

Introduction

Dear Friend,

Welcome to "Not By Bread Alone".

Our names are Dr. Ted Chandler and Dr. Ray Morrow. We are both physicians trained in Internal Medicine. As clinical internists we have had a world of experience in caring for people who struggle with their weight and with the diseases of excess weight such as heart disease, diabetes, and arthritis.

In early 2006 Ray's dad Phil (a Baptist minister with diabetes) started struggling with health problems related to his weight. Working together, we devised a simple diet (The REDUCE Diet) along with some simple exercises for Phil to try.

We were amazed when Phil easily dropped 20 pounds and came off several of his medicines. Also, his body became more flexible and toned and his joints did not ache all the time. He was able to enjoy life more fully because of a simple lifestyle change. What was more amazing was that when other individuals saw Phil's transformation they were motivated to try the plan. Over time we found that each individual who tried and stuck with the program lost weight and felt better.

As we worked to apply a program of structured lifestyle interventions to a wider group of our patients (Dr Morrow in a primary care practice and Dr Chandler in a diabetic research study - The Accord Trial) we were amazed at how much resistance we met. Many patients felt helpless to make any change in their lives which might improve their health. They wanted to change. They understood how to change. They just could not make the change happen.

What was of more concern was that as Christian physicians we noticed that many of the patients who felt helpless to change their health were themselves Christians. There seemed to be the common belief among many Christians that the Power of Christ could transform the spirit, the soul, possibly the mind, but, not their body nor their health. This would not be so concerning if it were just a physical problem. However, for many overweight Christians their health problems directly affect their ability to do the work of Jesus. It affects them physically, mentally, emotionally, and spiritually. They often find themselves spending more time at the doctor's office than they do on the mission field. Thus, their witness is impaired.

So we came to the realization that to truly cause a lasting health change in an individual there must be a transformation physically, mentally, and spiritually. As Christian Physicians we sat down and wrote Biblically based Spiritual Fundamental Principles and Tools which we believe individuals must have in order to cause any substantial change in their lives.

Spiritual Fundamental Principles

1. The Body is God's Temple. (1 Cor 6:12-20, Romans 12:1-2)
2. Gluttony and Sloth ARE sins. (Proverbs 19:15,24 ; 21:25 ; 23:21 ; Ecc 10:17-18 ; Philippians 3:19; Isaiah 22:13)
3. You must replace the Love of Food with God's Love. (Philippians 3:19, John 6:35, Rom 14:13-23)
4. The body, mind, and spirit are linked. (Your physical health is influenced by your spiritual and mental state) (Luke 10:27; Col 3:8-10; Rom 8:5)
5. In order for any significant change to take place in your life (physical or spiritual) you must be born again. (You must totally commit to the transformation and admit you need God's help). (1 Peter 1:13-23; John 3:1-21)
6. Once you are born again, the Holy Spirit will help you to make the right choices (physically and spiritually). (Mark 1:8; John 14:26; Acts 1:8; Romans 5:5, 9:1, 14:17, 2 Tim 1:14)
7. Prayer, through keeping you connected to God, will reinforce Godly habits. (Acts 14:23; Romans 12:12, Philippians 4:6, Col 4:2)

Spiritual Tools

1. Belief – You must believe that you need to change.
2. Rebirth – You must be born again.
 - Realize that you need God's help.
 - Confess your sins.
 - Commit to the transformation.
3. The Holy Spirit – Helps to guide you to the truth (good health/lifestyle choices).
4. Prayer – Reinforces Godly habits.
5. Faith – The power to live each day dependent on God.
6. Routine/Structure – Makes good health choices a part of everyday life.
 - Diet
 - Exercise
 - Loving Relationships
 - A new way to view the world

At the heart of our belief are several critical Bible verses which we feel apply to the health of Christians.

He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord.

Deuteronomy 8:3

Then Jesus answered, "It is written, "One does not live by bread alone, but by every word that comes from the mouth of God.' "

Matthew 4:4

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.

1 Cor 6:19-20

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

Romans 12:1-2

Do not, for the sake of food, destroy the work of God.

Romans 14:20

After studying these verses, we were both astounded and frightened. Was the Kingdom of God to be brought to its knees by the way the workers handled food, destroying the work of God, which is love.

