

# HOW TO EAT TO LIVE



MUHAMMAD SPEAKS

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EAT one meal a day. This is the first step towards prolonging your lives, if you can get good and pure food.

FOR the Sake of God, do not eat the flesh of swine. For the Sake of God, do not fill your stomachs with food that is designed for animals, beasts, birds of prey, and for birds who live off seeds.

AS I have said in this article many times, most of the peas and beans that you eat are for animals and not for you who have a very delicate stomach.

HOG FLESH and beans, designed for animal's food has caused far more ailments and sickness to you, the Black Man and the white race who eat such foods than anything else.

THE GREAT INCREASED science in drugs has also caused the decay of man's body, trying to heal that which foolish man has eaten and drank, which he should not have.

PROLONGING a period of 24 hours between meals or 48 hours between meals gives a rest to the digestive system of our body. This helps the body to live longer.

WE EAT flesh of sheep, flesh of beef, and the flesh of chickens. None of the three is really good for us to eat. All wild birds should be rejected. The only fowl that is fit to eat, so God has taught me, is the baby pigeon.

MUSLIMS, Christians, and Jews eat lamb, because the lamb is a very clean animal. You cannot make it eat bad food. But, the hog will eat anything and chickens will eat anything. Cows will not eat all things, but their flesh is subject to such diseases as tuberculosis. I do not say that the flesh of sheep and beef is totally clear of the worm found in the swine which is called the trichina worm, as some scientists claim they have found some in sheep and beef. But, this is rare, if it is true.

BUT, ABSTAINING from all flesh, if you are able to do so and having plenty of other choicy foods to choose from, is better. IF YOU EAT a stomach full of lamb once every 24 hours, 48 hours, or twice a week, it is not so harmful to you. Eating one meal every 24 hours or one meal every 48 hours will give your stomach time to destroy the poison eaten at the previous meal.

WILD FLESH and the divinely prohibited flesh (the swine or hog) causes wildness in appearance and actions—especially in swine eaters. The swine is shyless, by nature. This is why the Christians this day are displaying shylessness of person and actions. It is due to their eating of this filthy divinely prohibited animal (the hog) and the drinking of prohibited alcoholic drinks. God is today, letting them taste their own desire and work. Thank you for reading this article.

ELIJAH MUHAMMAD  
Messenger of Allah

