

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.

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

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.

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