



# EATING FOR HEALTH

*It is eating, besides other aspects of living, that is responsible for the level of health—high or low. It therefore becomes necessary for every one to know the Right Path to Health through eating, while in health or in disease.*

**L. GANESA SARMA**

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*Publishers:*

SARMAANUGRAHA  
Ganeshnagar, Pudukkottai 622 001

*Distributors:*

THE NATURE CURE PUBLISHING HOUSE  
Ganeshnagar, Pudukkottai 622 001  
Telephone: 659

# CONTENTS

	page
MY MOTHER	<i>Frontispiece</i>
DEDICATION	3
A PRAYER	5
INTRODUCTION	9
UNIVERSAL MEDICINE	11
The General Belief	11
Drugs Never Cure	11
Drugs Confirm and Worsen Disease	11
No Drug Is Harmless	12
Common Pain Killer Caused Heart Trouble	13
Violent Suppression Shatters Nervous System	14
In Search of Specifics	15
Universals Instead	15
The Law of Unity	16
Ashgourd Juice	16
Grass Juice	19
Carrot Juice	25
Banana Pith Juice	26
Aamaiakam	27
Green Herbs	30
Diabetes	30
Learn to Pick and Choose	32
A Case of Jaundice	33
Bile Is Complex	35
Raajasic Foods Cause Disease	38
The End Product	39
DIGESTION	45
1. The Need to Digest	45
2. Functions of Digestion	45
3. Stages of Digestion	46
4. Digestive System	46
5. Digestion	48
A. Salivary Digestion	48
B. Stomach Digestion	53

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