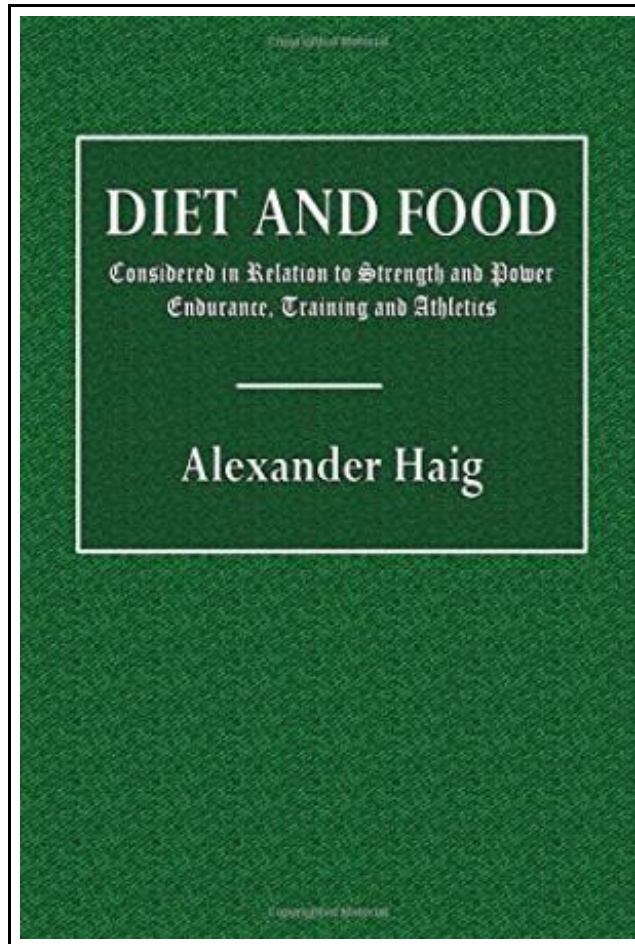


## Diet and Food: Considered in Relation to Strength and Power of Endurance, Training and Athletics (Paperback)



Filesize: 6.7 MB

### ***Reviews***

*Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book.*

*(Mrs. Agustina Kemmer V)*

## DIET AND FOOD: CONSIDERED IN RELATION TO STRENGTH AND POWER OF ENDURENCE, TRAINING AND ATHLETICS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This edition presents the same ideas and theories that have been described by Haig in his numerous writings. The enthusiasm displayed by the author consists in his belief that uric acid is the all-around evil, and he judges the standard of health by the amount of uric acid present. He says: I have demonstrated that fatigue which is produced by a rush of uric acid into the blood is accompanied by an immediate fall of urea, while exercise without such uric acid in the blood and without fatigue is accompanied by an immediate rise of urea, and no doubt it would thus be easy to tell from the urea excretion of two athletic competitors which would fail first. The author divides the uric acid free foods into the following groups: 1. Milk and milk products, as cheese. 2. Breadstuffs, cereal foods and glutens. 3. Nuts and nut foods. 4. Garden vegetables, as potatoes. 5. Garden fruits, as apples. 6. Dried and foreign fruits. Milk is one of the best of these foods, because it is easy and quick of digestion and affords a supply of albumens, and therefore of force and urea, in a comparatively short space of time. Haig, in speaking of garden vegetables, says: Garden vegetables contain very little albumen, and are of use to supply bulk and to dilute and break up the more albuminous foods, such as milk and cheese, rather than for their albumens. Haig believes that those who take meat require more frequent feeding than those who live largely on cereals. He argues that meat is a stimulant quickly digested, absorbed and worked off, while cereal food is more...



[Read Diet and Food: Considered in Relation to Strength and Power of Endurance, Training and Athletics \(Paperback\) Online](#)



[Download PDF Diet and Food: Considered in Relation to Strength and Power of Endurance, Training and Athletics \(Paperback\)](#)

## Related Books

---



### **Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and...

[Save ePub »](#)

---



### **How to Make a Free Website for Kids (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Save ePub »](#)

---



### **Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Save ePub »](#)

---



### **No Friends?: How to Make Friends Fast and Keep Them (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Have NO Friends? Are you tired of not having any...

[Save ePub »](#)

---



### **History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts...

[Save ePub »](#)