

**ENCYCLOPEDIA OF DIET: A
TREATISE ON THE FOOD
QUESTION. IN FIVE VOLUMES.
VOLUME III. PP. 593-862**

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by Eugene Christian

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EUGENE CHRISTIAN

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ENCYCLOPEDIA OF DIET

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A Treatise on the Food Question

IN FIVE VOLUMES

EXPLAINING, IN PLAIN LANGUAGE, THE
CHEMISTRY OF FOOD AND THE CHEMISTRY OF
THE HUMAN BODY, TOGETHER WITH THE ART OF
UNITING THESE TWO BRANCHES OF SCIENCE IN THE
PROCESS OF EATING, SO AS TO ESTABLISH NORMAL
DIGESTION AND ASSIMILATION OF FOOD AND
NORMAL ELIMINATION OF WASTE, THEREBY
REMOVING THE CAUSES OF STOMACH,
INTESTINAL, AND ALL OTHER
DIGESTIVE DISORDERS

BY

EUGENE CHRISTIAN, F. S. D.

VOLUME III

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1914

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LESSON XII

**HARMONIOUS COMBINATIONS OF FOOD
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TABLES OF DIGESTIVE HARMONIES
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