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How To Eat To Live Book 1 by Elijah Muhammad

Good book and I'm going to try to eat 1 meal a day and see how my body reacts to this and this type of teaching should be taught to us but it isn't and Black people in general should read this because by cutting out swine will increase years on this Earth.

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'How to Eat to live' book by Elijah Muhammad is a time tested hallmark in referenc to good health and sound nutritional advice from one who knows. This book is a must read for all of those seeking truth in a time where the nutritional standards change from day to day, week to week, and month to month.

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How to Eat to Live, Book 1 What people are saying - Write a review. Best book I ever read on nutritional regimen. Selected pages. Contents. Other editions - View all. Common terms and phrases. About the author (2008) Elijah Muhammad was born on October 7, 1897 in Sandersville, Georgia.

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How to Eat to Live book 1 GaryNoi com

Eat the proper food as given in this book and eat at the proper time; one meal a day from 4 to 6 p.m. Chapter 12 The Right Food and the Proper Time to Eat it is becoming a "MUST" To live without sickness and without fear of a short span of life is now a must for the people who expect to see the Hereafter.

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Chapter 1: Right Way to Eat . 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.

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How to Eat to Live Book 1 BOOK

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