

What Readers are Saying about Holy Cow!

Finally, I am excited to find a book that addresses biblical meat eating as thoroughly as Hope Egan and D. Thomas Lancaster have. As an author and speaker, I continually answer questions about the Hebrew Scriptures' meat laws and their applicability to Christians. *Holy Cow!* is an invaluable resource, one that I certainly recommend to others.

Dr. Rex Russell, MD

Author

What the Bible Says about Healthy Living

“I heartily recommend Hope Egan’s delightful book, *Holy Cow!* This work includes not only good teaching on God’s Law to Israel and the nations, but it is written with typical Jewish humor that will keep you chuckling as the truths are driven home in a gracious and kind way.”

Walter C. Kaiser, Jr.

President Emeritus

Gordon-Conwell Theological Seminary

“*Holy Cow!* will help you see the menu plan for dinner with clearer focus and greater blessing. This well-written book brings peace of mind as you recognize God’s love for us even in our food choices.”

Annette Reeder,

Author, Coach and Speaker

TheBiblicalNutritionist.com

“Your publication is a fine, stimulating, and magnificent work on a topic many Christians don’t think about. Thank you for your courage to discuss the crucial topic of eating from the biblical perspective. I

wholeheartedly endorse *Holy Cow!* It is hard to express in a few words the depth of your study. I strongly recommend this superb book for all who want to advance in their daily walk with the Lord.”

Jiri Moskala, Th.D. Ph.D.
Professor of Old Testament Exegesis and Theology
Andrews University

“For believers who are interested in honoring God with their entire being, body, soul and spirit, *Holy Cow!* will be an eye-opening read. Part testimony, part Bible study, it is an intelligent, entertaining walk on the Bible’s path to healthy eating.”

Jordan S. Rubin,
Author
NY Times Bestseller, *The Maker’s Diet*

“In this straightforward guide, Egan skillfully explains the Bible’s views on eating meat with clear and simple language. She reassures us that our dietary habits do not impact our salvation but encourages us to respect and follow the teachings of the Bible. I enthusiastically recommend this vital book to those seeking insight into this aspect of biblical teaching.”

Robin Sampson
Author
Jesus in the Biblical Holidays

“I liked this book. Christians concerned about obeying God’s will in all of life’s venues will find this book helpful in dealing with a controversial topic in a thoughtful, helpful, pleasant fashion.”

Richard Ruble
Perspectives on Science and Christian Faith

“...Displaying a keen intellect, respect for traditional interpretations, and a refreshing zeal for understanding and living by every word of God, Hope makes an excellent case for rethinking traditional Christian views on this subject. May it lead us all to a closer relationship with our Lord and Savior.”

David Treybig
Pastor
Church of God, a Worldwide Association

“The food choices we have today are endless. Hope identifies common feelings we all have when she talks about the brain-fog and vexing questions she had about food. Want some new perspective on God’s design for eating? Get this book, read it and then prayerfully pursue what God’s Spirit has for you.”

Brad Bloom
Publisher
Faith & Fitness Magazine

“Scripturally, a believer can be a vegetarian or a meat eater and be obedient to God’s word...*Holy Cow!* Points those who are beginning to ask, ‘What does God tell me to eat?’ to the Holy Scriptures for the answers.”

Dr. Gordon S. Tessler
Author
The Genesis Diet

“... This book will help you understand one of the most misunderstood subjects in the Bible. Every believer should read it—with an open mind.”

Dr. Richard Booker
Founder of the Institute for Hebraic-Christian Studies
Author, *The Mystery of the Scarlet Thread*

“*Holy Cow!* is winsome and full of grace! Hope Egan provides a great balance of logic and humor on this very important issue.”

Sue Gregg
Author

The Busy Woman’s Guide to Healthy Eating

“I have found *Holy Cow!* to be a breath of fresh air. I greatly appreciate Hope Egan’s inquisitive style of writing, which is sensitive to the needs of a wide variety of people, particularly Christians investigating their Hebraic roots.”

J. K. McKee
Editor
TNN Online

“This book should come with a warning. If you read this book, you may be leaving pork ribs and lobster off your personal menu. It is that thought provoking and biblically convincing.”

Jackson Crum
Author
Sought: The Shocking Goodness of a Seeking God

“This is the type of book that will make any student of the Bible happy. The author clearly and carefully leads readers through a penetrating and fascinating study of God’s Word. Yet her style of writing is conversational, never confrontational. It’s a perfect mix of enthusiasm and exhortation!”

Joyce Handzo
ChristianBookPreviews.com

“What’s important about this book is that Egan doesn’t force a right-or-wrong debate about eating meat or following kosher rules. Instead, she simply represents both biblical and scientific thoughts about why God gave those specific dietary rules in Leviticus and asks us to consider how they apply to our lives today.”

Joanne Brokaw
Freelance writer and columnist

“A wonderful introduction to the theological underpinnings of food and its powerful impact on our health and wellbeing!”

Mark McLellan
Senior Pastor
The Harvest

“Egan’s style is brisk and her tone warmly personal.”

Christianity Today Books and Culture

“Provocative and challenging...”

Evangelical Church Libraries

Foreword

to the Fourth Edition

Shortly after its debut, I was thrilled to read the first edition of *Holy Cow!* As a biblical wellness author, teacher and speaker, I fully embraced the meat-related biblical food laws. I had already reconciled the Bible verses that I was taught had negated them, so it was refreshing to read someone else who arrived at the same conclusion as I did.

