

Contents

| | |
|--|----|
| Foreword | 1 |
| Initial approaches | 2 |
| Beginnings | 4 |
| Historical aspects | 6 |
| The plant <i>by Clemens Hildebrandt</i> <i>Special characteristics of the light root, compared with ordinary yams</i> | 9 |
| Methods of cultivation | 16 |
| Nutritional significance | 24 |
| The light root: considerations based on spiritual scientific research – thesis (2005) <i>by Clemens Hildebrandt</i> | 25 |
| Tips for cooking and processing <i>Healing Properties</i> | 33 |
| A Consideration of the plant being of the light root – thesis (2005) <i>by Clemens Hildebrandt</i> | 36 |
| Concluding thoughts | 38 |
| Bibliography | 39 |