



Chapter 6 – Renew

Part 1

What do you think of when you hear the word “renew?”

The first four definitions listed on merriam-webster.com ^[1] are:

1. to make like new: restore to freshness, vigor, or perfection
2. to make new spiritually: regenerate
3. to restore to existence: revive
4. to make extensive changes in: rebuild

Restore, regenerate, revive, rebuild.

The apostle Paul said in **Romans 12:1-2** I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

If a person comes to Christ as an adult, this process of renewing the mind could take years. This spiritual transformation will not happen overnight – it takes time – there is no shortcut.

The same thing applies to a physical transformation – a renewal of health. A person who is in poor health cannot restore their body to optimal health overnight – there is no shortcut. It took years of unhealthy diet and lifestyle choices to get in that condition, and it will take time to restore, regenerate, revive, and rebuild a healthy body.

But it can be done!

We all enjoy watching the Property Brothers transform a house in one episode. Or even better, a recap video on YouTube that takes you through an eight-week renovation in just 15 minutes.

Don't you wish it were that easy in real life?

A few years ago, we helped my youngest son and his wife, along with half-a-dozen other family members and a drywall crew, renovate a house. It went from this (show before pictures) to this (show after pictures). But we didn't get it done in an hour, or even the eight weeks that the crew from Property Brothers could have done it in.

It took nearly two years of consistent work, diligence, and patience. But what a transformation. It looked better than it did when it was brand new. It started as just a vision in the minds of a young couple. When Marshia and I accompanied them for a walk-through before they bought it, all we could see was a dark, drab old yellow house. But they could see in their minds what it could be – what it turned out to be: a bright, open, beautiful, modern home.

My goal with this final chapter of the Healthy Weight 2020 series is to help you see that you can renew your strength; reclaim the stamina of your youth; and rebuild a healthy body.

Part 2

I've been a fan of Jake Steinfeld for decades. I enjoyed watching his infomercials back in the day, and I still remember the first time I noticed that he was included in the end credits of *Indiana Jones and the Temple of Doom*.

Obviously, here in the real world, most of us don't have the advantage of a personal trainer like Jake coaching and motivating us six days a week. But I do believe that every one of us can benefit from Jake's motto if we will apply it to our goal to reclaim and maintain our health.

Don't Quit.

You may not have the physique to be starring in an epic adventure film within a few months like Mr. Ford did, but with patience, determination, and perseverance, you can reclaim your health.

I realize that for many people, this could be a long road. I hope you watched Chapter 2 and assessed your current condition. I hope that, after you watched that

video, you did start on your health journey. If not, I want to encourage you to start today.

There are no shortcuts to truly good health. It may take time, but it will be worth it. It will be time well spent. Whether you need to lose twenty pounds or two hundred, you will never reach your goal if you don't start moving toward it. As Lao Tzu wisely said, "The journey of a thousand miles begins with one step."

Take that step right now. Make up your mind that you will do whatever it takes to get your body, the temple of the Holy Spirit, back to a healthy weight and shape.

So what if it takes you a year, two years or four years to reach your health goal? Can you think of a better way to spend the next few years? How will you feel a year from now if you don't take control of your health right now? And one thing's for sure; if you keep doing what you're doing now you will never reach your health and weight goals!

Albert Einstein said, "The significant problems we have cannot be solved at the same level of thinking with which we created them."

It's time to take our thinking about health, nutrition and lifestyle to the next level. Let's do it. Get started today, and DON'T QUIT!

Part 3

Maintaining good health is certainly a significant problem in today's society. I believe poor health is mainly a result of poor diet and lifestyle choices. We have looked at two of what I consider to be the three major influences on our diet and lifestyle choices: family tradition and the "hidden persuaders." Now I want to tell you – or maybe I should say warn you – about the third one.

A warning may be necessary because this one doesn't come solely from outside sources like family and marketing professionals. I'm afraid that, as human beings, we are born with a tendency toward this one.

Its name is GLUTTONY.

In case you're not familiar with the word, merriam-webster.com defines it like this: excess in eating or drinking: greedy or excessive indulgence.^[2] Then, if you go to their thesaurus, you find this: Definition of gluttony; as in overeating: the excessive consumption of food...^[3]

I believe that one of the major causes of our current health crisis, and in particular overweight and obesity, is precisely this – excessive consumption of food. To put it bluntly: **Americans eat too much!**

I realize there are other contributing factors, including the quality of what passes for “food” these days, and the enormous amounts of prescription drugs that many people put in their bodies. But as a place to start on the proverbial “journey of a thousand miles” to reclaim your health and return to a healthy weight, for most Americans this is it: reduce the amount of food that you eat.

According to an article on earth.org, “...on average an American consumes around 2,900 calories every day...more than half the calories (around 63%) come from nutrition-void food...” [4]

An article on pewresearch.org says, “While the nation’s eating habits don’t change all that much from year to year, looking at them over 40 or more years shows some significant changes. Broadly speaking, we eat a lot more than we used to: The average American consumed 2,481 calories a day in 2010, about 23% more than in 1970. That’s more than most adults need to maintain their current weight, according to the Mayo Clinic’s calorie calculator.” [5] [6]

For example, according to the calorie calculator, I only need 1,700 calories a day to maintain my weight. Wow! Think about that for a moment. If I were to consistently consume 2,400 calories a day, that’s 700 more than I would burn. I could literally put on about a pound a week!

That’s scary. But the stark reality is, it’s true. Actually, it’s probably even worse than that. Did you notice that statistic was from 2010? Yeah – I’m pretty sure the average today is even higher.

In our defense, it really is harder to resist the temptation of gluttony these days than it was for previous generations.

- We have plenty of money to spend on fast food, and we have been convinced that we don’t have time to prepare healthy meals at home.
- Nearly three-fourths of the “food” in grocery stores is ultra-processed.
- Ultra-processed “food” is addictive by design.
- Add in aggressive marketing, high-stress lifestyles, and easy access to “comfort foods,” and we have a recipe for gluttony.

So, What Is the Answer?

Part 4

The good news is, the answer is actually quite simple. It's called **self-control**.

And, there is more good news if you are a Christian. Do you remember the Eight Laws of Health that I mentioned in previous chapters? Law #8 is Trust in Divine Power. Here's one critical area where that trust can change your physical life – **self-control**.

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”

Galatians 5:22-23

And, remember Philippians 4:13: “I can do all things through Christ who strengthens me.”

But the first step in solving a problem is realizing, or maybe admitting, that it exists. And that's where *The Thinker* comes in.

I trust you were able to guess that my pose was inspired by Rodin's *The Thinker*, which was itself inspired by Dante's *Divine Comedy*.

The Thinker was originally designed as part of an elaborate museum entrance called *The Gates of Hell*, which depicts various scenes from Dante's epic poem. *The Thinker* is seated above the doors, apparently contemplating the fate of the multitude of souls suffering in Hell as a consequence of their sins.

I was thinking about Dante's description of Hell and Purgatory. Being raised Roman Catholic, it brought to my mind my Catechism classes as a child, and in particular “The Seven Deadly Sins,” which Dante so graphically illustrates by way of the seven terraces of Mount Purgatory: Pride, Envy, Wrath, Laziness, Greed, Gluttony, and Lust.

The Catholic Church teaches, and I agree, that the remedies for the seven deadly sins are these corresponding virtues: Humility for Pride, Kindness for Envy, Patience for Wrath, Diligence for Laziness, Generosity for Greed, Temperance for Gluttony, and Chastity for Lust.

I was thinking about the sixteenth chapter of Ezekiel, where God compares His people to an abandoned, newborn baby girl that He takes in. He lavishes upon her every possible advantage and blessing, only to have her betray His trust, turn her

back on Him, and think only of her own lust and pleasure. Using as metaphors ancient, wicked cities, verse forty-nine describes her condition like this:

“Now this was the sin of your sister Sodom: She and her daughters were arrogant, overfed and unconcerned; they did not help the poor and needy.”

Ezekiel 16:49 (NIV)

I was thinking about our modern American diet and lifestyle: what we eat; when we eat; where we eat; how much we eat; why we eat and drink what we do. I was thinking about how easy our life is today compared to our ancestors just a hundred years ago. I was thinking about how prosperous we are compared to any generation that has ever existed on Earth.

Overfed. Most Americans today are overfed. In fact, a majority of the populations of many countries today are overfed. Fast food restaurants exist in around 120 countries. Ultra-processed foods (UPFs) make up a large percentage of the caloric intake in the United States and other “developed nations.”

I was thinking about those three words from Ezekiel 16:49, **arrogant**, **overfed**, and **unconcerned**; how they relate to diet and lifestyle, and how descriptive they are of our contemporary culture.

The apostle Paul warned Timothy nearly 2,000 years ago that times like these were coming.

But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God.

2 Timothy 3:1-4

In other words, **arrogant**, **overfed**, and **unconcerned**. Do you ever look around and think, “Huh, I wonder if we may not be living in the last days?”

Part 5

So, if gluttony is such a strong influence on our diet and lifestyle choices, and is directly responsible for many, if not most, of our modern health issues, how does one overcome it?

Self-control.

Or as I learned it in Catechism class, and as Ellen G. White taught it over 100 years ago – **temperance**. Temperance can be defined as: moderation in action, thought, or feeling: restraint.^[7]

Restraint. When you are tempted to eat or drink something that you know you shouldn't, exercise restraint – exercise self-control.

I believe this may fall under what the apostle Paul referred to as “the lust of the flesh.”

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

Galatians 5:16-17

He then goes into some detail, giving specific, graphic examples. But more importantly, he explains what it means to walk in the Spirit. Again:

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.

Galatians 5:22-25

Call to Action

So, here is your call to action. If your weight doesn't line up with the BMI chart; if you don't like what the scales show you; if you don't like what you see when you stand in front of a full-length mirror, then you have work to do.

Begin right now to aggressively and consistently obey The Eight Laws of Health:

1. Pure Air
2. Sunlight
3. Temperance
4. Rest
5. Exercise
6. Proper Diet
7. The Use of Water
8. Trust in Divine Power

Part 6

As we go through these Eight Laws, I believe you will come to the same conclusion that I did: most Americans today regularly disobey every one of them! And it is reflected in the sad state of our health as a nation. I guess it's no wonder that the "standard American diet" is sometimes referred to as the SAD. We'll talk more about that when we cover Law #6, but let's start with #1 and go through these Eight Laws of Health.

#1 Pure Air – Many people today, especially those who live in cities, spend most of their time in enclosed spaces with heat and air conditioning; very seldom breathing fresh air.

- **Action Step:** Get outside and breathe fresh air.

#2 Sunshine – The sun, which Barbara O'Neill rightly calls the "doctor in the sky," has been demonized to the point that many people are terrified to be exposed to it. The irony is that the skin produces vitamin D from sun exposure. And, according to the NIH:

"...subclinical vitamin D deficiency remains prevalent worldwide, affecting up to 1 billion people in both developed and developing countries. Subclinical vitamin D deficiency is linked to osteoporosis, increased risk of falls, and fragility fractures. Recent observational studies have shown a potential correlation between vitamin D deficiency and cancer, cardiovascular disease, diabetes, autoimmune diseases, and depression." [8]

An article on PubMed Central adds this helpful guide:

"To prevent vitamin D deficiency, one should spend 15 to 20 minutes daily in the sunshine with 40% of the skin surface exposed." [9]

- **Action Step:** Get outside and expose your skin to the sun.

#3 Temperance – Avoid every harmful substance; and even what is healthy should be taken in moderation. As my Aunt Frances used to tell us when we were kids and wanted to drive her Corvair, “Too much of a good thing is not good.”

- **Action Step:** Exercise self-control.

#4 Rest – Matthew Walker, PhD, in his book *Why We Sleep*, states that:

“The leading causes of disease and death in developed nations—diseases that are crippling health-care systems, such as heart disease, obesity, dementia, diabetes, and cancer—all have recognized causal links to a lack of sleep.” [10]

“Routinely sleeping less than six or seven hours a night demolishes your immune system, more than doubling your risk of cancer.” [11]

Besides sufficient sleep every night, we benefit from one day of rest every week; what God called the Sabbath. As one Adventist pastor put it, “It is meant to be a sanctuary in time for rest and rejuvenation...” [12]

- **Action Step:** Get at least seven hours of good sleep every night.
 - **Bonus Action Step:** Consider the pattern that God established in the beginning, and mandated for the Jews – rest one day a week.

Part 7

#5 Exercise – I believe it goes without saying that we need moderate exercise to be healthy. Barbara O’Neill states in her book *Self Heal by Design*, “Half an hour’s exercise a day keeps the human body in good working order. One hour of exercise a day will reverse major problems, for example fungal problems and cancer.” [13]

- **Action Step:** Design and consistently follow an exercise plan that fits your particular schedule and lifestyle. Make it doable and sustainable. Make it a priority.

#6 Proper Diet – Look at these data, and I think you’ll agree that something needs to change:

- According to the NIH, “Nearly 1 in 3 adults (30.7%) are overweight, and **more than 2 in 5 adults (42.4%) have obesity.**” [14]
- According to the CDC, “Among the U.S. population overall, crude estimates for 2021 were: 38.4 million people of all ages—or 11.6% of the U.S. population—had diabetes.” [15]
- According to the American Heart Association, “Nearly half of all U.S. adults have some type of cardiovascular disease...” [16]

Dan Buettner, in his incredible book *The Blue Zones*, shares some insight into the diets of some of the world's longest-living populations. For example:

- Okinawa
 - "...the Okinawan centenarians traditionally ate meat only during infrequent ceremonial occasions." [17]
 - "‘She never drank a Coke in her life,’ the daughter answered. When she first saw a hamburger a few years ago, Kamada had asked, ‘What do you do with that?’" [18]
 - *Hara Hachi bu* – eat until you are 80% full. "That’s because it takes about 20 minutes for the stomach to tell the brain it is full." [19]
 - "Older Okinawans have eaten a plant-based diet most of their lives." [20]
- Sardinia
 - "Meat was at best a weekly affair, boiled on Sunday with pasta and roasted during festivals." [21]
 - "In most areas, families ate meat only once a week, on Sunday." [22]
 - "Eat a lean, plant-based diet accented with meat." [23]
- Loma Linda, California
 - "Adventists like Marge Jetton follow a faith that expressly discourages smoking, alcohol consumption, or eating foods deemed to be unclean in the Bible, such as pork." [24]
 - Quoting Dr. Gary Fraser:
 - "We learned that nonvegetarian Adventists had about twice the risk of heart disease as vegetarian Adventists." [25]
 - "The Adventists who consumed nuts at least five times a week had about half the risk of heart disease of those who didn’t." [26]
 - "Because, despite hundreds of studies and huge amounts of press, what epidemiologists know *with certainty* about diet and cancer can be stated in a single paragraph. And that would say that consuming fruits and vegetables and whole grains seems to be protective for a wide variety of cancers." [27]
 - "For those who prefer to eat some meat, Adventists recommend small portions served as a side dish rather than as the main meal." [28]
 - T. Colin Campbell, PhD, in his bestselling book *The China Study* (The Most Comprehensive Study of Nutrition Ever Conducted), says this: "So, what is my prescription for good health? In short, it is about the multiple health benefits of consuming plant-based foods, and the largely unappreciated health dangers of consuming animal-based foods..." [29]

- And by the way, Marshia has completed the certificate program in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies through eCornell.
- Marshia and I have been enjoying a mostly vegetarian diet for years now. I'll go into more detail on our personal health plan shortly.
- **Action Step:** Eat less. Eat natural. Incorporate a *Plant Slant* to your diet.

#7 The Use of Water – According to the USGS, “...the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%.”^[30] And, the headline of an article on the Medical Daily website reads, “75% of Americans May Suffer from Chronic Dehydration, According to Doctors.”^[31] Based on my personal experience working with our local volunteer EMS, I have come to the conclusion that the majority of ER visits these days could possibly be traced back to a root cause of dehydration.

And an added benefit of drinking adequate water is weight control. Many times, we think we are hungry when we are actually thirsty. Drink more water!

- **Action Step:** Make drinking enough good water every day a non-negotiable priority. STOP drinking soft drinks, energy drinks, and other SSBs.

#8 Trust in Divine Power – Exodus 23:25 (NIV): “Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you.” 1 Peter 2:24 (NIV): “He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.” Psalm 139:13-14 (NIV): “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

- **Action Step:** Realize that God is our Creator; He designed the human body and knows what it needs to be healthy; follow His Instruction Manual (the Bible), and trust Him to help you in times of sickness.

Part 8

The Garden of Eden – A Blueprint for Health

As I stated earlier, these Laws of Health were established by God in the beginning.

1. **Pure Air** – The first man, Adam, lived and worked outside in the fresh air.
2. **Sunshine** – Adam lived and worked outside in the sun, without sunscreen, and even without clothes.

3. **Temperance** – He and Eve did well with this until they gave in to the temptation of Satan.
4. **Rest** – Adam led a balanced life; he walked with God in the cool of the day.
5. **Exercise** – Adam tended the Garden that God had planted for him and Eve, so moderate exercise was built into his daily routine.
6. **Proper Diet** – Genesis 2:9 says, “And out of the ground the Lord God made every tree grow that is pleasant to the sight and good for food.” So, they had fruits and nuts from the trees, and vegetables, grains legumes and seeds from the garden.
7. **The Use of Water** – Genesis 2:10a says, “Now a river went out of Eden to water the garden...” (Can you even imagine how pure that water was?)
8. **Trust in Divine Power** – They trusted in God until they were deceived by the devil. It goes without saying that they were much better off when they trusted in God. The same applies to us today – we will be much better off if we trust in God.

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”

John 10:10

Are You Ready?

Are you ready to transform your health? You can do it! But the truth is that only you can do it. No one can do it for you, nor can anyone force you to do it.

I call this a blueprint because, like the blueprint for a building, the building will not come into being until time and effort are invested; and neither will your health improve until time and effort are invested—by YOU.

Part 9

The 9th Law of Health

A while back, Marshia made a most profound observation: **there is a 9th Law that is essential for the restoration of lost health: PATIENCE.**

If a person obeys the Eight Laws of Health, their health will improve. Period. **But it takes time.** We have been conditioned to expect immediate results from our remedies. For example, if you develop a headache, you may take two Tylenol tablets and the headache goes away, but that only masks a symptom, without addressing the root cause of the headache.

Likewise, when it comes to our food, we have become accustomed to having it quickly. For many Americans today, unhealthy processed “food” makes up the majority of the diet. Add to that the enormous consumption of sugar sweetened beverages, and it is little wonder that the majority of people are sick and tired.

There is a better way to live. Jesus called it the Abundant Life. But it takes time – and **patience**.

In order to fully experience the abundant life, we have to do our part. I call this living The Abundant Lifestyle. In order to grow strong spiritually, we have to devote time to prayer and Bible study. Likewise, in order to grow strong physically, we have to devote time and attention to the Eight Laws of Health, and exercise that ninth Law – patience.

Hippocrates, who lived about 400 years before Christ, said:

“Before you heal someone, ask him if he's willing to give up the things that make him sick.”

Are you willing to give up the things that make you sick?

Part 10

Our Health Plan

Pictured here is what I call the HD Mountain—the **Healthy Diet Mountain**. I know you've seen pyramids and plates, but I thought a mountain would better represent the challenge of living The Abundant Lifestyle. It won't be easy at first—change rarely is. But once you begin to feel the difference, you will never want to go back to an unhealthy lifestyle. Here are a few key points about our personal health plan:

- Adequate, good water is the foundation.



- The foundation of our health plan is our water ionizer. I have been drinking Kangen® water since 2010, and Marshia has been drinking it since we were married in 2015. It makes staying truly hydrated easy, and includes other benefits as well. If you are interested, you can learn more here: [32]
- Eat less: most Americans eat way too much!
 - According to a 2016 article on theworld.org, “In fact, there are now almost two-and-a-half times as many overweight and obese people on the planet as there are undernourished. And more people die from eating too much than from not eating enough.” [33]
- We eat mostly kosher. We are not under The Law, but, as a loving Father, God gave His children the dietary Laws for a reason.
- We eat mostly vegetarian, with fish once a week for B12.
- Meat is a treat. **Most Americans eat way, way too much meat.** It seems to me that in Biblical times, even wealthy families always had THE “fatted calf” - singular. I don't believe they ate meat at every meal.
- Obey the Eight Laws of Health.
- We believe the Bible is the first and final word on diet, lifestyle, and everything else concerning human existence.
- Be patient and stay the course.

You can do this! God will help you!

**“I can do all things through Christ who strengthens me.”
Philippians 4:13**

Part 11

Loose Ends

I want to go back and tie up a few “loose ends.” In previous chapters I said that I would share more information from some of the books that I referenced, so here we go.

The Enzyme Factor by Dr. Hiromi Shinya

“As I stated in the beginning, we have now entered an age where we need to look out for our own health. Instead of just accepting information someone gives you, it is necessary to ascertain the truth by testing the information with your own body.” [34]

“If you continue to consume an animal diet of meat and dairy products, it will adversely impact your ability to digest and absorb nutrients, damaging your intestinal environment over time.” [35]

“Maintain a ratio of 85-90% plant-based foods and 10-15% animal-based foods.” [36]

Sugar Blues by William Dufty

“The late endocrinologist John W. Tintera was quite emphatic: ‘It is quite possible to improve your disposition, increase your efficiency, and change your personality for the better. The way to do it is to avoid cane and beet sugar in all forms and guises.’” [37]

“People who kick sucrose addiction and stay off sucrose find that the glucose level of their blood returns to normal and stays there.” [38]

“The resistance of our people to infectious diseases would be greatly increased by a vastly improved and more wholesome diet.” [39]

“Both coronary disease and diabetes have a common cause: White sugar and white flour.” [40]

Oh, by the way; *Sugar Blues* was published in 1975.

Wheat Belly by William Davis, MD

“Given the genetic distance that has evolved between modern-day wheat and its evolutionary predecessors, is it possible that ancient grains such as emmer and einkorn can be eaten without the unwanted effects that attach to other wheat products?

“I have a wheat sensitivity. So, in the interest of science, I conducted my own little experiment: four ounces of einkorn bread on day one versus four ounces of modern organic whole wheat bread on day two.” [41]

Dr. Davis goes into some detail about the results of his little experiment. After eating the einkorn bread, his blood sugar was 110 mg/dl and he felt fine. The next day, after eating the bread made with modern organic whole wheat, his blood sugar was 167 mg/dl. He became nauseated, had stomach cramps, and after a rough night’s sleep still couldn’t think straight the next morning. It was a full day and a half before he started feeling normal again.

“My personal experience, of course, does not qualify as a clinical trial. But it raises some questions about the potential differences that span a distance of ten thousand years: ancient wheat that predates the changes introduced by human genetic intervention versus modern wheat.” [42]

I agree with Elisheva Rogosa, founder of the Heritage Wheat Conservancy. Dr. Davis said of her:

“Eli bristles at the suggestion that wheat products might be unhealthy, citing instead the yield-increasing, profit-expanding agricultural practices of the past few decades as the source of adverse health effects of wheat. She views einkorn and emmer as the solution, restoring the original grasses, grown under organic conditions, to replace modern industrial wheat.” [43]

After I first read this book some years ago, Marshia and I immediately bought a grain mill and ordered some einkorn wheat berries. Since then, we bake our own whole grain einkorn bread, and she makes homemade pizza every Friday with einkorn crust, and einkorn blueberry pancakes every weekend.

Also, I take very seriously Dr. Davis’ warnings about the negative effects of hybridized wheat on our health. Given the fact that over 99 percent of all wheat grown worldwide is hybridized, Marshia and I limit our consumption of packaged and restaurant food that contains wheat.

Now, two final suggestions from Dr. Davis.

“Vegetables, in all their wondrous variety, are the best foods on planet earth. Rich in nutrients such as flavonoids and fiber, they should form the centerpiece of everyone’s diet.” [44]

“You can’t overdo nuts, provided they’re raw.” [45]

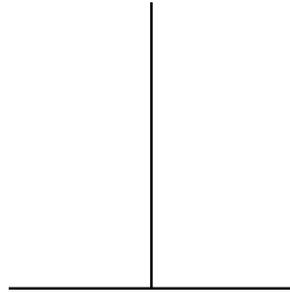
Part 12

Mindless Eating by Brian Wansink, Ph.D.

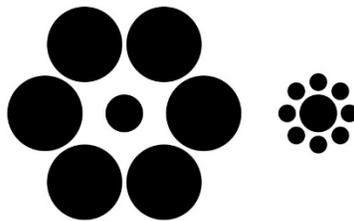
“People eat more when you give them a bigger container. Period.” [46]

“On average, normal weight people think they’ve eaten 20 percent less than they actually did...But the real concern is with obese people. They typically underestimate how much they eat by 30 to 40 percent. Some think they eat half as much as they actually do.” [47]

Now before you start thinking that your mind won’t play tricks on you, take a look at the Horizontal-Vertical Illusion. Is one line longer than the other?



What about the Size-Contrast Illusion. Are the two center dots the same size?



I rest my case. But here are a few more quotes from the book.

“People who watch a lot of TV are more likely to be overweight than people who don’t.” [48]

“TV is a triple eating threat. Aside from leading you to eat, it leads you to not pay attention to how much you eat, and it leads you to eat for too long.” [49]

“What three 100-calorie changes in your daily food routine would be easiest for you to turn into mindlessly positive eating habits?” [50]

“Why only three? As I have said, most diets fail because they ask us to do too much. Three small changes is reasonable. If we make three small, 100-calorie changes, by the end of the year we’ll be as much as 30 pounds lighter than if we didn’t make them.” [51]

To help keep you on track with this, he makes what I consider to be an excellent suggestion: what he calls the Power of Three checklist. For each month, take a piece of paper, divide it into 33 columns. The far-left column could be named *Change*, and in it you write out your three daily 100-calorie changes, one per row. The next 31 columns are the days of the month, and the far-right column is called *Total*. Every evening, check off the changes you achieved that day.

“The best diet is the one you don’t know you’re on.” [52]

The Daniel Plan by Rick Warren, D.Min., Daniel Amen, M.D., Mark Hyman, M.D.

“The plan you will read about in this book is really quite simple. Dedicate your body to God. Ask for his help, and get involved in a small group of some kind that will support you on your journey. Then start making healthy choices...” [53]

“You don’t get healthy by accident. It’s intentional. It’s a choice. Actually, it’s a lifetime of choices, but it begins with a decision.” [54]

“The Daniel Plan was not designed as a weight-loss program. In fact, we never focused on weight, but on health. How do you create a healthy human? When we started the program at Saddleback Church, we designed it as a wellness program, combining the Essentials of faith, food, fitness, focus, and friends into a powerful potion of renewal and healing.” [55]

“We have been taught that milk is nature’s perfect food. It is. For a calf! Humans are the only species that drinks milk after weaning.” [56]

“The dwarf wheat grown in the United States has changed the quality and type of gluten proteins in wheat, creating much higher gluten content, and creating a super-gluten that causes celiac disease and autoimmune antibodies. [57]

“*Bottom line*: If you have any chronic illness, are overweight, or just want to see how good you can feel, try a gluten-free diet for ten to forty days. It is a powerful way to identify the cause of chronic health problems. Combined with dairy elimination, it can cure many diseases, accelerate weight loss, and renew your body and mind.” [58]

“So if 90 percent of the time you eat well, you can have treats and party food 10 percent of the time.” [59]

“Laughter truly may be the best medicine when it comes to stress relief.” [60]

“Goals keep you moving forward when you feel like giving up. They are like magnets that pull you forward and give you hope.” [61]

“The best place to start is wherever you are. As you focus on progress, not perfection, you will be equipped to run the race God’s set for you.” [62]

I was inspired by this book, and have permanently incorporated some things that I learned from it in our diet and lifestyle plan. Here are a few.

- We add ground flaxseed and chia seeds to our oatmeal five mornings a week.
- I make my own trail mix, which consists of walnuts, pumpkin seeds, sunflower seeds, and raisins. I eat some every day.
- If I will be away from home for any length of time, I take my Emergency Food Pack. It contains a bag of my homemade trail mix.
- I have developed a fitness plan that is doable for me. I work out five days a week.

I have shared here only a few quotes from a few books that I have read. I have done a lot of research over the past decade in my quest to develop the optimal diet and lifestyle. My goal with this video series has been to condense all of that information down to a few hours of video content that, hopefully, will help a few folks.

Before we finish, I have a couple more of those “loose ends” to tie up.

Part 13

Artificial Sweeteners

I mentioned in Chapter 3 that we should avoid all artificial sweeteners, and aspartame in particular. The WHO has this to say about aspartame: “The assessments of aspartame have indicated that, while safety is not a major concern at the doses which are commonly used, potential effects have been described that need to be investigated by more and better studies.” [63]

Here are a few highlights from an article on goodrx.com entitled “What Are Artificial Sweeteners, and Are They Bad for Me? 6 Possible Risks to Consider.”

- A large number of studies have been carried out on artificial sweeteners. Yet scientists are still divided in their views on their safety.
- According to the FDA’s intake limits of aspartame, you’d have to consume a lot to reach a potentially unsafe level. A 60 kg person would have to consume 75 packets of an aspartame sweetener per day to reach the limit that’s considered safe. That’s equal to drinking about 9, 12-oz cans of a diet soda that contains aspartame.
- What are the possible side effects of consuming artificial sweeteners?
 - Increased appetite
 - Weight gain
 - Poorly regulated blood sugar
 - Altered gut microbiome
 - Increased risk for stroke and heart disease
 - Increased risk for metabolic syndrome ^[64]

My policy is, “When in doubt, cut it out.”

Seriously, if there is even a slight possibility that a substance is harmful to your health, why would you even consider putting it in your mouth? Allow me to repeat my advice from Chapter 3: “If you want to drink something with zero calories, just drink water! And, if you simply can’t resist that Starbucks drive-through on the way to work, get a cup of black coffee – only 5 calories!

Meat

Here is an excerpt from Chapter 4.

At what point in our society did we go from producing and preparing our own food to depending on so called “food manufacturers” to provide for our nutritional needs?

And by the way, I consider the term “food manufacturer” to be an oxymoron. God created the body, and He created all the food the body needs to stay healthy.

And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

Genesis 1:29

Then, after the Flood, God added meat to the diet.

Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs.

Genesis 9:3

Later, God gave more specific instructions concerning the consumption of meat which I will address later, but for now the point I want to stress is that God is the only One capable of creating food that will adequately nourish the body. I assure you that any “food” that Man manufactures is at best less than ideal, and in most cases downright harmful.

Part 14

Here are those “more specific instructions” that I referred to.

“For you are a holy people to the Lord your God, and the Lord has chosen you to be a people for Himself, a special treasure above all the peoples who are on the face of the earth.

“You shall not eat any detestable thing. These are the animals which you may eat: the ox, the sheep, the goat, the deer, the gazelle, the roe deer, the wild goat, the mountain goat, the antelope, and the mountain sheep. And you may eat every animal with cloven hooves, having the hoof split into two parts, and that chews the cud, among the animals. Nevertheless, of those that chew the cud or have cloven hooves, you shall not eat, such as these: the camel, the hare, and the rock hyrax; for they chew the cud but do not have cloven hooves; they are unclean for you. Also the swine is unclean for you, because it has cloven hooves, yet does not chew the cud; you shall not eat their flesh or touch their dead carcasses.

“These you may eat of all that are in the waters: you may eat all that have fins and scales. And whatever does not have fins and scales you shall not eat; it is unclean for you.

“All clean birds you may eat. But these you shall not eat: the eagle, the vulture, the buzzard, the red kite, the falcon, and the kite after their kinds; every raven after its kind; the ostrich, the short-eared owl, the sea gull, and the hawk after their kinds; the

little owl, the screech owl, the white owl, the jackdaw, the carrion vulture, the fisher owl, the stork, the heron after its kind, and the hoopoe and the bat.

“Also every creeping thing that flies is unclean for you; they shall not be eaten.

“You may eat all clean birds.”

Deuteronomy 14:2-20

My Thoughts

Marshia and I are Christians, not Jews, so the dietary Laws do not apply to us. As the apostle Paul wrote to Timothy:

For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer.

1 Timothy 4:4-5

That being said, I believe very strongly that God, as a loving Father, gave His children the dietary Laws for their benefit. Therefore, I believe we would do well to at least limit, if not eliminate, the forbidden animals from our diet.

For years now, Marshia and I have been eating mostly vegetarian, and when we eat meat, it is mostly kosher. It has served us well. I go for a wellness check every year, and the results have been fairly consistent. Here are the results from my latest one, at age 67.



Part 15

Let's Do This!

You can do it. With God's help and your resolve, you can restore, regenerate, revive, and rebuild your body. Here are a few tips to help you get started.

I call these Robert's **Reliable "R" Words**: Recommendations that will generate Rich Rewards of health and vitality; Responsible choices that will produce Real Results.

- **Reject** "Refined" foods
- **Reflect** upon the Results of the SAD
- **Receive** instruction from God's Word concerning diet and lifestyle
- **Rethink** your eating habits and traditions
- **Reset** your family traditions in a healthy direction
- **Return** to the food that God provides
- **Reap** the benefits of a simple and sensible diet and lifestyle
- **Reclaim** the health and vitality that God intends for His children
- **Reverse** many health issues with a proper diet and lifestyle
- **Rise to the challenge!**

If you are the patriarch or matriarch of your family, consider this idea: Establish a new family tradition – A Monthly Family Feast to celebrate all of the birthdays for that month.

Here are a couple of quotes from ***Fighting the Food Giants*** by Paul A. Stitt.

"To stick to a natural diet, you have to become independent, skeptical, and alert. That's not easy for some people. They've let the food manufacturers make their food decisions for them. But if we are to escape the exploitation of the Food Giants, we must learn to think for ourselves and rely on our own judgements about what's right for us."
[65]

"I want to be very clear about this. I am not saying that doctors are incompetent or obsolete, nor am I maintaining that one need never seek medical care. No, the medical establishment isn't bad—it is simply limited. Your doctor has no magic pills or potions which will make you feel good if you refuse to take care of yourself. The only way you can stay healthy is if you take responsibility for your own health. This means eating right, getting enough exercise, and doing all the other things which will keep you from getting sick. It also means exploring your options fully when you do get sick. Above all, it means asking first not what your doctor can do for you, but what you can do for yourself."
[66]

Part 16

And one final quote from ***Salt, Sugar, Fat: How the Food Giants Hooked Us*** by Michael Moss.

“Every year in New York City, the top executives of companies that sold a wide range of goods gathered together under the auspices of the Conference Board, an august association best known today for conducting the ‘consumer confidence’ survey. In 1955, the dinner speaker was Charles Mortimer, and he got right to the point. Food, clothing, and shelter were still important, he told the crowd. But now there was a fourth essential element of life that could be ‘expressed in a single word—convenience—spelled out with a capital ‘C.’

“Convenience is the great additive which must be designed, built in, combined, blended, interwoven, injected, inserted, or otherwise added to or incorporated in products or services if they are to satisfy today’s demanding public. It is the new and controlling denominator of consumer acceptance or demand.” [67]

To put that in perspective, that was three years before I was born, and I’m probably older than you are. In the following pages, the author goes on to explain how the processed food companies began a relentless campaign to convince the American consumer that they needed and deserved convenience.

If you are around my age, you may remember 1971, and Barry Manilow singing, “You deserve a break today, so get up and get away to McDonalds.” By that time, the efforts of Betty Dickson and other high school Home Economics teachers to convince young women that the old ways of cooking from scratch were the best, were eclipsed by another Betty: Betty Crocker.

The imaginary, flawless Betty Crocker – who never slept, but worked around the clock to promote slogans like “I guarantee a perfect cake, every time you bake—cake after cake after cake.”

Now please don’t misunderstand me: I am not totally opposed to convenience. I love central heat and air, a long hot shower, turning a knob on the stove to cook instead of having to build a fire. I believe we live in the absolute best time and place in the history of the world.

But, as I said earlier, too much of a good thing is not good. We have grown so accustomed to convenience that we have become fat and lazy. We have

advanced way beyond “you deserve a break today,” to the idea these days that we are entitled to have everything done for us and given to us.

We need a healthy balance.

- Instead of driving around the Wal-Mart parking lot for ten minutes waiting for a space that’s 100 feet closer to open up, we need to walk more – a lot more.
- Instead of relying on giant processed food companies to prepare our “food,” we need to get back to eating the real food that God provides.
- Instead of relying on doctors and drugs to keep us healthy, we need to go back to the Great Physician – the Creator of our body – and rediscover the plan for diet and lifestyle that He designed to keep the body healthy for 100 years or more.

Part 17

Convenience?

Is it really convenient to spend hours every month in doctors’ offices waiting rooms? Is it convenient to spend a significant amount of your hard-earned money on drugs that never seem to actually heal your disease?

There is a better way. I believe it’s God way. I fully believe, like Barbara O’Niell says, that God designed the body to heal itself. But we have to do our part. We have to diligently and consistently obey the 8 Laws of Health. And, it will require the new 9th Law that Marshia and I discovered – PATIENCE.

We discussed earlier the remedies for the Seven Deadly Sins. We said the remedy for gluttony is temperance or self-control.

I believe the remedy for unhealthy convenience is patience.

“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”

Galatians 6:9

Don’t lose heart. Get on track and stay the course. You’ll be glad you did.

Review

We have covered a lot in the Healthy Weight 2020 video series. I published the first video on January 1, 2019. I honestly thought I would have the project finished before the end of 2020. Obviously, that didn't happen, so here we are seven years later wrapping things up.

Here's a quick review:

- **Challenge.** I hope you are ready to rise to the challenge.
- Chapter 1 – **Motivation.** I hope you are motivated to renew your health.
- Chapter 2 – **Assessment.** The first step in solving a problem is recognizing that it exists.
- Chapter 3 – **Water.** It would be impossible to overstate the importance of adequate, good water for optimal health.
- Chapter 4 – **Think.** Think for yourself. Ask God to guide you.
- Chapter 5 – **Rethink.** Question everything, especially things that make certain people rich, but leave you in poor health.
- Chapter 6 – **Renew.** It's time. You've suffered long enough. Take back control of your health.

“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.”

1 Corinthians 6:19-20

God bless you on your health journey.

Credits

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