

The Miracle of Milk:
How to Use the Milk Diet Scientifically at Home
Bernarr Macfadden, 1923
www.milk-diet.com

Preface

Milk is the greatest of all diet cures. It is already scientifically combined. When you are furnished with this delectable fluid you need not bother about other nourishment.

“Milk is for babies, water for weaklings and women, and whisky for men,” is an old time quotation, but it is out of date.

This age would doubtless interpret it, “Whisky for fools, water for men, milk for babies and invalids.”

And that is our position. An invalid is a weakling. In functional strength he is a mere baby, and that is why milk is so valuable under such circumstances.

I have personally come in contact with thousands of people who have been amazingly benefited by adhering to the exclusive milk diet.

I have personally secured benefits at different times in my own life that could not be measured in money value.

John D. Rockefeller, the richest man in the world, advertised nearly thirty years ago and offered a million dollars for a new stomach. I never heard of any one accepting this offer, but a short time after that reports were frequently circulated of his interest in outdoor life, golf, etc., and now, at his greatly advanced age, it is reported that he lives exclusively on milk; that he is maintaining his life at present great age because of this simple diet.

The milk diet, properly prepared for and properly used, is capable of bringing about miraculous changes in the physical organism. We are presenting, in the following pages, the amazing truth in reference to this remarkable diet.

There are times in life of every human unit when the milk diet can be of extraordinary value. Whether you need it now or in the future, it will be of inestimable value to you to assimilate carefully the information contained in this book.

It will undoubtedly give you more life while you live and it may add many years to your life. It may actually save your life in a crisis when a simple, invaluable food can be used advantageously.

The facts presented in this volume are of but little value if hurriedly scanned, but if read and absorbed they will offer you an equipment of knowledge that will be invaluable.

In the writing of this book I have not only gleaned from every phase of my own experience, but I have been aided by an editorial staff who searched in every possible source for additional information on this important subject. Medical and literary experts have materially added to its scope.

More than twenty years have elapsed since I first tested the value of this diet in a régime, and the longer I live, the more I study it, the more I am able to appreciate it.

I am quite sure that the experience of the readers will be similar, if they give the subject proper attention.

Bernarr Macfadden

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