

How to Eat to Live

"What Allah (God), in the Person of Master Fard Muhammad, Has Taught Me."

By
Elijah Muhammad,
Messenger of Allah

Eat one meal every 24 hours or every 48 hours and if you can, once every 72 hours. Eating the right food and eating it once a day or once every two days is the way to lengthen our lives.

I DO NOT care what kind of complaint we have, we will live longer, if we eat one meal a day and eat the proper food. This world has made many varieties of food for you. You should not act like a dog in a meat house who wants to bite off every piece of meat he sees hanging in the meat house, due to his nature (greedy). We should take the best of the meat and eat it.

Do not try to eat all of the varieties of food that have been pointed out to you by this world. This world was not made to extend your life but to shorten it and to get rid of you. This world was made for the express purpose of destroying and killing the Black people. Remember that it was not made to prolong any life for you. And, as the Bible teaches you in James (5th Chapter) even those that are a friend to the world are an enemy to God. This is why God Came, Himself, to teach us the truth of this world.

If we follow the teachings and guidance of this world, it will lead us to death and lead us to be an enemy of God — the Righteous. The two Gods are not friends of each other (the God of good and the god of evil).

This world, after they learn their god (Yakub), the devil father of this world, is opposed to the good and success of the righteous. We should not have to be taught how they are against justice and righteousness for you and me. We had all of our lives to get experience of this.

HIGH BLOOD PRESSURE, SUGAR DIABETES, HEADACHES, STOMACH ACHES, DIZZINESS, RHEUMATISM, ARTHRITIS

After one gets 45 years of age, they have to be very careful about being victims of high blood pressure, sugar diabetes, and even low blood pressure, due to the world that we live in (physically, it is a bad climatic condition of the earth) and due to the food and drink that you are taught to eat and drink by the enemy of righteousness. Most of it is against good health and against long life.

God Came for that purpose: to lengthen your life, as it is written and prophesied by Jesus that He Came to give to you life and more abundance of life (St. John 10:10, Bible).

He cannot extend our lives by us continuing to follow after that which has already shortened our lives.

Fifty or sixty years is almost the average span of life. Just a few out of a hundred live to see ninety years — not to say a hundred years. In the world that Allah is building for us after this world, five hundred and from that to a thousand years, the righteous will live. But, you have to eat right, because what we eat and drink keeps us here and what we eat and drink takes us away, so God Has Taught me (and it is common sense).

SUCH FLESH AS ANIMAL FLESH — EVEN TO BEEF AND LAMB

All animal flesh is against us, but we eat it. But, He Taught me against it. And, there is no fowl — chicken nor any other fowl that is fit for us to eat but we eat it. We must learn, if we want to live a long time, to get away from all flesh eating. The only flesh He Said was actually fit for us, if we wanted flesh, is the young pigeon which has

never flown away from its nest (which we call squab).

FISH

We should not eat any fish which weighs over 50 pounds. In fact about it, not one 20 pounds. I like all of mine under ten pounds (smile) and they are the best.

MILK

Good milk, butter, and good pure wheat bread is good for us and our children. Of course it is tampered with by the enemy. All that I have mentioned and whatever they put their hands on they poison. Nothing but milk and bread is good for us if it is the right milk and bread. The right milk is pure cow milk from healthy cows. The cow is a valuable animal among us but you have to raise the cow right; give them the right kind of food to eat to produce good, healthy milk for you.

Sheep are the best of all animals that we eat. Their milk can be drunk and also goat milk but Muslims hardly ever drink goat milk, because of the characteristics of a goat.

When we eat sheep when they are young they are what we call lamb and not old sheep. I kind of love lamb myself (smile).

Never eat such fish as cat fish, eels, carps and never eat what they represent as sea food — a variety of sea insects. We have them of water, like we have them on land. Such things as lobsters, crabs, shrimp, — all of this sea life we call scavenger food; insects of the sea. They are out there on land also. We have the land lobsters, we call the crawfish. They do not advertise them but maybe somebody chops off the tail of it and eats it as they will chop off the tails of young alligators and eat them.

