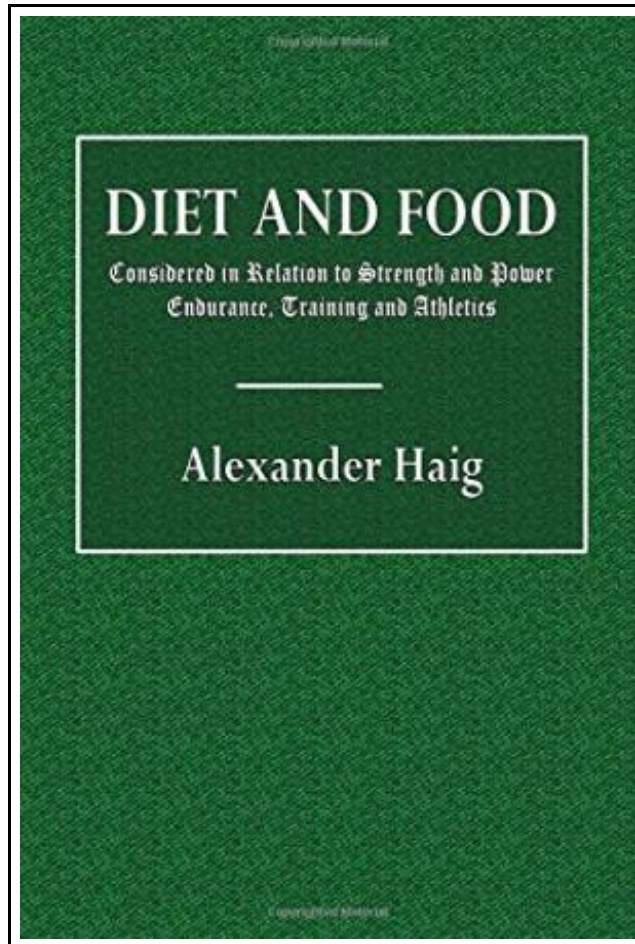


Diet and Food: Considered in Relation to Strength and Power of Endurance, Training and Athletics (Paperback)



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Reviews

It is simple in study easier to comprehend. It is one of the most awesome ebook i have read through. You wont truly feel monotony at at any moment of your respective time (that's what catalogs are for concerning in the event you question me).

(Clint Sporer)

DIET AND FOOD: CONSIDERED IN RELATION TO STRENGTH AND POWER OF ENDURENCE, TRAINING AND ATHLETICS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This edition presents the same ideas and theories that have been described by Haig in his numerous writings. The enthusiasm displayed by the author consists in his belief that uric acid is the all-around evil, and he judges the standard of health by the amount of uric acid present. He says: I have demonstrated that fatigue which is produced by a rush of uric acid into the blood is accompanied by an immediate fall of urea, while exercise without such uric acid in the blood and without fatigue is accompanied by an immediate rise of urea, and no doubt it would thus be easy to tell from the urea excretion of two athletic competitors which would fail first. The author divides the uric acid free foods into the following groups: 1. Milk and milk products, as cheese. 2. Breadstuffs, cereal foods and glutens. 3. Nuts and nut foods. 4. Garden vegetables, as potatoes. 5. Garden fruits, as apples. 6. Dried and foreign fruits. Milk is one of the best of these foods, because it is easy and quick of digestion and affords a supply of albumens, and therefore of force and urea, in a comparatively short space of time. Haig, in speaking of garden vegetables, says: Garden vegetables contain very little albumen, and are of use to supply bulk and to dilute and break up the more albuminous foods, such as milk and cheese, rather than for their albumens. Haig believes that those who take meat require more frequent feeding than those who live largely on cereals. He argues that meat is a stimulant quickly digested, absorbed and worked off, while cereal food is more...



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**Four on the Shore (Paperback)**

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read

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Studio Fun International, United States, 2015. Paperback. Book Condition: New. Debra Melman (illustrator). 216 x 152 mm. Language: English . Brand New Book. Fourth in the ASPCA Rescue Readers series, this Level 2 reader follows

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Dodo Press, United Kingdom, 2009. Paperback. Book Condition: New. Christine Tucke Curtiss (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an

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Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Eight short stories about knights are selected from several books of fairy tales

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