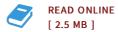


Meatless and Wheatless Menus (Classic Reprint) (Paperback)

By Eugene Christian

Forgotten Books, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Meatless and Wheatless Menus When times are normal people and governmentsare inclined to pursue lines of least resistance; that is, to continue practices and customs not be cause they are best but because of habit, but it is during abnormal periods that we do our best think ing. Now while we are at war and our National food supply is a factor in the struggle, the govem ment admonishes us to use less meat as a patriotic duty. My clinical experience for many years past in prescribing diet for both the sick and the well has convinced me that people could live just as well or perhaps better by reducing the consumption of wheat products and making up the deficiency from other grain and vegetable sources. In all of my books I state that the American peo ple eat too much bread, especially white wheat our bread. In my Encyclopedia of Diet where nearly a thousand menus are laid out not one of them calls for white bread. About the Publisher Forgotten Books publishes hundreds of thousands of rare and...



Reviews

Extensive guide! Its such a very good read. I really could comprehended almost everything out of this created e ebook. You will like how the writer write this ebook.

-- Katherine Feil

A must buy book if you need to adding benefit. I have go through and that i am sure that i will gonna go through once more yet again down the road. I am just very happy to let you know that this is basically the best book i have got go through inside my own life and can be he very best book for at any time. -- Eldridge Reilly