

Yeast and the Family's Health

YEAST today is being eaten by an ever-growing number of people for their health—since conditions of modern life have brought about an enormous increase in certain human ailments.

Physicians will tell you that practically every family includes at least one sufferer from constipation.

If vitality is low, if the digestive organs are out of order, if pimples and boils have begun to tell their tale—then, all too often, the poisons of constipation are flooding the whole system.

Concentrated in every yeast-cake are millions of tiny yeast-plants, alive and active, which act upon the body-tissues in a variety of ways:

- toning up and strengthening the intestinal muscles, so that the body is kept free of poisonous waste.
- freshening the complexion, clearing the skin of boils and skin eruptions.
- restoring the digestive organs to normal action—helping proper assimilation of nourishment from the food eaten and building new stores of healthy vitality.

Dissolve one cake in a glass of water, just hot enough to drink—before breakfast and at bed-time. Yeast when taken this way is especially effective in overcoming or preventing constipation. Or eat 2 or 3 cakes a day before or between meals just plain from the cake (some like to add a sprinkle of salt). Spread them on bread or crackers, or dissolve them in milk or fruit juices.



Write for free booklet explaining in detail the value of Yeast for Health.