



MUHAMMAD'S NEWSLETTER

Muhammad's Newsletter

Volume 9, Issue #12

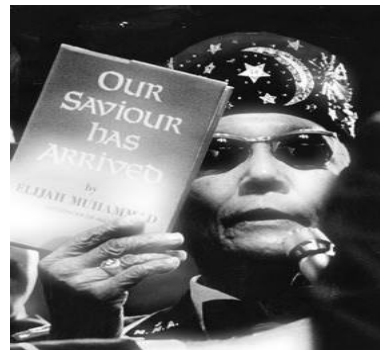
Eat To Live and Not To Die by Bro. Hakeem Muhammad



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

Many so-called foods and programs to promote better health and the extension of life have been introduced to the Blackman in America. None are as effective or benefi-

cial as the program that is brought to us by the Honorable Elijah Muhammad. This includes those from doctors and scientist of the white world. Since being freed to follow the ways and habits of our former Slavemaster's, our health and life span has decreased to the lowest in our history. Due to their influence, truth be told, our eating habits across the board are more detrimental to us than to him-



*The Honorable Elijah Muhammad
Messenger Of Allah*

self. We have been made to believe that his ice is colder, grass is greener and way of eating is the best. Our lack of knowledge makes us avail-(cont' pg 2)

Lengthen Your Life by Bro. Hakeeme Muhammad



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

The Messenger teaches us that what we eat keeps us here and what we eat

takes us away. He teaches us that all things eatable are not for us to eat. Some things are even divinely prohibited and stated out-right in scripture such as the eating of the hog. Deu.14:8 states, "And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you: ye shall not eat the flesh,

nor touch their dead carcase." The verses go on to list other flesh that is also prohibited to you. Messenger Elijah Muhammad has been teaching the so-called Negro in America how to eat to live. He states that after you eat, he can tell you how live long you will live based your eating habits. If you eat a good meal and (con't pg 3)

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Upcoming Topics Next Issue

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- The Dead Are Raising foa pg 38
- Every Nation Has A Turn foa pg 59
- The Fall of America Foretold foa pg 164
- and more

Many Ailments Can Be Cured by Sis. Brenda Muhammad



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

Eat one meal per day and do not eat food that is against your health such as that divinely prohibited pig, wild animals and fish that weighs more than fifty (50) pounds and all the scavengers of the water such as shrimp, crabs, oysters, catfish, eels and many other things I have not space to mention. We eat too much SUGAR and STARCHY foods, that is why there is so much trouble with diabetes when you try to eat all those commercialized white flour cakes, cookies, biscuits and whatever else they make to attract your eyes. Sugar diabetes can be controlled and cured

(if started in time) when you begin to eat right. Come off all those starchy foods such as white potatoes and not eat spaghetti and macaroni at every meal, however, if you are overweight and diabetic you should not eat them at ANY meal being that macaroni and spaghetti are processed foods and are hard to digest, eat foods that contain protein and I don't mean all the collard greens, turnip greens, black-eyed peas, lima beans, butter beans and soy beans, they too, are very hard on the digestive system. Eat one meal every twenty four hours to help relieve some of the misery you suffer when eating three meals or more per day. Some of us eat so often and so much at a time that it actually makes you small and skinny because it doesn't allow time for the previous meal to digest and distribute the vitamins and proteins needed throughout the

bloodstream. Eating once a day gives the body time to rest from the previous meal and to absorb it so as to be able to distribute it where its needed. It's unnecessary to try to eat or taste every food that is advertised in the media, the eyes are fixed on the looks and the appeal and your stomach is crying keep it simple. The honorable Elijah Muhammad says "USE NO DRUGS to keep blood sugar down. Just eat right. Stop eating sugar and starches and the sugar in your blood will clear up. I know because I have self experience". We are healthier and our lives are prolonged by eating as God has taught us in the Person of Master Fard Muhammad, to Whom praises are due forever, eat to live, not to die.

As-Salaam-Alaikum.

