

**Why me, God? An Exegetical Exposition into the Global Pandemic:
Obesity, Humanity's Goliath must Fall through Wisdom and
Understanding**

By

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**A dissertation submitted in fulfilment of the requirements for the
degree of**

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Declaration

I, Susara Johanna Meyer, declare that the work contained in this dissertation: “Why me, God? An Exegetical Exposition into the Global Pandemic: Obesity, Humanity’s Goliath must Fall through Wisdom and Understanding”, is my own original work, gathered and utilised primarily to fulfil the purposes and objectives of this study and has not been previously in its entirety, or in part, been submitted at any university for a degree. I certify that all information contained herein, and all my application materials submitted by me are true, correct, and accurate to the best of my knowledge.

Susara Johanna Meyer

Date

Dedication

With all my love and gratitude, I dedicated this dissertation to Marina van Niekerk, my beloved sister. You are the reason I pursued my dream. You are the epitome and example to many of the women of Proverbs 31.

Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life. She seeketh wool, and flax, and worketh willingly with her hands. She is like the merchants' ships; she bringeth her food from afar. She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens. She considereth a field, and buyeth it: with the fruit of her hands, she planteth a vineyard. She girdeth her loins with strength, and strengtheneth her arms. She perceiveth that her merchandise is good: her candle goeth not out by night. She layeth her hands to the spindle, and her hands hold the distaff. She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy. She is not afraid of the snow for her household: for all her household are clothed with scarlet. She maketh herself coverings of tapestry; her clothing is silk and purple. Her husband is known in the gates, when he sitteth among the elders of the land. She maketh fine linen, and selleth it; and delivereth girdles unto the merchant. Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her. Many daughters have done virtuously, but thou excellest them all. Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised. Give her of the fruit of her hands; and let her own works praise her in the gates.

Proverbs 31:10-31

With your faith and support, I stepped boldly into my creative purpose, which exceeded all my expectations.

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My sincere gratitude to Dr Anke Brand. My supervisor, what a great teacher you are. Without your help and guidance, this dissertation would not have been possible. Your unrelenting encouragement equipped me to persist and preserve. I honour and thank you for being my mentor in more ways than one.

My further appreciation extends to all the teachers, prophets and individuals God has placed on my path to a profound discovery of my Trinitarian Father. Your prophecies, teachings, support, and guidance were imperative in moving me towards God's creation purpose for my life.

A special acknowledgement to Sonja van Nieuwenhuizen, friend, mentor, and graphic designer, in appreciation of her remarkable talent and creativity, resulting in the artwork of note.

With all my love, my dear husband, you supported me even though it was not always easy. Your undaunting love and understanding are the reason I refused to give up.

In conclusion, with my utmost gratitude to my Heavenly Father, I stand indebted and in awe at Your creation plan for my life. You showed me your creation purpose entrusted and equipped me with the ability to understand and interpret the truths about obesity. Instead of the world's methods, You equipped me with Your method, the solution to everything in life. Your Word. I acknowledge You and thank You for entrusting me with Your knowledge and wisdom.

Every step of the way You guided me with love, grace, and mercy. Lord, thank You that I can have the joy and the delight of doing Your will and purpose. Help me not to follow my own opinion, but speak to me always, and show me the direction You want me to take. I am your willing servant, always.

By Your Grace Alone - SOLA GRATIA!

Abstract

Why me God? An Exegetical Exposition into the Global Pandemic: Obesity, Humanity's Goliath must Fall through Wisdom and Understanding

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Philosophy Doctor (Theology)
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This dissertation is written from a Biblical perspective that there is a Creator, a Trinitarian God, and a spiritual enemy on earth; the written Scriptures or the Bible alone represent the incorruptible truth and authoritative record that a Holy God has given his people. God's Word is sufficient for final truth and authority.

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

Hosea 4:6

Today modern society finds itself in a tumultuous state. The securities of the past have been stripped away. Change has become the norm, and society is characterised by the endless search for identity, meaning and truth. Ignorant to their true identity in a constant living almighty Father.

The identity crisis started in the Garden of Eden, back to the fall of man. Satan, with one mission, destroys man through cunning lies and deception, leaving humanity orphans in the world, wounded in body, soul, and spirit. Obesity wreaks havoc as man battle identity wounds.

Why should ye be stricken any more? ye will revolt more and more: the whole head is sick, and the whole heart faint. From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrifying sores: they have not been closed, neither bound up, neither mollified with ointment.

Isaiah 1:5-6

Man needs to understand their creative purpose and God's created process. Man is made in God's image and likeness consisting of a body, soul and spirit and should be treated as such. Only through inner healing, the outer healing of the human body will take place.

Unfortunately, society is bombarded with an influx of false information through technology to provide the means to re-enchant its disillusioned world, driven to fulfil the growing need for effectiveness and efficiency at a destructive pace. It is turning to entertainment and pleasure to transcend nature's constraints and everyday life's growing pressure. Embracing fast food industries and quick fixes as the days lacks hours.

Information Technology penetrated all aspects of society and became the god of this world. The one constant, The Great I am, is cast aside, systematically replaced by science, medicine, technology, and social media supplying all the answers man needs.

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works.

2 Timothy 3:16-17

This dissertation is intended to address the global pandemic of obesity from a Biblical perspective, seeking answers to “why” obesity became a global pandemic amid all the first-rate science and medicine. The so-called solutions for the treatment of obesity are ample. However, with every passing year, the global statistic rapidly increases.

Satan took a necessary part of human life, the consumption of food, and perverted it to gain control over man`s minds, consciously and subconsciously.

An explicit instruction to humanity: “Do not conform to the world’s pattern”. The word conform means to be like the thinking and acting patterns of the world, compromising the Word and perfect will of God.

In treating obesity, the body, soul, and spirit of an obese person should be treated as God created man this way. Only then will lasting results be achieved, and obesity, the Goliath of this age, will come tumbling down.

Using the case file studies of FFF Slimming, accumulated over eleven years, the world’s treatment methods will be scrutinised and compared.

Scripture warns:

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

Hosea 4:6

Only through Godly wisdom and understanding the global pandemic of obesity will fall.

Table of Contents

1. Prolegomena	2
1.1. Title	2
1.2. Abstract	2
1.3. Hypothesis	3
1.4. Terms and Definitions	4
1.5. Introduction	9
1.6. Background	11
1.7. Statement of the Problem	12
1.8. Objectives of Research	13
1.9. Research Questions	14
1.10. Significance of the Study	15
1.11. Literature Review	16
1.12. Research Methodology	16
1.13. Outline of the Proposal Research Report	19
1.14. Time Frame	23
1.15. Referencing	24
2. Chapter 1: Imago-Dei: Image of God, Christology, and Christian Hamartiology	26
2.1. Introduction	26
2.2. Man Created in God's Image – Imago Dei	28
2.3. The Godly Creative Process	30
2.4. God's Purpose in Creating Man	41
2.5. Restoring the Image of God	42
2.6. The Effects of Sin that Entered the World through the Fall of Man	43
2.7. The Seven Deadly Sins	49
2.8. Conclusion	54
3. Chapter 2: Obesity Past and Present: Identifying Strongholds and a Wounded Heart	59
3.1. Introduction	59
3.2. Understanding the Fruit of the Holy Spirit	69
3.3. Conclusion	78
4. Chapter 3: FFF Slimming: Case File Studies	84
4.1. Case Study No. 1	84
4.2. Case Study No. 2	94
4.3. Case Study No. 3	97
4.4. Case Study No. 4	101
4.5. Case Study No. 5	103

4.6. Case Study No. 6	105
4.7. Case Study No. 7	109
4.8. Case Study No. 8	111
4.9. Case Study No. 9	116
4.10. Case Study No. 10	119
5. Chapter 4: Expounding Obesity from a Biblical Perspective: Juxtaposed to the World Treatment Methods	123
5.1. Introduction	123
5.2. Eating Disorders, according to the World Health Organization	125
5.3. Current Global Treatment Methods for Obesity	152
5.4. Hippocrates and the Oath of Hippocrates	160
5.5. Weight Loss Maintenance - The Biggest Problem Experienced in the Treatment of Obesity	164
5.6. Conclusion	165
6. Chapter 5: Guidelines and Recommendations set by FFF Slimming: A Solution for Obesity from a Biblical Perspective	170
6.1. Introduction	170
6.2. Knowledge and Understanding are Power	171
6.3. The Restoration of the Human Body	174
6.4. Renewal of the Mind	177
6.5. Forgiveness	181
6.6. Identifying Obesity's Root Causes is Essential in Treating Obesity	183
6.7. Extrapolating Why Some People are Overweight and Others Not	192
6.8. The Difference Between Weight Loss and Fat Burning	193
6.9. The Importance of Water in the Human Body	194
6.10. The Healthy Rate of Fat Loss	199
6.11. Losing Weight for the Right Reasons	202
6.12. The FFF Slimming Module for Treating Obesity	203
6.13. Conclusion	217
7. Conclusion	222
8. Bibliography	230
8.1. Academic Publications, Articles, Case studies, Essays, Master- and Doctor Theses	230
8.2. Books	238
8.3. Conferences Attended	242
8.4. Video's	243
8.5. Bibles	243
8.6. Internet Resources	244

9. Addendum A	250
10. Addendum B	251
11. Addendum C	252
12. Addendum D	253
13. Addendum E	254
14. Addendum F.....	255
15. Addendum G.....	256
16. Addendum H.....	257
17. Addendum I	258
18. Addendum J	259
19. Addendum K.....	260
20. Addendum L	261
21. Addendum M	262
22. Addendum N.....	263
23. Addendum O	266
24. Addendum P.....	270
25. Addendum Q.....	271
26. Addendum R	272
27. Addendum S.....	273
28. Addendum T	275
29. Addendum U	277
30. Addendum V	278
31. Addendum W	286
32. Addendum X.....	287
33. Addendum Y.....	288
34. Addendum Z	291
35. Addendum AA	292
36. Addendum AB	293
37. Addendum AC	294
38. Addendum AD	295
39. Addendum AE	296
40. Addendum AF.....	297
41. Addendum AG.....	298
42. Addendum AH.....	299
43. Addendum AI.....	300
44. Addendum AJ	304

45. Addendum AK..... 305

List of Abbreviations

1.	AD	-	Anno Domini
2.	ADHD	-	Attention Deficit Hyperactivity Disorder
3.	AMP	-	Amplified Bible Version
4.	ASV	-	Adaptive Support Ventilation
5.	BMI	-	Body Mass Index
6.	CDC	-	Centre for Disease Control
7.	CEO	-	Chief Executive Officer
8.	CEP	-	Clinical and Experimental Paediatrics
9.	CRNP	-	Certified Registered Nurse Practitioner
10.	CSB	-	Christian Standard Bible
11.	DNA	-	Deoxyribonucleic Acid
12.	ECM	-	Extracellular Matrix
13.	ERV	-	Holy Bible: Easy-to-Read Version
14.	ESV	-	English Standard Version
15.	FAAN	-	Fellows American Academy of Nursing
16.	FDA	-	Food and Drug Administration
17.	HCG	-	Human Chorionic Gonadotropin
18.	IU	-	International Units
19.	JUB	-	Jubilee Bible
20.	KJV	-	King James Version
21.	KJV+	-	King James Version Plus
22.	Kg	-	Kilogram
23.	L	-	Litre
24.	MD	-	Doctor of Medicine
25.	MPH	-	Master of Public Health
26.	MSG	-	The Message
27.	NABRE	-	New American Bible, Revised Edition
28.	NHLBI	-	National Heart, Lung, and Blood Institute
29.	NIV	-	New English Version
30.	NKJ	-	New King James Version
31.	NMV	-	New Messianic Version Bible
32.	PCOS	-	Polycystic Ovary Syndrome
33.	PhD	-	Doctor of Philosophy
34.	POPIA	-	Protection of Personal Information Act
35.	RD	-	Registered Dietitian
36.	RN	-	Registered Nurse
37.	WHO	-	World Health Organization
38.	WWW	-	World Wide Web

List of Tables

1. Table 1: Dissertation Time Frame	23
2. Table 2: Fruit of the Spirit vs Fruit of Satan	69
3. Table 3: BMI Chart.....	126
4. Table 4: Dopamine.....	149
5. Table 5: Serotonin (Happy-hormone)	150
6. Table 6: Endorphins (Happy-hormone)	150
7. Table 7: Cortisol	151
8. Table 8: Weight Loss Medication and Contra-indications	155
9. Table 9: Anti-obesity Medications.....	158
10. Table 10: Drug Therapy compared with Vitality Therapy	163

List of Figures

1. Figure 1: The Human Condition Before Regeneration.....	32
2. Figure 2: The Human Condition After Regeneration	33
3. Figure 3: The Human Condition Before and After Regeneration.....	34
4. Figure 4: Two Aspects of the Soul	37
5. Figure 5: Stronghold of the Mind Illustration.....	60
6. Figure 6: Santie Meyer.....	84
7. Figure 7: 2011 Progress	87
8. Figure 8: A Metamorphosis after 23.5 kg loss in only 16 weeks	88
9. Figure 9: Weight Maintained until 31 May 2012	89
10. Figure 10: July 2018 - Before February 2019 - After.....	90
11. Figure 11: Progress Photos	90
12. Figure 12: Starting Weight: 103.95 kg	93
13. Figure 13: After 56 days: 86.65 kg, a total of 17.3 kg down.....	93
14. Figure 14: Mary Before and After (Front).....	94
15. Figure 15: Mary Before and After (Side)	96
16. Figure 16: Mary Before and After (Back)	96
17. Figure 17: Wanda Clothed Before Photos (Front, Side, Back).....	97
18. Figure 18: Wanda Clothed After Photos (Front, Side, Back).....	98
19. Figure 19: Wanda Undergarment Before Photos (Front, Side, Back)	100
20. Figure 20: Wanda Undergarment After Photos (Front, Side, Back).....	100
21. Figure 21: Ina Before and After Photos (Round 1).....	101
22. Figure 22: Ina Before and After Photos (Round 2).....	102
23. Figure 23: Ina Before and After Photos (Round 3).....	102
24. Figure 24: Coenraad Before and After Photos (Front)	103
25. Figure 25: Coenraad Before and After Photos (Side).....	104
26. Figure 26: Coenraad Before and After Photos (Back).....	104
27. Figure 27: KKM Started: 13/03/2015 Finished: 16/09/2015.....	106
28. Figure 28: KKM Before and After Photos (Side).....	107
29. Figure 29: KKM Before and After Photos (Back).....	107
30. Figure 30: KK Mojo lost a total of 74 kg.....	109
31. Figure 31: Makie Clothed Before and After Photos (Front).....	109
32. Figure 32: Makie Undergarment Before and After Photos (Front)	110
33. Figure 33: SJ Meyer (L), Johan Henning (C), Dr Danie Robbertse (R).....	111
34. Figure 34: Johan Only Photos (Front)	112
35. Figure 35: Johan Only Photos (Side).....	113
36. Figure 36: Johan Only Photos (Back).....	113
37. Figure 37: Johan's legs, the shocking reality of what must be prevented. Full-blown diabetes, no blood circulation, massive inflammation	115
38. Figure 38: Marietjie Before and After Photos (Front)	116
39. Figure 39: Marietjie Before and After Photos (Side).....	117
40. Figure 40: Marietjie Before and After Photos (Back)	117
41. Figure 41: Marietjie Progress Photos.....	118
42. Figure 42: Marietjie After Photos (Front, Side, Back)	119
43. Figure 43: Herman Clothed Before and After Photos (Front)	119
44. Figure 44: Herman Undergarment Before and After Photos (Round 1 Front, Side, Back).....	120
45. Figure 45: Herman Undergarment Before and After Photos (Round 2 Front, Side, Back).....	121

46. Figure 46: Laminin	137
47. Figure 47: God's Signature	138
48. <i>Figure 48: Calorie Intake Chart</i>	142
49. Figure 49: Daily Calorie Consumption.....	148
50. Figure 50: The Human Brain	151
51. Figure 51: Caduceus	153
52. Figure 52: Pharmaceuticals.....	154
53. Figure 53: Medications	155
54. Figure 54: Hippocrates.....	161
55. Figure 55: Paracelsus	161
56. Figure 56: Breaking free from the bondage - losing weight.....	172
57. Figure 57: Lientjie Clothed and Undergarment Before and After Photos (Front, Side, Back)	178
58. Figure 58: Theuns Clothed and Undergarment Before and After Photos.....	186
59. Figure 59: Full Body Analysis Reports - Men and Women	187
60. Figure 60: Client 638 Before and After Photos (Side)	189
61. Figure 61: Client 78 Before and After Photos (Front).....	190
62. Figure 62: Nols Before and After Photos (Front)	191
63. Figure 63: Client 951 Before and After Photos (Front).....	194
64. Figure 64: Body Composition Report Combined	196
65. Figure 65: Janine Clothed and Undergarment Before and After Photos (Front, Side, Back)...	198
66. Figure 66: Megan Botes Before and After Photos	200
67. Figure 67: Judy Mokgabudy Before and After Photos	200
68. Figure 68: Moses Monnapula Before and After Photos	201
69. Figure 69: Amanda Earl Before and After Photos	201
70. Figure 70: Lizelle de Alton Before and After Photos	202
71. Figure 71: Cobus de Lange Before and After Photos	202
72. Figure 72: Client 626 Before and After Photos	203
73. Figure 73: Motivation and Results from 28-day Chart.....	206
74. Figure 74: Dr Jacqui Before and After Photos (Round 1)	214
75. Figure 75: Dr Jacqui Photos (Round 2)	214
76. Figure 76: Anna Before and After Photos	217

Romans 12:2



And be not conformed to this world: but be ye transformed by the renewing
of your mind, that ye may prove what is that good, and acceptable,
and perfect, will of God.



* PROLEGOMENA *

1. Prolegomena

1.1. Title

Why Me, God? An Exegetical Exposition into the Global Pandemic: Obesity, Humanity's Goliath Must Fall through Wisdom and Understanding.

1.2. Abstract

Science and medicine treat the symptoms of obesity and address a man's external condition, not his internal confusion. Psychology is responsible for treating this internal disorder. In desperation, a man tries everything to lose weight without success in this confused state. The process allows the enemy of man's body, soul, and spirit to successfully sabotage this moral and spiritual identity search. Scripture warns man that Satan will do everything in his extensive power to prevent humanity from discovering his creative purpose.

The Bible clearly states in Ephesians 6:12 that the battle is not against human enemies nor our corrupt nature only, but with an enemy who has a thousand ways of beguiling unstable souls. Obesity, as a human pandemic, is an example of this invisible war.¹

One question that needs answering is: what authority can bring man to understand why obesity is a global pandemic?

Seeking the answer to this question will be the main objective of this proposed dissertation: to prove from a Biblical perspective that the Holy Bible is our final authority.

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works.

2 Timothy 3:16-17

Furthermore, that Jesus has sovereign rule over this world.

And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.

Matthew 28:18

¹ Tozer, A.W (2009) The Purpose of Man. USA: Regal Publishing.

Therefore, the Holy Bible is the organ through which, during the present dispensation, God conveys to our knowledge about obesity, why it occurs, who is responsible, and what strongholds might keep us captive.

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

Hosea 4:6

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

Matthew 7:7

The slimming industry, a multi-billion-dollar industry, offers everything and anything as a so-called solution to obesity, keeping humanity from finding the correct answer. One should ask: Why is this the case, who is responsible, and what is the purpose?

1.3. Hypothesis

This dissertation hypothesises that Satan took a normal, necessary part of human life, namely eating food designed by the Creator to sustain life and perverted it to control man's minds, bodies, and spirits.²

Although the deviation behind eating disorders has less to do with food than it has to do with the spirit and the mind, there is a reason why God gave man laws about the eating of certain foods.

God, as our Creator, is the expert regarding nutritional recommendations. He created food to keep humanity healthy and functional, but man and Satan perverted food consumption into controlling humankind through a billion-dollar money-making industry. Instead of focusing on healthy natural foods, humanity is processing foods that are addictive substances.

Satan went even further and perverted humans' normal appetites by habits formed through traditions and cultures, turning food into an obsession and stronghold.

All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

1 Corinthians 6:12

Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.

Proverbs 23:20-21

² Metelerkamp, Anesta (2010) An Expose of the Secret Designs behind the Compulsions an Obsessions of Eating Disorders. PhD Thesis, p 6.

There is a solution to obesity: change the treatment method by addressing the tri-partite of man: the wounded soul, the trauma in the spirit and the physical condition.

The prevention of obesity is possible if adequate education starts on the ground level: “Fathers teach your children”:

And ye shall teach them your children, speaking of them when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up.

Deuteronomy 11:19

My child pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body.

Proverbs 4:20-22

For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart.

Hebrews 4:12

1.4. Terms and Definitions

BMI

Body mass index is a standard measure of body fat based on height and weight.

DNA

DNA is a self-replicating material in nearly all living organisms as the main constituent of chromosomes, the carrier of genetic information - the fundamental and distinctive characteristics or qualities when regarded as unchangeable.³

Eating disorder

Eating disorders characterise abnormal eating habits related to complex mental health disorders that develop due to numerous factors (identity wounds) that can affect anyone.⁴

Eating Psychology

Eating Psychology is an exciting and cutting-edge approach developed by the Institute for the Psychology of Eating that addresses weight concerns, binge eating, overeating, body image challenges, and various nutrition-related health concerns.⁵

³ DNA | Definition, Discovery, Function, Bases, Facts, & Structure | Britannica

⁴ Eating disorders definition - Google Search

⁵ Eating psychology - Google Search

Ethnography

Ethnography is the study and recording of human cultures—a descriptive work produced from such research.⁶

False Prophecies

A false prophet: A person who falsely claims that he has the gift of divine spiritual inspiration, speaks for God or makes such claims that result in inaccurate predictions. Anyone who claims a special connection to God. They pretend to be a source of spirituality, authority, preacher, or teacher.

Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?

Matthew 7:15-16

False prophecies can also be wrong predictions where family members forecast certain health conditions upon their children over generations as truth.

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Proverbs 18:21

Faith

Faith is complete confidence and trust in someone or something, based on a spiritual conviction rather than proof, as seen in Scripture:

Now faith is the substance of things hoped for, the evidence of things not seen.

Hebrews 11:1

According to John Piper, faith is defined as follows: “Faith is being satisfied with all that God is for us in Jesus, not just an assent to truths (past or future) but heartfelt valuing and treasuring of all that God promises to be for us in Jesus”.⁷

In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink. He that believeth on me, as the Scripture hath said, out of his belly shall flow rivers of living water.

John 7:37-38

Faith in the world today: John Piper - “the opposite of faith is common sense”.

⁶ (<https://www.merriam-webster.com/dictionary/ethnography>)

⁷ John Piper - Faith defined - YouTube

Fat-Free Forever (FFF Slimming)

Santie Meyer founded a slimming clinic in Hartbeespoort Northwest in June 2011. FFF Slimming has been successfully treating patients nationally and across the border.

Genes

A gene is a unit of heredity transferred from a parent to offspring that can determine some offspring characteristics. Scientifically genes are the sequence of nucleotides that form part of a chromosome. The order determines the order of monomers in a polypeptide or nucleic acid molecule that a cell may synthesise.⁸

Gluttony

Eating outside of a prescribed time (subconscious, mindless eating). Anticipating eating with preoccupied longing. Primarily seeking delicacies and consuming food in large quantities (supersizing).⁹

History

A chronological record of significant events that affected a nation or institution often explains their causes—a form of knowledge that records and explains past events.¹⁰

Holiness

“*Kedushah*” to set apart. Holiness is a quality inherent in the Deity, a goal to which humanity strives.¹¹

Imago Dei

A Biblical and Theological approach to define *Imago Dei*: The Biblical material on the image of God is sufficient.

