

Did Jesus Eat Heavy on Easter Sunday?



Join Nutritionist David Mainz as he serves up a delightful dose of what the Bible has to say about your health and the foods we eat.



David L. Mainz, MS, RD, FADA, CSP speaks internationally to audiences about how to live life to the fullest with maximum energy and health. He makes regular television and radio appearances including *The 700 Club* and *Focus On The Family* and is the author of *Eating By The Book: What The Bible Says About Food, Fat, Fitness & Faith*.

He holds a Master's Degree in human nutrition, he's a Registered Dietitian, and a Fellow in the American Dietetic Association. He's also received the Certified Speaking Professional designation from the National Speakers Association.

But he's not just what he knows. David presents his insights with a real zest for life. His fresh message comes across with unexpected humor; this guy is *really FUNNY!*