

RHEUMATISM

Egg yolks, red meat, acid fruit, coffee, liquor and cereal starch (white bread) make rheumatism, stiff joints, gout, lumbago and premature old age.

VALUE OF WATER DRINKING

The normal human body is about 68% water, therefore each meal to be well balanced should carry 68% moisture. This prevents acid fermentation, constipation, intestinal gas, and it aids digestion, assimilation and metabolism.

Three or four glasses of water should be drunk soon after rising and the same quantity between each of our meals.