



## Milk Diet as a Remedy for Chronic Disease (Paperback)

By Charles Sanford Porter

Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 244 x 188 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: . digested, although an increased rate of gain in weight is always shown in such cases. While it is true that certain parts of the milk, as the fat and casein, or cheese, are never entirely digested, there are other parts, as albumen, milk sugar, and mineral salts, that are always completely assimilated. The cells lining the alimentary canal have a selective action; they take out what is needed, and reject the remainder and, under the natural conditions surrounding-the milk cure, it is always better to provide too much food than too little, in order to be sure of getting enough of the absolutely necessary materials. Where only one kind of food is taken, it is a simple matter for the digestive apparatus to select from it the needed ingredients, and pass on the residue. The dream of theorists that some day we may...



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