



The How To Eat To Live Essential Companion To Books 1 & 2: A Comprehensive Holistic How-To-Guide For "Cures" They Don't Want You To Know

Nasir Hakim

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How To Eat To Live, Books 1 & 2, were first published in 1967 and 1972 respectively. In these books Elijah Muhammad, Messenger of Allah, points out very clearly and decisively that it all is from Allah (God) in person. He believes he met God in the form of a man and it is He who revealed the BEST knowledge of how to eat to live. We make no attempt at reinterpreting, reinventing or improving upon what the Messenger received from God. The objective of this book is only to make the reader aware of the means and ways the food and their by-products have been adversely transformed from the initial published dates of these writings to date, and from this awareness and updated information contained herein, can stay consistent with the principles taught in these writings. There are two main veins this book will pursue: one is the processing of food and the surrounding equipment associated with it. Secondly, the commercialization of food at the expense of the people's health in general. Of course, secondary to this is the fact that bad food equals bad health, which equals a great economic boom in medicine, doctors and hospitalization. Not only will this book enlighten as to the problems, but it will also furnish solutions in the form of alternatives. We trust the reader will find great benefit in this essential companion.

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