



the **DNA** of
RELATIONSHIPS
CAMPAIGN BOOK

Healthy Weight Loss

*How your emotions
affect your weight
... and the steps
I learned for
losing weight*

DR. GARY
SMALLEY



Tyndale House Publishers, Inc., Carol Stream, Illinois

Visit Tyndale's exciting Web site at www.tyndale.com

TYNDALE and Tyndale's quill logo are registered trademarks of Tyndale House Publishers, Inc.

Healthy Weight Loss

Copyright © 2001 by Smalley Publishing Group, LLC. All rights reserved.

Cover photo copyright © by Jim Lersch. All rights reserved.

Author photo copyright © by Jim Lersch. All rights reserved.

Designed by Jacqueline L. Noe

A revision of *Food and Love*, published in 2001, by Tyndale House Publishers, Inc., under ISBN-10: 0-8423-5520-0 (hc), ISBN-13: 978-0-8423-5520-9 (hc).

Published in association with the literary agency of Alive Communications, Inc., 7680 Goddard Street, Suite 200, Colorado Springs, CO 80920.

In sharing stories from other people's lives in this book, I have changed their names and some of the details of their stories in order to protect their privacy.

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked NIV are taken from the *Holy Bible*, New International Version®. NIV®. Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved.

Scripture quotations marked "NKJV™" are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture quotations marked NASB are taken from the *New American Standard Bible*, © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by The Lockman Foundation. Used by permission.

Scripture marked The Message is taken from *The Message*. Copyright © by Eugene H. Peterson, 1993, 1994, 1995. Used by permission of NavPress Publishing Group. All rights reserved.

Library of Congress Cataloging-in-Publication Data

Smalley, Gary.

[Food and love]

Healthy weight loss / Gary Smalley.

p. cm.

Originally published: Food and love. Wheaton, Ill. : Tyndale House Publishers, c2001.

Includes bibliographical references.

ISBN-13: 978-08423-5522-3 (sc)

ISBN-10: 0-8423-5522-7 (sc)

1. Cookery, American. 2. Love—Religious aspects—Christianity. 3. Marriage—Religious aspects—Christianity. 4. Man-woman relationships—Religious aspects—Christianity. 5. Weight loss. 6. Self-control. I. Title.

TX715.S66356 2006

641.5'63—dc22

2006022787

Printed in the United States of America

12 11 10 09 08 07 06
7 6 5 4 3 2 1

CONTENTS

Foreword ix

Acknowledgments xi

PART 1: MY PERSONAL JOURNEY IN LOSING WEIGHT

1. I Loved to Eat 13

2. How I Lost My Weight 15

PART 2: HOW OUR FOOD CHOICES AFFECT OUR HEALTH

3. Foods That Threaten Our Health 27

4. Foods That Strengthen Our Health 41

5. How Food Can Threaten Our Emotional Health 57

6. How Poor Emotional Health Can Affect
a Marriage 69

PART 3: HOW RELATIONSHIPS AFFECT YOUR WEIGHT AND YOUR HEALTH

7. Poor Relationships Lead to Poor Health 85

8. Love Is the Key to Weight Loss and Health 95

9. Effects of Conflict and Isolation in Marriage 105

10. L-O-V-E: The Cure for Conflict and Isolation 129

11. Cheap Substitutes for Love 139

12. Ten Ways to Extend Grace When Weight
Is an Issue 151

13. Weight Loss and Health for the Single Person 171

PART 4: STEPS TO LASTING CHANGE

14. The Greatest Solution on Earth.	179
15. Seven Steps to Lifelong Victory.	191
16. Frequently Asked Questions	209

PART 5: SUMMING IT UP

17. The Connection between Food, Relationships, and Health	229
---	-----

<i>Appendix A: Self-Evaluation Tools.</i>	<i>235</i>
---	------------

<i>Appendix B: “All Things”</i>	<i>247</i>
---	------------

<i>Notes.</i>	<i>249</i>
-----------------------	------------

<i>Suggested Reading List</i>	<i>257</i>
---	------------

<i>About the Author</i>	<i>265</i>
-----------------------------------	------------

FOREWORD

In my experience as a doctor, I've learned at least this: When problems are bigger than our collective brain trusts can solve, typically there's an answer in Scripture, and almost always it's an answer that's been staring us in the face since the beginning of time.

