
RAW Vegetable Juices

**What Is Missing
In Your Body?**



R. D. POPE, M.D.

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N. W. WALKER, D.Sc.



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18 Cumberland Street
Toronto 5, Canada

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contract with United States Publishers, Norwalk Laboratory,
Los Angeles, California.



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RAW Vegetable Juices



WHAT IS MISSING IN YOUR BODY?

The lack or deficiency of certain elements, such as organic minerals and salts, and consequently of Vitamins, from our customary diet, is the primary cause of nearly every sickness and disease. This book is a guide for the furnishing of the body with the elements it needs.

Canadian Edition



Compiled under the direction of, and endorsed by
R. D. POPE, M.D.

Canadian Distributors:
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FOREWORD

I wish to acknowledge my indebtedness to Norman W. Walker, D.Sc., for his untiring co-operation in the preparation of this booklet.

Dr. Walker has placed at my disposal, without reservation, the results of his experience, experiments and analyses which have made possible the compilation and publication, for the first time in history, of a fairly complete guide of the Therapeutic uses of our more common, every-day vegetables when these are taken in the concentrated form of fresh, raw juices.

It is hoped that this will prove to be not only a useful and handy reference guide for all the members of my profession, but will also be of considerable help to those who wish to derive the utmost benefit from the natural foods which God created for the nourishment of Man.

R. D. POPE, M.D.

FOREWARD TO CANADIAN EDITION

Out of many years of wide experience and careful observation, we have become convinced of the amazingly healthful values of vegetable and fruit juices. We have no investments in any manufactured machine or food.

From the inception of our business until the present, our honest effort has been to be helpful to the vast number of people who know that one of life's choicest benefits is the gift of good health.

HEALTH BOOK SUPPLY COMPANY

C O N T E N T S

What Is Missing in Your Body	5-8
How Much Juice May Be Safely Taken	8-9
Raw Carrot Juice	10-12
Raw Potassium Broth	12-15
Carrot and Celery Juice	16-17
Healthful and Healing Juice Combinations	17-21
Lettuce Juice	22-24
Values in Spinach, Parsley, Turnip, Watercress, Cucumber, Dandelion, Fennel, Tomato, String Beans, Brussels Sprouts, Onion and Garlic	25-33
How to Use Vegetable Juices	34-35
How to Detoxicate	36-38
The Therapeutic Values of Juices	39-40
Ailments and Formulas for	41-53
Formulas, List of	54-58
Acidity and Alkalinity Chart	59-61
Topical Index	62

What Is Missing In Your Body?

The great law of Life is REPLENISHMENT. If we do not eat, we die.

Only by supplying our body daily with the elements of which it is composed can we have complete health.

Health is the indisputable foundation for the satisfaction of Life.

Everything of domestic joy or occupational success has to be built on bodily wholesomeness and vitality.

Nutrition must be vital, or ORGANIC, and salts and mineral matter must be organic in order that it may be assimilated by the human body for the re-building and re-generation of the body cells and tissues.

The rays of the SUN send billions of atoms into plant life and by this force change inorganic into ORGANIC elements, for food.

Thanks to the researches of Science, we are now able to analyze and know exactly the elements which foods carry, and to harmonize them in the body according to its needs.

Our bodies are made up of certain elements, sixteen of which are:

Oxygen	Calcium	Sodium	Chlorine
Carbon	Phosphorous	Magnesium	Flourine
Hydrogen	Potassium	Iron	Silicon
Nitrogen	Sulphur	Iodine	Manganese

Except in the case of accidents, all repairs and rege-

neration of our body must come from within. If the blood stream does not contain these elements in their proper proportions, then the body is out of balance.

To retain this balance, the food we eat must contain live, organic elements, and these are found in raw vegetables and fruits. As soon as food is cooked in an open vessel, its oxygen is lost and much of the vital force is destroyed.

As a rule it will do no great harm to eat cooked foods, provided that a sufficient quantity of live food is also taken. The juices extracted from fresh raw fruits and vegetables form the means of furnishing all the cells in the body with the elements they need, in the manner in which they can be most readily assimilated.

There is not a drug in the world that will supply the blood stream with anything in a way in which the body can use it for permanent repair or regeneration.

One can eat four or five big meals a day, and yet the body may be starved through lack of vital elements.

Fruit juices are the cleansers of the human system, but the fruit should be ripe. An apple a day will keep the doctor away if we also eat plenty of other raw food. But fruits, with only three or four exceptions should never be eaten at the same meal with starches and sugars. Fruits, in sufficient variety, will furnish the body with all the starch and sugar it needs.

Vegetable juice are the builders and regenerators of the body. They contain all the minerals, salts, enzymes and vitamins needed by the human body, provided they are used fresh, raw, and without preservatives, and have been properly extracted from the vegetables.

Like all the most valuable things in life, the vital part of the vegetables, that which contains the greatest concentrated value, is the most difficult to reach, being hidden within the fibres. Hence the need for a thorough mastication of all raw vegetables.

In the extraction of juices, it is essential that the fibres be properly macerated, or triturated, in order that the life element may be released into the liquid.

When so extracted the raw vegetable juices are readily and quickly assimilated by the human body and being an organic, or live food, they regenerate the entire body with surprisingly rapid results.

When the juices are incompletely extracted from the vegetables or from fruits, they are in the form of organic water, and as such are still beneficial, but their effective power is proportionately diminished due to the absence of the vitamins and enzymes which are left behind in the fibre and the pulp.

The various members and organs of the human body, as well as every part comprising them, are constructed of microscopic cells containing the various elements listed in a preceding paragraph. These cells are constantly being used up in the normal course of human existence and must be constantly rebuilt. The food required for this purpose must be vital, organic food, and must contain an ample supply of the organic minerals and salts needed for the efficient upkeep of the system.

A diet consisting wholly or mainly of devitalized foods inevitably results in the breaking down of these cells, creating a condition of sickness, or disease.

To avoid such a condition it is necessary to furnish the body with an abundance of vital elements in its nutrition. When the breaking down of these cells is taking, or has taken place, then the natural way to return to normal would be to thoroughly cleanse the system and start a process of reconstruction by means of raw vegetable juices.

It has been proven beyond doubt that supplementing our meals with raw vegetable and fruit juices is the quickest and most permanent way to replenish the body with the elements it lacks, and the following will be found useful as a guide in the use of such juices, when properly extracted.

HOW MUCH JUICE CAN BE TAKEN SAFELY?

Just as much as one can drink comfortably. As a general rule one pint daily is the least that will show any perceptible results and preferably from two to eight pints or even more. We must bear in mind that the more juice we drink the quicker will be the results.

When juices were first proclaimed from the lecture platform it was suggested that they be taken in small doses. This was due to the fact that there was no machine on the market at the time with which juices could be made in reasonable quantities. To make even a cupful of juice at a time with a hand juicer was laborious. Had larger quantities of juice been advocated then undoubtedly there would have been little market for hand juicers because of the labor involved in using them. Furthermore, in its very operation it is

impossible for a hand juicer to extract all of the vital elements from the vegetables. Where electric power is not available, the hand-turned juicers can be used to advantage, even though not yielding the results of the electric machines.

To convert vegetables into a liquid or semi-liquid mush without eliminating the cellulose is also of much less value from the point of view of juices. The very purpose of drinking juices is to enable the body to assimilate all of the vital elements contained in the vegetables or fruits in the quickest possible time without burdening the digestive organs with the work entailed by the presence of the pulp cellulose.

Drinking juices which are properly made will enable the body to assimilate them within fifteen minutes, whereas the presence of pulp in the so-called liquid, or liquified, vegetables, or juices still containing the pulp, will require hours to digest.

Furthermore to drink juices from which the pulp has not been extracted taxes the digestive organs more than eating and properly masticating the raw vegetables and fruits themselves, as proper insalivation and thorough mastication is essential to the complete digestion of vegetables when the cellulose fibre is present. This is not usually done if the fibres still remain a part of the mush or liquified vegetables, whereas, the juices from which the fibre has been removed furnish, without interference, every particle of the nourishment contained in the vegetable for immediate and quick assimilation by the body.

Vegetable juices will contain all of the vitamins and organic minerals and salts contained in the vegetable, if the juices are properly made.

RAW CARROT JUICE

According to the condition of the individual, raw carrot juice may be taken indefinitely in any reasonable quantities, from one to six or eight pints a day. It has the effect of normalizing the entire system. It is the richest source of vitamin A which the body can quickly assimilate, and contains also an ample supply of Vitamins B, C, D, E, G, and K. It helps to promote the appetite and is an aid to digestion.

It is a valuable aid in the improvement and maintenance of the bone structure of the teeth.

Nursing mothers should drink plenty of carrot juice, to enhance the quality of their milk, as a breast milk diet may not always provide sufficient vital foods. During the last months of pregnancy, raw carrot juice, taken in sufficient quantities, tends to reduce the possibilities of puerperal sepsis at childbirth.

Raw carrot juice is a natural solvent for ulcerous and cancerous conditions. It is a resistant to infections, doing most efficient work in conjunction with the adrenal glands. It prevents infections of eyes and of throat, as well as of the tonsils and sinuses and the respiratory organs generally. It also protects the nervous system and is unequalled for increasing vitality.

Intestinal and liver diseases are sometimes due to a lack of certain of the elements contained in properly prepared raw carrot juice. When this is the case then a noticeable cleaning up of the liver will take place and the material which was clogging it will be found to dissolve. Frequently this is released so copiously that the intestinal and urinary channels are inadequate to care for this overflow and in a perfectly natural manner

it is passed into the lymph for elimination from the body by means of the pores of the skin. This material has a distinctly yellow pigment and while it is being eliminated from the body will sometimes discolor the skin. Whenever such a discoloration takes place after drinking these juices it is an indication that the liver is getting a well-needed cleansing.

