

Body & Soul

*The Torah Path
to
Health, Fitness, and a Holy Life*

Rabbi Alexander Seinfeld and Daniel Grove, MD
Afterword by Rabbi Bentzion Shafier of The Shmuz



*Ninety-nine percent of illness is due to people neglecting their health.
Midrash Vayikra Rabbah*



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**I support this effort - anyone who follows
this book will have a better chance to live
better and longer.**

David L. Katz, MD, board-certified specialist
in Preventive Medicine/Public Health and
co-author of *How to Eat: All Your Food and
Diet Questions Answered*





Dietitians tailor plans for their clients that are specific to them but across the board we develop SMART goals: specific, measurable, attainable, realistic and time-specific. Losing weight and eating healthier can seem like a daunting task. Where do I start? Can I really do this? What about Shabbos and Yom Tov? I really love potato kugel at my shul kiddush! In Judaism, our entire culture and religion is surrounded by food. When to eat, when not to eat.... This book contains the hashkafa, the science, and the tools for the journey. It is neither a diet book nor a quick fix, rather a framework to make lifelong healthier choices while at the same time, enabling you to do so through a Torah perspective.

Miriam Leibowitz, Registered Dietitian



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