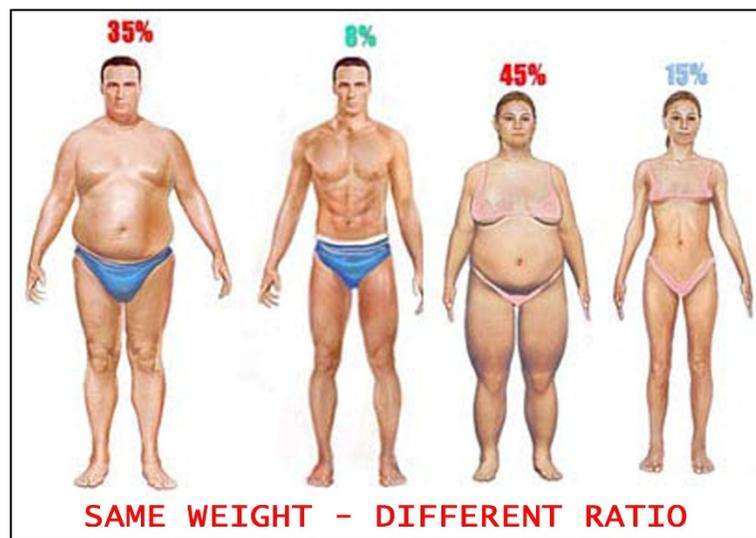
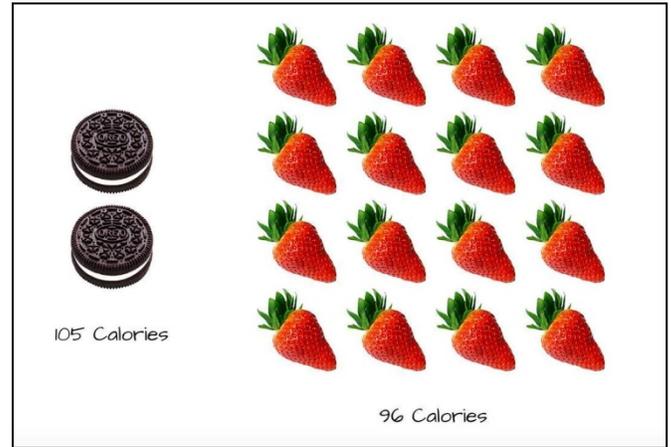


Myth #1: "You eat too many calories." The truth is that it's not about too many calories, it's about not enough nutrition (ill-nutrition), because it is virtually impossible to overeat calorically if all you did was nourish your body with whole, nutrient-rich plant foods; the kind you have to chew well to swallow.

Myth #2: "You're too heavy—you weigh too much." The truth is that it's not about excess weight, it's about excess fat, because you can be skinny or underweight and be metabolically obese. In other words, you can be thin, but the ratio of fat to lean tissue in your body can be unnatural and unhealthy, and the scale would not tell you that. By focusing on health first, your body will shed the excess fat as your metabolism heals.

Myth #3: "You eat too much junk food." The truth is that it's not about eating junk food, it's about WHY you eat it, because if you were truly healthy, your body could safely manage the occasional indulgence of your favorite food without long-term ill effects. The reason we eat too much junk food is that we're addicted and we can't stop. It is the overconsumption of nutrient-deficient junk food that causes nutritional deficiencies that can damage our metabolism. Add to that the fact we are always stressed and/or are exposed to toxins at a rate faster than our bodies can safely eliminate and you have the perfect recipe for obesity.



Myth #4: "You don't exercise enough." The truth is it's not about too much inactivity, it's about infrequent detoxification, because exercise is NOT essential to weight loss—exercise is essential to health, and HEALTH is essential to **fat** loss. Think of it this way, exercising after eating junk food is like running your car engine on dirty fuel; faster acceleration does not clean the fuel. If you exercise (with the goal of losing weight) without detoxifying, you simply circulate the toxins throughout your body only to push them back in to fat cells once you stop

your fat-burning regimen. What you need is regular, daily PHYSICAL ACTIVITY done for the sake of improving your health; then the toxins will slowly be eliminated over time as will the need for those excessive fat cells .

In summary, **dieting IS the disease**, and the only true way to lose fat is to nourish your body in order to heal your body—this is God's law of health. Once your body starts healing itself, the fat will begin to diminish.

Be careful though, I am NOT suggesting that this is a perfect formula! Whereas the placebo effect in healing a broken metabolism may stack the deck in your favor, God's law of health is not a law that equalizes the infinite number of physiological, psychological, biological, spiritual or environmental factors that impact human health and which may have contributed to damaging your metabolism, especially if we're the ones to blame for our own poor lifestyle choices. But this also doesn't mean we play the victim and give up. It just means we try again and again.

Keep in mind however, that trying again involves risk because the pursuit of wellness is a journey and contrary to what our modern culture tries to tell us, we don't have it all figured out. Therefore, in the absence of knowing it all, we're left with faith, humility and persistence to keep trying in a new way until we've come to know the truth.

And here's the first truth: deprivation-type diets are quick-fix solutions; a true "weight-loss" program would include an introduction to the principles of living an optimal lifestyle; one that focuses on health, as opposed to weight-loss, as the means to bringing balance back into your body's metabolic functioning. I believe this, in turn, eventually corrects your fat-to-lean tissue ratio despite individual differences due to age, gender and genes.

Where can you find such a program? I believe your search should begin with lifestyle change programs, such as the CHIP program (www.chiphhealth.com), our own program we call **The 20/40 Project*** or simply a strategy you develop on your own. Whichever you choose, know this: permanent weight (fat) loss requires a permanent change!

The value of persistent
prayer is not that
He will hear us but
that we finally
hear Him.

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*Learning the truth about God's law of health as it relates to "weight loss" is the reason we developed **The 20/40 Project**; to be an initiation, or a rite of passage, that earns you the reputation of defying the status quo of yo-yo dieting, growing obesity and chronic illness which sadly, is the prevalent condition of most Americans living in the 21st century. We believe the 20/40 project is your ticket to defect to the land of wellness, never to return to the land of indulgence!

To learn more about **The 20/40 Project**, go to www.better-life-fitness.com or email us at sam@blfhealth.com. We look forward to hearing from you.