



Eating by the Book: What the Bible Says about Food, Fat, Fitness and Faith

David Meinz

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Does the Bible hold the secrets to optimal health? Nutritionist David Mainz has researched and discovered what the Bible says about what you eat--and the principles are surprisingly simple. With "Eating By The Book" you'll learn a spiritually-based, scientifically-sound, common-sense plan for maximizing your health. You'll learn: (1) The foods you should eat. (2) The right way to lose weight. (3) Preventing the biggest killer. (4) Minimizing your risk of cancer. (5) Your best manual for health--The Bible.

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Harrison Bowman:

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