

Recent scientific research confirms Messenger's 40-year dietary teachings

By Samuel 25X

The fact that fasting is the cure for 90 percent of our ills is known by the medical scientists. But they do not teach you that.

We should live 500 - 1000 years. Bad food causes us to look old.

—The Honorable Elijah Muhammad

How To Eat To Live

CHICAGO — Scientists in two widely separated laboratories have confirmed the Honorable Elijah Muhammad's dietary laws by testing the effects of fasting and restricted feeding on rats and other animals.

C.M. McCAY at Cornell, and E. Holeckova and M. Chvapil in Czechoslovakia have demonstrated that the feeding of human beings according to animal patterns and over-feeding common in affluent societies such as the U.S. tend to dramatically shorten the life.

The findings of these experiments echo throughout what Messenger Muhammad has said for years. This can readily be seen in a comparison between the opening lines of *How To Eat To Live* and the titles of the experiments.

Messenger Muhammad: "There is no way of prolonging the life of human beings — or any other life — unless it begins with the restrictions of the foods which sustain life."

And the title of McCay's experiment: "Effect of restricted Feeding upon Aging and Chronic Diseases in Rats and Dogs."

C.M. McCay has pointed out that "... Inasmuch as nutrition research has made many of its advances in the course of studying farm animals, it tends to have its philosophy (three meals a day) colored by these investigations even when the results are applied to human beings.

"In rearing farm animals ... or meat the factor of dominant importance is ways the cost in terms of feed and labor to produce a pound of human food.

"Under most conditions the more rapidly an animal grows, the more efficiently it converts feedstuffs into tissue, as much as most meat producing animals are slaughtered before they have completed more than a third of their total span of life, little attention is paid to any factor other than a feeding program at will maintain health and efficient conversion of feedstuffs until the time of slaughter."

the problem of transferring a diet of animals meant only

compounded by affluence. According to Holeckova and Chvapil, "meal - eating without reduction of food intake becomes more frequent in a highly civilized population like the United States."

McCay reported earlier experiments in which it was found that, "... restriction of foods slowed or prevented the growth of tumors in animals ... the tumor grew in relation to the amount of food allowed the animal ... mice fed on restricted diets live longer."

THIS EVIDENCE contradicts common superstitions of the type which urge people to stuff themselves with food. Yet the evidence confirms the Messenger's statement: "The most important thing of health which prolongs life is accomplished by not eating poison food, which shortens our lives and brings disease into the body. This is accomplished, secondly, by not feeding the stomach too often."

McCay says his experiments were initiated after 1930 and they have been concerned with the effects of restricted feeding upon aging and sickness. Some facts which were derived from these experiments are:

1. "Chronic pneumonia which seems to terminate the lives of most old rats, develops much more slowly in those fed on restricted diets ..."

2. "The elasticity of lung tissue (a sign of health) seems to be better maintained in these underfed animals."

3. "The animals on restricted diet seemed to have maintained younger kidneys just as they did more elastic lungs."

4. "The restriction of calories during the latter half of life is also effective in extending the total life span of the rat just as it is in the case of man."

Certain points which the Messenger has related to only in passing to his major themes have also been confirmed as

true. For instance the Messenger says on page 23 of *How To Eat To Live*, "You may drink coffee between meals, but do not fill your cup with half sugar and half cream and pour coffee on top of that."

McCay found in one of his experiments that: "... there is no evidence of modification of the life - span from the daily ingestion of a moderate amount of coffee beverage. In fact, two groups of rats indicated significantly favourable responses to this beverage."

The Honorable Elijah Muhammad has remarked that we should not kill ourselves at the one meal which we do eat. And he is confirmed again.

This time by Holeckova and Chvapil who point out that, "... profound metabolic changes have been found in rats, chickens and monkeys consuming in a one - time restricted meal the same amount of food which control animals (animals which are allowed to eat as the majority of people eat) consumed in smaller amounts more often or continuously nibbling. One of the most interesting features of such organisms was ... increased susceptibility to experimental atherosclerosis."

Some other observations found by researchers Holeckova and Chvapil were that fasting and intermittent feeding (2 or 3 times a week) inhibits aging in the domesticated laboratory rats.

"The fed and fasted animals have ... a higher excitability level of the central nervous system (faster reflexes), a longer period of fertility and a better reaction to cold stress, as well as a lower incidence of spontaneous tumors."

McCay in concluding the report of his experiments said: "The purpose of all research upon aging is to find means of alleviating the chronic diseases of old age. Thus we can look forward to more productive years and less

financial dependence in man. Severe restriction in food intake has long been advocated by individuals and certain sects."

The Nation of Islam has been often characterized as a "sect", and it is the most widely known movement in the western hemisphere publically advocating a restricted diet. Yet the scientists keep mysteriously referring to "certain individuals and sects."

Some readers may wonder: If the white scientists know all these things, then why do they

teach against Muhammad?

One can only recall the Messenger's remarks at Saviour's Day (1971) as to why the devil is selling poisonous foods and drugs while knowing that they are poisoned.

The Messenger, mimicking a dialogue between the ignorant and the devil, first voiced the ignorant: "Well, if you knew the food was poison and would kill us, why were you selling them (drugs, tainted food and too much food) to us?" Then the devil scientist responds: "Well ... (Pause) ... I was trying to kill you!"

Length of Life and Incidence of Spontaneous Tumors in Intermittently 'Fed and Fasted' and Control Rats

RAT	LENGTH OF LIFE IN DAYS	TUMOR	METASTASES	DAY OF TUMOR APPEARANCE
C1	768	0	0	0
C2	864	large	positive	626
C3	879	large	0	406
C4	955	0	0	0
C5	972	large	positive	594
C6	981	large	positive	981
C7	995	0	0	0
C8	1015	0	0	0
C9	1020	large	positive	920
C10	1021	large	0	887
11	742	0	0	0
12	767	0	0	0
13	973	0	0	0
14	1013	small	0	1013
15	1013	small	0	1013
16	1031	large	0	531
17	1039	0	0	0
18	1044	0	0	0
19	1136	0	0	0

C—Controls who represent the eating habits of most U.S. citizens. I—Intermittently 'Fed and Fasted' who represent an eating schedule of two or three times a week.

METASTASES—The shifting of a disease, or its local manifestation, from one part of the body to another, as seen in cancer when tumors spread from origin to other parts of body.

Graph from "The Effect of Intermittent Feeding and Fasting and of Domestication on Biological Age in the Rat" by Holeckova and Chvapil.

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