we enjoy and benefit from herbal tea in more ways than one.

Because when we are collecting these herbs, we get exercise and fresh air - and become grateful to nature.

It is an important supplement to the tea.

We have different types of herbal tea to choose from.

It can be peppermint or chamomile tea.

We also drink tea drawn from dry leaves - e.g. from blackcurrant bushes.



## Tea that cleanses the kidneys

We have a tea that is excellent for cleansing the kidneys.

It consists of equal parts birch leaves, field nettle (horsetail), crushed juniper berries and chamomile.

Everything must first be dried.

Then we mix the different herbs together.

One tablespoonful of this mixture to one litre of water.

You let it boil for a few minutes and strain off the leaves.

This tea, of which one can drink up to one litre a day, is, as mentioned, a kidney cleanser.

People who have difficulty urinating can get good help from this tea.

Then we come to dinner.

And since we are going to have a low-calorie, but vitamin- and mineral-rich diet, the evening meal remains of a soup cooked on vegetables - potatoes, carrots and onions.

We take this soup off the heat.

Then we add freshly rinsed and freshly chopped nettle to the soup.

The nettles must not boil.

With this soup, you can eat a piece of bread - a coarse wholemeal bread.

When you have eaten this good food, you feel a pleasant well-being.

It is interesting to see that the more often you eat this food, the more you long for it each passing day.

In winter, we usually eat some sort of porridge.

And with the porridge we drink sesame milk.

Sesame milk consists of one coffee cup of sesame seeds and two tea cups of water per person.

This mixture of water and sesame seeds is thoroughly mixed so that it is completely and finely divided.

Then mix in one banana, so that the sesame milk has a pleasant consistency.

The porridge can be rice porridge, millet porridge or buckwheat porridge.

If we want the porridge to have a sweeter taste, we add some raisins to it.

You can also add some chopped nuts.

## More recipes from Brandal

For a portion of buckwheat porridge, we use 100ml of buckwheat and 300ml of water.

This is boiled and then simmer for half an hour.

When it comes to millet porridge, for example, you use 100ml of millet and 300ml of water that is boiled and simmer for 20 minutes.

Mashed potatoes are easy to make.

Boil 200ml - 300ml cups of water in the bottom of a cast iron pot.

Peel and finely grate two potatoes and then pour into the boiling water.

We whip the porridge for 3 minutes.

But we absolutely do not use salt.

The mashed potatoes are good for sensitive stomachs. E.g. for peptic ulcer patients.

One of our popular dishes is millet chops, which we make from boiled millet, chopped carrots, beets and onions.

Boiled potatoes are mashed with a fork and everything is thoroughly mixed in, after which the millet chops are fried in corn oil - possibly cold-pressed olive oil.

It is important that the preparation is done very carefully.

This applies to all cooking.

- But it is probably important to emphasize once again that the recipes we have mentioned above is not for patients who are starting the drinking/fasting regimen?

- That is correct.

Patients who are in the process of the disease-cleansing the drinking regimen, must make do with three liters of potato soup a day as well garlic cloves, apple wedges and linseed plus water – that's it.



- Incidentally, it is a cure that has a slimming effect. In this connection, I would like to emphasize that when you are an adult, it is not at all the idea that one should grow in breadth.



Fresh air and exercise are part of Alma Nissen's health programme. In the the first picture shows the gymnastics team at Brandal under the leadership of Pia Gahns, while Maggie Warenstam Sits in the rowing machine (right) under the command of Alma Nissen.

Maggie Warenstam says about Alma Nissen: - She is unique.

She sees the whole person.

Wish there were more of her type.

If that were the case, I think the nursing homes would show even better results than they do today.

### [The treatment worse than the disease](#)

While we are small, we grow in height.

But it is unfortunately often a fact that as soon as many have reached the age of 20, they begin to grow in width.

Being overweight is also a disease.

No knee or joint benefits from being overloaded with a lot of fat.

Therefore, we should eat a diet that is low in calories, but rich in vitamins and minerals.

In addition, we must take care to get sufficient exercise.

We're not supposed to sit like slack sacks in front of the TV set.

Nor is it meant that we just have to move us listlessly from bed to the breakfast table and sit and stuff ourselves with white bread, butter and marmalade and drink coffee.

It is this wrong way of living that keeps the hospitals full!

And now I want to turn to another sad fact. Namely: When we have had an attack of disease, e.g. gout, due to incorrect lifestyle, then there is a preparation that doctors often use against the disease.

It's Cortisone (a pregnene steroid hormone).

I must state: With all its dangerous side effects, Cortisone is worse than itself the disease.

Already in 1949, when I became aware of how patients were treated with dangerous preparations, I travelled to England to see how things were going there.

I sought out the world-famous scientist Sir Robert McCarrison, who had been director of the Institute of Hygiene in India - at the time the country was under English rule.



Alma Nissen's patients also include children. In the same way as adults are cleansed through a liquid diet and then a vegetarian diet. In the picture below on the right, Alma Nissen examines that medicine which patients have put away after they have started Alma Nissen's cure. - It is often symptom-suppressing medication with side effects that are worse than the disease itself, states Alma Nissen.

### [Cannibalism - almost like in the civilized world](#)

Sir Robert McCarrison received me kindly.

He was a professor at the University of Oxford, and he invited me to his home there.

I was his guest for three days.

In the three days we went through all the research he had done in India.

He had, among other things, made nutrition experiments with rats.

A very audacious experiment!

He had divided the rats into three groups.

The first group of rats ate the same food as the English upper class.

And all of these the rats got the same diseases that the English upper class got.

The next group of rats was served food that corresponded to that of the poor the factory workers ate: tea with sugar, cheap meat and white bread.

These rats got all the diseases that could possibly affect them.

They got eczema and nervous disorders, and there were fights and leprosy in the cages.

They fought and hurt each other, and they had stillborn babies.

Eventually the rats ate each other.

Cannibalism broke out - almost like in the civilized world.

Here you really got striking proof of how things go when you live and eat the wrong food.

The third group of rats the professor had, were given a diet like the one I advocate.

A natural diet where you get all the ingredients needed to build up the cells. Our cells break down and they must be rebuilt, but not with substandard material - it must be with a biologically correct material.



## The nervous system and the workforce

When that happens, we see how the human nervous system holds up in all situations.

How the labor force increases.

How life becomes more harmonious.

How the grass will be greener, the sky more blue and everything becomes a glorious joy!

This is how it can be for humans, and this is also how it was for the third group of rats.

These rats received organically grown vegetables.

They were given fresh water without chlorine.

They got light, air and exercise, which all living beings must have.

The result was brilliant.

The rats gave birth to many viable young.

They lived in peace and harmony.

Just as I want everyone to live.

It was a great experience for me to meet this great scientist, Sir Robert McCarrison, who was friendly and accommodating to me.

I who came without being anyone special.

I introduced myself as to who I was, and told about my gout trials.

When Sir Robert McCarrison heard about the gout treatments, he exclaimed: - Madam, You have really understood the matter!

Since then I was allowed to translate his book. It was called: Nutrition is the basis of our health.

As mentioned, it was in 1949.

Full of excitement and courage, I travelled back to Denmark.

