

God's Free Health Plan



Amazing Facts
Study Guide

Great

medical care is priceless—but wouldn't it be great if we didn't need doctors anymore? Did you know there is a proven way to put a lot of doctors out of work? Take care of your body! Scientists have sounded the ominous warnings about cholesterol, tobacco, stress, obesity, and alcohol, so why press your luck? Hospitals and psychiatric institutions are packed with people who have ignored the warnings—do you really want to join them? God truly cares how you treat your body, and He's given you a free health plan, and a manual to go by ... the Bible! For amazing facts about how you can have abundant health and longer life, look over this Study Guide—but be sure to read it all before jumping to conclusions!



1. Are health principles really a part of true Bible religion?



“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” (3 John 2).

Answer: Yes. In fact, the Bible rates health right near the top of the list in importance. Man's mind, spiritual nature, and body are all interrelated and interdependent. What affects one affects the other. If our bodies are misused, our minds and spiritual natures cannot become what God ordained they should.

2. Why did God give health rules to His people?

“And the LORD commanded us to observe all these statutes, to fear the LORD our God, for our good always, that He might preserve us alive” (Deuteronomy 6:24). “So you shall serve the LORD your God, and He will bless your bread and your water. And I will take sickness away from the midst of you” (Exodus 23:25).

Answer: God gave health rules because He knows what is best for the human body. Automobile manufacturers place an “operations manual” in the glove compartment of each new car because they know what is best for their product. God, who made our bodies, also has an “operations manual.” It is called the Holy Bible. Ignoring God's “operations manual” results in disease, twisted thinking, and burned-out lives, just as abusing a car (against the manufacturer's counsel) results in serious car trouble. Following God's rules results in “salvation [saving health]” (Psalm 67:2) and more abundant life (John 10:10). These great health laws are like a wall or fence to keep out the diseases of Satan. God tells us what these rules are so we can avoid the devil's traps.

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3. Do God's health rules have anything to do with eating and drinking?

“Eat what is good” (Isaiah 55:2). “Therefore, whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:31).

Answer: Yes, a Christian will even eat and drink differently—all to the glory of God—using only “that which is good.” If God says a thing is not fit to eat, He must have a good reason. He is not a harsh dictator, but a loving Father. All His counsel is for our good always. The Bible promises: “No good thing will He withhold from those who walk uprightly” (Psalm 84:11). So if God withholds a thing from us, it is because it is not good.

Note: No person can eat his way into heaven. Eating even the food of angels will not entitle people to paradise. Only acceptance of Jesus Christ as Lord and Saviour can do that. Ignoring God's health laws, however, may cause a person to be lost, because it will ruin his judgment and cause him to sin.



God's health rules have much to say about what we eat and drink.



God prescribed a vegetarian diet for Adam and Eve.

4. What did God give people to eat when He created them and provided a perfect diet?

“And God said, “See, I have given you every herb that yields seed ... every tree whose fruit yields seed.” “Of every tree of the garden you may freely eat” (Genesis 1:29; 2:16).

Answer: The diet God gave people in the beginning was fruit, grains, and nuts. Vegetables were added a bit later (Genesis 3:18).

5. What items are specifically mentioned by God as being unclean and forbidden?

Answer: In Leviticus 11 and Deuteronomy 14, God very clearly points out the following groups as being unclean. Read both chapters in full.



Pigs are unclean.

A. All animals which do not have a split hoof and chew the cud (Deuteronomy 14:6).

B. All fish and water creatures that do not have both fins and scales. Nearly all fish are clean (Deuteronomy 14:9).



Shellfish and catfish are unclean.



Birds of prey are unclean.

C. All birds of prey, carrion eaters, and fish eaters (Leviticus 11:13-20).

D. Most “creeping things” (or invertebrates) are also unclean (Leviticus 11:21-47).



The ones which live all or part-time in water and do not have both fins and scales are unclean.