Eat To Live and Not To Die

able for experimentation for doctors and drug companies. All of which keeps money in their pockets and us under the influence of their trickery. The Honorable Elijah Muhammad is given a program from Allah, Himself, that removes us from the trap of our enemies. He teaches us what to eat, when to eat, how much to eat and when and how to fast. Following him is a renewing process. Eating according to the times and ways of our enemies, such as, three a day and snacks in between, wears our body's systems out quickly. It takes, on average nine hours to digest a meal. Multiply this by

three times a day and you find that there is not enough hours in the day to digest the meals, therefore the body's system never rest. Poisons and other impurities never clear out. The result is a weakened system (poorer health) and a sooner visit to the doctor for more medications and money out of the pocket. All of which could have been prevented. As you see the trick is in effect. Messenger advises us to never eat if we are not hungry and to eat a full stomach (not over eat) and don't eat again until you're really hungry. He teaches that we should get in the habit of eating once a day and train our-

cont' from page 1

selves to eat two to three a week. This he teaches will prolong our lives and keep our bodies free of impurities. The types of food that is recommended for us is found in his books How To Eat To Live. It provides us with information that enable us to live health lives. It is said that, "if you can hear, than you will feel" and a hard head makes and soft behind. Let us not have to experience these things when we can choose to follow a program that is to our advantage. All praise is due to Allah for the Honorable Elijah Muhammad, His Divine Messenger, our Divine Leader, Teacher and Guide. As-Salaam-Alaikum.

Natural Foods



As-Salaam-Alaikum.

The Honorable Elijah Muhammad teaches us that we are (Black people) are the direct descendants of Allah (God), the One Who created the Heavens and the Earth. Though His magnificent power and love for us, He caused everything to grow in the earth that would sustain life and be well-pleasing, so the subject "Natural Foods" found in "Hoe To Eat To Live" Book 2, pages 87-92, instructs us in what we should consume to keep us here for a long time. Natural foods are best for us because it exit in or is produced by nature

that our God (Allah) keeps in balance and preserved. Natural foods possess higher qualities of health promoting benefits because they do not undergo extensive processing techniques of modern-day farming and harvesting that can strip them of their wholesomeness. Beneficial nutrients such as proteins, vitamins and minerals are better retained within natural foods, giving our bodies more of what they need for a healthier existence. In all, they will prolong our lives and give us a beautiful healthy appearance. Why has the Honorable Elijah Muhammad specified natural foods in "How To Eat Live"? For trillions of years, our way of life (Islam) was undisturbed until the making of the Caucasian Race (White people). Unrighteous by nature, they interfered with and upset the balance of our well-being. t5hey have always been

contrary to the Will of Allah. They are here to cut our lives short says the Honorable Elijah Muhammad. Much of what was in its natural or original state of being has been tampered with by them, our foods affected as well. The foods that we eat must come from the earth in its purest form. grow as much of your own food that you can and remember that fruits in their natural states and vegetables (those prescribed by our Messenger) are best for us to eat. they will lengthen our lives and keep us from becoming victims of poor eating habits and premature death. when we eat to live, we please Allah and His Messenger and we are awarded with a longer life of looking and feeling good!

As-Salaam-Alaikum.

Sayings of The Messenger

The work Allah has given me to do is for your own Black salvation.

Lengthen Your Life

cont' from page 1

then spoil it with a poison meal you will certainly live a shorter life. He teaches that Allah cannot lengthen our lives unless we submit to that which He gives His Messenger for us. This means taking control over what we eat and how we eat. He teaches us how to prolong our lives by eating one meal a day will cause us to live longer with fewer ailments or none at all. However, as an example, if we lived 50 years eating as we are taught by our enemies (three meals a day and snakes in between) we would wear out our

bodies very quickly and be afflicted with many ailments before we died. Our people on average live about 62 years and this is a very short time to live on this earth where we have lived as many as a thousand years. Many of us can't make a hundred years following and practicing the ways of our enemies so-called best eating habits. This wicked civilization has no intention to aid us in enjoying a good and health life. Messenger Muhammad has been given the keys to open the doors of a long, health and a beautiful appearance.. We

need only to follow his leadership. Allah, Master Fard Muhammad, is the best knower, and He has given to us His Last Messenger for guidance. 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, mis-education, 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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Volume 9, Issue 2
October 2015 - January 2016

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