Thy word is true from the beginning: and every one of thy righteous judgments endureth for ever.

Psalm 119:160 (KJV)

The Hebrew words *tselem* (“image”) and *demuth* (“likeness”) are the words used in the Old Testament to describe the image and likeness of God. The etymology of *tselem* is ambiguous but comes from an Arabic root word meaning “to cut”. *Demuth* is more straightforward, meaning “resemblance” or “likeness”.¹²

Iniquity

It is wickedness or immoral in man`s nature and character, the essence of wrongdoing—

⁸ Definition of genes Merriam webster - Bing

⁹ Gluttony definition - Google Search

¹⁰ (<https://www.dictionary.com/browse/history>)

¹¹ (Holiness (Kedushah) | My Jewish Learning)

¹² Wenham, Gordon J (1987) World Biblical Commentary Genesis 1-15. Volume 1. Waco: Word Publishing, p.29.

the intentional twisting of a given standard. As seen in Scripture: Exodus 18:20; Psalm 51.¹³

The soul that sinneth, it shall die. The son shall not bear the iniquity of the father, neither shall the father bear the iniquity of the son: the righteousness of the righteous shall be upon him, and the wickedness of the wicked shall be upon him.

Ezekiel 18:20

Yo-Yo Diets

Yo-yo dieting or yo-yo effect (weight cycling) is a term coined by the public health scholar Kelly D. Brownell to describe the cyclical loss and gain of weight, resembling the up-down motion. In this process, the dieter initially successfully pursues weight loss but is unsuccessful in maintaining the loss long-term and gains the weight back rapidly. The dieter then seeks to lose the regained weight, and the cycle starts again.¹⁴

Weight cycles can range from (50 pounds - 22,68 kg or more) or small (5 - 10 pounds / 2.27 kg – 4.536 kg).

Labelled

The labelling of people is an instant display of judgement in various forms, instant disapproval at a mere glance and describing them with critical words or phrases. In effect, we are judging them on a mere glance. For example, seeing a morbidly obese person, the first thing that comes to mind is disgust. That person has no self-control, forming an uneducated opinion of someone just by what he sees.

Synonyms: brand, classify, describe, class.¹⁵

For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

Matthew 7:2

Man as *nephesh*

In Genesis, we see that God formed man of the dust of the ground, breathed His breath of life into Adam's nostrils, and he became a living soul "*nephesh*" (Genesis 2:7). Here and all through Scripture, a living soul denotes a live person.

Brevard Childs writes: "In the biblical view, a person does not have a soul, but is a soul".¹⁶

Man's immortal, spiritual, and rational substance distinguishes him from brutes. That part of man enables him to think and reason, which renders him a subject of an honest government.¹⁷

¹³ Psalm 51 - NIV (christianity.com)

¹⁴ Science behind the 'Yo-Yo' effect (fourseasonsdietetics.com)

¹⁵ Label definition and meaning | Collins English Dictionary (collinsdictionary.com)

¹⁶ Brevard Childs a person does not have a soul, but is a soul - Google Scholar

¹⁷ SOUL - Definition from the KJV Dictionary (av1611.com)

Neshama

Neshama (Hebrew: נֶשְׁמָה) is a Hebrew word which can mean “soul” or “spirit”. It may also refer to the Jewish notion of the soul. *Neshama Carlebach*.¹⁸

Obesity

A person is obese with a BMI (body mass index) higher than 35. They see themselves as grossly fat or overweight.

Relationship

The affectionate way people regard and behave towards each other through communication and time spent in one another’s company.

Synonyms: association, bond, communications, connection, conjunction, affinity, kinship.¹⁹

Rebel

Someone who rises in opposition to an established government or leader. Who resist authority, control, or convention with a hostile insubordinate attitude by revolting. Show or feel repugnance for or resistance to something (Numbers 14:9; Joshua 22:19).²⁰

But if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of the Lord hath spoken it.

Isaiah 1:20

Soul

In many religious, philosophical, and mythological traditions, the soul is the incorporeal essence of a living being. The soul or psyche comprises the mental abilities of a living being: reason, character, certain feelings, emotions, consciousness, qualia, memory, perception, and thinking. The only Hebrew word traditionally translated as a soul (*nephesh*). *Nephesh*, a breathing creature, a living organism: the invisible spiritual part of man. Therefore, we speak of the soul that feels and the spirit of man that knows (1 Corinthians 2:11).

O keep my soul, and deliver me: let me not be ashamed; for I put my trust in thee.

Psalms 25:20

Transgression

A transgression is the wilful disregard (breaking) of God’s law, which defies His boundaries, an arrogant overstepping.

¹⁸ ([https://www.google.com/search?xsff=-neshama+meaning&oq=neshmah &...](https://www.google.com/search?xsff=-neshama+meaning&oq=neshmah&...)) Google Search)

¹⁹ Relationship (https://www.collinsdictionary.com/dictionary/english-thesaurus/relationship#relationship__1)

²⁰ Rebel (REBEL | Definition of REBEL by Oxford Dictionary on Lexico.com also meaning of REBEL)

Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation.

Exodus 34:7

Triggers

A trigger is any form of account or stimuli that initiate the desire to engage in addictive behaviour. During any recovery program, triggers may prompt an individual to slip up and use a substance or engage in behaviour they otherwise are trying to avoid. In obesity, one of a man's five senses sets a trigger.²¹

Wisdom

Wisdom applies knowledge to a situation, and God grants a divine gift whenever a believer asks. Solomon asked the Lord for wisdom that pleased the Lord, giving him riches, honour, and wisdom (1 Kings 3:8-13).

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

James 1:5

Worldly knowledge

Knowledge is defined as what is: learned, understood or aware of, the acquaintance with facts, a range of information, awareness, or understanding.

The information that has been perceived or grasped by the human mind. The earning; enlightenment. Familiarity, awareness, or understanding gained through experience or study.

The body of facts, principles, etc., is acquired through human experience and thought.²²

1.5. Introduction

God predestined man for His glory, and He created for the display of His glory as John Piper summarises Psalm 16 as follows:

“God will bring your Body and soul through life and death into complete and everlasting pleasure. If God is your safest refuge and sovereign Lord and your supreme treasure and trusted counsellor”. (AMP)²³

“Images created to image”. To set forth the reality - God is the reality, and man is the image. A man should reflect God. Therefore, one could state that the image of God is not

²¹ Definition of triggers in addiction - Bing

²² (<https://www.yourdictionary.com/knowledge>)

²³ John Piper created in the image of God: What Does It Mean to Be Made in God's Image? - YouTube

so much something that man has as something that man is. We image God, reflect God, live in a way we think in a way, feel, and speak in a way that calls attention to the brightness of the glory of God.

God created man to show that God is the end, and man is the means. For a man to be delighted in God will reflect His infinite value. God is happy about Himself; He is infinitely excited about His glory; that is why the Son received the words: Beloved Son with you I am well pleased (Mark 1:11), absolutely thrilled with Jesus as the image of Himself.

And lo a voice from Heaven, saying, This is my beloved Son, in whom I am well pleased.

Matthew 3:17

The deception in the Garden of Eden took place in a perfect environment. Today humanity lives in an imperfect world where Satan rules, presenting “truth” through cunning interception by deception. A subtle reflection of what once was God’s truth. God warns humanity that Satan is cunning and rules through deception.

This dissertation will understand and acknowledge obesity as a global pandemic. One must understand that obese people battle more than one “giant”.

God created humanity in His image and likeness to be a formal, visible, and understandable representation of who He is.

According to Genesis, He first created the inner man (Genesis 1:26-27; 5:1-2), then He formed the body from dust (Genesis 2:7; 3:19.) Therefore, man is made in God’s bodily image. The word image in Hebrew “*tselem*” mean shape, figure, bodily form (Genesis 1:26-27; 5:3; 9:6; Numbers 33:52; 1 Samuel 6:5; 11:2; 2 Kings 11:18; 2 Corinthians 23:17; Psalms 73:20; Ezra 7:20; 16:17; 23:14; Amos 5:26). Furthermore, man is made in God’s likeness bodily. Hebrew “*demuwth*” meaning model, shape, similitude, resemblance (Genesis 1:26; 5:1; 5:3; Ezra 1:5; 1:10; 1:13; 1:16; 1:26; 1:28; 10:1; 10:21-22).²⁴

Therefore, understanding man’s threefold nature and relating to another is essential in receiving divine deliverance and healing with obesity.

Obesity can no longer be regarded simply as a cosmetic problem affecting particular individuals but as an epidemic threatening global well-being. Although the consequences of obesity that maintain fatness can be specified, the root cause of obesity is far less clear.²⁵

Obesity within the world’s population is beginning to replace undernutrition and infectious disease as the most significant contributor to ill health.

Obesity has been associated with diabetes mellitus, coronary heart disease, certain forms of cancer, and sleep-breathing disorders.

Given the above, the following question should arise: Can science, medicine and psychiatry

²⁴ Dake’s Annotated Reference Bible p.1028

²⁵ Rodin, J. (1981). Current status of the internal-external hypothesis for obesity: What went wrong? American Psychologist, 36(4), 361–372.

alone treat obesity or is there a lack of a specialised field, non-surgical, in the treatment?

Currently, the treatment of obesity focuses on the symptoms of obesity and not the underlying root causes.

1.6. Background

This proposed dissertation will take the author's lifelong experience with obesity that opened the opportunity for a slimming clinic known as Fat-Free Forever.

Her testimony started ten years ago when the Lord spoke to her heart and called her to lose weight to fulfil Christ's potential and ultimate purpose for her on earth.

Being obedient to God led to a breath-taking journey. Over the next four years, the author discovered the critical knowledge and understanding that changed the whole treatment approach.

No more seeking answers or solutions in the world, but knocking on Heaven's door revealed all the "hidden knowledge and understanding" to the constant search for the question Why Me, God? The author's personal battle in line with the ongoing struggle of humanity was visible.

When humanity finds its identity in the Trinitarian God, actual knowledge and understanding will come.

"For myself, I long ago decided I would rather know the truth than be happy in ignorance. If I cannot have both truth and happiness, give me the truth. We'll have a long time to be happy in Heaven". – A.W. Tozer

The Lord revealed to her through her personal struggle and through the struggle of more than a thousand patients over the last six years that their fight to overcome obesity was connected. A clear pattern revealing numerous strongholds was visible.

As seen in the first three words of Scripture: Genesis 1:1, "In the beginning..." These words indicate that everything has a beginning, a reason, a cause. Obesity is no exception.

Therefore, when treating obesity, it is crucial to identify when obesity occurred the first time by being brutally honest, a painful but necessary process in identifying the root cause of obesity. The process will take us back to various stages of our life, revealing strongholds that the patients were not even aware of in most cases. Inner acknowledgement and healing are the first steps in conquering obesity.

Thus, the critical element in successfully treating obesity is looking for the root causes.

1.6.1. Strongholds (traumatic experiences such as rejection, abuse, and fear).

1.6.2. Medications (cortisone and other medications) have a contraindication of rapid weight gain.

1.6.3. Habits brought on by traditions and wrongful teachings.

1.6.4. False prophecies.

The casefile studies and results will speak for themselves in this proposed dissertation. The vision is a nationwide launch using the blueprint of the treatment method used in the Fat-Free Forever slimming clinic. In conjunction with Fagron SA and Creative Care Solutions as the Compounding Laboratories.

The mission is to overcome with the following words:

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Psalms 46:10

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

2 Timothy 2:15

Treatment of obesity will only be successful when conducted in a Godly manner. That means body, soul, and spirit.

1.7. Statement of the Problem

Why Me, God? An Exegetical Exposition into the Global Pandemic: Obesity, Humanity's Goliath Must Fall through Wisdom and Understanding.

Obesity is becoming a worldwide pandemic, escalating daily. With all the medical knowledge accumulated over centuries, the primary question is why humanity finds itself in a global pandemic regarding obesity.

The primary focus of the dissertation is: To prove that the treatment methods currently used worldwide for obesity are insufficient or adequate and never will be unless the treatment method is changed. Now, the treatment of obesity focuses on the symptoms of obesity, not the underlying root causes.

As seen in the first three words of Scripture: Genesis 1:1, "In the beginning".

These words indicate that everything has a beginning, a reason, a cause. Obesity is no exception. Treatment of obesity will only be successful if treatment is conducted in a Godly manner, body, soul, and spirit.

The secret things belong to Yahweh our God; but the things that are revealed belong to us and to our children forever, that we may do all the words of this law.

Deuteronomy 29:29

That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive.

Ephesians 4:14

The following questions to consider with the onset of treatment of an obese person:

- 1.7.1. Why is a person obese? (the beginning)
- 1.7.2. How does a person become obese? (medication, trauma, habits, genetic, eating disorders)
- 1.7.3. What is the solution to the problem? Treating body (science and medicine), soul (psychiatry) and spirit (finding Godly identity through knowledge as to who you are).

This dissertation investigates why there is so much controversy between treatment methods and why obesity has become a global pandemic.

Put not your trust in princes, nor in the son of man, in whom there is no help.

Psalms 146:3

Is there a reason for the misperception of obesity and obese people? Scripture warns:

For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

Matthew 7:2

1.8. Objectives of Research

Expounding obesity as a global pandemic, it is clear that the treatment of obesity is unsuccessful. With all the knowledge surrounding obesity, the question is, how is obesity classified as a global pandemic?

- 1.8.1. What happened?

Looking at the current situation globally, science and medicine primarily focus on losing weight. Medical treatment revolves around health by looking at the symptoms manifested in the body. Obesity is treated only as a medical condition by prescribing various types of medication.

The following happens when using medicine to address obesity: Science-developed medication starts a fat-burning process.²⁶

²⁶ Rodin, J. (1981). Current status of the internal-external hypothesis for obesity: What went wrong? *American Psychologist*, 36(4), 361–372.

1.8.2. How did it happen?

Psychology, on the other hand, is treating weight loss. The weight is life-threatening to an obese person, and the obese person does not understand the cause of obesity.

The “weight” manifested should be dealt with from the inside out through the treatment of severe trauma. It is going back to creation, the beginning, that is a direct cause of the accuracy of obesity.

1.8.3. Why did it happen?

The Godly anointed teachers and preachers are the last resort. One often finds the following question: I do not understand why God allowed this to happen.

The Word states: “Fathers teach your children who I Am”.

And ye shall teach them your children, speaking of them when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up.

Deuteronomy 11:19

God is the foundation and the rock of humanity.

But the Lord is my defence; and my God is the rock of my refuge.

Psalms 94:22

Three specialities are trying unsuccessfully to reach a common goal, saving a person’s life. The question to investigate is how this is possible.

1.9. Research Questions

1.9.1. *Imago Dei* - Created in God’s image. What does it mean?

1.9.2. What was God’s purpose in creating man?

1.9.3. Why do some people battle obesity and others do not?

1.9.4. Is obesity a sin?

1.9.5. Can gluttony, which in some cases directly leads to obesity, be classified as an addiction?

1.9.6. Is there a difference between losing weight and burning fat?

1.9.7. According to the World Health Organization, what are the leading causes of obesity?

1.9.8. What are the consequences of obesity?

- 1.9.9. Is obesity a medical or a psychological condition?
- 1.9.10. Can traumatic experiences cause obesity?
- 1.9.11. Is eating disorders the leading cause of obesity?
- 1.9.12. Is there a cure or prevention for obesity?
- 1.9.13. Why is obesity classified as a global pandemic?
- 1.9.14. Does the lack of water in the body contribute to a person being obese?
- 1.9.15. Are diet and exercise the solution to obesity?
- 1.9.16. Is genealogy the cause of obesity in some cases?
- 1.9.17. Does obesity affect the family and friends of the obese person?
- 1.9.18. How does obesity affect family and friends?
- 1.9.19. Is bariatric surgery a “quick fix” or the solution to obesity?
- 1.9.20. Can some medical conditions cause a person to gain weight unintentionally?
Secondly, do some medications prescribed for these conditions contraindicate weight gain?

1.10. Significance of the Study

This study is significant for the following two main reasons:

- 1.10.1. The author’s journey was a constant battle with obesity from an early age. Experiencing severe rejection as an unwanted pregnancy and a personal traumatic loss of a twin brother through abortion in the womb, the little girl embraced darkness and water as her safe place.

Being accepted, protected, and raised by a woman of a different race and culture led to trauma and conflict.

Being tossed back and forth between cultures, traditions, religions and the one constant: a voice from her innermost being. Someone, something burning from within a “voice of love, peace and truth”, became her beacon and direction.

Lonely and confused, God’s perfect creation was the only place she experienced utter freedom. Her life became a reflection of David, the shepherd boy who had a relationship with God, taught and equipped by God.

Not having experienced love, her perception of love was world-focused, a total misrepresentation. Peace in her little world was something that did not exist, for there was no peace.

The truth was a mockery in the world, where Satan was the ruler under disguise and pretence through traditions, habits, denominations, and cultures.

Governments ruled in an autocratic or democratic disguise instead of a Theocracy, where God is supposed to be first and foremost. Even as a little girl, the author knew something was amiss that went against every fibre of her being.

The world created a fearless, outspoken girl who stood up against authorities using the earth's armour, a rebel who fought the good fight in a wrong way to protect her fellow human beings at all costs.

The author's full testimony will be in the proposed dissertation.

- 1.10.2. Having her slimming treatment clinic: Fat-Free Forever, she has seen first-hand how her journey has influenced and helped many patients seeking help in her office for the past ten years. Therefore, the author believes in having Godly knowledge and insight into obesity and successfully treating this ongoing pandemic.

1.11. Literature Review

For further investigation, a qualitative literature review will be used to review the critical points of current knowledge, including substantive findings and theoretical contributions to obesity.

The purpose is to understand the current academic debate surrounding humanity's struggle with obesity and the increase of obesity at an astronomical rate. While addressing practical issues, the literature review will collect primary data to resolve the stated problem.

The purpose is to acknowledge that the current medical and psychological treatment methods for obesity are neither adequate nor accurate. Finding and implementing a long-term solution to prevent and treat obesity is of utmost importance to humanity.

Moreover, to review the critical points of current knowledge, including notable substantive findings and theoretical and mythological contributions to obesity as a global pandemic. While addressing practical issues, the literature review will rely on qualitative data collection to resolve the stated problem.

The purpose is to provide an understanding of the global pandemic of obesity. Furthermore, to draw attention to this field's significant issues and questions.

1.12. Research Methodology

For this dissertation, an extensive casefile study and internet literature represented the following sub-fields: anthropology, Catechism, etymology, Christianity, ethnography, history, phenomenology, philosophy, sociology, and theology.

Qualitative literature on obesity using case file studies over ten years will show that the current treatment methods for obesity are not successful and should change to stop the global pandemic.

Furthermore, desk research will show that science, medicine, and psychology function as three separate entities that create confusion and desperation in obese patients.

1.12.1. Research Design and Plan

This dissertation will include:

- 1.12.1.1. Data collection and literature review. This involves identifying, locating, and collecting information about the proposed research topic.

This includes primary sources (interviews, case studies, and observational studies) and secondary sources (books about the topic or event, internet resources, magazine articles, dictionaries, and academic publications).

- 1.12.1.2. Audio-visual material such as television programs and series. Documentaries on the relevant subject, television interviews and relevant movies, and CD-ROM material.
- 1.12.1.3. Seminars and conferences attended.
- 1.12.1.4. Case studies from Fat-Free Forever and relevant literature as well as observational data.
- 1.12.1.5. Observational studies will be used in conjunction with other methods, not to conclude from in itself. However, it will be used to develop theories from the findings.
- 1.12.1.6. Structured, semi-structured and unstructured Interviews.

1.12.2. Patient Interviews

- 1.12.2.1. Case study 1: Patient file 1: Susara Johanna Meyer (full disclosure of file)
- 1.12.2.2. Case study 2: Patient file 778: MMVN
- 1.12.2.3. Case study 3: Patient file 819: Wanda Kannemeyer (full disclosure of file)
- 1.12.2.4. Case study 4: Patient file 951: JF
- 1.12.2.5. Case study 5: Patient file 1023: GDP
- 1.12.2.6. Case study 6: Patient file 890: Coenraad Potgieter (full disclosure of file)
- 1.12.2.7. Case study 7: Patient file 330: KKM
- 1.12.2.8. Case study 8: Patient file 528: Anna Makao (full disclosure)

1.12.2.9. Case study 9: Patient file 27: Johan Henning (deceased, full disclosure)

1.12.2.10. Case study 10: Patient file 901: Marietjie Hattingh (full disclosure)

1.12.3. Ethical Considerations

This dissertation proposes to comply with ethical rules governing the conduct of every individual participating in the research process, following the protection of privacy under the POPIA Act.

According to Lues & Lategan,²⁷ ethical rules govern the conduct of every individual who participates in the research process.

1.12.3.1. Every respondent will be provided with sufficient information about the research project to decide whether they want to participate in the research or not. Respondents are free to withdraw from the study at any point.

1.12.3.2. Some of the respondents' identities will be anonymous, and their personal information will remain private. It will be indicated as such. In some cases, respondents willingly relinquish anonymity and privacy to participate in the helping of others. The supporting documents will be attached as an addendum.

1.12.3.3. The respondent's privacy, schedule and comfort will be considered with every interview. All interviews will be arranged with prior planning and notification. Location and distance to be travelled for the interview will be considered.

1.12.3.4. If any promises are made to the respondents, the promise will be kept.

1.12.4. Demarcation, including Scope and Limitation

The dissertation attempts to answer perplexing questions regarding the cause and treatment of obesity as a global pandemic.

The dissertation will study the relationship between man's body, soul and spirit from an interpretive perspective using the Word of God in direct comparison to the world's available methods and treatments.

Rather than elaborate in great detail on food science and technology, illness and accidents, bariatric surgery, eating disorders, numerous medications, names or paraphernalia on obesity, this research aims to provide only the minimal amount of information needed to establish the correct information on the successful and sustainable treatment method for obesity.

This dissertation will investigate the effects of the current treatment methods resulting from obesity as a global pandemic.

²⁷Lues, Liezel; Lategan, Laetus (2006) RE:search ABC. Stellenbosch, South Africa: Sun Press.

It also aims to show that turning to the living God for salvation, accepting Jesus Christ as Saviour and following the lead of the Holy Spirit is the only way to ensure life after death. It ensures the forgiveness of sins and healing of the effects of sins.

The dissertation will exclude the in-depth study on:

- 1.12.4.1. Numerous global treatment methods and medications are available to treat obesity.
- 1.12.4.2. Eating disorders result in a severely underweight patient (anorexia, bulimia, orthorexia).
- 1.12.4.3. In-depth study and exploration of popular diets and diet plans. Weight loss programs like the Ketogenic diet, Weight Watchers, Vegan diet, Atkins diet, Tim Noakes, and calorie counting. For clarification, some of the above programs will be mentioned briefly.
- 1.12.4.4. The effect of processed (junk) food on the body and how it is designed to get people addicted.
- 1.12.4.5. Although food addiction will be discussed and mentioned, the addiction cycle and the complexity of addiction will be excluded.
- 1.12.4.6. Although exercise is acknowledged as a significant contributor to healthy living, the effect of exercise on body mass and muscle tissue and how it influences metabolism will not be discussed.
- 1.12.4.7. Cooking methods and how to cook healthy food.
- 1.12.4.8. Generational curses, demonic oppression, and demonic possession (although it is acknowledged).
- 1.12.4.9. Liposuction, plastic surgery, cosmetic procedures.
- 1.12.4.10. Make a distinction in eating plans for athletes, models, and lifestyles.

