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~~Read | Hip Hop Ish~~
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~~the Eat to Live~~

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messenger Elijah

Muhammad has been
teaching the so-called

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the proper foods to eat to improve their mental power, physical appearance, for prevention of illness, curing of ailments and prolonging life. Given the humble, economic conditions of the blacks in America, an inexpensive, yet highly nutritional ...

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Amazon.co.uk:
Muhammad, Elijah ...

This is the book that everyone should read if you want the best of health and a long life. This book doesn't talk about fad diets. This is about a lifestyle. I live what's taught in it and found everything to be 100% correct. Today's scientists have also proven what's contained

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Live. Eat to live and
not to die!

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Messenger Elijah
Muhammad, our
Beloved Leader and
Teacher, follows the
tradition of the prophets
and apostles teaching as

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they did not only of
spiritual enlightenment
but also of physical well-
being. For example,
Moses taught his
people, when they were
slaves in Eygpt, not to
eat the unclean food of
the Pharaoh.

How To Eat To Live:
Book 1 by Elijah
Muhammad

To eat to live, base your

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meals around greens, beans, onions, mushrooms, berries, and seeds, which are all nutrient-rich foods that can boost your immune system and lower inflammation. Also, try to avoid processed foods and foods that are high in sugar or salt. If you're not already, limit yourself to 3 meals a day and stop snacking in

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you do eat, eat as much
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Muhammad, Elijah ...

The Eat to Live diet is a vegetarian, vegan, low-salt, low-fat, and gluten-free (if you avoid grains with gluten) plan. After the first 6 weeks, when some restrictions loosen, you may add animal ...

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Muhammad. Fasting, eating right foods, keys to long life. Fasting is a greater cure of our ills—both mentally and physically—than all of the drugs of ...

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Book Two. Chapter 10.
Train Yourself To Eat

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Advised. To keep
healthy and strong, and
live a long time, on this
old earth, ALLAH said
to me, in the Person of
Master Fard
Muhammad, eat one
meal a day. Or, one
meal every two days, or
three days. Do not get
frightened, Brothers and
Sisters, with your meal
hours being lengthened,

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**HOW TO EAT TO
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From God In Person,
Master ...**

**One Should Eat To Live
□ Not Live To Eat.**

**Moliere's quote from
the "Miser" For most
people, eating primarily
involves soothing and
healing the emotional,
mental body's, and
nutritionally feeding the
physical body a variety**

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of necessary nutrients and sustenance. This approach is a truly logical and a reasonable approach that is non ...

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Eat to Live: The
Amazing Nutrient-Rich
Program for Fast ...

6. A predominantly plant-based diet is a common theme in the Blue Zones. Some of these communities are eating small/oily fish (high in Omega and low in heavy metals) around 3 times per week, and they seldom eat meat. If

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you enjoy red meat, try to limit your intake to 2-3 times per month as a treat, and ensure it is of high quality, organic or ...

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Book 1 - Kindle edition
by Muhammad ...

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TO live longer: Prevent
an early death by eating
a healthy, balanced diet,
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live I simply eat to live to get out the door or be able to move on to the next activity. The biggest shift has been the amount of time my brain is available to even think about my own meals. Having one and then two kids dramatically reduced that time. It also dramatically increased the frequency of times I

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clean the kitchen, so the
last thing ...

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