

One Minute Test - Pressure on Abdomen.

Air Baths

Diet - Nutrition

Two Merons - Two Horses

Five Essentials of Diet -

It doesn't matter so much what you eat at a meal as long as

these five essentials are in the daily fare:

Whole wheat or enriched bread

Eggs or meat

Milk

Yellow and leafy vegetables

Citrus fruit

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Grass Yields a Degree

Cerephyl - Dr. C. F. Schnabel