It is not the carrot juice itself that comes through the skin, as this discoloration will take place even if the juice is filtered to the point of clearing it of all color pigment. It is just as practical an impossibility for the carrot pigment itself to come through the skin as it would be for the red pigment of the beet to turn the body red or the chlorophyll of the green vegetable to paint the skin green from within.

Instead of becoming distressed over the appearance of skin discoloration, which will in any case eventually disappear, we should be gratified that the disintegration of the liver has been stopped or prevented.

This discoloration can be somewhat retarded by slowing up the process of cleansing by changing or adding other juices to the particular one that causes such a rapid cleansing activity.

The endocrine glands, especially the adrenals and the gonads, require food elements found in raw carrot juice and sterility is sometimes overcome by its use.

Dry skin, dermatitis and other skin blemishes are due to a deficiency in the body of some of these food elements, which is also a factor in eye trouble, as in ophthalmia, conjunctivitis, etc.

If properly extracted from fresh, clean, raw carrots, this juice is very rich in the organic alkaline elements,

sodium and potassium. It also contains a good supply of calcium, magnesium and iron, while the organic elements, phosphorous, sulphur, silicon and chlorine, balance perfectly with the former in their action and reaction on the human system.

As an aid in the treatment of ulcers and cancers, raw carrot juice has proved itself the miracle of the age. It is essential however that it be properly prepared, and every vestige of sugar and starch and flour of every kind be completely eliminated from the diet. If the condition of the patient is such that the juice causes distress, then it is a distinct indication that this juice is needed, and by the addition of a little pure cream, it will usually be found that it can then be taken comfortably. The bowels should be kept clean daily, at least one pint of carrot juice and spinach juice combined, and as much carrot juice daily, may be taken as can possibly be managed. If the juice is properly made and prepared, then from two to four or more pints daily for several months will suffice. *If interested in the purchase of electric juicers, write either of the addresses given on front and back pages.*

RAW POTASSIUM BROTH

There are many vegetables rich in Potassium, the outstanding of which are carrot, celery, parsley and spinach. To obtain the full value of this Potassium element, it should be taken as a drink in its raw, undiluted state so that the body may absorb and assimilate it completely, in its natural form.

The organic minerals and salts in this combination of Potassium broth, embrace practically the entire range

of those required by the body. Its effect in reducing excessive acidity in the stomach is truly remarkable. There is probably no food more complete in every respect than this for nearly every condition of the human organism.

When the sick are unable to assimilate other food, it is usually found that potassium broth will furnish the nourishment necessary to bring the patient back to normal. In the case of convalescents, raw potassium broth is invaluable and it is astonishing that all of the hospitals in this country have not adopted this food as a regular part of their daily diet.

Of course potassium broth is not as palatable as straight carrot juice or some of the other juice combinations, but it is potentially very effective and the rapidity with which the body responds to it for nourishment, is a distinct indication of its therapeutic value.

We must bear in mind, however, that the value of potassium broth lies in its being taken in its normal state, raw and fresh. When it is heated beyond a certain temperature, the oxygen is then released and its life element destroyed. It must also be properly made so as to extract all of the minerals, salts and vitamins from the innermost core of the fibres.

Raw potassium broth is an excellent food for young and old. Children should be trained to take it daily, while middle-aged and older people who have lost the use of their teeth, should find this the most essential part of their nourishment.

Potassium is a particularly female element and all women, young and old, should drink at least one pint of raw potassium daily. As this element has particular

affinity to the blood stream, one or two pints daily have been found to clear up many female disorders and given much comfort in menopause periods. Headaches which women get when approaching the menstrual period are frequently due to a disturbed condition of the blood stream due to the presence of excessive starches and sugars in the diet. If these can be eliminated preceding and during these periods and an abundance of juices, particularly raw potassium, taken daily it will be found very beneficial and if continued for several months will usually remedy the cause of the trouble.

The addition of pure cream will often make the juice more palatable.

Of its organic elements, the brain is composed of more than 35% potassium. The red blood corpuscles also contain more than 35% and the muscle tissue contains nearly 40%. It is therefore obvious wherein lies the value of this element to the human body.

In addition to potassium there is a very high content of organic sodium, magnesium and iron in this potassium broth. While the calcium content is sufficient for all practical purposes, the preponderance of its sodium over its calcium, enables us to assimilate an ample quantity of the former to react on and dissolve inorganic calcium deposits that may have lodged in the system.

There is also an abundance of chlorine in this combination. Chlorine is an efficient cleanser of the liver, kidneys and gall bladder. Chlorine is also the principal constituent part, besides sodium, in the elements composing the lymph of our system, so that by an abundance of potassium broth, we furnish our lymph

with an invaluable supply of organic chlorine to assist in the transportation of other elements throughout the body. This will tend to relieve the blood stream of the excessive work involved in handling the product of devitalized foods which form the major part of the eating habits of the population.

Raw Potassium Broth is one of the most valuable means of furnishing iron to the human body. In order to assimilate iron for constructive purposes it must be obtained through plant life as an organic mineral. No inorganic iron taken either as a tonic or by hypodermic injection can possibly have any permanent beneficial results, whereas the organic iron found in raw potassium broth properly made, will furnish the blood with an abundance of this element.

It is a fallacy to assume that the taking of tonics containing inorganic iron, for the purpose of adding weight or fighting anemia and other purposes, is beneficial. In nearly every case where iron is furnished or used by means of drugs, it is inorganic and therefore harmful in the end.

Inorganic material, whether it is iron, calcium, magnesium or other minerals or salts injected into the body in any shape, form or manner, will eventually interfere with its functions, and will add destructive material which will in the end cause the breaking down of tissues, resulting in disease.

The organic elements obtained in potassium broth taken raw, furnish material for the permanent regeneration of tissues and cells in a natural, normal manner.

For proportions of juices for Potassium Broth, see formula No. 2, page 57.

CARROT AND CELERY JUICE

This combination has the effect of cleansing the system of excessive acid or acidosis which would lead to degenerative troubles.

The chemical content of this combination is particularly efficient in the regeneration of the tissues, especially those connected with the ligaments of the joints and the nervous system generally.

Celery contains more than four times as much organic sodium as it does calcium. It is consequently invaluable in the treatment of Arthritis. Arthritis is the accumulation of Inorganic Calcium in the cartilage of the joints as a result of years of eating devitalized foods, such as flour, starches and refined sugars. Sufficient organic sodium will tend to prevent this.

It is by means of celery and its combinations that it has been possible to greatly aid arthritics, provided that during the course of the treatment, which may extend from a few weeks to several months, every kind and variety of flour, starch and sugar is eliminated from the diet. The calcium deposits in arthritis are directly due to the inability of the human body to assimilate the inorganic elements found in these devitalized foods produced by heating or refining.

In the case of nervous afflictions resulting from the degeneration of the sheathing of the nerves, the abundant use of Carrot and Celery Juice will help to restore these to their normal conditions and thus alleviate or remove the affliction.

Celery is very high in magnesium and iron content, a condition which is invaluable as a food for the blood

cells. Many diseases of the nervous system are due chiefly to the inorganic mineral elements and salts taken into the body by means of devitalized foods.

If there is an inadequate supply of sulphur, iron and calcium in the diet, or even if there is an abundant supply of these, but in devitalized inorganic form, then asthma, rheumatism, hemorrhoids and other disturbances will result. Unbalanced proportions of sulphur and phosphorous in the diet, will create conditions of mental irritability, neurasthenia and even insanity. Also many diseases hitherto ascribed to a condition of uric acid in the system are really caused by the consumption of foods too rich in phosphoric acid and deficient in sulphur.

The combination of carrot and celery juices furnishes a balance of these organic minerals in excellent combination to combat tendencies toward these diseases and to restore the body to normalcy where these afflictions have started or taken root.

CARROT, CELERY AND PARSLEY JUICE

This combination has the same effect on the human system as carrot and celery, with this advantage, that parsley is a more intensive cleanser of the kidneys. It is a specific food for the adrenal glands and has a very powerful therapeutic effect on the optic nerves, on the brain nerves and on the entire sympathetic nerve system.

The concentrated parsley juice should never be taken alone in greater quantities than one tablespoon at a time, as it is exceedingly potent and if taken in excess, will overstimulate the nervous system to the point of causing derangement thereof.

Taken in reasonable quantities with carrot and celery juice, parsley juice intensifies the food value of this combination and will assist as a corrective in the adjustment of eye trouble. It will also cleanse the kidneys and stimulate them to normal function.

By the addition of the juice of endive or chicory to the juice of carrot, celery and parsley, we furnish nourishment to the optic nerve and muscular system which has brought amazing results in correcting eye defects. One or two pints daily of this combination have frequently corrected eye trouble in the course of three or four months to the extent that normal vision was regained, making the use of glasses unnecessary.

CARROT AND BEET JUICE

While the actual content of iron in red beets is not high, it is nevertheless of a quality that furnishes excellent food for the red corpuscles of the blood. The greatest virtue of the chemical elements in the beet is the fact that more than 50% is sodium, while the calcium content is only about 5%. This is a valuable proportion for maintaining the solubility of calcium, particularly where inorganic calcium has been permitted to accumulate in the system and has formed deposits within the blood vessels resulting in a toughening of the walls, as in the case of varicose veins and hardening of the arteries, or a thickening of the blood resulting in high blood pressure and other forms of heart trouble.

The 20% potassium content furnishes the general nourishment for all the physiological functions of the body, while the 8% content of chlorine furnishes a

splendid organic cleanser of the liver, kidneys and gall bladder, also stimulating the activity of the lymph throughout the entire body.

