



Eat Freely:

God's Perspective About Food

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Synopsis:

LET FOOD BE YOUR MEDICINE AND LET SCRIPTURE HELP YOU FIND THE WAY.

The constant decisions of what to eat, when to eat, and how much to eat consumes most people's thoughts during the course of a day. While you may not think of the Bible as a nutritional reference, you'll soon discover that it has the answers you've been looking for.

In their quest to sell convenience, the food industry repeatedly reinforces the idea that cooking is inconvenient, expensive, and takes up too much of your valuable time. But it doesn't mean this should be your personal choice.

With the easy availability of fast-food, processed food, food in a box, and food on-the-go, our modern relationship with food has become dysfunctional. Eventually, everyone reaches the point when they know they're not eating well and want to find a better solution and a healthier way.



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