This dissertation is unique in providing a valuable contribution to the truth, knowledge and freedom that comes from knowing and doing the right thing regarding the correct treatment method for obesity compared to the current techniques and their subsequent consequences.

1.13. Outline of the Proposal Research Report

Intended chapters of the dissertation:

- 1.13.1. Introduction
- 1.13.2. Chapter one will look at the triune Creator to fully comprehend why He created man and understand “*Imago Dei*”, the man’s true identity.

To fully comprehend the effects of obesity on humanity, one needs to familiarize oneself with the concept of a human being as a tripartite entity. God created the human body, soul, and spirit.

This chapter studies the creation of man from a Biblical perspective. Genesis 2:7 (ASV) states: And Jehovah God formed man of the dust from the ground and breathed into his nostrils the breath of life; and man became a living soul. There are three elements. The man was formed from dust, and the body was created as the physical part.

Through His “breath of life”, God breathed man’s spirit into them. Whereafter a lifeless body was given life, a “living soul” was created. After God’s breath entered man’s body, it became man’s spirit; as the spirit fused with the body, man’s soul was formed.

This Chapter will be based on the trichotomy view that man is three different parts. The parts are body, soul, and spirit, and the same base, Genesis 2:7, as a proof text. In addition, in 1 Thessalonians 5:23, the apostle Paul considers man’s nature to have body, soul and spirit. Hebrews 4:12 speaks of “dividing asunder of soul and spirit”.

Chapter one will also focus on the fall of man.²⁸ The concept of original sin and the reality to which the concept refers are different. The debatable question is: What is original sin?

Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

Genesis 3:1

The dissertation concludes that the consequence of turning away from divine goodness through disobedience and the excellent God’s desires is human evil, the distortion of humanity’s personal and social dimensions living in deception and ignorance.

And the serpent said unto the woman, Ye shall not surely die:

Genesis 3:4

Sin still has a comprehensive and destructive influence in this world. Man is not intrinsically good but still can choose what is right and wrong. The attempted dissertation will argue that humankind is born into a fallen kingdom on earth due to Genesis’ original sin of disobedience. The effects of sin as seen in 2 Corinthians 4:4. Also, the Word of God clearly states Lucifer’s mission.²⁹

²⁸ Wiley, Tatha (2002) Original Sin: Origins, Developments, Contemporar Meanings. Mahwah, New Jersey. Paulist Press.

²⁹ Lucifer: Spiritual being at enemy with God. Also Angels of the Devil destined for ultimate destruction. A powerful evil spirit that works for Satan. Demons can control people. Nevertheless Jesus has power over demons. He can make them come out of people. (Mark1:21; Mark 9:14-29; Acts 16:16; Ephesians 6:10-11)

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:10

- 1.13.3. Chapter two: A wounded identity - Looking at man's identity wounds, it is clear that we have lost our Godly identity as we adopted the world's identity through the broad spectrum of habits, traditions, cultures and denominations worldwide.³⁰

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by deceitful desires: to be made new in the attitudes of your minds. (NIV)

Ephesians 4:22-23

In whom the God of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

2 Corinthians 4:4

The topic of identity is probably the most important to address when discussing obesity. This chapter proposes that the underlying cause of obesity is primarily a wounded identity also that some wounds start as early as inside the womb.

A person lacking attention, affection and affirmation will find a way to fill that void, incredibly when their identity is not grounded in Christ. Our carnal nature will always have a craving for recognition, belonging and a sense of meaning, even if the ways of filling that void can be harmful.

Regarding obesity, rejection and abuse can be seen in most obese patients, and most of the other identity wounds from these two giants, as discussed by Dr Bob Schuchts.³¹

The following seven identity wounds from Dr Bob Schuchts:³²

1.13.3.1. Rejection

1.13.3.2. Abuse

1.13.3.3. Confusion

1.13.3.4. Fear

1.13.3.5. Shame

1.13.3.6. Hopelessness

³⁰ Anthropology: The science of human beings. Especially the study of human beings and their ancestors through time and space and physical character, environmental and social relations, and culture.

³¹ Schuts, Bob (2017) Be Transformed: The healing power of the sacraments. USA: Ave Maria Press

³² Schuts, Bob (2017) Be Transformed: The healing power of the sacraments. USA: Ave Maria Press

1.13.3.7. Powerlessness

These identity wounds explain why some people battle obesity and others do not. Furthermore, looking at the impact of traumatic experiences and weight gain, also the effect of obesity on family and friends.

- 1.13.4. Chapter three will present various case studies to illustrate the possible devastating consequences on the body, soul (mind, will and emotions) and spirit of an obese person, including the authors exposing the identity wounds bringing the root causes into the open and giving evidence of the healing power, the true living God.

- 1.13.5. Chapter four expounds on obesity from a biblical perspective.

Humanity should ask why obesity is regarded as a global pandemic amidst all the medical knowledge accumulated over centuries - considering the leading causes of obesity, according to science and medicine (WHO).

We are looking at eating disorders, regarded by the WHO as the leading cause of obesity, expounding on the soul (the five senses where identity wounds originate) that should be considered the root cause of obesity that, in effect, cause eating disorders.

Furthermore, looking at some medical conditions present in an obese person and medication prescribed to treat the medical conditions. It is common knowledge that obesity causes most medical conditions. Why is a drug prescribed that has a contraindication of rapid weight?

Medical doctors studied to treat disease and illness by considering the symptoms; one might ask if they qualified to treat obesity.

Looking at the slimming industry, multi-billion-dollar industries with numerous miraculous treatments for obesity come and go. The slimming industries combined marketing on multiple levels, advertising miracle treatments. Is that for the benefit and health of obese people, or is there a hidden agenda?

Furthermore, looking at exercise and obesity for the solution.

Looking at the following scenario: an obese person is not healthy, again they suffer from shame, judgement, self-condemnation, and lack of energy to name but a few. If we take someone like that into a gym, imagine the emotional trauma they experience.

The new worldwide tendencies are bariatric surgery. The quick surgical fix can solve obesity worldwide, but these procedures do not align with the Word of God.

This dissertation proposes to conclude what the Bible states in Proverbs 14:12 and 16:25: There is a way that seems right to man, but in the end leads to death.

- 1.13.6. Chapter five will illustrate Godly restoration and healing using Fat-Free Forever's treatment model; weight loss and wellness journeys are not just physical but spiritual. Every weight loss program they have tried has eventually failed, not

because they were not strong enough or did not try hard enough. They do not understand how God created them.

Teaching the people to find true freedom in their bodies by focusing on God and seeing themselves in the way the Lord sees them, “Perfect in His Sight.”

When we focus right where it should be, on God and getting our body back to the way He designed it to be, the above will help us regain the freedom, confidence, and peace God already has for us. God’s grace and God’s healing abound when a person repents and commit themselves to Jesus Christ as their only Saviour and how He restores those who turn to Him for salvation.

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

2 Chronicles 7:14

This dissertation will attest that inner healing and renewal of the mind are the only sure solutions to breaking the long-term bondage of obesity.

Scripture urges humanity to bring into captivity every thought to the obedience of Christ (2 Corinthians 10:5).

Furthermore, looking at what Scripture says: 2 Timothy 2:15, Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth. (NIV)

Everyone is responsible for knowing the basics of how their bodies function. If a person goes to the doctor, he gives him all the symptoms and prescribes the medication based on the information he provides. In effect, he is telling a medical doctor what is wrong with him in most cases.

An obese person needs to go back to the beginning, taking a journey back into their own life. As creation had a beginning, obesity has one as well, a painful journey of discovery, understanding and finally healing that results in victory.

1.14. Time Frame

Table 1: Dissertation Time Frame

	Due Date:
Research	January 2021 - September 2021
Proposal	January 2022
Chapter 1	February 2022
Chapter 2	April 2022
Chapter 3	June 2022

Chapter 4	August 2022
Conclusion	October 2022
Dissertation Due	October 2022

1.15. Referencing

The Harvard referencing method will be used in the bibliography, and footnotes will be used at the end of each page where applicable. KJV – King James Version will be used for the dissertation unless otherwise stated.





* CHAPTER 1 *

2. Chapter 1: *Imago-Dei*: Image of God, Christology, and Christian Hamartiology

2.1. Introduction

The Holy Bible is the inspired unfailing message from God. An intimate, infinite, omniscient, and omnipotent Father. Scripture verbalises His revealed intelligence about how humanity should think, feel, act, and speak. Every Word in the Bible is priceless, Godly inspiration Scripture: humanity should live by every word that proceeds from the mouth of God.³³

Therefore, this dissertation is written from the Biblical perspective that there is a Creator, a Trinitarian God, and a spiritual enemy loose on earth; the Bible alone represents the incorruptible (truth) authoritative record that a Holy God has given His people. God's Word is sufficient for final truth and authority in every aspect of life.

The world is in a tumultuous state, with obesity a global pandemic. The Trinitarian God, the Alpha, and the Omega, the Beginning, and the End, are systematically replaced by Satan's cunning lies and deception.

Society regards science and medicine as the master of its fate and the determiner of everything, driven by various religions, traditions, cultures, habits, and misinformation.

Humanity is overwhelmed by the influx of information from billion-dollar slimming industries through multiple forms of social media, driven mainly by Mammon³⁴ in total disrespect for human life and health.

Through the ages, the world kingdom systematically replaced the loving Father by distorting Godly wisdom and understanding, leaving man orphans in the world and "slaves" to the world kingdom.

Humanity follows science, medicine, media, habits, and traditions without questioning anything. This phenomenon is crystal clear, especially in obese people desperate for a quick fix.

The deception in the Garden of Eden took place in a perfect environment. Today humanity lives in an imperfect world where Satan rules, presenting lies using cunning interception by deception. A subtle reflection of what once was Godly Truth. The deception of God's people left them fatherless, unprotected and exposed to the cunning ways of Satan. God, our Heavenly Father, admonishes humanity:

³³ Morgan J Robert (2010) 100 Bible Verses Everyone Should Know by Heart. Tennessee, USA: B&H Publishing Group.

³⁴ Mammon. (<https://www.google.com/search?q=definition+of+mammon+britannica&ei=PN2pYayLCceQ8gLQ-p>)

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

Hosea 4:6

Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

Genesis 3:1

One should ask how it is possible that with top-rated science and medicine and all the knowledge accumulated and freely available in the world, obesity has become a global pandemic.

Humanity's view of God is the most important thing about them; it informs everything about who we are and who we are becoming. Man must understand that if we have a flawed view of God, we will have a faulty view of ourselves and life.

Has humanity willingly ceased to believe in the supernatural, or is it due to a lack of Godly knowledge and understanding?

Free will makes it possible for humankind to accept God or reject God. Is that free will been taken away from man through misinformation, deception, and a lack of Godly education? Rendering humanity as incapable of making a clear distinction between their Heavenly Father and their earthly fathers; therefore, they cannot discover their true identity in the Trinity of God.

God never does anything without a purpose. God is intelligent because intellect is an attribute of His deity. This intellect is visible in every aspect of creation. Nothing in creation is without meaning, even if we, as mortals, do not see or understand the purpose at the time. Deep within every human heart is an insatiable longing to know his sense of life. Therefore, it indicates the residue of memory before the Fall of man. Man strives to know the "why" of everything. The problem is that most people get the wrong answer to their inquiry.³⁵

Every believer should discover the truth about their body: It is a gift, a sign of God's love. Furthermore, with our bodies, God is glorified.

What if we had the same joy about our bodies as God does?

This study brings us back to a Biblical perspective—a freeing, corrective viewpoint that reminds us of the connection between spirit, mind, and body. This perspective will increase our understanding of God's love for the body and what it means to care for his whole being.

Weaving together Biblical hermeneutics,³⁶ the following section will put into context God's creation of humankind in the flesh and the role of the mind and the subconscious. It

³⁵ Tozer, A.W (2009) The Purpose of Man.USA: Regal Publishing.

³⁶ Hermeneutic Definition & Meaning - Merriam-Webster

examines the spiritual disciplines, the creative process, God's purpose for man and the church's role in misunderstandings about the body.

What does the following Scripture mean: Genesis 1:27 created in God's image? Moreover, since man lives in a fallen world, do they still have the image of God?

2.2. Man Created in God's Image – *Imago Dei*

In Genesis 2:26-27, Adam is called the image and likeness of God. This language carries with it a whole host of cultural and theological reflections. Studies by D.J.A Clines,³⁷ Randal Garr,³⁸ and Richard Middleton³⁹ (to name only a few) help us assess the fullness of the meaning of God's image and likeness. The study, which reflects Exodus 19:6, thoroughly explains how Adam's *imago Dei* conjoins sonship, priesthood, and kingship.

The author of this dissertation understands the connection between sonship and the image of God. Also, the Biblical support for this three-fold image of son-priest-king will not be expounded within the scope of this dissertation but is recommended for further studies.

As with any passage of Scripture, we must understand Moses' words in their textual, covenantal, and canonical contexts. The dissertation will focus on the image and likeness of God within the Pentateuch.

God created man in His image, and by breathing His breath of life into man, he became a living soul. God created man with a triune nature of spirit, soul (senses), and body. Man's body is the physical part of man, and the soul (heart) consists of the mind, will, emotions and intellect. The spirit is the eternal part.

The soulful features enable man to act, think, feel, react emotionally, and when a spirit is reborn (meaning infilling of the Holy Spirit), it will spiritually respond to God.

Before the fall of man, each part of this triune nature was in harmony. Therefore, the man was in fellowship with God. Without sin, the man was healthy in body, soul, and spirit.

However, Adam and Eve disobeyed God's Word. Their disobedience brought the curse of sin and death upon all men.

Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

Romans 5:12

God created man to be a graphic image of Himself- a formal, visible, and understandable representation of God, who God is, and what He is capable of.

Well, known author and American pastor John Piper writes:

“The *imago Dei* is not a quality possessed by man; it is a condition in which man lives, a

³⁷ Clines, D. J. A. (1968) The Image of God. Tyndale Bulletin 19, pp. 53-109.

³⁸ Garr, W.R. (2003) In His Own Likeness: Humanity, Divinity and Monotheism, Culture and History of the Ancient Near East 15. (ed. B. Halpern et al.; Leiden) Netherlands: Brill.

³⁹ Middleton, The Liberating Image.

condition of confrontation established and maintained by the Creator. The *imago Dei* is that in man which constitutes him as him-whom-God-loves".⁴⁰

A Biblical and theological approach to define *Imago Dei*: The Biblical material on the image of God is sufficient in itself.

Thy Word is true from the beginning; and every one of thy righteous judgments endureth for ever.

Psalm 119:160

In the Old Testament, the Hebrew words *tselem*⁴¹ ("image") and *demuth*⁴² ("likeness") are used to delineate God's image and likeness. The etymology of *tselem* is equivocal, but if it comes from an Arabic root word meaning "to cut", it could suggest the idea of "a cutting" or, more popularly, "a chip off the old block". The etymology of *demuth* is more straightforward, meaning "resemblance" or "likeness".⁴³

Although some follow Irenaeus in drawing dissimilitude between "image" and "likeness". The majority view is that these terms are used synonymously to express the device of synonymous parallelism in Hebrew poetry. While in the New Testament and the Septuagint, the word "image" is rendered by the Greek word *eikon*,⁴⁴ and "likeness" with *homoiosis*.⁴⁵

See Genesis 1:26-28, Genesis 5:1-3, Genesis 9:6, Colossians 1:1-15, Hebrew 1:3, 2 Corinthians 4:4-7.

In the recreated earth, God's purpose was to create humanity on earth in His image (Genesis 1:26-28), giving them dominion over the rest of His creation under His sovereign rule; therefore, a man stands between God and all which God chose to put under man.⁴⁶

He has seen it fit to bestow humanity with qualities and characteristics that adequately reflect His image through rationality and a relationship, distinguishing man from other created beings, including Satan.

Furthermore, God gave man dominion not on the merit of man's ability but rather for his role in reflecting the attributes of God.

According to well-known author Francis Schaeffer, the image of God is the following attributes within man: love, rationality, morality, significance, and creativity. These characteristics enable man to think as he is rational, make moral choices, and be creative.

The differentiation between a man from the rest of creation is that God chose to create man

⁴⁰ What It Means to Be Made in the Image of God

<https://www.focusonthefamily.com/family-qa/what-it-means-to-be-made-in-the-image-of-god/>

⁴¹ Strong's 6754

⁴² Strong's 1823

⁴³ Wenham, Gordon J (1987) Word Biblical Commentary Genesis 1-15. Volume 1. Waco: Word Publishing, p. 29.

⁴⁴ Strong's 1504

⁴⁵ Garrett, James Leo (1990) Systematic Theology: Biblical, Historical, and Evangelical. Volume 1. Grand Rapids: Eerdmans Publishing, pp. 393-394.

⁴⁶ The Mannishness of Man (<https://cbmw.org/2021/06/08/the-mannishness-of-man-and-the-imago-dei-an-analysis-of-francis-schaeffers-anthropology-and-apologetic-methodology/>)

in His image. As God is personal, communication through a relationship has validity. Furthermore, being created in God's image bestows man with rationality and morality, enabling man to be conscious and responsible.⁴⁷

Within the image of God lies man's "personality", the ability and freedom to impact the course of history by deciding the path through the choices set before him, remaining responsible for the decisions he made and dependent on God.

God has chosen to create humanity in His likeness for His glory to be the sons and daughters of His eternal kingdom, to praise, honour and serve Him forever and through whom He will display His wisdom, power, mercy, grace, and glory.

The defined Biblical purpose is to worship and enjoy Him forever. Besides, man has no other purpose; short of that, he wanders in spiritual disorientation, taking him further from finding his created purpose.

Humanity is a Temple of God, a place to dwell in, an inseparable union where He lives inside man/woman.

And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, walk in them; and I will be their God, and they shall be my people.

2 Corinthians 6:16

Schaeffer writes:

"all of the various components of the image of God are rooted in man's personal nature, which is designed by a personal God and has the potential to live in harmony with a personal universe. In other words, the man was designed for harmony, both internally and externally".⁴⁸

2.3. The Godly Creative Process

Before creation, God called humanity by their names. In Jeremiah 1:5, we read: Before I formed thee in the belly I knew thee, and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

And I will give thee the treasures of darkness, and hidden riches of secret places, that thou mayest know that I, the Lord, which call thee by thy name, am the God of Israel.

Isaiah 45:3

A sovereign Trinitarian God creating out of nothing *creatio ex nihilo*,⁴⁹ willing creation by the mere uttering of words: Creation is an act of divine sovereignty and freedom. The

⁴⁷ The Mannishness of Man (<https://cbmw.org/2021/06/08/the-mannishness-of-man-and-the-imago-dei-an-analysis-of-francis-schaeffers-anthropology-and-apologetic-methodology/>)

⁴⁸ The Mannishness of Man and the Imago Dei
<https://cbmw.org/2021/06/08/the-mannishness-of-man-and-the-imago-dei-an-analysis-of-francis-schaeffers-anthropology-and-apologetic-methodology/>

⁴⁹ Creatio Ex Nihilo: The Omnipotent God Still Creates Out of Nothing
(PDF) Creatio Ex Nihilo: The Omnipotent God Still Creates Out of Nothing (researchgate.net)

universe had a finite beginning in time yet was infinite in space.

In the beginning God created the Heaven and the Earth. And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

Genesis 1:1-2

Seeing creation as a purposeful act of a spoken word from God, derived from God's love and aligned with God's intentions.

God is already in advance of creation; it is possible to say that He does not need the world, and in so implying, He can will the existence of something only for His pleasure.⁵⁰

And God said, Let there be light: and there was light.

Genesis 1:3

God personified in one undivided essence in an irreducible person's threefold personal modification distinguished from each other by mutual relations and characteristics. These relations constitute God's immanent perfection as a prelude to creation.

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

Genesis 1:26

Creation is a joint work of the undivided Trinity: God the Father, Son, and God the Holy Spirit.⁵¹

So God created man in his own image, in the image of God, created he him; male and female created He them.

Genesis 1:27

Genesis shows that God made man, male and female, and created man in His image and likeness. Therefore, man should reflect their Heavenly Father.

2.3.1. The Tripartite of Man

As God is a triune God, a man was created in tripartite, constituting the physical body/flesh that contains the soul and spirit (heart).

These three distinct parts make up the whole human being that continually interacts. The result of their responding to one another establishes the foundation

⁵⁰ Gunton, C E. (1998) *The Triune Creator: A Historical and Systematic Study*. Grand Rapids: Eerdmans Publishing Company.

⁵¹ Toon, Peter (2002) *Our Triune God: A Biblical Portrayal of the Trinity*. University Boulevard Vancouver, Canada. Regent College Publishing.

and motivation of all our actions.

Besides the spirit and soul of a man, Scripture often refers to the heart of man, which includes both the spirit and soul, man's entire emotional, natural, and understanding.

Therefore, the condition of a man's heart (both spirit and soul) determines his spiritual, mental, and physical state. Often, obese people are unhealthy, unhappy, broken-hearted, and desperate.

For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate

Psalms 143:3-4

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

1 Thessalonians 5:23

This death curse was a spiritual separation between man and God and physical death that would end man's life. We could see the curse's effects immediately in the Genesis record, where Adam and Eve hid from God (shame) because of the spiritual sickness of sin. Adam blamed Eve for starting an emotional illness resulting from disintegrating relationships.

Cain killing Abel (the first murder recorded in the Bible, Genesis 4:1-18) is an example of a social disorder (disease). Furthermore, an example of physical condition is Sarah's barrenness and the plaque upon Abimelech.

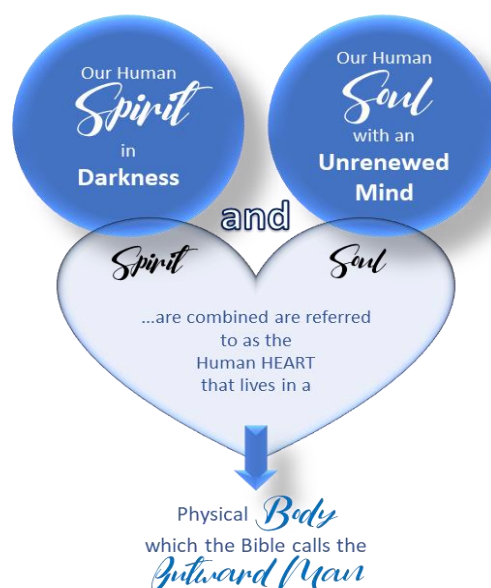


Figure 1: The Human Condition Before Regeneration

This diagram represents man`s triune being without the indwelling of the Holy Spirit. Leaving the human spirit in darkness without life from God, causing the heart to be dulled and hardened by sin, the mind unrenewed and lacking God`s truth.

