



## What the Bible Says About Healthy Living

By Rex M.D. Russell



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In a world infatuated with junk food and fad diets, why have we overlooked the simple instructions provided in the Bible that have guided people for thousands of years toward better health? You don't have to be Jewish or Christian to find wisdom for healthier living in this doctor's scripturally based book on eating and feeling better, and living longer. You'll learn the truth about grains and nuts, and the ins and outs of meat, fat, and sweeteners. Discover why beverages can be the elixirs of life or death. The principles here will help anyone who is sick and tired of feeling sick and tired find energy, freedom from illness, and more vibrant health.

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## What the Bible Says About Healthy Living By Rex M.D. Russell Bibliography

- Sales Rank: #124792 in eBooks
- Published on: 2006-10-06
- Released on: 2006-10-06
- Format: Kindle eBook

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