

The Creator's Diet

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About the Book

Nutrition expert shares striking parallels between professional dietary advice and biblical recommendation on healthy eating.

This book will educate the reader on healthy eating particularly from a biblical point of view. Sensing the importance of the issue at hand Nicola approaches the subject of healthy eating as a consummate professional. Not only does she possess the qualifications to address the subject but she has under-girded her study with the fundamental principles of the Bible.

Nicola wrote this book because she became concerned by the incidence of ill health within the church and more importantly, was given a revelation that much of ill health can be dealt with through simple dietary changes - something the church as a whole is relatively ignorant about.

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A must read book for the survival of this generation and generations to come

“God’s word and nutritional science intertwined in complement - insightful!...”

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