



THE MINISTRY OF HEALTH AND HUMAN SERVICES

TRAIN YOURSELF TO EAT AS ALLAH HAS ADVISED

**“To Keep healthy and strong, and live a long time on this old earth, eat one meal every two or three days”
THE HONORABLE ELIJAH MUHAMMAD (How to Eat to Live, Book 1, page 78)**

THIS MONTH'S TOPIC: HOW TO EAT TO LIVE

ASSESSING YOUR HEALTH

What is the status of your health? Right now, in this moment, can you testify that you are free of sickness, pain, addiction, stress, fatigue, and, in general, poor quality of life? Or are you amongst many suffering and striving to overcome the plagues of sickness that surround us in current society. To say our health is all that we have, is both oversimplified and under-appreciated, but it highlights an important idea that if we have not health, we have soon-to-come death, for by every ticking second our neglect and bad habits are creating the environment by which our bodies are wearing down and losing the ability to function, and will soon not be able to keep us in good working order any longer. I recently read an excerpt from James Lachard's "An Interview with God",

When asked “what is most surprising about humanity”? He answered: “Man, because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present. The result being that he does not live in the present or the future. He lives as if he is never going to die. And then dies having never really lived”.

This excerpt reflects how we often prioritize our own health needs last on the list, behind everything else that is seemingly more important than us. And unfortunately, it is often until we are met by some sickness or dis-ease that disables our ability to function and stops our lives dead in its tracks, forcing us to reflect on how we came to this point, how we became so sick, or how our bodies became so dysfunctional that we begin to think about what we could have done differently. Why do we wait until we are in the midst of losing our lives to then decide to do something better or make a change that will hopefully restore our good health? Surely the preservation of health is easier than the cure of the disease.

Currently, it has become a common norm in our communities, and almost an inevitable expectation, that we will develop diabetes, hypertension, obesity, chronic pain, depression and cancer, to name a few. Even within Muslim communities, who prescribe to live by a diet and

lifestyle ordained by Allah, we are attending more and more funerals, and making more visits to hospitals of our own sisters and brothers. What has happened to our health? Why are we suffering from so much sickness and disease? I am here to reaffirm that **we DO NOT have to continue being overwhelmed by so much sickness and dis-ease**. Now that does mean that we will have to do some work on our part. The first step is assessing your health status and the lifestyle habits that you currently live and function under. These lifestyle habits determine our physical, mental, emotional and spiritual health, and can either positively or negatively contribute to your state of health. Take a moment, and ask yourself the following questions:

Do you currently suffer from any chronic disease (diabetes, hypertension, liver disease, heart disease, overweight/obesity, fatigue, anxiety/depression, pain, addiction, etc.)? Yes = 1, No = 0

Do you have allergic reactions to food, medicine or environment? Yes = 1, No = 0

Do you currently have to take medication to treat a health condition? Yes = 1, No = 0

Do you eat one meal a day? Yes = 0, No = 1

Do you eat chicken, beef, processed foods, fast food, white bread, white sugar, nuts, hard cheese, soda, and fried foods? Yes = 1, No = 0

Do you exercise at least 30 minutes a day? Yes = 0, No = 1

Do you do something relaxing or that you enjoy each day? Yes = 0, No = 1

Do you pray every day? Yes = 0, No = 1

Do you get at least 30 minutes of outside sun a day? Yes = 0, No = 1

Do you breathe at least 30 minutes of outside air (oxygen) a day? Yes = 0, No = 1

Do you deal a lot of stress in your life every day? Yes = 1, No = 0

Do you drink 5-10 glasses of water a day? Yes = 0, No = 1

Do you fast at least once a month? Yes = 0, No = 1

Do you have at least 1-2 well-formed bowel movements a day? Yes = 0, No = 1

Do you get at least 6 hours of restful sleep each night? Yes = 0, No = 1

Do you feel tired every day? Yes = 1, No = 0
Do you feel angry, sad, anxious, depressed or worried most of the day? Yes = 1, No = 0
Do you have a good/happy/positive family life? Yes = 0, No = 1
Do you live in a safe place? Yes = 0, No = 1
Do you have enough money to support yourself? Yes = 0, No = 1

Add up your score and see where your health status falls in your life:

0-5 Low priority
6-10 Medium priority
11-15 High Priority
16-20 Essential Priority

As the people of God, we must find discipline, forgiveness, mercy, grace, and most of all COURAGE, to strengthen the WILL that will help us change the status of our health and our lives, while living amongst so much temptation and messaging that tells us to do otherwise. In **How to Eat to Live: Book 1**, The **Honorable Elijah Muhammad** says,

