DRY YEAST AS AN AID TO HEALTH

YEAST FOAM
What dry yeast means to mankind

Do you know that Yeast Foam and Magic Yeast are eaten for their health-giving qualities as well as used in baking bread?

It isn't the amount of food you eat that makes you fit, strong and healthy—it's the selection of the right foods, those that contain the necessary element called vitamine.

The diet of most people contains insufficient vitamine, because many foods lack this necessary nutritive element.

Yeast is many times more plentiful in this indispensable vitamine than any other food.

This booklet will tell you something about this new use of Yeast Foam and Magic Yeast, widely known by home bread-makers everywhere for the exceptionally good bread they make.

NOTE—Yeast Foam and Magic Yeast are the same product under different names

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Yeast — Yeast is not made; it grows. What It Is It is a cultivated form of plant life, so minute in size that the individual plants can be seen only with a powerful microscope. The yeast plants, as you get them in Yeast Foam or Magic Yeast, are in a “resting” state.

Scientists have discovered that Vitamines by chemical operations artificial milk could be prepared exactly like good, rich milk by every chemical test. But animals fed on artificial milk grew weaker and died; while others fed on natural milk lived and grew stronger. Some of those which weakened on the artificial milk grew stronger again when changed to regular milk.

This seemed to prove that natural milk contains some element which had wholly eluded chemical analysis; research finally disclosed this element. Scientists called it “‘Vitamine,’” a necessary “‘Accessory Food Substance.’”

Why Your System Needs Vitamines Animals used for experiment were fed carefully on certain foods; one group, when yeast was added to the “menu,” grew rapidly and gained in weight; another group, without yeast, did not grow so well, or even lost in weight. The same facts were shown in the case of men who submitted themselves to the experiment.
You may eat enough and still lack physical buoyancy. Even those who select their food carefully and eat plentifully may suffer from disturbances caused by lack of vitamine in the food.

You may think of hunger as a mere craving for food; but medical science recognizes another kind of starvation; the hunger of the vital cell-making processes of the body, not for more food, but for the important element in food called vitamine.

The familiar yeast cake is, of all substances, richest in this remarkable element. A small amount of this vitamine-rich food will do more to stimulate and restore the hungry cells of the body than great quantities of food deficient in vitamine.

Physicians now know that there are many physical disorders that actually originate within the body, due to vitamine-hunger; and such a condition causes the body to be less resistant to disease attacks from the outside.

"Disorders brought about by lack of vitamine," says a noted New York medical scientist, "to a considerable extent..."
must be regarded as typically modern. They are the product of countless ingenious methods devised to render food stable—drying, heating, sterilization, the addition of preservatives—most of which accomplish their objects, but incidentally rob the food of one or more of its essential constituents."

Its use in boils, acne and many kindred troubles has long been followed. These ills are now known to be due to some internal trouble; boils and pimples are merely "surface" indications of lack of vitamine in the diet.

Many cases of persistent recurrence of boils have been cured completely by the use of Yeast Foam and Magic Yeast.

In one of the leading medical schools of the country extensive experiments were recently made to determine the effect of yeast when administered as a remedy in such affections. Of 17 cases of boils in which the trouble had existed from several months to several years, all but one case were much improved, or completely cured. Of 17 cases of acne, all showed marked and immediate improvement; some were wholly cured; in some the trouble returned after the use of yeast was discontinued.
Of 8 cases of rosacea, one of fifteen years' duration, one of ten years, one of eight years, and the others from two to five years, all showed marked improvement in a few weeks' treatment.

In 4 cases of psoriasis, only one showed marked improvement; the other three, of five, six and eight years' duration, did not improve. In the treatment of eczema, 5 cases showed no improvement from the use of yeast.

Our own experiments, and others made by medical men who have used Yeast Foam or Magic Yeast in many cases of disease, confirm the results set forth in these foregoing paragraphs.

The same research disclosed very interesting results in the use of yeast for constipation. In 10 cases of serious constipation, in some of the cases the trouble being of many years' duration, all but one case were practically cured. The one case which did not yield was complicated with a sub-acute appendicitis. In 3 cases of gastro-intestinal catarrh good results were secured in all of them.

In addition to boils, the acnes and other skin troubles, and certain stomach and bowel disorders, the yeast treatment was employed for bronchitis, rheumatism, intestinal ulcers, swollen glands. The results of these experiments with the yeast treatment were summed
up by the scientific observers in the following way:

"The conditions which responded most favorably to the yeast treatment were (a) furunculosis (boils), (b) the acnes (vulgaris and rosacea), and (c) constipation. Fifty out of fifty-two cases (in these three classifications) were improved or cured by yeast treatment."

Most laxatives treat the result and not the cause of constipation.

Yeast Foam is not to be thought of as a purge or as a laxative like the ordinary habit-forming drugs and oils that give only temporary relief.

What it does is to gradually restore the normal action of the intestines by acting upon the cause of constipation.

Until the yeast has had a chance to assist the normal function, do not expect immediate results if accustomed to taking laxatives regularly.

