



MUHAMMAD'S NEWSLETTER

Special Issue How To Eat To Live Pt. 1

Muhammad's Newsletter Volume 7 Issue #5

The Right Way To Eat by Bro. Kamau Islam

In The Name of Allah, Master Fard Muhammad, and His Messenger, the Honorable Elijah Muhammad. As-Salaam-Alaikum.



times of day that all people should eat a meal or just eat something. According to Messenger Muhammad none of the above answers are proper for a civilized man, woman or child who wants to learn **the right way to eat.**

Some of the main reasons people give for eating are: (1) because they think they are hungry and do not want to starve (2) they just want to try certain foods to find out how they taste and (3) it's just one of the many

Since the people of the earth have been under the influence and rulership of the devil's (whiteman's) civilization for the past 6,000 years the life spans of all have been cut short. In addition



The Honorable Elijah Muhammad
Messenger Of Allah

to this fact, the health of the people has greatly deteriorated. The Honorable Elijah Muhammad teaches us that some 6,000 years ago the wicked world of Adam and Eve (the white race) (cont' pg 2)

Allah's Way Prolongs Life by Sis. Faye X



In The Name Allah, Master Fard Muhammad, and in the name of His Last Messenger, the Honorable Elijah Muhammad. As-Salaam-Alaikum.

Black Nation in North America so much that He outlined a way of life for us to become strong and dependent only on Him. He strengthens us through the teachings of the Honorable Elijah Muhammad who not only enlightens us mentally and spiritually, but also gives us knowledge on nourishing and sustaining our physi-

cal body.

On pages 26-28 of his book titled "How To Eat To Live", (Book One), he teaches us that what and how we eat can prolong our lives. The slave master's diet of three meals a day keeps our digestive system constantly working. Without rest, it is at risk of wearing out. Indigestion, (cont' pg3)

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Allah, Who came in the Person of Master Fard Muhammad, loves the

Food Can Be Life or Death by Bro. Hakeem Muhammad

In The Name of Allah, Master Fard Muhammad, and His Last Messenger, the Honorable Elijah Muhammad. As-Salaam-Alaikum.



The Honorable Elijah Muhammad teaches us that food is a sustainer of life as well as a way to shorten life. When it comes to that which we take in as food, it should be that which is best for us. All, he teaches, of that which is taken in as food is not good for us to eat. In his book, "How To Eat To Live", he writes on the proper preparation of foods as well as what shouldn't be taken in as foods. That which we take in as good or proper foods (not including fruits) should be cooked, and

cooked until thoroughly done, seasoned with salt, where necessary. We are reminded that all vegetation is not to be taken in by us as a food, herbivores eat plants, too. Our bodies can't handle any and every plant not intended for human consumption. As for flesh, such as meats, he teaches that we should not eat any-we eat it out of habit. A vegetable diet is best for us. We can eat sea life such as fish having scales and weighting no more than fifty pounds. No so-called seafoods that are scavengers such as shellfish, crabs, lobsters, etc., should be eaten. He informs us that eating that which is best for us safeguards our delicate stomach which has the job of digesting that which we take in. The stomach as well as the whole digestive system is

the primary key to a healthy life. Overtaxing this system results in many physical ailments which lead to hospitals, doctors and money spent-even worse, the undertaker. We are reminded that our mental state also plays an equal part in our good health. Stress and an unstable mental state also contribute to poor health. He states that we kill ourselves by what we eat physically and mentally. Our bodies and minds are not separate. They are one, and together they make us. Allah has missioned the Messenger to give us that which gives us more life in abundance. The proper physical and mental foods can truly be life-sustaining. Chose life, not death, and eat only one meal a day to promote life. As-Salaam-Alaikum.

The Sayings of The Messenger

If you are my followers, then seek the way through me.

The Right Way To Eat

was coming while in the righteous world of the Original Black Nation was being phased out.

