



Eat and Grow Thin

By Vance Thompson

Cosimo Classics. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 7.9in. x 5.0in. x 0.3in. Known as one of Americas first low-carb diet books, author Vance Thompson offers his strategy for escaping the tragedy of growing fat. Whats more. The Mahdah menus tell you exactly what to eat just what food values should be banked every day. The menus are composed. Each luncheon is complete in itself. Each dinner provides exactly the nutrient needed and in exactly the right proportions. And breakfast Oh, we of the slim-waisted gracilities breakfast on a cup of yellow tea or a cup of black coffee or a dish of fresh, ripe fruit. Originally published in 1914 and long out-of-print, Eat and Grow Thin proves just how long low-carbohydrate eating plans have been around. Of course, contemporary dieters familiar with the current low-carb craze will find memorable advice here as well as a wealth of slimming recipes from the turn of the century. VANCE THOMPSON (1863-1925) was an American author and literary Renaissance Man of the early 20th century. His work covers a wide-range of genres including poetry, stage plays, miscellaneous manuscripts as well as sheet music. Capitalizing on popular tastes of the era, his earlier...



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