

## Foreword to the Second Edition

By Jordan S. Rubin

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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.

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