The combination of carrot and beet juice furnishes a good percentage of phosphorus and sulphur on the one hand, and potassium and other alkaline elements on the other hand, which together with the high content of Vitamin A, completes what is probably the best natural builder of the blood cells and particularly the red blood corpuscles.

With the addition of some pure cocoanut milk extracted from the meat of the cocoanut, making a combination of carrot, beet and cocoanut juice, a food is obtained which in addition to its properties as an intensive body builder, has even more potent qualities as a cleanser of the kidneys and gall bladder. If properly prepared, this combination contains the alkaline elements potassium, sodium, calcium, magnesium and iron in abundance, and the other elements phosphorus, sulphur, silicon and chlorine, in ample and correct proportions.

By the addition of cucumber juice to that of carrot and beet combined, we have one of the finest cleansing and healing materials for the gall bladder, the liver, the kidneys, the prostate and other sex glands. To obtain the utmost benefit however from this combination, all flour and sugar must be eliminated from the diet and this is particularly the case when treating for gall stones and kidneys stones. It has been repeatedly found that one or two pints of this combination of carrot, beet and cucumber daily will dissolve these stones in the course of a few weeks or months and so eliminate the need for their removal by surgery. The best results

were obtained when not only sugar and flour but also all meats were eliminated from the diet during the period of treatment. Plenty of vegetables and fruits were eaten in addition to drinking these juices.

CARROT AND CABBAGE JUICE

The most valuable properties in cabbage are the high sulphur and chlorine content and the relatively large percentage of iodine. The combination of the sulphur and chlorine causes a cleansing of the mucous membrane of the stomach and intestinal tract, but this only applies when cabbage juice is taken in its raw state, without the addition of salt.

When excessive gas or other distress is experienced after drinking raw cabbage juice either straight or in combination with other raw vegetable juices, it is an indication of an abnormal condition within the intestinal tract. In such a case it has been found advisable before much of this juice is used, to cleanse the intestines thoroughly by drinking carrot, or carrot and spinach juice daily for two or three weeks and by using the enema. Once the intestines were able to assimilate this juice, it was found invaluable as a cleanser, particularly in the case of excessive adipose weight.

When raw cabbage juice is added to raw carrot juice it forms an excellent source of Vitamin C as a cleansing medium, particularly where infection of the gums resulting in pyorrhea, is present. When boiled or dehydrated, however, the effectiveness of the vitamins, minerals and salts is destroyed. One hundred and twenty pounds of cooked or canned cabbage could not

furnish the same organic food value that is assimilated from drinking one-half pint of straight raw cabbage juice, when properly prepared.

CARROT AND RADISH JUICE AND HORSE-RADISH SAUCE

This is the cleanser of abnormal mucus in the human system. It is the best known method by which mucus can be effectively dissolved without damage to the membranes. It is usually accomplished by taking one-half teaspoonful of fresh horse-radish sauce twice a day between meals. The horse-radish sauce should be prepared fresh and should not be used when it is more than one week old. It must be kept cold. It should be moistened with plenty of lemon juice but **SHOULD NEVER BE USED WITH VINEGAR**. Vinegar destroys the tissues of the membranes lining the stomach and intestines. Horse-radish sauce taken regularly, one-half teaspoonful in the course of the morning, and one-half teaspoonful during the afternoon, daily, will at first cause a sensation in the head which will create copious tears, according to the volume of mucus in the sinus cavities and other parts of the system. Except for the lemon juice mixed with it, nothing else should be taken to dilute it, nor should anything be taken to drink for a few moments after eating it. This should be continued for weeks or months if necessary, until the horse-radish sauce can be eaten without any sensation resulting from it which will then be an indication that it has practically completed the dissolution of the mucus. For any condition of sinus mucus, this is a very effective natural means to remove the cause of the ailment.

The juice of fresh radishes including the tops, is too potent to be taken alone. It should be mixed with carrot juice, in connection with which it will have the effect of soothing and healing the membranes and cleansing the body of the mucus which the horse-radish sauce has dissolved. It will at the same time help to regenerate and restore the mucous membranes to their normal state.

Nearly one-third of the natural content of radishes is potassium, while of the remaining two-thirds, more than one-third is sodium. The iron and magnesium content are both high and it is from these that the healing and soothing qualities to the mucous membranes are to be found.

It is usually unnecessary in most cases to undergo surgical operations for the removal of the mucus which causes sinus troubles. Such an operation removes the mucus but does not remove the cause. The horse-radish sauce on the other hand, as described, will dissolve the cause. Mucus is the result of drinking too much milk and eating concentrated starches, bread and cereals in excess.

LETTUCE JUICE

Lettuce juice has many essential values to the human body. It has great quantities of iron and magnesium. Iron is the most active element in the body and it is necessary that it be renewed more frequently than any other. The liver and spleen are the storage places for iron where it is stored up for any sudden demand that may be made upon the body, such for example, as for the rapid formation of red blood corpuscles, as in the

case of a heavy loss of blood. In the liver the iron is stored for the particular purpose, among others, of furnishing mineral compounds to any part of the body from which it may suddenly and rapidly diminish as after a hemorrhage. Also in the event that the food eaten does not contain the necessary quantity of this element in organic form.

The storage of iron in the spleen, however, acts as an electric storage battery where the blood is recharged with the necessary electricity for its proper functions.

The magnesium in lettuce has exceptional vitalizing powers, particularly in the muscular tissues, the brain and the nerves. Organic salts of magnesium are cell builders, especially of the nerve system and of the tissues of the lungs. They also assist in maintaining the normal fluidity of the blood and other functions without which it would be impossible for metabolism to operate properly.

As magnesium salts can only operate efficiently if there is sufficient calcium present, the combination of this element in the lettuce makes this food exceedingly valuable from this standpoint.

When combined with carrot juice, the properties of lettuce juice are intensified by the addition of Vitamin A in the carrot and also the valuable sodium therein, which assists in maintaining the calcium in the lettuce in constant solution until utilized by the body.

Lettuce contains more than 38% potassium, nearly 15% calcium, more than 5% iron and about 6% magnesium.*

*Attention is called to the fact that where the percentage of elements in vegetable or juices is given, this percentage represents that of the elements (minerals, etc.) separate and apart from the water content.

Lettuce also contains more than 9% phosphorous which is one of the principal constituents of the brain, and an ample supply of sulphur which is one of the component parts of the hemoglobin of the blood, acting therein as an oxidizing agent. Many nervous afflictions are due chiefly to these two elements, sulphur and phosphorus, taken in inorganic form as in cereals and meat.

Together with silicon, of which lettuce contains more than 8%, sulphur and phosphorus are essential in the proper maintenance and development of the skin, of the sinews and of the hair. It is due more to the excessive quantity of these elements in their inorganic form in a diet of cereals and devitalized foods, that hair roots do not obtain their proper nourishment, hence one of the reasons for loss of hair.

Drinking daily an abundance of a juice composed of carrot, lettuce and spinach, will furnish food to the nerves and roots of the hair and it is only by this means that the growth of hair can be stimulated. Hair tonics, in this respect, are absolutely of no value except that they do furnish massaging for the scalp. They cannot feed the hair but merely stimulate the action of the nerves and blood vessels and so assist the proper food in reaching the hair roots through the blood stream.

Another efficient juice combination for the growth of hair and to restore it to its natural color is carrot, lettuce and fresh alfalfa juice.

SPINACH JUICE

Spinach is the most vital food for the entire digestive tract, both the alimentary section of the body, the stomach, duodenum and small intestines, and for the large intestine or colon, and it has been so recognized from time immemorial.

The use of purgatives for the cleansing of the intestinal tract is unfortunately practised without an understanding of exactly what takes place. Every manufactured chemical or inorganic purgative or laxative, acts as an irritant, stimulating the muscles of the intestines to expel this irritant, and with this, removes also other matter lodged therein. It is obvious, and in practice it is proved to be a fact, that the habit of taking laxatives necessitates stronger and stronger irritants. When the intestines finally fail to respond to the ones in use, the result is not a cure for constipation but a chronic condition, due to the excessive stimulation to the point of inactivity of the local tissues, muscles and nerves.

The use of saline purges has a different effect. A saline solution passed through the intestinal tract draws from the lymph stream, large quantities of lymph. One 8-oz. glass full of Pluto water for example, will eject one whole gallon of fluid from the lymph stream which will usually be found to be excessively acid or otherwise loaded with poison from body waste. Unless this acid, toxic or poisoned lymph so expelled, is replaced by an organic alkaline solution such as natural raw fruit juices, the final result is an inevitable deficiency in the body. Also, if such replacement or re-alkalinization is not taken care of then in the natural course of events, during the activities of the body,

poisons remaining in the intestinal tract, by reabsorption, will find their way into the lymph stream, again aggravating the condition that the individual was trying to cure.

Furthermore such methods of cleansing the intestinal tract are solely temporary in their effect and furnish no material for the regeneration or building up of the weakening tissues, muscles and nerves.

In raw spinach, Nature has furnished man with the finest organic material for the cleansing, reconstruction and regeneration of the intestinal tract. Raw spinach juice properly prepared, taken at the rate of about one pint daily, has often corrected the most aggravated case of constipation within a few days or weeks.

We have seen that cathartics are not only irritants but have failed. The raw spinach juice on the other hand, very effectively cleanses and heals not only the lower bowels but the entire intestinal tract. As the spinach works by natural means to repair the most essential damage first, it is not always apparent to the individual that the work of regeneration is progressing and results may not be noticeable sometimes for as long as six weeks or two months of daily consumption of this juice. It is essential at all times however, that the bowels be cleared never less than once in every twenty-four hours, although the normal, healthy condition calls for two or three movements a day. For this reason we use the laxative which we have found most effective, gradually reducing its use until the bowel movements become normal as a result of drinking these juices.

