



# **What the Bible Says about Healthy Living: Three Biblical Principals That Will Change Your Diet and Improve Your Health**

*Rex Russell*

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**Three Biblical Principles that Will Change Your Diet and Improve Your Health.** In a world infatuated with junk food and fad diets, why have we overlooked the simple instructions provided in the Bible that have guided and people for thousands of years toward better health? You don't have to be Jewish or a Christian to discover wisdom for healthier living in this doctor's scripturally-based book on eating and feeling better, and living longer. These simple principles will help you find energy, freedom from illness, and more vibrant health!

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