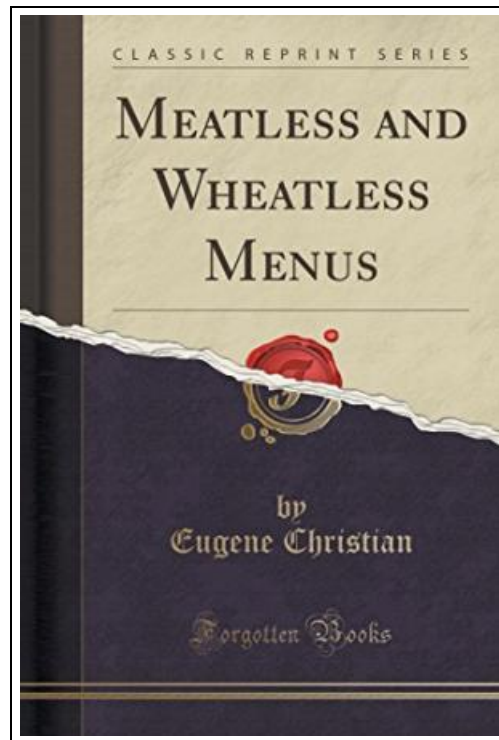


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Forgotten Books, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Meatless and Wheatless Menus When times are normal people and governments are inclined to pursue lines of least resistance; that is, to continue practices and customs not because they are best but because of habit, but it is during abnormal periods that we do our best thinking. Now while we are at war and our National food supply is a factor in the struggle, the government 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 people eat too much bread, especially white wheat 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 classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.



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