



## How to Eat to Live

*Elijah Muhammad*

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**How to Eat to Live** Elijah Muhammad  
Book by MUHAMMAD, ELIJAH

## How to Eat to Live Details

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Author : Elijah Muhammad

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## From Reader Review How to Eat to Live for online ebook

### Lady K says

This book has been in my parents' home for YEARS! If I had to guess, at least 40, because the book is much older than me. Anyway, it was a good read, but repetitious, yet there were some great lessons learned throughout the book. My parents are 84 years of age, and they lived by this book. They have their ailments, which did not occur until they were in their late 70s, but they have always had great eating habits, and I truly believe adapting these eating habits has truly worked in their favor.

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### Muslima Musawwir says

Directly shows how one's diet effects overall physical and mental health. I stopped eating cornbread and white bread, also cut back on potatoes thanks to this book.

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### Rahul Sharma says

The writing is clear and informative. I look forward to applying what I've learned and what it sought to teach me. I only read this book because of Huey Freeman from the Boondocks, lol. The text is wrought with anti-christian perspectives (sort-of) which made me a little uncomfortable (I'm not christian though)... All in all I enjoyed the read, it was short but eye-opening. I find some of the information to be quite archaic - like the parasitic worms in swine meat (wouldn't heating destroy all of that)? However other information was influential even in our present day and age like fasting to avoid illness. I have found that I usually get sick when I overeat or when I have cravings. I could definitely benefit from fasting once in a while. I will also probably implement only eating one meal everyday, and then switching to one meal every two days. I don't know if I could handle one meal every three days. Looking forward to trying it out though. Recommend this read to those interested in theologically-influenced and minimalist dietary nutrition.

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### Shirley says

this is outdated. Somebody needs to write another book.(probably already did)  
Science has ruled out some of these theories. Certainly relevant for the 30's though when the government was using citizens as test subjects.

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### Relleasy Harrison says

being that i am a fitness junkie i did not agree with everything he said, but a lot of things he mentioned i applied it to my life. in the book he says people should eat one time per day. i usually eat about 6-8 times a day LOL.

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### **Kent says**

Two items you will definitely learn from this book are: #1 - Eat one meal a day or one meal every two days, and, #2 - Do not eat or even touch the swine! These two principles are repeated throughout the reading in order to emphasize their importance.

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### **John says**

<https://www.docdroid.net/ijin/how-to-...>

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### **Sudawn says**

Fantastic! If you want a guide to eating properly this is a must read. This book was full of information to help you have a healthy diet spiritually and physically. After reading this book I felt as if I had went through a physical cleansing.

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### **Rafael Suleiman says**

A very good book for learning how to eat properly.

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### **Malika says**

Powerfully controversial! Very informative and spilling over the top with t-r-u-t-h

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### **Lawrence says**

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 therein. Eat to live and not to die!

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### **M says**

That he wasn't joking when he said to rinse your beans. Especially black beans. We use this in Spanish recipes. I found out from someone doing a Ph.D. in biology that there is a toxic poison, which is released, when you soak them 24 hours and throw away the water. I also learned chickens do not urinate, not to be happy about eating chicken anymore. I read this book in the 1960-70's. I didn't really give him much credit.

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Now after learning from other sources it turns out he is correct on just about evrything he says, from the 60's including staying away from all processed foods.

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### **Serenity L says**

I reread this book often. As I study the teachings of T.H.E.M. I have come to learn that he had knowledge he shouldn't have had. A good read for Original people

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### **Kiemon says**

Not the most ideal diet for someone that works out. On the other hand it is a good low calorie, low carb way to eat for someone that isn't really active or getting up in age.

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### **Antione says**

Good book and I'm going to try to eat 1 meal a day and see how my body reacts to this and this type of teaching should be taught to us but it isn't and Black people in general should read this because by cutting out swine will increase years on this Earth.

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