

THE DISCIPLINE OF HOW TO EAT TO LIVE — THE GATEWAY TO AN ELEVATED CULTURE

By Kevin A. Muhammad

There are no simpler words than those of the Honorable Elijah Muhammad, in expressing the importance of the dietary guidance given to us in the books, *How To Eat To Live*, wherein He states: "... food keeps us here; it is essential that we eat food which gives and maintains life. That same food destroys life."

How To Eat To Live was revealed at the advent of the Nation of Islam in the West, which occurred in Detroit, Michigan, and not in rural farming areas in Alabama. Therefore, the fundamental tenets of **How To Eat To Live** are within reach of most, if not all, of us — these are: 1) selecting the best foods available to us; 2) properly preparing our meals; 3) eating at the proper time, and 4) fasting.

This also means that **How To Eat To Live** remains applicable in solving health problems caused by poor dietary habits—which is the root of most of the illnesses from which we suffer. All health experts agree that chronic diseases are preventable through healthy diets and lifestyles.

We can visualize that any community where **How To Eat To Live** is practiced is a healthy community that experiences measurable economic savings, and social reformation and elevation. This points to another important benefit of **How To Eat To Live** — achieving an elevated culture!

The Honorable Elijah Muhammad revealed how those who control food and healthcare industries commercialize and experiment on human life. The facts prove that the chemicals in foods, drugs, and vaccines manipulate the body's neurological and hormonal systems that support how we think and how we perceive reality; consequently, dictating our behaviors. Apathy, acts of violence, and the gross disrespect of one's self and others are linked to poor dietary habits. A proper diet leads to better behaviors.

This forum, **HOW TO EAT TO LIVE — THE GATEWAY TO AN ELEVATED CULTURE**, is designed to explain the benefits of **How To Eat To Live**; educate participants about the rudiments of this dietary guidance — in the simplest way; instruct participants about how best to begin adopting this divine dietary practice; and to provide simple recipes to get participants started on the path of better health.

UNDERSTANDING THE DANGERS OF VACCINATION

By Kevin A. Muhammad

Commonsense, logic and biological sciences have substantiated that the chemicals in vaccines cause illnesses, such as autism, ADHD, type 1 diabetes and hundreds of others, including cancer. In addition, the Honorable Minister Louis Farrakhan made it clear in His October 2007 public lecture titled, Black Youth in Peril, that vaccines are being used to create a zombie-like population (autism) and to “cull the population” — in fulfillment of what very wise social scientists, such as Bertrand Arthur William Russell, (3rd Earl Russell) envisaged. This has been underway for many decades.

Unfortunately, the atrocity of vaccination is getting worse every day. The mass administering of “DNA vaccines” have made human beings, especially children, victims of genetic-engineering experimentation; consequently, bringing those who control governments closer to making “humanoid” populations—persons whose DNA now includes that of lower animals, insects and plants. Many sober-minded scientists have warned the government of this great threat, to no avail.

Fortunately, more parents are adamantly rejecting vaccination. Because of this, state legislatures—acting as pawns for the pharmaceutical industry and aristocratic ruling families—are enacting tyrannical laws that egregiously violate our civil, human and God-given rights. California, New York and North Carolina are among the states known to have pursued or enacted laws that allow minor children to be vaccinated without the consent of their parents. Other states are venturing down this path.

In addition, state governments are erasing religious exemptions for vaccinations, or making the process of obtaining them frustrating and complex. For example, the State of Washington requires residents that seek religious exemptions to prove that their religious belief has tenets that disallow them to be vaccinated. Other states require exemption forms to be signed-off by physicians; thereby, deceitfully exposing parents to punishment by state governments.

What can we do about the vaccination crisis? What knowledge must we have in order to act in our best interests? This forum, **UNDERSTANDING THE DANGERS OF VACCINATION**, educates attendees about the dangers of vaccinations, and shows them how to protect themselves and their children by knowing and exercising their God-given rights.