... being alienated from the life of God... (Ephesians 4:12)

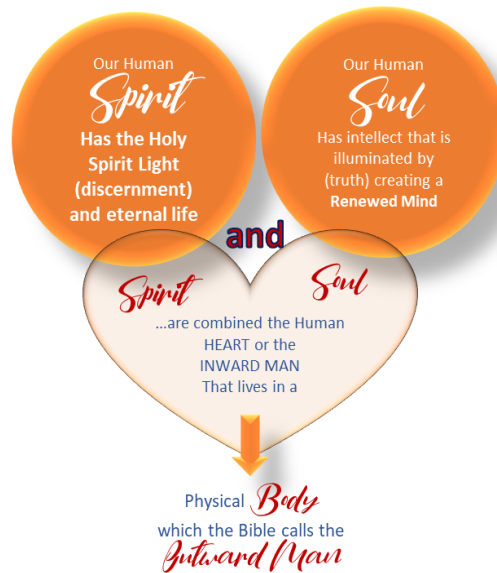


Figure 2: The Human Condition After Regeneration

This diagram represents man`s triune being with God`s Holy Spirit dwelling within the human spirit, giving the human spirit light (discernment). Making man`s heart tender as God`s truth renews the mind.

...be strengthened with might by his Spirit in the inner man; that Christ may dwell in your hearts by faith. (Ephesians 4:12)

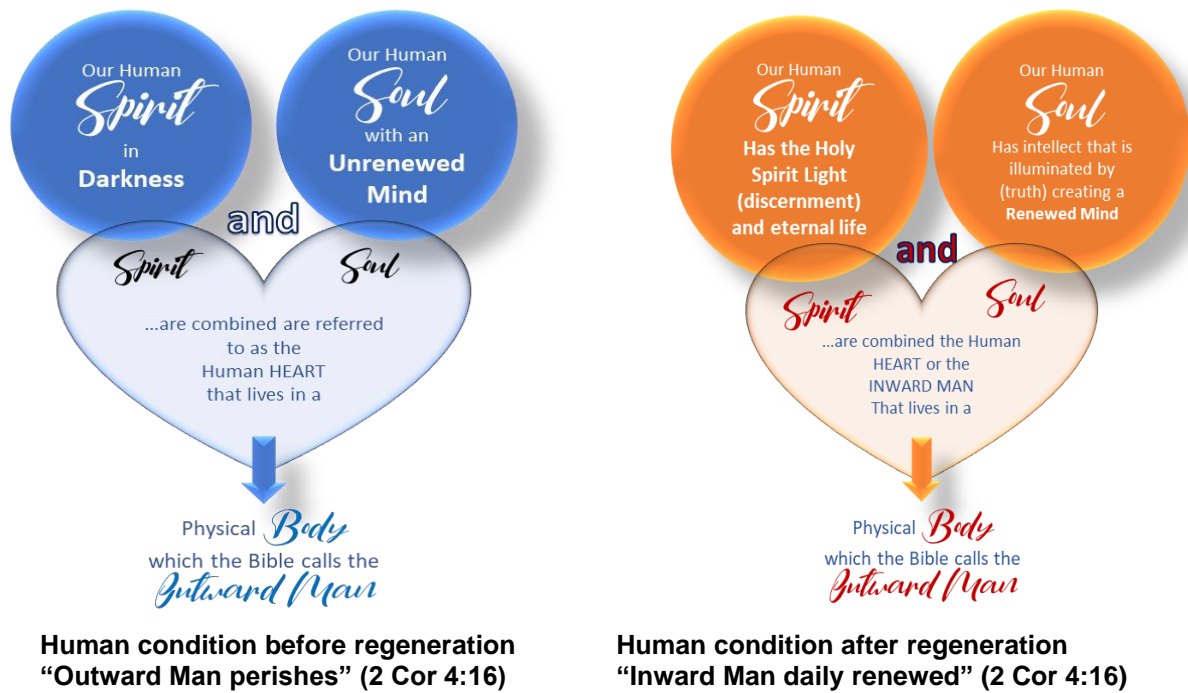


Figure 3: The Human Condition Before and After Regeneration

2.3.1.1. The Spirit of Man

The human spirit consists of two aspects, the conscious and the subconscious. The first aspect of our spirit is the conscious - Greek *suneindesis*⁵² which means co-awareness and co-perception - also described as the spiritual intuition, more commonly known as a sixth sense or gut feeling.

Thus, humans receive impressions or knowledge from spiritual influences – God or Demons. If a man has not received the truth through Scripture, his conscience can be weakened or defiled by false beliefs and teachings.

Howbeit there is not in every man that knowledge: for some with conscience of the idol unto this hour eat it as a thing offered unto an idol; and their conscience being weak is defiled.

1 Corinthians 8:7

Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled.

Titus 1:15

When man’s human spirit joins with the Holy Spirit, man has access to what the Holy Spirit perceives or knows (co-perception).

⁵² Strong’s 4893

The spirit of man is the candle of the Lord, searching all the inward parts of the belly.

Proverbs 20:27

The second part of the human spirit derives from the Greek *suniedo*,⁵³ the sub-conscious mind where private feelings, thoughts and memories occur without conscious awareness. Therefore feelings, memories and ideas are hidden from our conscious mind (soul), affecting our spirit (conscience).

When the subconscious defiles conscious thoughts, it wounds our spirit and, in the process, affects our physical being (body).

Before destruction the heart of man is haughty, and before honour is humility.

Proverbs 18:12

Without God's Holy Spirit living within the human spirit, we are helpless against Satan's spiritual influences that damage and defile our soul and spirit through conscious and unconscious thoughts and the emotions they create. The negative reviews, in turn, will affect our physical well-being.

For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead. Therefore is my spirit overwhelmed within me; my heart within me is desolate.

Psalms 143:3-4

This text states that when man's spirit has areas of darkness, it overwhelms our subconscious mind through thoughts or messages from evil spirits. The Hebrew word for overwhelmed is *ataph* (aw-taf)⁵⁴ defined as enveloping, covering, turning aside, or growing weak.

That weakness explains why man compromises the truth and falls into sin, ending with a seared conscious, unable to hear God and His truth. Obesity is a perfect example of this weakness where man follows science, medicine, and advertising blindly without question, fuelled by the desperation of being trapped in an obese body.

Now the spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron;

2 Timothy 4:1-2

⁵³ Strong's 4892

⁵⁴ Strong's 5848

2.3.1.2. The Soul of man

Just as the spirit of man consists of two aspects, so does a man's soul, the *Psuchikos*⁵⁵ and the *Phronema*.⁵⁶ Once we understand this dual existence, we can expose the hidden secrets of our wounded hearts, unveiling the darkest painful issues: rejection, abuse, bitterness, pride, and many more. By revealing the impaired broken heart, inner healing will follow.

But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the Word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God.

Corinthians 4:2

Every man can know the truth as God gave us a conscience and will be accordingly.

Which shew the work of the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while accusing or else excusing one another; In the day when God shall judge the secrets of men by Jesus Christ according to my gospel.

Romans 2:15-16

Man can exercise their free will and ways and willingly violate their conscience, living outside God's grace, making them vulnerable to Satan's deceptive schemes and attacks.

For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness; Because that which may be known of God is manifest in them; for God hath shewed it unto them. Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen. And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient;

Romans 1:18-19; 1:25; 1:28

Unfortunately, it is all about deceit and money in the slimming industry. There is no constant solution. The question arises: How is this possible with modern science and medicine?

A new miracle is continually advertised, and obese people are desperate and willing to accept the deceit, hoping that maybe this time, it will be a solution. The global slimming industry does not understand or willingly ignore that they are gambling with human lives.

⁵⁵ Strong's 5591

⁵⁶ Strong's 5427

This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:

Ephesians 4:17-19

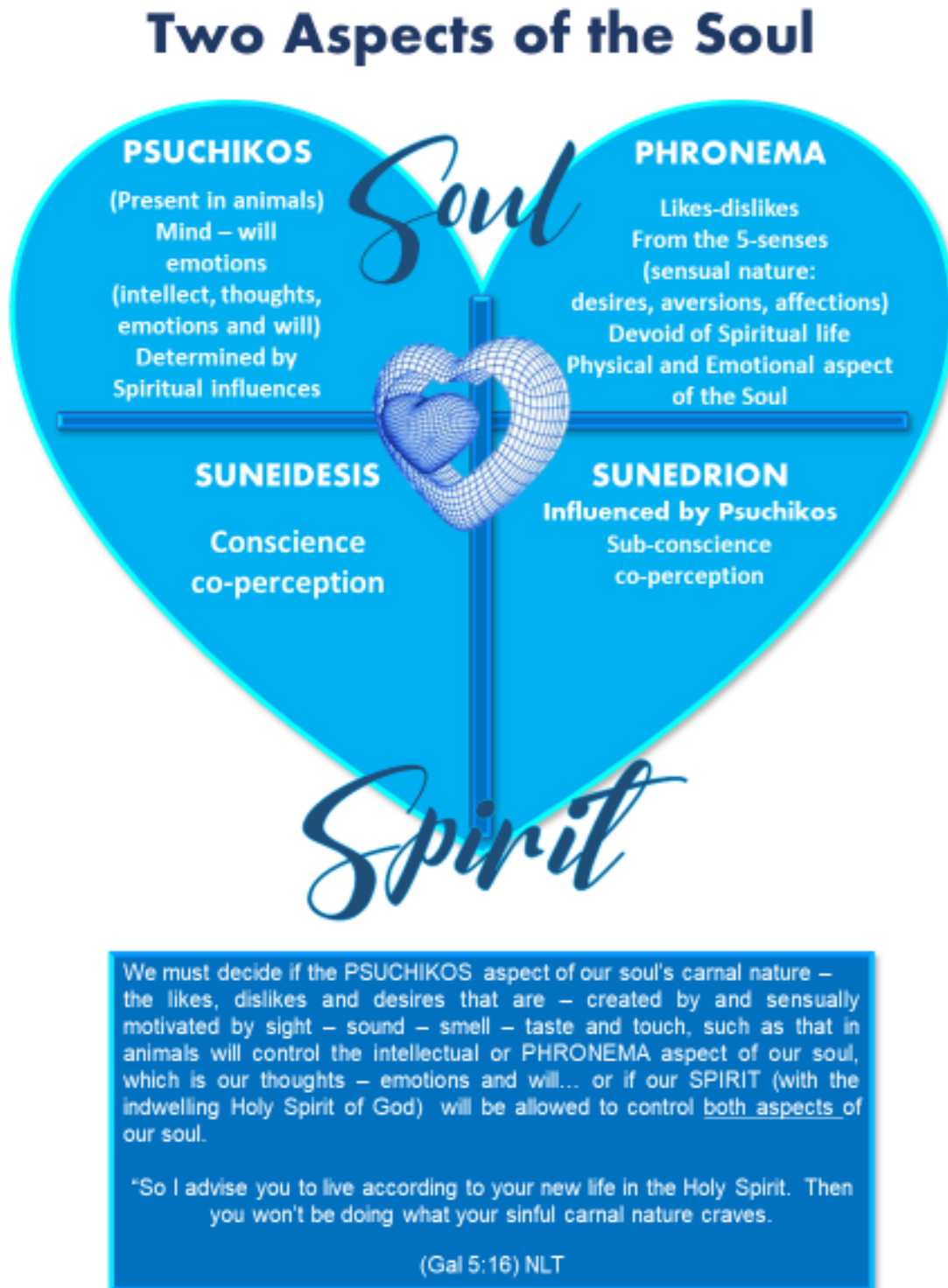


Figure 4: Two Aspects of the Soul

2.3.1.2.1. The *Psuchikos*⁵⁷ (senses) aspect of the soul

From the Greek Word *psuchikos* (psoo-khee-kos')⁵⁸ is the sensual part of the soul consisting of affections, aversions, and desires. This part is better known as the sensuous nature, where we form our dislikes and likes according to our five physical senses of touch, taste, smell, sound, and touch. The senses are our soul's physical and emotional aspects devoid of any spiritual life—not motivated by reasoning or intellect. Animals also possess the *psuchikos* part and are purely motivated by their physical and emotional sense.

When we as humans are motivated only by the *psuchikos* (senses), we will be ruled and manipulated by fleshly appetites (cravings and desires). Obese people predominantly suffer from passions and desires for various forms of food, and the world calls this emotional eating. Is this not a stronghold that past traumatic experiences have formed? The following chapter will show that this is, in fact, the case.

But chiefly them that walk after the flesh in the lust of uncleanness, and despise government. Presumptuous are they, selfwilled, they are not afraid to speak evil of dignities. But these, as natural brute beasts, made to be taken and destroyed, speak evil of the things that they understand not; and shall utterly perish in their own corruption;

2 Peter 2:10; 2:12

2.3.1.2.2. The *Phronema*⁵⁹ aspect of the soul

The second aspect of the human soul, defined by the Greek word *phronema* (fron'-ay-mah), refers to a person's motives, options, and intellect and is subject to spiritual influences and the sensual *psuchikos* part of our soul. Once the human spirit becomes the dwelling place of the Holy Spirit our soul can be saved with the renewal of the truth from the Holy Spirit. We will be delivered from the lies and the deception of the enemy.

Deliver my soul, O Lord, from lying lips, and from a deceitful tongue.

Psalms 120:2

In conclusion, the condition of a man's heart is determined by what controls the two aspects of his spirit and soul. With free will, we can choose whether it is a born-again spirit through the Holy Spirit or the

⁵⁷ Strong's 5591

⁵⁸ Strong's 5591

⁵⁹ Strong's 5427

flesh, our human nature with its carnal un-renewed mind (soul) that will still be influenced and controlled by hearts of darkness stuck in the past, willingly led by deceit and lies.

The current slimming industries have no solution for obesity, for the human body is not treated in totality. As long as God's design of man as body, soul and spirit is not addressed by science and medicine in treating obesity, obesity will not be cured or prevented.

2.3.1.3. The Body of man

The body of man is the container of the spirit and soul (heart), the dwelling place of the Holy Spirit. God wants the body to function as He designed it, with perfect harmony in the tripartite of the body, soul and spirit. Only then will we be able to fulfil our creative purpose.

On the other hand, Satan wants the destruction of the body and accomplishes that by wounding and defiling our spirit. Furthermore, Satan corrupts and perverts the soul and the flesh of man. In doing so, man is of little to no use to God.

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

1 Corinthians 3:16-17

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1 Corinthians 6:19-20

To live in harmony and agreement with God and His Word, embracing God's will and ways for our lives, be accomplished when we choose to honour and guard our bodies, bringing the tripartite body in complete harmony. If we are unwilling to treat our bodies as a temple, Satan will continue to destroy them. We will be living with putrefying sores, illness, unhappiness, and obesity.

From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrifying sores: they have not been closed, neither bound up, neither mollified with ointment.

Isaiah 1:6

2.3.1.4. Demonic spirits are assigned to man's body, soul, and spirit

Scripture is clear that the battle is not against flesh and blood.

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Ephesians 6:12

As God created man, body, soul, and spirit, we must understand that three are demonic spirits assigned to every area since the fall of man. Satan and his demons can attack our bodies, thinking patterns and emotions. However, we cannot blame every form of illness, emotional difficulty or sin on satanic influences.

The spirit of infirmity latches onto the body. However, God is a God of power and compassion, as seen in Luke 13:10-17. He healed the woman who had been battling disability for eighteen years on the Sabbath day to the anger of the Pharisees. Jesus called her a daughter of Abraham in verse 16. Through the love of a Father, he released her.

The spirit of fear attacks the soul of man.

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

In Paul's letter to Timothy, he explains the spirit of fear. Fear is not a spirit from God, a clear warning to humanity. A sound mind is a man's capability to think, reason, and understand.⁶⁰

Throughout Scripture, God tells man not to fear.

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isaiah 41:10

In most obese people, the fear of failure is vividly present. They have tried numerous times to overcome without success. Fear is the opposite of faith.

The antichrist spirit attacks man's spirituality. A heart not confessing that Jesus Christ came in the flesh and is not the Son of God.

And every spirit that confesseth not that Jesus Christ is come in the flesh is not of God: and this is that spirit of antichrist, whereof ye have heard that it should come; and even now already is it in the world.

1 John 4:3

⁶⁰ Of sound mind Definition & Meaning - Merriam-Webster

2.4. God's Purpose in Creating Man

God has a purpose for creating every man with the utmost love and care for a specific purpose:

According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:

Ephesians 1:4

Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

Jeremiah 1:5

Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.

John 15:16

With Godly knowledge and Godly understanding, humanity will discover its purpose.

That they may walk in my statutes, and keep mine ordinances, and do them: and they shall be my people, and I will be their God.

Ezekiel 11:20

God gave man dominion over the earth.

And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

Genesis 1:28

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you, it shall be for meat.

Genesis 1:29

And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.

Genesis 1:30

The one constant theme unfolding throughout the Bible is the Trinity of God the Father, God the Son, and God the Holy Spirit. It is paramount for humanity to seek the presence of God, their Heavenly Father, throughout the Scriptures, that is, God-breathed, the breath

of God being the Spirit of God.

In the beginning, was the Word, and the Word was with God, and, and the Word was God.

John 1:1

By studying literature on research done by authors like Peter Toon,⁶¹ Ralph Norman,⁶² Antony Hoekema,⁶³ Collin Gunton,⁶⁴ Millard J Erikson,⁶⁵ and Ramdas Rakesh⁶⁶ their contributions reveal that humanity is without identity.

This orphan heart is visible in obese people - the feeling of being lost and alone, trapped in their obese bodies with no purpose other than trying to set themselves free by trying everything and anything without success.

Presuming humanity is mindful of having a creative purpose, one may ask: are they willingly ignorant because they are unconsciously focused on worldview and teachings, or is this behaviour congruent with the prophecies?

2.5. Restoring the Image of God

Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

Jeremiah 1:5

God has ordained man with ministerial or priestly authority to establish order by appointment before the earth's foundation. There is a God conception of man as seen in Genesis 1:26 created in His image and likeness - an expression of Himself. God commissioned Adam to "subdue and rule" (royal language) as well as to "serve and guard" (priestly language).

He gave man authority to govern with Him, not as gods, as His legal representatives on earth. A man should live with the divine desire to have more likeness to God in him. Everything we do and say should reflect the likeness of God.

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the

⁶¹ Toon, Peter (2002) Our Triune God: A Biblical Portrayal of the Trinity. University Boulevard Vancouver, Canada Regent College Publishing.

⁶² Norman, R (2000) Problems For the 'Social Trinity' - Counting God. Liverpool University Press Online, Vol.41, Issue 3, pages 3-13.

⁶³ Toon, Peter (2002) Our Triune God: A Biblical Portrayal of the Trinity. University Boulevard Vancouver, Canada Regent College Publishing.

⁶⁴ Gunton, Collin (2002) The Triune Creator: A Historical and Systematic Study. Grand Rapids, Wm.B. Eerdmans.

⁶⁵ Millard J Erikson (1998) God the Father Almighty: A contemporary exploration of the divine Attributes. Grand Rapids: Baker Books.

⁶⁶ Ramdas, Rakesh (2013) Living in the Power of The Resurrection: A Prophetic Call to a Chosen Generation. Bertsham South Africa, Joy Ministries.

cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

Genesis 1:26

Man has the mandate to govern the world and not to be followers of the world's order and the responsibility to control himself under the guidance and teaching of the Lord. Not ruling by himself for himself, but the glorification of God reflecting God.

For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?

1 John 5:4-5

God appointed man, and therefore man has to be a faithful and morally responsible person unto God. That does not mean the spiritual force of evil will not tempt man. Through enduring trials and tribulations, man will grow from strength to strength in God.

They go from strength to strength, every one of them in Zion appeareth before God.

Psalms 84:7

2.6. The Effects of Sin that Entered the World through the Fall of Man

The fall caused a division of priesthood from kingship. In the fall and all of Scripture, we see a disintegration of Adam's original glory. Sin entered the world through the wicked work of Satan and his accomplices, as seen in:

Satan entered into Judas, who was also called Iscariot, who was counted with the twelve.

Luke 22:3

For truly, in this city against your holy servant, Jesus, whom you anointed, both Herod and Pontius Pilate, with the Gentiles and the people of Israel, were gathered together to do whatever your hand and your council foreordained to happen.

Acts 4:27-28

In the Old Testament, Scripture educates man on interpreting the word of sin. It contains elements of three different "sins" in one paragraph!

Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation.

Exodus 34:7

Etymologically⁶⁷ iniquity means “twisted and distorted”.⁶⁸ It is anything that turns away from God’s straight and perfect plan.⁶⁹

The Strong’s Concordance defines transgression as deliberately going over the line, wilful and disregarding God, that arrogantly defies God’s boundaries.⁷⁰

According to the Blue Letter Bible, sin is to miss the way, the goal, and the right path, incur guilt, condemnation, or punishment, and forfeit oneself.⁷¹

The fall of Lucifer demonstrates the origin of iniquity, sin, and transgression. It occurred when this archangel, full of beauty and perfection, entertained a thought that directly disobeyed God and started believing something different and contrary to the Divine Justice.

Just as faith is the substance of man’s belief, the power that activates the invisible world of the heavens, this twisted thought derived by the archangel, Lucifer, produced a substance that was the origin of evil.⁷²

Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee. Thou hast defiled thy sanctuaries by the multitude of thine iniquities, by the iniquity of thy traffick; therefore will I bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee.

Ezekiel 28:15; 1:18

Iniquity and evil are referred to on numerous occasions in the Bible. They are vital in understanding the root of the vast difficulties man is confronted with daily.

Evil is the diabolic seed from which all wickedness originates.⁷³ It is then bestowed on a man at birth, impregnating his heart with thoughts and intentions instead of righteousness, truth, love, and everything God represents. “Iniquity is the sum of all twisted thoughts or the total of all evil in mankind”.⁷⁴

In the book *Mere Christianity*, written by CS Lewis, one reads:

“If you do not take the distinction good and bad very seriously, then it is easy to say that anything you find in this world is part of God. But of course, if you think some things are really bad and God really good, then you cannot talk like that. You must believe that God is separate from the world and that some of the things we see in it are contrary to His

⁶⁷ Etymology meaning in Merriam webster - Google Search

⁶⁸ Ferrell, Ana Mendez (2011) *Iniquity: The Major hindrance to see God’s glory manifested in your life*. Florida, USA: Ana Mendez Ferrell, INC, p, 11.

⁶⁹ KJV + - King James Version Plus H5771

⁷⁰ Strong’s Concordance G3847

⁷¹ Blue Letter Bible H2398

⁷² MacArthur, John (2007) *Forward to Lawson’s Foundation of Grace*. Reformation Trust, pp. 8-9.

Ferrell, Ana Mendez (2011) *Iniquity: The Major hindrance to see God’s glory manifested in your life*. Florida, USA: Ana Mendez Ferrell, INC, p, 11.

⁷³ Brand, Prof Dr Connie MJ 92007) *Spiritual Warfare Three: The Sin War*. Self-Published. Pretoria, South Africa: Radah Academy.

⁷⁴ Ferrell, Ana Mendez (2011) *Iniquity: The Major hindrance to see God’s glory manifested in your life*. Florida, USA: Ana Mendez Ferrell, INC, p, 12.

will...Christianity... thinks God made the world..."

"But it also thinks that God made, and that God insists and insist very loudly, on our putting them right again. And, of course, that raises a huge question. If God made the world, why has it gone wrong?"⁷⁵

Since the Garden of Eden, Satan has never changed. He still aspires to be God and deludes humanity in thinking that the whole concept of the knowledge of good and evil implicates the decision by society to replace God with self as the ultimate standard of reference. The understanding of humanity with a decision to replace God's Word with humanity itself.

