

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**

Allah, in the Person of Master Fard Muhammad to Whom praises are due forever, has said to me that food keeps us here and food takes us away.

THERE ARE many people who suffer from many sicknesses and diseases because they do not know the proper food to eat, how to eat and when to eat. We should not eat food that will bring pains and ailments to our bodies. We should not half-chew our food because the intestines have no teeth.

We, of America, eat too fast. We are always in a hurry to eat our meals, half-masticating (our food) and then suffer indigestion, gas, colic and finally ulcers and cancers.

WE SHOULD chew our food until it is slipping away in our mouth, down our throats — at least until the digestive juices of the mouth (saliva) have thoroughly moistened the food for the stomach, a small organ that holds about three pints.

Saliva also must help prepare the food with a little stomach juices, to pass it through into the intestine. If it is not digested thoroughly by the stomach, then the intestines have to try to digest it, which may cause ulcers in the intestinal walls — or cancer.

SUCH FOODS as field peas or any half-cooked beans should be thoroughly cooked until they are easily mashed up in the mouth. They should be cooked so thoroughly done that you drink them mostly in a soup.

Half-cooked bread will swell up in and distend the stomach too much. Fried meats or hard-baked meats also will cause ulcers in the stomach and intestines, because there are not enough juices in our mouths, stomachs and intestines to prepare hard-baked or fried surfaces of meats — not even fried eggs. We cannot digest the little fried surface of the egg, though we eat it.

BE CAREFUL. Eat the good things Allah has prescribed for us and eat them prepared so that our stomachs have the least work to do in order to digest them properly.

Eat only once a day — and if you are able to eat once every two days, do so. You will live much longer.

Thank you.

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