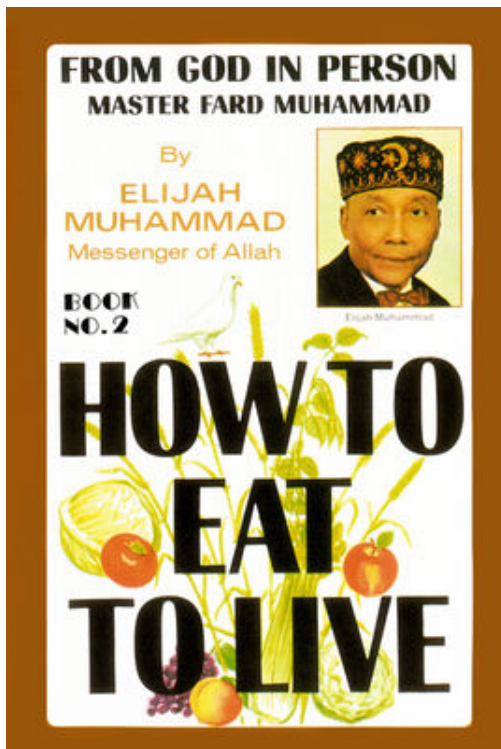


Download How To Eat To Live: Book 2 free Elijah Muhammad (PDF, ePub, Mobi)



The Teachings of 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.

Before it became a fad, Messenger Muhammad advocated eating whole wheat and staying away from bleached, white enriched flour. He has taught and maintained fats should be reduced and eliminated from the diet. He has warned about the dangers of eating from cans and wax cartons. He has cautioned the so-called Negroes to take better care in selecting food to eat.

Mr. Muhammad has stated the so-called Negro should eat the young, fresh green vegetables. He has stated the lima bean, black-eyed peas and other field beans do not have food values

good for the body and that they are very hard and damaging to the digestive tract.

For more than 30 years, the Muslim home has stressed the baking of foods and not frying. He has cautioned his followers to be conscious of weight. Penalties are exacted from Muslims found overweight.

All of Messenger Muhammad's teaching on foods and weight have been studied by white scientists, doctors and dieticians. Finally, 1959, actuaries released new average weight charts for men and women. It was no mere coincidence that their findings coincide with what Messenger Muhammad had been teaching. It was practically a verbatim transcript of the papers they confiscated when the federal government arrested him in 1942.

This was followed up with a featured story on weight in the "U.S. News & World Report," Nov. 2, 1959, which was condensed in "Reader's Digest," Feb, 1960. Their story, too, followed what Messenger Muhammad has been teaching for 30 years, that is, except the portions which advise eating pork, "Coronet" magazine, also in Feb., 1960, published an article on weight and new weight charts, according to the plan of Mr. Muhammad. And, in the April 11, 1960 edition, the "U.S. News & World Report" again reported a detailed account on the foods to eat. As one Muslim said, "They really listened to Mr. Muhammad, but they mixed it up and added to it." Everyone would do well to read this book by Mr. Muhammad on the proper foods to eat. His advice adds to your life.

título : How To Eat To Live: Book 2
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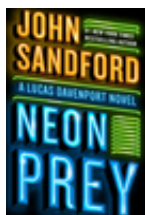
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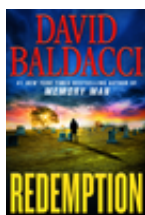
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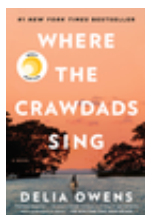
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