CONTENTS

	PREFACE	7-8
I	WHAT IS FOOD?	9-16
	The Foundations of Nature	
II	THEORY OF VITALIZATION	17-51
	Water in relation to life; Phenomenon of life; Energy of life;	
	Creation of substance: The laws of Nuture; Plant life as food.	
III	PURPOSE OF FOOD	52-63
	Possibilities of Vitalization; Preparation and Use of food.	
IV	METHODS OF VITALIZATION AND SOME APPLICATIONS	64-91
	Vitalization of milk; Vitalization of Dehydrated Meat; Vitalization	
	Of liquids in brewing; Vitalization of Grape Liquor; Vitalized	
	Tea Powder; Vitalization of Liquids in Sugar Manufacture; Canned	
	Fruit and Vegetable; Vitalized Potato Powder.	
V	POWER FOOD	92-100