Note: These chapters make it clear that most animals, birds, and water creatures people ordinarily eat are clean. There are, however, some very notable exceptions. According to God’s rules, the following animals are unclean and are not to be eaten: cats, dogs, horses, camels, eagles, vultures, hogs, squirrels, rabbits, catfish, eels, lobsters, clams, crabs, shrimp, oysters, frogs, and many others.

6. But I like pork. Will God destroy me if I eat it?

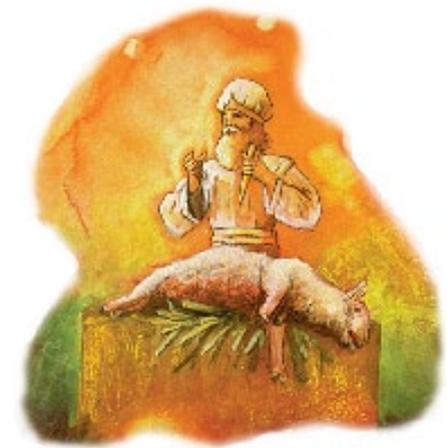
“For behold, the LORD will come with fire ... and by His sword the LORD will judge all flesh; and the slain of the LORD shall be many. Those who sanctify themselves and purify themselves, ... eating swine’s flesh and the abomination and the mouse, shall be consumed together” (Isaiah 66:15-17).

Answer: This may be shocking, but it is true and must be told. The Bible positively states that all who eat “swine’s flesh,” the mouse,” and other unclean things that are an “abomination” will be destroyed with fire at the coming of the Lord. When God says to leave something alone and not eat it, we should by all means obey Him. After all, the mere eating of a piece of forbidden fruit by Adam and Eve, a sinless couple, brought sin and death to this world in the first place. Can anyone say it doesn’t matter, when God so clearly shows it does? God says men will be destroyed because they “chose that in which I do not delight” (Isaiah 66:4).

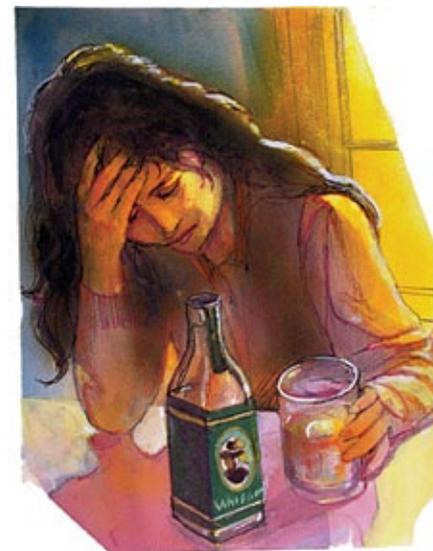
7. But didn’t this law of clean and unclean animals originate at Sinai? Wasn’t it for the Jews only, and didn’t it end at the cross?

“Then the LORD said to Noah, ‘... take with you seven each of every clean animal ... ; two each of animals that are unclean’” (Genesis 7:1, 2).

Answer: No, indeed! The Bible has ample evidence that there were clean and unclean animals from the very dawn of Creation. Noah lived long before any Jews existed, but he knew of the clean and unclean, because he took into the ark the clean animals by “sevens” and the unclean by “twos.” Revelation 18:2 refers to some birds as being unclean just before the second coming of Christ. The death of Christ had no altering effect whatever on these health laws, since the Bible says that all who break them will be destroyed when Jesus returns (Isaiah 66:15-17). The Jew’s stomach and digestive system in no way differs from that of a Gentile. These health laws are for all people for all time.



Noah’s sacrifice of a clean animal (Genesis 8:20) shows that he understood the difference between clean and unclean.



The use of alcoholic beverages is clearly condemned by Scripture.