The people of this world eat anything. If you follow their way of eating, you are not only breaking the law of the nature of man but you also are shortening and destroying your life.

Many of these varieties of no good foods cause your high blood pressure and causes many other illnesses. In fact about it, all of our sickness can be traced to what we eat. If we eat once a day, most of the poison from the meal eaten 24 hours ago is gone. But, when we fill our bodies with heavy, course meats and animal flesh, sometimes it takes that 36 hours to digest. That is why 48 hours will get about all of it (the poison left in our body from the previous meal). And, the fresh meal only adds to the already stored poison and keeps it lingering around, increasing until there is enough stored in our bodies to make us sick. But, eating the proper food, once a day and once every two days, will prevent this poison from storing up in our bodies.

The doctors of this world teach what this world teaches them. We cannot blame a doctor for telling us to eat three times a day and all between meals and to eat the pig, for he was taught by his teacher that it is alright.

Take for an instance smoking — since Allah Has Taught me and my followers against smoking tobacco (that it is like shooting one in the back with a "45"), now the government is trying to get you to stop smoking. It is the greatest desire of the government now to stop the people from smoking cigarettes. They are on, almost hourly, a day, warning you against smoking. But, they did not do that before Allah Came and Taught me against smoking and I put it out to you over 30 years ago. The government did not do that over 30 years ago. They have been doing that since I have been teaching you these things. They are right, in a way. If they see good that they can benefit from, certainly I do not blame them, but they do not ever give the righteous any credit for their righteous teaching. All of these things, if you look back over my newspaper, you will find that I have been teaching you this for 39 years — at least 37 years. And, I can send any of you a copy of my paper that I published back there and it proves to you that this was in it from the very beginning. The government sees that Allah Has Taught me good for you and would not dare tell you they are



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getting this from me. They would hardly tell you nothing they are getting good from God and the Prophets, too much, because they are opposed to good and what they get from the good they classify themselves as being the authors of what they teach, whether it is good or evil.

He has been doing this ever since he has been on the planet. He steals a "hearing" from us and then he puts it under his name but we have proof of where he gets it from, as most all of his changing of good now is coming from the teaching of Allah to me.

Think over the water and air pollution. I taught you that they were doing these things a long time ago. I will send anybody a copy that does not believe I was teaching you this before ever he mentioned it to show you the Truth of the Holy Qur'an: Whatever the Prophet desired, the devil brought something respecting his desire, because it was good.

What I teach you is good and not only prolongs your life as far as physical food eating, but spiritually, it will make a better people out of you. For instance, a person becomes an habitual swine eater; he acts like the swine. He has a lot of characteristics about him that I can point out to you are characteristics of the swine. You do not find swine getting along in peace. They fuss and fight with each other all night and day, if you put them together sometimes. They are not peaceful animals and they are the filthiest of all animals because they were created out of filth; (the germ of dog, rat, and cat.) That is what they were made from, so Allah in the Person of Master Fard Muhammad, to Whom Praises are Due forever, Taught me. And, they will eat any filth that you can mention. The swine is so poison and filthy that you have to produce poison — even to ground up poison and thrive off it. The hog is made up of 999 poison germs. Chickens will eat anything. Although they cannot stand the digestion of various poisons that a hog can digest, the chicken eats all kinds of filth. Even if you spit in the presence of them, they will eat it up. And, if you blow your nose, he will eat that. They chase and eat all kinds of worms and bugs. So, he is a no good thing to eat, unless you take him and raise him yourself; house him; give him the food you want him to eat. Do not let him get to filth. And, you have to raise him up on a floor of netted wire, so that he cannot get to eat up his own droppings. He eats his own droppings as soon as he produces it sometimes, like a dog. Sometimes a dog vomits and he will eat it up. And, he will eat Your filth. That is why you have to protect the dog from eating all kinds of filth by feeding it yourself, watching it.

When a person declares you to be as filthy as a dog, he is classifying you as a character who is as filthy as a dog. But, people have acquired some of their characteristics. More Next Time: HOW TO EAT TO LIVE