That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, by which they lie in wait to deceive:

Ephesians 4:14

the thief cometh not, but to steal, and to kill, and to destroy: I am come that they may have life, and that they may have it more abundantly.

John 10:10

Satan has a relentless battle to destroy humanity's created image, that is, in God's image. If Satan can destroy the Godly image, he can prevent his destruction.

Satan will use man's lack of Godly knowledge and humanity's desire to be God through the wrongful teachings in denominations, cultures, and traditions worldwide to deceive humanity into believing the lies of the world kingdom man lives in.

Satan's principal device has always been deception.⁷⁶ Once deceived, it becomes easier for the deception to remain evident throughout the world where the Word of God has been watered down for self-gain to a mere shadow of its power.⁷⁷

Therefore, the only device the devil has at his disposal is deception. Humanity is deceived by the world kingdom and blames it, failing to ignore their disobedience and ignorance. Therefore, society is blinded to what the Scriptures teach about the requirement to secure their freedom - influenced by denominations, traditions, cultures, science, medicine, and all forms of social media. Consequently, Scripture warns man not to be transformed by this world.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

⁷⁵ Lewis, C.S ((1964) Mere Christianity. Grand Rapids, Michigan: William B. Eerdmans Publishing Company.

⁷⁶ Genesis 3:1; Genesis 3:4; John 8:44.

⁷⁷ Ramdas, Rakesh (2020) Ordination Program 2020 teaching, The Word of God. Lambton Gardens, Germiston Joy Convention Centre.

The light of God's Word exposes deception by discerning between the thoughts and intentions of man's hearts, as seen in Hebrews:

For the Word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart.

Hebrews 4:12

David said the above in the following manner:

Before I was afflicted I went astray: but now have I kept thy word. Thou art good, and doest good; teach me thy statutes. The proud have forged a lie against me: but I will keep thy precepts with my whole heart. Their heart is as fat as grease; but I delight in thy law. It is good for me that I have been afflicted; that I might learn thy statutes.

Psalms 119:67-71

Man/woman created in the image of God has a sovereign will. No spirit can violate that will without the permission of the person himself. Because of this, these demons have developed skills in the deception of humanity. To make something evil desirable is the basic principle of their operations.

It is of utmost importance that humanity recognises the enemy and his tactics.

Lest Satan should get an advantage of us: for we are not ignorant of his devices.

Corinthians 2:11

As seen throughout the world today, everything is acceptable, with the deception being: "... but everyone does it!"

The fall did not create traditions, denominations, cultures, habits, science, medicine, and social media yet the consequence of fallen man's nature laid the foundation for man's pursuit of it.

The Word of God often predicts and emphasises that "a powerful delusion and deception will prevail in the last days. In Second Thessalonians, Scripture warns humanity that a spirit of delusion will come in the last days, resulting in many turning away from the truth and believing in lies. This phenomenon is evident in the slimming industry worldwide through the yo-yo diets that make false promises for financial gain.

For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect.

Matthews 24:24

A.W Tozer attests to this: "There is within the human heart a tough fibrous root of fallen life whose nature is to possess, always possess. It covets 'things' with a deep and fierce passion. The pronouns "my" and "mine" look innocent enough, but their constant and

universal use is significant. They express the real nature of the old Adamic man better than a thousand volumes of theology could. They are verbal symptoms of our serious disease. The roots of our hearts have grown down into things, and we dare not pull up one rootlet lest we die. Things have become necessary to us, a development never originally intended. God's gifts now take the place of God, and the whole course of nature is upset by the monstrous substitution".⁷⁸

Most of the world kingdom became a pagan society, where knowledge is God, not from God's Word.⁷⁹ Humanity's worship became self-centred, not worshipping the one true Trinitarian God.

In whom the God of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

2 Corinthians 4:4

Professing themselves to be wise, they became fools, And changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things. Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen.

Romans 1:22-23; 1:25

God's people are famishing for want of His presence. The Living water that should be flowing is becoming stagnant ponds with no living water flowing.⁸⁰

The Word of God clearly states that man's battle is not against things in the natural realm:

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Ephesians 6:12

Man's spirits fight by faith⁸¹ and through one's sovereign will. Satan and his fallen angels fight through deceit, cunning, trickery, and temptation. Humanity must make no mistake about this war, or the weapons involved for the Scriptures are evident.

The only defensive weapon humanity has in this spiritual warfare is written by Paul in Ephesians 6:11-18, where society should put on the whole Armour of God. For humanity to stand victoriously in the battle against the enemy, the spiritual requirements of

⁷⁸ (https://www.goodreads.com/author/quotes/1082290.A_W_Tozer?page=4)

⁷⁹ Ramdas, Rakesh (2020) Ordination Program 2020 final teaching, The Heart of God. Lambton Gardens, Germiston Joy Convention Centre.

⁸⁰ Ramdas, Rakesh (2013) Living in the Power of The Resurrection:" A Prophetic Call to a Chosen Generation". *Bertsham South Africa: Joy Ministries*.

⁸¹ Paul says that faith is of primary importance: 'above all...' Ephesians 6:16 "Above all, taking the shield of faith, where you shall quench the fiery darts of the wicked." Also 1 Peter 5:8-9, 1 John 5:4-5.

obedience,⁸² a right relationship with God,⁸³ and no area in man's life left exposed to the devil: giving him a foothold⁸⁴ must be met in every one of humanity's life. Obesity is no exception.

The Word of God has adequately prepared humanity for every battle, and God has given humankind a promise of victory against Satan and his devices.

No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord.

Isaiah 54:17

Humanity's greatest weapon is the unsullied Rhema⁸⁵ Word of God. The Word that Jesus used in confronting the devil in the wilderness.

Jesus did not recite various Scriptures to the Devil; He delivered the Word of God with power and authority.

And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every Word of God.

Luke 4:4

For it is written, He shall give his angels charge over thee, to keep thee:

Luke 4:10

God is sovereign and supreme, above all. Where He to share His glory with other so-called gods, He would elevate them to a status that would not benefit their true nature and make Him act contrary to His heart.

However, directed and encouraged, humanity is encouraged to diligently inquire in-depth into what God has made known. He has omitted nothing advantageous to humankind but withheld that of which is to man's detriment. God Himself revealed in His Word the following:

It is the glory of God to conceal a thing, but the glory of kings is to search out a matter.

Proverbs 25:2

A total dedication to man's relationship with God shall consequently exalt God above everyone and everything else in man's life- man should commit to living for His honour and vigorously commit to His will.

Scripture explicitly warns humanity that the seven deadly sins, often the direct path to

⁸² Deuteronomy 11:22-25; Deuteronomy 28:1,7.

⁸³ Deuteronomy 11:22-25; Psalm 91.

⁸⁴ Ephesians 4:27.

⁸⁵ What does rhema mean biblically - Search (bing.com)

obesity, are an abomination to God. Therefore, dishonouring God and choosing life for oneself and not God results in eternal death.

2.7. The Seven Deadly Sins

These six things doth the Lord hate: yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood, An heart that deviseth wicked imaginations, feet that be swift in running to mischief, A false witness that speaketh lies, and he that soweth discord among brethren.

Proverbs 6:16-19

The deadly seven are not recorded in the Bible, even though each of the seven is a sin. In AD 375, Evagrius Ponticus described eight evils that man should resist.

Two centuries later, Pope Gregory refined the list to seven sins. According to Scripture, almost every sin falls within one of these seven categories:

For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High.

Isaiah 14:13-14

Pride and selfishness are commonly viewed as the root causes of all evil related to the seven deadly sins.

The seven deadly sins: As categorised by Pope Gregory in the late sixth century, that is considered categories of sin:

2.7.1. Pride

2.7.2. Envy

2.7.3. Wrath

2.7.4. Gluttony

2.7.5. Lust

2.7.6. Sloth

2.7.7. Greed

The following deadly sins are present in most obese people in various forms, but that does not mean an obese person is willingly sinful: Pride, envy, wrath, gluttony, lust, sloth, and greed.

2.7.8. Pride

Man`s desire to boast about themselves instead of praising God. As God is worthy of man`s worship, an obese person often blames God for how they look, but unto the world, they portray a face of fat and friendly that often results in boasting. Approaching a fat person regarding their weight is looking for trouble. It will be like approaching a rock-solid wall of pride and arrogance.

Scripture condemns proud men and women in the strongest terms (Proverbs 16:5) since human pride clearly undermines everything God created man to be. Man should reflect God and portray His glory to the world. Man`s purpose in life is turning to God in love.

Pride goeth before destruction, and an haughty spirit before a fall. Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.

Proverbs 16:18-19

Humility and forgiveness cure pride. Instead of boasting about being fat and friendly, ask God for forgiveness in blaming Him often for being fat.

2.7.9. Envy

Envy is the intense desire to have something that someone else possesses. In the context of obesity, an obese person is, in most cases, envious of a person whose body is not obese.

The Bible states the following:

A sound heart is the life of the flesh: but envy the rottenness of the bones.

Proverbs 14:30

Other Biblical texts mention envy: Job 5:2, Proverbs 24:19-20, Ecclesiastes 4:4, Galatians 5:26, James 3:14-16 and Psalm 37:1.

Showing kindness can cure envy by placing the desire to help others above one`s own needs.

2.7.10. Wrath

Wrath is a wave of acute anger or hatred towards another. Obese people experience wrath towards non-obese people and God merely because they do not understand the root cause of obesity.

Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, ‘Vengeance is mine, I will repay, says the Lord.

Romans 12:19

Additional Bible verses: Psalm 37:8, Proverbs 14:29, Proverbs 15:1, Ephesians

4:26-27, James 1:19-20 and Colossians 3:8.

Patience cures wrath. When a man first understands other people's needs and desires before acting or speaking.

2.7.11. Gluttony

Also known as greediness, a person overindulges in excessive eating and drinking. Obese people are prone to gluttony in various forms. Overeating starts from a habit taught in cultures and traditions. Identity wounds trigger gluttony to become an addiction known as emotional eating.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1 Corinthians 10:31

Additional Bible references include Psalm 78:17-19, Proverbs 23:1-3, Proverbs 23:19-21, 1 Corinthians 3:16-17 and Philippians 3:19-20.

Temperance cures gluttony by implanting the desire to be healthy, making one fit to serve others.

2.7.12. Lust

Lust is an intense longing or craving a person has. In obesity, desires for particular food come from the wounded soul.

Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

2 Timothy 2:22

The following Scripture mentions lust: Job 31:1, Matthew 5:28, Philippians 4:8, 1 Peter 2:11, 1 John 2:16 and James 1:14-15,

The cure for lust is self-control.

2.7.13. Sloth

Sloth is imprudent laziness or the failure to act and utilise one's talents. Unfortunately, when a person is obese, various medical conditions develop, such as hypertension, cholesterol, diabetes, lack of energy and numerous others. God's human body design was perfect; obesity is imperfect due to human interference; therefore, the organs cannot function as they should, and the skeleton cannot bear the weight. Automatically the person's mobility is impaired, which unfortunately leads to sloth.

That does not necessarily mean the person is lazy. They cannot perform some of the most mundane tasks required in their daily lives.

Solomon spoke of sloth:

Go to the ant, thou sluggard; consider her ways, and be wise:

Proverbs 6:6

2.7.14. Greed

Greed is an excessive pursuit. When obese, the body automatically craves rich, fattening food in abundance. This phenomenon can also be traced back to cultures, traditions, and habits.

The Bible says the following:

Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, 'I will never leave you nor forsake you.

Hebrews 13:5

Other Biblical texts which mention greed include Exodus 20:17, Proverbs 11:24, Proverbs 28:25, Ecclesiastes 5:10, Philippians 4:6 and 1 Timothy 6:9-10.

Charity cures greed by putting the desire to help others above storing treasure for oneself.

I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them.

Ezekiel 36:26-27

Cures from the deadly sins are expectation and hope, a regenerated heart that acts according to the direction of the Holy Spirit to walk in God's statutes and judgments.

In light of the seven deadly sins above, the following question is constantly asked: Is obesity a sin? Obesity is not a sin but will lead to death if not treated correctly.

The root cause of obesity is not necessarily gluttony, and one should not assume it. The broken heart of man (mental, physical, or emotional abuse and rejection) through habits formed in cultures and traditions are mostly the breeding ground for overeating.

Furthermore, an obese person often has various medical conditions, treated with medication directly responsible for massive weight gain. Without inner knowledge of the circumstances of an obese person, the normal response is that obesity is a sin. Obesity not treated correctly will result in death.

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Proverbs 18:21

Obesity is not a sin, evident throughout the proposed dissertation.

Furthermore, looking at generational sin:

Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

Exodus 20:5

To blame every sin as a generational curse is not Biblical. The effects of sin can be passed on from one generation to the next. When a child is raised in a sinful household, the children will naturally follow the example set. God says the following: "Fathers teach your children". Bring them up with discipline and Godly instructions.

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

Ephesians 6:4

Obese people often have the misperceptions that obesity is in their genes. For example, they grow up with the following: Obesity is in the family; we have always been a little overweight; You have your grandmother's build and many more.

Looking at the definition of genealogy, tracing the line of descent, we need to go to the beginning - God, the Alpha and the Omega, the Beginning, and the End. Man derives from God, created in His image and likeness; therefore, we have Godly genes. He is our Father, and His promises for our lives are our portion and inheritance. We do, however, have characteristics of our earthly parents.

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

Jeremiah 29:11

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things,

which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

Philippians 4:6-9

Power does not come from the self to change the heart. God alone gives man a new heart that enables him to follow His ways. As this event becomes a reality in our lives, the seven deadly sins of gluttony, envy, sloth, wrath, pride, lust, and greed will lose their power in our life. With the indwelling Holy Spirit in our life, we will instead desire to live a life based upon the principles of the Holy Scriptures.

Unfortunately, the current worldwide treatments for obesity focus on the symptoms of the various medical conditions, and the deep underlying root cause remains either a mystery or not acknowledged.

Everything in life has a beginning, obesity included. When treating obesity, one question holds the root cause of obesity and the treatment method. When did you start to gain weight?

2.8. Conclusion

Scripture, the sacred Word of God, is given as a gift to humanity to discover God, creation, and humanity's purpose. The Word of God, therefore, should be understood in the way that He intends:

Sanctify them through thy truth: thy word is truth.

John 17:17

The more the Word of God is studied, God reveals essential information concerning every aspect of human life. Obesity is no exception.

The secret things belong to Yahweh our God; but the things that are revealed belong to us and to our children forever, that we may do all the words of this law.

Deuteronomy 29:29

The Word of God is the divine activity by which God expresses Himself.

His excellent book, the Holy Bible, is multi-layer and multi-faceted. Nearly everything contained therein forms an intricate interaction with other texts in a manner often overlooked in conventional, non-Hebraic, and Greco-Roman methods of Biblical exegesis.

Through faith we understand that the worlds were framed by the Word of God, so that things which are seen were not made of things which do appear.

Hebrews 11:3

If humanity lives in the will of God and not the transformed pattern of the world, we will be able to receive the promises of the Lord.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

Humanity is aware of God's existence but does not truly understand the astounding magnitude of their Father and Creator's greatness embedded in the meaning of the words of knowledge and understanding. Understanding can refer to a state beyond merely knowing a concept. Knowing implies a familiarity with an idea but not a working implemented ability.⁸⁶

An explicit instruction to humanity: "Do not conform to the world's pattern". The word conform means to be similar. Similar to the thinking and acting patterns of the world compromising the Word and perfect will of God.

With the treatment of obesity, we are doing the exact above, and we try everything and anything without success. We never consult God. We believe purely in science and medicine.

This craziness gains empowerment through advertising, false promises, and photoshopped images. We are enriching the slimming industry to the detriment of our physical and spiritual health. God tells us clearly to know him in everything we do.

Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Proverbs 3:5-6

Humankind's obligation is not to violate the Word of God by interpreting it according to preconceived ideas bestowed upon man by science, medicine, worldview, and teachings. God desires that humanity be grounded in faith, guided by the Word, and interpreted by the Holy Spirit. Therefore, God says the following:

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:33

The Word of God must be humanity's anchor, lamp and powerful armour that protects society from deceitful doctrines and misinformation in every sphere of life, including the treatment of obesity. Only God's Word tells humanity the truth and nothing but the truth about God and all of creation.

That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive.

Ephesians 4:14

⁸⁶ Elkin, David (2012) Knowing is not Understanding. YC Young Children; Washington Vol. 67 pages 84-87.

God's heart desires to be near us. He is the perfect Father who never wants us to live a day without His blessing.

God is not absent or ambivalent; He is always available and affectionate, ready to shower humanity with his approval and love, a radical significance for the very foundations of the Christian faith.

When we understand this, we are no longer explicated by our pasts but by the love of a perfect Father. God wants us to experience his distinctive, unconditional love living in the freedom, abundance, and blessings He freely gives. He transforms our hearts, and we are free to rest in the identity and plan God has for us. God has given humanity the ability to prosper in the world kingdom, but this is a conscious choice man has to make.

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Galatians 2:20

Put not your trust in princes, nor in the son of man, in whom there is no help.

Psalms 146:3

Trust ye not in a friend, put ye not confidence in a guide: keep the doors of thy mouth from her that lieth in thy bosom.

Micah 5:7

To build Christ's character into the lives of humanity involves submitting to God, knowing God in all we do, resisting the flesh and walking in love. Society needs to understand that their fleshly labour is in vain unless humanity allows the Lord to build His character in their lives.

There is a way which seemeth right unto a man, but the end thereof are the ways of death.

Proverbs 14:12

God's Spirit is the truth. Humanity needs to be inwardly renewed by the power of the Holy Spirit. Humankind's destiny is decided here on earth through man's conscious choices, whether informed or uninformed.

The Word of God elucidates that for man to become fully alive, to live an entire and abundant life is to obediently follow Jesus and have an intimate and loving relationship with Him.

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:10

And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.

Ephesians 3:19

He that believeth on me, as the Scripture hath said, out of his belly shall flow rivers of living water.

John 7:38

Humanity's Godly identity will be restored with an intimate relationship with Him. God ultimately understands that nothing, no sin so grave that the blood of Jesus cannot overcome it:

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

2 Chronicles 7:14

What would it mean to humanity if they knew that God desires to be closer to them - not a coach or a King, a distant memory, but a Father - a perfect Father who never wants us to live a day without His blessing?

When humanity takes hold of this truth, they will no longer be defined by their pasts. A perfect and loving Father wants us to experience his unique, unconditional love and live in the freedom, abundance, and blessing He freely gives. A Father of the universe with strong arms and a heart filled with unconditional love. A loving Father who loves and values each one of us. When we allow Him, He can transform our hearts, and we are free to rest in the identity, value, and plan God has given us.

A man should not feel lost and forsaken, for God made the following promise:

Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

Deuteronomy 31:6

Therefore, if we feel lost and forsaken, we must conclude that we rejected God, our Creator, and Heavenly Father. By lacking Godly knowledge and understanding, aimlessly following the world's teachings through generations, manipulated and deceived wonderers instead of warriors in the Word of God.





* CHAPTER 2 *

3. Chapter 2: Obesity Past and Present: Identifying Strongholds and a Wounded Heart

3.1. Introduction

According to Prof Dr Connie MJ Brand: “All our acts are born out of our minds, and we will be what our mind is at last. This is clearly taught in the Word of God”.⁸⁷

Keep thy heart with all diligence; for out of it are the issues of life.

Proverbs 4:23

“Outside God, (sin) is the most significant power in the world today. The raw power of sin is the power to blind us”.⁸⁸

As seen in Chapter one, sin has rooted evil deep within the minds and hearts of every human being. It pollutes the emotions (desires), intellect (imagination), and the purpose of humanity.

For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

Matthews 15:19

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:1-2

Why is the renewal of the mind a prerequisite? We all make decisions from entrenched belief systems, both conscious and subconscious.

Many of our belief systems conflict with God’s life and light. Our opinions and the lies we believe need to be penetrated by His light. Only by spending time in the presence of

⁸⁷ Brand, Connie MJ PhD (2006) Exoteric and Esoteric Evidence pertaining to the structures and strategies to destruct Christianity – involving the Theodicy of Darkness. PhD Thesis, pp. 1974-1977.

⁸⁸ Brand, Connie MJ PhD (2006) Exoteric and Esoteric Evidence pertaining to the structures and strategies to destruct Christianity – involving the Theodicy of Darkness. PhD Thesis, pp. 1974-1977.

God through the studying of His written Word does God reveal His life truth and begins the process of transforming and renewing our minds.

If someone has any manner of these thoughts, they have strongholds. The two biggest strongholds of obesity are rejection (I am not good enough, I cannot do this) and abuse (experiencing fear, shame, guilt, and anger). Rejection and abuse in various forms wreak havoc in the man's life seen in obese people.

Strongholds hinder peace and detach us from God's life and power. They are fortresses entrenched in our minds, some established through our experiences, existing as a misguided means to "protect ourselves" from more exposure, conviction, pain, and change. These thoughts allow the enemy access to our souls as we will enable them to enter our thoughts and torment us. Usually, this happens consciously or subconsciously.

When our thoughts, spoken words, and behaviours are rooted in lies and disputes held in the stronghold, negative feelings like anxiety, stress, anger, fear, shame, hopelessness, pride, judgment, blame, and numerous others occur.

It is simpler to deceive a man than to convince him that he is deceived.

The following figure provides an illustration of stronghold of the mind.⁸⁹

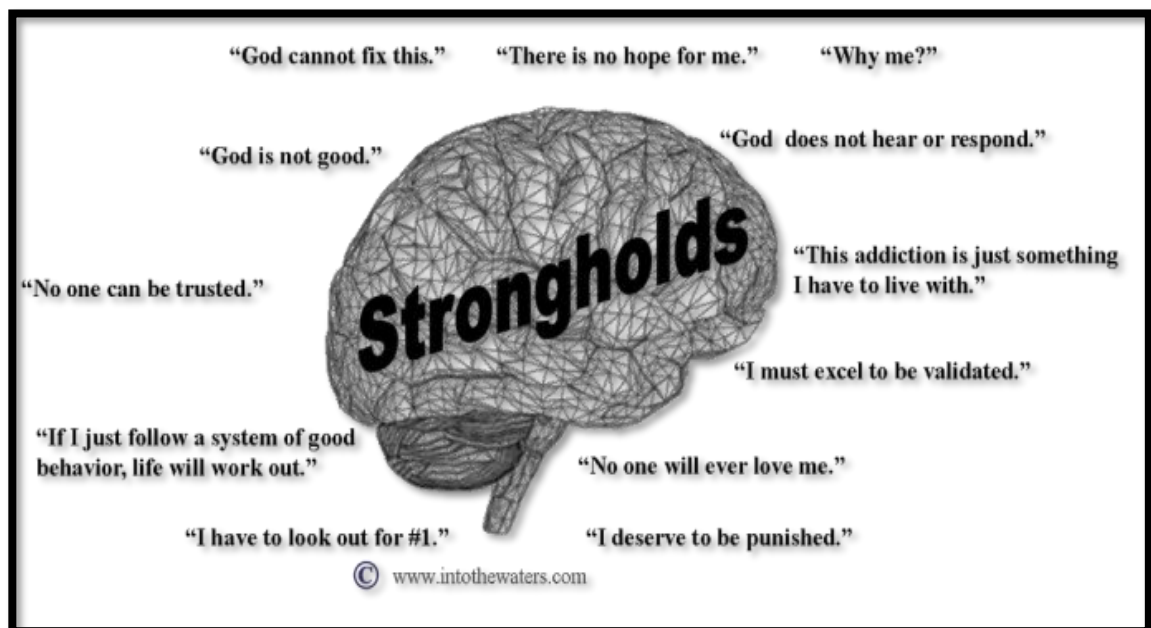


Figure 5: Stronghold of the Mind Illustration

Christian authors Dave Hunt and T.A. McMahon write the following words in their book *The Seduction of Christianity: Spiritual Discernment in the Last Days*: "Christianity may well be facing the greatest challenge in its history: a series of powerful and growing seductions that are subtly changing biblical interpretation and undermining the faith of millions of people. Most Christians are unaware of what is happening, and much less do they understand the issues involved. The seduction is surprisingly easy. It does not take place as an obvious frontal assault from rival religious beliefs. That would be vigorously

⁸⁹ (<https://www.intothewaters.com/strongholds.html>)

resisted...”⁹⁰

Behold, the days come, saith the Lord God, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the Lord: And they shall wander from sea to sea, and from the north even to the east, they shall run to and fro to seek the word of the Lord, and shall not find it

Amos 8:11-12

Stronghold is always in direct opposition to the life of freedom and peace God intends for us. They are areas where our thoughts need to be held captive in obedience to Christ.

