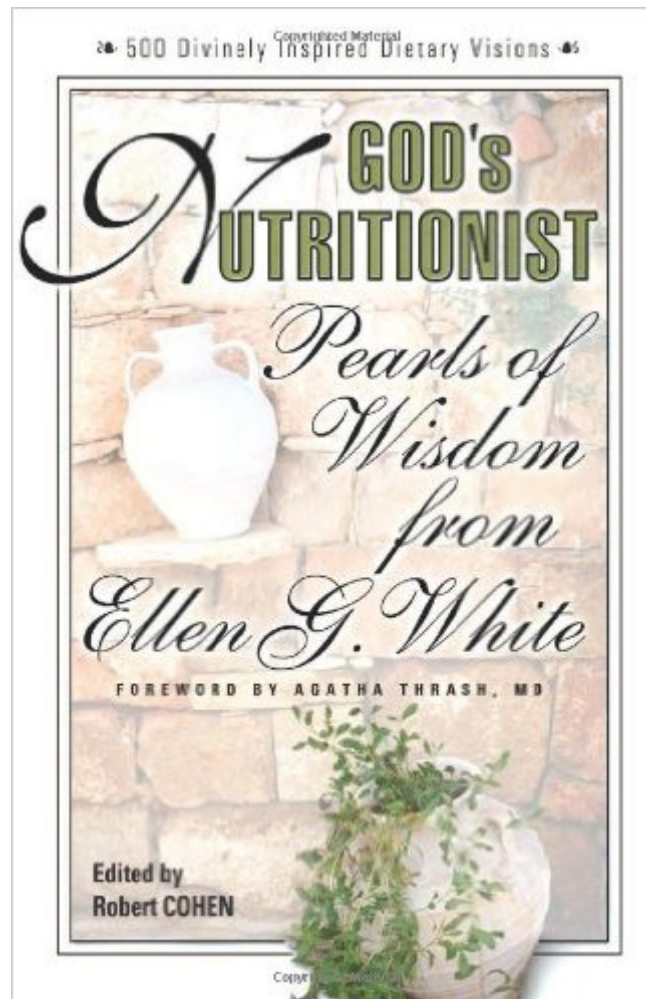


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# God's Nutritionist: Pearls Of Wisdom From Ellen G. White (Squareone Classics)



## Synopsis

As a spiritual leader and pioneering nutritionist of the nineteenth and twentieth centuries, Ellen G. White had a profound effect on millions of people worldwide. Yet, few outside the Seventh-day Adventist Church have known of her work until now. In this unique book, Robert Cohen presents Ellen White's most insightful quotations on health and nutrition, and supports them with current scientific facts that confirm her views. Here are 500 of White's "pearls of wisdom" words that are as practical, insightful, and moral as they are accurate. Gathered from her many works, these classic quotations beautifully present her beliefs, from her stand as an ardent vegetarian to her view of dairy products. Whether seen as a slice of history, a book of prophetic wisdom, or a relevant guide to everyday life, God's Nutritionist offers both a beacon of light and a path of truth.

## Book Information

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## Customer Reviews

I didn't know what to expect from this book. I was a little leary of it, because I am an agnostic, and I don't take kindly to people who tell me what God thinks. How do THEY know? But I loved this book! It is not at all preachy. Instead, it is full of common sense, wisdom and reason. It has a large number of quotes from Ellen G. White, who was writing in the 1800's, interspersed with quotes from modern peer-reviewed medical journals. It is amazing how right-on Ellen G. White is. You would think she was writing of our current sorry state of dietary affairs in many of these quotes. Obesity, heart

disease, cancers and many other lifestyle related diseases, the animal suffering caused by mass production of livestock, the health benefits of olive oil, I could go on and on...she was so prescient! She was an amazing woman. And Robert Cohen truly deserves thanks for bringing the writings of this wise woman to our attention. I hope people will take notice.

I am so excited to finally see a book that backs up my beliefs and shows the Bible advocates not killing & eating animals. I hope everyone reads this book and sees the dangers of eating animals and drinking their milk. Thank you!

Since a switch toward vegetarianism is not only an important individual choice today, but also a spiritual imperative and a societal imperative, necessary to revitalize our religions and move our imperiled planet to a more sustainable path, I hope that God's Nutritionist is widely read and widely heeded. The 500 statements on proper nutrition from Ellen White's prolific writings provide advice that is badly needed today at a time when there is an epidemic of chronic degenerative diseases, and Cohen reinforces the correctness of her statements by interspersing over one hundred quotations and references from scientific journals that illustrate how a shift to plant-centered diets can greatly reduce disease. Hence, this book has the potential to produce healthier people and a more humane and environmentally sustainable world

This is one of the best book I have read on health. It not only talks about physical health but also spiritual and mental health as well. I especailly enjoy the modern findings to back up what was revealed to Mrs. White over a hundred years ago. I just wish Mr Cohen would have included more of them. Many kutos to Mr R Cohen for writing this book. Excellent job !!!!

I highly recommend this book to anyone seeking health is this day and age of processed foods. Elly G. White was way ahead of her times in knowing that diseases could be prevented through sound diet and healthy Lifestyles. Myself, I eat only fruits and vegetables ... nothing else. I use this book in giving advice to others on the path to better health. Ellyn G. White wrote many books and letters in her wonderful and fullfilled Life. Robert Cohen found a way to glean through her wisdom and bring the best together in this book. This book will hold a place of honor in my library.

I just saw this book and purchased it because of the subject matter. I wasn't sure what to expect until opening the book and perusing its pages. I am very pleased with this new purchase as it

contains many (500, to be exact) pearls of wisdom pertaining to a healthful diet and the numerous medical and ethical reasons to adopt this higher lifestyle. What's more, it contains many references which prove that the Christian Bible actually supports a vegan/vegetarian lifestyle; in fact, it compels it. This is great news for those of us who've grown weary of those psuedo-Christian bible-thumpers who try to justify their bad flesh-eating habit via the Bible. No more! Read this thought-provoking book and you will be informed the next time you encounter those mad individuals who pervert the Gospel of Peace and its Original Teacher's message: that of peace to all living beings. As the Good Book states: "Know the Truth, and the Truth will set you free." Read the Truth contained in this book and set yourself FREE! ;)

This book has information from current reliable sources to back up words of council given over a hundred and fifty years ago. Relating to healthful lifestyle practices. Very helpful in outlining a healthful way to live.

I think every one should have her books. period. She goes along side of the bible and is as Strong a prophet as ANY out of the bible.

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