

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.