In the 15-plus years since I first read *Holy Cow!*, God has grown my biblical wellness ministry to reach twenty million people, via YouTube, podcasts, books, online courses and conferences. Clearly, people are waking up and are hungry to learn God’s recipe for excellent health. In the process, many inevitably ask, “What about meat? Clean verses unclean? Peter’s dream in Acts 10?” The questions just keep coming back up.

When she asked me to write the foreword to her 4th edition, I was super excited. This comprehensive, easy-to-read resource addresses biblical meat eating so well, it allows me to focus my time and teaching on the myriad of other facets of biblical wellness. When people ask me for a “meatier” exploration of the topic, I simply refer them to *Holy Cow!*

A few years after reading her book, in a way that only God can orchestrate, Hope and her family moved cross country to Virginia, about 20 minutes away from me. We became friends immediately, since both of us were passionate about sharing and living out Dr. Rex Russell's 3 principles.*

Since then, we have collaborated on a variety of events, conferences and projects, and I consider her one of my expert friends, even if she doesn't see herself that way. She is someone who I admire, inspires me, and I have grown to love. As you read *Holy Cow!*—regardless of what conclusions you draw—I trust you'll enjoy getting to know her too.

Annette Reeder, The Biblical Nutritionist

Author, Coach and Speaker

TheBiblicalNutritionist.com

BiblicalWellnessMinistry.com

March, 2024

* 1) Eat the foods that God provided, 2) eat them as close as possible to the form God gave them, and 3) don't let any food or drink become an idol, as taught in *What the Bible Says about Healthy Living* (Regal, 1996).

Foreword

to the Third Edition

As a publisher, I rarely write forewords for books I publish. Yet I'm making an exception for *Holy Cow!*

Hope Egan has written a winsome work that challenges the thinking of everyone who reads it. She gently, but persuasively, advocates for following God's instructions on food and food-related issues found in the Bible, especially pertaining to meat.

However, this book is *not* just about "keeping kosher," i.e., avoiding eating certain animals and staying away from specific practices. It is an investigation into what God's Word says about these topics. As with many of the biblical laws, there is great reward for following them.

Hope offers some ideas about this to Gentiles in a thought-provoking and non-judgmental way. Her style is warm, personable and humorous. I know you'll enjoy reading *Holy Cow!*

Barry Rubin
President/Publisher
Messianic Jewish Publishers

September, 2020

Foreword

to the Second Edition

I first met Hope Egan in 2004, shortly after my book *The Maker's Diet* was released. After hearing me speak to a large group of health and wellness professionals in Wheaton, Illinois, she approached me and asked if I would endorse her new book, *Holy Cow! Does God Care about What We Eat?*

“Does God care about what we eat?” This question was posed to me nearly a decade earlier when I was suffering from multiple “incurable,” illnesses. After studying Scripture, history and science, I have concluded that God absolutely cares about what we eat and created wonderful foods to nourish (or in my case restore) our bodies.

Upon conquering my illnesses through application of a biblically-based diet and lifestyle program, I dedicated my life to helping transform the health of God's people, one life at a time. I also had a dream to one day produce the biblically inspired foods that made such a big difference in my health. After a quick read of Hope's manuscript for *Holy Cow!*, I agreed that Hope made a compelling presentation on God's plan for our diet, especially where meat is concerned, so I was proud to endorse the work.

For believers who are interested in honoring God with their entire being, body, soul and spirit, *Holy Cow!* will be an eye-opening read. Part testimony, part Bible study, it is an intelligent, entertaining walk on the Bible's path to healthy eating.

Jordan S. Rubin

Author

The Maker's Diet

October, 2012

Foreword

to the First Edition

Hope Egan has an important message for the Christian community: God cares about what we eat. Affirming what I have discovered from my 30 years of study on this topic, *Holy Cow!* has been a tremendous encouragement to me.

First, this well-written book, which reads like a novel, testifies to God's powerful Spirit. What else could explain the identical conclusions drawn by me (a 60-something, life-long Christian doctor from Arkansas) and a 30-something Midwestern Jewish girl, who met Jesus only a few years ago?

Second, it's a pleasure to see the list of "evangelists" for God's design for healthy eating grow. Hope joins Gordon Tessler, Jordan Rubin, Joyce Rogers, Reginald Cherry, myself and others to spread the wisdom contained in God's instruction manual. Sure, insights are revealed in other approaches to eating. However, people who live their lives "by the Book" would do well to seek God's perspective on this topic, especially as it relates to meat. As our voices continue to grow, we will collectively impact our world's growing health crises.

I have personally experienced radical health benefits from aligning my food choices with God's Word. My arthritis, acne and chronic

abscesses (carbuncles) disappeared—within a month of letting go of pork, shellfish, blood and hard animal fats. These are all foods that the Bible urges us to avoid. (Giving up my favorite foods wasn't easy; during my “last supper” of shrimp I downed 47 of them!)

Finally, I am excited to find a book that addresses biblical meat eating as thoroughly as Hope Egan and D. Thomas Lancaster have. As an author and speaker, I continually answer questions about the Hebrew Scriptures' meat laws and their applicability to Christians. *Holy Cow!* is an invaluable resource, one that I certainly recommend to others.

May God bless you as you pursue God's wisdom for eating.

Rex Russell, M.D.

Author

What the Bible Says about Healthy Living

April, 2005

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