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Title: "What The Bible Says About Healthy Living" Author: Rex Russell, M.D.. Publisher: Regal Books - Ventura, CA. Reviewed by Matthew Farnell. In my opinion

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Living the simple life: what the bible says about healthy living

Several months ago, on the recommendation of a midwife friend, I read the book *What the Bible Says About Healthy Living* by Dr. Rex Russell.

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What i'm reading – what the bible says about healthy living

Surprisingly it's called What The Bible Says About Healthy Living Cookbook....I always like throwing you for a loop. Every recipe in the book is easy to follow.

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Here is a quick overview of the Three Principles. (A good resource for living them out is What the Bible Says about Healthy Living Cookbook:

Book recommendation: what the bible says about healthy living

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