

CONTENTS

Acknowledgments	6
Preface	7
Introduction	11
One This Chemical Food	15
Two Robbery with Murder	37
Three Vitamin Deficiencies, Mind Pollution and Asocial Behavior	47
Four Further Medical Support	61
Five Bread for Health	73
Six Real Bread	87
Seven More Tactics for Survival	95
Eight Danger in the Pot	123
Nine Let Food Be Your medicine	131
Ten Basic Whole Foods	137
Eleven Housewives Be Warned	149
Twelve The New Awakening	161
APPENDICES	
I Fluoridation and the Sugar Scandal	171
II Some Recipes and Further Suggestions	181
III Table of Incompatible Foods	199
IV References	201
Stop Press	211
Index	217