

Foreword to the Third Edition

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As a publisher, I rarely write forewords for books I publish. Yet I'm making an exception for *Holy Cow? Does God Care about What We Eat?*

Even now, as we prepare to publish this book, the entire world is still in the midst of a pandemic that has cost many lives and billions of dollars. It's still not 100% clear how this happened. Was Covid-19 caused by people not following the ways of God? While not being dogmatic, *Holy Cow!* hints that following God's ways leads to blessings, especially in the area of health, and that ignoring them can be a contributing factor to disease.

Hope Feinglass 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. 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 of what God's word says about these topics.

Historically, since these laws were first given to the Jewish people, we benefitted most from them. In fact, as you will discover, following one particular biblical law kept Jews from dying during the Black Plague. However, as Hope suggests, these laws were not just for Jews.

Holy Cow! Does God *Really* Care About What We Eat?

When a doctor in the 1800s connected the cause of disease with unwashed hands, both Jews *and* non-Jews all around the world benefitted. Now, more than ever, hand-washing (which traces its roots to the Bible) is a worldwide way of life. 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? Does God Care about What We Eat?*

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