But I soon realized that there I had no opportunity to work with it as seemed so important to me.

That's why I travelled to Norway.

## What are you up to?

There I met a well-known and very skilled journalist who had been at Dagbladet for 24 years in Oslo.

I told her that I would like to meet an honest doctor who had the capability to conduct a gout clinical trial under scientific control.

The journalist wanted to introduce me to the head doctor at the Rheumatism Hospital in Oslo.

He had 250 patients.

The superintendent agreed to receive us, and the next day we visited him.

When we entered the superior's office, he was sitting behind a large desk with a pad in front of him.

He neither stood up nor offered us a chair.

We had to figure that out ourselves

- What are you looking for? he asked rather brusquely.

- I will tell you that very quickly, I replied. - I am out to get you to carry out a clinical trial with the rheumatic patients your patients who have not recovered.

Then I will show you how the patients can get well.

And I want to work for free and anonymously.

When I had said that, I thought we were going to get punched.

He was enraged!

And then he slapped his big hands on the desk so everything danced.

- Are you really smart? he exclaimed.

- I have never received any evidence to the contrary, I replied.

## You have scandalized me

While this was going on, the journalist had written everything down on his pad.

- But you absolutely must not write anything about this! the doctor snapped at the reporter.

- I have written what you have said! And now we won't disturb you anymore! said the journalist.

Then we went.

The next day the superintendent could read all his statements in Dagbladet.

All his patients were lying in the hospital with the newspaper open.

And there were none the patients who put the newspaper away when he entered.

The doctor called me at the hotel and asked: - When are you traveling?

- I will leave when you have carried out the experiment that I have suggested.

You owe it the Norwegian nation, I answered.

- You have scandalized me completely! he exclaimed.

- No, I said. You have done that yourself! But I am still available with my offer.

I want to work for free and anonymously at your hospital, and I will show you how to get your patients healthy.

The big, strong man who had been so superior to me gave in to whining on the phone.

- Go, he whined.

- No, I said. – I'm staying! And now you can think about it.

### And then I said: DRINK!

The phone was hung up.

After all, he was the head of a large hospital with 250 patients.

And I had no power to change his attitude.

At the hotel where I was staying, I wanted to speak to the hotel director.

For that brain mine was constantly working as to how I can provide a clear and valid demonstrable proof that my diet theory was correct. That I would do anything in the world and never give up until I had laid the proof of my theory on the table, however, I couldn't talk to the hotel manager because he had a migraine and nothing must disturb him.

The blinds were down and he was vomiting and unable to receive any guests.

I told the director's wife that I could help him with his migraines.

I was allowed to do that.

- Now you will drink four juice glasses with lukewarm water.

Then you have to stick your finger in throat and throw it all up.

So the migraine attack is over, I told him.

- Yes, but it's horrible. . . he couldn't drink that much...

- They're going to drink! DRINK! so can you. He couldn't avoid it.

He drank four large juice glasses of lukewarm water.

It certainly wasn't the kind of juice he is used to . . . But it worked! When he got rid of it, he could stand up and we could talk.

I wanted ten rooms in his hotel where gout patients from Oslo could stay.

Patients who had been to specialist treatment and who had not recovered. He agreed to that.

### Everyone recovered

A lot of patients signed up, because I gave a lecture in Oslo about how to do it heal gout patients.

Altogether, about a thousand people approached me.

Out of these thousand, I selected ten patients who had gout at various stages.

I accommodated them in the hotel, and they undertook to stay there for two months.

Now the journalist and I contacted three specialists in rheumatic diseases.

The three specialists agreed to examine the patients.

They sent their assistants to the hotel, where they took blood samples at regular intervals and kept records.

Two months passed.

Then came the result.

Everyone was healthy! When this result became known, I was invited to give a lecture in medicine- the association at the University of Oslo for the entire medical faculty.

Senior doctors, specialists, professors and docents were present.

Also, there were 400 medical students and 14 journalists.

I walked up to one of the lecterns.

On the opposite side was a lectern for the specialists.

The first specialist said:

- We have had the honor of examining Mrs Nissen's patients.

To our colleagues, we must say: The result is so sensational that we believe the time has come for this to be investigated scientifically in a clinical setting!

Then "*my friend*", the superior from the Rheumatism Hospital, stood up: - I want to warn my colleagues against this quackery!

When he had said that, he limped out of the hall, for he had rheumatism and walked with a cane.



## Doctors' education must be changed

Shortly after this experience, I was awarded a grant of NOK 10,000.

I put this money in the bank, because I could certainly use it for a purpose that could benefit rheumatic patients.

And I did! - When I took over Brandal Health Centre, I bought fine down duvets in Oslo.

And it has been to the delight of all the patients at Brandal.

My greatest wish now is that what I have arrived at should be placed in the right hands, namely the doctors.

And that the doctors' education, which is scandalously minimal in the business area, becomes improved.

Thorough knowledge of correct nutrition must be a supplement to doctors' education for a long time to a greater extent than is the case now.

It is a shame for the population if it is prevented from learning the truth about the great what importance nutrition has for health and wellness.

I must state again: - Nutrition is the basis for our health.

What you eat today, is what you are in morning.

Hippocrates, the father of medical science, has said: "Your food should be your medicine. And your medicine shall be your food."

The doctor who does not become a nutritionist is losing ground.

He cannot fill his place.

The nutritionist will be tomorrow's doctor!

But unfortunately it is easier to write a prescription for a tablet, than to get a human being to renounce all their old, harmful eating habits.

## Wish to the Prime Minister

However, it should be a matter of honor for a doctor to do what is right.

Doctors must uphold their medical honor.

And they should not be suspected of working for power, honor and money.

I am determined that I will now really do everything I can so that the doctors and the scientists must understand their duty.

It shouldn't continue to be like "it appears to be working" – we'll carry on as we are. I think that is unworthy of all of us.

Everyone must now be true to the old saying: "The embers of discontent kindle the fire of rebellion."

It will also happen in this area.

What I do is not just drinking potato water.

I have found that alkaline mineral neutralizes the uric acid calcium salts that causes gout.

It's simple chemistry.

We all have a duty to take the spoon in another hand - To change the way of life!

Piet Hein has said it very clearly: "If you want to succeed in changing the world, start in the centre, start with yourself."

That also applies in this case.

- But must one refrain 100 percent from eating meat and eggs? - You have to!!!

Because the second you start eating the wrong food, you have invited disaster.

One must avoid meat, fish, eggs, coffee, alcohol, tobacco and sugar.

## Big demands?

- Are you not making very high demands? Stipulations like that can be horrendously difficult to comply with?

- Well, it's not about being fanatical at all, if that's what you mean. On the other hand, you must be consistent.

- And that is to say. . . ?

Yes, it means that if you want to be healthy, follow the laws of nature - not the opposite.

The organism does not allow itself to be fooled.

The organism works 100 percent honestly.

-haven't you yourself felt that it could be your instructions 100 percent?

- No, for once you have to choose between being healthy or sick. And if you are sick, so be it. One is also willing to do everything to get well.

- A big, juicy steak never tempts you?

- No, a juicy steak does not exist for me. A juicy steak is a piece of a dead animal.