Another valuable feature of raw spinach juice is its effect on the teeth and gums in preventing pyorrhea.

This disease is a mild form of scurvy and results from a deficiency, in the body, of the elements found particularly in the combination of carrot and spinach juices. Bleeding gums and a fibroid degeneration of the pulp of the teeth has become a common defect due to the habitual use of devitalized cereals, refined sugar and other deficiency foods.

The only permanent aid for this affliction is found in the use of raw natural foods and more particularly by drinking an ample quantity of carrot and spinach juice.

Other rearrangements of the body such as duodenal and other ulcer, pernicious anemia, convulsions, degeneration of various nerves, deficiency in adrenal secretion and those of the thyroid, neuritis, arthritis, abscesses and boils, pains in the region of the gonads, swelling of limbs, tendency to hemorrhage, loss of vigor, rheumatic and other pains, impaired functions of the heart, low and high blood pressure, eye troubles, headaches, including those of a migraine character, are all due to a lack of the elements contained in raw spinach and carrot.

The only way the body can obtain these elements properly and rapidly is by drinking daily at least one pint of raw carrot and spinach juice.

Spinach, lettuce and water-cress are, together with carrots and green peppers among the vegetables containing the best supply of Vitamins C and E. The lack of a sufficient quantity of Vitamin E in the system is a contributing factor responsible for miscarriages, as also for impotence and sterility in both sexes. Many forms of paralysis are due to a lack of Vitamin E, which is

also responsible for general lack of well-being and impaired metabolism.

PARSLEY JUICE

Raw parsley juice is one of the most potent aids available in concentrated form. It should never be taken in quantities of more than one or two ounces at a time, unless mixed with a sufficient quantity of carrot or other raw vegetable juices such as celery, lettuce or spinach, and even then in not too great a proportion in relation to these other juices.

Raw parsley juice has properties which are essential to oxygen metabolism in maintaining the normal action of the adrenal and thyroid glands. The elements in parsley are proportioned in such a manner that they help to maintain the blood vessels, particularly the capillaries and arterioles, in a healthy condition. It is an excellent food for the genito-urinary tract, being of great assistance in conditions of calculi in the kidneys and bladder, albuminuria, nephritis and other kidney troubles.

It is also efficient in every ailment connected with the eyes and optic nerve system. Weak eyes, ulceration of the cornea, cataracts, conjunctivitis, ophthalmia in all of its stages or laziness of the pupil can be effectively treated by drinking raw parsley juice mixed with carrot juice and with carrot and celery juices.

Never drink too great a quantity of raw parsley juice by itself, as its high concentration will result in disarrangement of the nervous system. Taken with other juices properly mixed, it is extremely beneficial.

TURNIP LEAVES

No vegetables contains as high a percentage of calcium as the juice of turnip leaves, the calcium being more than one half of all the other minerals and salts combined.

It is therefore a most excellent food for growing children and for anyone having softening of the bones in any shape or form, including the teeth. By combining turnip leaves juice with carrot and dandelion juice we obtain one of the most effective means of hardening the teeth as well as the entire bone structure of the body. The very high magnesium content of the dandelion together with calcium in the turnip leaves and the elements in the carrot combine to give this firmness and strength.

The potassium content is also very high in turnip leaves, which result in this being a strong alkalizer, particularly when combined with celery and carrot juices, and is excellent to reduce hyperacidity. Turnip leaves also contain much sodium, and iron.

WATERCRESS JUICE

Is exceedingly high in sulphur which represents more than one-third of all the other mineral elements and salts combined in the watercress. Nearly forty-five per cent of the elements in watercress are acid forming, including sulphur, phosphorus and chlorine. As it is a very powerful intestinal cleanser, it should never be taken alone, but should always be used with other juices, mixing it for example with carrot or celery.

Of the alkaline elements potassium predominates, being slightly more than twenty per cent; while calcium is about eighteen per cent; sodium eight per cent; magnesium five per cent; iron about one-fourth of one per cent.

A combination of carrot juice and spinach with some of lettuce, turnip leaves and watercress juice contains the components essential for the normal regeneration of the blood and particularly for increasing oxygen transmission in the blood stream. For anemia, low blood pressure and underweight this forms an excellent food combination.

A combination of carrot, spinach, turnips and watercress has the property of dissolving hemorrhoids, or piles, and many kinds of tumors. Two pints of this combination taken daily when all flour and sugar products, and preferable also meat, have been eliminated from the diet have been found to dissolve these conditions in from one to six months in a perfectly natural manner, provided that there has been no surgical interference, in which event it may take longer.

CUCUMBER JUICE

Is recognized as being probably the best natural diuretic known, secreting and promoting the flow of urine. It has, however, many other valuable properties such, for example, as the promotion of hair growth, due to its high silicon and sulphur content, particularly when mixed with carrot, lettuce and spinach juice. It contains more than forty per cent potassium, ten per cent sodium, seven and one-half per cent calcium, twenty per cent phosphorous and seven per cent chlorine.

The addition of cucumber juice to carrot juice has a very beneficial effect in rheumatic ailments resulting from an excessive retention of uric acid in the system. The addition of some beet juice to this combination speeds up the general process.

DANDELION JUICE

Is one of our most valuable tonics. It is useful to counteract hyperacidity and to normalize the alkalinity of the system. While exceedingly high in potassium, calcium and sodium, it is our richest food in magnesium content.

Magnesium is essential for giving firmness to the skeleton and preventing softening of the bones. A sufficient quantity of magnesium and calcium in the food during pregnancy will prevent the loss or degeneration of teeth due to childbirth, and give firmness and strength to the bones of the child.

Organic magnesium in proper combination with calcium, iron and sulphur is essential in the formation of certain ingredients of the blood. Organic magnesium has great vitalizing powers and is a constituent as builder of body cells particularly of the tissues of the lungs and of the nervous system.

Organic magnesium can only be obtained from live fresh plants and must be used fresh and raw. It must not be confused with manufactured magnesium preparations which as inorganic minerals interfere with the proper healthy functions of the body.

Organic magnesium as obtained raw from vegetable juices is a nourishing element of inestimable value to the human system.

Raw dandelion juice, obtained from the leaves and combined with carrot and turnip-leaves juice will assist in remedying spinal and other bone ailments, as well as give strength and firmness to the teeth, thus helping to prevent pyorrhea and decay.

FENNEL JUICE

Fennel is somewhat like celery, a little sweeter and with an aromatic impression of liquorice. It is also known as anise, and among Italians, who use it in large quantities, as finocchio. Its value as food for the entire optic system is inestimable. It is rich in all the most valuable elements and vitamins. Mixed with carrot juice it is a great aid in cases of night blindness and other eye troubles.

TOMATO JUICE

Is very rich in all the most vital elements required to neutralize an excessively acid condition of the body as the result of eating too much concentrated starches and meats. Tomato juice should not be taken during the same meal where any starch or sugar is included, as these will neutralize its alkaline reaction. When taken alone however or during meals in which no starches or sugars are included, then it is distinctly beneficial as a natural alkalizer. Benzoate of Soda added to tomato juice is harmful.

STRING BEANS AND BRUSSELS SPROUTS

contain elements which, made into juice, furnish a natural insulin for the pancreatic functions of the digestive organism. In cases of diabetes, by eliminating

entirely sugars and starches of every kind whatever, drinking a combination of the juices of carrot, lettuce, string beans and Brussels sprouts, will be found very beneficial.

ONION AND GARLIC

ARE VERY VALUABLE AS ALKALINIZERS

Onion juice is recommended for nervousness, insomnia, and rheumatism. A good blood purifier and helpful in nose and throat infections, as it helps kill bacteria. Nature's Path magazine refers to onions as "A good all-round medicine."

Garlic may not carry one far into society, but it is a marvellous blood purifier. Recommended as an absorber of uric acid and exceedingly useful in cases of high blood pressure. Has proven of value in diseases of lungs and bronchi. Eating parsley at the same time will greatly lessen the odour.

THREE THINGS YOU MUST BEAR IN MIND

1. In the reconstruction or regeneration of the body by Natural means, it is very important to bear in mind that natural foods taken in the form of vegetable juices will start a regular house-cleaning process throughout your entire system which may be, and usually is, accompanied by a period of pains or aches in the regions of the body where this house-cleaning is taking place, and it may even feel that the juices are making you ill, if these are fresh and are taken the same day that they are made. On the contrary, realize that the cleansing and healing process is well on its way, and the sooner such discomforts are felt after taking plenty of juices, the better for you, because you will be over them so much quicker. The more juices you drink, the faster is the recovery.

You cannot expect to rid yourself of a lifetime of toxins from your body in any miraculous way, overnight. It takes time.

2. It has been claimed by writers of comic news, carrot juice will turn the skin yellow. It is ignorance of the functions of the body that would make any one believe such nonsense. It is just as absurd to expect the color pigment of the carrot to come through the skin as to expect the red of the beet or the green of the spinach to come through. Whenever yellow or brown appears through the skin it is an indication that the kidneys are eliminating through every means available. If the bladder cannot take care of it all, then some of the elimination takes place through the pores

of the skin, which is perfectly normal. If the body is toxic, there may be similar manifestations. When taking vegetable juices, however, the discoloration will eventually disappear.

3. The proper cleaning and sterilizing of the machinery in which juices are made and of all the utensils and of the premises, is of paramount importance. Raw vegetable juices are extremely perishable and every care possible must be taken in making them.

Juice should never be made in a machine which was not cleaned with boiling water immediately after it was used the last time, unless it is first thoroughly sterilized with boiling water and then washed with cold water.

TO DETOXICATE

Supreme cleanliness is the first step towards a healthy body. Any accumulation or retention of waste of any kind, within us, will retard recovery.

