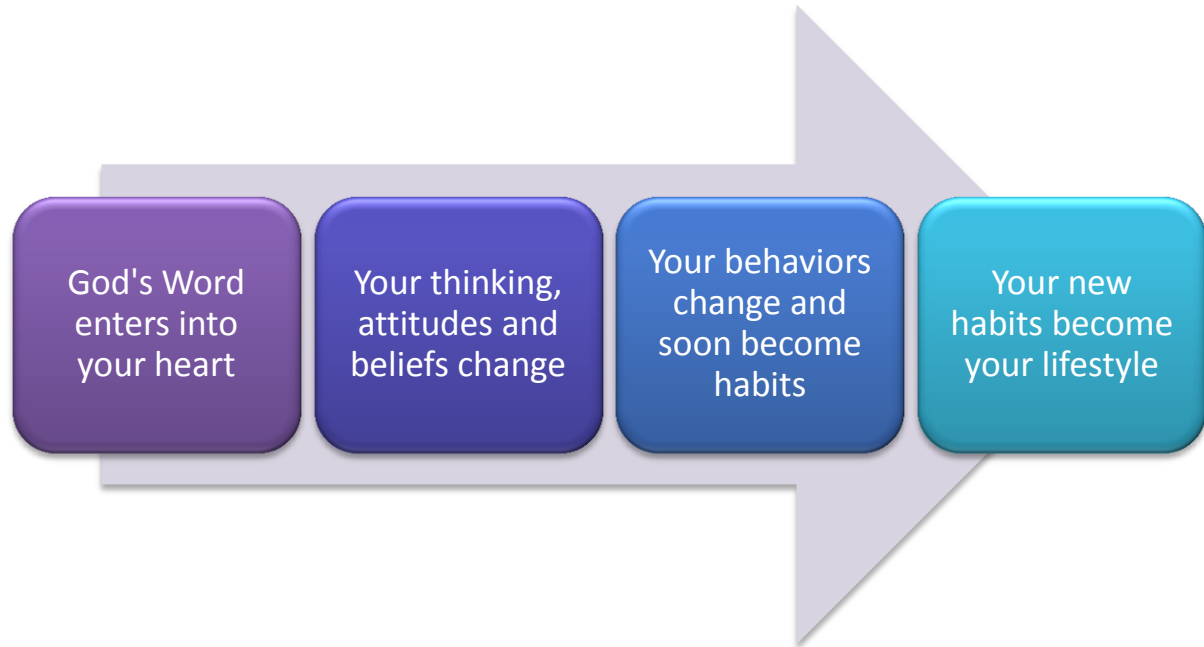


The Word of God – Your Perfect Health Book!

God's Word Changes Us! And it's all for good. We only get better when we enter into a loving relationship with our Father, follow His ways, and submit to His love and care.

When we meditate on our Father's Word, His truth seeps into our hearts. Then that truth changes the way we think. Our attitudes change. Our beliefs change. And then our behaviors change! And when our behaviors change we develop new habits. And finally, those habits become our way of living or our lifestyle.



This is what inside out change is all about. And it's the only way lasting change can really happen. If we want the results that we really desire, then changing from the inside out is the one pathway that will take us there.

Weight Loss and Health – Why is the Bible the only 'diet book' you will ever need? Because if you are willing to submit yourself to God and His Word, and mediate on His truths, then you will enter into this transformation process. And the Word of God has everything we need for health. His Word speaks to our spirits, our souls and directs the care of our bodies.

Here are a few of my favorite scriptures. Look them up in your Bible and then don't just read them. Instead, ponder them. Think deeply about what God is saying and what it means for you and your life.