And I could never in my life dream of helping to kill an animal.  
I must repeat again You can choose between being healthy or sick.  
I have chosen to be healthy.

Today, at the age of 85, I enjoy excellent health.

I drive my car and lecture to full houses everywhere I go.

It is a great joy to me that I can collect my thoughts so that I never have to use manuscript.

I could not have done that 50 years ago - then it would have been completely impossible.

\* A Swedish officer tells about the results of his stay at Brandal Health Center in Alma Nissen's guest book.

Here follows a translation of a letter written by the Swedish officer GÖTE LARSSON wrote to her;

*"my little Alma! I have now followed your recommendations that you made at the regional hospital in LINDKÖPING, when you tried to 'punch a hole' in the Social Services Agency's poisoning by tablet of us rheumatics, and I myself took 23 tablets every day, but in Jan. 72, I was freed from these, thanks to you, Alma.*

*Now I have been vegetarian for 4 years, and haven't been on sick leave a single day, except when I visited you, 'little Alma'.*

*You Alma, thank you for what you have done for me - what no doctor has been able to cure.*

*I wish you all the best in life.*

*See you again.*

*Keep fighting Alma, thank you.*

*Göte Larsson."*

### From the wheelchair back to the army

- That was my own example.

I have at least as good examples from the patients.

I think e.g. on one of my gout patients who had been officers.

But due to rheumatism it has now been seven years since he had been active in the army.

To ease the pain, the former officer took 23 tablets.

And he did that every day.

Then he was in a wheelchair.

But after I had treated him for two months, he was able to leave the wheelchair and throw away the crutches.

And his greatest wish came true: He returned to the army.

At first the officer was employed on a half-time basis.

Later full-time.

Now he has been promoted, and he still comes here twice a year to visit us.

He simply regards Brandal as his second home.

It really is an example which speaks its clear language that even if an illness has been long-lasting, it can be healed.

But it is not meant for anyone to be ill for such a long time.

The first time one discovers signs that you have become unwell, you should be able to contact a doctor and receive exactly the right treatment immediately.

Then one would be able to overcome the disease within a fairly short time.

### We don't have one organ too many...

We can quickly agree that we are not born with a single organ too many.

We are not supposed to let our vital organs go in the bin at one hospital after the surgeon's knife has been at work.

The next example tells about that.

I have had a patient who had previously been admitted for surgery at Bispebjerg Hospital, with gangrene in the leg.

I will not mention the name of the senior doctor who had put a red line across the middle the patient's thigh.

The line showed where the leg was to be sawed off. In panic, the patient fled here to Brandal.

78 days later she was able to go home - healed!

I had never seen gangrene before. I told the patient that before the treatment.

But she answered: - I am sure that you are the only one in the whole world who can help me.

Therefore I ran away from the hospital.

- When I picked her up at the station, she was unable to walk.

I was totally shocked! I didn't know what to advise.

But then I isolated myself for a whole day and thought it all through carefully.

Then I came to the conclusion that I had to stimulate the circulation and thin the blood.

The point was to supply blood to the diseased tissue and stimulate the flow of blood.

I treated the wounds sterilely and dry.

Because I was sure that if moisture got into the wounds, the bacteria would have greater opportunities to harm the patient.

Her skin temperature was lowered and I was aware that the situation was critical.

### You could be charged with murder!

Therefore, I summoned three doctors to hear their opinion.

- Send her back! said all three of them.

- Otherwise, you can be prosecuted for murder when the patient dies.

- Send her back.

There is no art! I answered. - If I do, they will amputate the leg.

No, I will try everything else - Because what would you say? . . . I said to the doctors

- What would you say if it was you who was in danger of losing a leg? Put yourself in her place!

I wanted to help her, if it cost me everything.

In her need she had turned to me.

She was deeply unhappy - I considered it my absolute duty to do my utmost.

Cost what it would! After I treated the wounds sterilely and dry, I decided to give the patient an excess of vitamin C.

We know that the Nobel Prize winner Pauling is in favour of very high doses of vitamin C in infections.

Since I didn't want to use synthetic medicine, it was quite natural that I bought some crate oranges.

I squeezed oranges so the patient could have 3 liters of orange juice a day.

This the juice she drank, and nothing else.

Fasting is the oldest healing remedy in existence.

That's why I thought: - When I now if the patient has such an excess of vitamin C, it can be called a fast.

But in this one the orange juice contained many important substances at the same time. I also gave her a decoction of potatoes, celery, parsley, onions and leeks.

So the patient felt no hunger at all.

### You're welcome! It's served!

Later I bought whole boxes of fully ripe peaches.

- Here you go! It's served, I said.

- You can start at one end of the box and end at the other! Then you get a new one box.

I then started a kind of pump massage on her leg.

I tried, in a way, to pump the blood out into the diseased tissue.

Also, I sat her up on the edge of a table.

A marching tune sounded from the gramophone.

- Swing your legs, I told her.

And why do that?

Yes, I got to thinking about what I had done in the winter when I was a child.

When I that time came in with frozen hands, I clapped my hands together so the blood seeped into my fingertips.

I thought: - When the patient swings his legs, the centrifugal force will act so that the blood is pushed out into the outermost zones of the legs.

And quite rightly so.

Within a short time, her skin temperature improved.

The pain in the diseased tissue became weaker.

Her general condition improved.

And the mood barometer rose several degrees.

It was summer. We had a heat wave.

But with such sick patients, we often see the phenomenon that they freeze in the middle of the strongest heat.

I opened the three windows in her room. But as soon as I had left the room, she closed the windows.

### Legs are saved from amputation

- Something radical must be done! I thought.

I lifted off the windows and carried them down to the basement.

Now the patients slept with open windows both night and day.

One day the patient said to me I wants to go home.

- Go home? so do I.

- Yes, you'll probably get there when I decide.  
Because now it's me who have taken the risk here!  
She longed to go home because she could trace a slight improvement.  
But I was determined to complete the work.  
And I was allowed to do that.  
A total of 78 days passed.  
Then she was healthy.  
It was a painless operation without a knife.  
The patient had been a heavy smoker of cigarettes, and I think that was the cause gangrene in the leg.  
We know that the capillaries - the thinnest branches of the blood vessels - contract when the blood is affected by nicotine.  
Therefore, I can warmly advise everyone to stop smoking and drinking alcohol.  
Instead, they should change their diet. Good health is the only real capital we have, and therefore we should pay attention to health.  
Shakespeare has said these wise words: - Pain is man's best friend. When a family member is in pain, the family is forced to do something. To change the situation!  
And I really hope that there will be a change on the points I have mentioned.



Patients who wish to do so can get reflexology treatment at Alma Nissen (top picture). Also in that area she has achieved good results.

- As can be seen from the bottom picture, part of Alma Nissens day is occupied with "office work".

Every day there are letters due to be answered, and it is often a letter from distant lands.

- The disease emergency is apparently almost equal everywhere, notes Alma Nissen.

### [I will never give up](#)

I have been fighting for this for 30 years.

I have been on my knees for hospital managers.

I have offered to do service for free and anonymously.

I don't want power, honour or money. I just want to help!

