



What Did the Ancient Israelites Eat?: Diet in Biblical Times

Nathan Macdonald

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What food did the ancient Israelites eat, and how much of it did they consume? That's a seemingly simple question, but it's actually a complex topic. In this fascinating book Nathan MacDonald carefully sifts through all the relevant evidence -- biblical, archaeological, anthropological, environmental -- to uncover what the people of biblical times *really* ate and how healthy (or unhealthy) it was.

Engagingly written for general readers, *What Did the Ancient Israelites Eat?* is nonetheless the fruit of extensive scholarly research; the book's substantial bibliography and endnotes point interested readers to a host of original sources. Including an archaeological timeline and three detailed maps, the book concludes by analyzing a number of contemporary books that advocate a return to "biblical" eating. Anyone who reads MacDonald's responsible study will never read a "biblical diet" book in the same way again.

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Gabrielle Oneal:

A lot of people always spent their own free time to vacation as well as go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you. If you enjoy the book you read you can spent 24 hours a day to reading a publication. The book What Did the Ancient Israelites Eat?: Diet in Biblical Times it doesn't matter what good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to create this book you can buy the e-book. You can m0ore simply to read this book out of your smart phone. The price is not very costly but this book offers high quality.

Louise Villanueva:

What Did the Ancient Israelites Eat?: Diet in Biblical Times can be one of your basic books that are good idea. Many of us recommend that straight away because this book has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to place every word into delight arrangement in writing What Did the Ancient Israelites Eat?: Diet in Biblical Times yet doesn't forget the main point, giving the reader the hottest and based confirm resource data that maybe you can be certainly one of it. This great information may drawn you into new stage of crucial pondering.

Lupe Holloway:

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