# **HOW TO EAT TO LIVE BY ELIJAH MUHAMMAD BOOK 2**



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Elijah Muhammad (born Elijah Robert Poole; October 7, 1897 February 25, 1975) was an African American religious leader, and led the Nation of Islam from 1934 until his death in 1975. Muhammad was a mentor to Malcolm X, Louis Farrakhan, Muhammad Ali; and his son Warith Deen Mohammed.

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How to Eat to Live, Book 1 Chapter 1 Right Way to Eat 1 There is no way for us to learn the right way to eat in order to live a long life, except through the guidance and teachings of Allah. Who came in the Person of Master Fard Muhammad. 2 The Bible says that He will give us more life abundancy, but He demands strict obedience to His Will.

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#### HOW TO EAT TO LIVE BOOK 2 BY ELIJAH MUHAMMAD

How To Eat To Live by The Honorable Elijah Muhammad. Fasting, eating right foods, keys to long life. Fasting is a greater cure of our ills both mentally and physically than all of the drugs of the earth combined into one bottle or into a billion bottles. Allah (God) in the Person of Master Fard Muhammad, has taught me that fasting and the

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# How to Eat to Live by Elijah Muhammad Goodreads

Two items you will definitely learn from this book are: #1 - Eat one meal a day or one meal every two days, and, #2 - Do not eat or even touch the swine! These two principles are repeated throughtout the reading in order to emphasize their importance.

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# How To Eat To Live by The Honorable Elijah Muhammad

He told me you would never be sick, eating one meal every three days. The fact that fasting is the cure to 90 percent of our ills is known by the medicine scientists. But, they do not teach you that.

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How to Eat to Live, Book 1. Elijah Muhammad. Elijah Muhammad Books, Oct 10, 2008 - Religion - 128 pages. 5 Reviews. For more than 30 years, messenger Elijah Muhammad has been teaching the so-called Negroes of America on the proper foods to eat to improve their mental power, physical appearance, for prevention of illness, curing of ailments and

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