

ISBN 0-7852-0567-8

*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 WOULD JESUS EAT?

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



If

God were your personal nutritionist, would you eat the foods He recommended? Of course. Most of us would. After all, millions of Christians already seek to follow Jesus in all areas of living – spiritual, moral, ethical, financial. Why not nutrition, too? Now, in Dr. Don Colbert's new book, *What Would Jesus Eat?*, you can discover:

- The foods Jesus ate.
- Why He ate them.
- Their amazing health benefits – as confirmed by modern science.
- Why you should follow the diet God has laid out for you in the pages of the Bible.
- The Bible-based eating plan that can help you fulfill Christ's purpose for you on Earth.

IS THIS WHAT GOD HAD IN MIND FOR OUR DINNER TABLES? YOU DECIDE...

Last year Americans spent \$110 billion on fast food—more than we spent on personal computers. And over 3,000 new additives were approved for use in our food.

"We eat too much junk without realizing that God has blessed us with an abundance of natural foods that are healthy, filling, and delicious. Now I grab a handful of raisins or almonds for a snack instead of chips or pretzels...."

—Bob Bly, author, *Count Your Blessings* (Thomas Nelson)

BUT DID JESUS EAT PROCESSED OR CHEMICALLY TREATED FOODS? YOU CAN BE SURE HE DID NOT.

No wonder, then, that:

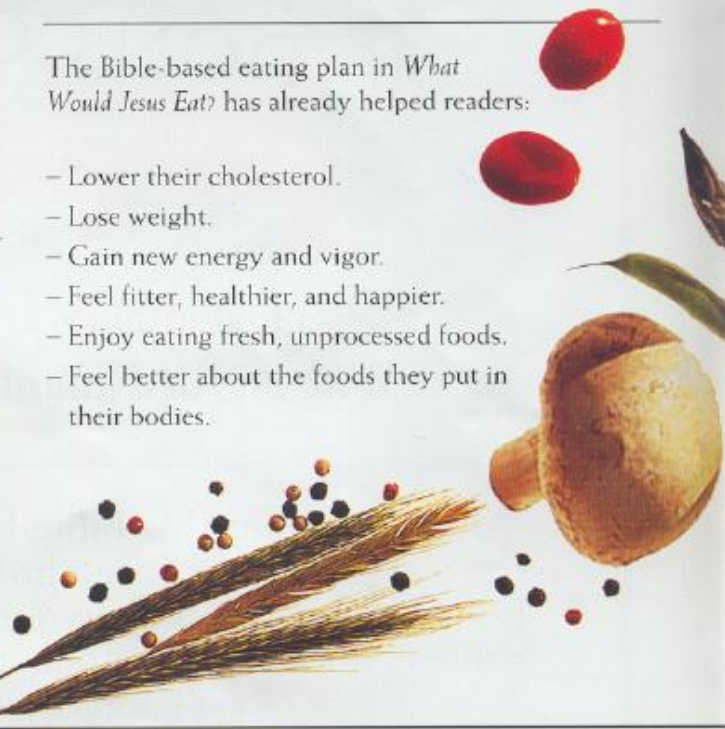
- Half of Americans are overweight and obese.
- 16 million Americans have diabetes. American Diabetes Association
- Over 21 million people suffer from stroke annually.
- One out of three Americans gets cancer. American Cancer Society
- Sudden cardiac death is the #1 killer of Americans age 35 to 60.

So many Americans have strayed from the path of clean living and eating – and the natural, whole, fresh foods that comprised Jesus' diet.

WHY NOT LET JESUS CHRIST SET YOU BACK ON THE PATH TO HEALTHY EATING?

The Bible-based eating plan in *What Would Jesus Eat?* has already helped readers:

- Lower their cholesterol.
- Lose weight.
- Gain new energy and vigor.
- Feel fitter, healthier, and happier.
- Enjoy eating fresh, unprocessed foods.
- Feel better about the foods they put in their bodies.



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 goat's milk and honey. Nuts and figs were a frequent snack, as were melons and grains.

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, and 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?* "There are 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.

