



How I was Able to Eat Once a Week

Brother Joe Muhammad

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There are things that the pioneers experienced in their time of Nation building under the Honorable Elijah Muhammad that makes one to sit back and marvel, because it is such a beautiful history, and no one can tell it better than those who were there. Joe Muhammad is one of those brothers. "It is knowledge, science and just plain common sense for us not to wear out our stomachs, clog our arteries, jam our pancreas, kidneys, liver and slow our thinking down by stuffing our mouths and stomachs with food and drink all day." he says. "Eating to live feeds your discipline, and you want to keep with the challenge because the prize is your bodys' cleansing out." "How to Eat to Live" was the most influential book to me because it teaches how to expand your life by eating properly, and we all want to live long lives. I share with you what I've learned from it right here in this book".

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