

TREATMENT BY NEUROPATHY AND THE
ENCYCLOPEDIA OF PHYSICAL AND
MANIPUATIVE THERAPEUTICS
(pages 186-189)

DIETOTHERAPY

Diet is an important factor in the healing arts. With many it is the only factor considered. We had a lecturer in town recently who kept shouting, "You are what you eat!" A listener in the audience must have been irritated for he sprang out of his seat and shouted, "If what you say is true, that you are what you eat, and you claim you have been a vegetarian all your life, then according to the natural scheme of things you should be by this time a horse or a cow." The listener had taken the lecturer too literally, but the lecturer was to blame, he insisted on a balanced diet, but failed to mention how it could be attained. Physicians cannot afford to be dogmatic as to the habits of the people at large. Only as advice is sought, and as a part of the treatment, is the physician effective as a teacher and healer. Otherwise, he is considered to be nothing more than just a plain crank. Whereas, the real physician practices applied dietotherapy only as a fundamental part of his healing art. Following are a Low and a High Calorie Diet. The Low Calorie Diet can be used as a cleansing diet for those who are obese, or, in lieu of fasting. The High Calorie Diet can be used in anemias, and for build-up purposes. They must be modified by the physician to meet the necessities of each particular case.

HIGH CALORIE DIET

Diet No. 1 Length of Diet___Days

Breakfast

Glass of hot water -- juice of one lemon or any juice the physician may indicate.

One to three slices hard, brown toast.

One or two soft boiled eggs.

Dish of stewed fruit.

Luncheon

Any four of the following vegetables or fruits as indicated by
(X) Raw -- Cooked -- Combination:

Tomatoes	Asparagus	Grapefruit	Brussels sprouts
Lettuce	Olives	Corn	Green peppers
Celery	Prunes	Parsley	Mushrooms
Carrots	Peas	String beans	Radishes
Beets	Parsnips	Spinach	Cabbage
Onions	Turnips	Squash	Endives
Dates	Raisins	Figs	Apples
Apricots	Cucumbers	Cole Slaw	Watercress

Glass of Orange Juice -- Four Graham Crackers

Dinner

Glass of water -- juice of one lemon
Meat as indicated by (X)
Two non-starchy vegetables
Combination vegetable salad
One baked potato
One slice whole wheat or rye bread
Dish of stewed fruit or Jello on alternate days

Steaks	Other Meats
Salisbury	Lamb
Round	Fish
Sirloin	Chicken
Tenderloin	Turkey
	Rabbit

LOW CALORIE DIET

Diet No. 2 Length of Diet ___ Days

Breakfast

Glass of hot water -- juice of half a lemon.
Orange or grapes -- If more fruit is desired, use

of the following: berries, peaches, plums, pears,
apples, melons, soaked apricots or bananas
(should be ripe with a little cream)
One piece of toast and butter
Glass of milk

Luncheon (Choice of No. 1 or No. 2)

(1)

Choice of two vegetables (cooked)
One very ripe banana, with some nuts
Orange or pineapple juice, or lemonade

(2)

Choice of one fresh vegetable
One small baked potato
Small portion of fish, lean beef or one lamb chop
Two Graham crackers

Dinner (Choice of No. 1 or No. 2)

A salad or lettuce or romaine
Small portion of fish or lean beef
One or two vegetables (cooked)
A green salad
Glass of buttermilk between meals and before retiring.

For acid and alkaline balance the following table of foods offers
selections:

ALKALINE FOODS

Fruits: Apples, Apricots, Bananas, Berries, Cherries, Citron,
Cranberries, Currants, Grapefruit, Grapes, Lemons, Limes,
Melons, Oranges, Peaches, Pears, Persimmons, Pineapple, Prunes,
Raisins, Tangerines, Tomatoes, Plums, Cataloupe.
Vegetables: Almonds, Artichokes, Asparagus, Beans (dried lima),
Beans (fresh green), Beets, Beet tops, Brussels sprouts, Cabbage,
Carrots, Cauliflower, Celery, Corn (Sweet), Cucumbers, Endive,
Lettuce, Mushrooms, Olives (ripe), Onions, Oyster plant, Parsley,
Parsnips, Peas (fresh), Peas (dried), Peppers (sweet), Potatoes

(unpeeled), Sauerkraut, Radishes, Spinach, Summersquash,
Tomatoes (raw), Turnips.

ACID FOODS

Starches: Bran, Bread (white, rye, graham, whole wheat), Cereals,
Corn (dried), Cornstarch, Crackers, Flour (white), Gravies (flour),
Molasses, Oatmeal, Pastries, Peanuts, Popcorn, Potatoes (peeled),
Preserves, Rice, Spaghetti, Squash, Soups (thick), Sugar, Tapioca.
Proteins: Cheese, Clams, Crabs, Eggs (yolks), Eggs (whites), Fish,
Meats (lean beef, chicken, lean pork), Oysters, Poultry, Shrimps,
Lentils.

NEUTRAL FOODS

Fats: Bacon, Butter, Cotton seed, Cream, Lard, Milk, Olive Oil,
Peanut Oil.