When Gary Smalley told me he was doing a book about the connection between food and love and that he wanted to draw extensively on my research about biblical eating, I felt like shouting to the world: "Someone's finally getting it!"

The truth is this: God gave us a fantastic blueprint for what to eat and how to love. However, we need only look around us to see how people are failing in both areas. Recent medical statistics show that obesity is up from 12 percent of the population in 1991 to 20 percent in 1999. It's epidemic, and it's not only destroying our bodies, but as Gary will show you, it's destroying our relationships as well.

It's about time we realized the connection.

What Gary has done here is pull together the very latest research to show a dynamic that has always existed between how we eat and how we love. Beyond that he's shown how our relationships affect our health. In fact, how we love is even more of an influence than what we eat when it comes to our health. It's fantastic information, and I believe it could be life changing for an entire generation of Americans.

What I like best about this book is Gary's dedication to truth. Not only has he used research and personal experience to demonstrate the connection between healthy relationships and healthy weight loss, but he has also taken that research to the next level by explaining how—for many people—the cycle of poor eating and poor relating cannot be broken on their own strength.

But only by God's power.

Rest assured that I have verified the information regarding health and nutrition in this book and agree that it is consistent with the very latest research. However, before you change your personal diet or exercise plan, be sure to check with your doctor.

That said, I believe the answers to your eating and relating dilemmas could very well be just beyond the next page. Enjoy the journey!

Rex Russell, M.D.

Author of *What the Bible Says About Healthy Living*



PART ONE

*My Personal Journey
in Losing Weight*

I Loved to Eat

As I was growing up, I could eat whatever I wanted and never gain a pound. I could have four sandwiches for lunch. I could eat all day long, and because of a combination of my metabolism and activity level, I burned it off. Weight was never a problem for me.

“Eating like that will catch up to you one day, Gary,” friends would say. But it never did, and in my ignorance I thought it never would.

My father died of a heart attack when he was fifty-eight years old, and my older brother died of the same thing at age fifty-one. Another brother had undergone triple bypass surgery. Obviously heart problems run in our family.

I was forty-seven when my older brother died. The relationship he and I shared had become very close, and his death was a terrible shock to my system. For a while I ate differently—less fat, that kind of thing—because I was concerned about my heart. But then I slipped back into my old ways. My arteries may have been developing serious problems, but I felt healthy and had no motivation to change.

Then I hit my fifty-eighth birthday.

Almost immediately my overeating began expanding my midsection. I would eat two breakfast meals, big lunches, two dinners. Overnight, it seemed, I fell in love with food. I had never loved it before, but I acquired new tastes for different kinds of food, foods that satisfied me in a deep way.

At the same time, circumstances in my career were subtly straining the relationship between my wife, Norma, and me. Looking back, I realize that I may have turned to food as a means of comfort because of that strain. In a sense, food became love for me, my way of feeling good and rewarding myself at the end of a long day.

I rationalized by saying, "Oh, I'll be okay. Before long, I'll stop this pattern and start losing weight."

Instead, I kept gaining weight.

My love for food grew, and I began finding more pleasure in eating than ever before. It was as if my poor food choices had affected me emotionally, causing me to direct my feelings away from Norma and the people in my life, and more toward what I ate.

It was a very new experience.

