

# **FACTS AND FANCIES IN HEALTH FOODS**

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Facts and Fancies in Health Foods by Axel Emil Gibson

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**AXEL EMIL GIBSON**

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UNIV. OF  
CALIFORNIA

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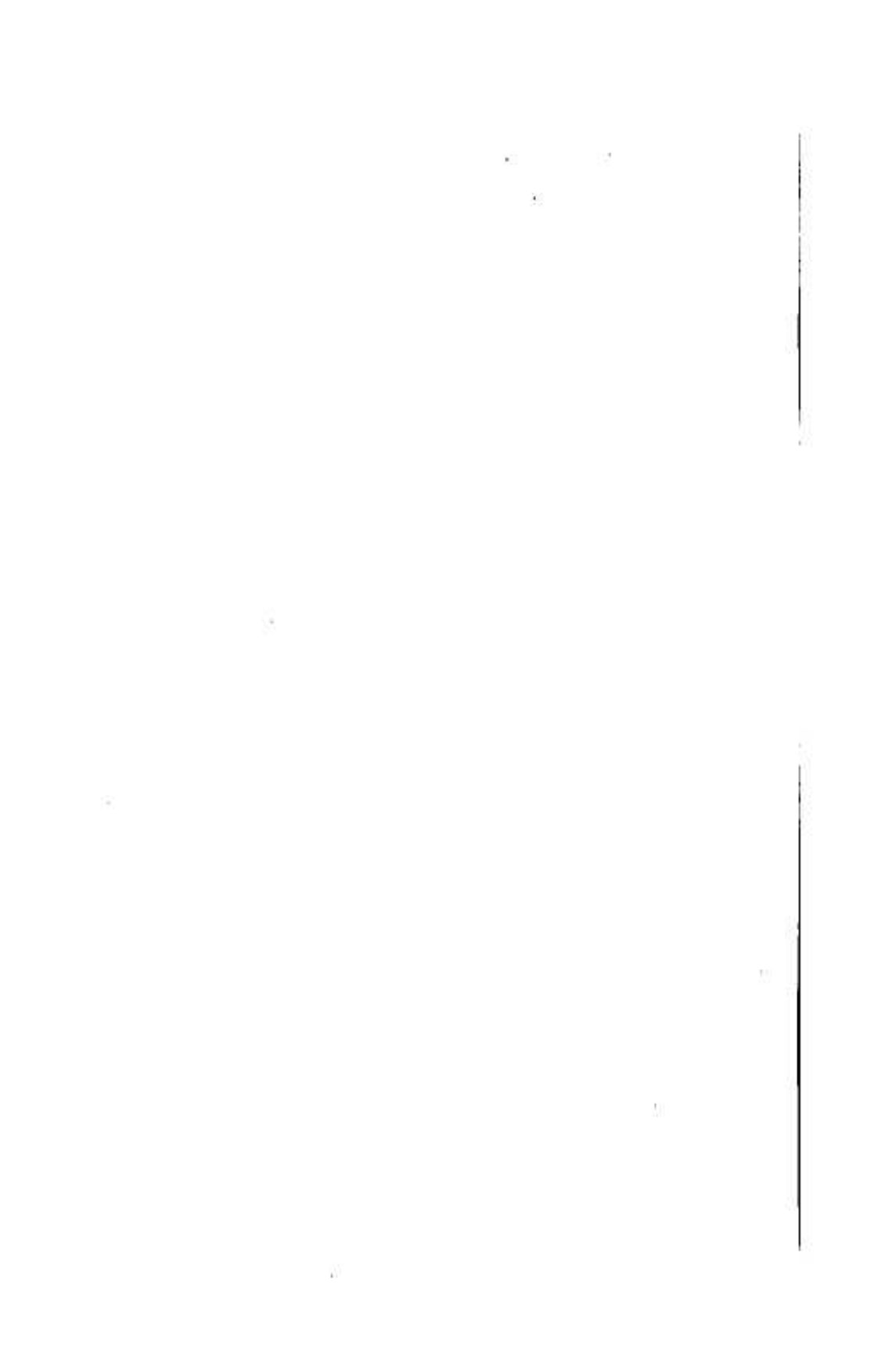
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I have come to the conclusion that more than half the diseases that embitter the middle and latter half of life are due to avoidable errors in diet, and that more mischief in the form of actual disease, impaired vigor and shortened life accrues to civilized man from erroneous habits of eating, than from the habitual use of alcoholic drinks—considerable as I know that evil to be.

—SIR HENRY THOMPSON, M. D., F. R. S.,  
London, England.

**O**NCE we have mastered the laws and principles of Diet, we shall find ourselves in the possession of a key that will open to us every dietetic complexity, equipping us with knowledge of how to select a practical course of diet, at once gratifying to taste and health, beauty and strength, satisfaction and efficiency.

-G-



## Preface

**I**N our struggle with disease, the organism needs just one thing to hold its own—more fighting power. But this power can be obtained and rendered available only through the reciprocal association with life itself, as furnished in terms of sun and air, of food and action, of moral principle and self-control. And, perhaps amongst them all, self-control is the most important, as without the moral discipline of self-governing power, permanent health is unobtainable. Adjustment of demand to needs, of indulgence to necessity, of activity to usefulness, under the directing influence of reasoning intelligence and individual self-mastery in relation to food and drink, to work and recreation, to duty and pleasure,—bring us the only guarantees for permanent health and beauty, of body and mind.

Now if we apply these principles to our indulgence in eating, which at the present stage of our evolution gives rise to more tempta-



tion of the mind and body than perhaps any other indulgence, it must be realized that the chemistry of the stomach differs in no way from the chemistry of our clinical laboratory, and that reactions arising from incongruous food mixtures, inside the body, are in no way less hostile to life and health than those that take place outside the body. A mixture of acids and starches, of sugar, cream and cereals, of milk with meat, will give rise to reactions in terms of alcohol and alkaloids, which by charging the system with poisons, weaken our vital powers of resistance, and sooner or later bring upon us physiological collapse. Ruskin was right: "We realize what we suffer, but not always what we lose." The silent leakages of our constitutional reserves, if allowed to continue their sapping influence will, before we realize it, pass beyond the limit of repair and restoration.

DR. AXEL EMIL GIBSON

June 15th, '21.

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## TABLE OF CONTENTS

	Page
1. Basis for Longevity—True or False	9
2. The Failure of the Calories.....	17
3. Food Mixtures that Disturb Digestion .....	27
4. The Psychic Factor in Digestion....	31
5. Does Bran and Hull Cure Constipation? .....	37
6. Temperament and Human Nutrition	45
7. The Psychology of Meat-eating.....	49
8. The Law of Individuality in Diet...	53
9. Acid-free Diet More Important than "Mucous-free" Diet .....	59
10. The "Bulgarized" Milk Indulgence..	63
11. The Magic of Fleischman's Yeast..	71
12. Sugar—Food or Poison?.....	75
13. Right and Wrong Side of Coffee....	81
14. The Use and Misuse of Honey.....	87
15. Health Foods that spell Health....	97
16. The Scientifically Balanced Bill-of-Fare .....	99
17. Things to be Avoided.....	105
18. General Constructive Therapeutics.	109

