

# HEALING FOODS FROM THE BIBLE

"Bless the Lord, O my soul, And Forget not all His benefits" Psalm 103:2



## THE ROLE FOOD PLAYS IN OUR HEALTH

KEEP IN MIND THAT EATING THE RIGHT FOODS IS ONE OF THE KEYS TO MAINTAINING A HEALTHY BODY AND MIND. CHOOSE FOODS THAT HEALTHY, AVOIDING THOSE THAT ARE HIGH IN FAT, SODIUM OR CHOLESTEROL, AND MAKE SURE YOUR BODY IS GETTING ALL THE VITAMINS AND MINERALS IT NEEDS.

Although references to food and food products are mentioned throughout the Bible, the following are a few of the holy verses revealing what God wants everyone to eat:

**GENESIS 6:3** - And the Lord said, "My spirit shall not strive with man forever, for he is indeed flesh; yet his days shall be one hundred and twenty years."

**ISAIAH 37:30** - This shall be a sign to you... plant vineyards and eat the fruit of them.

**PROVERBS 27:18** - Whoever keeps the Fig Tree will eat its fruit.

**PROVERBS 27:27** - You shall have enough milk for your food, for the food of your household, and the nourishment of your maidservants.

**GENESIS 43:11** - Take some of the best fruits of the land in your vessels and carry down a present for the man - a little balm and a little honey, spices, myrrh, nuts and almonds.

**GENESIS 42:2** - And He said, "indeed I have heard that there is grain in Egypt; go down to that place and buy for us there, that we may live and not die."

**PSALM 78:23-24** - Yet He had commanded the clouds above, and opened the doors of heaven had rained down manna on them to eat, and give them the bread of heaven.

**DEUTERONOMY 33:28** - In a land of grain and new wine, His heavens shall also drop dew.

**AMAZING!**  
**Get all 25!**  
**In The Booklet**  
**"HEALING FOODS**  
**FROM THE BIBLE"**  
**NOW!**

© LEO EASTERLING 2005 Rev. 6/2006

**PLACE YOUR ORDER TODAY!**

**FROM**  
**Pastor Leo Easterling**  
**Try God's Word Ministries, Inc.**  
4035 Charleston Road  
Matteson, IL 60443-2625

Clearly print or type

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

**\* ONLY \$12.00 \* This Book IS HOT!**