I would hang out at the dessert table, eating until I was far too full, all because I enjoyed the taste and comfort the sweets provided. I found this principle at work: The more I ate, the more I wanted. When I woke up tired and bloated, heavier than the day before, I still wanted more. I craved doughy foods with fats and sugars, and I knew no way to control my appetite. At times, I went to bed feeling uneasy and full of self-condemnation because of the things I was eating. But I knew no way to stop.

Without warning, I had the same problem that so many other people do, a problem I once ignorantly thought was easy to handle. But when the problem was mine, I saw the truth: I was completely helpless; there was nothing I could do about it.

A year of living like that humbled me in my attitude toward health and relationships like nothing else could have. I remem-

bered the shameful way I had treated family members and friends who struggled with weight. I sadly admit that I had had very little patience with overweight people. I became frustrated with their lack of self-control. Inwardly I judged them as indulgent people, and I often tried to make them feel guilty, tried to be their conscience, and tried to monitor their food intake. I would keep a close eye on their serving sizes and cast them disgusted looks if they took a piece of dessert at a social gathering. Big mistake!

Back then I tried to make other people change their ways and lose a few pounds. But the truth was, all I ever did in the process was push them away from me, make them doubt my love, and drive them further into a lifestyle of finding comfort in food.

Once the weight problem was mine, I began to understand a connection between what I ate, how I felt about myself, and the way I treated those around me. I also realized that I was absolutely helpless to change my increasing weight problem and declining health. I had neither the desire nor the willpower to stop eating the foods that were harming me. To my wife's credit, she was completely gracious to me, not treating me the way she saw me treat others.

As my battle with food and excess weight raged, it became a war, and I realized that in a few short years it would ultimately kill me. I prayed daily for an answer.

In what seemed like a coincidence at that time, I started reading books about living in God's strength, although I never thought the information I learned would relate to my food choices. The more I read and counseled others, the more I realized that the country is full of people like me—people struggling with eating right and loving right. Could their problems and mine be a result—at least in part—of the connection I was seeing? Could food truly play a part in harming a person's relationships? Could weak relationships really harm a person's physical health? And was it possible that a person's overall health might affect the way that person made food choices?

I believed I had stumbled onto something that might change my life, so I kept praying, researching, and believing God had something he was trying to show me.

Recognizing God's Power

I continued studying about God's power, and one morning it was as if a lightbulb went on. I thought, *Wait a minute! If God's power can help us in every area of our lives, every habit, then his power could save me from overeating. After all, it isn't his will that I overeat, but I can't control it anymore.*

Without telling anyone, that October morning I decided I would try an experiment to see if God's strength could break my cycle of poor eating and poor relating. I had nothing to lose—except weight! I knew that I was out of options other than this last-ditch attempt: to give my struggle to God and seek his best for my life, through his strength alone.

So, I got on my knees and cried out to God. I patterned my cry after the passage in Psalms, “Call upon me in the day of trouble; I will deliver you, and you will honor me.”¹ I learned later that “call upon me” means to cry out to God like a helpless, two-week-old baby.

Still on my knees, I admitted that I could not control my eating, that I had tried, and that the task was beyond me. My own abilities were not sufficient. I came to God and said, “I can't seem to do this on my own. It's not going to happen through my own efforts.”

I felt as if I were kneeling at the foot of the cross and asking God to free me. Since this was my own personal experiment, I had nothing to lose except my weight.

I had cried out to God this way before, but only about temporary issues or crises. Never had I figured out how desperately I needed God's power to find lifelong victory over an integral part of my life. I still didn't fully understand the connection between food and love. But from that moment on I relaxed and rested in God. I

waited on him and said, “You can do this in me anytime you want.” In the meantime, though, I knew I couldn’t control my overeating.

This was where my waiting period started.

Since I didn’t have power on my own to change my eating habits, what did I do? I kept eating. I never even tried to stop. Daily I said to God, “Father, however you want me to eat, I’m willing to do that. Whatever you want me to learn or do, just show me.” Sometimes I would ask, “Do you want me to read something or talk to someone or meet someone who has an answer for me? Anything you want me to do, just show me. I’ll see it as a miracle and an act of your strength in my life.”

