



MUHAMMAD'S NEWSLETTER

Special Issue How To Eat To Live Pt. 2

Muhammad's Newsletter Volume 7 Issue #6

Natural Food by Bro. Hakeem Muhammad

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



consumption or not. They offer these non-foods in the market for us to eat. We are forever thankful to Allah, Master Fard Muhammad, for raising the Most Honorable Elijah Muhammad, who teaches us the truth of this open enemy. He teaches us the best way to eat in order to extend our lives while enjoying excellent health. He teaches that the proper diet is what keeps us free of illness. To eat to live is a part of the "New Islam" that he brings from



The Honorable Elijah Muhammad
Messenger Of Allah

Allah. He teaches that we must eat the best available natural foods-whether we grow it our selves or purchase it. It should be produced without chemical additives. When we eat natural foods, the vitamins, proteins and (cont' on pg2)

Following the dictates of the white race, we have fallen into their trap of unwanted illnesses by using them as a standard as to what to consume as food. They have tricked us into eating everything as food, whether it is food good for human

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Animal Food by Bro. Hakeeme Muhammad

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race is to do the opposite of right, and to oppose the natural good laws of the God (Allah) of the righteous (black nation). We have been eating the wrong foods under the rule of white people. The Bible's symbol-like language in Genesis of the made man (serpent, devil) talking to Eve, whose rep-

resentation is of the righteous, in the garden is coaxed into taking his word which caused her and Adam to disobey the instructions from God. The made-man (serpent) condemned what God had said to Eve and wrongly accused the God of trying to deprive her of knowledge that she (cont' pg 3)

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- Many Ailments Can Be Cured htetl 2pg173
- Long Interval Between Eating Is Better htetl 2 pg189
- and More

We are taught by Messenger Muhammad that the nature of the white

Do Not Eat Scavengers

by Bro. John X

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



Mention the word "scavenger" and in one's mind, vultures, buzzards, even crows initially are imagined. However, "anyone who searches, as through refuse, for food or useful material" can qualify. So much for the human factor. Messenger Muhammad teaches, preaches, and advises long life for our people (believers and non-believers). Our longevity is based upon what we eat and drink, how much and what time. Our very acceptance of white people and their endless incriminations (food crimes) has had and is having serious conse-

quences in our quest to eat properly in order to live a long life. Only we, so teaches Messenger Muhammad, can blame ourselves for accepting such evil.

Directly, when eating fish, our confinement should be have scales, and weighting less than 50 pounds. The real scavengers of the sea (oysters, crabs, clams, shrimps, eels, and catfish) are not to be eaten. King and queen cluck (chickens) are also not good to eat, but we eat them by habit. Eating meat is not a sin; however, eating hog (tail to snout) is definitely a sin. The devil (white people) calls the hog "the other white meat." How crafty! As for the so-called Negroes, they even swear by "old piggy's" worth-how unfortunate (fatal attrac-

tion)!

The Honorable Elijah Muhammad has diligently prepared not one, but two life-giving and life-saving books (How To Eat To Live), volumes one and two. All we need to do is to study (examine carefully) their contents—over and over again until we get the message. We are to eat to live and not to die. Our eating habits can keep us living or they can take us away-for good. Is that what we want? Are we longing that much for the "land of milk and honey"? Our leader, teacher, and Divine Guide states, "Eat the best food you can obtain. Never deprive yourself of good health, at the price of good food." B-u-r-r-p! As-Salaam-Alaikum.

Natural Food

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minerals contained in them will aid the body in fighting off illnesses and unwanted poisons that may be present. We are natural to the planet and all the natural food and curing aids grow naturally. The planet has all that we need for good health and longevity. This doesn't mean that we are to eat everything that grows, walks, flies, swims or crawls. In his book, "How To Eat to Live", Book Two, he goes into depth on foods for human consumption. He enlightens us on the adverse effects of processed foods and refined sugars (cereals, cane and beet sugars). He teaches on the many illnesses caused by their intake. He teaches on the manner in which we should prepare our foods. He even teaches on mothers' breast-feeding being the best milk for our babies. Her milk is

better than any animal milk or processed formula milk provided on the market. He teaches that we should not eat animal flesh; it can aid in bringing about illnesses. Fruit is best eaten raw, it retains its natural vitamins and minerals, if not cooked. The juicing of vegetables and fruits aid in faster absorption into the body. Equally important, he teaches us to eat one meal a day as this gives the body time to completely digest the meal. Two meals a day for our children, as they are still growing, and to refrain from eating fast foods—they are unhealthy. Overtaxing the body's systems to digest and process foods shortens our lives. Despite the media's references to foods and drugs it is up to us to intake what best benefits our bodies. Natural food is healthy food. Let's live better by eating better. As-Salaam-Alaikum.

