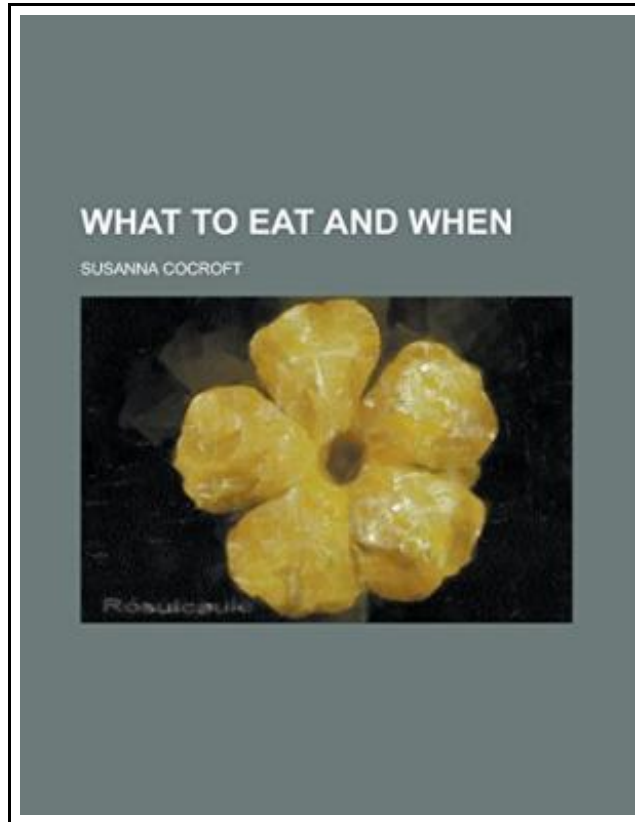


What to Eat and When



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Reviews

Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.

(Lorena White)

WHAT TO EAT AND WHEN



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Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1916 edition. Excerpt: .sleep, and, therefore, it is not ready for a meal on arising. Pawlow s experiments, however, show that digestion continues during sleep, though less actively; and it must be borne in mind that the average evening meal is eaten about six o clock and that there are about four waking hours between this meal and the sleep period; also, that the average individual is awake and moderately active an hour before the morning meal. This gives five waking hours between the evening and the morning meal. About the same time, five hours, elapses between the morning and the midday meal, and between the midday and the evening meal, so that three meals a day divide the digestion periods about evenly. If the amount of food supplied by two meals seems to be sufficient for the needs of the individual, and it is not practical to eat at the hours stated, then omit the midday meal. In the strain of business life, returning at once to work, after the eating of a heavy meal in the middle of the day, calls all of the surplus blood to the brain; this, in many cases, results disastrously. For this reason, the taking of the heavy meal at night, when the system may relax and time be given to proper digestion, has come to be an institution of city life. More frequent meals, served in lighter quantity with greater regularity, so that the system is not overloaded at...



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