The natural eliminative channels are the lungs, the pores of the skin, the kidneys, and the bowels.

Perspiration is the action of the sweat glands in throwing off toxins which would be injurious if retained in the body. The kidneys excrete the end products of food and body metabolism from the liver. The bowels eliminate not only food waste but also waste matter known as body waste, in the form of used-up cells and tissues, the result of our physical and mental activities, which if not eliminated cause protein putrefaction resulting in toxemia or acidosis.

The retention of body waste has a much more insidious effect on health than is generally suspected. Its elimination is usually one of the first steps towards perceptible progress.

The following procedure has been an efficient method to effect such elimination quickly:

*First thing in the morning, upon arising, drink one 8-ounce tumbler full of saline solution, such for example as Pluto Water, or preferably mix one teaspoonful of Glauber Salts (Sodium Sulphate) in an 8-ounce tumbler of water (warm or cold). The purpose of this saline solution is not primarily to empty the bowels, which however it will do, but rather to draw into the intestines from every part of the body such waste as may be there, and eliminate it.

*(NOTE: Do not use this detoxication in the case of appendicitis or if there is a tendency towards it.)

If such a saline solution cannot be taken, then use Seidlitz powders taking one immediately upon rising and one every 15 minutes thereafter until altogether six have been taken.

This saline solution, or Seidlitz powders, acts on the toxic lymph and body waste as a magnet acts to attract to itself metal filings. This waste is thus drawn into the intestines and out of the body in a series of copious bowel movements which may amount to a gallon or more.

If nothing were done to replace in the body something in volume equal to the quantity of matter so eliminated, then the body would naturally be dehydrated to that extent. Therefore we replace the toxic or acid material, so removed, by drinking two quarts of citrus fruit juices, freshly made, diluting them with two quarts of water for quicker absorption into the body, which will then have an alkaline reaction on our system. These citrus juices should be prepared fresh and in the following proportions, namely:—

4 to 6 grapefruit, according to size,
2 or 3 lemons, according to size, and
Enough oranges to complete a total mixture
of 2 quarts.

Drink one 8-ounce tumbler full, using half of this mixture and filling the tumbler with water so that the juice will be diluted half juice and half water, beginning half an hour after having taken the saline solution or the sixth of Seidlitz powder, as the case may be. Follow this with a tumbler full of these diluted juices every twenty minutes until the whole two quarts of juices, diluted with two quarts of water, are finished.

Do not eat anything all day, although if very hungry towards the evening some oranges or grapefruit or their juices may be taken.

Before retiring take a high enema in the knee chest position, using two quarts of water, slightly cooler than tepid, into which the juice of a lemon has been added.

It is preferable to use a 24-inch rectal tube, and to lubricate it with a soluble vegetable lubricant. If a 20-inch rectal tube is not available, or is impractical, then use the regular rectal tip.

The purpose of this enema is to remove from the folds of the colon and bowels any waste matter which may have remained lodged there, and which might otherwise be absorbed into the system during sleep.

Repeat this detoxication for three consecutive days. Thus approximately three gallons of toxic lymph will be eliminated from the body and will be replaced by three gallons of alkaline juices. This will result in speeding up the realkalinizing of the system.

On the fourth day we begin taking the vegetable juices indicated. We need not be unduly alarmed if we feel somewhat weak during or after this detoxication. Nature uses our energies for a house cleaning within us and we shall soon regain greater energy and vitality as a result of a cleaner and healthier body.

NOTE: *If there is the slightest tendency toward appendicitis, do not use this method but take only high enemas, two or three daily for a week or longer.*

RAW VEGETABLES AND FRUIT JUICES AND THEIR THERAPEUTIC USE IN SPECIFIC AILMENTS

FOR CHILDREN AND ADOLESCENTS USE
IN RELATIVELY SMALLER PROPORTIONS

To facilitate the description of the juices most efficient for the following ailments their various combinations have been listed and the numbers indicated in the case of each ailment will correspond to the Formula number in the list of juice combinations.

For adults, at least one pint daily of one or more of the formula combinations indicated should be taken over a period of several weeks in order to obtain any perceptible results.

The juices for each ailment are given in the order of their greatest efficacy. In the remoter districts of Canada and at certain seasons of the year, some of the vegetables listed are not procurable. Under such circumstances, all that is possible is to approximate as nearly as may be to the directions given. There are also sufferers whose incomes do not permit them to procure such quantities of juice as are suggested. Their purses must necessarily limit their juice intake. But they can still greatly benefit by the suggestions of this book. When possible, at least one pint of each combination whose formula number is indicated should be taken daily. For example: In the case of *Arthritis*, at least one pint of Formula No. 22 (grapefruit), also one pint of No. 61 (carrot and spinach combined), also at least one pint of No. 6 (straight celery juice), and

at least one pint of No. 37 (carrot and celery combined): that means a total of four pints daily, which, in time, usually gives perceptible results; the addition of one pint of No. 30 (carrot, beet and cucumber, combined) will be found very beneficial.

Where over four formula numbers are given, it will usually be found advisable to take daily a pint of each of the first four adding such of the others as is convenient and as can be ingested.

We must remember that by combining one or more different kinds of juices we change the chemical combination of each one completely, so that the effect of the combination as a whole will be entirely different from that of each juice if taken separately and individually, and it is by the knowledge of these proper combinations that we are able to get results that seem unbelievable to those who lack this experience.

A list of ailments and their corresponding formula numbers will be found on the following pages.

AILMENTS AND FORMULAS

(Formula numbers are in order of their importance)
See Formula List at Page 54

	FORMULA NO.
<i>Acne, Pimples, etc.</i> —Impurities in the body trying to be eliminated through the skin.	61 1 55
<i>Adenoids</i> —Inflammation or enlargement of pharyngeal tonsil or adenoid tissue.	61 1
<i>Albuminuria</i> —Albumin present in the urine.	61 30 29 1 40 59
<i>Anemia</i> —Deficiency of red blood corpuscles due to improper diet.	61 2 28 30 25 29 31 46 55 48
<i>Angina Pectoris</i> —Valvular or muscular heart trouble resulting from impurities in the blood stream.	61 2 30
<i>Aphonia</i> —Loss of the power of articulation in speech.	61 1 48 53
<i>Apoplexy</i> —Stroke or paralysis as a result of pressure on the brain from hemorrhage.	61 2 28 39
<i>Appendicitis</i> —Inflammation of the appendix due to prolonged retention of waste matter in the colon.	1 2 30 61
<i>Arteries (Hardening of)</i> —Walls of blood vessels losing elasticity due to presence of inorganic calcium.	61 2 28 55
<i>Arthritis</i> —Deposits of inorganic calcium in the cartilage of the joints as a result of eating concentrated carbohydrates in excess.	22 61 6 37 30
<i>Asthma</i> —Extreme difficulty in breathing due to mucous accumulation in bronchial tubes.	61 11 37 60 41

	FORMULA NO.
<i>Biliousness</i> —The result of incomplete digestion of fats causing improper secretion and flow of bile from the liver.	61 30 40
<i>Blood Pressure</i> —(See High Blood Pressure page 46).	
<i>Boils-Carbuncles</i> —Purulent tumors caused by impurities in the blood stream resulting in bacterial infection through the sweat glands or the follicles of the hair.	61 30 55
<i>Bronchitis</i> —Inflammation of the bronchial tubes due to excessive mucus in the system.	61 45 11 30 1 37 60 41
<i>Cancers</i> —Groups or nests of epithelial cells half starved from lack of proper organic nourishment, thriving on concentrated starches and meats.	1 61
<i>Catalepsy</i> —Muscular rigidity resulting from improperly nourished nerves.	61 2 40 30
<i>Cataracts</i> —Opaque films over crystalline lens of the eye due to lack of proper nourishment to optic nerves and muscles.	61 50 1 40 30 59
<i>Catarrh</i> — Copious secretion from the mucous membranes due to the inability of the body properly to assimilate milk and concentrated starches.	61 60 11 30 41
<i>Colds</i> —Same formula as catarrh, above.	
<i>Colic</i> — Gas pains in the abdominal regions usually due to improper combination of foods.	61 30

	FORMULA NO.
<i>Conjunctivitis</i> — Inflammation of the membranes of the eye.	61 50 1 59
<i>Constipation</i> — Lack of co-ordination in the nerve and muscle functions of the colon and bowel due to excessive use of devitalized foods in the diet, resulting in sluggishness of bowel action.	61 15 30 1
<i>Cramps</i> —Pains due to the presence of gas in the intestinal region resulting from foods improperly combined.	61 30
<i>Cystitis</i> — Inflammation of the urinary bladder.	30 61 40 29 51
<i>Deafness</i> (Catarrhal) — Presence of mucus in the auditory channels.	61 11 40 41
<i>Decay</i> (of bone) — Decomposition of bone tissue due to excessive use of milk and concentrated starches and sugars in the diet.	61 48 55 46 48 1
<i>Decay</i> (of teeth) — Decomposition due to eating excessive quantities of sweets and insufficient organic nourishment.	61 48 55 46 48 1
<i>Diabetes</i> — Inability of the Pancreas to metabolize carbohydrates due to excessive use of concentrated starches and sugars in the diet.	61 2 57 50 40 84
<i>Diarrhea</i> —Loose running of the bowels	1 2
<i>Diphtheria</i> —A disease resulting from the settlement and propagation, usually in the throat, of the diphtheria germ, most common after the removal of tonsils. The feeding ground of the germ is the accumulation of body waste due	61 2 40 30 47

FORMULA NO.

to its improper elimination from the body and of unassimilable, devitalized foods, principally starches, encumbering the blood stream.

