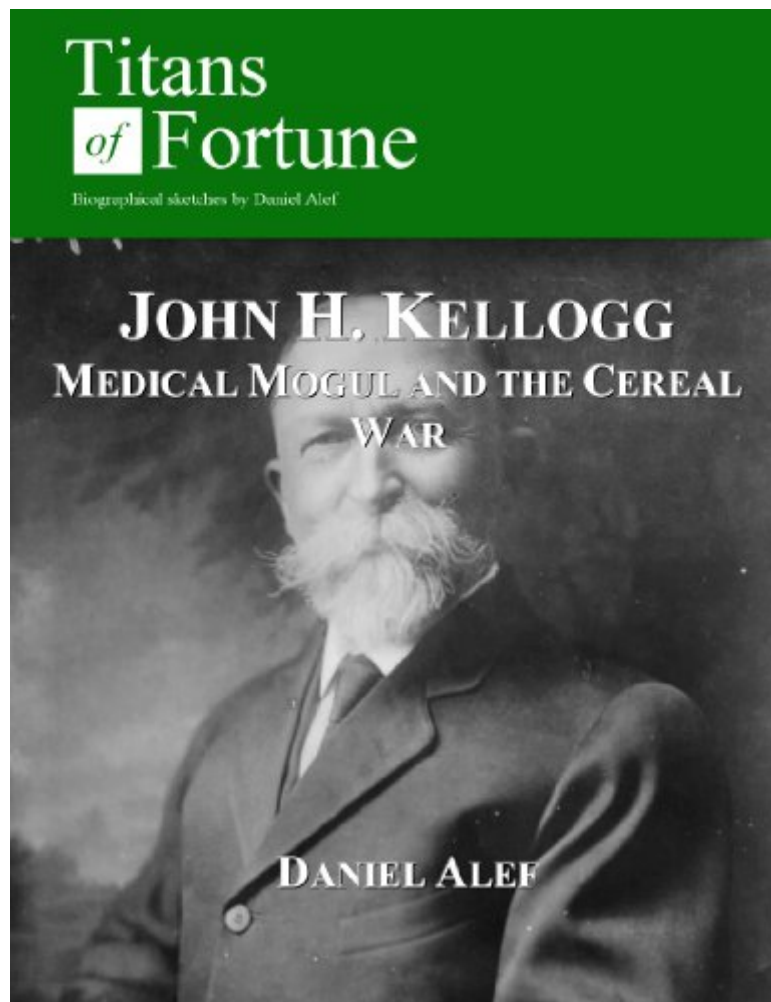


## John H. Kellogg: Medical Mogul and the Cereal War (Titans of Fortune) PDF



 **Download**

 **Read Online**

John H. Kellogg: Medical Mogul and the Cereal War (Titans of Fortune) by Daniel Alef ISBN B001UV3UG4

Dr. John Harvey Kellogg was a titan. He built the world's largest and most sophisticated hospital and health spa, was a prolific author—50 books, many of them leading medical texts—a health and fitness guru, inventor, surgeon and philanthropist. The novel and 1994 movie "The Road to Wellville," starring Matthew Broderick, John Cusack and Sir Anthony Hopkins, were based on his story and ostensibly tell about the darker, more lurid and questionable sides of his health practices, albeit with a large dollop of fiction and patently ill-conceived humor. But undoubtedly Dr. Kellogg--cereal king Will K. Kellogg's older brother--was a century ahead of his time, prescribing for his patients a diet of fresh vegetables, fruits, grains, yogurt, nuts, cereals and fresh milk coupled with lots of physical exercise, sunshine and fresh air. His gym introduced treadmills and standing bikes.

He was also certain that tobacco caused cancer, penning his first book on the subject: "Tobaccoism or How Tobacco Kills." Dr. Kellogg was a brilliant, successful and eccentric mogul who's story is a fascinating view of a man way ahead of his time. [2,637-word Titans of Fortune article]

## **John H. Kellogg: Medical Mogul and the Cereal War (Titans of Fortune) Review**

This John H. Kellogg: Medical Mogul and the Cereal War (Titans of Fortune) book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of John H. Kellogg: Medical Mogul and the Cereal War (Titans of Fortune) without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry John H. Kellogg: Medical Mogul and the Cereal War (Titans of Fortune) can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This John H. Kellogg: Medical Mogul and the Cereal War (Titans of Fortune) having great arrangement in word and layout, so you will not really feel uninterested in reading.