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Eat As Allah Has Advised *by Bro. Kamau Islam*

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



Messenger Elijah Muhammad always gives us that which will better and prolong our lives. Here in his book titled "**How To Eat To Live**"- Book No. 2, beginning on page 33, he tells us-from experience-some of the results of following Allah's (Master Fard Muhammad's) advice on eating to live.

The Honorable Elijah Muhammad wisely teaches us that to gain success in enjoying a longer and healthier life we must train ourselves to eat as Allah (God) has

advised. Training involves following specific instructions and adhering to certain disciplines. These processes help one to develop great mental and physical achievements that also lead to advanced spiritual elevation.

In-depth teachings on "How To Eat To Live" can be obtained by all of our people who choose to accept their own. They must, however, attend the Temple, go through the processing system, and enroll in civilization class in any Temple of Islam under the teachings of the Honorable Elijah Muhammad. In the meantime books and other literature are available for purchase, to commence this course of study.

Messenger Muhammad gives this

advise to our people: "*It is not so much what you eat when you begin eating one meal everyday, or every two or three days, it is just that you do not eat foods that are against your health.*"

This teaches us that we must not only learn when we should eat but also what we should eat and also how to *properly prepare* that which we do eat. Allah (God) in Person, Master Fard Muhammad laid the foundation for the Lost-Found of Islam in North America and appointed the Honorable Elijah Muhammad to be His Messenger to us all. To be successful we must get it right and to get it right we must adhere to Divine Structure. As-Salaam-Alaikum.

The Sayings of The Messenger

The Holy Qur'an (refers to) he that forsakes Islam makes himself a fool.

Animal Food

cont' from pg 1

should have. Eve should have known the difference between the evil and the good and she should not have taken the serpent (devil) for a guide.

This is the same mistake that we the lost-found black people have made and still make today even after the truth of white people (devils) has been made known to us. Messenger Muhammad has made clear that we are not to eat certain foods and most particularly the HOG. I think I've said enough about the hog as have so many others. It is a "poison" animal that is

called in Arabic "Khanzier". "Khan" meaning, "I see" and "zier" meaning "very fool". However, it is prohibited for us to eat it or even touch its dead carcass. The hog has been sanctified in the church and even barbecued on the church grounds, while they ask God to bless it as they partake of its foul flesh. Scripture says in Isaiah 66:17, "They that sanctify themselves and purify themselves in the garden behind one tree in the midst eating swine flesh, and the abomination, and the mouse, shall be consumed together, saith

the Lord'. The Muslims who have been the slaves of Christian America, are trying to obey the Bible. The making of the hog came after the making of the made-man (white people). The hog was really not to be consumed by any people, (see references in "The Message To The Blackman In America"). Messenger Muhammad teaches that we should not eat any meats, none are good for us. Learn to eat to live. As-Salaam-Alaikum.

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The Nation of Islam

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The mission of Muhammad's Temple #24, Inc. is to positively impact the lives of persons of original descent who are members of the Black Nation in the Western Hemisphere and all over the planet Earth who have been affected by poverty, miseducation, disunity and related issues by assisting them to move from their present state to one of unity and self sufficiency under the guidelines and teachings of The Honorable Elijah Muhammad.

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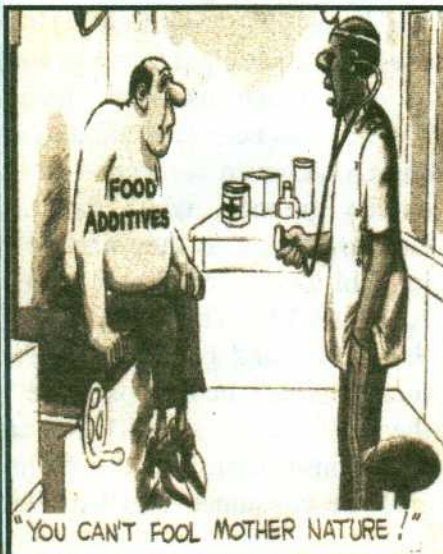
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