



# Biblical Nutrition Forty Days of Meditations

*James C. Tibbetts*

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## **Biblical Nutrition Forty Days of Meditations** James C. Tibbetts

This book is laid out to be a 40 day meditation. This work is a meditation for people to ponder on the Truths of Scripture as Jesus and Mary meditated on the mysteries of Yahweh! This work brings forth biblically based teachings that were alive and strong in biblical times. The first 20 meditations are about Biblical Nutrition. The last 20 come from the scientific aspects of a plant-based diet. The evidence from the scriptures, the early Church period, the Jewish literature, the mystics, and nutrition indicates that Jesus and Mary were kosher, and also that they were vegetarian. The author Jim has related books: Biblical Fasting; Jesus and Mary were Kosher Vegetarians, the Evidence from the Bible, the Early Church and Nutrition; Juice Fasting; and Living Green with Juices, Smoothies and Salads; which are part of this meditation.

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