

THE DISCIPLINE OF HOW TO EAT TO LIVE

[PowerPoint Presentation/Q&A — 60 minutes]

OVERVIEW

Today, widespread health challenges such as obesity, diabetes and chronic diseases continue to rise, even among younger generations. Diet books and programs are pervasive in the market. People are searching for effective solutions, and most of us want inexpensive ways to solve health challenges and to preserve our health, especially in these economic times. In addition, the lack of health insurance of millions of people has elevated diet and healthy living as the primary means to keep people from confronting troublesome illnesses.

The purpose of this workshop is to provide a richer understanding about the dietary teachings in the books, How To Eat To Live (1 & 2) by the Honorable Elijah Muhammad. This dietary guidance, which has proved effective for more than 80 years, has the essential aim of prolonging our life spans. This automatically means that it helps prevent chronic and infectious diseases caused by improper dietary habits. The “selection” of proper foods and our “mealtimes” are the key elements of this dietary guidance—inexpensive to the core!

In this workshop, attendees will learn how to base their diets on the “Foundations of Health, which are:

- Proper View of “Eating To Live”
- Proper View of Health, Nutrition and Diet
- Keeping Body Free of Poison
- Preserving Digestive System and Organs
- Getting Proper Nourishment by Eating the Proper Foods

UNDERSTANDING THE DANGERS OF VACCINATION

(PowerPoint Presentation/Q&A — 60 minutes)

OVERVIEW

Danger is inherent in vaccinations. All health professionals, government officials and pharmaceutical companies agree that vaccines cause injuries. The National Childhood Vaccine Injury Act (NCVIA) of 1986 was enacted based upon this fact. The Vaccine Adverse Event Reporting System (VAERS) was also created in response to this reality, allowing parents to report vaccine-related injuries. Currently, an ever-increasing number of people have concluded that vaccinations are dangerous and responsible for the epidemics of diseases, such as autism, type 1 diabetes and many other neurological and autoimmune diseases.

The workshop explains the full gamut of vaccination, from its inception 200 years ago, up to today. This presentation provides valuable information that will enable attendees to better understand the dangers inherent in vaccinations. This will allow them to make “informed decisions” about having their children or themselves vaccinated.

In this workshop, attendees will learn:

- State of Current Vaccination Crisis
- How to Naturally Prevent Disease
- What are Vaccines and Vaccination?
- The Origin of Vaccination – Initial Aim & Intent
- The Dangers of Mass Vaccination
- The Current Heavy Vaccinating of Children
- What Must You Now Do From Here?

NAVIGATING THE WEB OF VACCINATION

(PowerPoint Presentation/Q&A — 60 minutes)

OVERVIEW

After parents learn about the dangers inherent in vaccinations, many of them decide to refrain from having their children vaccinated, while using safer measures to ensure the safety and health of their children. The challenge they face is that vaccination is deeply rooted in American society, and vaccines are automatically administered to children without a second thought. Children are heavily vaccinated from birth through adolescence.

The aim of this workshop is to inform attendees of the key areas involved in navigating through the vaccination web—1) at birth; 2) during pediatric visits; and 3) while matriculating through school. This includes getting around public health legislation that forces children to be vaccinated, regardless of their current health status.

In this workshop, attendees will learn:

- How to Avoid having Your Newborn Vaccinated at Birth
- How to Communicate effectively with Pediatricians about Vaccinations
- How to Obtain Vaccination Exemptions for Your Child
- Current Laws Enacted and Proposed by State Government regarding Vaccination

ABOUT YOUR PRESENTER/SPEAKER — KEVIN A. MUHAMMAD

For 30 years—under the guidance and leadership of the Honorable Minister Louis Farrakhan—Kevin A. Muhammad has dedicated his life to improving the health of the human family. In doing so, he has authored more than a dozen books containing valuable information about nutrition, health and disease prevention.

Kevin A. Muhammad's 3-volume book series, FAQs About How To Eat To Live, is considered an “eye-opener” into the reasoning behind the dietary mandates issued in the books, How To Eat To Live by the Honorable Elijah Muhammad. In addition, his books on the dangers of vaccination are highly regarded as the most comprehensive to be found anywhere.

Other books authored by Mr. Muhammad include:

- Nuts Are Not Good for Humans: Biological Consequences of Consumption
- The Slave Diet, Disease & Reparations
- Obesity, Diabetes & How To Eat To Live, 2nd Edition
- Perils of Eating Poison-Animal: How Eating Pork Destroys the Eater
- Dietary Considerations for Breast Cancer Patients
- Against Compulsory Vaccination (Vol. 1): Why HPV Vaccines are Dangerous to the Lives of Girls Young Women and Everyone Else
- Against Compulsory Vaccination (Vol. 2): “A Long Train of Abuses and Usurpations”
- The Case Against Hepatitis B Vaccination: Prevent Your Newborns & Infants from Being Permanently Injured
- The Power of MODESTY in Preventing Disease: Understanding the Value of this Important Women’s Health Issue

Kevin A. Muhammad has also written many articles that have appeared in regional and national publications. He has conducted book-signings; and seminars/workshops on critical topics such as vaccination, proper nutrition and disease prevention. Mr. Muhammad has also appeared on television health programs. Currently, he is on a national campaign to educate the public about the dangers of vaccination.