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A great deal depends upon the kind of food you eat. The old doctor said to a man who was sick with stomach and sick headache one or two weeks and who had been taking different medicines for three years. He was induced to stop eating of fried food or meat for a while and was put on Grape-Nuts, leaving off all medicines for a few days. He began to get well and now he has entirely recovered. He writes that he is in better health than he has been before in his life. This man is 58 years old.