“The Bible says that He will give us more life abundantly, but He demands strict obedience to His Will. There is no way of prolonging the life of human beings or any other life unless it begins with restrictions of the foods which sustain life, the right kinds of food and the proper time when it should be taken into our bodies. Jehovah”

Abundant life, requires good health. But what is good health? Good health means the proper and coordinated functioning of all cells, tissues, and organs of the body so that the body may continue manifesting life energy within the human being. This requires that the cells, tissues and organs receive the proper fuel (proper food, air, water and spirit), rid to rid itself of toxic buildup (avoiding toxins and poisons, cleansing through prayer, fasting, exercise, etc), normal use (study, exercise, and work), and rest (sleep, meditation, prayer). Neglecting the necessities of the body results in the weakening and eventual dysfunction of one part of the body, which then impacts the entire body and leads to the eventual breakdown and dysfunction of the entire body. This can be compared to the operation of a machine, if any one part of the machine malfunctions, or its parts wear away from lack of proper maintenance, such as repair, oil, etc., then the machine breaks down, gets stuck, builds dust and rust, and stops functioning. In this present day, it is time like none other, for us ***all*** to take stock in the status of our health, attend to our needs, eliminate any negative lifestyle habits and implement positive and restorative lifestyle habits. We

must eat proper food and drink - both physically, mentally and spiritually, breathe clean air, exercise our minds and bodies, and think proper thoughts. We must remember that the food you eat, whether it is physical, mental or spiritual, can be either the safest and most powerful form of medicine, or the slowest form of poison. Let's get away from the poisons that are being offered to us in this present world, and adopt the diet and lifestyle that God has given to us. Let's get healthy, so we may have life and have it more abundantly. What is the first step? Go back to the basics. Pick up your **“How to Eat to Live”** book, say a prayer, and follow the way of life. It's a beautiful and life-fulfilling journey.

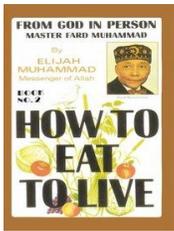


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POVERTY AND POOR HEALTH

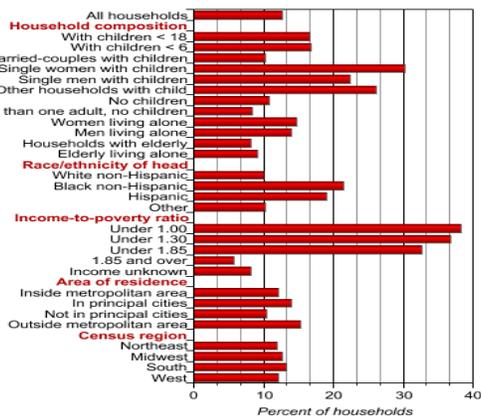


The concept of ‘eating healthy’ is nothing new, that is, if eating healthy refers to eating a balanced diet, which, of course includes fresh fruits and vegetables and drinking pure milk and water. **The Teachings of The Most Honorable Elijah Muhammad** dictate that eating to live, aka, eating healthy, also means eating the right foods at the right times. Seems simple enough, right? Sometimes things are not always so simple.

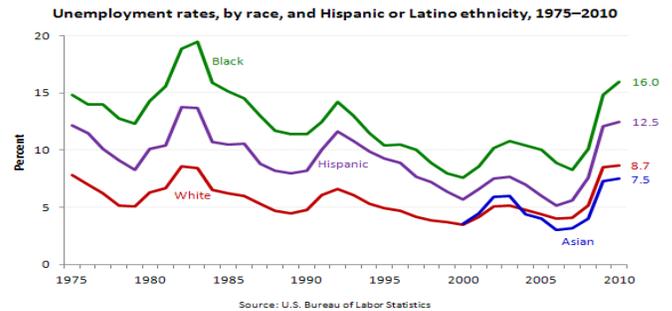
The health status of those living inside America is on a steady decline. The prevalence rates of heart disease, Type 2 diabetes, obesity and cancer is highest among Blacks, Latinos and Native Americans: The U.S. population is currently 325,549,458 (Worldometers 2017) and according to the American Diabetes Association, 13.2% (3,405,600) of Blacks; 12.8 % (3,302,400) of Latinos and 15.9% (128,800) of Native Americans have been diagnosed with Type 2 diabetes. The data for heart disease is just as alarming. Of all reported cases of deaths in the U.S. associated with heart disease, Blacks and Latinos lead the pack at 23.8% and Native Americans at 18.4%. Amazingly enough, the real culprit contributing to the state of poor health of the Original People is lack of access to quality food and poverty.

