

# HOW TO EAT TO LIVE

EAT the proper foods and eat the proper foods, only once a day. This gives the stomach time to digest the previous meal before you add another meal to the stomach... **UNLESS YOU ARE SICK.**

**BUT**, if you are sick, you are exempt from eating one meal a day. **AS** you are exempt at the time of the Fast of Ramadan; when you are ill you do not have to take the Fast of Ramadan.

**WHEN** you are ill you are not supposed to take a Fast, as you are already ill. This does not mean that the Fast will make you ill; the Fast will make you well.

**TO EAT TO LIVE** are great words, for

**The  
Disgrace**



number one, it takes eating in order to live. But, you must know what to eat, when to eat, and how to eat that which is good for you.

**DO NOT** eat two (2) and three (3) times per day. **EAT ONE GOOD MEAL PER DAY.** You will find that you feel much better. **DO NOT** eat stale meats. **DO NOT** eat stale vegetables. Eat **FRESH** food. And if you eat meat try and eat good meat — **FRESH** meat.

**CHICKENS ARE NO BETTER** than eating other corrupt foods, for chickens are corrupt, but we eat them. Chickens are better than a **HOG**. So, eat chicken, but **DO NOT EAT THE HOG.**

**JOIN** in with me and help me to raise food for your hungry stomach. You are too proud to help me raise food for your hungry stomach, but, hunger does not care anything about the pride of the person any more than the 'de-pride' thinking person.

**I ASK** you to come over and help me to do **SOMETHING FOR YOURSELF**, I am not asking you to help me. I am asking you to help me, to help **YOU.**

**LOOK** at the rich Black People among

us... **OUR OWN BLACK PEOPLE!** They are not going to do anything unless the blue - eyed devil tells them to do it. The devil will not tell you until **YOU SEE IT ON YOUR HEELS** (fire).

**YOU** are a free Black Slave, 100 years up from slavery and you have not done anything constructive for yourself, let alone for somebody else.

**I WILL** do something constructive for you. I am the most plain construction engineer for getting you into a place and condition of self-help that you see among the Black People.

**BUT**, you do not want anything unless the white man puts his stamp of approval on it, as he told me years ago, that you will not do anything for yourself, unless he puts his stamp of approval on it.

**DO YOU** think the white man is going to teach you to be independent of him? That is why you do not see him publicize what I am trying to do. When you say that you are free, you should be free and independent to do something for self.

**I THANK** you for reading this article on **HOW TO EAT TO LIVE.**

Elijah Muhammad,  
Messenger of Allah,  
To You All.