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

2 Corinthians 10:5

God promises total transformation when we renew our minds, a supernatural transfiguration! This same sacred Scripture also promises that we can know God’s perfect wish for our lives with a transformed mind!

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

Satan, the master deceiver of man, uses our weaknesses embedded in our wounded hearts to establish strongholds such as rejection, abuse, pride, fear, shame, and carnality. Along with the lack of Godly knowledge, these thoughts install strongholds through our belief in false concepts formed through religions, traditions, habits, and disinformation.

In whom the God of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

2 Corinthians 4:4

That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind.

Ephesians 4:22-23

As seen in Chapter one of the dissertation, humanity was created entirely in God’s image when God breathed His Spirit *Neshamah*⁹¹ into the man.

⁹⁰ Hunt, Dave and McMahon, T A (1985) *The Seduction of Christianity: Spiritual Discernment in the last Days*. Eugene, Oregon: Harvest House, p.11.

⁹¹ Strong's 5397

And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

Genesis 2:7

*Neshamah*⁹² is the God-imparted capacity to know and connect with Him and His life!

Throughout Scripture, the Bible fully substantiates and describes the present-day phenomena of humanity's shattered and broken identity. Obese people have no Godly identity. They see themselves in the eyes of the world as not good enough, not capable, do not fit into the image of the world's idea of a perfect human being and not the Word of God.

Unfortunately, this leads to anger, shame, envy, hatred, wrath, and instability. Resulting in obese people feeling wretched, helpless, desperate, and overwhelmed. These feelings usually leave obese people overwhelmed, and they experience a complete inability to deal with the situation.

The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound.

Isaiah 61:1

God sent His Son, Jesus Christ, to "bind up the brokenhearted", as seen in the above Scripture. The Hebrew word *shabach*⁹³ (to soothe) can be used in a medical context to describe a wound's dressing or bandaging.

The expression "brokenhearted" is the focus of the passage.

The language is broad, covering a wide range of emotional and mental distress effects and describing the fragmented impact the fall of Eden imparted on humanity. Humanity today embodies a shattered heart, referring to the shattering of pottery as seen in the following Scriptures (Jude 7:20; Jeremiah 19:11, 34:18, 51:17). Also appropriate in a variety of other ways as well.

Ezekiel demonstrates that God is brokenhearted as well:

And they that escape of you shall remember me among the nations whither they shall be carried captives, because I am broken with their whorish heart, which hath departed from me, and with their eyes, which go a whoring after their idols: and they shall lothe themselves for the evils which they have committed in all their abominations.

Ezekiel 6:9

Corresponding to Zondervan Pictorial Encyclopedia of the Bible, Vol. 3, page 58, in Scripture, the heart describes to the inner man, the function of the mind where man

⁹² Neshmah-The Life of Breath

⁹³ Strong's 7623

remembers and thinks, the fountain and seat of man's thoughts, desires, affections, purposes etcetera.

He proclaimed that He came to mend the very ones Satan had so desperately shattered through sinful man. Today the world contains a plethora of broken, desperate obese people. To treat an obese person, one must align the past (from in-utero) with the present (current condition of the obese person, the specific medication used in the past and recent medicine). To gain further insight into obesity, one first needs to discern and understand the two biggest enemies an obese person is battling: rejection and abuse,⁹⁴ categorized as physical, mentally, and emotionally. Rejection and abuse are closely intertwined and visible in the symptoms. Therefore, this dissertation extrapolates rejection and abuse as such.

Satan, the father of lies and deception, uses rejection and abuse as his most hideous forms of subjugation. Rejection and abuse, active or passive, imagined or actual, robs Jesus Christ of His rightful position as Lord in the lives of His children.

Looking at Ephesians, we are chosen before the foundation of the world, predestined into adoption as children of Jesus Christ Himself.

According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will.

Ephesians 1:4

Humanity suffering from rejection and abuse⁹⁵ cannot experience the quality and vitality of life; this phenomenon, vividly visible in obesity, denies man the fullness of God's promises captured throughout Scripture, which He alone can give.⁹⁶

It all started when Lucifer revealed his actual characteristics. Pride (self-importance), selfishness (self-seeking), adoration (self-worship), independence (self-sufficiency) and rebellion (self-determination), as recorded in Isaiah 14.

For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High.

Isaiah 14:13-14

Lucifer's autonomous declaration of rebellion and independence against God is undeniably the first recorded act of rejection and abuse.⁹⁷

⁹⁴ Aakvaag, H. F., Thoresen, S., Wentzel-Larsen, T., Dyb, G., Røysamb, E., & Olff, M. (2016). S. Thaggard and J. Montayre Women's Studies International Forum 74 (2019) 218–223 222 Broken and guilty since it happened: A population study of trauma-related shame and guilt after violence and sexual abuse. *Journal of Affective Disorders*, 204, 16–23.

⁹⁵ McCleary-Sills, J., Namy, S., Nyoni, J., Rweyemamu, D., Salvatory, A., & Steven, E. (2016). Stigma, shame and women's limited agency in help-seeking for intimate partner violence. *Global Public Health*, 11(1–2), 224–235.

⁹⁶ Gibson, Noel & Gibson, Phyl (1992) Excuse me...your Rejection is showing. England. Sovereign World Ltd. p.256

⁹⁷ Gibson, Noel & Gibson, Phyl (1992) Excuse me...your Rejection is showing. England. Sovereign World Ltd. p.256

What Satan was unable to achieve in heaven is successfully done on earth. His claim to be God's credible alternative is more widely accepted worldwide than ever.

Prophesy unfolds as this false messiah becomes universally acknowledged as the solver of the world's problems. God, His Word, and His promises are cast aside. People become the masters of their fate, deceived by the same serpent as in the garden of Eden.

Satan uses the same hackneyed ability to make people gods by following his misguided advice and false teachings. The slimming Industry avidly advertises new remedies and solutions for obesity. The so-called solutions are regularly coming, each promising a miracle solution, and some even call it a miracle remedy. All this is amidst the world's battle against obesity with a constant shocking incline yearly, as seen in the statistics from the World Health Organization.⁹⁸

In 1975 under 1% of children and adolescents aged 5-19 were obese. Compared to 2016, more than 124 million children and adolescents (6% of girls and 8% of boys) were obese. In 2016, over 1.9 billion adults aged 18 were overweight, and over 650 million of these were classified as obese cases.

- 3.1.1. In 2016, 39% of adults aged 18 years and over were overweight (39% men and 40% women).
- 3.1.2. About 13% of the world's adult population was obese in 2016 (11% men and 15% of women).
- 3.1.3. In 2016, 340 million children and adolescents were overweight or obese (ages 5-19).
- 3.1.4. Obesity worldwide has almost multiplied by three from 1975-2016.
- 3.1.5. 2019, 38.2 million children under the age of 5 were overweight or obese.

Once considered a high-income country problem, overweight and obesity are now on the rise in low- and middle-income countries, particularly in urban settings. Looking at Africa, overweight children under five have increased by nearly 24% since 2000.

Overweight and obese are responsible for more deaths worldwide than underweight. Globally more people are obese than skinny – this occurs in every region except parts of sub-Saharan Africa and Asia.

Something is wrong! The only miracle worker is God, His wisdom we do not seek. We exalt ourselves under the influence of Satan, boasting about our remedies and miracles.

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

James: 1-5

⁹⁸ Charts and tables: WHO growth reference for children aged between 5–19 years

Obese people are already suffering rejection and abuse, not being able, not being good enough. Still, they follow the quick-fix remedies, trying everything without success, causing continuous harm to God's temple.

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1 Corinthians 6:19-20

Unfortunately, the outcome of the quick-fix solutions results in more rejection (self-rejection mostly) and abuse (harming the temple of God) as the weight constantly fluctuates, with a steady incline in the long run. Obese people and people who are suffering because of this need to acknowledge and understand that inner healing and a relationship with God first will break the chains of obesity, along with the proper medication if necessary (to be extrapolated in Chapter four).

The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound;

Isaiah 61:1

Jesus Christ, our Saviour, was the most rejected and abused person ever. Jesus was scorned and mistreated by His family, disciples, nation, and the gentiles and finally forsaken by His Father on the cross.

Jesus Christ willingly became the sacrifice for the redemption and release of humanity from the works of Satan.

He was in the world, and the world was made by him, and the world knew him not. He came unto his own, and his own received him not.

John 1:10-11

Man can compare himself to a sunflower. Grown from a seed in the ground (conception in the womb), shoot emerging (birth) where the seedling (baby) has a long way to go before being recognized as a sunflower (parental care and influence). The sunflower grows in a full sun location and needs attention and care, so it does not dry out (welcomed, not rejected-loved, not abused).

As it reaches the early sunflower stage, the stem will become thicker and more sturdier (Godly teachings - world teachings and influences through observation). The sunflower bud forms next (personality and characteristics).

From the bud, the sunflower blooms (fruits of the Holy Spirit contrasted with the fruit brought forth by the sinful world).

The sunflower always turns and follows the sun (as we should turn toward God always). Without sun and nurturing, the sunflower will not produce a good harvest. The seeds will

not develop (a man not growing up in the Word of God and teachings, having no relationship with God, not turning to God for sustenance, man will bear the fruit of the world).

But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid. And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water. And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus. But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me. And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?

Matthew 14:27-31

When Peter focused on Jesus, he had faith and abilities, but when he saw the wind, his focus was not entirely on Jesus, and he sank into the water. Humanity does precisely that. Maybe we should learn something from the sunflower!

If we do not receive Jesus, turning to Him in everything we do, we reject Him. We also abuse God by taking it upon ourselves to control everything we do, even though our lives and bodies are not our own. Further, we use God; when we are in trouble, we seek Him.

The causes of rejection and abuse and the effects it produces are varied. Three groupings of indicators are discernible and compared with the character traits of people suffering from obesity.

Firstly, the victim of rejection and abuse responds to the effect and significance of the negative response. Secondly, there are repercussions on the inner personality; thirdly, they develop self-defensive measures known as triggers to prevent a repetition of rejection and abuse.

The following three classifications show some symptoms flowing from the root stems of rejection and abuse. This dissertation will not expound on these groupings.⁹⁹

3.1.6. Outward responses of an obese person to rejection and abuse:

- 3.1.6.1. Argumentativeness
- 3.1.6.2. Aggressive attitudes
- 3.1.6.3. Emotional harshness or harshness (staccato speech)
- 3.1.6.4. Rebellion, fighting
- 3.1.6.5. Refusing comfort (I am fine)
- 3.1.6.6. Rejection of others (I want to be alone)

⁹⁹ Metelerkamp, Anesta (2010) An Expose of the Secret Designs behind the Compulsions an Obsessions of Eating Disorders. PhD Thesis, p 734-735

- 3.1.6.7. Scepticism, doubt, and unbelief (nothing works for me, it works for others)
- 3.1.6.8. Stubbornness, defiance
- 3.1.6.9. Swearing, foul language
- 3.1.6.10. Thoughts or acts of revenge or self-harm
- 3.1.7. Self-Rejection and abuse
 - 3.1.7.1. Anxiety, worry, depression
 - 3.1.7.2. Blocked goals may produce anger
 - 3.1.7.3. Fears of all kinds
 - 3.1.7.4. Low self-image
 - 3.1.7.5. Inability or refusal to communicate
 - 3.1.7.6. Inferiorities, insecurities, inadequacy
 - 3.1.7.7. Self-condemnation and self-accusation
- 3.1.8. Symptoms of fear of rejection and abuse
 - 3.1.8.1. Criticism, judgement, envy, jealousy, and covetousness
 - 3.1.8.2. Disturbed sleep patterns
 - 3.1.8.3. Emotional manipulation
 - 3.1.8.4. Emotional immaturity
 - 3.1.8.5. Independence and isolation
 - 3.1.8.6. Perfectionism
 - 3.1.8.7. Performance
 - 3.1.8.8. Pride, egotism, haughtiness, and arrogance
 - 3.1.8.9. The “my-rights” attitude

The symptoms of self-rejection, abuse (I hate what I see in the mirror), and fear of rejection and abuse (people pleaser and performer) are present in most obese people. Irrespective of the cause of rejection and abuse, the fruit of these symptoms shows the presence of various strongholds. A similar pattern is primarily visible in most obese rejection sufferers as can be seen in the following five phases:

Phase 1: The individual becomes visibly or silently angry. “Why did this happen to me”? This anger is firstly directed toward God consciously or subconsciously by the believer and even the unbeliever. It continues to the inner circle of family and friends. The individual then is labelled as miserable. People distance themselves from the individual, and the rejection keeps on exacerbating.¹⁰⁰

Phase 2: The sufferer denies reality. “I am fat and friendly, wearing a mask of contentment with inner resentment.”

Phase 3: The person withdraws and refuses to enter any form of discussion. Bringing down all the defence mechanisms of self-protection - “do not come close to me!”. The person experiences a total shutdown or complete withdrawal.

Phase 4: Depression sets in as the obese person feel convinced that nothing will ever change. I have tried everything, but nothing works.

Phase 5: The final step is accepting the situation and taking measures to tolerate or counteract the problem. Specific behavioural patterns usually emerge, which indicates the rejection set of symptoms. These may include extroversive, introversive, aggressive or passive behaviour.

These symptoms mostly lead to false comforts like food (emotional eating), alcohol or self-protective measures like withdrawal or self-harming (cutting).

Obese people usually fall into the category of self-protective behaviours, isolating themselves and concentrating on food, weight, and other compulsive destructing behaviours. However, this may lead to numerous medical conditions such as hypertension, cholesterol, diabetes, and others. The case file studies in Chapter 3 will extrapolate.

Another counteract to rejection and abuse is the continuous gaining of approval. A performance-driven person is the only way to be noticed and accepted by others. Obese people suffering rejection and abuse are desperate for affection and acceptance.

The extremely low self-image emerges as a constant comparison with others, always falling short. Rejection and abuse may lie dormant for years and not emerge as a problem. Until a trigger from the present interconnects with an experience from the past. One word, one look, a smell, a taste, or a touch brings the protection wall tumbling down.

“Rejection and abuse can commence any period from conception to death”.¹⁰¹

For example, in-utero, during birth, lack of emotional bonding, school, marriage, workplace,¹⁰² friends and numerous others.¹⁰³ Commence of abuse and rejection are not to be extrapolated in this dissertation.

The person crushed by the tightening rings of rejection and abuse is mostly not responsible;

¹⁰⁰ McCleary-Sills, J., Namy, S., Nyoni, J., Rweyemamu, D., Salvatory, A., & Steven, E. (2016). Stigma, shame, and women's limited agency in help-seeking for intimate partner violence. *Global Public Health*, 11(1–2), 224–235.

¹⁰¹ Gibson, Noel & Phyl (1992) Excuse me.... Your Rejection is showing, Clays Ltd. St Ives plc. P.10

¹⁰² Spahlholz J, Baer N, König HH, Riedel-Heller SG, Luck-Sikorski C. **Obesity** and discrimination—A systematic review and meta-analysis of observational studies. *Obes Rev*. 2016; 17: 43–55.

¹⁰³ Gibson, Noel & Phyl (1992) Excuse me.... Your Rejection is showing, Clays Ltd. St Ives plc. P.10

they became entangled in a succession of circumstances from an early age. Without assistance, it rapidly escalates. At the lower levels of self-evaluation, sound reasoning disappears, and the victim is mostly consciously or unconsciously deceived.¹⁰⁴

The rejection and abuse patterns apply to men, women, and children irrespective of cultures and ethnicity worldwide. When one truly understands rejection and abuse, we need to look at the fruits of the Holy Spirit to see how the enemy constantly counteracts, consciously and subconsciously.

3.2. Understanding the Fruit of the Holy Spirit

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.

Galatians 5:22-23

Table 2: Fruit of the Spirit vs Fruit of Satan

Holy Spirit Thought	Enemy Thought	Enemy Habits	Enemy Control
1. Love	Unforgiveness, Bitterness, Jealousy, Hurt	Hatred	Murder
2. Joy	Depression, Despair, Discouragement, Disillusionment	Hopelessness	Suicide
3. Peace	Nervousness, Tension, Worry, Fretting, Confusion, Restlessness, Phobias	Fear	Nervous breakdown Phobias
4. Longsuffering	Impatience, Selfishness, Disharmony,	Wrath	Violence

¹⁰⁴ Wu YK, Berry DC. Impact of weight stigma on physiological and psychological health outcomes for overweight and obese adults: A systematic review. *J Adv Nurs*. 2018; 74:1030–1042.

	Annoyance, Temper		
5. Gentleness	Harshness, Cruel, Inconsideration, Arguing, Jealousy	Unreasonableness	Insanity
6. Goodness	Filthy thoughts, Evil imagination, Pornography, Flirting, Seduction, Masturbation	Fornication	Perversity
7. Faith	Doubt, Anxiety, Indecision, Negative Faith, Backsliding	Atheism	Blasphemy
8. Meekness	Pride, Self-ego, Self-exaltation, Disunity, Unteachable spirit	Domination	Witchcraft
9. Self-control	Drunkenness, Addiction, Gluttony, Gossip, Slander, Compulsive, Hypnosis	Emotionally instability	Maniac

The author has treated obese people for the past ten years and, having battled obesity herself, can conclude through case file studies and personal experience the following:

An obese person, through various stages, experiences enemy habits and control.

3.2.1. Explaining the Distorted view of Love that Leads to Hatred

Loves in Greek agapē, ag-ah'-pay¹⁰⁵ is a strong affection for another arising out of kinship or personal ties (relationship). An attachment is based on admiration and shared interests, inspired by respect or desire. Unselfish, loyal, and benevolent, scoreless, a treasure with value.

The opposite of love is hate, abomination, malice or disgust. Now ask an obese person a straightforward question: “If you look in the mirror, do you like what you see?”. If they are brutally honest, the general answer is, “I hate what I see”. In reality, they express the severest form of rejection, namely self-rejection. When a person rejects themselves, they likewise reject their Father and Creator. “God indeed made a mistake look at me; I have tried everything without any long-term success”.

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself.

Matthew 22:37-39

First and foremost, God is love. Before the foundation of the earth, He called us by our names:

But now thus saith the Lord that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.

Isaiah 43:1

He formed us in our mother's womb. He knew us before conception:

Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

Jeremiah 1:5

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

Jeremiah 29:11

An obese person consciously or unconsciously carries the burden of hatred formed by rejection and abuse. Obese people see themselves through the eyes of the world and not the Word of God; therefore, unforgiveness, bitterness, jealousy, and hurt are present.

The first question on the client information form used by FFF Slimming is: “Since when do you battle obesity?”. One question reveals the other strongholds linked

¹⁰⁵ Strong's G26

to hatred: unforgiveness, bitterness, jealousy, and hurt.

Secondly, if you ask an obese person the following: “Do you like what you see in the mirror?”, the most common answer is “No, I Hate what I see”. In effect, what they say implies self-rejection and rejection of God our creator.

God indeed made a mistake; look at me. I have tried everything without any long-term success.

Clear indicators of strongholds are present (extrapolated in Chapters three and five).

3.2.2. Obesity Contorts Godly Joy and Well-being into Anguish

The word joy derives from the Greek word Chara, Khar-ah'.¹⁰⁶

It is the emotion evoked by well-being, success, good fortune, or the prospect of possessing what one desires: a state of happiness and delight in experiencing great pleasure exceedingly.

Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength.

Nehemiah 8:10

Looking at an obese person at first glance, they seem joyful. Some even proclaim to be fat and friendly. Even though obese people might claim and reflect the above statement, the following is visible. They feel hopeless with the masks of depression, despair, discouragement, and disillusionment. They have tried most of the so-called quick-fix solutions advertised widely without success. Unfortunately, by trying everything, the human body stops the body's natural fat-burning processes. Therefore, an obese person might have weight loss results from a quick-fix diet, but as soon as they break the diet, they gain back everything they have lost and more.

One needs to understand that there is a vast difference between losing weight and burning fat (ketosis).¹⁰⁷

3.2.3. Peace Turns into Fear

Peace from the primary Greek verb *eirēnē*, *i-rah'-nay*¹⁰⁸ (to join); peace (literally or figuratively). A state by implication of prosperity: - one, peace - freedom from disquieting or obsessive thoughts/emotions. To be or become silent or quiet, not to be in conflict or at war. Peace alongside faith and confidence is the opposite of fear, following and trusting God wholeheartedly (Psalm 4:8; 27:3; 34:1–11; Proverbs 3:25–26; Jeremiah 17:5–8; Malachi 2:5; Mark 4:40; 2).

¹⁰⁶ Strong's G5479

¹⁰⁷ Ketosis definition - Google Search

¹⁰⁸ Strong's G1515

And I will give peace in the land, and ye shall lie down, and none shall make you afraid: and I will rid evil beasts out of the land, neither shall the sword go through your land.

Leviticus 26:6

According to David in Psalms, we see the following: The Lord is my light and my salvation-whom shall I fear? When evil men advance against me to consume my flesh, they will stumble and fall when my enemies and foes attack me.

Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

Psalms 27:3

Obese people suffer from fear. Fear of failure and disappointment, fear of trying again to be disappointed, not being able, being made fun of, being judged.

Being obese and having tried nearly every possible remedy is used to be mocked by people having no idea how difficult it is to break the strongholds that hold them captive. Most people do not realize that obese people battle more than one enemy. The outer visible obese body is merely the reflection. To be extrapolated in Chapters three, four and five.

3.2.4. Longsuffering

Longsuffering is derived from the Greek *makrothumia*, *mak-roth-oo-mee'-ah*.¹⁰⁹ Also from G3116, longanimity, that is, (objectively) forbearance or (subjectively) fortitude: - longsuffering, patience. Therefore, patiently enduring lasting offence or hardship with tolerance and without uncomplaining. Strong in character and bold in resisting each reaction. The epitome of longsuffering love is Jesus Christ.

The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.

2 Peter 3:9

Job exemplifies the struggle to understand the suffering. He was upright and steadfast in his commitment to God, yet he lost everything - his children, wealth, and eventually his health.

