



Russell, Rex, M.D.

What the Bible Says About Healthy Living: Three Biblical Principles That Will Change Your Diet and Improve Your Health



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With full-color illustrations, *What the Bible Says about Healthy Living* is a definitive diet program that will help discover Gods plan for feeling better and living longer. He also shows how to eat correct in a global gone wrong, what this means to have dinner according to Gods style, and how exactly to check your wellbeing IQ. A one-color edition of this book was released by Regal Books in 1996. Dr. Rex Russell explores three principles for improving your physical and spiritual wellness.



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Good solid biblical advise and wisdom There seems to be numerous like books on the market and most saying they know very well what the bible says on the subject of healthy eating and living. This book will not sell health supplements or make a claim of curing cancers and so on. Russell advocates fasting something which most books usually do not advocate, but Dr. Very little whizzbang or wild claims. I came across this to be 1 of 2 best nutrition books ever. Give it a try. I am happy I bought it! God's way is best. It is very informative and enjoyable to learn. I am happy with this reserve and I learned a lot on how to take better treatment of myself. As I long time Christian, I experience it is a good even handed demonstration of biblical living and diet plan from a medical doctor. This book provides over 700 scripture references yet distills God's wisdom on the subject of what we should eat to three basics. The author has good humor, no condemnation for disagreeing with him, and makes an excellent point about food not being the basis of salvation. I especially like that Dr...after all, like Dr. Overall, I'd say it's worth a go through, whether or not you prefer the science parts. This is an incredible book that teaches about food groups This is an awesome book that teaches about food groups. The Bible is good technology. What did God inform Israel to consume so that they would have "none of these illnesses?" What did the Bible say that Jesus ate? It just therefore happens that a lot of serious modern health applications (not really fads) end up stating almost the same stuff. For example, what does the Bible state about meat, salt, sugars, dairy? What does the Bible say about what God thought we would feed people when he fed them miraculously? Many thanks, Lord! Just good solid reading. (The additional being Let's Eat To Keep Fit, by Davis). God has amazing powers to heal when we slice out the interference. Can it be that they are ignoring God's wisdom on what they should eat to keep themselves healthy but instead are simply following the crowd and eating foodstuffs that are destroying their bodies. This is an excellent book for reevaluating what we as Christians eat and whether or not it is biblical. So, he should not have said in this reserve to limit salt or beef. Read this publication to learn interesting facts, like beef muscle meats are 98% clean of toxins, beef fat as for the reason that layer of body fat around a fresh York strip steak is 50% toxic, pork muscle and it's body fat are 50% toxic. Learn exactly what is a great oil, why you need salt, which sugars are best, and more. I attempted his suggestions and I feel 100% better. worth a go through, whether or not you prefer the science parts Rex Russel's reserve, What the Bible Says about Healthy Living, explores what the Bible says about nutritious diet and compares it with contemporary science. The study upholds the wisdom of biblical guidance so the author encourages us to heed the nutritional laws, not really in a legalistic obedience, but as a way to honor our Creator with our bodies. We was most interested in the extensive section on fasting. And thirdly, they'll not try any food fads and can have a well balanced diet which includes fasting regularly to keep their digestive system in good shape and to find the types of foods that function best for them. The author described four types of fasting: normal fast, complete fast, partial fast, and rotational fast. But the writer talked about in some of the pages the main topic of circumcision. Notice that he's NOT saying we ought to be vegetarians. Many of his chapters get into more technical detail than I needed about scientific names of mono-whatevers and tri-somethings. Probably someday I'll become more educated on these issues, but it was more than I was prepared to take-in at this time. The recipes have to back again up the tips in the book. I'm sure it's useful information to those who can grasp the technical details.! Russell says, our body is definitely our temple. I discovered several things, and I'm sure you will, too. Recipe ingredients don't meet up with principles Great premise to the reserve. He completely lost me with the quality recipes that use things that are not in a form close to the way God created them. Therefore I'm not really saying it's a bad thing. The concepts to live by seem sensible. Just eat real meals. I only found a couple of things incorrect in the book, which is a great report via critical me. They'll consume food that's processed less than possible and retains all the nutritional value and disease protecting elements that our Creator put in the foods for our advantage. What we consume is something that will effect us every day of our life. Loved this book! And before he talked about his initial circumcision he talked about how important it is for us as Christians to cut our children. Then he says how important it is to give a new baby baby vitamin k shot. The writer said to limit beef also to limit salt, though he had just got finished whole chapters explaining that the Bible speaks well of every of these. Russell makes a whole lot of feeling that you should fast. If one comes after these principles they'll find themselves consuming organic foods and rejecting the highly processed, adulterated foods pushed on them by the globe. God's wisdom on might know about eat and why. Because I'm on medication, I'm not able to go

without meals so fasting never seemed like an option if you ask me. This book may be used as a reference for your loved ones about each food group, why God designed it just how he did, why you need to eat it, and why it is healthy.! He describes a time he preformed his 1st, in this he carelessly discussed how the child bled for some days! It's a publication you will need to browse over and once more and give as presents to others to help them get some wisdom on the often confusing subject of might know about eat. Great book! I say that the author's premise was "what the Bible says", and the Bible will not tell limit them. God's way is most beneficial. I also love that he backs up all his information with direct reference to where in the bible each item is definitely stated. It really helped give me a breakthrough in my own eating habits! Biblical verses to help you to live a healthy lifestyle , designed by God, and scientific evidence to back again up God's instructions. Anyone can benefit from reading this book. Do your research! I am impressed at what's in this book. It is VERY misleading. You would think its about dieting. The latter two are choices that don't require complete abstinence from meals, but focus on abstaining from particular types of food or rotating abstinence from different foods. Medical IQ survey itself is worth the cost of the publication but there is so a lot more. Why are there many Christians who like the Lord and wish to serve him in such miserable health? Satan shouldn't be getting a victory in this region but he provides been because of the ignorance of therefore many modern Christians and the lack of sound teaching in the Church. This is an excellent study guide which references verses in the Bible This is a great study guide which references verses in the Bible. He filles a publication with "Christian truths" but he clearly has ni idea what he is talking about circumcision Advocating circumcision with ignorance An eye opener As a person with food allergies, I curently have to view what I eat. This publication has helped me move from being truly a Vegan to completely Clean Eattng. He is so higly uninformed and goes on to put it in a book! Jesus said He emerged not to take away the laws but to add to them. The Old Testament contains very much wisdom which this reserve explains in great details that makes sense. I learned a lot from his teaching, especially about the health (and mental health) great things about fasting. Wonderful book I love this reserve. The copyright of the book is 1996 and ... I love the fact that he will go beyond food and also talks about subjects like fasting, what it really is and the variations between different fasts. The copyright of the book is 1996 and the advice within fits the data based research methods of today. Very informative, backed simply by bible verses! EASILY had to suggest one book other than the Bible to greatly help a Christian develop and be far better in this life it will be this book. Even so, I could skim these portions but still get helpful information on each topic covered. The many scriptures reveal that God has always had a lot to state about food and also why he declared that some foods shouldn't be eaten. Creator's Design Excellent read!!!! I have 45 years of nutrition study.



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