<i>Dropsy</i> —Excessive water in the system due to improper or insufficient elimination through the kidneys.	61	30	29	40
<i>Dyspepsia</i> —Indigestion due to excessive acidity in the alimentary tract.	61	1	2	30
<i>Dysuria</i> — Painful incomplete urination.	30	1	40	59
<i>Eczema</i> —Inflammatory condition of the skin due to excessive acidity of the lymph glands.	61	2	30	15
<i>Enuresis</i> —Incontinence of Urine.	30	40	29	
<i>Epilepsy</i> —Nervous spasms resulting from excessive toxemia and starvation of the nervous system.	61	15	2	30
<i>Erysipelas</i> —Same as Eczema but accompanied by fever.	61	2	30	40
<i>Fatty Degeneration</i> —Excessive formation of fatty cells and tissues around an organ.	61	15	30	42
<i>Gall-Stones</i> —Inorganic matter solidifying in the Gall Bladder, due to inability of the body to assimilate starches as such.	30	61	40	29
<i>Gastritis</i> —Distress due to excessive formation of gas in the system as a result of the improper combination of foods.	61	15	30	
<i>Goitre</i> — Enlargement of the Thyroid Gland due to lack of organic iodine in the diet. Add to each formula $\frac{1}{4}$ teaspoon of Powdered Kelp or Dulse.	61	59	2	

	FORMULA NO.
<i>Gonorrhoea</i> —The result of the propagation of the gonococcus germ due to an impure blood stream and the presence of morbid matter as its feeding ground in the body, usually centering in the region of the genitals.	61 15 30 40 76 59
<i>Gout</i> —Inflammation of the ligaments of a joint or bone, or bone lining, due to excessive fat in the diet, also due to excessive use of alcohol and other stimulants.	61 2 30 29 15 40 59
<i>Gravel in Kidneys</i> — Inorganic matter, principally the calcium of breads and other concentrated starches, forming granular secretions in the kidneys.	30 40 59
<i>Hay-Fever</i> —Abnormal mucous secretions in the eyes and air passages, due to excessive use of starches in the diet.	61 11 30 40 15 50 41
<i>Headaches (Chronic)</i> —Nature's warning to give the body a thorough house cleaning, thus re-establishing the equilibrium of the blood and releasing its excessive pressure in the regions of the head.	61 2 30 55 15
<i>Heart Trouble (Functional)</i> —Caused by the impure condition of the blood resulting in improper activity on the part of the heart organism.	61 2 30
<i>Hemorrhoids (Bleeding)</i> — Excessive enlargement of the ends of blood vessels in the lower part of the rectum due to the coagulation of blood fibrin. When excessively enlarged they bleed.	62 61 1

	FORMULA NO.
<i>Hemorrhoids</i> (Itching) — Congestion of the ends of blood vessels in the rectum due to excessive presence of fibrin therein resulting in local irritation.	62 61 2
<i>Hernia</i> — Protrusion of any internal organ wholly or in part from its normal position, due to lack of tone in the surrounding membranes.	61 1 2 15 30
<i>High Blood Pressure</i> —Excessive tension of blood in the arteries caused by improper diet. (Low Blood Pressure, page 47).	2 61 15 30
<i>Impotence</i> — Deficiency in propagative ability in the sex act.	15 1 30 27 40 31 59
<i>Indigestion</i> —The result of incompatible combinations of food.	61 1 30 15
<i>Influenza</i> —Caused by excessive retention in the system of body and food waste resulting in a feeding and breeding ground for pathogenic bacteria affecting principally the air passages but accompanied by fever and nervous prostration followed by great debility.	61 11 2 30 41 55
<i>Insanity</i> —A derangement of the mental nervous system due to excessive toxins in the body and insufficient organic nourishment.	61 37 30 1 15 2 40 59
<i>Insomnia</i> —Inability to sleep as a result of nervous tension or excessive acidity in the system.	61 37 30 22
<i>Itch</i> —An uncomfortable condition caused by certain germs or bacteria attempting to leave the body by way	61 30 15 1

FORMULA NO.

of the pores of the skin, resulting in the formation of postules and accompanied by intense itching.				
<i>Jaundice</i> —The result of an overburdened liver eliminating the excretion of bile by way of the lymph stream through the pores of the skin.	61	30	29	40
	1			
<i>Kidney Trouble</i> (Excessive Uric Acid, etc.)—The result of improper and insufficient elimination of the end products of excessive use of meat in the diet.	30	61	40	29
	59			
<i>Laryngitis</i> —Inflammation of the larynx due to the presence of morbid matter in the body.	61	1	30	15
<i>Leucorrhœa</i> —Excessive formation or accumulation of mucus in the female genital organs and passages.	61	11	30	2
	40	41	60	59
<i>Liver Trouble</i> —The result of eating an excess of devitalized and concentrated starches, sugars, fats and meats.	30	61	1	29
	40	46		
<i>Low Blood Pressure</i> —Due to excessive use of devitalized foods in the diet, resulting in deficiency of vital elements in the blood stream.	2	61	15	30
	29			
<i>Malaria Fever</i> —The pathological result of an impure blood and excessive retention of morbid matter in the body while in an atmosphere of foul or unwholesome air enabling animal parasites, germs and bacteria to thrive and propagate in the system.	61	11	1	30
	41	15		

	FORMULA NO.			
<i>Measles</i> —Germs and bacteria surging out of the body through the skin. One of Nature's methods of house cleaning the system, particularly in childhood.	61	6	30	1
	47			
<i>Melancholia</i> —Toxic condition of the body and under-nourished nerve system resulting in morbid brooding.	61	7	2	30
	15	37		
<i>Migraine</i> —Impure blood stream and improperly nourished nerve centres causing intense ache usually on one side only of the head, dulling and depressing the individual.	61	2	30	15
	47	37		
<i>Nephritis</i> —Inflammation of the kidneys usually resulting from an excessive retention of acids.	30	61	40	29
	59			
<i>Nervousness</i> — Irritability of certain nerve centres due to organic alkaline deficiency.	61	37	30	40
	15			
<i>Neuralgia</i> —Intense pain in the region of a nerve which has been improperly nourished.	61	37	30	40
<i>Neurasthenia</i> —Functional depression of the nervous system due to improper and insufficient organic nourishment and materialized as a result of prolonged nervous strain, worry, anxiety or overwork.	61	37	2	30
	40	55		
<i>Neuritis</i> — Excessive quantities of improper inorganic foods in the diet resulting in the inflammation of a nerve.	61	30	40	
<i>Nymphomania</i> —Abnormal sex appetite in women as a result of excessive use of condiments, alcohol or improper	61	2	30	15
	29	40		

combinations of foods. Occasionally due to functional disturbance and physical abnormalities of the organs, which are easily corrected.				
<i>Obesity</i> —Excessive adipose tissue resulting from incompatible combinations of foods and eating excessive quantities of starches and sugars.	61	1	30	15
	34			
<i>Orchitis</i> —Inflammation of Testes, due to excessive retention of morbid matter in the system, and sometimes to abuse.	30	61	40	29
	37	59		
<i>Oxidation (Low)</i> —Lack of Oxygen assimilation due to insufficient organic iron in the system.	61	30	37	46
	55			
<i>Paralysis</i> —Loss of power to control or co-ordinate the voluntary and involuntary muscles due to starvation of the nerve centres.	61	40	30	6
<i>Paralysis (Infantile)</i> — Inability of the body to replenish and regenerate the spinal fluid due to improper metabolism, an excess of devitalized starches and sugars and a great deficiency in organic elements in the diet.	61	2	30	6
	40	55		
<i>Paresis</i> —Functional inability of the cerebral nerves to co-ordinate due to lack of proper organic nourishment.	61	2	40	30
	6	47		
<i>Peritonitis</i> —Inflammation of the lining of the abdominal cavity.	61	30	40	15
<i>Phlebitis</i> —Inflammation of veins due to the presence of excessive quantities of starch, calcium and morbidity in the system.	61	2	30	

FORMULA NO.

<i>Piles</i> —(See Hemorrhoids).	
<i>Pleurisy</i> —Inflammation of the Pleura due to the improper elimination of morbid matter from the body, usually accompanied with fever and pains when breathing.	30 61 40
<i>Pneumonia</i> —Inflammation of the lung tissues due to the presence of abnormal quantities of mucus and other morbid matter in the system, as a result of an incompatible combination of foods.	61 30 11 41
<i>Prolapsus</i> —The falling of an organ from its normal position due to loss of tone in the nerve and muscular system as a result of improper diet.	61 2 30 40 15
<i>Psoriasis</i> — A group or colony of germs feeding on morbid matter and body waste in the system attempting to leave the body by way of the skin thus creating an irritation.	61 30 15 1 2
<i>Pyelitis</i> —Inflammation in the region of the pelvis of the kidney usually due to an excessive retention of uric acid in the system.	30 61 1 40 29 28 59
<i>Pyrosis</i> —Intense burning sensation, due to the presence of excessive uric acid or other morbid matter resulting from improper combinations of food.	30 61 29 40 59
<i>Quinsy</i> —Inflammation due to the presence of excessive body and food waste in the system.	61 30 2 1
<i>Rachitis</i> (Rickets)—Deficiency of organic calcium and other elements resulting in deformity, softness or flexibility of the bones.	61 1 48 37 6 30 46