8. Does the Bible forbid the use of alcoholic beverages?

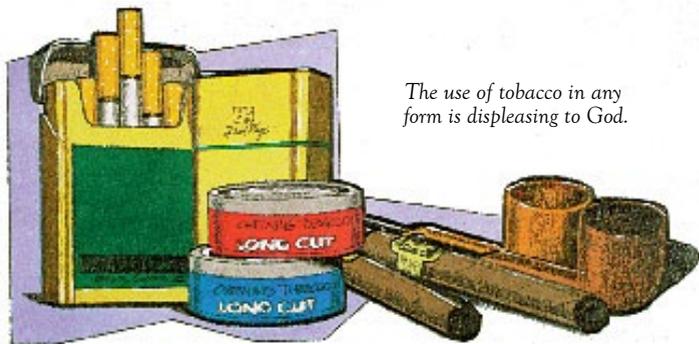
“Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise” (Proverbs 20:1). “Do not look on the wine when it is red, when it sparkles in the cup, when it swirls around smoothly; at the last it bites like a serpent, and stings like a viper” (Proverbs 23:31, 32). “Neither fornicators, ... nor drunkards ... will inherit the kingdom of God” (1 Corinthians 6:9, 10).

Answer: Yes, the Bible clearly forbids the use of alcoholic beverages.

9. Does the Bible condemn the use of tobacco and other harmful substances?

Answer: Yes, the Bible gives six reasons why the use of tobacco and harmful substances are displeasing to God:

- A. The use of harmful substances injures health and defiles the body.** “Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are” (1 Corinthians 3:16, 17).
- B. Nicotine is an addictive substance that enslaves people.** Romans 6:16 says that we become servants to whomever (or whatever) we yield ourselves. Tobacco users are servants of nicotine. Jesus says, “You shall worship the LORD your God, and Him only you shall serve” (Matthew 4:10).
- C. The tobacco habit is unclean.** “Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you” (2 Corinthians 6:17). It is really preposterous to think of Christ using tobacco in any form, isn't it?



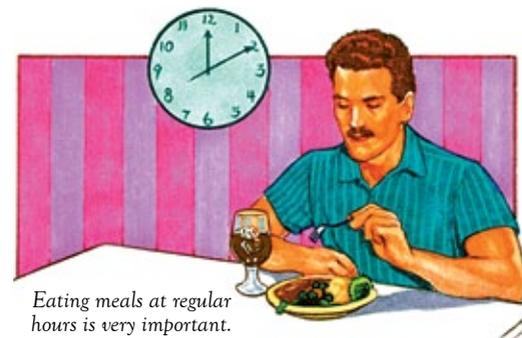
The use of tobacco in any form is displeasing to God.

- D. The use of harmful substances wastes money.** “Why do you spend money for what is not bread?” (Isaiah 55:2). We are God's stewards of the money given us, and “it is required in stewards that one be found faithful” (1 Corinthians 4:2).
- E. The use of harmful substances weakens our ability to discern the promptings of the Holy Spirit.** “Abstain from fleshly lusts which war against the soul” (1 Peter 2:11). The use of harmful substances use is a fleshly lust.
- F. The use of harmful substances shortens life.** Recent scientific findings confirm the fact that the use of tobacco often shortens the life span by as much as one-third. This breaks God's command against killing (Exodus 20:13). Even though it is slow murder, it is still murder. One of the best ways to postpone your funeral is to quit using tobacco.



10. What are some of the simple, yet very important, health laws found in the Bible?

Here are 11 Bible health rules:



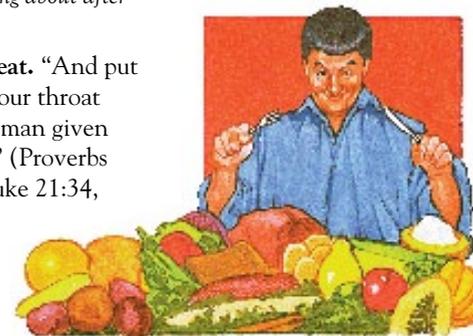
Eating meals at regular hours is very important.

- A. Eat your meals at regular intervals, and do not use animal fat or blood.** “Feast [eat] at the proper time” (Ecclesiastes 10:17). “This shall be a perpetual statute ... you shall eat neither fat nor blood” (Leviticus 3:17).

