

SHEMINI - KOSHER TEACHING

Health Challenge for the Week

1. Biblical Health and Nutrition Principles, Dr. David Jockers

- <https://www.youtube.com/watch?v=d9PBXtYk3OI>
- <https://drjockers.com/pig-meat/>
- <https://drjockers.com/shellfish/>
- <https://drjockers.com/conscious-carnivore/>

2. The Secrets of Sugar - The Fifth Estate

- <https://www.youtube.com/watch?v=K3ksKkCOgTw>

3. Sweet Death: How Sugar Is Making Us Sick | ENDEVR Documentary

- <https://www.youtube.com/watch?v=b2taSMx6394>

4. Watch "Secret Ingredients"

- <https://secretingredientsfilm.com/>

5. To Dye For: The Documentary

- <https://www.todyeforthedocumentary.com/>