What Would Jesus Eat?
The Ultimate Program for Eating Well, Feeling Great, and Living Longer

In What Would Jesus Eat? you will discover:

- The biblical diet "secret" of the island of Crete, whose natives have the lowest mortality rate in the world (chpt. 7).
- Love lobster? Jesus wouldn't touch it. But try His favorite seafood. It can reduce your risk of heart attack and lower your cholesterol (chpt. 3).
- Why Leviticus bans meat fats... and why medical science says it's a wise dietary strategy (chpt. 7).
- The best milk to give young children. Hint: It's not cow milk (chpt. 5).
- Why bowel disorders and colon cancer were practically unheard of in biblical times (chpt. 2).
- You wouldn't find salt and pepper on Jesus' dinner table. Here are the much healthier seasonings He used instead (chpt. 1).
- Secret health compounds found in the fish from Galilee (chpt. 3).
- Jesus Christ's favorite food of all time (chpt. 2).
- The world's healthiest beverage. Are you getting enough in your diet? (chpt. 8).
- The all-natural "primitive" sweetener that can fight inflammation, bacteria, and fungi. Much healthier -- and tastier -- than sugar (chpt. 9).
- The secret to healthy cooking when preparing meats. Plus: Meat products you should never eat (chpt. 4).
- The only oil you should eat -- EVER. Just a few tablespoons daily can reduce your blood pressure 4 to 5 points (chpt. 7). (HFB, p. 71)
- Delicious, healthy "Bible snacks" that maintain optimum blood sugar levels without chemicals, preservatives, or processed sugar (chpt. 11).
- The hidden health benefit of the foods Jesus ate... and the enormous health risks of the foods He avoided (chpt. 3).
- How you can follow Jesus' eating model with foods that are available today -- including easy-to-prepare meals and a weekly menu (chpt. 13).
- Tips for following Jesus' eating principles when dining out (chpt. 13).
- And more....

REFERENCES: Source material is indicated in the copy in squiggly brackets {} as follows:

ACS = American Cancer Society
ADA = American Diabetes Association

About the Author
Don Colbert, M.D., a specialist in family medicine, helps people to better health through spiritual and natural sources for good nutrition and divine health. Dr. Colbert, who lives with his wife Mary in central Florida, is the author of several best-selling books including The Bible Cure Cancer, The Bible Cure Weight Loss and Wonder, and 12 Tips to Health.

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How to Stay Trim, Fit, and Healthy
With an All-Natural Diet from Biblical Times

"After following this Bible-based eating plan for just 3 months, my cholesterol dropped from 210 to 176. If everyone reads this book, patients will outlive their doctors."

– Ken Gass, Thomas Nelson salesman
What did Jesus eat?

In addition to bringing us the Word of God, the Bible is the most widely read history book ever written. And by studying biblical history, we can know with a great degree of certainty what Jesus ate.

For instance, it is fairly certain that Jesus ate bread almost daily. Fish was an important part of his diet. So were fruits and vegetables.

He ate red meat, but not the blood or fat. He avoided pork. Olive oil was a staple on Jesus’ table, as were goats milk and honey. Nuts and figs were a frequent snack, as were melons and grapes.

In What Would Jesus Eat, you get a clear picture of everything Jesus ate, as explicitly stated in the Bible and other historical records. The meats, fruits, vegetables, grains, nuts, legumes, dairy products. Including when He ate them... in what proportions... even how they were prepared.

So you can do as Jesus did and achieve the healthy body He intended you to have.

Why eat what Jesus ate?

Jesus cared about the health of people. Certainly His many healing miracles are testimony to the fact that He desired people be made “whole” — in body as well as mind and spirit.

“My contention is that Jesus taught us about nutrition and how to eat, not by what He said, but by what He did,” writes Dr. Colbert in What Would Jesus Eat. “I have hundreds of examples throughout the Bible of practices related to healthful eating, which Jesus embodied fully in His life.”

Now thousands of years later, scientists are finding that, by eating the foods Jesus ate, we gain vital health benefits our own diets fail to deliver. Including more energy, less cardiac illness, freedom from diabetes and other diseases, even improved vigor, enhanced mental function, and elevated mood.

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