

# Contents

Acknowledgments	vii
Foreword to the First Edition by Dr. Rex Russell, author of <i>What the Bible Says about Healthy Living</i>	Preface xi
Foreword to the Second Edition by Jordan S. Rubin Founder and CEO of Beyond Organic	xiii
Preface	xv
<b>Part I: Hope's Perspective</b>	1
Prologue Lunch with a Nice Jewish Girl	3
1 In the Beginning Food and the Hebrew Scriptures	11
2 Did God Flip a Coin? Scientific Support for the Biblical Food Laws	29
3 What Would Jesus Eat? First-Century Judaism's Historical Background	39
4 The New Testament View Reconciling Apparent Contradictions with the Hebrew Scriptures	49
5 Avoiding Blood, Fat and Things Strangled Is <i>Kosher</i> Meat the Answer?	61
6 Meat and Milk Did My Ancestors Take it Too Far?	77

7	Conclusion God's Word Does Not Change—and Neither Does the Physiology of Pork	83
	Epilogue Second Edition Update	89
	<b>Part II: Man Alive! There's More!</b>	93
	<b>Appendices</b>	133
	Bible and Apocrypha Passages	135
	List of Clean and Unclean Animals	141
	Resources	147
	Bibliography	149
	Scripture Reference Index	151
	Subject Index	155