

Foreword to the First Edition

By Dr. Rex Russell

Author of *What the Bible Says about Healthy Living*

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, Don Colbert, 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, MD

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Foreword to the Second Edition

By Jordan S. Rubin

Founder and CEO of Beyond Organic

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.

Fast forward to 2012.

I am blessed to have achieved my dream and am now producing what I believe to be some of the world's healthiest foods and beverages, including biblically raised and processed beef. Upon learning about my farming project, Hope contacted me again, this time to ask about the slaughter process our cattle go through before they are prepared for sale. “I am looking for resources for

people who want to buy meat that has been raised *and* processed in a biblical manner,” she told me.

My new company, Beyond Organic, provides consumers with grass-fed and finished cattle, slaughtered in accordance with the biblical principles Hope outlines in chapter 5: we thoroughly drain the animals’ blood using kosher slaughter methods and state-of-the-art kosher equipment; we do not use the fat surrounding the lungs and the kidneys; and we do not process animals that have died by natural causes or been killed by other animals.

As Hope and I spoke, we realized how similar our journeys and frustrations about the nuances of biblical meat-eating were. Stunning. Shackling. Restraining systems. Topics neither of us had ever heard about suddenly became important as each of us endeavored to understand how the meat-related passages in the Bible could be applied today.

Wanting to neither blindly accept nor quickly reject the wisdom that our Hebrew ancestors had accumulated in their thousands of years of applying these verses, each of us arrived at similar conclusions, as Hope carefully outlines in the pages that follow.

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
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