Note: Recent scientific studies have confirmed the fact that most heart attacks result from a high cholesterol level in the blood—and that the use of “fats” is largely responsible for this high level. It looks like the Lord knows what He is talking about after all, doesn't it?

- B. Don't overeat.** “And put a knife to your throat if you are a man given to appetite” (Proverbs 23:2). In Luke 21:34,

Christ specifically warns His followers not to overeat.



- Christ specifically warns against “carousing” (overeating) in the last days. Overeating is responsible for many degenerative diseases.
- C. Don't harbor envy or hold grudges.** These evils disrupt body processes. The Bible says that envy is “rotteness to the bones” (Proverbs 14:30). Christ even commands us to clear up grudges that others may hold against us (Matthew 5:23, 24).

- D. Maintain a cheerful, happy disposition.** “A merry heart does good, like medicine” (Proverbs 17:22). “As he thinks in his heart, so is he” (Proverbs 23:7). Many diseases from which people suffer are a result of mental depression. A cheerful, happy disposition imparts health and prolongs life.
- E. Put full trust in the Lord.** “The fear of the LORD leads to life, And he who has it will abide in satisfaction” (Proverbs 19:23). Trust



A cheerful, happy disposition benefits health.

in the Lord strengthens health and life. “My son, give attention to my words; ... For they are life to those who find them, and health to all their flesh” (Proverbs 4:20, 22). So health comes from obedience to God's commands and from putting full trust in Him.

- F. Balance work and exercise with sleep and rest.** “Six days you shall

labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work" (Exodus 20:9, 10). "The sleep of a laboring man is sweet" (Ecclesiastes 5:12). "In the sweat of your face you shall eat bread" (Genesis 3:19). "It is vain for you to rise up early, to sit up late" (Psalm 127:2). "For what has man for all his labor, and for the striving of his heart with which he has toiled under



Ample sleep is essential to good health.

the sun? Even in the night his heart takes no rest. This also is vanity" (Ecclesiastes 2:22, 23).

G. Keep your body clean. "Be clean" (Isaiah 52:11)

Cleanliness is crucial for health.



H. Be temperate in all things. "Everyone who competes for the prize is temperate in all things" (1 Corinthians 9:25).

"Let your gentleness [moderation] be known to all men" (Philippians 4:5). A Christian will completely avoid all things that are harmful and will be moderate in the use of things that are good. Habits that injure health break the command "You shall not murder." They murder by degrees. They are suicide on the installment plan.

I. Avoid anything harmful to the body (1 Corinthians 3:16, 17). Here is a surprise for some. Medical science has confirmed the fact that tea, coffee, and



Caffeine harms the body.

soft drinks that contain the addictive drug caffeine and other harmful ingredients are all positively damaging to the human body. None of these contain food value except through the sugar or cream added, and most of us already use too much sugar. Stimulants give a dangerous, artificial boost to the body and are like trying to carry a ton in a wheelbarrow. The popularity of these drinks is due not to flavor or advertising, but to

the dose of caffeine they contain. Many Americans are sickly because of their addiction to coffee, tea, and caffeinated soft drinks. This delights the devil and wrecks human lives.

J. Make mealtime a happy time. "Every man should eat and drink and enjoy the good of all his labor—it is the gift of God" (Ecclesiastes 3:13). Unhappy scenes at mealtime hinder digestion. Avoid them.

K. Help those who are in need. "Loose the bonds of wickedness, ... undo the heavy burdens, ... share your bread with the hungry, and ... bring to your house the poor who are cast out; When you see the naked, ... you cover him, ... Your healing shall spring forth speedily" (Isaiah 58:6-8). This is too plain to misunderstand: when we help the poor and needy, we improve our own health.



Helping people in need enhances your health.

11. What solemn reminder is given to those who ignore God's rules?

"Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap" (Galatians 6:7).