He began to make even clearer the definition of his strength in my life. God alone can give us the power to live life fully. That’s really it in a few words. So, I waited and rested, and rested and waited.

The days wore on, and I continued to say, “God, I’m still out of control here, and if you would heal me today, I would be more than grateful. But I’m just going to wait; I’m not going to chase after a bunch of how-to books or use my energy and efforts to do this on my own. I’m really going to see if this works in my life.”

I know what you’re thinking.

The very volume you’re holding is a how-to book. But there’s a difference. When you wait on God’s strength for victory, you won’t have to chase after things to read; God will simply place them in your path. When he does, allow for the fact that a how-to book—perhaps even this one—could possibly provide the breakthrough you’re looking for.

For me, the more I prayed, the more convinced I became that God would take care of my eating problem. Soon I wasn’t telling God I wanted to see *if* his power worked in this area of my life. Rather, I wanted to see *when* it would work. I grew more excited with each passing week.

During that waiting time I recalled other instances in which

God's strength was all that pulled me through—even though I hadn't fully recognized the fact at the time. There were days when I would tell God, "You've worked powerfully in my life before, and I know you'll do it again. I just don't know how long it is going to take or how you are actually going to do it."

I refused to give in to fear.

It's easy for us to worry, but that isn't how God wants us to live when we're in a relationship with him. I reminded myself that the Bible says, "Whatever is good and perfect comes to us from God above, who created all heaven's lights. Unlike them, he never changes or casts shifting shadows."² I told myself that God doesn't sit in heaven and say, "Let's see. How can I make life miserable for Gary Smalley?" In addition I was able to trust that all things work together for the good of those who love God and have been called according to his purpose.³

I compiled a list of the "all things" that God does for us (see Appendix B), and I reviewed the list during the day to help my mind stay focused on God's faithfulness. Basically, I decided to be confident that God's will was better than mine. I would rather wait for his power than keep failing by relying on my own strength.

And so I waited.

Still Waiting

October and November went by, and I kept overeating, kept gaining weight. But I had completely stopped worrying about it. I didn't feel guilty or condemned.

And yes, once in a while I had doubts.

Like every other American, I like things done instantly. As the days wore on, the doubts grew worse.

Looking back now, I know that God used that time to teach me empathy toward people who have difficulty with their weight. I can honestly say I understand those people so much better now.

God helped me know how hurtful my thoughts and opinions had been, how judgmental and critical I had acted in the past.

Especially toward people I knew well and loved.

God used that time to teach me deep and significant truths, but back then the waiting was very difficult. Thanksgiving Day hit with all the big meals, all the pies, all the leftovers. I loved it and ate as much as I wanted—and then some. I'm sure I gained another twenty pounds that fall. I began to think, *Wow, I'm going to be as big as a house before long.* I couldn't see any end to my struggle.

Why? Because I loved food more than ever before. But still I kept waiting.

Finally, in mid-December, I was speaking at a university in California, where most of my relatives live. My niece Debbie Smalley was saying good-bye to me at the airport when she handed me a book. "I've been reading this, and it's been really helpful. It's the best book on food I've ever read. It was so motivating for me." (Was my overeating really that obvious?)

I stood there dumbfounded. Debbie knew nothing of what I was doing. She didn't know I was praying that God would free me from my overeating problem and from what, for me, had become a food addiction. I still hadn't told anyone of my private experiment with letting go of my own abilities and letting God take over. Certainly my eating habits did not give clues that I was anxious to change.

I took the book and kept myself from looking surprised. But what I wanted to say was, "Debbie, I don't need a book on eating; I'm already a very skilled eater." At that moment, it never occurred to me that I had been praying for that very thing—some type of breakthrough given to me by God's design.

