Three Biblical Principles that Will Change Your Diet and Improve Your Health. In a world infatuated with junk food and fad diets, why have we overlooked the simple instructions provided in the Bible that have guided and people for thousands of years toward better health? You don't have to be Jewish or a Christian to discover wisdom for healthier living in this doctors scripturally-based book on eating and feeling better, and living longer. These simple principles will help you find energy, freedom from illness, and more vibrant health!

Its a multi-billion-dollar industry: dieting. Every year, someone comes up with a new spin on the age-old question of how to stay fit. When I was growing up, we dutifully memorized our four food group chart, which was later replaced by the food pyramid. I was shocked to learn recently that the food pyramid wasn't based on true scientific research, but on government subsidy politics. So, once again, were told to learn something new.

Thankfully, one book never changes: the Bible. That's why Dr. Rex Russell's book should be on every parent's bookshelf: it serves as a companion to God's Word, explaining in laymen's terms how to eat based on the Creator's plan. And it's chock full of warm and witty anecdotes from Dr. Russell's research and life work.

Despite our massive improvements in sanitation, nutrition, and medical research, studies show the average American's lifespan could DECREASE by as much as five years in the coming decades. Why is that? Its because we eat too much, eat the wrong things, and were too FAT! More than 60% of adults and 30% of children are overweight or obese, putting themselves at a higher risk of cancer, diabetes, heart disease, and a variety of other illnesses.

WHAT THE BIBLE SAYS ABOUT HEALTHY LIVING is based on three simple principles: 1) Eat the foods God created for you. 2) Don't alter God's
design. 3) Don't let any food or drink become your God. This book also has a chapter on fasting, which is a topic everyone needs to understand. You see examples of it throughout the Bible, but how many of us actually practice it habitually?

Dr. Russell tells the case of a nine-year-old girl with severe dyslexia who was undergoing expensive therapies and treatments, yet still couldn't read. The surprise came after she fasted a few days from having the flu. She could read! Her parents discovered her learning problems were diet-related. They learned she was sensitive to sugar, corn, white flour, margarine, honey, and other frequently eaten foods.

I think many kids who are diagnosed with ADD and other disorders could be cured through cutting processed food out of their diets and getting hours and hours of fresh air and exercise outside instead of being forced to sit still indoors. Easier said than done, of course. But it's still a lifestyle to aim for.

This is a book I bought on the recommendation of Sue Becker of the Bread Beckers in Atlanta. I try to read it once a year to remind myself of the health truths found in the Bible. Its a staple to add to every mom's shelf of cookbooks -- and gives hope to those suffering from health problems. I also like George Malkmus Hallelujah Diet and books, though eating a mostly raw diet is tough when trying to feed kids. Still, it is something to keep in mind, and its a diet that is Biblically based and has cured thousands from severe disease.

--Reviewed by Heather Lynn Ivester

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