His experience of suffering should resonate profoundly in reflection on our suffering and struggles.

The opposite of longsuffering is: fed up, impatient, and protesting - the characteristics of Lucifer. In the beginning, he was perfect.

Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of

¹⁰⁹ Strong's G3115

the stones of fire. Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee. By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned: therefore I will cast thee as profane out of the mountain of God: and I will destroy thee, O covering cherub, from the midst of the stones of fire.

Ezekiel 28:14-15

Most obese people, unfortunately, are fed up, impatient and protesting. These characteristics reveal the strongholds that are present. One must understand that obesity has a beginning and that obese people do not just decide to become obese.

Does this mean obesity is a sin? Most definitely not! It will lead to death, though, if not treated correctly. To be extrapolated in Chapters three, four and five.

3.2.5. Gentleness

Gentleness is derived from the Greek word *chrēstotēs*, *khray-stot'-ace*.¹¹⁰ Also from G5543; usefulness, that is, moral excellence (in character or demeanour): - gentleness, good (-ness), kindness.

Goodness displays a humility of thankfulness toward God. Kind, polite behaviour toward others reflects the character through the manner. The approach and tone ultimately describe Jesus Christ.

To be gentle, we must not view ourselves as better than others. Rather than asserting superiority, someone gentle wants to help others, even when they have wronged. An illustration of gentleness can be seen in John 8 when the Pharisees brought a woman caught in adultery to Jesus.

So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her.

John 8:7

The scribes display the opposite, and the Pharisees being unkind and brutal, demanded to apply the law of Moses that she should be stoned.

The opposite of gentleness is brutal and unkind.

Most obese people are brutal and unkind, primarily to themselves. To be extrapolated in Chapters three, four, and five.

3.2.6. Goodness

Goodness is derived from the Greek word *agathōsunē*, *ag-ath-o-soo'-nay*.¹¹¹ Also from G18, displaying excellence, that is, virtue or beneficence. Therefore, a character of decency, honesty, integrity, and morality.

¹¹⁰ Strong's G5544

¹¹¹ Strong's G19

And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

Genesis 1:31

The life of Jesus Christ is one excellent example of goodness, as He died on the cross for the sins of humankind to redeem us and give us eternal life. Jesus's ministry and sacrifice exemplify God's goodness toward humanity.

The opposite of goodness is evil (Lucifer), having a character without morality and iniquity and a mean and wicked character.

Obese people, however, sometimes display a tendency where morality is lacking, not absent. They cannot always distinguish between right and wrong or good and bad behaviour regarding food choices and habits. However, we should never judge an obese person on a mere glance. There is a reason for obesity other than lack of self-control and gluttony. To be extrapolated in Chapters three, four and five.

For every creature of God is good, and nothing to be refused, if it be received with thanksgiving:

1 Timothy 4:4

3.2.7. Faith

Faith is derived from the Greek word *pistis*, *pis'-tis*.¹¹² From G3982; persuasion, that is, faith; a moral conviction (of religious truth, or the truthfulness of God, having complete trust and loyalty and reliance with a steadfast assurance and confidence upon the outcome without tangible evidence). Especially dependence upon Christ for salvation; abstractly constancy in such profession, by extension, the system of religious (gospel) truth itself.

The opposite of faith is unbelief and rebellion, resulting in disobedience seen by Lucifer as written in Ezekiel 28.

Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee. Thou hast defiled thy sanctuaries by the multitude of thine iniquities, by the iniquity of thy traffick; therefore will I bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee.

All they that know thee among the people shall be astonished at thee: thou shalt be a terror, and never shalt thou be any more.

Ezekiel 28:17-19

The Bible is full of men and women whose faith was indestructible: Abraham became the father of many nations; Jacob wrestled with God; and Moses became

¹¹² Strong's G4102

a friend of God. Joshua led the Israelites into the promised land, and the walls of Jericho fell. Ester saved a nation and became a beloved queen; Shadrach, Meshach, Abednego, and the fiery furnace (Daniel 3:8-19); Mary, the mother of Jesus (Matthew 1:18-25); David conquered the lion; the bear and Goliath fell; the women who washed Jesus's feet; the repentant thief on the cross to name but a few.

Unfortunately, most obese people are at the end of the line, tired of the difficulties and disappointments. They have lost faith in getting solutions from within-the-world treatments; fortunately, when we are tired, we are ready to listen and turn to God.

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

Matthew 11:28-30

God waits for us to turn to Him for the answers and solutions. He has never abandoned us. We have left Him.

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Joshua 1:9

Chapter five will extrapolate a solution and treatment for obesity from a Biblical perspective. If we stop asking "why me God?", and ask God, "what do You want to teach me?", victory is possible.

3.2.8. Meekness

Meekness is derived from the Greek word *praotēs*, *prah-ot'-ace*.¹¹³ From G4235; gentleness; by implication, humility: a mild, humble, or submissive quality. A meekness is fundamentally an approach or quality of heart whereby a person is happy to accept and submit without opposition to the will and desire of somebody else.

Jesus was the definitive example of meek.

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

Matthew 11:29

Moses, too, was described as supremely humble. In Numbers 12, Moses, while leading the nation of Israel, his older brother launched a verbal attack against him,

¹¹³ Strong's G4236

laced with envy, regarding his Cushite wife.

Obese people are hurt and disappointed, and so many times have trouble. They submit to the world's methods and treatments and become impatient with the obese body as false promises of quick fixes beguile them. To alter the obese body, there is no quick fix. It is a long, challenging journey of rectifying past mistakes and breaking ingrained habits. Submitting to God's will and way, following His guidance, obesity and its damaging effect can be corrected and prevented in many cases.

I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.

Revelations 1:8

Obesity has a beginning, a reason for being obese in the first place, that started in the world. God made creation very good (Genesis 1:31); obesity is not from God! Obesity left untreated will lead to death if we do not step out of the world into the Word of God.

I can do all things through Christ which strengtheneth me.

Philippians 4:13

Chapter five will extrapolate.

3.2.9. Self-control (Temperance)

Self-control is derived from the Greek word *egkrateia*, *eng-krat'-i-ah*.¹¹⁴ From G1468; self-control (especially continence): - temperance. Meaning strength, not physical strength, but inward strength that helps us to make the best choices that help us to resist temptation and avoid conforming to the things of the world.

With moderation in actions, thoughts, and feelings - emotional self-control = restraints on habits, the indulgence of appetites or passions and the moderation or abstinence from alcoholic beverages (Romans 12:1-2).

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile¹¹⁵ the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

1 Corinthians 3:16-18

And to knowledge temperance; and to temperance patience; and to patience godliness.

2 Peter 1:6

When obese people realize and understand that they must acknowledge and

¹¹⁴ Strong's G1466

¹¹⁵ Strong's G5351

conquer strongholds formed from painful past experiences, habits, and traditions together with a correctly formalized eating plan and medication in a Godly manner, Goliath will fall.

Furthermore, the process is by no means easy. There are no shortcuts to overcoming obesity; it is a journey of discovery that is life-changing - extrapolated in Chapters three and four.

3.3. Conclusion

Dr Martin Stegman of the University of Pennsylvania is perhaps the foremost expert on optimism and motivation.

“Our human emotions direct how we feel and act; they are formed by what we think: Think it will be challenging to lose weight, and you will feel anxiety. Think, I am being trespassed against, and you feel anger. Think Loss, and you feel sadness...If we change these habits of negative thoughts, we will cure obesity.”

If none of you will stand up to this pagan mocking our people and God, then I will in God’s name. God will take him down like David with the lion and the bear. Furthermore, I am going to let Him use me to do it.¹¹⁶

Lesson from Mark Rutland, author of the book: David The Great.

“The person Who does what is right in the innocence of heart will look manipulative, scheming, showy, and self-centred to those who are cynical. Nevertheless, this person is not necessarily the arrogant, egotistical Jerk others may claim to be. He has simply separated himself from their immoral worldview, and he has vision others do not have”.¹¹⁷

Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the Lord of hosts, the God of the armies of Israel, whom thou hast defied. This day will the Lord deliver thee into mine hand; and I will smite thee, and take thine head from thee; and I will give the carcasses of the host of the Philistines this day unto the fowls of the air, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel. And all this assembly shall know that the Lord saveth not with sword and spear: for the battle is the Lord’s, and he will give you into our hands.

1 Samuel 17:45-47

George Orwell pointed out that if we can rewrite or even erase the past, we can help people forget who they are and forge a new future. In his book 1984, Orwell described the “Ministry of Truth,” whose duty was to make the past consistent with the present.¹¹⁸

Therefore, according to Scripture, we are what we think. Think failure, and we will fail. Believe sickness, and we will be sick.

¹¹⁶ Rutland, Mark (2018) David The Great: Lake Mary, Florida: Charisma House Book Group.p.32

¹¹⁷ Rutland, Mark (2018) David The Great: Lake Mary, Florida: Charisma House Book Group.p.32

¹¹⁸ Orwell, George (1984) 1984. India: Prabhat Prakashan Publishers.

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Proverbs 23:7

All that humanity achieves or fails to achieve is the direct result of our thinking that the soul has influenced. Good thoughts can never produce bad results; negative thoughts and actions can never produce good results.¹¹⁹

Humanity understands the law of the natural world and works with it, but few understand God's Word or spiritual laws.¹²⁰ When we return ownership of our lives to Christ, He begins to transform our minds and cultivate holiness and happiness. The result is a God-centred mindset.

The human brain is arguably the climax of God's creation, the most incredible invention in His universe. It is a fabulous, living super-computer with unfathomable circuitry and unimaginable complexity.

The brain is a collection of billions of neurons, each as complex as a small computer - like having one hundred billion computers inside our skull. Furthermore, they are all interconnected.¹²¹ The battleground of the soul is the mind.

And without controversy great is the mystery of godliness: God was manifest in the flesh, justified in the Spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into glory.

1 Timothy 3:16

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Matthew 4:4

The principle of Proverbs 23:7 is actual. We are what we think in our hearts. It is an inviolable Godly law of life and will be true as long as human nature endures:

Keep thy heart with all diligence; for out of it are the issues of life.

Proverbs 4:23

Scripture is like painting the inside of the mind with Godly colours, one brushstroke at a time.

¹¹⁹ Morgan J Robert (2010) 100 Bible Verses Everyone Should Know by Heart. Tennessee, USA: B&H Publishing Group.

¹²⁰ Morgan J Robert (2010) 100 Bible Verses Everyone Should Know by Heart. Tennessee, USA: B&H Publishing Group.

¹²¹ Morgan J Robert (2010) 100 Bible Verses Everyone Should Know by Heart. Tennessee, USA: B&H Publishing Group.

But the word of the Lord was unto them precept upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little; that they might go, and fall backward, and be broken, and snared, and taken.

Isaiah 28:13

Scripture is clear about the wise they store up knowledge:

Wise men lay up knowledge: but the mouth of the foolish is near destruction.

Proverbs 10:14

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Proverbs 23:7

As the apostle Paul said, humanities transformed achieved by the renewing of our thoughts:

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

And be renewed in the spirit of your mind.

Ephesians 4:23

Set your affection on things above, not on things on the earth.

Colossians 3:2

For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace.

Romans 8:5-6

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

The Holy Bible is high-powered doses of truth that mainline God's wisdom and reasoning. They cover the soul, teach the simple, rejoice the heart, and enlighten the eyes:

The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple. The statutes of the Lord are right, rejoicing the heart: the commandment of the Lord is pure, enlightening the eyes. The fear of

the Lord is clean, enduring for ever: the judgments of the Lord are true and righteous altogether.

Psalm 19:7-9

Bible verses, committed to memory and applied to the Holy Spirit, are the most potent medication in the whole world.

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.

2 Timothy 3:16-17

Scripture teaches, reproves, corrects, and instructs, guiding man to become counsellors who delight in love, Godly correction, and good instructions, making humanity profitable in every good work.¹²² Scripture fills the humanities' mind with the realities that produce prosperity and success, everything needed to conquer the battle against obesity.

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Joshua 1:8

Bible verses are our counsellors and delights, ready to revive us when we are fainting, guide us when we are confused, and strengthen us when we are weak.

Thy testimonies also are my delight and my counsellors. DALETH. My soul cleaveth unto the dust: quicken thou me according to thy word. I have declared my ways, and thou heardest me: teach me thy statutes. Make me to understand the way of thy precepts: so shall I talk of thy wondrous works. My soul melteth for heaviness: strengthen thou me according unto thy word.

Psalm 119:24-28

By reading and studying God's Word, we are cultivating a relationship with Him who made us, loves us, sacrificed Himself for us on Calvary, and rose again so that we might inherit eternal life. As we study God's Word, we listen to Him, conversing with Him face-to-face like speaking to our father. The closer our relationship becomes, the clearer we can discern His voice that will reprimand, guide, and instruct us. Therefore, by inscribing God's Word and promises on the tablets of our minds, we can reform how we think. Instead of negative, I cannot do all things; to the positive, I can do all things through Him who gives me strength.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are

¹²² Morgan J Robert (2010) 100 Bible Verses Everyone Should Know by Heart. Tennessee, USA: B&H Publishing Group.

lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Philippians 4:8



2 Corinthians 5:17



* CHAPTER 3 *

4. Chapter 3: FFF Slimming: Case File Studies

4.1. Case Study No. 1

Client File no:	1
See Addendum A:	Supporting Documents - Consent and disclaimer form
Name:	Santie Meyer
Gender:	Female
Age:	42
Intake weight:	82.9 - 59.50
BMI:	29.50 – 20.98
Total weight loss:	23.50
Reason for obesity:	Rejection and Abuse - Fight mode
Background:	In-utero rejection and abuse



Figure 6: Santie Meyer

Santie Meyer, the author of this dissertation and CEO of FFF Slimming shares her testimony on God's healing power and miraculous deliverance from the terrible grip of rejection and abuse. Due to her untreated inner wounds, distorted identity and being overweight, she carried the burden of a low self-esteem, depression, frustration, and shame. This resulted in unhealthy eating, following diet after diet in pursuit of weight loss, and constant weight cycling was set in motion without long-term success. This is how she narrates her story:

Ever since I was a child, I remember feeling guilty and rejected. I felt like somebody else's child, the feeling an adopted child might be familiar with. I grew up in a conservative

Afrikaans house full of regulations, traditions, and religions. Like numerous Afrikaans homes, a child was seen and not heard in those days.

Something strange for me was the bond I had with the Zulu workers. One of belonging, one of feeling safe and loved. As a little girl, I spoke their language, loved their food, and mostly kept their company or my own. I was not too fond of the food in our house, which led to force-feeding, eat or else. It was mostly the latter.

I was the youngest child, with two elder brothers of six and eight years and a sister two years older than myself. My brothers were the two crown princes, both brilliant sprinters and rugby players. However, the rivalry and competition among them were extreme. My sister was my mother's beautiful little princess and looked like one. Always dressed in lace and frills with hair curled and tied with little pink ribbons.

On the other hand, I was this wild, uncontrollable tomboy, always somewhere on the farm. I was happy outside in nature, wearing short pants and barefooted, alone but not alone, for I was constantly conversing. I never felt alone and was never afraid. I loved the dark and water that made me feel safe and loved.

One day my brothers received the most beautiful, graceful, and uncontrollable animals I have ever seen. Arabian horses.

I wanted one as well, however, as a little girl, and just because I was a girl, that would never be allowed. Everything I wanted my brothers got, for I was a girl, resulting in animosity between myself and my brothers.

Furthermore, I started to hate my gender and saw other women as pathetic and weak. They never spoke up even though they were mistreated. All of these circumstances resulted in forming a rebel, outspoken to the point of being disrespectful and rude

I was fortunate to grow up on a farm and my parents owned a business in town. I developed a keen mind and could not wait to attend school. During the first three years, I excelled academically and in sports. I realised the only time my father noticed me was when I excelled. Therefore, from an early age, I became performance driven. At last, I was worthy of attention.

At 11, this healthy young girl became severely ill overnight. I was admitted to Eugene Marais Hospital in Pretoria after undergoing numerous tests. The prognosis was not favourable. Brain tumours to the left frontal lobe, and they operated on me immediately. After 14 days in ICU, I sat in bed and told my father I was healed and hungry for ice cream. He just stood up and bought ice cream. I started taking the IV from my arm and remembered sirens going crazy. While busy taking out the drainage tube in my skull, six specialists appeared furiously, asking me what I was doing. They received the same answer. I am healed. For a child in those days, going up against the authority of specialists was unthinkable. That was my first personal encounter with my Creator, for I knew I was healed. Furthermore, after refusing radiation, chemotherapy and an operation inserting a metal plate in my skull, the same specialists declared my miraculous recovery a medical wonder. I knew better.

The rest of my childhood was filled with rebellion and self-hatred for being born a woman. When my period came and my busts formed, I experienced shame and anger. Why did God

make me a woman?

I could do anything a man did, and I could do it better. However, I soon realised being a woman and being able to do everything men did better had its advantages. I became like the chameleon pets I bred as a child. I adapted to any situation with ease. That combination was a lethal weapon in disguise.

As a girl, I developed fast. At age 13, I reached my full height of 1.67m. I looked like a woman, not a girl. Furthermore, being athletic, super busy and a tomboy, I was unlucky, for my body was prone to natural muscle building, making me self-conscious.

The boys openly commented upon the muscle of my legs that, along with the constant echo of my parent's voices, "you have your grandmother's legs", or "you are big-boned" exposed triggers that led to unhealthy eating habits and patterns. The weight fluctuation was constant.

However, I was just a lost little girl who knew pressure to perform and rejection instead of love. Our house was void of love. Our perception of love was a distorted image portrayed in the world. It was not spending time together or knowing one another.

My only passion was studying medicine which I started in 1987. My first husband asked my dad to get engaged, to be married after I completed my studies. However, I was forced to choose, and marriage was the option that would get me out of that house. Therefore, I married. Unfortunately, my choice of partner was a man with just as many identity wounds as myself. The only difference was he was quiet and submissive, and I was the opposite.

Therefore, from the beginning, our marriage had no chance of survival. Getting divorced at 30 with two beautiful boys was not my heart's desire. I took my children and left bearing even more scars which I suppressed for the sake of my children. The sad part is that I repeated the cycle and am genuinely sorry.

My second marriage did even more damage to a wounded heart. Going through a second divorce, I remember one night I woke up at 3 am with tears streaming down my cheeks and a heart so desperate for love and understanding. Someone who saw me, who understood me, who knew me, who loved me.

That morning I had my second encounter with God, this time, I saw Him and heard Him, a personal encounter. My Father, with outstretched arms, His loving voice echoing from my soul, "come to me I am Love". I know you; I chose you, and I formed you.

Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

Jeremiah 1:5

As a child, I was forced to attend the Dutch Reformed Church. I knew about God, but I did not know God. My spirit rebelled against everything that remotely resembled a church. However, twice now, I recognised my Father's voice, which was familiar.

Still, I went my merry way. Married for the third time with the same outcome. Every relationship was a repetition of rejection and abuse, mental, physical, and emotional. I

declared myself insolvent for the wrong reasons. Used and abused by men in every sphere of life was my life's journey.

Put not your trust in princes, nor in the son of man, in whom there is no help.

Psalms 146:3

One thing I was good at was slimming and the so-called emotional eater. I was, by now, an expert. Looking back on my life, I noticed similarities. Before I experienced rejection and abuse, I was not overweight. However, after every experience of rejection and abuse, I became obese. That, combined with an above-average knowledge of the human body, I started doing research.

Combined with my strong personality, I challenged the traditional slimming methods. I was blatantly telling the medical doctors to prove me wrong.



06.06.2011



10.10.2011

Figure 7: 2011 Progress

I started treating ten volunteers with a passion for people and a sister who pushed me. The results were mind-blowing. Six years later, I was about to launch nationally, and God intervened, at this stage I was seeking my Father with an open, trusting, and sincere heart. I knew Him and His voice.

Be still, and know that I am God: I will be exalted among the heathen, I will be

exalted in the earth.

Psalm 46:10

I stopped everything, I even stopped treating obese people weekly.



Figure 8: A Metamorphosis after 23.5 kg loss in only 16 weeks

I knew God wanted to reveal something significant to me. He exceeded all my expectations as He showed me everything I was seeking, a profound treatment for obesity unknown to man. My life and hardships happened for a reason.

God allowed everything that happened to me for His glorification. All the answers were in my past. Strongholds of rejection and abuse unto which all the other emotions latch. The rest is all around me, everywhere in His creation. I had acquired knowledge God gave me the understanding.

Understanding rejection and abuse are essential in understanding a person's patterns and behaviour. As listed in Chapter two, the outward responses to rejection and abuse, the hatred and self-rejections, and the symptoms of fear of rejection and abuse, everything can be seen throughout my life. It all started with in-utero rejection and abuse.



Figure 9: Weight Maintained until 31 May 2012

I maintained my weight and 32 pants size until 31 May 2012. Gert van Rensburg Uys, the father of my sons, was murdered. The traumatic event made my leptin come to a standstill without changing anything in my diet.

Physical pain usually leaves few echoes (unless the circumstance of the injury was emotionally traumatic), while emotional pain leaves numerous reminders, associations, and triggers that reactivate the pain when one encounters them.

Understanding the process, I realised that I had to start phase one as soon as I was emotionally stable. I started phase one nearly a year later, after gaining 13.8 kg and stabilising on 59.9 kg back in my clothes on 15 July 2012.

In July 2018, I went through severe trauma, experiencing rejection and abuse once again. The result was massive weight gain of 25 kg in total.



Figure 10: July 2018 - Before February 2019 - After

I had to repeat the process a few times. Every time I gained weight was after severe traumatic events. By this time, I thought trauma related to rejection and abuse on numerous levels was the biggest obstacle when it came to weight gain. I realised that every time I had to repeat the FFF Slimming programme, it was much more challenging mentally (conscious and subconscious).

To be extrapolated in Chapter 5.



Figure 11: Progress Photos

After repeating the program numerous times, disaster struck in an anonymous form, the COVID-19 pandemic.

End of March 2020, just before the lockdown, I became severely ill with the Covid virus, and a general practitioner, Dr Belinda Botha, informed me that the only treatment was cortisone. Knowing that there was no alternative, I had no choice but to take multiple doses of cortisone in various forms daily. As expected, I gained about 20 kg in three months.

A couple of months into lockdown, I started to feel like a human being again, and my body recovered. Not long after that, I got migraines, and my blood pressure rose from regular to 200/140, shockingly high. Dr Botha gave me two types of blood pressure medications. The Holy Spirit intervened in her office, I told her that I should be tested for COVID-19 (again), and her reply was it was impossible. However, I tested positive.

When I received my results the second time around, the tears were streaming down my cheeks, for I begged God for negative results. Anger and fear came upon me instantaneously, I realised that God was trying to show me something, and Satan was trying to intervene. The words in Isaiah immediately came to mind:

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isaiah 41:10

I became still before God and was willing to wait upon His teaching. It took a year before God showed me. A year of gaining weight systematically, where I had to let go of pride and shame. The people I was helping, old and new, gave me that “look” (she cannot even control herself).

And ye shall know the truth, and the truth shall make you free.

John 8:32

Doing my work in my usual manner was no longer possible as I battled with long-term Covid symptoms.