Today, when I am 85 years old and working at full strength, I would say that I am even more keen to fight for this cause than ever before.

I will NEVER give up!



I will work in the service of humanity with all my heart and with all my strength, for as long as I live!  
And there are indeed plenty of tasks to tackle.

All patients who come here are the failed case of medical science.

Psoriasis patients come here who have a single sore from the heel right up the leg.

It is patients who have been ill for up to 20 years, without anyone being able to radically help them.

Their nervous system is destroyed.

Life has been hell for them because of the disease again and again.

They could never for example, show up on a beach.

And what an effect it has on a marriage, that the partner is full of wounds from top to bottom.

That it has been hurting and that the blood has cleaned from the cracks the patient has developed in the skin speaks for itself.

I have never had a psoriasis patient here who has not fully recovered - I can prove it, because I have photographed the patients when they have arrived and when they leave here.

### How to cure psoriasis

I do not treat psoriasis as a skin disease, but as a kidney disorder.

At psoriasis patients, it is the kidneys that are unable to excrete the waste products.

But the skin is not intended to take over the kidney's work, even though it is the organism's largest excretory organ. Hence the disease occurs.

When patients with psoriasis come here, the first thing I ask is:

- Can I see the drugs prescribed for the disease? Then I take the medicine from the patients.

That is part of the patients' unhappiness with these symptom-suppressors - the medications.

From now on, the patients receive my drinking regimen of three liters of potato soup a day so that the kidneys are rinsed through.

All the uric acid and the uric acid calcium salts that have accumulated in it the body, is neutralized by the alkaline mineral from the potato soup.

Psoriasis patients are usually more or less destroyed by thick scabs on the skin.

There are scabs that they try in vain to get rid of by scratching with their nails.

In order for the patients to get rid of these scabs, I first have them put on pyjamas.

Then I put them up in the bath so the pajamas get wet.

I squeeze out most of the excess the water, and then I wrap the patients in plastic, in which they lie until the next morning.

When I unwrap the patients in the morning, all the scabs have completely dissolved.

I'll take one big, soft plastic sponge, and now I can wipe off all the scabs so that the patients stay completely free of this condition.

After this, the patients get a hot shower - followed by an ice-cold shower.

They get packed into terrycloth bath towels, and then I smear the whole body with garlic oil.

### The psoriasis scabs do not reappear

We moisten the hair and massage it in with oil, and then the patient is put on a cap.

Next today we can remove all the scabs with a comb and wash the hair.

The psoriasis patients continue the drinking regimen, and the scabs do not return!

- But it is probably a condition that the patients continue to live according to those instructions you now have given?

- It is quite settled that if you want to cure a disease, you have to remove the cause of the disease and support the organism's own healing power.

If you return to polluting the body, you also get the disease back.

But I have had lots of psoriasis patients who have stuck to the vegetarian diet that I advocate.

I have a diet plan that they take with them when they leave Brandal Health Centre.

It is called: My testament - your life insurance.

My will, will be your life insurance!

Every single day I stand at the end of the big table here at Brandal Health Centre and tells patients what to do to get well.

I tell you about the diseases we can cure here at Brandal Health Centre:

- psoriasis
- migraine
- gallstones

- asthma
  - rheumatism
  - Ankylosing spondylitis, which is stiffness of the spine
  - skin diseases and eczema of all types.
- It is part of the diseases I hold teaching lectures about.

### Until scientific proof can be shown

We talk about how the patients' general condition can be improved, so that they can become like new people. To begin with, they go for a tiny walk.

But it ends up that many of them go kilometers.

They ride longer on the exercise bike, row longer and longer on the rowing machine, talk more animatedly, sleep better and are happier.

That is the yardstick I have.

I don't have any scientific measuring devices.

It is the practical results that are needed stand as evidence, until a scientific one can be presented.

- It has been mentioned that your patients are only imagined to be healthy. What is your comment to this?

- There is no danger of people just imagining they are healthy.

Incidentally, it is better to imagine being healthy than imagine being ill. Unfortunately it is common to imagine being ill.

- But then there must be patients that you cannot heal? - We have seen many sad examples of how a human body becomes broken down year after year, and finally there is a word called "too late".

That is the saddest thing for me!

It is easily too late if you just talk about something without doing the right thing.

It is not enough to talk.

If I'm walking in a dark valley, it's not enough to just talk about how wonderful it would be to get to the top of the mountain where the sun shines.

No, a decision has to be made.

Determination and a firm will to do the right thing is necessary.

But I have yet to meet a patient who was not ready to make an effort.

### I have the solution to the riddle of gout

- When do you think your treatment of the patients will be recognised?

- If the doctors don't start listening now, they should be ashamed of themselves!

And there is absolutely no excuse for not immediately deciding that doctors' education must be supplemented with nutritional physiology to a higher degree than at present.

The initiative should come from the Ministry of Social Affairs.

It must, among other things, be the politicians that help take the first steps.

- Do you think you have the solution to the riddle of gout?

- I have.

And that cannot be discussed at all.

Because I have seen how the physiological changes occur.

It's not me - believe.

I have seen it.

The pain and stiffness disappear, and the blood circulation improves.

The patients come along on crutches and walk from here without crutches.

It doesn't happen like a miracle - or with one magic trick.

It happens as the cleansing takes place.

And eventually as blood circulation improves.

I stimulate the blood circulation by giving the patients heat packs.

They sleep with it wet-heat wraps at night precisely to stimulate blood circulation.

The result is that crooked fingers that have not been able to move straighten themselves out so that the hand can again be closed.

And most important of all: It happens without drugs!

The patient is allowed to self-administer his painkillers.

But I say always: - The fewer tablets you use, the better!

## Is gout hereditary?

- But there are no cases of gout which are hereditary, and which are not caused wrong lifestyle?

- I don't think gout is more hereditary than eating the wrong food.

If my grandmother has ate meatballs, roast pork, pancakes and everything they stuffed themselves with in those days, yes, that's it's pretty certain that something must go wrong!

When grandma has simultaneously drunk a lot of coffee and eaten white bread and sugar. . . yes, so you could say that I have inherited her habits, and therefore I have also inherited hers diseases.

But from the second I discovered how it all connected, there was no power in it the world that would cause me to end up in the misery of illness again.

Because I love to live! I love helping my fellow humans. I want to live a meaningful life!

In short: I want to live, and do my human duty as long as I live.

We shall love each other - and help each other in all situations. Everything in the world concerns me.

If you suffer, I suffer with you! And there are indeed many who suffer.

After all, there are thousands of rheumatic patients.

Think what it costs! Nationally, it is a disaster! Socially medically, it is a great shame.

So now you have to tackle the problem.

The riddle of gout is solved!

I claim to have solved the riddle of gout.

I did that 30 years ago.

## The so-called incurable diseases...

Therefore, I would like to ask: - What is the point of still allowing gout patients to suffer? Why won't the doctors learn from the results that have been demonstrably achieved in the gout area here at Brandal Health Centre?

As previously mentioned, we also receive more patients here at Brandal with so-called incurable diseases.

I can e.g. mention the disease Ankylosing Spondylitis.

It is usually men who are affected by the disease, which is popularly called "marble- back".