This is why you find in the Bible accounts in the Old Testament of people like Methuselah who lived to be almost 1,000 years of age. They knew what to eat, when to eat and how to properly prepare that which they did eat; today, however, the people's sickness and diseases are so great for not having and applying such knowledge that health care systems of the world are spiraling out of control and

nearly bankrupting many country's economies.

Allah (God), in the Person of Master Fard Muhammad, has visited North America and has given Messenger Elijah Muhammad a Divine Program for the salvation of the Black Man and the Black Woman. Included in this program is an extensive teaching on **How To Eat To Live**. The Honorable Elijah Muhammad has written two volumes of books on this subject.

The average so-called African-American or so-called American

cont' from pg1

Negro can gain some insight into better health by purchasing, reading and studying these aforementioned books; but the best decision would be to visit a Muhammad's Temple of Islam under the teachings of The Honorable Elijah Muhammad. Then one can began the process of becoming a member of the Nation of Islam where he or she can enroll in civilization class and engage in in-depth study and application of **the right way to eat**.

As-Salaam-Alaikum.

You Don't Need Numerous Diets by Sis. Brenda Muhammad

In The Name of Allah, Master Fard Muhammad, and in the name of His Last and Greatest Messenger, the Honorable Elijah Muhammad, As-Salaam-Alaikum.



A number of people start making New Year's resolutions at the beginning of each year-the biggest one is to lose weight! Everyone wants to look good physically for the spring and summer. They now start to look for the easiest way to begin this task of reducing weight, and to eating in a manner that will aid in reaching that goal. Many turn to some type of diet, but most call for food reduction and an exercise regimen. Off times this is a regimen that many fail due their inconsistency in governing themselves in such a program. After all, failure to work this type of program in the past and without commitment to such a regimen is the

main reason for an unsuccessful end. The Honorable Elijah Muhammad teaches us that the best way to reduce our overweight selves is to change our eating habits. The manner in which we eat, he teaches, will shorten or prolong our lives. He teaches that "diet" really refers to what is taken in as foods and the manner in which it is prepared. We, he says, should eat only the best of foods. A whole variety of foods is not necessary. We should learn what plant-based foods best serve our bodies with the greatest amounts of vitamins, minerals and other needed nutrients. A diet that is plant-based is what our bodies were best designed to process and handle most efficiently. But, he warns, all plants are not to be used as food for human consumption. Meats, he continues, should not be eaten at all. We eat meats out of habit and our bodies have a hard time digesting them. This

contributes to over-taxing our systems and promotes additional ailments. We can eat fish, but not those without scales or any weighing over 50 pounds or any sea life that are scavengers or bottom feeders. We are what we eat. If we eat and prepare our foods in the best manner, we will not need to chase good health with some of the "money thrown away" diets that are presented on the market. Eat the best of foods prepared properly and most importantly, eat one meal a day to maintain good physical and mental health. Equally, cut out the refined sugars and products containing high fructose corn syrup. Both lead to terminal illnesses and unwanted doctor visits and/or hospital stays. You don't need numerous diets, just the knowledge to aid you in prolonging your life and good health. As-Salaam-Alaikum.

Allah's Way Prolongs Life cont' from pg 1

heartburn and cancer are just a few of the unpleasant results of bad food intake and over-eating. He says that 24 hours between meals will prolong our lives by giving the stomach time to destroy the poisons found in many foods and allow the vitamins and minerals to be absorbed in the bloodstream, yielding maximum benefits. An even greater benefit for the body is learning to fast and eating one meal every 48 to 72 hours. This is an excellent way of keeping our circulatory system clean so the blood can carry the oxygen and other nutrients throughout the body without hindrance. The farther apart our meals, the healthier we become

and we will find that the good foods we choose to eat will taste better with less salt and/or sugar. These are of course two of the most over-used seasonings that can be detrimental to our health as much medical research has shown. Take care to consume them sparingly.

If you value the temple (body) that Allah has given you, then you should exercise care in purifying it-you won't get another. Follow the teachings of the Honorable Elijah Muhammad and study his books "How To Eat To Live", (Books One and Two). You will have vitality and the glow of living well. As-Salaam-Alaikum.

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