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## PRESS RELEASE

### THE SLAVE DIET, DISEASE & REPARATIONS — NOW IN EBOOK

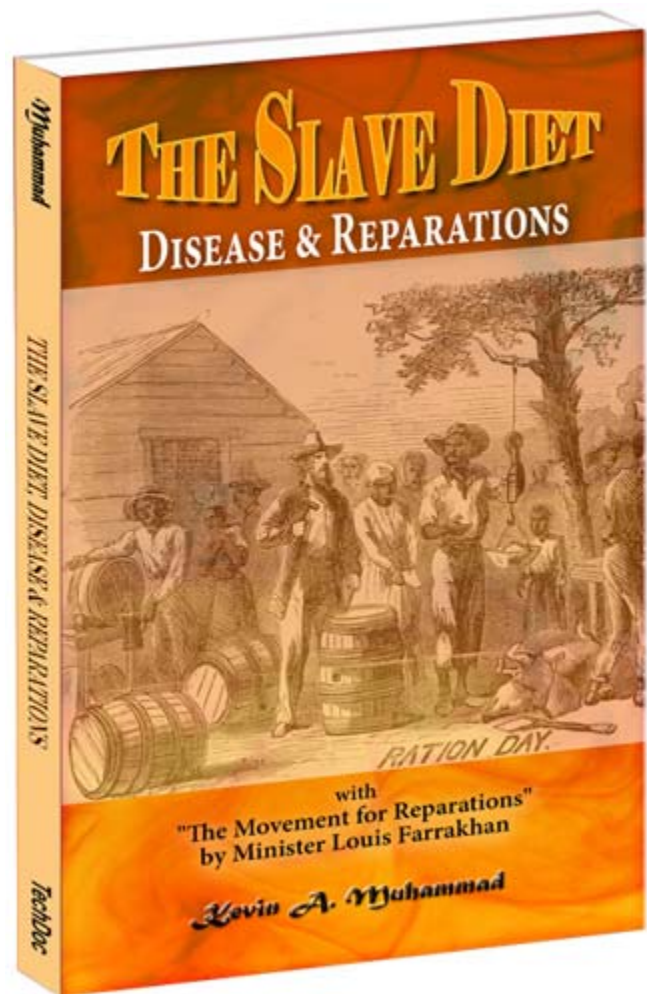
“THE SLAVE DIET” DISGUISED AS “SOUL FOOD”

Newark, Delaware — December 15, 2011

Black people have been demanding restitution from the United States government for the heinous crime of slavery, and the unfathomable atrocities that accompanied it. There should be no doubt that reparations are due, yet the debate still rages on.

Among the many negative traits ingrained in Black people during slavery was a mindset wherein we devalued our lives. Consequently, we delighted not only in hurting each other, but also we ate the most despicable things (foods), never fully realizing that these things (foods) destroyed our health and (led to untimely death) put us in an early grave; and continue to do so today. We were programmed for self-destruction in every facet of life and living. This, too, is evident today. What government program can undo this mindset? How much money is required to solve this grave, seemingly insurmountable problem?

In spite of the degenerative health conditions experienced by most of our elders, combined with a sense that most of us will experience the same as we move through life, when we gather for festive celebrations, the types of food we eat largely contributes to degeneration, and has remained constant. For example, we consume pork bacon, scrapple, grits and eggs, generally for breakfast; and ham, chitterlings, black-eyed peas, collard greens seasoned with fatback, sweet potatoes, turnips, and cornbread for lunch and dinner. Many Black



people revel in such foods, as there is usually boasting among us about who can best prepare the collard greens, chitterlings and sweet potato pie.



This grouping of food has been affectionately tagged “soul food”; thereby, making any argument against eating these things difficult. One would assume that the very names given to these foods would make a person very suspicious about eating them. For example, hog-mogs, grits, collards, chitterlings, and fatback are some of the most appalling names to call food. Yet, many folks do not bat an eye when it comes to eating these things.

This grouping of food is scientifically identified as the “the slave diet”, because it entered the lives of Black people of America during the chattel slavery era—1555 through 1865. This fact cannot be refuted. Moreover, history does not show this type of food in the diets of Black people prior to slavery.

There is a pool of scientific research that shows the inadequacy of the so-called foods that make up the slave diet or “soul food”. These foods did not provide the nutrition required to enable the enslaved population to perform their overwhelming physical duties, without grave health complications. Not only was the slave diet nutritionally deficient, but highly toxic; therefore, it destroyed the health of the enslaved people. This is what made the slave diet the subject of nutritional research and social debates following the emancipation of Black people in 1865.

Countless historical documents confirm that many harsh diseases afflicted the enslaved Black population in America during chattel slavery. The extreme mortality rates experienced on the slave plantations were the result of the inhumane life Blacks were forced to live, which included eating foods of other animals, and eating poisonous animals, such as swine—pigs and hogs.

In spite of the pleas made to the U.S. government for reparations for slavery, there are significant limitations to what can be done to heal the tremendous suffering of Black people, especially as it relates to

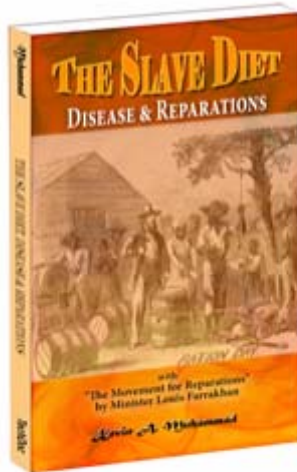


health. The government has thrown money at our problems, to no avail. It has put forth thousands of health and social programs, to no avail. To boot, such efforts continue to foster our dependency on the American government for the glorious destiny of Black people that lies ahead, and which will never be achieved through such paternalism, but only by self-determination.

This book shows the "empowering value" of the Honorable Elijah Muhammad's dietary guidance in directly addressing the poor dietary practices that Black people adopted through force, while serving as slaves in America. Eating the foods that comprised the slave diet— not just for 10 or 20 years, but for more than 300 years and counting—has given us predispositions to many diseases that continue to heavily afflict us. Diseases, such as diabetes, high blood pressure, arthritis; and heart, kidney and liver diseases are directly linked to the "slave diet".

Therefore, if our pursuit is to truly repair the damage incurred through centuries of slavery, then we must shed the destructive ways and practices forced on us during slavery. Indeed, Black people need a better diet. Most of us realize this. Indeed, Black people need a better way of living. Most of us also realize this. Fortunately, we have been given both. However, few of us know this. This book, *The Slave Diet, Disease & Reparations*, provides some of this essential knowledge by putting our current health plight in its proper historical context, then delineating the "true and tried" solution that is at our very fingertips.

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