We began digging – for new answers – for understanding into this warning. We discovered through listening to the stories of overweight persons how much their lives were a struggle. The struggles brought about two predominate symptoms:

1. Loss of inner peace
2. Loss of joy

Inner peace – the highest good of Jesus – was lost in seven areas:

1. With God
2. With the Body
3. With the Mind
4. With the Family
5. With the Culture
6. With the World
7. With Nature

The loss of joy seemed related to the sense of being buried under seven emotional blankets, each person stifled under a differing degree of darkness, each according to his or her circumstances. The blankets are:

1. Blame
2. Apathy
3. Depression
4. Fear
5. Grief
6. Anger
7. Anxiety

Thus, we felt like we had begun to get a diagnostic handle on this epidemic. Then, another fact startled us. The condition of many overweight individual's state of being bore similarities in three symptoms:

1. Tiredness
2. Depression
3. Loss of spirit

In other words they were affected physically, mentally, and spiritually by their weight. So, we reasoned, this state of being resulted from struggling with overweightness – thus we now call the condition the Overweight State.

When we reach a state of being where our spirit is depressed this is the state Jesus talks about in the Sermon on the Mount, as expressed in the first beatitude:

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven."
Matthew 5:3*

About this time a food psychologist, through research into eating, stressed the complexity of eating. Each day, each of us will make about 200 food decisions. Remember now, eating is an activity necessary for survival. So, we gotta eat. But, it also can add so much joy to our existence and can make life abundant. But, forced to live as fast-paced as we do, in as complex a world as we have, with all the stresses surrounding us, we simply do not realize how much we're eating, what we're eating – or why we're even eating at all. We're careless. We're not paying attention, while dealing with the most complicated body need we have.

No wonder the fast food companies and the big food advertisers are eyeballing us when they put down their believable lies on paper or pay a pretty face on TV to tell us how nutritious junk food is. They think we're stupid or at least naïve. What we really are is confused.

What we need is clarity, to be shrewd but harmless – to be real.

So, Ray and I, with Phil's help, began searching for answers in the Bible, working out a routine of testing the soundness of our ideas with Patrice, Ray's wife, who also is a scholar and teacher of the Bible.

Now, understand this very well. After spending billions of dollars and testing thousands of ideas – in the hope of finding a pill to cure the weight epidemic – science has no clue how to go about it.

Now, back to that verse in Romans 14:20 that warns us about food. Why is the verse stated that way?

Two reasons.

The nature of food and the nature of us.

First, our nature. Read Romans 7:14-25.

14 For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. ^{E28} **15** I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. **16** Now if I do what I do not want, I agree that the law is good. **17** But in fact it is no longer I that do it, but sin that dwells within me. **18** For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. **19** For I do not do the good I want, but the evil I

do not want is what I do. 20 Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. 21 So I find it to be a law that when I want to do what is good, evil lies close at hand. 22 For I delight in the law of God in my inmost self, 23 but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. 24 Wretched man that I am! Who will rescue me from this body of death? 25 Thanks be to God through Jesus Christ our Lord!

It's part of our nature that we know how to eat right. Yet, it's equally a part of our nature to eat wrong, to never eat as good as we know how to eat. We know this well from working with hundreds of patients struggling with eating. It's as though we have split personalities, as if in the same skin we are two people, each pulling in an opposite direction.

Then, there's the seductive nature of food. It deludes us in three ways.

1. Emotionally. We are seduced to taste and choose without regard to nourishment. So, we are satisfied for the moment, comforted, having eaten, because we believed the food would make us happy. It's a delusion. No one ever chooses one food over another without thinking that it would make him or her momentarily happy, give a good feeling. And, no one ever finds happiness through food, because at the heart, it's joy we've lost, not happiness.

2. Mentally. We are deluded by the fact that through rationalization we can excuse our food choices. It's human nature to think that we can defend our wrong choices. Actually, wrong choices may go unchallenged for a while – until the boundaries of the body's biological processes begin disintegrating and fatigue sets in, and depression hits, and the spirit within withers. Then, as the body is the temple of the Holy Spirit, God takes notice.