This means that a process takes place in the body so that people become stiff, bent forward, and has severe pain everywhere - in hip joints, shoulder joints and neck vertebrae.

The patients cannot drive, and eventually they cannot dress themselves.

These 'reverting' steps back can proceed very quickly.

Unfortunately, it is a disease I have seen many cases of - One of the patients was a young man from Holland.

He had had the disease for three years and was unable to bend down.

He was here for a month.

When he came, he could barely move.

When he departed, he could do acrobatics.

He first took work as a lorry driver in Amsterdam

- a job which to a great extent requires that one is mobile.

When the summer came, he enrolled in the medical faculty, and now he is studying to a doctor.

- How did you heal the young Dutchman?

- As usual, I used a cleansing course, and then building up through organic diet.

That is the basic principle of it all.

## So do you really use the same regimen for everyone?

There are few people who can understand it.

They ask: - Well, do you really use the same basic regimen for all patients?

My answer is: - Yes, of course!

When the disease is caused by contamination of the organism, it is good to try to remove the root cause of this misery.

But as I said: People themselves must be motivated to start the cure.

"You can lead a horse to water. But you can't make it drink."

Among the cures that give results that are practically palpable, are the gallstone cure.

I call it a painless operation without a knife.

When I show the gallstones that have come out without surgery, the doctors say:

- There has never been any gallstones! It's just vegetable scraps!

After that happened I sent the gallstones for scientific analysis.

It cost me 1000 NOK.

The analysis showed that the gallstones were real.

That analysis is here at Brandal Health Centre for review.

- How did you find the gallstone cure?

-Here at Brandal, many people came with gallstone pain.

I speculated all the time on how I should help them.

I came to the conclusion that if I gave a patient a glass 3/4 filled with cold-pressed oil, I irritated the liver so much that it would produce large amounts of bile.

I assumed that when this bile would pass through the bile duct and the gallbladder, the flood of bile would carry any stones with it.

### [The gallstone cure - surgery without a knife](#)

Now I have the rule that you should not experiment with other people before you yourself know what that means on your own body.

Therefore, I myself became my first gallstone patient.

I used to be very fond of eggs.

An egg yolk contains a lot of cholesterol.

Therefore, I was aware that eventually I must have collected quite a considerable portion of the gallstone.

So I was an excellent gallstone patient.

And now I started the treatment.

First I ate one orange slice, I then drank from the glass 3/4 filled with cold-pressed oil.

It went well, because I had a pleasant orange taste in my mouth.

I drank the rest of it the oil from the glass.

And then I sucked orange slices with the peel on.

I was colossally excited about what would happen next.

It was like Columbus who went out on the great sea.

I knew nothing.

What was going to happen, faith?

The first morning nothing happened.

After an enema, I strained the contents.

Result: No gallstones!

Thank you!

This was unexpected, but I was sailing uncharted waters - but I didn't give up.

The next morning I repeated the process.

And then there were 328 gallstones!

As happy as I was, I immediately called a photographer.

It was confirmation Sunday.

- I can't come before seven o'clock, he said.

He thought they were confirmation guests he was going to immortalise.

### [It's not guests - it's gallstones](#)

When the photographer finally arrived, he looked around in amazement.

- Well, where are all the guests? he asked.

- Guests? I answered.

- There are no guests, you will be taking photographs.

It's the gallstone.

- The gallstone! he exclaimed.

- Did you bother me to come all this long way just to photograph gallstone? . . . I have come to photograph confirmation guests and sell many pictures.

- You can demand what you want.

The most important thing for me is that I get these gallstones photographed! I answered.

I got that. One of the pictures can be seen below.



### Lots of money could be saved

Nationally, lots of money could be saved if gallstone patients were allowed get this oil cure and at the same time a drink cure for one week.

The patients don't need any recreation and they get no pain afterwards.

It would mean a great relief if one could avoid all these hospitalizations and expensive operations for gallstones. And they can be avoided.

- thanks be that my gallstone were expelled.

When patients come here to Brandal Health Centre to undergo a gallstone cure, we ask:

- Do you have an X-ray that shows the gallstones? As a rule, all patients have it.

And they have also been given a day for gallstone surgery at the hospital.

We keep the X-rays of the gallstones.

The patients then undergo my gallstone cure.

After the cure, the patients return to the hospital and say:

- We would like to be X-rayed one more time, because it is just as if every pain has disappeared.

The new X-ray shows quite correctly that there are now no stones at all in the gallbladder.

We can therefore prove in black and white that the gallstone cure works.

- How is the gallstone cure you give the patients today?

- The gallstone cure begins with a drinking cure for three days, during which you drink a total of three litres potato soup daily.

When the three days have passed and you have had enemas every day, you begin the third 3 the day of drinking the afore-mentioned glass 3/4 filled with cooking oil, and you continue with that three days parallel to the drinking regimen.

I can recommend all people to undergo this regimen to ascertain whether they have gallstones.

### I was a total Wreck

Gallstones etc. can also be relevant for people who are going on a longer journey. It's always nice to be sure that your trip won't be suddenly ruined by one gallstone attack.

Safety can be obtained through a painless course without side effects.

A good and cheap one travel insurance.

I have told you before about the reason why I got gallstones.

I have previously been good at eating everything I shouldn't.

Of course, I then also achieved a brilliant result: - I was a total wreck!

I got one disease after another.

Ovarian and appendicitis, sinusitis, migraine, gallstones, pneumonia

In short:

- There were no limits to what bit me.

It was well deserved! Because as idiotically as I lived, I had no chance of avoiding all these sufferings. They were self-inflicted! But I found my real home, to nature.

It welcomed me.

I got a happy life.

A life according to the law of nature, which I should have followed all along.

That is why I am so keen that others realize the same.

If it succeeds, it will be of the greatest importance.

- It will mean that people can say no to pills.

In the same way that I said no to pills when I was hospitalized with bilateral pneumonia, I never want another pill

- For the double-pneumonia, we will now give you penicillin, said the superior the hospital.

- I don't want that! I answered.

[I never want a single pill again!](#)

- What do you want then? asked the superior in astonishment.

- I want garlic and apples, I replied.

I ate 10 cloves of garlic in the morning, 10 at dinner and 10 in the evening.

It was in the winter with 25 degrees of cold.

But I slept with the window open.

At four o'clock in the morning I was kneeling in the bath and pouring ice-cold water over my body.

It was what I wanted and what my body needed!

When the staff came in the morning, no one could see what I had done at night.

The night was mine.

It turned out that after three days the double-pneumonia was gone, and I was fresh. I was x-rayed again and everything was fine.

Later, at the same hospital, I helped carry out a clinical trial with the gout cure, under scientific control.

Again, the patients who followed the regimen recovered.

And those who ran away to wine shops and patisseries, or went home and emptied the pantry. . . yes, they came unstuck.

Here we again have proof that the patients must be absolutely well-disciplined and motivated to do what they should.

It is a prerequisite for achieving a result.

[The doctors were completely desperate](#)

- But the doctors at the hospital were not convinced that what you stand for is correct?

- The doctors were desperately trying to disprove me in this. They did everything they could to wreck the trial. And so did the rest of the staff.

