

## **Shemini**

This sidrah is a source for our dietary laws. But Judaism is concerned not only with what goes into our mouth, but also with what comes out of it.

## **Tazriah**

The priest, in addition to being a spiritual guide was also a medical diagnostician. He personified Judaism holistic approach to health as achieved through the essential unity of the spiritual and physical principles.

## **Metzora**

Purity, physical health, cleanliness and immersion were the hallmarks of the Israelite way-of-life. Our bodies, homes, bedrooms and kitchens were all expected to conform to the highest standards of both purity and hygiene. *Mens sana in corpore sano* – mind and body must pursue the same physical and spiritual objectives.