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Science of Health: German Cook Book (Classic Reprint)

By Alexis Constantin Carl Pfuhl

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...


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Reviews

It is great and fantastic. Sure, it is actually perform, nevertheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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