It fascinates me now as I look back because only God could have prompted her to give me that book. I put it in my carry-on case and thanked her. I didn't think about it again until halfway through my flight. My speaking engagement that day had drained

me, and I was flat-out exhausted. I planned to sleep the entire flight.

The last thing I wanted to do on that airplane was read a book, especially a book about how to eat more. But partway into the flight, I had a strong impression that had to be from God: *Get that book out of your carry-on!*

I looked around and saw that no one was talking to me. *This is crazy!* I thought. *I'm too tired to read. I would probably read two paragraphs and be sound asleep.* But there it was again. I thought to myself, *Okay, I'll get it out.*

I reached down and pulled it out with no enthusiasm.

I still didn't realize that God might be trying to get my attention with that particular book. He speaks to each of us differently, but at that moment he wanted me to read that book. Why? Because he alone knew what it would take to reach me.

The book *What the Bible Says about Healthy Living* was written by Dr. Rex Russell. My first thought was, *I don't even want to know this information.* Then I heard that still, small voice rattling around in the basement of my heart again: *Read this book, will you! Are you not praying to me to free you? Read the book!*

I sighed out loud. "Okay, God, I'll read it."

The Miracle

I figured I would pick up the book, glance at a few pages, and skim it for a few minutes. Maybe read it later. Instead I read the first page. Then the second and the third and the fourth. Minutes passed, and it was as if my eyes were being opened for the first time. I could sense my spirit, my whole life, opening up to facts about nutrition that I had been vaguely aware of but had never accepted.

It was the moment I had been praying for.

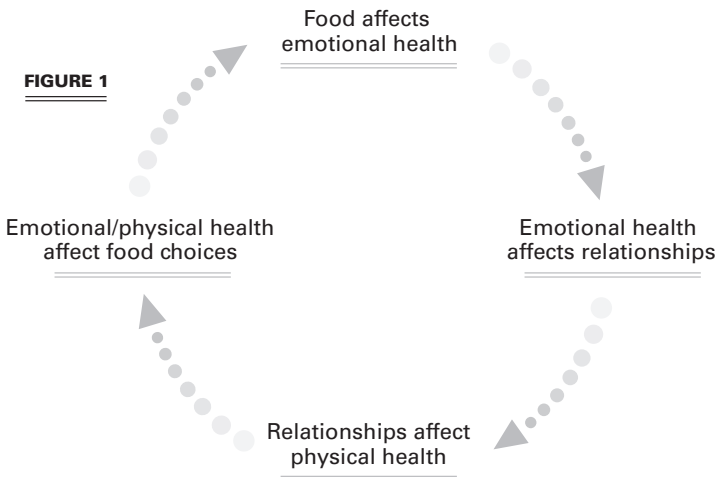
Let me say again that it wasn't the book that gave me the miracle I had been praying for. It was God. And in his grace he knew what it would take to give me the change I had been praying for. You could read a book like this one and find it filled with

material you have read a hundred times before. It might leave you totally unmoved.

The point isn't *how* God gives you a breakthrough; the point is that he *will*. God in his grace and strength will find a way to meet you where you are.

You see, I had slipped into a negative cycle. I made poor food choices, and those were harming my emotional health. At the same time, my poor emotional health was harming my relationships with close friends, loved ones, and others. That, in turn, was harming my physical health—contributing to my weakened immune system and high blood pressure.

I needed a miracle to break this cycle, and you may need a miracle too.



God used Rex Russell's book to give me my breakthrough, but yours might be a conversation or an attitude adjustment or a magazine article or a sermon. Maybe you'll experience your breakthrough after reading part 4 in this book, "Steps to Lasting Change." Only God knows.

Anyway, after reading the book, I felt released of the urge to

overeate. I felt free and clean on the inside! I was excited and hopeful. Everything in the book made so much sense, I had to wonder where this information had been for fifty-eight years of my life.

