

HEALTH

Corner

DANIEL'S DIET

Daniel's diet was not a fast. He and his fellow Jewish eunuchs were seeking an alternative to the King's diet of apparent unclean foods. "Pulse" and water were Daniel's request. This translates as "something sown". In other words, a plant-based diet. A diet of fruits, vegetables, seed, nuts, and legumes in 10 days proved superior to what is assumed to be a non-plant based diet.

DANIEL PRAYED

Prayer three times a day was Daniel's custom. You could set a clock by Daniel's devotions. In good times and bad. When being promoted and when being threatened with death, Daniel prayed. In Jerusalem, he prayed. In Babylon, he prayed. In Persia, he prayed. At all times, Daniel prayed.



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