

**EAT AND BE WELL,
EAT AND GET WELL**

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Eat and Be Well, Eat and Get Well by Eugene Christian

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EUGENE CHRISTIAN

**EAT AND BE WELL,
EAT AND GET WELL**

EAT AND BE WELL



IF YOU WILL SELECT, COMBINE AND PROPORTION
YOUR FOOD ACCORDING TO YOUR AGE, YOUR WORK AND
THE TIME OF THE YEAR,

YOU WILL GET WELL

AND

YOU WILL KEEP WELL;

IF YOU ARE OVERWEIGHT YOU WILL REDUCE AND IF
YOU ARE UNDERWEIGHT YOU WILL GAIN TO NORMAL.

THE AUTHOR.

◦

EAT AND BE WELL

EAT AND GET WELL

EUGENE CHRISTIAN, F.S.D.



ALFRED · A · KNOFF
NEW YORK **MCMXVI**

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SEPTEMBER 20, 1926

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THE PURPOSE OF THIS BOOK

The more you think of it, the more probable it seems that very many indeed of human illnesses are caused by wrong eating. Dr. Christian says that 90 per cent. of disease is so caused. The doctor stands almost alone in the United States to-day as a food specialist and I asked him to prepare this book in the confident belief that it would prove of very great value to almost any one who might chance upon it. Dr. Christian is not a faddist and people who have followed his advice have almost invariably improved. The menus in this book are not experimental; each has already been successfully prescribed.

ALFRED A. KNOPP,
Publisher.

The Borzoi,
25 April, 1916.

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PREFACE

The advice and the food prescriptions contained in this book are the "boiled down" result of twenty years' practical experience in prescribing diet for the cure of disease and the maintenance of health.

My experience was gained in studying the food question and its relation to disease, both in this country and abroad, and prescribing a special diet for thousands of people in every walk of life from infancy to old age.

Every meal and every diet given in this work has been selected from the records in my files. Each and every one of them have been prescribed by me for the disorder named in their heading, and only those that produced the *best* results were selected for this work.

My investigations have convinced me that about ninety per cent. of all human disease originates in the stomach and is caused by wrong eating and drinking. This book gives in a condensed form the actual menus and the system of SCIENTIFIC EATING that has relieved a great deal of human suffering by removing its causes.

EUGENE CHRISTIAN.