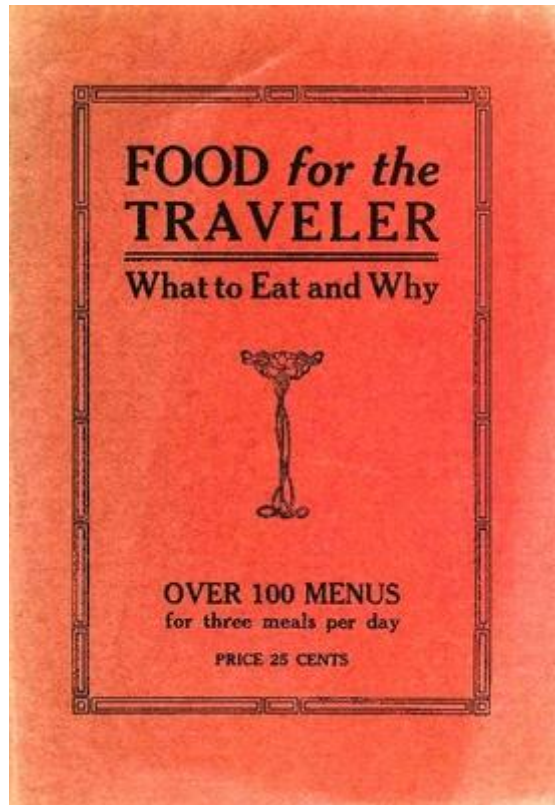


Healthy Food. Over 100 Menus



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These pages are dedicated to those who are seeking light on the question of rational living and to all who are suffering from the effects of wrong living. Thought along this line expresses growth and progress, and with it comes knowledge. Common sense and judgment, following a natural instinct, will go a long way toward attaining better health. But those who, through the constant use of cooked, or highly spiced and fermented food, have lost their natural instincts and intuitions, will find the study of the science of dietetical chemistry of inestimable value toward a better understanding of natural laws, and be enabled to make the selections and combinations of foods more suitable to their temperament. Before the question as to meat eating and vegetarianism can be solved, we must consider the first principle of nature, which is the law of self preservation. Thereafter we may be able to think and strive to save the lives of animals, now cruelly sacrificed largely for the sense gratification of man. The artificial preparation of food is a fine art, and no doubt has helped much toward the development of our central nervous system. This ebook is in PDF format. Tags: menus, eat well

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