	FORMULA NO.
<i>Renal Calculus</i> (Kidney Stones)—Inorganic matter, principally the calcium in concentrated starches forming concretions in the kidneys.	30 61 40 29 28 59
<i>Rheumatism</i> — Inflammation affecting connective tissues, muscles and joints, resulting from the presence of excessive morbid matter in the body.	30 61 37 31 40 28 59
<i>Rhinitis</i> —Inflammation of the nasal membrane principally due to the presence of excessive quantities of mucus in the sinus cavities.	61 30 40 11
<i>Sciatica</i> — Inflammation of the Sciatic nerve or surrounding muscles, usually due to the presence of excessive uric acid in the system.	30 61 40 28 29 59
<i>Scrofula</i> —The formation of pus in the glands due to the presence of inorganic matter in the food eaten.	61 2 15 40 30
<i>Scurvy</i> — The result of an improperly balanced diet with insufficient organic nourishment.	61 15 2 30 29
<i>Sexual Diseases</i> —Due to overindulgence leading to inflammation, and weakened organs due to lack of sufficient organic nourishment resulting in disturbed functions and the presence of morbid matter inviting the propagation of germs and infection.	61 30 2 15 40 29 28
<i>Sinus Trouble</i> —Usually due to excessive mucus resulting from excessive use of milk and frequently also of starches and sugars.	61 11 30 1

	FORMULA NO.
<i>Sleeplessness</i> —The result of excessive nervous tension and the improper elimination of waste from the body.	61 22 37 30
<i>Smallpox</i> —Excessive volumes of putrid waste matter in the body result in the propagation therein of the virulent germs responsible for this disease, which after the first burst of propagation leave body by way of the pores of the skin.	61 30 1 2 37 40 53 55
<i>Sterility</i> —May be due to functional disorganization of the organism, to low vitality or to an excessively acid condition.	61 30 1 2 29 40 48
<i>Thrombosis</i> —The result of the coagulation of a clot of blood obstructing a blood vessel due to a deficiency of organic elements to maintain the purity and fluidity of the blood.	2 61 30
<i>Tonsillitis</i> —Inflammation due to an over-acid condition of the body.	61 30 1 2
<i>Toxemia</i> —Blood poisoning either as a result of undue retention of body waste or of the end products of metabolism or digestion, creating an over-acid condition.	61 30 37 15 40
<i>Tuberculosis</i> — The result of excessive mucus in the system causing the propagation of the tubercular germ, which by its presence and mode of existence is destructive to the tissues in its proximity.	61 45 1 30 2 11 37 40 41

		FORMULA NO.			
<i>Tumors</i> —		62	61	30	40
in Brain	and caused by the				
in Bones	Growths due to a				
in Liver	lack of sufficient				
in Uterus	organic element				
excessive use of concentrated inorganic foods.					
<i>Typhoid</i> —	A condition due to the lack of	61	30	28	1
	certain organic elements in the body,	37	6		
	allowing the propagation therein of				
	germs causing, by their presence, a				
	mesenteric fever.				
<i>Ulcers</i> (chiefly gastric)—	A deficiency	61	1	30	
	disease caused by unhealthy tissue as				
	a result of eating incompatible combi-				
	nations of food leaving fermentation				
	and putrefaction as their end-product.				
<i>Uremia</i> —	The presence of urea and other	30	61	29	40
	urinary excretions, in the blood.	59			
<i>Urticaria</i> (Hives)—	An excessively acid	61	2	30	15
	condition of the body trying to become	1			
	normal by means of excretion through				
	the skin.				
<i>Varicose Veins</i> —	The result of diets rich	61	2	30	62
	in concentrated starches and sugars,	15			
	causing calcareous deposits to form in				
	the wall structure of the veins.				

LIST OF FORMULAS

This list of formulas is by N. W. Walker, D.Sc., and is used with his permission.

1. Carrot
2. Potassium (Carrot, Celery, Parsley and Spinach)
3. Beets and Tops
4. Brussels Sprouts
5. Cabbage
6. Celery
7. Cucumber
8. Dandelion
9. Endive (Chicory)
10. Green Peppers
11. Horse Radish and Lemon
12. Lettuce
13. Parsley
14. Radish and Tops
15. Spinach
16. String Beans
17. Turnip and Tops
18. Water-Cress
19. Alfalfa
20. Apple
21. Cocoanut
22. Grapefruit
23. Lemon
24. Orange
25. Pomegranate
26. Carrot and Beet
27. Carrot, Apple and Beet
28. Carrot, Beet and Celery
29. Carrot, Beet and Cocoanut
30. Carrot, Beet and Cucumber

31. Carrot, Beet and Lettuce
32. Carrot, Beet, Lettuce and Turnip
33. Carrot, Beet and Spinach
34. Carrot and Cabbage
35. Carrot, Cabbage and Celery
36. Carrot, Cabbage and Lettuce
37. Carrot and Celery
38. Carrot, Celery and Endive
39. Carrot, Celery and Lettuce
40. Carrot, Celery and Parsley
41. Carrot, Celery and Radish
42. Carrot, Celery and Spinach
43. Carrot, Celery and Turnip
44. Carrot, and Cucumber
45. Carrot and Dandelion
46. Carrot, Dandelion and Lettuce
47. Carrot, Dandelion and Spinach
48. Carrot, Dandelion and Turnip
49. Carrot and Endive
50. Carrot, Celery, Endive and Parsley
51. Carrot, and Green Peppers
52. Carrot and Lettuce
53. Carrot, Lettuce and Alfalfa
54. Carrot, Lettuce and Cucumber
55. Carrot, Lettuce and Spinach
56. Carrot, Lettuce and String Beans
57. Carrot, Lettuce, String Beans and
Brussels Sprouts
58. Carrot, Lettuce and Turnip
59. Carrot and Parsley
60. Carrot and Radish
61. Carrot and Spinach
62. Carrot, Spinach, Turnip and Water-
Cress.
63. Carrot and Turnip

64. Carrot, Turnip and Water-Cress
65. Carrot and Water-Cress
66. Carrot and Alfalfa
67. Carrot and Apple
68. Carrot and Fennel
69. Carrot and Cocoanut
70. Grapefruit, Lemon and Orange
71. Carrot and Orange
72. Carrot and Pomegranate
73. Carrot, Beet and Pomegranate
74. Carrot, Lettuce and Pomegranate
75. Cabbage and Celery
76. Celery, Cucumber, Parsley and Spinach
77. Celery, Cucumber and Turnip
78. Celery, Dandelion and Spinach
79. Celery, Endive and Parsley
80. Celery, Lettuce and Spinach
81. Celery, Spinach and Parsley
82. Celery and String Beans
83. Brussels Sprouts and String Beans
84. Carrot, Brussels Sprouts and String Beans

NORWALK LABORATORY FORMULAS

GIVING CORRECT PROPORTIONS OF JUICES WHEN COMBINED

The following Formulas are given entirely as a matter of courtesy by the Norwalk Laboratory of Nutritional Chemistry. They represent the result of expensive and laborious research with the most effective Vegetable Juice Equipment.

Health Book Supply Co. of Toronto, does not manufacture juicers, but will gladly furnish address where such machines may be obtained.

One Pint — 16 Ounces

No. 2	Carrot	7 oz.	No. 31	Carrot	9 oz.	No. 38	Carrot	9 oz.
	Celery	4 oz.		Beet	3 oz.		Celery	5 oz.
	Parsley	2 oz.		Lettuce	4 oz.		Endive (Esca-	
	Spinach	3 oz.	No. 32	Carrot	7 oz.		role)	2 oz.
No. 11	Juice 1 whole			Beet	3 oz.	No. 39	Carrot	7 oz.
	lemon to ¼ pt.			Lettuce	4 oz.		Celery	5 oz.
	(4 oz.) Horse			Turnip	2 oz.		Lettuce	4 oz.
	Radish Ground		No. 33	Carrot	10 oz.	No. 40	Carrot	9 oz.
	but not pressed.			Beet	3 oz.		Celery	5 oz.
No. 26	Carrot	13 oz.		Spinach	3 oz.		Parsley	2 oz.
	Beet	3 oz.	No. 34	Carrot	11 oz.	No. 41	Carrot	8 oz.
	Note: Use Beet			Cabbage	5 oz.		Celery	5 oz.
	tops and roots.		No. 35	Carrot	7 oz.		Radish	3 oz.
No. 27	Carrot	7 oz.		Cabbage	4 oz.	No. 42	Carrot	7 oz.
	Apple	6 oz.		Celery	5 oz.		Celery	6 oz.
	Beet	3 oz.	No. 36	Carrot	8 oz.		Spinach	4 oz.
No. 28	Carrot	8 oz.		Cabbage	4 oz.	No. 43	Carrot	8 oz.
	Beet	3 oz.		Lettuce	4 oz.		Celery	5 oz.
	Celery	5 oz.	No. 37	Carrot	9 oz.		Turnip	2 oz.
No. 29	Carrot	11 oz.		Celery	7 oz.	No. 44	Carrot	12 oz.
	Beet	3 oz.		Note: If celery tops			Cuc'ber	4 oz.
	Cocoanut	2 oz.		(greens) are used, then		No. 45	Carrot	12 oz.
No. 30	Carrot	10 oz.		change the proportion			Dan'ion	4 oz.
	Beet	3 oz.		to 10 oz. Carrot 6 oz.				
	Cuc'ber	3 oz.		Celery.				

