

HOW TO EAT TO LIVE

"What Allah, In the Person of Master Fard Muhammad, To Whom Praises are Due Forever, Has Taught Me."

By Elijah Muhammad
Messenger of Allah

We must remember that if we are to live, it depends on what we eat and drink. And, God Has Taught us, in the Person of Master Fard Muhammad, To Whom Praises are Due forever, how to eat to live: One meal a day and eat the proper food. Of course, if you are sick, you are not required to do this (eating one meal a day), because the illness takes away energy—that we should have to fight the sickness. One meal a day, eating the proper food, will give us the right to live.

We cannot expect to live, if we don't try doing the thing that God Advises us to do to live. We must remember, Allah Comes with light and life to add more days to our life. And, the only way we can enjoy longer life, we have to obey the teaching of how to live.

High blood pressure, diabetes, colds and fevers, ailments of the heart, headaches, stomach aches and all types of ulcers can be cured and vanish under the right food and time that we should eat.

Drink good milk — good, fresh milk. Eat butter, bread (slowly baked, thoroughly done), eat fruits, good vegetables. And, stay away from lots of sweets, because sweets are dangerous. America has the record of eating more sweets than any other people.

Do not take chances, *period*, on your stomach. When it wears out, you are gone. You cannot replace stomachs.

The people suffer with so many sicknesses and diseases, due to the lack of care of what they put in their stomachs. There are many other things — the drink is included. Stay away from drinking that which you know is not good for you to drink.

Stay off of smoking tobacco in any form, or using it in any form. This shortens your life real fast, as God Taught me that it is like one in the back of the other one shooting him with a "45." If you notice, since nearly 40 years ago that I have been teaching you against smoking tobacco, the government almost hourly, every day, is warning you against smoking. This is very good that they accept Divine Protection against the destruction of the human body.

LET US EAT TO LIVE AND NOT TO DIE.