



The Alpha and Omega Diet: God's prescription for Peace on Earth. Lose weight and feel great as God intended.

Gordon Leo Johnson

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This is a high carbohydrate raw food vegan book, but it also goes into the new testament and revelations and gives a new way to look at them. If you have read The World Peace Diet by Will Tuttle, this is the religious expansion on that message and lets you see that this author sees the world and the bible and God a whole lot differently than most people in the world. He makes you think and think again. For such a short and to the point book, it sure is thought provoking. Read it and judge for yourself. Why was there a need for a new testament. Protein has always been the major question from the carnivores, I don't know how much we have changed in 10000 years or since we started eating meat but according to that crazy bible, some people lived over 900 years, we seem to have degraded since we started to eat meat, some of the healthiest people on the planet today are vegan. do you think God wants there to be sickness and disease on this earth. Do you think he/she wants, heart disease, diabetes, cancer, obesity, anorexia, impotence, etc.. Do you think he/she wants you to have to take drugs for the rest of your life, with all their side effects like weight gain and higher blood sugar from blood pressure medications, like weight gain and higher blood pressure from blood sugar medications, like impotence from depression medications. Do you really think he/she wants you to have atherosclerosis or kidney disease, excess animal protein and cholesterol, which is only found in God's other creatures, cause these, if we had a carnivores digestive system we would be able to handle all the acid that is created by a diet of the flesh. Even a diet of cooked foods, especially oils and other refined stuff is acidic. Fruits are slightly alkaline and leafy green vegetables are more alkaline and are "for the healing of nations" as stated in the last chapter of the bible. Your health is nothing to play with. What goes into your body is the only thing you control, and is the major contributing factor to your health, exercise, sleep and sunlight are a few others, it is hard to treat your sickness without first taking into account what you have done to yourself, most people get sick and let others experiment on them, without even trying to change. It is a slippery slope we get on when we start taking prescription drugs, once we are on them we become dependent on them, so much so that if you try to stop some of them cold turkey you get the opposite effect, You get addicted, but it is legal. Some people say that they want to see everyone in the world fed, to stop world hunger. 80% of all the grain, corn and soybeans are fed to livestock. Over 50% of all the fish caught or farmed is fed to livestock. That doesn't sound very kosher. We don't need fish, but we do need living oceans, without the balance the oceans will die. Some people say that we have to do some thing about global warming. The worst thing for global warming is the diet of the flesh, methane stays in the atmosphere 25 times longer than carbon dioxide, cow farts last longer than auto exhaust and cows don't have catalytic converters, there is a dead zone larger than the state of Rhode Island in the Gulf of Mexico due to the lack of sewage treatment in farms up the river. This book is a must read for any person with love in their heart, anyone who is sick, anyone who wants some reasons to become a vegetarian, a vegan, high carb raw vegan, there are books that are listed that all want you to be healthy, and they all show how to be vegan, they all want peace on earth and they will always try to convince you in different ways to at the very least be vegan. this book is just my way of doing that, biblically. This world can be a garden again, we have to do it. Then God will come. It is like in that movie, "Field of Dreams" with Kevin Costner, where he hears a voice saying "if you build it they will come" I hear "if my children build it I will come".

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John Carter:

A lot of people always spent their free time to vacation as well as go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a reserve. The book The Alpha and Omega Diet: God's prescription for Peace on Earth. Lose weight and feel great as God intended. it is quite good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. If you did not have enough space to create this book you can buy typically the e-book. You can m0ore quickly to read this book through your smart phone. The price is not very costly but this book possesses high quality.

Crystal Sanchez:

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Steven Jones:

Is it an individual who having spare time then spend it whole day by means of watching television programs or just resting on the bed? Do you need something new? This The Alpha and Omega Diet: God's prescription for Peace on Earth. Lose weight and feel great as God intended. can be the solution, oh how comes? It's a

book you know. You are and so out of date, spending your time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

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