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FAQs About How To Eat To Live, Vol. 1

Kevin A. Muhammad

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This volume of FAQs About How To Eat To Live--the first of many to come, Allah Willing--contains questions designed to examine the reasoning behind the extraordinarily divine dietary guidance given by the Honorable Elijah Muhammad in the books How To Eat To Live (Books 1 and 2).

In this volume, questions that plumb deeper into (what this author believes is) the framework of this divine dietary guidance have been selected, particularly questions about the Source of this Guidance (Question 1), and the dietary instructions that represent the pillars of health and longevity (Questions 2 through 9).

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