



How To Eat To Live, Book 1

Elijah Muhammad

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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. Given the humble, economic conditions of the blacks in America, an inexpensive, yet highly nutritional diet was given to them by Elijah Muhammad. Before the health craze that has swept the country, Elijah Muhammad and the Nation of Islam were head of the curve as far back as the early 30's. This is the first of two books written with this simple, yet revolutionary way of eating.

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