Answer: The answer is too plain to miss. Those who break God's rules regarding the care of the body machine will reap broken bodies and burned-out lives, just as one who abuses his automobile will have serious car trouble. And those who continue to break God's laws of health will ultimately be destroyed by the Lord (1 Corinthians 3:16, 17). God's health laws are not arbitrary. They are natural, established laws of the universe, like the law of gravity. Ignoring these laws always brings certain disastrous results. The Bible says, "a curse without cause shall not alight [come]" (Proverbs 26:2). Trouble comes when we ignore the laws of health. God, in mercy, tells us what these laws are so we may avoid the tragedies that result from breaking them.



Ignoring God's health laws is a sure way to end up in surgery.

12. What fearful, shocking truth about health involves our children and grandchildren?

"You shall not eat it, that it may go well with you and your children after you" (Deuteronomy 12:25). "I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me" (Exodus 20:5).



Drug-using parents often transmit weaknesses to their children.

Answer: God makes it very plain that children and grandchildren (to the fourth generation) pay for the folly of parents who ignore God's health rules. The children and grandchildren inherit weakened, sickly bodies when mother and father defy God's rules for their lives. Is this what you want for your dear children and grandchildren?

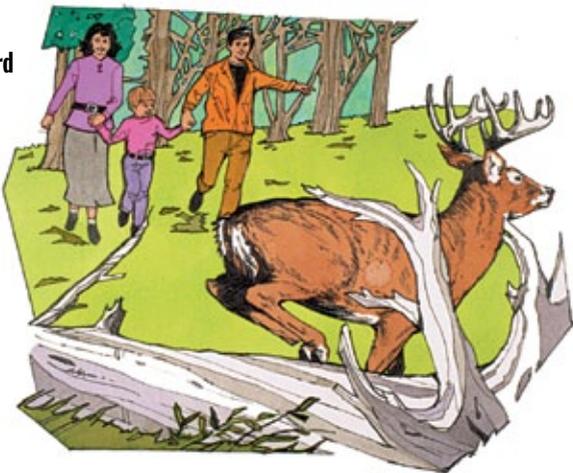


A person may suffer because of his parents' or grandparents' bad health habits.

13. What more fearful, sobering fact does God's Word reveal?

"There shall by no means enter it anything that defiles" (Revelation 21:27). "But as for those whose hearts follow the desire for their detestable things and their abominations, I will recompense their deeds on their own heads," says the Lord God" (Ezekiel 11:21).

Answer: Nothing defiling or unclean will be permitted in God's kingdom. All filthy habits defile a person. Use of improper food defiles a person (Daniel 1:8). It is sobering, but true. Choosing their "own ways" and that in which God does not delight will cost people their eternal salvation (Isaiah 66:3, 4, 15-17).



Exercise in the great outdoors will help us prepare for heaven.

14. What should every sincere Christian endeavor to do at once?

"Let us cleanse ourselves from all filthiness of the flesh and spirit" (2 Corinthians 7:1). "Everyone who has this hope in Him [Christ] purifies himself, just as He is pure" (1 John 3:3). "If you love Me, keep My commandments" (John 14:15).

Answer: Sincere Christians will bring their lives into harmony with God's rules at once, because they love Him. They know that His rules greatly add to their happiness and protect them from the devil's diseases (Acts 10:38). God's counsel and rules are always for our good, just as good parents' rules and counsel are best for their children. And once we know better, God holds us accountable. "To him who knows to do good and does not do it, to him it is sin" (James 4:17).



Sincere, loving Christians will want to bring their lives into harmony with God's health rules.

15. But I'm worried because some of my evil habits have bound me so tightly. What can I do?

"As many as received Him, to them He gave the right to become children of God" (John 1:12). "I can do all things through Christ who strengthens me" (Philippians 4:13).

Answer: Take all of these habits to Christ and lay them at His feet. He will joyfully give you a new heart and the power you need to break any evil habit and become a son or daughter of God (Ezekiel 11:18, 19). How thrilling and heartwarming it is to know that "with God all things are possible." (Mark 10:27). And Jesus says, "the one who comes to Me I will by no means cast out" (John 6:37). Jesus is ready to break the shackles that bind us. He longs to set us free, and will, if only we will permit it. Our worries, evil habits, nervous tensions, and fears will be gone when we do His bidding. He says, "These things I have spoken to you, ... that your joy may be full" (John 15:11). The devil argues that freedom is found in disobedience, but this is a falsehood (John 8:44).