Rex Russell's way of looking at food and how we eat opened my eyes to a whole new world of health. Some of what the book said was not new to me, but the way the information was put together was just right for me. I could feel God's power inside, allowing me to make a decision then and there. I didn't want to eat again, not until I finished the book, reread it, outlined it, understood, and could start implementing the information in my own life. It was like a quiet power at work inside me.

From that moment on I felt total freedom, and that led to a four-day fast. I had no desire to eat! I had no hunger pains, and I wasn't light-headed. When I had fasted in the past, I would feel weak and even faint when I would stand up. Most of the time I fasted, I saw double cheeseburgers with fries. I couldn't stop thinking about food. But this time I had none of that. I was so charged up with God's strength that I was absolutely sure this was his answer to my prayers.

It was a total miracle for me.

Operating in God's strength, I read the information in the book, understood it, and instantly stopped my destructive eating habits. Later in this book, I'll share some of Rex Russell's guidelines to healthy, biblical eating—not because it's the only way to eat, but because it helped me. Maybe it'll help you too.

Healthy eating led to the next discovery—that with my new food choices, I recognized vast improvements in my emotional health. This in turn helped me love my family better, to be more empathetic and kind, more compassionate, and more the person they needed me to be. As this new dynamic took root in my life, my physical health improved. Finally, my improved health has helped me to continue making healthy food choices. And that's how I stumbled onto the amazing connection between food, love, and God's power within us.

During this time I read dozens of books and found volumes of research that underscored the truths I was recognizing. Next, I interviewed thousands of people and found that they, too, had seen this cycle, this connection at work in their lives—negatively or positively. Today I am thrilled to tell you that nothing about food choices, my emotional health, my relationships, my physical health, or my spiritual health has been the same since. I not only lost all the extra weight by eating healthy food, but I also experienced many other unexpected benefits. When I did finally have a heart attack, while turkey hunting one morning in November 2002, my cardiologist told me that because of the healthy condition of my body, I didn't have any heart damage, and I recovered much faster than his average patient. He was amazed at the fast healing. And beyond my heart problems, all of the joint and muscle soreness and stiffness that I experienced for years are gone, even after spending many hours doing rigorous manual labor. A truly miraculous consequence is that one day after I fell off my tractor and landed on my back, I had no pain or stiffness the next day—a remarkable thing for a person my age. I can only conclude that this newfound health is the result of my healthy eating habits. I lost all the extra weight by eating healthy food, a process I'll describe later.

One of the important outcomes of my battle with food is that God used it to convict me about how insensitive I had been to others in their struggles with food. When I look back on all of the years I hurt people with my rude comments, I see the grace they extended to me—grace I should have been giving them. I'm so grateful that they have not only forgiven me but also accepted me despite my insensitive behavior. I realize that I messed up in two very powerful ways. First, I tried to change them, which strained my relationship with them; and second, I refused to see how God wanted to change *me* and change the way I treated other people. In the process, I only made things worse—both for others and for myself.

I learned something very important about the connection

between food and love in this process: *As important as eating correctly is for our health, having strong, loving relationships is even more important.* In fact, a loving relationship can almost overcome the damage of poor foods. But with my critical spirit toward those who were overweight, I weakened important relationships in my life, and in the process I weakened my own health.

Because this book is mainly my own story, it doesn't contain all the answers, and it certainly doesn't contain definitive answers to many of the complex issues involving food, emotional health, relationships, and physical health. But it does contain information that helped change my life and the lives of thousands of others, and it recognizes a connection that might help you find the breakthrough you're looking for. Perhaps as you read, you will see yourself, and in the process you, too, will find change.

Self-Evaluation Tools

Caroline knew she needed help the day the scale told her she had hit three hundred pounds. It was a moment that came just weeks after her husband, Jack, mentioned that he was getting frustrated with the lack of progress in their marriage and that maybe it was time to start talking about separation and possibly divorce. After all, everything loving and physical about their relationship had died long ago. They were little more than managers of a household in which physical touch seemed almost forbidden.

