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# Muhammad: How to Eat to Live

"What Allah, In The Person of Master Fard Muhammad  
Has Revealed To Me"

By Elijah Muhammad

Messenger of Allah

**SUGAR DIABETES** — It is true that sugar diabetes is taking a toll of lives among us. As the doctors say, there are many victims of sugar diabetes who do not even know it. That is really true, because no pain comes upon you to notify you that it is there. You have to detect its presence by other means, which the doctor will explain to you.

**BUT**, regardless of the presence of sugar in our blood, if it has not gone too far (into the bones), there is a cure for it — if the right steps are taken (fasting and not eating sugar and starches.)

What you find in this column, How to Eat to Live, on the teaching of food will rid your blood of sugar, because we get all of our energy and our health through eating and drinking. Therefore, to correct any ailment in our bodies, we must attack the food and drink causing it.

We can pick up poison germs in the atmosphere and that, too, can be removed from our bodies most of the time — by eating the proper foods at the proper time.

**I ADVISE** the victims of sugar diabetes to stop eating sugar, starches and all of that grease that you are frying and eating and you will get well. You will get the sugar out of your blood by purging it out. Even if it has gone to the bone (as it works its way to the bone very fast,) you will be able to get along far better by not adding more sugar to that which is already there.

And, there is a chance, in the long run of a few years, that the sugar could be purged from the bones. Nothing is incurable, if the disease can be checked before it gets into its last stage (or gone too far).

You cannot cure a man or woman who is dying with a disease at once. But, if you can get to the victim before the disease has gone too far, just by correcting their eating and drinking habits and other poison habits — such as using tobacco and other drugs — the disease can be cured or minimized to such an extent that they hardly know they have it.

**THERE ARE** so many people who do not think they can exist unless they are eating two or three meals a day — and meals with some foods that we should not eat. Learn to eat one meal a day; it will lengthen your lives. And eat the right food that has been prescribed in

You do not have to eat all the fine dishes of food to have good health. These fancy dishes are the ones that destroy health. Just eat pure food. Bread, pure milk and a few of the good vegetables and beans are sufficient (and not the dainty meats that we love so.)

There are even some fish that are edible that we should not eat. We should not eat too large a fish. God, in the Person of Master Fard Muhammad, a d v i s e d me against the eating of a fish that weighs 50 pounds.

**EVEN FISH** weighing 10, 12, 15, and 20 pounds are too large. I would advise you not to eat fish that weigh over 10 pounds.

## Pentagon Plans Troop Cuts in West Germany

WASHINGTON—The Pentagon has announced plans for a token troop strength cut of about 30,000 men from West Germany. Britain will join the move with a cut of approximately 5,000 troops.

**THE AMERICAN** cut will represent about 13 per cent of the total of 225,000 men. It will coincide with the return home of 18,000 men on duty in France.

Britain's troop cuts will come from its Army of the Rhine. German forces would remain at present levels without any foreseeable increases. America has six divisions in Germany.

There was speculation as to whether or not the token cuts would satisfy Senate critics. Senator Mike Mansfield (D-Mont.) has a pending proposal calling for "substantial reductions."

**MANSFIELD** is supported by 43 Senate co-sponsors. Many of the Senators believe that four of the six divisions could be brought home, a far larger cut than that now con-