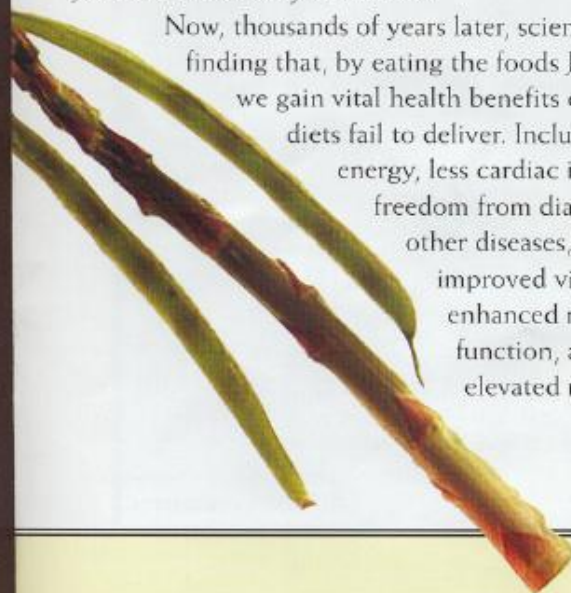


TABLE OF CONTENTS

Introduction

- Why Christians and non-Christians alike should eat what Jesus ate.
- What "primitive" cultures knew about nutrition that modern cultures sometimes miss.

-The 4 key principles of Jesus' eating plan.

1. Seriously Question What You Eat.

- The 2 most important questions to ask about any food you're thinking of eating.

-The major change in dietary habits from the time of Jesus to today ... and why it may be killing you.

-Why Jesus followed the diet constraints of the Levitical Law given to the Israelites by God through Moses.

2. The Food That Jesus Ate Most Often: Bread

-The awful truth about processed grain.

-The bread you should eat instead of white bread.

-The "secret" grain that gave Roman gladiators their energy and power.

3. A Staple in Jesus' Diet: Fish

-The healthiest food in the sea. The worst seafood to eat.

-Want to eat the fish that Jesus ate, prepared as he ate it? Follow these guidelines....

-Amazing health benefits of omega 3 and 6 oils.

4. The Meats that Jesus Ate.

-Did Jesus eat red meat?

-Hidden dangers of eating "the other white meat."

-4 ways to make sure the meat you eat is good for you.

5. Other Forms of Protein that Jesus Ate.

-Why Jesus never drank milk (except as a child).

-The biblical "super food" that's the world's healthiest dairy product.

-Would Jesus have ordered an egg-white omelet or eaten the whole egg?

6. The Vegetables That Jesus Ate.

-Fiber, protein, and iron from beans.

-How vegetables were prepared in biblical times.

-Improving cardiovascular health by eating garlic.

7. The Fats That Jesus Ate.

-Hydrogenated fat: the killer that Jesus avoided.

-The miracle of olive oil.

-The "Lord's ban" on meat fat.

8. The Beverages That Jesus Drank.

-Incorporating the world's healthiest beverage into your daily diet.

-How to calculate your ideal daily water consumption – to the ounce.

-Did Jesus drink wine?

9. What Did Jesus Eat for Dessert?

-Fruit: the healthy way to satisfy your sweet tooth.

-The one dessert that actually stops tooth decay.

-Why you should never peel your apples.

10. Did Jesus Exercise?

-Jesus' daily walking program.

-Getting started with an exercise regimen.

-3 steps to workout success.

11. Using the Foods That Jesus Ate to Lose Weight.

-Why Jesus would not have gone on today's "fad" diets.

-How to increase your metabolic rate to burn off excess fat.

-6 ways to lose weight eating the foods Jesus ate.

12. A Mediterranean Healthstyle.

-Why people on the "Mediterranean diet" have the lowest mortality rate in the world.

-Danger! The USDA's food pyramid is wrong. Here's what to eat instead.

-10 changes to your diet you should make immediately.

13. A Daily Eating Plan and a Week's Worth of Menus.

-Is breakfast really the most important meal of the day?

-The worst time of the evening to eat dinner.

-Tips for healthy snacking.

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 (*chapter 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*).
- Delicious, healthy "Bible snacks" that maintain optimum blood sugar levels without chemicals, preservatives, or processed sugar (*chpt. 11*).
- The hidden health benefits of the foods Jesus ate... and the enormous health risks of the foods He avoided (*chpt. 1*).
- 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....

DETAILS

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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 bestselling books including *The Bible Cure for Cancer*, *The Bible Cure for Weight Loss and Muscle Gain*, and *Toxic Relief*.



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