Evil habits that bind us can be quickly broken by Jesus.

16. What thrilling promises are given about God's new kingdom?

"And the inhabitant will not say, 'I am sick' (Isaiah 33:24). "There shall be no more death, nor sorrow, nor crying. There shall be no more pain" (Revelation 21:4). "They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint" (Isaiah 40:31).

Answer: The citizens of God's new kingdom will obey His health laws, and there will be no sickness or disease. They will be blessed with eternal vigor and youth and will live with God in supreme joy and happiness throughout all eternity.

17. Since healthful living truly is a part of Bible religion, are you willing to follow God's health rules?

Your Answer: _____



Heaven will be free from disease and sickness. All of its inhabitants will follow God's laws of life.

YOUR THOUGHT QUESTIONS ANSWERED

1 1 Timothy 4:4 says, “Every creature of God is good, and nothing is to be refused.” Can you explain this?

ANSWER: This Scripture passage (verse 3) refers to meats “which God hath created to be received with thanksgiving” by His people. These meats, as we have already discovered, are the clean meats listed in Leviticus chapter 11 and Deuteronomy chapter 14. Verse 4 makes it clear that all creatures of God are good and not to be refused, provided they are among those created to be “received with thanksgiving” (the clean animals). Verse 5 tells why these animals (or foods) are acceptable: they are “sanctified” by God’s Word, which says they are clean, and by a “prayer” of blessing, which is offered before the meal. Please note, however, that God will destroy people who try to “sanctify themselves” while eating unclean foods (Isaiah 66:17).

2 Matthew 15:11 says, “Not what goes into the mouth defiles a man; but what comes out of the mouth.” How do you explain this?

ANSWER: The subject in Matthew 15:1-20 is eating without first washing the hands (verse 2). The focus is not eating, but washing. The scribes taught that eating any food without a special ceremonial washing defiled the eater. Jesus said the ceremonial washings were meaningless. In verse 19, He listed certain evils — murders, adulteries, thefts, etc. Then He concluded, “These are the things which defile a man, but to eat with unwashed hands does not defile a man” (verse 20).

3 But didn’t Jesus cleanse all animals in Peter’s vision, as recorded in Acts 10?

ANSWER: No! In fact, the subject of this vision is not animals, but people. God gave Peter this vision to show him that the Gentiles were not unclean, as the Jews believed. God had instructed Cornelius, a Gentile, to send men to visit Peter. But Peter would have refused to see them if God had not given him this vision, because Jewish law forbade entertaining Gentiles (verse 28). But when the men finally did arrive, Peter welcomed them, explaining that ordinarily he would not have done so, but “God

has shown me that I should not call any man common or unclean” (verse 28). In the next chapter (Acts 11), the church members criticized Peter for speaking with these Gentiles. So Peter told them the whole story of his vision and its meaning. And Acts 11:18 says, “When they heard these things they became silent; and they glorified God, saying, ‘Then God has also granted to the Gentiles repentance to life’”

4 What did God make the hog for, if not to eat?

ANSWER: He made it for the same purpose that He made the buzzard — as a scavenger to clean up garbage. And the hog serves this purpose admirably.

5 Romans 14:3, 14, 20 says: “Let not him who eats despise him who does not eat.” “There is nothing unclean of itself.” “All things indeed are pure.” Can you explain this?

ANSWER: Verses 3 through 6 are a discussion of those who eat certain things versus those who do not. The passage does not say either is right, but rather counsels that neither pass judgment on the other. Instead, let God be the Judge (verses 4, 10-12). Verses 14

and 20 refer to foods that were first offered to idols (and were thus ceremonially unclean)—not to the clean and unclean meats of Leviticus chapter 11. (Read 1 Corinthians 8:1, 4, 10, 13). The point of the discussion is that no food is “unclean” or “impure” just because it has first been offered to idols, because an idol is “nothing in the world.” (1 Corinthians 8:4). But if a person’s conscience bothers him for eating such food, he should leave it alone. Or even if it merely offends a brother, he should likewise abstain.