They offered the patients sleeping tablets and painkillers.

I noticed that very quickly.

But after two months had passed, we could ascertain that those who had followed my directives, got healthy.

The others are now in wheelchairs. Several of them are dead.

All of this is proof that what I am doing is the right thing.

- If you could choose a life job retroactively, the choice would then fall on you to work as a doctor?

- Yes, it is probably the job that is closest to my outlook on life.

I was born a "Samaritan".

I can't see any human being in pain without me getting involved.

It has caused me great suffering and much sorrow and disappointment, the fact that I am constantly suffering with other people.

It is much easier if you limit yourself to your own area and your own person, than if you are going to interfere in everything.

But I feel I must interfere.

I have to fight.

I must continue.

Among other things, what I want to fight for is, as previously mentioned, that the doctors get the right education. Knowledge of proper nutrition must be a supplement to doctors' education, to a greater extent than has been the case so far.



## The politicians are welcome

Your food should be your medicine - and your medicine shall be your food.

Health is our greatest, our only capital.

These facts cannot be repeated often enough.

I myself got stones for bread when I had rheumatism. I was given 22 tablets a day. In the end, I was so medicated that I hardly knew my own name, or what my own telephone number was.

I couldn't hold a conversation that required concentration.

Then I understood that if I was going to save my life, it had to happen with my own help.

And I was able to help myself.

If I now stood on a beer crate in the town square and screamed to the world that this is how it should be. . . . and I then in practice did something completely different myself, yes, so I didn't get very far.

Now I show in practice that my theories can create a positive change in society - and that we can really save money when only the health cure is carried out in general.

So the politicians have something to learn.

And they are welcome here at Brandal Health Centre.

I will teach the politicians how to live, then they themselves can become an example the voters.

It can't help that in the end we're all sick.

Who will then pay the bill? No, now the politicians must show that they are aware of responsibility.

I am ready to teach them all.

It's never too late to learn - I proved that when I got my driver's license.

## When I took my driving test

It happened when I was 70 years old.

I had never in my life dreamed of having a car.

I had an old, rusty bike, and I was quite happy with it.

But now there were more and more guests which had to be driven to and from the train.

Then I decided that now it was going to happen.

- Now I want to take my driving test, I thought. Everyone said to me:

- You! you can't get a driver's license! When you're 70, you can't get a driver's license!

- What can't I do? I asked. Why shouldn't I be able to?

When you can ride a bike, you can probably also drive a car.

Buying a theory book is, after all manageable.

I bought a theory book and read at night.

When I enrolled in the driving school, they asked:

- How old are you?

- You shouldn't bother with that at all, I said. I just need a driver's license.

Write me now in!

It was with great concern that the driving instructor started driving with me.

He was turning grey hair on my head, because I mostly did what I wanted.

I drove the way I thought it was right in traffic.

During the driving test itself, I drove during rush hour.

When I had driven for a reasonable time, the car expert said:

- Now we can drive back to school!

I drove in between two white lines and stopped the millimeter where I was going.

- Perfect, elegant, approved! exclaimed the car expert.

- How do you get such good concentration skills at your age? he asked.

- I'll tell you that, I said.

- Eat carrots!

Last through life

## - It seems like you've been stubborn all your life?

- I have. It has also been necessary.

But at the same time, I have been filled with a great desire: To help.

Yes, I have actually had that happen as long as I can remember.

As previously mentioned, I had a sick father.

He suffered greatly from terrible asthma attacks.

It was imprinted on me that I should help him in every way.  
When I was 6 years old, he died.  
And then I suffered the greatest loss I have ever suffered in my entire life.  
I was without a father.  
Without protector.  
His last words to me were:

Little Alma. Who will look after you now? Now I'm traveling.  
And he had his arms around me at the moment of death.  
I'll never forget it! Since then I have had a never-failing interest in asthma patients.  
Later I learned personally that rheumatism is like having a toothache without getting help.  
You feel as if you are alone on a wooden raft in the middle of the Atlantic Ocean on a dark day night - without hope of help.  
Therefore, it is important that the rheumatic patients accept the help I provide.  
The patients come here voluntarily.  
I'm not begging them to do what they have to do.  
But I say:  
- This is how it should be!!  
And so it will be!

### A revolutionary effect

Here in the house there is a strong will.  
And that will is mine.  
Everyone should get the help they need.  
But no nonsense! Because you don't heal anyone with talk.  
I comfort and encourage my patients, and surround them with great care.  
In return I absolutely require discipline!  
Discipline is necessary to achieve a result.  
- What significance do you think your work would have socially, if one could say that everyone practiced your rules of living?  
- It would have a revolutionary effect if everyone started to live healthily according to natural law and according to the guidelines I have mentioned.  
That would mean that people have fewer sick days. That they got more energy. Greater ability to concentrate. Their working hours could be shorter.  
Family life happier.  
With the social system the countries have, it turns out that one half of the population supports the other half, who because of illness, unwise living and bad nerves have entered a misery with dire consequences: alcoholism, drug addiction, nervous disorders, etc. The children are tired of school, they get a bad start in life and have bad morals. All this can be completely changed.  
When the family begins to live according to the law of nature, the children have a harmonious childhood.  
The costs of providing for other people are reduced to the minimum when everyone start living healthy.

### Every home can become a health centre

Taxes can be lowered.  
Result: More money for the individual family.  
What I am proposing is not insurmountable.  
Every home can become a health centre.  
Any country can become a model country for the rest of the world.  
People can really start to thrive.  
These visions of the future are not utopian.  
Everything is within the bounds of possibility.  
We have to get started now! says Alma Nissen.

### Doctor about Alma Nissen's cure

A Danish doctor in Aarhus Stiftstidende 1st November 1980 (extract):  
I have a homespun theory about why Alma Nissen's cure works on almost everyone forms of arthritis and also on Ankylosing Spondylitis - a disease that causes total stiffness in the back and neck - on asthma, chronic bronchitis,



migraine and psoriasis. The times I have visited Alma Nissen - a month in all - I have seen many cases there people were getting better every day and I've talked to former patients who still are healthy. It is clear that damaged articular cartilage cannot be restored, but the joints often become mobile and painless. Not everyone gets well, but everyone gets better. Nobody knows the cause of arthritis, but my - and Alma Nissen's - theory is that meat eaters get putrefactive bacteria in their intestines, including Clostridium.

Alma Nissen's cure works in such a way that the garlic kills the putrefactive bacteria, thereby the cellular toxin gradually disappears and the defense mechanism is gradually restored. The potato soup is strongly alkaline and helps to neutralize and dissolve the acidic salts that have been deposited in the joints. By continuing with vegetarian food after the cure - preferably raw food - you avoid it forming putrefaction bacteria and keeps the disease at bay, even if one is predisposed to it.

**If you start eating meat again, the disease quickly breaks out again.**

What we are talking about is not natural medicine in the true sense, but a healthy lifestyle.

### My doctor thinks it's fantastic

One of Alma Nissen's former patients, Helena Johansson Sjuntorp, Sweden, writes about the stay at Brandal and the time after she returned home (abbreviated):

After a pregnancy and subsequent flu, I got gout which got worse and worse with each one day, so that in the end I had to get my husband to help me when I was going to get dressed, when I was going to brush my hair, etc.

