

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: _____

- 1. 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 ate—_____.**
- 5. _____ shows us that after the flood, God allowed man to consume meat.**



6. God's original intent for man's diet was to eat:

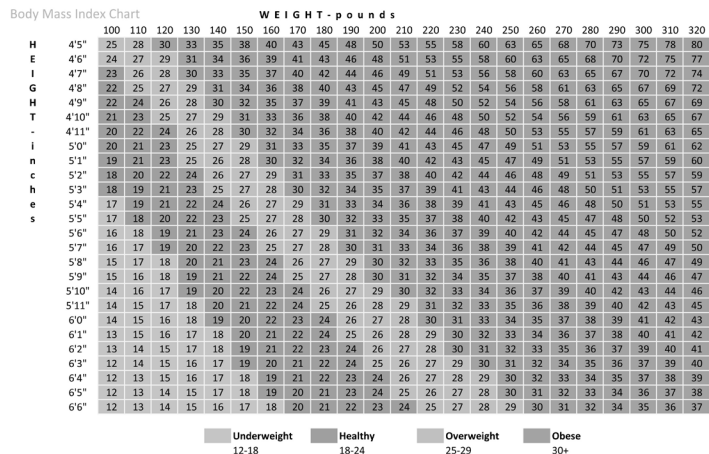
F _____
 V _____
 H _____
 N _____
 S _____

7. _____ is to be our _____ for health.

8. What is the one thing you would like to see different in regards to your health?

9. The number one killer of Americans is _____.

10. How do you measure up?



11. Are people sick from a lack of _____ or _____?

12. Eating healthy food is looked down upon as being _____.

13. All animal food contains bad _____.

14. Animal source food contains no _____ and is highly _____.

15. _____ compromises the immune system.

16. The key to regaining health is to replace the trillions of daily dying cells with good _____.

17. Drink at least one 8 oz. glass of _____ on a daily basis.

18. You should eat at least one big _____ a day (preferably two).

Conclusion: _____