



Nutrition a Guide to Food and Dieting (Classic Reprint)

By Charles E Sohn

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Nutrition a Guide to Food and Dieting In health we receive the axioms of the dietician with apathy, if not contempt, laughing at all systems and pursuing our way regardless of what the future may have in store for us; and yet but a little consideration will show how regrettable are the consequences of this attitude and how widespread. Not only is an immense amount of suffering and disease traceable to non-observance of the laws governing alimentation, respiration and exercise (the last two being inseparably linked with the former), but a still more vast aggregate of discomforts, minor ailments, weakened vitality and lowered efficiency - mental and bodily - are directly due to the same causes. It is calculated that there are in the United Kingdom at least eight million persons suffering from dyspepsia in some shape or form. How many more must there be who are habitually afflicted with sick headaches, biliousness, gout and rheumatism? And these are to a large extent self-inflicted punishments! The magnitude of infantile mortality, too, a large proportion indisputably...



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Hermann Marvin PhD**

This composed pdf is fantastic. It normally will not expense too much. You will like how the writer write this publication.

-- **Dr. Jerald Hansen**