It was e.g. impossible to go up and down stairs. When I got to Alma Nissen, she said: Sit down, and I will take away the pain. She started massaging my ears, for the gout pain disappeared. What a relief.

I started fasting. Ate garlic and drank potato soup.

Three days later I felt so well that I could go for a long walk. And I could go up and down stairs.

After 14 days of fasting, I got better, and now I am completely free, but I fast twice a year.

No one can look at me as having been so ill with a disease like rheumatism.

My doctor thinks it's amazing that I've recovered so well after changing my diet.

So what Alma has done for me is almost beyond description. I am so happy for her help and support she has given me, even after I came home from Brandal.

Alma Nissen is a wonderful person. It is good that there is someone who understands the work she does for all of us sick. Good luck with the book.

Helena Johansson  
Box 22120  
46021 Sjuntorp 2  
Sweden

### The doctor was impressed

Another of the patients I have had contact with in connection with my work the book about Alma Nissen, is Torsten Atterbom, Särö:

Torsten Atterbom writes, among other things!

- I am 41 years old. Before I got asthma in January 1979, I was healthy and had good fitness. Among other things I had walked the very demanding Nijmegen march in Holland, with the Swedish Home Guard. I sought several doctors for my asthma. The result was that I took medicine including Cortisone in tablet form, injection and spray. The medicine did not eliminate the asthma, but only alleviated the symptoms. Then I decided to visit Alma Nissen at Brandal, where I participated in the drinking regimen and was given garlic. The result was outstanding. After the first week of fasting, I was completely medication-free. What a liberation! To be able to walk in the forest without use sprays or tablets!

Later, my work has forced me to eat non-vegetarian food. **Then the asthma inexorably returned.** But in such cases I take myself an "Alma cure" at home 4-5 days, and then I'm well again. To me it is complete proof that Alma Nissen's method is absolutely correct.

I have told a doctor at one of Sweden's largest allergy outpatient clinics about my result. (Fortunately, there are quite a few doctors who show an interest in alternative methods.) And this one the doctor was impressed by the result I was able to show after my stay with Alma Nissen. Incidentally, Alma Nissen herself is living proof that her methods are correct.

Kind regards Torsten Atterbom S-430 40 Särö, Sweden

## From Alma Nissen's guestbook

Alma Nissen and Brandal Health Centre are an oasis for thousands of people. The countless seeds that is sown here will sprout and bear fruit. Alma - you have given me inspiration and strength to carry on with everyday life.

LS., Fredrikstad, Norway

Thanks to Alma Nissen's loving care and treatment, my ankle, which has been stiff for 54 years, now fully mobile and without pain.

A.R., Klampenborg, Denmark

At Brandal I was freed from the illness I was suffering from. But at the same time I recovered the soul. That was the most important result for me.

G.H., Järna, Sweden

This writing is hopefully readable. 14 days ago I couldn't at all write. This is clear proof that you - Alma - can perform miracles with your cure.

H.C., Højbjerg, Denmark

When I came to Brandal Health Centre, I suffered from the disease Ulcerative Colitis, which is inflammation with ulceration of the colon. Already on the fifth day I was at Brandal stopped the diarrhea. Now I feel stronger than ever.

HA., Strängnäs, Sweden

I spent 6 years eating 25,000 - twenty-five thousand - tablets against the gout. Alma Nissen spent 19 cure days to overcome it.

S.K., Stockholm, Sweden

I clearly remember when Alma Nissen went from room to room to see the patients. Her friendly, determined tone of voice, praise here and a bit of scolding there. But always with a smile in his eyes. Always ready to comfort and understand.

G. O., Tolne, Denmark

I leave Brandal with my gallstones in a bag. Pain free and happy. It is just wonderful.

A.J., Norrképing, Sweden

It's like a dream. I don't think that's true. After 11 days of fasting at Alma Nissen is I was relieved of my asthma.

B.M., Nässjö, Sweden.

I traveled from the USA to your delicious Brandal, Alma. I have arthritis, have had it for almost 5 years and has taken up to 16 albyl a day. After 12 days of fasting, I have got the lust for life and strength back.

U.A.K., Easton, USA

When I came to Brandal, I was waiting for a hip joint operation due to chronic arthritis, even though I'm only 24 years old. After 13 days at Brandal Health Centre, I can now move without pain. I can dress myself and go up and down stairs, something like before was impossible. I have no words to describe how it feels.

A.K., Västerås, Sweden

I had gallstone pain, heart problems and high blood pressure. Today are the problems solved. I have lost 8 kg in weight and have been cleared of a number of gallstones, of which are of a size with a hazelnut.

P.N., Sundsvall, Sweden

I have been freed from my gallstones and my blood pressure is now normal. My wife's urinary tract infection that she has suffered from for several years is completely gone. All on 4 due to Alma Nissen.

LE., Saltsjöbaden, Sweden

For 14 years I have suffered from bronchitis and asthma. Over the years I have tried all kinds of sprays, tablets and for the last four years Cortisone. During eight days at Brandal Health Centre, I became medicine-free, and after 24 days of fasting I am asthma-free and have lost 17 kg.

M.H., Charlottenlund, Denmark

With stiff, tense and painful muscles from the heel up the leg, I came to Brandal Health Centre. Ankles, wrists and shoulder joints were stiff. After a stay of 23 days, including 18 days of fasting, the muscles are soft and elastic as they were 25 years ago.

T.K., Gandrup, Denmark

It is incredible that you can recover from rheumatism in just 14 days.

B.K., Herning, Denmark

When we arrived at Brandal, we suffered from urinary tract infections, migraines, rheumatism and ear infection. On our return home we were relieved of these ailments. They must have gone to the forest.

E. and B. Swalander, Sweden

Loxapac, Valium, Tryptizol, Stemetil, Lasix, Librium, Paraflex and several more I used medication before I came to Brandal Health Centre. It was very difficult at the beginning of Lent. I was sick, but every day I saw Alma as a role model. Alma gave me inspiration not to give up. In my heart I thought: have Alma made it, so will I. I left Brandal 6½ kg lighter. Now I can sleep, now I can work, and now I don't have pain anymore.

E.K., Fjällbacka, Sweden

Imagine that there is such an oasis in this cold world. Give medical science soon, very soon - could get the blindfold off.

G.L., Visingsö, Sweden

### [Alma Nissen quotes](#)

We were created in God's image to rule the earth and preserve it. Lord, we have done that in a very unwise way. But preserve the earth - we have completely misunderstood that. The air, water and earth are plagued and poisoned. The fish lie dead along the beach. The lakes are completely acidic. Now we have to put a stop to this madness!

Everyone must have a share of the finest, best, biggest, most and immediately! It is pointed elbows and raw power that more and more dominates the people. It can't go on like this. We must return to nature.

Gout costs society millions of kroner every year, not to mention the suffering. Now one must soon realize that it is necessary to make a real effort. And right away. We must take the spoon in another hand.

The fervour of discontent ignites the fire of rebellion.

Health is our greatest, our only real capital.