That afternoon after stepping on the scale and watching the needle make a full circle, Caroline locked herself in her bedroom and wept. What had happened? Why had their marriage become loveless? And why was she unable to stop eating foods she knew were destroying her?

“Help me, God,” she cried out loud. “I’m at the end of my rope. I’ve done everything I know to do, and I’m all out of answers!”

Life hadn’t always been this way, and that afternoon Caroline allowed herself to go back, back to her childhood days, when she was the only one of eight siblings who didn’t struggle with weight problems. In fact, when Caroline was younger, she could easily eat sweets or breads all day long and never gain an extra pound.

Caroline had been especially close to her mother, and at a very young age their bond seemed somehow connected to the fact that like her mom, Caroline was thin. Caroline knew she was special, and she suspected it was because of her size.

Years passed, and although her siblings still struggled with their weight, Caroline enjoyed a metabolism that seemed to defy the odds. She ate the same junk food everyone else in her family ate, but because she was happy and busy, she probably ate less of it.

The happy days continued during college, when Caroline dated Jack, whom she had known since high school. Although they had a solid relationship, Jack would sometimes say things that alarmed her. “Caroline, I have just one doubt about our getting married. If you turn out like your sisters, it’ll be hard for me to keep loving you.”

Even with that nagging doubt, Jack and Caroline got married after they graduated, and during the first several years of their marriage, Caroline was able to remain thin—like her mother.

Things changed when Caroline got pregnant with their first baby. Almost from the beginning her body’s chemistry seemed to change. When she visited the doctor, she showed weight gains of ten and twelve pounds a month during times when little or no gain was expected. The doctor warned her that anything in excess of twenty pounds would be difficult to shed, but Caroline felt helpless to stop the piling weight.

For the first time in her life she was worried about her looks. Everything good about her life—the attention she had always gotten, the love she had received from her husband—seemed connected to her weight. When she started getting heavy, she grew anxious and frustrated.

The more anxious and frustrated she grew, the more she ate. Like many unhappy people, she was using food as a drug, a comfort. The worse she felt about herself, the more she turned to food.

Jack made matters worse by giving her casual warnings at first and finally outright criticisms. When she was just ten pounds

APPENDIX B

“All Things”

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28, NIV

*To remind myself that “whatever is good and perfect comes to us from God above, who created all heaven’s lights,”¹ I compiled the following list of “all things” that God does for us. I review this list during the day to help my mind stay focused on God’s faithfulness.**

- I find that *all things* work together for good (Romans 8:28), because I love God with *all* of my heart, *all* of my soul, and *all* of my mind . . . and I love *all* others like I love myself (Matthew 22:37-39).
- I give thanks in *all* circumstances, for this is God’s will for me (1 Thessalonians 5:18).
- God will meet *all* of my needs through his riches in glory in Christ Jesus (Philippians 4:19).
- I will make *all* of my thoughts true, honorable, right, pure, lovely, beautiful, excellent, and worthy of praise. Then I will know the peace of God (Philippians 4:8-9).
- Above *all* else, I will guard my heart, because out of my heart come *all* the ways of my life (Proverbs 4:23).
- God’s grace is always sufficient for *all* of my weaknesses and *all* types of trials (2 Corinthians 12:9).
- When I am upset, I will always be quick to listen, slow to speak and therefore, slow to anger (James 1:19).

*These statements are paraphrased from verses noted in parentheses. Italics have been added for emphasis.

- I will manage *all* of my words; therefore, I will be able to manage my whole body (James 3:2).
- I will see *all* of my irritating circumstances with others as reflections of the logs in my own eyes (Matthew 7:1-5).
- I am sharing the good news of Christ to *all* people, the secret that was hidden in Christ (Ephesians 3:8-9).
- I have been given by God *all* the power necessary to live in his love, which I will never be able to understand completely because it is limitless and unfathomable. God will do in me and through me amazing things that are beyond my wildest imaginations (Ephesians 3:14-20).

