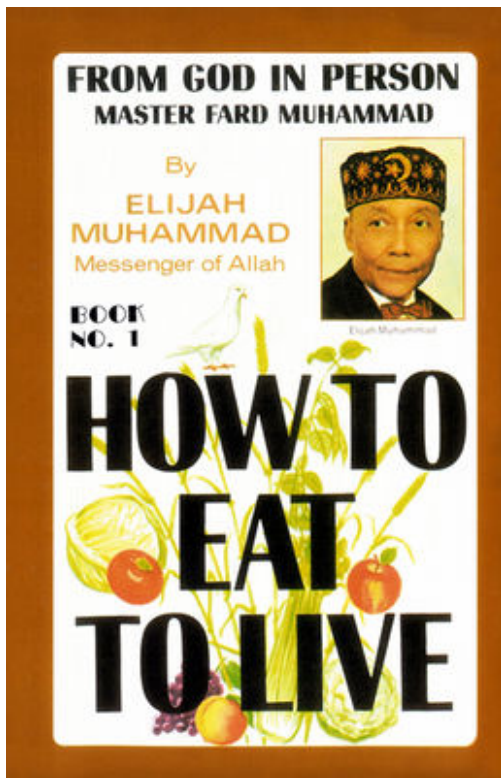


Download How To Eat To Live: Book 1 free Elijah Muhammad (PDF, ePub, Mobi)



In this book, HOW TO EAT TO LIVE, Messenger Elijah Muhammad, our Beloved Leader and Teacher, follows the tradition of the prophets and apostles teaching as they did not only of spiritual enlightenment but also of physical well-being. For example, Moses taught his people, when they were slaves in Egypt, not to eat the unclean food of the Pharaoh. Daniel, too, resolved not to defile himself with the king's meat and drink. Having complete faith in Allah, he challenged those who ate the "king's rich food" to a test. After the ten-day testing period, Daniel and his followers were far healthier than were the followers of the king. The law given to Moses and followed by Daniel is today being followed by Messenger Muhammad and his people. They, like Moses and Daniel, reject the swine, the prized dish of America. They, like Moses and Daniel, enjoy excellent health and a pleasing appearance. If you want good health, follow Messenger Muhammad's rules as they are outlined in this book. Remember his teaching, which is supported by the scriptures:

"A sound mind dwelleth in a sound body."

Since the creation of the white race, man has fallen from spiritual and physical correctness. Adam ignored God's instructions of what to eat, eating everything that delighted the eyes and that was desired. To give life to the dead and to restore the proper life of his people, Allah has chosen Messenger Muhammad to teach and instruct us on physical well-being. As the Holy Qur'an says (21 :7): "And We sent not before thee any but men to whom we sent revelations; so ask the followers of the Reminder if you know

not. Nor did We give them bodies not eating food." Even more clear are the words to the followers of the Last Messenger-Prophet. The Ummi whom they find mentioned in the Torah and the Gospel. He enjoins them good and forbids them evil, and makes lawful to them the good things and prohibits for them impure things."

Throughout scripture there are conflicts and confusion over which foods are proper and which are not. As in the past, the confusion can be resolved only by listening to the instructions of divine men. Only by following the teachings "Of Messenger Elijah Muhammad can we learn Allah's Will.

Let us accept this good from the table of knowledge which Messenger Elijah Muhammad is offering. Let us not be like Judas who so often ate with Jesus and then left his table to betray him. We now have the opportunity of eating with a Divine man of God as the disciples ate with Jesus.

Remember the teaching of Messenger Elijah Muhammad as related in the Holy Qur'an (2:168): "O Men, eat the lawful and good things from what is in the earth, and follow not the footsteps of the devil. Surely he is an open enemy to you." If you follow this teaching and practice the rules set before you in HOW TO EAT TO

LIVE, you can attain good health and a long life.

John Ali, Former National Secretary
Muhammad Mosques of Islam
The Nation of Islam

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Autor : Elijah Muhammad
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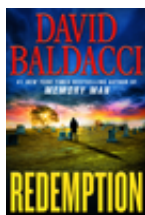
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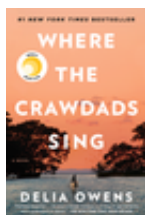
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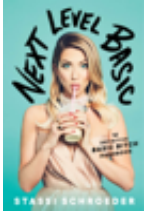
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