According to the 2015 Report on Food & Nutrition published by Economic Research Services (2016), 42.2 million U.S. households are food insecure. To be food insecure means that an individual or family is not able to purchase quality food that will sustain & maintain health on a regular basis.

Prevalence of food insecurity, 2015



Source: Calculated by ERS, USDA, using data from the December 2015 Current Population Survey Food Security Supplement.



Rising unemployment rates continue to cause federal poverty levels to shift. This literally translates into families making \$15K to \$25K less per year than what is needed to ‘just get by’ with the essentials—food, shelter, clothing, transportation and essentials.

Increased poverty combined with food insecurity and full service grocery store closures leave the poor with seemingly no other feasible solution than to purchase the cheapest foods available. Unfortunately, for many in the inner cities of America, that means shopping at convenient dollar stores or (dare I say it) fast food restaurants ☹️

What a sad state of condition we are in where it is cheaper to feed a family of 4 at McDonald’s or Burger King than it is to purchase good wholesome food. Under these circumstances, it is no wonder then that the people are dying at an alarming rate from medical conditions that are preventable.

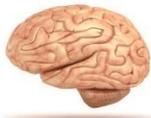
To curtail and reverse the process of illness and disease of our people, we must pool our resources and do for self. Community based gardens and Farmers Markets are great, but soon, will we be able to depend on these? With the advent of GMOs, food products which include but is not limited to, rice made from plastic, chicken that may not be chicken, and eggs manufactured in a laboratory—where do we turn? Simple. **We turn to Allah (God) and ourselves!!** Log onto the Economic Blueprint website at (www.economicblueprint.org) to learn more about how we can work together to not only end poverty and want, but also how to save the lives of our families by learning [How To Eat To Live](#).



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NUTRITION AND BEHAVIOR

One of the greatest sins being committed today is that of the ‘more often than not’ misdiagnosis of attention deficit disorder and attention deficit hyperactive disorder. When you look at most youngsters in our communities, you may find them to be hyped up on sugar (or so we assume), disrespectful, violent, noisy, misbehaving, lying, stealing and just ‘plain ole’ acting other than themselves. Some of us may even find ourselves thinking “OMG, where is his mother!” or the infamous “what is the matter with you?” Let’s take a look at that last question—what is the matter with you—the words denote that a problem exists somewhere that needs to be addressed or solved. For the most part, the problem that exists is in the diet. The diet is the cause; the child’ behavior is the effect.



This is a picture of the human brain and Allah (God) saw fit to cause this most valuable organ to develop first as it is what calls the other body systems into existence. Because of this it is important that the brain gets fed the proper food. Now imagine the average female (no matter the color, ethnicity or religion), eating artificial and processed foods throughout her life and then feeding the same types of foods to her unborn child. What effect are these chemical laden foods having on the body systems, and most importantly, what impact is it having on the brain development of the fetus?

In a society of fast food and convenience ‘cooking’ (if you want to call it that), sugar, sugar substitutes, food additives and preservatives, there is the prevailing thought that the Food and Drug Administration (FDA) wouldn’t knowingly allow harmful chemicals into the food supply. Think again. People living in America are consuming mass quantities of food products void of nutrients, that literally cause the onset of illness and disease, and these acts of genocide are condoned by the United States government.

In his monumental books, [How to Eat to Live, Books 1 and 2](#), **The Most Honorable Elijah Muhammad** writes in [Book 1, page 107, paragraph 4](#) that *“the use of fluoride, chloride and sodium is virtually poison and killing us all.”* He further states that *“these chemicals have a bad effect on our brains and our reproductive organs.”* The Messenger of Allah to us all consistently teaches us that proper diet is a precursor to proper brain, nervous system and reproductive development. Since the publishing of his books in 1967 and 1972, other scientists have studied his writings and have discovered specific scientific evidence that connects the dots.



Taken further, in her article entitled “Violent Behavior: A Solution in Plain Sight,” (April 2013) Dr. Sylvia Onusic discusses, at length, the correlation of proper nutrition and the specific vitamin deficiencies that contribute to confusion, irrational thought processes, and violence.

