



Jewish Spiritual Literacy, Inc.
Ancient Wisdom for Modern Minds

Torah Health and Fitness
Dedication Opportunities

Ninety-nine percent die before their time due to neglecting their health. – Midrash Raba

We are writing to invite you to partner with us in a new book on the mitzvah of fitness and health.

About the book: *Body and Soul: A Torah Guide to Health, Fitness & Longevity, Medically-Annotated* is a handbook to a greater level of consciousness, *kavana* (mindfulness) and *hishtadlus* (effort) in *shmiras haguf* (caring for the body). (**This sample copy is a rough draft, not yet professionally designed.**)

The book comes in response to a growing awareness that the Jewish community has not paid enough attention to this mitzvah. We have the same health stats as the general public. We have tragic levels of **preventable conditions such as diabetes and cardio-vascular disease**. Our mission as the Jewish People is greatly handicapped because we are not meeting this challenge. Yet we have tremendous Torah wisdom and medical knowledge on how to improve this situation! We have 3,000 years of wisdom on this subject, but until now it has been scattered across many books, most of which have never been translated.

In partnership with doctors and dietitians, the book includes current medical information (with references to medical literature) on what is known about nutrition, exercise, weight loss and longevity.

We hope that this combination of Torah wisdom and medical knowledge will increase awareness of how vital and easy it is to eat and exercise (etc.) healthfully and to increase the holiness with which we treat our bodies, and thereby keep Jews out of the hospital, nursing homes, and wheelchairs for preventable reasons.

The book has been accepted for publication by three publishers; we have chosen **Feldheim**, one of the oldest and most respected Judaica publishers in the world (founded in 1939 by an Austrian refugee). Feldheim, like most publishers, works on a co-publishing model. We need to provide up-front design and printing costs. To that end, we would like to invite you to place a **dedication** in the book. All contributions are tax-deductible. Please use the form on the next page if you would like to participate in this mitzvah.

Thank you!

L'Chaimedly yours,

Rabbi Alexander Seinfeld, PhD

Dan Grove, MD

Physical fitness is an obligation that ought to be observed like all other mitzvos.
Rav Yaakov Weinberg ztzl

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