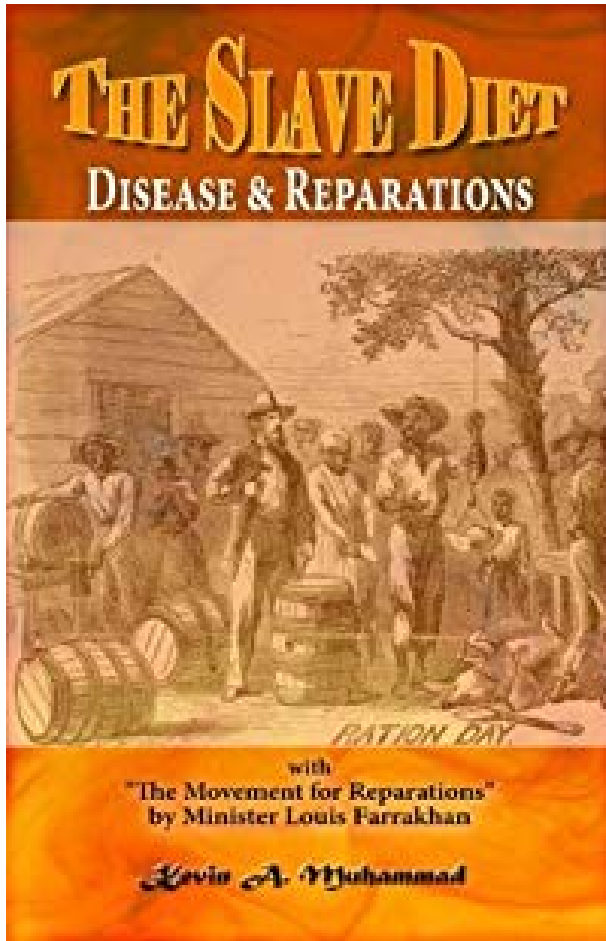


The Slave Diet, Disease & Reparations



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Among the many negative traits ingrained in Black people during slavery was a mindset wherein we devalued our lives. Consequently, we delighted not only in hurting each other, but also we ate the most despicable things, never fully realizing that these things take our health away and put us in an early grave. We were programmed for self-destruction in every facet of living.

What government program can undo this mindset? How much money is required to solve this grave problem? This book shows the value of the Honorable Elijah Muhammad's dietary guidance and how such guidance directly addresses the poor dietary practices that Black people adopted through force, while serving as slaves. Eating foods that comprise the slave diet, not just for 10 or 20 years, but for more than 300 years and counting, has given us predispositions to many diseases that heavily afflict us.