3. Physically. We are deluded by thinking that we can get by with eating more than our bodies need without paying the consequences. The body operates within narrow limits and sooner or later the boundaries begin disintegrating. This starts the process of doctor visits, blood tests, MRIs, CT scans, EKGs, and pills – for cholesterol, for blood pressure, for heart disease, for diabetes, for knee pain, for hip pain – the list goes on and on. Each person's eating patterns will be specifically defined by neural pathways that change the structure of the brain. This is why some people have cravings and why when these hunger impulses strike, the human will and the mind are powerless by themselves to control the actions that follow.

From the physician's point of view we might call this situation the new realities of diagnosing the Overweight State.

Reality #1. Nutritional knowledge is inadequate to change human nature. Knowledge by itself does not guarantee good and wise food choices. To know the right thing to do is not necessarily to do it.

Reality #2. "The spirit is willing but the flesh is weak." Human resolve is a flawed ideal. Resistance, unless help arrives, is evident in troubles that come our way, in circumstances, and in internal and external opposition. The will tries to overcome but it fails.

Reality #3. The ability of physicians and nutritionists to diagnose and treat the spiritual and emotional component of the overweight state with precision and confidence is seriously limited. As physicians we are trained to order tests and prescribe medications. But, that is not the answer for this condition.

Treatment Goals

Our aims for you are seven:

1. Restore inner peace
2. Build a sense of joy
3. Reduce excess weight with The Reduce Diet
4. Increase your nutritional knowledge
5. Teach you reengineering strategies for your eating habits
6. Increase your reliance on prayer and the guidance of the Holy Spirit in your daily life.
7. Build a sense of mission

What you must bring to the table are:

1. Desire – intense, burning desire
2. Belief – ya gotta believe
3. A willingness to write your feelings and observations in a journal
4. The willingness to try small, new steps
5. The need to reevaluate your progress periodically
6. The ability and willingness to tweak your methods

Usually the focus of treatment is to go on a diet and exercise. We believe that a therapeutic diet is useful for a limited time and have one in the program, called the Reduce Diet – we have used this diet successfully with hundreds of patients struggling with eating. So, we can tell you with confidence that it works.

Exercise, likewise, is essential and we have it covered; doable exercise.

However, weight loss, dieting, experimenting with your food, exercising – these should be considered oblique goals. They will come along as the fundamentals of being are restored:

- Inner Peace
- Joy

Thus, changing your state, converting the Overweight State into the Regenerated State is the first order of business. This is done by entering the Born Again State, as explained by Jesus to Nicodemus in the third chapter of John's Gospel. What this accomplishes is the receiving of the Holy Spirit, who immediately becomes your ever present prayer partner.

- Prayer is simple, as simple as a child making known his wants to his parents.
- Prayer is irrational, because it is contrary to common sense. We know that God does things for us in answer to our prayers, and this, common sense naturally says, is ridiculous.
- Prayer is supernatural because it relies entirely on God.
- Prayer trains the mind and changes the brain.
- Prayer is basic to faith.
- Prayer is intercession. Jesus carries on intercession for us in Heaven. The Holy Spirit carries on intercession in us on earth. And we must carry on intercession for each other.
- Prayer restores the spark of life to the Christian, not the beat of the heart, but the evidence that peace and joy are being restored.
- Prayer brings us into a perfect understanding with God, and that changes our view of our eating habits. This is a great answer to prayer.
- Prayer is not a question of changing our circumstances but of changing our eating and other dispositions, of changing us so that we can make the changes.
- Prayer gives us the power to walk and not faint.

Thus, because there are millions of Christians worldwide who struggle in the Overweight State, we must look at this epidemic with a global eye and with the heart of the revolutionary.

First we invite you to follow the instructions on how to get maximum benefit from this book. Its purpose is to restore your inner peace and joy and your intimacy with God. The instructions will show you exactly how to work it into your routines and use it daily in your own life.

"Not By Bread Alone" is structured in five parts:

1. Healing Prayers – Morning and evening prayer exercises designed to provide structure to your spiritual life.
2. The REDUCE Diet – a structured, therapeutic diet that will help you retrain your tastes and your routines and begin taking the pounds off. This starts with a 2 week food diary then progresses to a balanced 12 week diet.
3. Eating Realities – at the end of each week you will be given simple eating tips from the REDUCE Diet.
4. Smart Moves – a host of proven common sense exercises that are easy to follow.
5. Phil's Weekly Message – a weekly message from Reverend Morrow to inspire and challenge.