Vitamin A deficiencies, for example, often result in poor brain development and problems with spatial learning and memory. Vitamin B deficiencies are associated with severe psychoses, anxiety, depression, hyperactivity and insomnia. Other neurological effects caused by Vitamin B deficiencies affect the hypothalamus, an area of the brain that is responsible for impulse control. Lack of Vitamin B₁ can include confusion, memory loss and irritability. Scientists have also proven that there is a correlation between Vitamin B₁₂ deficiencies and irrational behavior, poor concentration, and severe agitation. Minerals, the counterpart of the vitamin, can also contribute to severe mental imbalances. Low levels of magnesium are related to aggressive behaviors and other neurological conditions and zinc deficiencies may be attributed to heightened anger, aggression and other hostile behaviors (Onusic 2013) especially if a Vitamin A deficiency is also present.

It is absolutely amazing how blessed we, the followers of **The Most Honorable Elijah Muhammad** are! We have had the knowledge and wisdom about nutrition for proper brain and body development at our fingertips for decades and we are witness bearers that what he is teaching us about [How to Eat to Live](#) is right and exact!

The Most Honorable Elijah Muhammad said it best in [How to Eat to Live, Book 2, page 25](#):

“THERE IS NO COMMON SICKNESS THAT CANNOT BE HEALED BY PROPER EATING OF THE RIGHT FOODS.”



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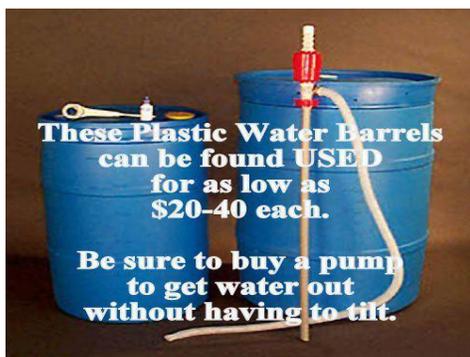
Los Angeles, Western Region

SURVIVAL PREPAREDNESS TIP OF THE MONTH

The Honorable Elijah Muhammad warns that there may be a time that we cannot leave our homes. He warns that we should store up food, water, and supplies in our homes for 2-3 weeks (21 gallons/per person) to 2-3 months (90 gallons/per person) because we may find ourselves locked down for a while.



For example, a few days after the earthquake in Haiti this is how the government brought food/water/supplies to the people--by dropping it out of helicopters like this. If you don't prepare/stock up today, you, too, may find yourself waiting for a helicopter to drop food in your neighborhood so you can feed your family. If you don't think something like this would ever happen in America, go back to the 1994 Northridge quake--the exact same thing happened to areas that were cut off because the freeways were destroyed.



I have found that there are always people on Craigslist selling these used from \$10 - 30 bucks. just make sure they are food grade, meaning they were not used for storing motor oil previously. Just go on Craigslist and pick your city, and in search type "55 gallon water barrel/or drum" (food grade). You can also do a google search for used "55 gallon water drums" in your city. Also, check with your local pop/soda bottling plants--they use these for storing the syrup. Some places I have heard give them away while others charge \$10. Since more and more people are starting to buy them they are selling more. These soda/pop plants usually have to pay a company to haul them away. Get as many as you can, clean them out good with bleach water, and fill them up.

We not only need water for drinking, but we need water for cooking, cleaning, etc. If we can find some 55 gallon barrels and fill them with water now, we will have that extra water when that day comes where our water supply



is cut off. And Remember, if you fill up TWO 55 gallon water containers, that is enough water, for one person, for THREE MONTHS. If you find some in your area will you please let me know so I can inform others in your area where to find them? Thank you

WHEN you get these 55 gallon barrels, be sure to put them exactly where you will store them BEFORE you fill them with water. These things will weigh more than 450lbs after you fill them with water making it very hard to move. Put it where you are going to store it, then fill it with a hose or something. And do not fill it all the way to the top. Leave a little room, just in case you go through a FREEZE, the water will have room to expand without cracking the barrel open. Also Remember to NEVER store our water directly on the concrete. There are deadly chemicals in the concrete that will leech through plastic and contaminate our water. Always put some kind of barrier between the cement and your plastic water container. If we get two of these for every member of our family, we will have three months of water for every member of our home. And Remember to get a pump to get the water out.

If we wait until there is a "Disaster" to rush out and go and find water, it will be very hard for us. After a Major Disaster, the very first shelf to go empty is water. If you have children, if you want to live, consider stocking up on water for yourself and your family. If you don't think you have the room where you live to store 3 months worth of water for every person in your home, IMAGINE life after a Major Disaster when you run completely out of fresh water. What in your home would you trade then for some fresh clean water? There is room.



-Excerpt from "Surviving the Destruction Hereafter", by Bro. Michael Muhammad, Phoenix, AZ

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