

# How Messenger Muhammad's dietary laws saved my life

By Allen 3X

CHICAGO — "You will not be sick often if you eat once a day and eat the proper food," states the Honorable Elijah Muhammad, Messenger of Allah, in *How to Eat to Live*, page 27. I bear witness that this is true. Prior to becoming a follower of the Honorable Elijah Muhammad, and eating the foods (and the way) he teaches us to eat, I was sick almost dally.

PERHAPS I should start at the beginning. As far back as I can remember I suffered from headaches, heartburn and, occasionally, hemorrhoids. I accepted them as being normal. I did not know how it felt to have a clear head. I existed on B.C. Stanback, and in later year, Dristan tablets.

Then in the spring of 1964, the headaches became unbearable. I would take the pills but got little or no relief. One night, while lying in bed restless with a severe headache, something seemed to have burst inside of my head.

The next morning I decided to have my head X-rayed. This was on a Saturday. I was living in Los Angeles at the time.

As I drove around looking for a medical office that was open, I passed Muhammad's Mosque. In the next block I saw a sign that read: X-Ray. I stopped, went in, and asked to see the doctor. Explaining what had happened the night before, I requested an X-ray of my head.

Luckily, this doctor was a chiropractor. After I had finished explaining he began to question me. One of the questions he asked me was concerning the last time excrementation had taken place. I answered that I thought it had been about two weeks. To this, he said, "the problem is not your head." I did not understand and was ready to leave, but I decided to hear him out.

Starting with the nervous system, he began to explain its function: how its branches (nerves) senses pain and pressure throughout the body; and how when something is wrong in any part of the body, these nerves send signals to the head, caused by these signals, causes the head to hurt.

These signals will continue until the pressure is relieved or until the pain subsides. If nothing is done to correct the problem in the affected area; this state of agitation inside of the head, caused by these signals, causes the head to hurt.

He said that this stands true to most headache producing ailments. The problem is rarely in the head. The headache is only a symptom. If the cause is removed the symptom (headache) will disappear.

THE HEADACHE in my case was caused by pressure due to excess excrement in the colon. This pressure was sensed by the nerves and transmitted to the central nervous system through the spinal cord.

We talked about the hemorrhoids which are caused by straining while constipated. This ruptures the rectal tissue. Preparation "H" and other ointments and suppositories are needed. Fasting relieves the constipation and the hemorrhoids will disappear as the Honorable Elijah Muhammad teaches us to fast once a month.

THE SKIN RASH, he explained, occurs when waste becomes petrified and seeks to be evacuated through the skin.

The last symptom we discussed was of a respiratory nature. Its symptom like asthma, characterized by part of the breathing passage being choked off, causing one to gasp for breath. I had experienced this symptom, but we did not get into a discussion as to the cause. Yet these symptoms have only occurred during periods of constipation.

Then in August of 1964, something wonderful happened. The Honorable Elijah Muhammad came to Los Angeles. He spoke at the Olympic Auditorum August 9. I went to hear him and came in the Nation the following week.

During the processing period, I attended the weekly Orientation classes. There I learned that Muslims eat once a day. So I began this practice at once. At this time I was still making regular visits to the doctor.

After eating once a day for about a week, I noticed that, occasionally, my system worked naturally. With time it kept getting better. After a

month or so I was able to stop going to the doctor altogether. This went on for about a year.

Then one week while reading the Honorable Elijah Muhammad's column on "How to Eat to Live" I was struck by something he said about eating one meal a day or one meal every other day: "You will be treating yourself to life, and life filled with sickness days." At this I began eating every other day. The result was amazing. My system began to work perfectly.

There were other symptoms of relief: my head cleared up and felt light, muscles and joints became limber, and I felt energetic and youthful — younger than I felt anytime in the past.

THOUGH I ATE every other day for only four months, I had a glimpse of what it feels like to be sixteen again. The Honorable Elijah Muhammad teaches us that in the hereafter we will be like sixteen again.

I eat once a day now, but as long as I stay off pastries and minimize my intake of starches which the Honorable Elijah Muhammad teaches us are not good for us anyway,

unless we live in a frigid zone, I don't have any problems. I no longer need the doctor. If I have a problem, I fast and the problem disappears.

I write this article because I know that many Black people suffer needlessly from many symptoms that could be eliminated by putting into practice what the Honorable Elijah Muhammad teaches in *How to Eat to Live*.

This done, they would bear witness as I bear witness that the Honorable Elijah Muhammad, the last and greatest Messenger of Allah, is fulfilling that prophecy, attributed to Jesus, wherein it reads: "I am come that ye may have life and life more abundantly."

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