This very distressing intestinal auto-intoxication trouble causes much misery to the sufferer, and often continues for a long time before patient or physician can discover what is the matter.

It is held by most physicians that intestinal auto-intoxication is due to the fact that the digestive processes of the intestinal tract are
disordered or partly suspended, causing the decomposition of the contents of the bowels, which produces toxins, or poisonous material, which are absorbed into the system; auto-intoxication—self-poisoning. The effect of yeast, when used to correct this condition, has been found, in many cases, very helpful. It is believed that yeast establishes a condition of the digestive tract in which the toxic bacteria cannot survive, and by the gentle laxative action of the yeast they are eliminated from the system. There are many instances of complete cure following the administration of yeast in such cases.

This is a source of Indigestion, Gas and Acid Stomach great distress to many people and is absolutely relieved by the use of yeast. The relief of this condition is verified by reports to us from reputable physicians who were daily using it.

What is generally called “Run-Down” a “run-down” condition is usually caused by under-nutrition, frequently due to improper selection of food.

It isn’t the amount of food you eat that makes you fit, strong and healthy. It’s the selection of the right foods—those that contain the necessary element called vitamine. Science has definitely established that sus-
ceptibility to disease is a result of a shortage of vitamins in the diet.

Yeast is so rich in vitamins that it supplies the deficiencies of whatever we are likely to eat, corrects conditions of impoverished vitality, tones up the health in general, and increases the power of resistance to disease attack.

Yeast Foam and Magic Yeast do not have the same effect in the body as in raising bread. Yeast is a food, and does not produce flatulence or gas. On the contrary, it has a tendency to relieve this effect. Avoid sweets immediately after eating Yeast Foam or Magic Yeast.

**The Advantages of Dry Yeast**

Yeast are the most convenient forms of yeast because they keep a considerable time. You do not need to get a fresh supply every two or three days. You can carry a package in your pocket, keep it in your dressing-table drawer, or conveniently at hand in the pantry without danger that it will deteriorate in a few days.

**Treatment Must be Persisted in to be Effective**

The importance of having a convenient supply always on hand ready for use is considerable; because, if you begin the use of yeast as an aid
to health, you ought to continue regularly for at least four or six weeks, if the treatment is to be given a fair test.

While taking the yeast treatment, avoid rich foods, pastries, fried dishes, sweets and stimulants. Drink a glass of water before breakfast each morning, bathe frequently and get plenty of exercise in the open air.

For a "run-down" condition, Treatment boils, pimples, constipation, indigestion and auto-intoxication, eat a third, half or whole cake before or after meals, or between meals if it is more convenient. For children the quantity might be less. As soon as you are accustomed to the yeast taste increase the amount if necessary. If the laxative action is too great, reduce the quantity gradually, until just the proper amount needed for the best results.

In severe cases consult your physician, who is familiar with the great benefit of yeast as an aid to health.
Others carry a package around with them so a cake can be eaten at convenient times.

Some prefer to eat it buttered like a cracker.

Wash it down with a little water or milk. You will quickly learn to like its taste.
Read about the valuable benefits many are receiving from its use

These are just a few of the letters received from those who have been helped by the upbuilding qualities of Yeast Foam and Magic Yeast:

**Boils disappear; intestinal pains relieved**

"I take the privilege of writing you in regard to Yeast Foam, it being recommended to me by a surgeon to cure a bad case of boils. My boils are disappearing and I am feeling greatly relieved from pains in the lower intestines. If the American public knew the medicinal qualities of Yeast Foam it would mean much to people's health."

**Violent headaches from stomach trouble relieved**

"Regarding results obtained by my mother in using Yeast Foam, can truthfully say that it has been noticeably beneficial. Although the cakes are distasteful to her, she has been able to eat about one cake a day. She has no intention of stopping now that it has helped her, but will continue to eat as many as practicable as a treatment. She did have very violent headaches, caused, I believe, by stomach trouble, and has suffered with them for years, but very strange to relate has not had a headache since she began eating Yeast Foam. We can and will recommend it to all that have the trouble she had."

**Good for stomach and bowel trouble**

"I have found Yeast Foam invaluable in stomach and bowel trouble."

**Constipation**

"I have been using your Yeast Foam for some time and find it a great aid in chronic constipation."

**Regulates the bowels, improves complexion, gains weight**

"I have taken Yeast Foam for a year. In that time I have come up to normal weight, a gain of 20 pounds, besides regulating my bowels and improving my complexion. At present my whole family is taking yeast—my son to gain in weight and my husband as a cure for boils. I tried many years to find something to make me gain in flesh."

**Amazing health qualities**

" Permit me to congratulate you on the amazing health qualities of your product."
Tell Your Friends

Every reader of this booklet, "Dry Yeast as an Aid to Health," will doubtless think of many friends and acquaintances to whom it would be of interest. Send us their names and addresses and we will be glad to send them a copy free.

A fresh supply of Yeast Foam and Magic Yeast is constantly moving through the stores into the homes. Your grocer carries it. If he doesn't, send to

NORTHWESTERN YEAST CO.
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