What you eat today, you are tomorrow.

We are in favour of living food. It makes your cheeks red, your eyes shiny and you want to dance and have fun.

I never thought I'd be as deep as I was after the day I started living by the laws of nature.

Now it's a matter of informing people that normal disease treatment cannot continue.

I say this in the name of suffering humanity. And I do not intend to remain silent as long as I live! End book.



In the book Alma Nissen: Gigtens gåde er løst (The riddle of gout is solved) 1981, the author talked about how the Danish health pioneer from her Health Centre in Sweden through 40 years of strict dietary therapy had helped mainly gout patients.

Alma Nissen died in 1991 aged 94, and this new book has been created on the basis of an interview the author had with her on her 91st birthday. In particularly poignant form says Alma Nissen about how she experimented with and further developed in the service of health her mother's old house council and at a relatively late age established her own Health Centre. Her professional life was full of grateful patients and hostile doctors, and only after her death Norwegian and Swedish scientific studies have partially confirmed her theories. The book adds little that is new to the previous book's treatment profile, but it is both entertaining and powerful to hear A.N. speak from the heart. However, an edit of her speech flow would have clarified her health concepts and life course and avoided the worst repetitions.

But the book is first and foremost a lightly drawn portrait with great popular appeal of an enthusiast with remarkable work capacity, self-confidence and results.



- And that's probably the reason why I'm 92 years old today and still have Brandal Health Centre south of Stockholm," says Alma Nissen  
Alma Nissen, who has been called the Grand Old Lady of the health sector.

- I call garlic Nature's penicillin, because I have never seen an infection that has been able to resist coming into

contact with garlic.

The bacteria fall like flies when they meet the garlic.

This is an encounter the bacteria didn't expect.

But it's a surprise for all bacteria here at Brandal Health Centre south of Stockholm.

The words come from 92-year-old Danish-born Alma Nissen, who for 35 years has been a health centre manager in Pershagen near Södertälje in Sweden.

Despite her 92 years, Alma Nissen works from early morning to late evening to provide advice and guidance to guests.

## Garlic and potato soup

garlic and potato soup are the main ingredients in her cure, which she uses for diseases such as rheumatism psoriasis, migraines, asthma and eczema.

A kind of fasting cure - My potato water cure is a kind of fasting cure, says Alma Nissen.

- Patients drink approx. one liter of potato soup three times a day. We use 1 kilo organically cultivated potatoes, which with the peel on are cut into very thin slices - together with onion, parsley; leek and celery top.

The soup boils for an hour, and then it is strained. It makes a nice potato soup, which is alkaline.

While drinking the potato soup, raw garlic is eaten together with small pieces of apple. In addition, one or two glasses of linseed, which counteracts any burning in the mucous membranes due to the garlic.

I really appreciate the garlic, both in my treatment of patients and for personal use.

It may be that garlic also has the effect that you end up sitting alone in, for example, a train carriage, yes, you have to take a humorous view.

Unfortunately, it is true that it takes a while for people to get used to the smell of garlic.

The smell of "Nature's penicillin"

- The problem is solved when everyone starts eating garlic.

And everyone does here at Brandal Health Centre.

Here we enjoy the lovely scent of "Nature's penicillin"! Alma smiles.

Many hundreds of years of experience have shown that garlic is one of the best natural remedies we have.

It is promoting appetite and digestion and at the same time it kills bacteria.

We have used Garlic against cystitis, prostate, ovary and sinus inflammation, infections in the jaw cavity, forehead cavity and in the ears. Yes, we have experience for all infections in closed cavities affected by garlic.

Many patients have come to me with leg ulcers, which they have gone with for a long time without healing by traditional means.

My approach to e.g. leg ulcers is very simple: I takes a medicine glass with a screw cap. I fill a third of the glass with pressed garlic, and then two-thirds with cold-pressed oil.

I use the contents of the glass to wet a compress, which is applied on the wound.

The second I put this compress soaked in garlic oil over the ulcers, it stops cell growth of staphylococci.

Then the skin cells have their big chance, and the wound heals from the edges.

- How much garlic do you eat yourself daily, Alma Nissen?

- It is a lot. Every single time I get the chance, I grab a garlic clove in passing!

I have a craving for garlic, in the same way that many children have a craving for candy.

On average, I eat about 10 cloves of garlic a day. This means that I am always free of colds and having a sore throat.

And now you're going to hear something interesting:

- I have a theory that garlic cancels calcification.

After I started eating garlic, drinking potato soup and eating a vegetarian diet, my memory has improved - I can remember all the way back to my earliest days of childhood.

- Physiologically it's great! When I was 50, I felt like I was 90.

- Now I am 92 years old, but I feel like a 50-year-old.

It works so well in the right way!!

Among other things.

thanks to garlic and potato water.

The migraine disappeared

- For many years I had migraines, says Alma Nissen.

- When the migraine came on, I saw no other option than to get hold of a doctor as soon as possible, and then I got an injection... The pain thundered in time with the pulse. Therefore, I came up with the idea that it could be one small incipient calcification in the brain.

If a narrowing of the blood's entrance to the brain was often due to calcification, then perhaps it was the same kind of calcification that had settled on my teeth, I thought. Back then, I often went to the dentist and had tartar removed a couple of times a year.

But after I started eating the alkaline mineral-rich diet and garlic - as well as drinking potato water, it was over with tartar. And my migraine disappeared at the same time. When tartar and migraines can disappear, then brain, heart and atherosclerosis may also disappear.

I think so!

Instead of the term "diseases", I would rather use the word "lifestyle errors".

It is not only the diet that is wrong. It is also the way we live.

The stressful life we live.

We must have adequate exercise, adequate rest, and on the whole we must live a sensible life and don't turn night into day.

Modern man gets up from his bed, sits in his chair, and fills himself with everything that comes within arm's length: coffee, bacon, eggs, sweet jams and lots more white sugar.

Does anyone think a cell state could benefit from that?

- No, well! Then you get into a car and sit there for kilometer after kilometre, go to an office chair and sitting for several hours, walking a few steps and sitting at a table eating something that you don't need but must have: meat, eggs, fat and drinks beer and coffee - goes back often the office chair, drives home in the car, sits down at a well-set table again with all the things you shouldn't have, then place yourself in front of the TV, for some hours later to roll over in a bed where you sleep with all the windows closed... Does anyone think that in the long run you can continue to be healthy with such a way of life, yes, then you think wrong.



Life's school ...

- What is your background for being the manager of Brandal Health Centre, Alma Nissen?

- Yes, I have attended the "School of Life".

And so I have learned from nature. Besides, I had a wise mother, who was aware of the positive effect of potato soup on gout. (source the book DEN IDEELLE FØDE by the Danish sage Martinus, describes the logic of moving over to vegetarian - as much non-killing food as possible.)

<video lecture about this Martinus- the book and its contents | video on 'Alma Nissen and the potato water cure'

Peter Laursen's documentary film from 1989 about 92-year-old Alma Nissen from Sønder Omme, whose health ideas never gained traction in Denmark, but which she practiced at Brandal Health Centre Sweden for a lifetime and helped many arthritis patients.





The garlic and potato soup cure

