

**Title:** A God-Given Diet? The Physiological Impacts of Nutritional Practices Prescribed by Abrahamic Monotheism

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Two of the most contentious issues to date stem from religious beliefs and nutritional practices, questioning what is best on a universal scale. Physical and spiritual health have long existed as fundamental aspects of human life, with anthropological data backing research from the start of man to the great civilizations of antiquity (Dein). Psychological research indicates a predisposition of cognition in humans that provides a functional perception of every existing entity available for analysis, thus inspiring philosophical pursuit (Nicholson). Religion historically has and continues to serve as an answer for this endeavor, with 84% of the world's population affiliating themselves with religion, and 60% of that population classified as monotheist (Pew). Despite the divisiveness of the world's major religions, there exists a multitude of values that overlap in what a healthy diet entails. Majority of the beliefs preach fasting, abstaining from the consumption of specific animals, and avoiding harmful intoxicants (D'Haene). Thus, the question arises for the likelihood of this matter to truly be coincidental, or if it is a message from a greater omnipotent entity. Considering past and present, this investigation will first take a macroscopic approach in reflecting trends of health between religious and nonreligious individuals, and then a more direct analysis pertaining to specific religious sects. Such an inquiry will entail examining the anatomy and practices of historical figures, decoding religious doctrine, and obtaining data by surveying nearby communities. These findings will aim to intertwine the controversies of religion and nutrition together for a more unifying conclusion.

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