NOTES

CHAPTER 1: I LOVED TO EAT

1. Psalm 50:15, NIV
2. James 1:17
3. See Romans 8:28.

CHAPTER 2: HOW I LOST MY WEIGHT

1. Gerald G. May, *Addiction and Grace* (New York: HarperCollins, 1988).

CHAPTER 3: FOODS THAT THREATEN OUR HEALTH

1. Elizabeth Somer, *Food and Mood: The Complete Guide to Eating Well and Feeling Your Best* (New York: Henry Holt, 1999), 5–32.
2. Ibid., 13.
3. Kay Sheppard, *From the First Bite: A Complete Guide to Recovery from Food Addiction* (Deerfield Beach, Fla.: Health Communications, 2000), 47–52.
4. Somer, *Food and Mood*, 112–13.
5. Sheppard, *From the First Bite*, 47–52.
6. Cheryl Townsley, *Food Smart!* (New York: Putnam, 1997), 102.
7. John Yudkin, quoted in Townsley, *Food Smart*, 102.
8. Nancy Appleton, *Lick the Sugar Habit* (Garden City Park, N.Y.: Avery Publishing Group, 1996), 139–40.

SUGGESTED READING LIST

In addition to giving you a list of some of the books I've read on my journey to health, let me give you a summary of some of the very good books and programs about nutrition and weight loss.

Synopses of Weight-Loss and Nutrition Books

The PRISM Weight Loss Program by Karen Kingsbury, and Toni Vogt (Sisters, Ore.: Multnomah, 1999).

The book outlines the PRISM weight-loss program, a strong, nutrition-based weight-loss program. It deals with treating problem eating from all three angles: physical, emotional, and spiritual—the same three we've been talking about in the chapters of this book. PRISM also involves the small-group concept, which I think is so important. However, if small groups aren't your thing, PRISM is available for individuals as well.

Basically the concept is to cut out white sugar, white flour, and processed foods. At the same time, PRISM leaders encourage a calorie limit and ask participants to avoid weighing themselves. They ask participants to sign a contract that they won't eat unhealthy foods, and if they do, they call one of the people in the small group, confess, and have the person pray with them.

Visit the PRISM Web site at www.pwlp.com.

***Food Smart!* by Cheryl Townsley (Colorado Springs, Colo.: Piñon Press, 1994).**

This sound book advocates giving up caffeine, alcohol, foods containing preservatives, additives, chemicals, high-sodium products, MSG, food coloring, refined sugar, white flour, all products that contain margarine or hydrogenated oils, white rice, carbonated beverages, salt-cured or smoked foods, and foods that contain nitrates.

Townsley insists that there are no “normal physical complaints” and that headaches, acid indigestion, and other common ailments are all signs that the body is in some sort of distress. It’s a phenomenal book. You’ll also find it very helpful concerning how foods affect relationships.

***The Zone* by Barry Sears with Bill Lawren (New York: Regan, 1995).**

The Zone has been around for several years and is still wildly popular. It involves a fairly simple matter of combining the macronutrients (protein, carbohydrates, and fats) at every meal for optimal energy and body performance. I am aware of many people who have lost weight and gained health on this program.

Like other successful plans, *The Zone* suggests that no sugar or processed foods be eaten. However, if they are, it asks participants to get immediately back onto the plan. This plan teaches that you are never more than one meal away from living in the zone.

***The Pritikin Weight Loss Breakthrough: Five Easy Steps to Outsmart Your Fat Instinct* by Robert Pritikin (New York: Dutton, 1998).**

The Pritikin program, which has been successful for years, advocates eating these foods: a wide variety of leafy, stalk, and root vegetables; beans (including zooky beans, black beans, black-eyed peas, etc.); a wide variety of fresh fruits; all grains, including bar-