

[HOW TO EAT TO LIVE BOOK](#)



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How To Eat To Live, Book 1 By Elijah Muhammad 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 prolonging life.

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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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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 throughout the reading in order to emphasize their importance.

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Eat to Live The Revolutionary Formula for Fast and

Eat to Live is such a life changing book!!!! It's changed the way I look at food. This isn't a fad diet book. It's a book that examines the American diet and exposes it to the truth it really is..disease causing.

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How To Eat To Live Book 1 Final Call

Before health food stores, and organic vegetable and fruits were available, The Honorable Elijah Muhammad wrote two books that gave dietary blueprints to generations who would be impacted by his words of guidance.

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How To Eat To Live, Book 2 [Elijah Muhammad] on Amazon.com. *FREE* shipping on qualifying offers. 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

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Eat to Live Diet Review WebMD

The Eat to Live diet is a vegetarian, vegan, low-salt, low-fat, and gluten-free (if you avoid grains with gluten) plan. After the first 6 weeks, when some restrictions loosen, you may add animal

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How To Eat To Live Book 2 by Elijah Muhammad by Elijah

Eat to live to bring about a return to perfection and long life; like Noah and Methuselah, who lived nearly 1000 years of our calendar year (containing 365 1/4 days). LONG LIFE IS NOT enjoyed by eating food which will shorten and destroy life. Under this white race of people, we were not taught how to eat to live.

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