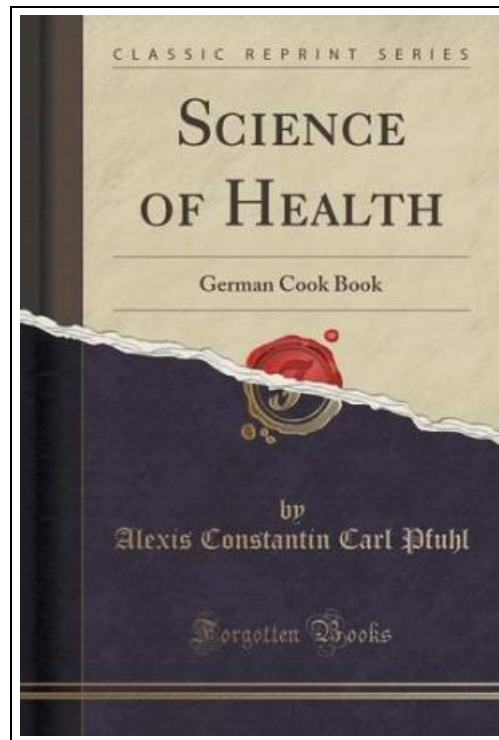# Science of Health: German Cook Book (Classic Reprint)



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## Reviews

Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.

*(Mrs. Jane Quitzon DDS)*

# SCIENCE OF HEALTH: GERMAN COOK BOOK (CLASSIC REPRINT)



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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Science of Health: German Cook Book This Small Cook Book is intended for those who are fond of good things to eat, and who cannot live just on pork and beans or fried steak with tomato catsup and hot bread. It gives no old recipes that have diseased the race with dyspepsia, eruption on face, cirrhosis of the liver, and all manner of ailments. Tell me your disease and I tell you what you have been eating. The kitchen is the great workshop of the human race, because there is manufactured good or bad blood, and a poor stomach is caused by not knowing what to eat, and eating food not well prepared. Tomatoes, for instance, are poison; they produce appendicitis, cancer of the stomach, heartburn; and tomato catsup gives cirrhosis of the liver, especially people who have blue or gray eyes should avoid this pest of a vegetable. It s acid overfeeds on the alkali in the stomach, thereby weakens digestion, gives headaches and assimilates a peculiar gas; blots, fattens the body and makes the blood sluggish. All bitter things change into sweet when in the stomach. All acids when entering the stomach change into alkali. All sweets change into acids, while salt is the great crystalizer that centers and cleanses everything entering the stomach, giving projecting force to the blood, making tissue and acting upon the spleen. The eating of plenty salt on food prevents worms, especially in children; no salt in food makes a person negative and too sensitive, and gradually insane. Give your horse or cow no salt and the animal will soon break out in large blotches all over the...

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