



What the Bible Says About Healthy Living

By Rex M.D. Russell

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Discover the keys to healthy living that have been in front of you all along--in the Bible! Anyone who is sick and tired of feeling sick and tired will find in these pages the secrets to more abundant energy, freedom from illness, and more vibrant health.

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Editorial Review

Review

A must read for every Christian who is serious about living a healthy and vigorous life that pleases God --
Dennis and Barbara Rainey, executive director/co-founder, FamilyLife Ministries

An outstanding reminder of Gods prescription for our health as contained in His holy Word -- *Dr. Bill Bright, founder and president, Campus Crusade for Christ International*

Dr. Russell provides a biblically based prescription for adding not only years to your life, but more importantly, life to your years -- *Ron Loeppke, M.D., M.P.H., FACOEM, Corporate Medical Director, PhyCor*

In the area of nutrition, Dr. Rex Russell is one of the most knowledgeable people I know. I recommend What the Bible Says about Healthy Living to anyone seeking the facts about good health -- *Larry Burkett, president and founder, Christian Financial Concepts*

From the Back Cover

In a world infatuated with junk food and fad diets, why have we overlooked the simple instructions provided in the Bible that have guided and people for thousands of years toward better health? You don't have to be Jewish or a Christian to discover wisdom for healthier living in this doctor's scripturally-based book on eating and feeling better, and living longer. These simple principles will help you find energy, freedom from illness, and more vibrant health!

About the Author

DR. REX RUSSELL is a board-certified invasive radiologist. A former three-year letterman in football at Oklahoma State, Dr. Russell now spends his time in the areas of vascular radiology, which uses angioplasty to open up vessels suffering from hardening or blockage. He attended medical school at Baylor University in Houston, TX, and completed his residency at the Mayo Clinic in Rochester, MN. He has practiced at two of the nation's outstanding hospitals, St. Luke's Hospital in Houston and the Regional Medical Center in Fort Smith, Arkansas, where he and his wife, Judy, make their home.

HOMETOWN: FT. SMITH, ARKANSAS

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Michael Bennett:

People live in this new time of lifestyle always make an effort to and must have the time or they will get wide range of stress from both everyday life and work. So , when we ask do people have free time, we will say absolutely sure. People is human not a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer may unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, the particular book you have read is definitely What the Bible Says About Healthy Living.

Jimmie Houck:

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Rigoberto Stansell:

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