



## Diet and Food: Considered in Relation to Strength and Power of Endurance, Training and Athletics (Paperback)

By Alexander Haig

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This edition presents the same ideas and theories that have been described by Haig in his numerous writings. The enthusiasm displayed by the author consists in his belief that uric acid is the all-around evil, and he judges the standard of health by the amount of uric acid present. He says: I have demonstrated that fatigue which is produced by a rush of uric acid into the blood is accompanied by an immediate fall of urea, while exercise without such uric acid in the blood and without fatigue is accompanied by an immediate rise of urea, and no doubt it would thus be easy to tell from the urea excretion of two athletic competitors which would fail first. The author divides the uric acid free foods into the following groups: 1. Milk and milk products, as cheese. 2. Breadstuffs, cereal foods and glutens. 3. Nuts and nut foods. 4. Garden vegetables, as potatoes. 5. Garden fruits, as apples. 6. Dried and foreign fruits. Milk is one of the best of these foods, because it is...



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