

Eden's Food Laws: A Biblical Blueprint for Health

A Free Teaching from Return to Eden by Faatih Lewis

“Behold, I have given you every herb bearing seed... to you it shall be for meat.” — Genesis 1:29

3 Biblical Food Laws That Still Apply Today:

1. Eat What Sustains Life

God's first command was to eat plants that bear seed — living food.

Fruits, vegetables, grains, and herbs still carry the highest healing potential.

2. Avoid the Unclean to Protect the Temple

Leviticus 11 outlines clean vs. unclean animals — not to punish, but to protect.

Pork, shellfish, and scavengers were never called “food” by God.

3. Don't Just Eat with Your Mouth — Eat with Your Spirit

What we eat affects our mind, memory, and mood.

Make meals sacred again. Bless them. Eat with intention. Eat to honor God's design.

Want the Full Blueprint?

This teaching is just a taste of what's inside the book.

In Return to Eden, Faatih Lewis walks you through:

- God's diet from Genesis to Revelation
- Foods that heal the brain & fight disease
- 20 recipes inspired by Eden & scripture

Order now at ReturnToEdenBook.com

Written by Faatih Lewis — for families, churches & healers ready to reclaim health God's way.