Romans 12:1-2

Hebrews 4:12

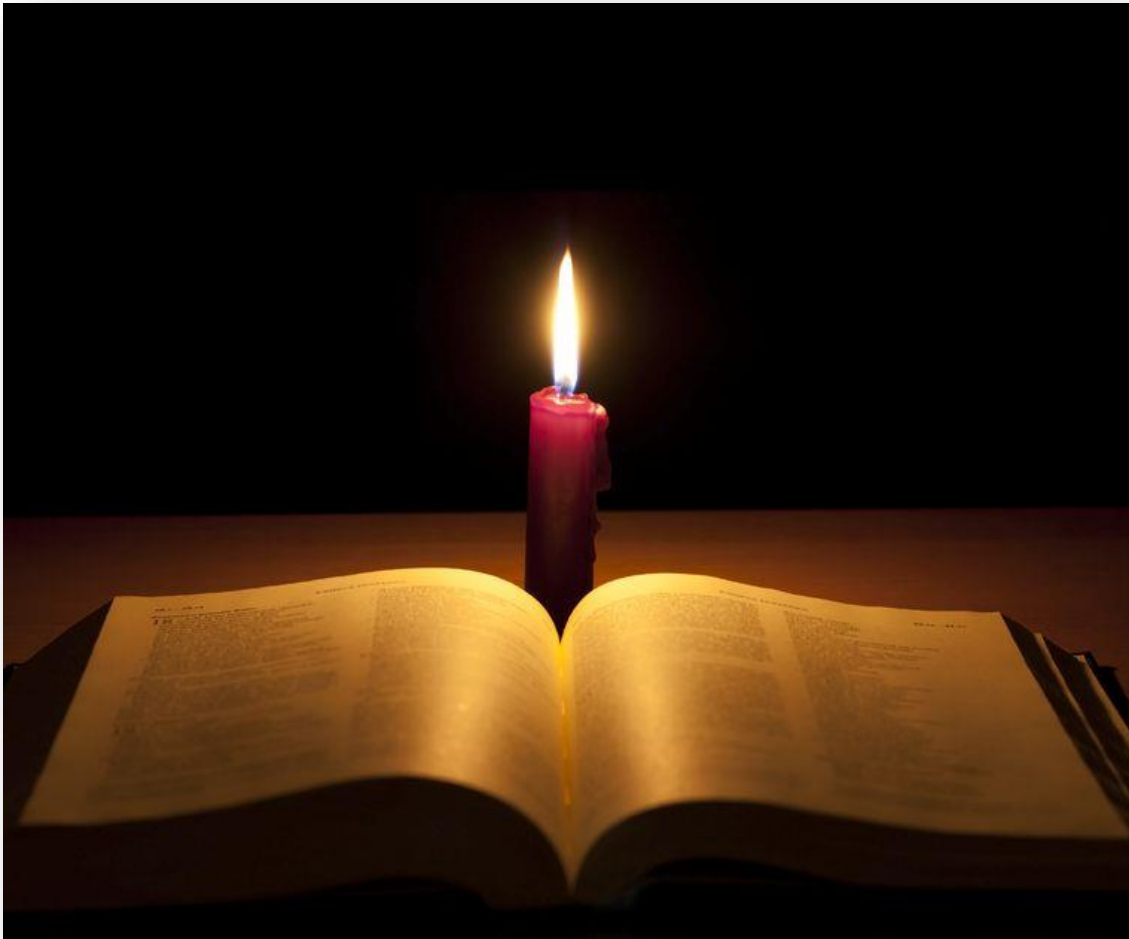
Psalms 19:7

2 Peter 1:2-4

John 16:13

1 Corinthians 6:20

[Click Here](#) if you want to learn more about how you can step into your healthy lifestyle by allowing the Word of God to change your life now and forever. It's worked for hundreds and hundreds of others, and it will work for you, too.



Meditating on God's Word – Meditation is different than reading, although you need to start there. We need to know what the Word says and we discover that by reading His Word. But if we stop there, the Word has little effect on our lives. God calls us to meditate on His Word day and night (Joshua 1:8).

Does that mean that we sit with the Bible 24 hours a day? No! It means that we think about what the Word is teaching us as we go about our day. We study the passage in the morning during our daily prayer time. And we may study it again in the evening during our quiet time.

Then throughout the day we continue to think about what the Lord is showing us. We ask His Holy Spirit to teach us and draw us into greater understanding. We look at our lives to make sure we are aligned with what we are learning. And we make adjustments so that our behaviors are consistent with what the Lord shows us in His Word.

We go deeper and wider in our own thinking, and then the Lord helps us through His Spirit to our spirit! This is our great advantage. And this is why born-again Christians can experience lasting change by submitting ourselves to God, meditating on His Word, and then aligning our lives with His ways!

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Tried and True Principles for Your Health

The Bible teaches us that, “a three-strand cord is not quickly broken.” Ecclesiastes 4:12. When we begin with God’s Word (strand 1), add wise principles (strand 2) and then add ourselves by taking action (strand 3), we have the perfect union for our good success.

So that’s why I want to share a couple of the principles that I know can help you as you seek to improve your health, drop unwanted pounds and begin to develop a lifestyle of health.



#1 – Stay hydrated! Your body needs water! And when your body is well-hydrated it not only operates better, but you also don’t feel as hungry! Why? For a couple of reasons: First, when your body needs water it sends a signal to your brain. This signal is often “misread” by us as hunger. So what do we do? We eat! And still our body isn’t getting what it wants, so it sends another signal. We misread it, and eat again. So you can see how this can cause us to overeat and consequently that adds up to unwanted and unhealthy weight gain.

When our body is well-hydrated, the body has no need to send the signal and so the cycle is stopped.

Second, when you drink a tall glass of water 15-20 minutes before you eat a meal, your stomach actually starts to fill up and so when you do eat, you will consume less. You won’t feel like overeating and you will be satisfied more quickly.

Studies show that when people adopt this practice on a regular basis, that they consume 30 percent less food at their meals! Can you imagine! So here is how you can have this work for you – drink 4 tall glasses of water each day. Drink the first one when you first wake up. Drink one 15-20 minutes before your lunch. Drink another one 15-20 minutes before your dinner. And then have a glass or bottle of water with you throughout the day to sip on. That’s it! So easy, yet so helpful to your body and your health.

#2 – Change Your Style of Eating! This tip is so simple, yet amazingly powerful! I hope you will give this a try and see for yourself. Here’s all you need to do:

When you eat, take a small bite of food. Not a teensy-weensy bite. But a bite that fits comfortably in



your mouth. Then chew that bite of food until it’s the consistency of applesauce. Enjoy the flavors. Then swallow the food and totally clear your mouth. And now take another bite of food.

That’s it! Easy. Simple. Doable. And studies show that you will feel full faster and eat less. Give it a go for yourself.

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