6 Are health laws and eating and drinking really important to me personally? If I love the Lord, isn’t that enough?

ANSWER: They are a matter of life versus death, because these laws involve obedience. “He became the author of eternal salvation to all who obey Him” (Hebrews 5:9). “Not everyone who says to Me, ‘Lord, Lord,’ shall enter the kingdom of heaven, but he who does the will of My Father in heaven” (Matthew 7:21). Love to Christ is involved here because He says, “If you love Me, keep My commandments” (John 14:15). When we truly love the Lord, we will gladly obey Him without dodging or making excuses. This is the supreme test.



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SUMMARY SHEET

Please read the Study Guide before completing this Summary Sheet. All answers to the questions below can be found in the Study Guide. Place a check by the correct answer. Numbers in parentheses (1) indicate the number of correct answers.

1. Following God's health rules for the human body (1)
 - Is necessary for children, but not of great importance to an adult.
 - Is a very important part of true Bible religion.
 - Has nothing to do with a person's religion.
2. God's health laws were given (1)
 - By a loving God who made us in the beginning and knows what is best for our happiness.
 - For the Jews only and do not apply today.
 - To show us He is boss and can control us.
3. A true Christian will (1)
 - Eat and drink anything he desires.
 - Just love the Lord supremely and ignore His health laws because they were done away with at the cross.
 - Eat and drink only those things which will strengthen the body, mind, and character and bring honor to God.
4. Man's first diet (1)
 - Consisted of fruit, grains, and nuts.
 - Included alcoholic beverages and flesh foods.
 - Consisted of anything and everything that Adam and Eve wanted.
5. God lists these creatures as unclean: (7)
 - Cow.
 - Deer.
 - Pig.
 - Trout.

- Chicken.
 - Squirrel.
 - Rabbit.
 - Catfish.
 - Clam.
 - Shrimp.
 - Lobster.
 - Goat.
6. Alcoholic beverages are (1)
 - All right for a Christian if used in moderation.
 - Wrong for a person to use only if he thinks they are wrong.
 - Not to be used by a Christian.
 7. The use of tobacco is (1)
 - Each person's private business and has no relationship whatever to his religion.
 - Sinful, and a Christian will not use it in any form.
 - Beneficial to the Christian.
 8. Check the health laws listed below which are God's health laws: (9)
 - Don't overeat.
 - Smoke after each meal.
 - Be happy and cheerful.
 - Drink some liquor before meals.
 - Keep your body clean.
 - Eat lots of pork.
 - Drink plenty of coffee and tea.
 - Be temperate in all things.
 - Eat meals at regular intervals.
 - Don't harbor grudges.
 - Balance work, exercise, and sleep.
 - Trust fully in the Lord.
 - Don't use animal fat and blood.
 9. A very important truth regarding God's health laws is that (1)
 - Children and grandchildren often have weak bodies and minds because parents ignore God's health laws.
 - These laws were for the Jews only and do not apply today.
 - If we really love Christ, His health laws are unimportant.

10. The best way to overcome sinful habits is to (1)
- "Taper off."
 - Yield fully to Christ, who gives us power to do all things.
 - Hope they will go away.

11. God's health laws are (1)
- Like the rules for operating a car: They are best for us, and we run into serious trouble when we ignore them.
 - Part of Moses' law that was done away at the cross.
 - A good idea, but they do not affect a person's relationship to God.

12. A sincere Christian will (1)
- Spend more time praying and ignore God's health rules.
 - Immediately change any habit when he finds it conflicts with God's rules, because when we love Christ, we will gladly keep His rules and commandments.
 - Feel free to use tobacco.
13. It is my plan to follow God's health rules.
- Yes.
 - No.

Study Guide 13 **PLEASE BE SURE TO ANSWER THE QUESTIONS ON BOTH SIDES.** Printed in USA

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