No. 46	Carrot 9 oz.	No. 58	Carrot 10 oz.	No. 73	Carrot 9 oz.
	Dan' lion 3 oz.		Lettuce 4 oz.		Beet 3 oz.
	Lettuce 4 oz.		Turnip 2 oz.		Po'gr'ate 4 oz.
No. 47	Carrot 10 oz.	No. 59	Carrot 12 oz.	No. 74	Carrot 7 oz.
	Dan' lion 3 oz.		Parsley 4 oz.		Lettuce 5 oz.
	Spinach 3 oz.	No. 60	Carrot 11 oz.		Po'gr'ate 4 oz.
No. 48	Carrot 11 oz.		Radish 5 oz.	No. 75	Cabbage 5 oz.
	Dan' lion 3 oz.	No. 61	Carrot 10 oz.		Celery 11 oz.
	Turnip 2 oz.		Spinach 6 oz.	No. 76	Celery 8 oz.
No. 49	Carrot 13 oz.	No. 62	Carrot 8 oz.		Cuc'ber 3 oz.
	Endive (Esca- role) 3 oz.		Spinach 4 oz.		Parsley 2 oz.
No. 50	Carrot 7 oz.		Turnip 2 oz.		Spinach 3 oz.
	Celery 5 oz.		W'cress 2 oz.	No. 77	Celery 10 oz.
	Endive (Esca- role) 2 oz.	No. 63	Carrot 12 oz.		Cuc'ber 4 oz.
	Parsley 2 oz.		Turnip 4 oz.		Turnip 2 oz.
No. 51	Carrot 12 oz.	No. 64	Carrot 10 oz.	No. 78	Celery 8 oz.
	G. Peprs. 4 oz.		Turnip 3 oz.		Dan' lion 4 oz.
No. 52	Carrot 10 oz.		W'cress 3 oz.		Spinach 4 oz.
	Lettuce 6 oz.	No. 65	Carrot 12 oz.	No. 79	Celery 11 oz.
No. 53	Carrot 9 oz.		W'cress 4 oz.		Endive (Esca- role) 3 oz.
	Lettuce 4 oz.	No. 66	Carrot 12 oz.		Parsley 2 oz.
	Alfalfa 3 oz.		Alfalfa 4 oz.	No. 80	Celery 7 oz.
No. 54	Carrot 7 oz.	No. 67	Carrot 9 oz.		Lettuce 5 oz.
	Lettuce 5 oz.		Apple 7 oz.		Spinach 4 oz.
	Cuc'ber 4 oz.	No. 68	Carrot 9 oz.	No. 81	Celery 10 oz.
No. 55	Carrot 8 oz.		Fennel 7 oz.		Spinach 4 oz.
	Lettuce 5 oz.	No. 69	Carrot 13 oz.		Parsley 2 oz.
	Spinach 3 oz.		Cocoanut 3 oz.	No. 82	Celery 12 oz.
No. 56	Carrot 9 oz.	No. 70	G'fruit 6 oz.		Stg. Bean 4 oz.
	Lettuce 4 oz.		Lemon 3 oz.	No. 83	B. Sprouts 7 oz.
	Stg. Bean 3 oz.		Orange 7 oz.		Stg. Bean 9 oz.
No. 57	Carrots 6 oz.	No. 71	Carrot 11 oz.	No. 84	Carrot 6 oz.
	Lettuce 4 oz.		Orange 5 oz.		B. Sprouts 5 oz.
	Stg. Bean 3 oz.	No. 72	Carrot 11 oz.		Stg. Bean 5 oz.
	B. Sprouts 3 oz.		Po'gr'ate 5 oz.		

NOTE: Use Tops and Roots of Beets, Dandelion, Radish and Turnips.

When preparing Carrots cut off the tops $\frac{1}{2}$ inch below the ring where the green stems start.

Do not peel Carrots—some of the most valuable elements are near the surface.

To remove poisonous sprays, etc., wash vegetables thoroughly with plenty of cold, running water, using a stiff brush when necessary.

ACIDITY AND ALKALINITY RESULTING FROM FOODS LISTED

The below table of the relative acid-forming and alkaline-forming qualities of various foods will be of interest. Much of the information is from the Ohio State Agricultural Experiment Station at Wooster, Ohio. The comparative qualities of the various foods in the list are indicated by the symbol +; +, mild; ++, medium; ++++, strong; +++++, very strong.

FOODS	ACID FORMERS	ALKALIN
Almonds, (unsalted)		+
Apples, fresh		++
Apples, dried		++
Apricots		+++
Apricots, dried		++++
Asparagus		++
Bacon, fat	+	
Bacon, lean	++	
Bananas, ripe		++
Bananas, yellow	++	
Barley, pearled	++	
Barley, whole	+	
Beans, lima, fresh		+++
Beans, lima, dry*	+	
Beans, baked, navy*	+++	
Beans, fresh in pods		+++
Beef	++	
Beets, fresh		++++
Berries, all kinds		+to++++
Bread, white, milk	++	
Bread, whole grain	+	
Bread, corn, whole grain	+	
Breakfast foods	+to+++	
Cabbage		+++
Cabbage, red		++
Cantaloupe (eaten alone)		+++
Carrots		++++
Cauliflower		+++
Celery		++++
Chard		+++
Cheese, hard	++	
Cheese, Cottage	+	
Cherries		++
Chicken	+++	
Clams	+++	

ACIDITY AND ALKALINITY—Continued

FOODS	ACID FORMERS	ALKALIN
Corn flour	++
Corn starch	+
Corn, green (1)	See note.
Corn, dried		+
Cranberries (2)		+
Currants		+++
Cucumbers, fresh		++++
Dandelion (greens)		+++
Dates		++
Eggs, whole	+++
Eggs, whites	++++
Figs, dried		++++
Fish	++to+++
Fruits, nearly all		+++
Fruits, stewed, sugared (3)	+to+++
Game	++to++++
Grapes		++
Grape juice, natural		++
Grape juice, sweetened (3)	+++
Halibut, steak	+++
Ham, fresh, lean	++
Hominy	++
Lamb	++
Lamb stew	+
Lard (4)		+
Lemon juice, natural (3)	+++
Lettuce		++++
Liver (Beef)	+++
Lobsters	++++
Milk, whole		++
Muskmelons (alone)		+++
Mutton, average	++
Oatmeal, cooked	+++
Olives, ripe, dried		+++
Olives, green, pickled	++
Onions		++
Orange juice, natural (3)		+++
Oysters	++++
Parsnips		+++
Peaches		+++
Peanuts, (a pea not a nut)	++
Pears		++
Pecans	++

ACIDITY AND ALKALINITY—Continued

FOODS	ACID FORMERS	ALKALIN
Peppers		+++
Plums	++	
Peas, fresh, green		+
Peas, ripe, dry*	++	
Pineapple		+++
Pork, chop, lean (5)	++	
Pork, sausage (5)	++	
Potatoes, white (6)		+++
Potatoes, sweet (6)	+to	+
Prunes, large, dried (2)	?	++
Prunes, small, sweet		++
Pumpkins (7)		+
Radishes		+++
Raisins		++
Rhubarb (8)		+++
Rice, natural	++	
Rice, polished	++	
Salmon	+++	
Shredded Wheat	++	
Spinach		++++
Squash, Summer		++
Squash, Winter	+	
Tomatoes, fresh		++++
Tomatoes, canned (9)		+++
Turkey	++	
Turnips		++
Veal	+++	
Walnuts	+	
Watermelons		+++
Wheat, whole, cracked	++	
Whey		+++

*Show alkalin ash but bad combination.

- (1) Fresh plucked, neutral; after 24 hours, from stalk, increasingly acid.
- (2) Ash shows alkalin but forms hippuric acid.
- (3) Sugar added to fruit, acid +++.
- (4) Lard in cooking makes foods more acid. All heat-treated animal fats are harmful.
- (5) Increase acidity of other foods.
- (6) This applies only when eaten with skins.
- (7) Not sweetened.
- (8) Alkalin ash but too high in oxalic acid.
- (9) Without sugar or salt.

INDEX

Note: Ailments (and Formulas) are listed alphabetically on Pages 41-58 and hence are not always included in Index.

Abscesses	27	Insulin, natural	32
Anemia	27-30	Intestinal troubles	10, 29
Arthritis	16-27-39	Iron, Value of in organic form	16, 23
Beans, string	32	Juice, How much may be taken	8
Beet Juice	18	Juices, The housecleaning process	34
Body Elements	5	Kidney Stones	19
Boils	27	Kidneys	14, 17, 28
Bones, Softening of ..	29-31-32	Lettuce	22
Bladder	28	Liver diseases	10-11
Blood Pressure	27-30	Lungs	23
Blood Stream	30-31	Magnesium	23
Brussels Sprouts	32	Mucus, Getting rid of	21
Cabbage, Properties of ..	20	Nephritis	28
Cancer, Aid in treatment of	12	Nerve Troubles 16, 17, 23, 27	
Carrot, juice, Discol'g skin ..	11	Neuritis	27
Carrot juice, Great value of	10	Nursing Mothers, Value of juices to	10
Cataracts	28	Onion	33
Celery juice, Its outstanding value	16	Ophthalmia	28
Chlorine, Its value in liver troubles	14	Optic Nerves	17, 18, 28, 32
Conjunctivitis	28	Parsley Juice	28
Convulsions	27	Potassium Broth	12
Cooking foods, The loss in..	6	Prostate Glands	19
Cucumber juice	30	Purgatives, Dangers of	25
Dandelion juice, fine tonic..	31	Purge (Saline), Use of	25
Detoxication, Process of.....	36	Pyorrhea	20, 27, 32
Diabetes	32	Radish	21
Digestive Aids	25	Rheumatic ailments	31
Enema, Use of in detoxica- tion	38	Sinus troubles	21
Eye troubles	27, 28, 32	Skin turning yellow from use of carrot juice	11, 34
Fennel juice	32	Spinach juice	25
Formulas, List of	54-56	Stomach troubles	25
Formulas, Combinations of juices	57-58	Teeth	27, 29, 31
Gall Bladder	14	Thyroid	27, 28
Gall Stones	19	Tomato juice, A natural alkalizer	32
Garlic	33	Turnip leaves	29
Gums, bleeding	27	Ulcers	10, 27
Hair, Aids to growth	24, 30	Urinary	28
Headaches	27	Vitamins	10
Hemorrhoids	30	Watercress	29
Horse Radish	21		
Hyperacidity, How to reduce	29		

