



## **Reading Material**

The Hallelujah Diet, George Malkmus
Why Christians Get Sick, George Malkmus
Eat To Live, Joel Fuhrman, M.D.
The China Study, Dr. T. Colin Campbell
What Your Doctor Doesn't Know About Nutritional Medicine May
Be Killing You, Ray D. Strand, M.D.
Prevent and Reverse Heart Disease, Caldwell Esselstyn, Jr., M.D.
Dr. Neal Barnard's Program for Reducing Diabetes, Neal D.
Barnard, M.D.

## Videos to watch

Forks Over Knives Fat, Sick and Nearly Dead

## **Websites**

www.hacres.com www.forksoverknives.com

## The Christian Leader's Diet

Tom Barlament

Introduction: I. Why do you eat what you eat? 2. God has a plan for what you \_\_\_\_\_\_. 3. God's initial dietary law was given in 4. Genesis 1:30 tells us what all of God's creation

5. \_\_\_\_\_ shows us that after the flood,

God allowed man to consume meat.



Underweight Healthy 12-18 18-24 Overweight Obese 25-29 30+

6.	God's original intent for man's diet was to eat:	11. Are people sick from a lack of
	Г	or?
	F V H	12. Eating healthy food is looked down upon as being
	N S	13. All animal food contains bad
7.	for health.	14. Animal source food contains no and is highly
8.	What is the one thing you would like to see different in regards to your health?	15 compromises the immune system.
9.	The number one killer of Americans is	16. The key to regaining health is to replace the trillions of daily dying cells with good
10.	How do you measure up?	17. Drink at least one 8 oz. glass of
	100 110 120 130 140 150 160 170 180 190 200 210 220 230 240 250 260 27 280 280 30 310 320  E 4'6" 24 27 29 31 34 36 39 41 43 46 48 51 53 55 58 60 63 65 68 70 73 75 78 80  E 4'6" 24 27 29 31 34 36 39 41 43 46 48 51 53 55 58 60 63 65 68 70 73 75 78 80  G 4'8" 22 24 25 27 29 31 34 36 39 41 43 46 48 51 53 55 58 60 63 65 67 70 70 72 74  G 4'8" 22 24 25 27 29 31 34 36 36 39 41 43 46 48 80 50 51 53 55 68 60 63 66 67 70 70 72 74  G 4'8" 22 24 25 27 29 31 34 36 36 38 40 43 45 47 49 52 54 56 58 60 63 66 67 69 72  T 4'10" 21 23 25 27 29 31 33 35 37 39 41 43 46 85 50 52 54 56 88 61 63 65 67 69 72  T 4'10" 20 22 24 26 26 28 30 32 38 53 73 80 40 42 44 46 48 50 52 54 56 58 60 63 65 67 69 72  H 190 20 21 24 25 27 29 31 33 35 37 39 41 43 45 57 49 51 53 55 57 59 61 63 65 67  I 50" 20 21 23 25 27 29 31 33 35 37 39 41 43 45 47 49 51 53 55 57 59 61 63 65 67  I 50" 30 21 21 23 25 27 29 31 33 35 37 39 41 43 45 47 49 51 53 55 57 59 61 63 65  I 50" 30 21 21 22 24 6 62 79 31 33 35 37 39 41 43 45 47 49 51 53 55 57 59 61 62  I 50" 18 20 22 23 25 27 29 31 33 35 37 38 40 42 44 46 48 50 84 50 51 53 55 57 59 61 63 65  I 50" 18 20 22 23 26 62 8 30 32 34 35 37 39 41 43 45 47 49 51 53 55 57 59 61 62  I 50" 18 20 22 24 26 62 79 31 33 35 37 38 40 42 44 68 48 50 51 53 55 57 59 60 60  I 50" 18 20 22 28 26 62 80 30 32 34 35 37 38 40 42 44 68 48 50 51 53 55 57 59 60 60  I 50" 18 20 22 24 6 62 79 31 33 35 37 38 40 42 44 46 48 50 80 80 80 80 80 80 80 80 80 80 80 80 80	on a daily basis.  18. You should eat at least one big  a day (preferably two).
	57" 16 17 19 20 22 23 25 27 28 30 33 34 36 38 39 41 4 44 45 47 49 50 58 58" 15 17 18 20 21 23 24 4 55 47 49 50 58 58" 15 17 18 20 21 23 24 6 5 7 28 30 31 33 35 36 38 39 41 4 34 44 64 47 49 50 59" 15" 16 18 19 21 22 24 45 57 28 30 31 32 34 35 37 38 30 41 43 44 46 47 49 50 50" 14 16 15 17 18 20 21 22 24 25 26 28 28 29 31 32 33 35 36 38 30 41 43 44 46 47 46 47 49 50" 15" 15" 14 15 17 18 20 21 22 24 25 26 28 29 31 32 33 35 36 38 39 40 41 43 44 46 47 48 48 48 48 48 48 48 48 48 48 48 48 48	Conclusion: