
God's Diet Plan for Healthful Living

by Ronald L. Dart



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Born to Win

Gods Diet

Edwin Martin



Gods Diet:

God's Diet Dr. Dorothy Gault-McNemee, 2010-04-07 Dorothy Gault McNemee is a medical doctor who had tried every diet she could find to control the weight gains that had plagued her throughout her life. As the founding physician of a busy health clinic, she also saw that overweight patients who were suffering from a variety of diseases were far worse off than those who had their weight under control. As a result, Dr. Gault McNemee began to examine what we eat and what our slimmer, healthier ancient forebears ate. They didn't have processed foods and access to sugar; they weren't consuming alcohol and foods that had been mixed with artificial ingredients they couldn't pronounce. They were eating what God put on this earth: meat, fish, fruit, vegetables, grains, and nuts. And thus was God's Diet born. In other words, if you can't pick it, pluck it, pull it from the earth, or scale it, don't eat it. If you pick up a can or a package of food that includes even one ingredient that you can't identify, don't eat it. Dr. Gault McNemee also cautions that far too many foods contain sugar as an additive, from cereal to bread to canned vegetables. Prepare foods simply and avoid sugar, but while you're at it, have a steak and a baked potato with butter and sour cream. In God's Diet, Dr. Gault McNemee has compiled numerous case studies from her own practice, inspiring advice from people like herself whose lives have been changed, for the better, information on vitamins, minerals, and cholesterol, and menu planning advice and delicious recipes. The doctor has also prepared three lists of foods: those which you can eat, all you reasonably want, those you should avoid, and a swing list of foods that you may enjoy occasionally and with limitations. God's Diet enables you to lose weight simply and naturally without having to remember any complex diet regimen. By incorporating simple habits into our lives, paying attention to food labels, drinking eight to ten glasses of water a day, and exercising reasonably, we can easily and radically change the way we live while becoming healthier and living longer. Never has there been a simpler or more logically thought-out weight control guide. There is nothing to count or exchange, no special foods to buy. Everything you need to live a slimmer, healthier life is in your supermarket if you follow the advice of Dr. Gault McNemee, whose vast experience with fad diets and overweight patients led her to conceive this brilliant little book. This truly is the last diet book you'll ever buy. Remember, if God didn't make it, don't eat it.

God's Diet Dr. Dorothy Gault-McNemee, 2000-11-07 Finally, the end to fad diets. Learn the absolute way to sustained weight loss by adopting a complete, delicious, natural diet. We've all tried the impossible to maintain trendy diets that often deliver immediate results only to backfire the moment our vigilance wanes. God's Diet is the only diet you'll ever need. And once you become accustomed to healthy eating, this diet will simply become your new lifestyle. There are no annoying calculations, no food exchanges, no fall-off-the-wagon syndrome. Dr. Gault McNemee teaches you how to trim down and improve your health and energy effortlessly. That everything you need to lose weight is at your local grocery store, no pills, powders, or shakes. How to get in the habit of choosing natural, wholesome food over gimmicky diet food, fast food, and food full of sugar and additives. That weight loss can be a straightforward, successful, and lasting process. God's Diet is the solution.

to chronic dieting because it relies on the simplest most tried and true food path to health and healthy eating one our society has chosen to ignore for decades Just remember if God didn t make it don t eat it **God's Diet for Healthy Living** Dr. Akeam Simmons,2014-11-15 This book God healthy diet is a step by step instructional in helping the individual get healthy stay healthy and live a long a prosperous life It tells that God never intended for His creation man to grow old but to live a long healthy life Old age is simply a by product of bad diet and bad living In this book Dr Simmons put us back on the right track where God intended for His creation **God's Diet of Carbohydrates , God's Diet** Dorothy Gault-McNemee,1997-10 Dorothy Gault McNemee is a medical doctor who had tried every diet she could find to control the weight gains that had plagued her throughout her life As the founding physician of a busy health clinic she also saw that overweight patients who were suffering from a variety of diseases were far worse off than those who had their weight under control As a result Dr Gault McNemee began to examine what we eat and what our slimmer healthier ancient forebears ate They didn t have processed foods and access to sugar they weren t consuming alcohol and foods that had been mixed with artificial ingredients they couldn t pronounce They were eating what God put on this earth meat fish fruit vegetables grains and nuts And thus was God s Diet born In other words if you can t pick it pluck it pull it from the earth or scale it don t eat it If you pick up a can or a package of food that includes even one ingredient that you can t identify don t eat it Dr Gault McNemee also cautions that far too many foods contain sugar as an additive from cereal to bread to canned vegetables Prepare foods simply and avoid sugar but while you re at it have a steak and a baked potato with butter and sour cream In God s Diet Dr Gault McNemee has compiled numerous case studies from her own practice inspiring advice from people like herself whose lives have been changed for the better information on vitamins minerals and cholesterol and menu planning advice and delicious recipes The doctor has also prepared three lists of foods those which you can eat all you reasonably want those you should avoid and a swing list of foods that you may enjoy occasionally and with limitations God s Diet enables you to lose weight simply and naturally without having to remember any complex diet regimen By incorporating simple habits into our lives paying attention to food labels drinking eight to ten glasses of water a day and exercising reasonably we can easily and radically change the way we live while becoming healthier and living longer Never has there been a simpler or more logically thought out weight control guide There is nothing to count or exchange no special foods to buy Everything you need to live a slimmer healthier life is in your supermarket if you follow the advice of Dr Gault McNemee whose vast experience with fad diets and overweight patients led her to conceive this brilliant little book This truly is the last diet book you ll ever buy Remember if God didn t make it don t eat it *God's Diet* Dorothy Gault-McNemee,1996-07 [The God Clinic](#) Steve Ostrow,2010-03-05 Welcome to the God Clinic And what is that Well in the course of this life we all need to consult a specialist of one sort or another for what ails us And while I am not denigrating these learned practitioners I invite you to stroll through the next several hundred pages with me and visit God the Dietician God the Accountant and God the

Psychiatrist **God's Weigh to Your Ideal Body Weight** Michael Scott Lowery, 2013-03-14 As a Believer reaching and maintaining your ideal body weight is your birthright This is Gods will for your life You are called to glorify God in your body And you should know that the Bible is the greatest health and weight loss book ever written Gods people have become tired sick overweight and are living a fraction of the years God intended This is not Gods will for you God has a better plan for you and the Church Has mans wisdom let you down Are you now ready to reach your ideal body weight Gods Weigh In Gods Weigh to Your Ideal Body Weight you will learn What You Eat Matters to God An Unhealthy Diet is an Unholy Diet WWJW What Would Jesus Weigh The Five Spiritual Keys to Reaching Your Ideal Body Weight Gods Diet Plan Seven Practical Suggestions for Reaching Your Ideal Body Weight Misinterpreted Scriptures That Keep You From Your Ideal Body Weight Exercise is Not Necessary to Reach Your Ideal Body Weight How to Overcome Addictive Behaviors such as Gluttony Anorexia Bulimia Alcoholism and Smoking Gods Desired Lifespan for His People How a Healthy Church Can Draw the World to Jesus Christ **God's Healing World** Felicity Corbin Wheeler, This is an extensive book by Felicity Corbin Wheeler on God s directing in the Bible having been healed from terminal pancreatic cancer through God s Healing Word in Genesis 1 29 and 30 I give you every seed bearing on the face of the earth and every tree that has fruit with seed in it They will be yours for food And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground everything that has the breath of life in it I give green plant for food With a no hope no diagnosis Felicity trusted in God s Word to heal her A doctor gave her thirteen intravenous treatments of the essence of these seeds known as vitamin B17 or laetrile and once to eat again she started following God s health directives to eat only raw foods found in vegetables fruits and seeds Within a year she was healed and the scans clear Felicity and many others have made a complete recovery Now she presents a popular Get Well Stay Well TV health program reaching over 169 countries God s Healing Word book is about the way we can overcome cancer heart disease arthritis and all degenerative disease by coming into obedience to God Cancer is a healing process which has gone wrong due to modern diet and lifestyle It can be prevented and corrected when we return to the raw living enzymes God designed us to eat In Deuteronomy 30 19 God says I have set before you life and death blessings and curses Now choose life so that you and your children may live Disclaimer The information shared in this book and Felicity s courses is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician By law patients must consult their own health care provider Felicity s website books and courses are for the express purpose of sharing educational information scientific research and biblical truth gathered from research studies and my own experiences together with that of the health care professionals scientists nutritionists and health advocates who trained me Readers and TV viewers are advised to consult their own qualified health care professionals regarding the treatment of their medical problems If taking prescription medications you should consult with your own physician and not take yourself off medicines Should you choose to make use of the information without first consulting a doctor you are

prescribing for yourself which is your constitutional and divine right However Felicity Corbin Wheeler takes no responsibility for any possible consequences you may have in following such changes in your diet and lifestyle You must by law consult qualified medical practitioner before making any health changes Choose one who understands wellness the immune system and nutrition and is prepared to spend time listening to you Remember God s ordained our diet in Genesis 1 29 and 30 This restores deficiencies of living enzymes to our cells and re hydrates the body In God s Word we learn how to turn stress into shalom Only then can we be truly blessed in body mind and spirit **Unveiling Lord God - Satan** William C. Taggart III PhD,2018-09-13 And no marvel for Satan himself is transformed into an angel of light 2 Corinthians 11 14 KJV Good For Food Joseph Nathan Smith,2010-03-31 Many people in the twenty first century have tried some kind of diet In fact the list of recommended diets seems endless and confusing In the midst of this confusion wouldn t it be great if you could speak with God and have Him design a diet just for you Have you wondered what kind of diet God would recommend This diet would not just be focused on weight loss but rather a diet for optimal health from the person who actually knows Have you ever wondered what kind of diet Jesus followed Now you can stop wondering The book Good For Food answers these questions from the Bible Discover what God wants you to know about food God does care about you and what you eat and drink

Spiritual Boot Camp Susan Wells,2007-03 Cancer survivor Wells encourages cancer patients to seek healing by getting their minds off the physical and onto the spiritual and acknowledging that God is at Central Base regarding health and healing Motivation The One Year Book of Healing Reggie Anderson,2016-09-01 This year experience deep healing and refreshment We re all sick and we re all hurting Whether it s a broken arm or a broken heart a chronic illness or wounds from our past the fact remains We are all in desperate need of God s healing In our pain it can be easy to believe God has forgotten about us to believe that he doesn t even care Dr Reggie Anderson author of the acclaimed memoir Appointments with Heaven knows it can t be predicted how God s healing work will come to pass in our lives and hearts only that it will As a country doctor who has had remarkable experiences attending people in pain Reggie wants you to see what he sees every day that whatever your sickness whatever your hurt God is alive and active in your life He wants you to be truly well even if that looks different than you might expect Rich in story and inspiration The One Year Book of Healing will reveal the many ways our Savior heals and intervenes in the lives of the sick and the hurting giving you the faith hope and patience to believe that God can do the same in your life **Why Every Christian Should Be A Vegan** Ryan Hicks,2018-03-07 Today much of Christendom is closely associated with the eating of animals Some churches even have hunting and fishing trips Meat eggs and dairy are a staple in most professing Christian s diets Is any of this in line with God s will or pleasing to Him Could it be that so many passages of Scripture that traditions have told us are teaching the ethics of killing animals are actually stating something completely different This book takes a Scriptural approach to the subject of humanity s treatment of animals what God desires from us and what the Bible says about it all If you have been raised thinking that animals are here to be food for

humans or for our entertainment then by reading this book you will discover many edifying truths There are so many topics covered that almost every question one could have about veganism from a Christian perspective is answered The contents of the book are Introduction Chapter 1 What Is Veganism Chapter 2 Terms Used Chapter 3 What Is Meat Chapter 4 What Is God s Diet For Humanity Chapter 5 What About Noah s Allowance To Eat Flesh Chapter 6 How Animal Flesh Gets To Your Plate Chapter 7 Eggs And Dairy Must Be Humane Right Chapter 8 Factory Farms Are The Problem Not Family Farms Chapter 9 What About Honey Chapter 10 God s Original Provision For Israel Was Vegan Chapter 11 Animal Sacrifice In The Bible Chapter 12 Animal Sacrifice And Flesh Eating Go Together Chapter 13 Is All Animal Flesh A Sacrifice To Idols Chapter 14 Compassion Towards Animals In Scripture Chapter 15 Fish In The Bible Chapter 16 Do Fish Lives Matter Chapter 17 The Feeding Of The Multitudes Chapter 18 Did Jesus Eat Fish Chapter 19 Is There A Parabolic Reason For The Fish Chapter 20 Jesus And Fishing Chapter 21 Did Jesus Eat Lamb On The Passover Chapter 22 Jesus And The Swine Chapter 23 Cain And Abel s Offerings Chapter 24 Did John The Baptist Eat Bugs Chapter 25 Is Veganism A Doctrine Of Devils Chapter 26 Foods Cannot Defile Chapter 27 Eating Meat Or Not Does Not Matter Chapter 28 Jesus And The Moneychangers Chapter 29 Peter s Vision Chapter 30 Daniel s Vegan Diet Chapter 31 All Things Are Pure Chapter 32 Vegans Have Weak Faith Chapter 33 Paul Says To Eat Flesh Chapter 34 Jesus Is The Good Shepherd Chapter 35 The Lust For Flesh Brought Destruction Chapter 36 The Bread of Life Chapter 37 The Nazarite Was Vegan Chapter 38 Elijah And The Ravens Chapter 39 God Made Clothing From Animal Skins Chapter 40 What About Noah s Animal Sacrifice Chapter 41 The Deserted Island Scenario Chapter 42 What About Hunting Chapter 43 But Animals Eat Other Animals Chapter 44 The World s Apathy Is Contrary To Christ Chapter 45 Early Christians On Veganism Chapter 46 Animals Have Immortal Souls Chapter 47 God s Covenant With Animals Chapter 48 The Health Consequences Of Eating Flesh And Benefits Of Being Vegan Chapter 49 The Environmental Benefits Of Being Vegan Chapter 50 Where Do Vegans Get Their Protein From Chapter 51 Where Do Vegans Get B12 Chapter 52 If Vegans Do Not Like Animal Flesh Then Why Eat Meat Substitutes Chapter 53 What About Leather Wool Silk And Down Chapter 54 What About Lab Grown Flesh Chapter 55 What About Animal Population Control Chapter 56 What About Insects Chapter 57 What About Mice Rats And Other Pests Chapter 58 Is Having Pets Vegan Chapter 59 What About Zoos And Aquariums Chapter 60 Are Cosmetics Vegan Chapter 61 I Should Go Vegan But I Love The Taste Of Meat Chapter 62 I Want To Go Vegan But I Am An Athlete Chapter 63 What About Speciesism Chapter 64 Miscellaneous Questions And Answers Chapter 65 Concluding Words Chapter 66 Miscellaneous Thoughts On Christian Veganism **The Other Side of**
50 Steve Ostrow,2009-12-07 This manuscript that you are reading is not a book in the traditional sense of the word It is rather a compilation of thoughts and experiences I have had and various treatises that I have felt compelled to write over the last few years It is because of my desire to share these observations that I have decided to put them together They all served to codify my thoughts and feelings and convey what I personally believe in areas of health of body mind and spirit Because

some of these articles were written at different times you may find certain truths repeated from time to time Please forgive this and edit them out it is my feeling that they serve to reinforce that which has helped me to arrive happily at three score and ten I still refer back to this book as a resource and find its validity for me to be sustaining If it helps you to have at least one happier day it will have fulfilled its purpose Holy Eating Robert M. Schwartz Ph.D.,2012-01-31 Imagine achieving your ideal weight and not regaining Imagine growing spiritually while transforming your body Imagine connecting with God each time you eat Imagine Holy Eating making this process joyful Imagine achieving your optimal weight and not regaining Imagine growing spiritually while transforming your body Imagine connecting with God each time you eat In Holy Eating The Spiritual Secret to Eternal Weight Loss author Dr Robert M Schwartz offers a powerful guide for transforming both your physical and spiritual selves He presents practical strategies applying wisdom from the Bible and spiritual practices from the Kabbalah to the universal struggle for weight loss Holy Eating captures a simple but unique message God cares about how you eat and wants you to be holy healthy and trim This guide will help you understand and internalize the concept of holy eating so it comes alive with spiritual force Schwartz leads you through practical steps toward experiencing the ultimate pleasures of holy eating with its benefits of reduced shame and improved fitness beauty and health Holy Eating is a God help book because it relies less on self focused motivation than on drawing strength and guidance from God In the battle against obesity personal power alone is not strong enough for most people to achieve lasting victory but spiritual inspiration and practices can yield lifelong weight transformation Praise for Healthy Eating Holy Eating is a unique approach that involves an overall shift towards a more spiritual life Taken seriously this method can yield not only sustained weight control but also a happier and more purposeful life Rabbi Abraham Twerski MD Author of more than sixty books on spirituality and self improvement **365 Daily Devotions For Dieters** Dan Dick,2013-09-01 You were created in His image but then life and a few too many pounds got in the way You need a daily diet plan that s right for you inside and out Dieters is the perfect companion for anyone struggling with weight loss Starting today begin every day with Devotions for Dieters a soul building body slimming year round inspirational guide to a slimmer you A diet low in fat but high in motivation commitment and determination is a diet guaranteed to meet success With encouragement from the Bible for each day Devotions for Dieters is the perfect companion for anyone struggling with weight loss and commitment The Golden Book of Melchizedek Joshua David Stone,2001-01-16 One of the most revolutionary cutting edge books ever written on Melchizedek Ascension and the Path of God Realization Dr Stone considers this book of the 27 books in his Ascension Book Series to be one of his best Absolutely Spiritually electrifying reading Truly a Revelation for the next Millennium This book explores how to achieve Self Mastery and God Realization on a Spiritual Psychological and Physical Earthly Level and how to balance the three It must be understood that to achieve God Realization at the highest level one must be aware that there are Four Faces of God There is a Spiritual Mental Emotional and Material Face This most remarkable book explores and gives tools and techniques for

achieving Self Realization in this lifetime in a most comprehensive easy to read easy to understand and practical manner This book is guaranteed to revolutionize and dramatically transform anyone s consciousness who reads this book This book is literally pulsating with Cosmic and Divine Spiritual energies It literally holds within it the secret codes wisdom insights and tools to unlock the Mysteries of Creation **Fat Religion** Lynne Gerber,Susan Hill,LeRhonda Manigault-Bryant,2021-05-13

Fat Religion Protestant Christianity and the Construction of the Fat Body explores how Protestant Christianity contributes to the moralization of fat bodies and the proliferation of practices to conform fat bodies to thin ideals Focusing primarily on Protestant Christianity and evangelicalism this book brings together essays that emphasize the role of religion in the ways that we imagine talk about and moralize fat bodies Contributors explore how ideas about indulgence and restraint sin and obedience are used to create and maintain fear of and animosity towards fat bodies They also examine how religious ideology and language shape attitudes towards bodily control that not only permeate Christian weight loss programs but are fundamental to secular diet culture as well Furthermore the contributors investigate how religious institutions themselves attempt to define and control the proper religious body This volume contributes to the burgeoning field of critical fat studies by underscoring the significance of religion in the formation of historical and contemporary meanings and perceptions of fat bodies including its moralizing role in justifying weight bias prejudice and privilege The chapters in this book were originally published as a special issue of *Fat Studies An Interdisciplinary Journal of Body Weight and Society* **The Mandate of God's Messiah-Christ** Edwin Martin,2020-06-24 This book is a love story It is about the coming of God s Messiah Christ by fleet of UFO s to redeem our failing planet from water and air pollution unbalanced power war and violence disease overpopulation hunger and homelessness It tells from God itself how Christ was conceived and born into immaculate perfection by Mary and Joseph obeying God in diet and rules purging themselves free from all disease all under God s direction God then directed them to have sexual intercourse thereby conceiving it s and their baby immaculately clean and in perfect health without any sexually transmitted hereditary diseases Christ used this diet and rules to heal people from sickness all his life He did not ever do any miracles the Bible falsely claims because God does not ever violate it s own laws of physics God sends it s Messsiah Christ to stop a nuclear war in progress that starts in the mid east due to a breakdown of peace talks Christ stops the war and all the nations on Earth surrenders to The Messiah Christ and he establishes God s food diet and rules of life on this planet so it s love and peace can prevail in equality liberty and justice for all the people of the world God will establish some new light from our sun that no one can survive without it s diet and rules as it governs our planet without military and police forces as we have now It is a free choice for us to do it or not to do it but if this planet chooses not to obey God it will destroy us by asteroid out of mercy rather than letting us die the horrible death of a failing planetGod does say in the book that it will not let anyone leave this planet on rockets to establish colonies elsewhere in it s universe because it would be a death trap This book is controversial but it is a must read for everyone on this planet

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