

Contents

	Page
About The Author	i
About The Book	Back Cover
Thank You	vii
Preface	ix
Chapter 1 Holy Nutrition	1
Chapter 2 What is Food?	13
Chapter 3 Exodus 15:26 Four requirements for Health	21
Chapter 4 Exodus 23:25-26 The Fruit of Blessed Bread and Water	27
Chapter 5 Exodus 23:20-33 The True Service of God	31
Chapter 6 Psalm 23 What and Where we Eat	37
Chapter 7 Leviticus 11 and Deuteronomy 14 The Unclean: What & Why?	41
Chapter 8 Leviticus 11:10-12 "Unclean" Minerals	53
Chapter 9 Psalm 102:25-27 The Trace Minerals	57
Chapter 10 Psalm 103:5 Good Things can Satisfy	79
Chapter 11 The Biggest Idol in a Christian's Life! What is it?	83
Chapter 12 Daniel and the three Hebrew youths	99
Chapter 13 Nebuchadnezzar and his Seven Year Diet	103
Chapter 14 Psalm 23:1-3 Healthy Digestion	127
Chapter 15 1 Thessalonians 5:23-25 Wholly Holy	129
Chapter 16 Matthew 15:1-20 and Mark 7:1-23 What did Jesus really say?	131
Chapter 17 1 Timothy 4:1-11 Prayers of sanctification vs. Prayers of blessing	139
Chapter 18 "A land flowing with milk and honey"	155
Chapter 19 Proverbs 24:13-14 Honey, Honeycomb, & More	201
Chapter 20 Acts 10 and 11 Peter's Vision	223
Chapter 21 Romans 14 All food is clean!	231
Chapter 22 Romans 11:5-10 When our table brings sickness and death!	235
Chapter 23 1 Corinthians 6:12-13, 19-20 Lawful, but unprofitable	245
Chapter 24 1 Corinthians 8; 10:23 – 11:1 Doing all to the glory of God!	251
Chapter 25 Sickness – Its Causes and Cures	255
Chapter 26 Matthew 6:16-19; 9:14-15; Isaiah 58 Fasting – For Health and Healing	267
Chapter 27 Genesis 1:29-31; Song of Solomon Herbs and Spices	281
Chapter 28 Job 5:26-27 Living and Leaving in Health	309