- 4.1.1. *Changes to the sense of smell or taste*
- 4.1.2. *Extreme tiredness (fatigue)*
- 4.1.3. *Difficulty sleeping (insomnia)*
- 4.1.4. *Disorientated*
- 4.1.5. *Dizziness*
- 4.1.6. *Feeling sick, diarrhoea, and stomach aches*
- 4.1.7. *Heart palpitations*

4.1.8. *Joint pain*

4.1.9. *Loss of libido*

4.1.10. *Loss of smell*

4.1.11. *Muscle aches*

4.1.12. *Pins and needles*

4.1.13. *Problems with memory and concentration (“brain fog”)*

4.1.14. *Shortness of breath*

4.1.15. *Slurred speech*

4.1.16. *Vertigo*

I held on to John 8:32 for dear life. I declared it over my life and told the people exactly why I was obese. Moreover, God revealed the last piece of the puzzle to me. He told me to look at my blood pressure medication.

I was astounded. The contra-indications on both medications were all the symptoms of long-term Covid and rapid weight gain to my shock, surprise, and delight.

If God did not allow me to contract Covid so severely, I would never have thought to look at other medication, apart from cortisone and antipsychotics, for a contra-indication of weight gain.

At last, I had the information I needed to treat myself and a piece of information that I would have missed entirely. I immediately stopped taking all medication. However, it took patience for the body to get completely rid of all the medication. Dr Izak Grove, a homoeopath from Pretoria, did the last part of ridding the body of all toxins and inner restoration of all the damaged organs and tissues through ozone therapy¹²³ administered intravascular (injected into the vein).

¹²³ Ozone Therapy-A controversial alternative medicine practice that uses ozone gas to fight disease



Figure 12: Starting Weight: 103.95 kg

The above pictures reflect my weight in June 2021 and March 2022, when my body started to respond to the FFF Slimming treatment method. The weight was the same. Therefore, I did not take new pictures.

After a battle of two years, my body is starting to respond.



Figure 13: After 56 days: 86.65 kg, a total of 17.3 kg down

Still a way to go, but through perseverance, I will finish and maintain as always.

Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: By whom also we have access by faith into this grace wherein we

stand, and rejoice in hope of the glory of God. And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

Romans 5:1-5

4.2. Case Study No. 2

Client File no:	2
See Addendum B:	Supporting Documents - Consent and disclaimer form
Name:	Anonymous – Pseudonym Mary
Gender:	Female
Age:	45
Intake weight:	99.30 - 67.10
BMI:	33.38 – 22.42
Total weight loss:	26.20 kg
Reason for obesity:	Rejection and Abuse - Flight mode
Background:	She constantly battled obesity



Figure 14: Mary Before and After (Front)

Growing up in the shadow of siblings is probably one of the most traumatic experiences the above client experienced as a child. It resulted in rejection (not good enough) and abuse (do not belong), mental, physical, and emotional.

Mary was under the misperception that she did not measure up to her elder brothers and younger sister in any way: physically not as strong or good in sport-related activities, mentally not as capable, academically, and emotionally compassionate, and unable to stand up for herself.

People react differently to the many forms of rejection and abuse they experience. The fight-or-flight “stress response” refers to the physiological reaction that occurs in the presence of something mentally or physically terrifying. The body release hormones whereby the body either stays and deals with a threat or runs away to safety.¹²⁴ Mary reverted to the latter-flight mode. Not to be extrapolated.

Furthermore, growing up in a strict Afrikaans household ruled by traditions and religions, love was not a feeling expressed. Therefore, not something tangible or visible either. Life resulted around “thou shalt” and “thou shalt not”.

However, in retrospect, years later, the perception among all the siblings was mutual. All of them experienced their childhood in the same manner. Neither of them felt loved, wanted, or good enough. Everything was performance-driven and measured around the meaning and perception of other people. It was not a family of unity and mutual love.

An absence of self-acceptance and self-worth derived from rejection and abuse is at the root of eating disorders, as seen in case file two and numerous others.

Emotional abuse commonly coincides with other forms of abuse and is the most difficult to identify.

Mary was subjected to bullying by her siblings. Furthermore, being sexually abused by a family member led her to a suicide attempt. From shame, anger and helplessness, Mary became an emotional eater, which resulted in weight gain.

With a distorted body image, weight cycling began in her teenage years when trying numerous methods of weight loss unsuccessfully. Desperation led to a dental procedure clamping the teeth together, making food consumption impossible. However, that did not prevent the consumption of various sweets in liquid form through a straw.

Mary met a man twenty years older than herself, was swept off her feet and treated like a princess, blinded her to the difficulties that might follow as a newlywed couple with unresolved issues. For once, she felt loved and accepted. However, that was a short-lived illusion, as jealousy from her much older husband led to severe emotional abuse.

Accusations of cheating, severe possessiveness and jealousy were a constant in her life - the constant uncalled checking on or attempting to control her behaviour led to relentless arguing and verbal abuse.

Mary’s weight loss journey and transformation on the FFF Slimming program were rapid and drastic. However, on stabilisation, everything went wrong. Instead of the body getting rid of the last excess fat and the client finishing the program, the opposite happened in Mary’s case.

¹²⁴ Goldstein, DS (2010) Adrenal responses to stress. *Cell Mol Neurobiol*;30(8):1433-40. doi:10.1007/s10571-010-9606-9; Sperber S Fight or flight response: Definition, symptoms, and examples. Berkeley Well-Being Institute.



Figure 15: Mary Before and After (Side)

The heart-breaking truth is that it was easier to stop the program and gain back all the weight she lost than to deal with the rejection and abuse she experienced from a jealous, discontented, self-centred, narcissistic spouse: Mary, a woman who fears the Lord, the epitome of the women of Proverbs 31.



Figure 16: Mary Before and After (Back)

Over the years, Mary has tried to follow the FFF Slimming program again. However, if the circumstances do not change, the results will not change. Today, Mary gained all her weight plus the excess of 30 kg over 11 years.

At last, Mary is free from constant abuse and rejection. Soon she will be able to start the

program again. Undoubtedly it will be for the last time.

The Lord bless thee, and keep thee: The Lord make his face shine upon thee, and be gracious unto thee: The Lord lift up his countenance upon thee, and give thee peace.

Numbers 6:24-26

4.3. Case Study No. 3

Client File no:	819
See Addendum C:	Supporting Documents - Consent and disclaimer form
Name:	Wanda Jacobs
Gender:	Female
Age:	31
Intake weight:	96.50 – 59.65
BMI:	38.17 – 23.59
Total weight loss:	36.85
Reason for obesity:	Rejection and Abuse
Background:	Battelled obesity since the age of eight years



Figure 17: Wanda Clothed Before Photos (Front, Side, Back)

Wanda's struggles with weight started at the age of eight. She remembers being chubby and experiencing feelings of shame and rejection. Pleasing people and overcompensation became her coping mechanism.

Furthermore, being told that she was fat and had to lose weight distorted the young girl's body image. The denied delicacies due to being chubby resulted in a vicious cycle of lies and deception formed as a child.

Wanda grew up in an unstable, conservative home environment with a single mom and an absent father who worked away from home. Her childhood has been a journey of responsibility and secrets that are not the burden a child should carry, resulting in an abusive relationship with her mother.

For as long as she can remember, her life revolved around restrictive eating patterns. These

eating patterns soon became destructive mechanisms, trying everything and anything to achieve some weight loss results. The methods varied from medication in various forms, every diet on the market, no food consumption, laxatives, and voluntary puking.

Being a victim of an eating disorder, Wanda needed to find a way to have a positive sense of self-worth that did not have anything to do with weight and body image. Instead, she buried the pain that became self-resentment in excessive alcohol consumption.

Growing up in an unhealthy family environment with a misperception of love, acceptance and Godly guidance led to the wrong choice of spouse, and she repeated the cycle as many people do. The marriage was a marriage of drugs and alcohol-induced rage, emotional abuse, and isolation.

Anytime Wanda met other women, she judged their self-control and self-worth based on their body size and shape. Although she judged others harshly, she was even more critical of herself. Scripture warns against judgement.

Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

Matthew 7:1-2



Figure 18: Wanda Clothed After Photos (Front, Side, Back)

She became so wrapped up in the world's standards and opinions that she did not recognise the truth. The identity wounds she carried consciously and subconsciously hindered her battle against obesity.

The Bible does not doubt the need for man to separate himself from the world. Being born into the world but not of the world can be interpreted in various ways. Having won the battle against drug addiction and alcoholism was a choice Wanda made. She chose to overcome obesity, which she did. The journey was not without any sacrifices. Anything in our lives of value will require sacrifice.

Denial is one of the biggest hurdles victims of eating disorders must overcome. Her relationship with God gave her the ultimate strength to overcome her eating disorder. For once, she saw herself through God's eyes, not the world. Wanda's newfound relationship

with God enabled her to become free from the world's entanglements. Living by God's standards are true freedom. Her relationship with God ultimately gave her the strength to overcome her eating disorder that led to obesity. Faith gave her the strength to understand and conquer obesity.

For the first time in her life, she began to lose weight with healthy intentions and a newfound understanding. Instead of blaming God, she wanted to know what it was that God wanted to teach her through obesity.

Ephesians one showed her everything she is as a child of God.

- 4.3.1. I am blessed. Ephesians 1:3: Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ.
- 4.3.2. I am chosen, holy without blame before my Father. Ephesians 1:4: According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love.
- 4.3.3. I am predestined to adoption for the good pleasure of His will. Ephesians 1:5: Having predestined us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will.
- 4.3.4. I am accepted. Ephesians 1:6: To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.
- 4.3.5. I am redeemed through His blood. Ephesians 1:7: In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace.
- 4.3.6. I have all wisdom and prudence. Ephesians 1:8: Wherein he hath abounded toward us in all wisdom and prudence.
- 4.3.7. I am an heir. Ephesians 1:11: In whom also we have obtained an inheritance, being predestined according to the purpose of him who worketh all things after the counsel of his own will.
- 4.3.8. I am trusted. Ephesians 1:13: In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise.
- 4.3.9. I have a spirit of wisdom. Ephesians 1:17: That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him.
- 4.3.10. I understand His calling. Ephesians 1:18: The eyes of your understanding being enlightened; that ye may know what the hope of his calling is, and what the riches of the glory of his inheritance in the saints.
- 4.3.11. I am empowered. Ephesians 1:19: And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power.

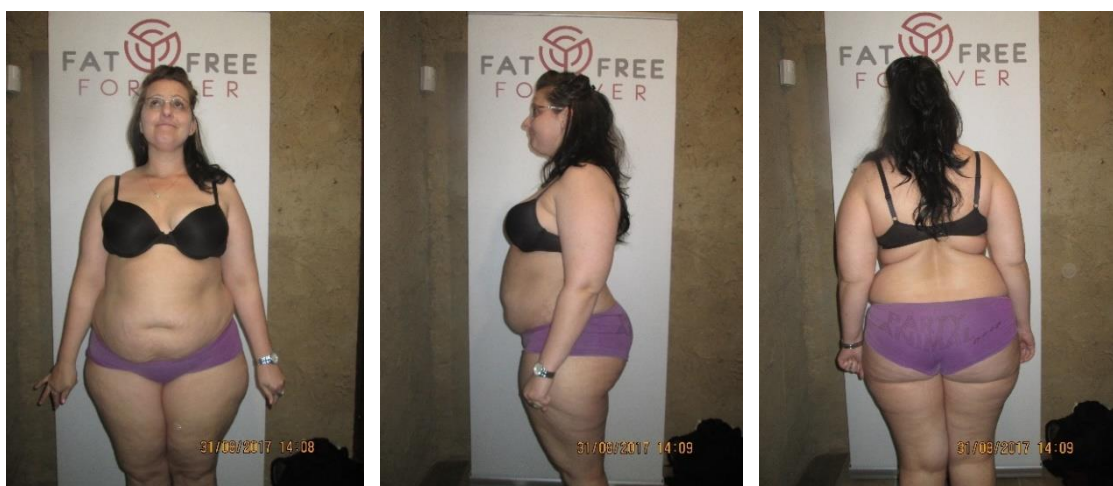


Figure 19: Wanda Undergarment Before Photos (Front, Side, Back)

However, being fat-free will always require a person to make healthy choices and not return to old ways, as Paul instructs the church.

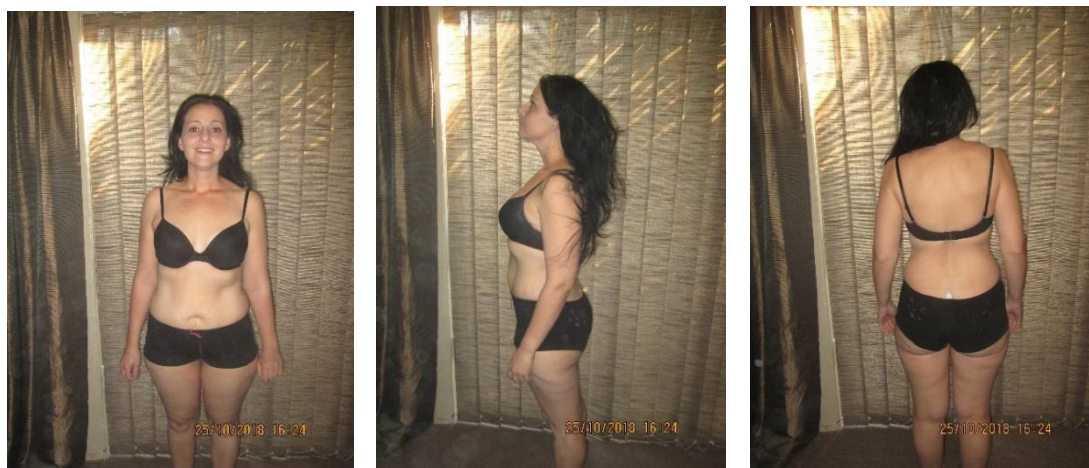


Figure 20: Wanda Undergarment After Photos (Front, Side, Back)

This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. But ye have not so learned Christ; If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.

Ephesians 4:17-24

After losing the excess fat, one must remember that temptations will remain everywhere. Therefore, the onus will be on every individual to guard their body, soul and spirit as the devil will be walking to and fro (Job 2:2; Job 1:7), trying everything in his power to make

one fall back into old harmful habits.

Following the FFF Slimming recommendation and guidelines will assist in accomplishing the above. Extrapolated in Chapter five.

4.4. Case Study No. 4

Client File no:	115
See Addendum D:	Supporting Documents - Consent and disclaimer form
Name:	Ina Hartzenberg
Gender:	Female
Age:	58
Intake weight:	78.0 – 63.55
BMI:	26.26 – 21.87
Total weight loss:	15.65 kg
Reason for obesity:	Trauma, armed robbery, accident, the death of two parents and a contested will.
Background:	Completed the program three times



Figure 21: Ina Before and After Photos (Round 1)

The first time Ina started the FFF Slimming program was in 2012, after an armed robbery. Undergoing severe trauma, she gained weight. Being consistent, motivated, and through complete dedication and consistency, Ina lost all the excess fat in 14 weeks.

As with everyone, a transformation. Happy, healthy, and younger-looking women.

In 2018 Ina got severely injured when stampeded by a cow. Undergoing numerous operations and skin grafts over a prolonged period, she regained the use of her leg. Undergoing trauma counselling, she was able to live an everyday life again. The trauma and medication resulted in Ina gaining 15.85 kgs.



Figure 22: Ina Before and After Photos (Round 2)

For this woman, the weight gained was nothing compared to the life-threatening experience she survived. Bedridden after numerous reconstruction surgeries and skin grafts.

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Joshua 1:9

A woman of God, always cheerful and friendly. Irrespective of her circumstances. A true inspiration to others.

Once again, determination and dedication with loads of water enabled Ina to lose 15.65 kg in 14 weeks. Once again, the astounding younger-looking appearance. Water is truly God's miracle medication. Chapter 5 will extrapolate.

In 2019 Ina lost her best friend and mother. Two years later, her father fell ill, and a stubborn man refused to take his medication. Ina was angry at her dad and blamed him for his negligence when he passed away.

That was the beginning of a long and painful journey as one of her two siblings vehemently contested their parent's last will. Thus, Ina gained weight again through trauma.

This time Ina lost all the excess fat, 12.25 kg, in 12 weeks. Even getting older, her appearance is younger looking.



Figure 23: Ina Before and After Photos (Round 3)

He giveth power to the faint; and to them that have no might he increaseth strength.

Isaiah 40:29

4.5. Case Study No. 5

Client File no:	890
See Addendum E:	Supporting Documents - Consent and disclaimer form
Name:	Coenraad Potgieter
Gender:	Male
Age:	46
Intake weight:	164.25 – 107.85
BMI:	46.97 – 30.83
Total weight loss:	56.40
Reason for obesity:	Battled obesity since 2014 after a back operation
Background:	Divorced and declared medically unfit



Figure 24: Coenraad Before and After Photos (Front)

Coenraad started the FFF Slimming program on 17 January 2020 as he had to undergo a major operation.

Instructed by the surgeon to lose weight urgently before the surgery, Coenraad knew if he stood any chance of avoiding an amputation, he had to do everything in his power to lose sufficient weight in ten weeks as instructed.

After the ten-week window, Coenraad lost 14.25 kg and was terrified but positive as he went in for surgery.

Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the Lord; and he shall give thee the desires of thine heart. Commit thy way unto the Lord; trust also in him; and he shall bring

it to pass.

Psalm 37:3-5

God granted Coenraad his heart's desire, and the operation was successful. After his discharge, Coenraad under the care of his mother, continued his treatment at home. He refused to stop. Grateful to God for a second chance and committed to completing the journey.



Figure 25: Coenraad Before and After Photos (Side)

His journey was full of difficulties, mental, physical, and emotional. Undergoing a back operation would not even stop Coenraad from completing the program. The medication (cortisone) made his progress slower. However, his attitude was admirable. Slow and steady.



Figure 26: Coenraad Before and After Photos (Back)

Coenraad completed the program in December 2022 with a total weight loss of 56.40 kg. A very proud and utterly self-sufficient man of God. By diligently following the three rules, he has not gained any weight in the two years since completion.

The Lord is my strength and song, and he is become my salvation: he is my God, and I will prepare him an habitation; my father's God, and I will exalt him.

Exodus 15:2

4.6. Case Study No. 6

Client File no:	330
See Addendum F:	Supporting Documents - Consent and disclaimer form
Name:	Anonymous - KKM
Gender:	Male
Age:	26
Intake weight:	172.80 - 98.90
BMI:	50.98 – 29.21
Total weight loss:	73.90 kg
Reason for obesity:	Parenting style of overcompensation
Background:	Overweight since childhood

Growing up with a single parent who wanted to give her child everything she could not have as a child herself resulted in the onset of weight cycling early in KK's life. Being spoiled rotten, he developed a "my rights attitude". The more he got, the more he demanded; he became a self-centred gluttonous young man. He did not realise the value of life, health, or money; life was a party with excessive eating and drinking without any responsibilities.

And they shall say unto the elders of his city, This our son is stubborn and rebellious, he will not obey our voice; he is a glutton, and a drunkard.

Deuteronomy 21:20

KK's mother realised the error of her ways as she saw the devastating effects of being morbidly obese in his life. Compared to his friends, her son was miserable, short-tempered, lazy with no ambition and constantly tired. A young man should be excited about his future. However, the only excitement he had was binge eating.

With high hopes, she brought him in for a free consultation at FFF Slimming in Hartbeespoort. He merely came to indulge his mother.

Norman Geisler and Jeff Amanu note, "Whereas God created the fact of freedom, humans perform the acts of freedom. God made evil possible; creatures make it actual".¹²⁵

The first step in conquering obesity is exercising free will and choice. If obese people do not recognise and choose to acknowledge that something is wrong by being brutally honest with themselves, they will not conquer obesity.

¹²⁵ Geisler, Norman L (2011) If God, Why Evil? Minneapolis, Minnesota: Bethany House Publishers.

God made man with free will and choice; KK Mojo did not willingly want to lose weight or change his lifestyle. If an obese person does not willingly embark on losing weight, he will never be victorious. The first step of acknowledgement is the actual recovery of any addiction.

Even though his mother was willing to pay for the treatment and begged the owner of FFF Slimming to help her son lose weight, she explained that if he did not choose, he would never lose weight. One cannot force or coerce anybody to embark on this life-changing and challenging journey.

A free choice, however, is subject to the wrong choice. Given the Scriptural facts, we may conclude that God's plan had the potential for evil when he gave humans the freedom of choice. Still, the actual origin of evil came from a man who directed his will away from God and toward his selfish desires.

Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.

Philippians 3:19

Unfortunately, the owner told KK that without his commitment, there was no money in the world, and neither bribing, nor threats from his mother could change that.

She explained to KK that his condition was life-threatening and that she could not and would not take him on as a client without his total commitment and willingness.

One must understand that it is impossible to help anybody conquer obesity if they do not come willingly to ask for assistance. Therefore, the owner informed KK that FFF Slimming could not assist him. However, he would be welcome to join anytime if he chose to.

Three months after receiving all the information he needed, he chose to join the program and embark on the gruelling weight loss journey. The journey was challenging, but it was a life-changing and life-saving experience.

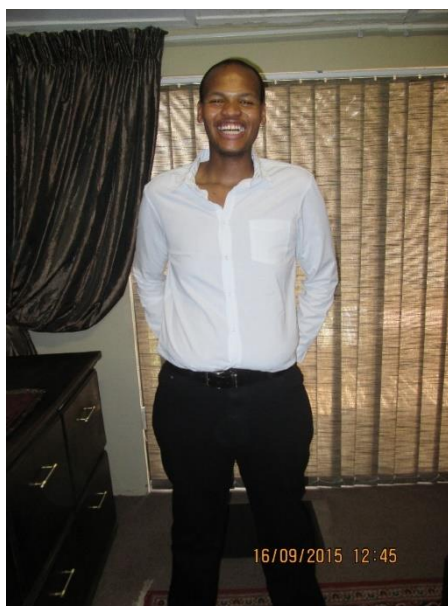


Figure 27: KKM Started: 13/03/2015 Finished: 16/09/2015

KK got tired of being stagnant, and nothing was fun anymore. His studies were not going well. He was not motivated, nor had he had any plans. He admitted in his last video that he had lied to himself about his weight and became indifferent.

Food was not enjoyable, and he just ate for the sake of eating. Motionless eating is the rut of loneliness, habit, and desperation where many obese people get trapped, sometimes to the point of no return.



Figure 28: KKM Before and After Photos (Side)

KK enjoyed the structure of phase one, but looking at the results, he lost more weight in phase two. After two phases, he became indifferent to the difficulties and accepted healthy as his new routine. During the program, he averaged 9 litres of water per day. The importance of water is extrapolated in Chapter five.



Figure 29: KKM Before and After Photos (Back)

His friends enabled the worthless eating. One must exercise the ability to say no, even though it will be challenging and tempting. Saying no makes one a better, stronger person. The first time is the hardest. Eventually, people get used to hearing no.

One must embark on the program with a child's mentality and make it a game with rewards. Getting through one day at a time is the only way one will ever be successful.

He changed his closet at the halfway point after a massive loss of 42 kgs in 30 weeks. He received compliments and slacked off a lot. Furthermore, he was preparing for exams and dealing with stress the usual way. He was stress eating and drinking energy drinks. Gaining weight made him realise to pull up his socks and get back on track.

During December, KK received a break of three months, which is the human thing to do. FFF Slimming is the only program in the world (to my knowledge) that can give a person a break where he can maintain his weight by following three simple rules without any medication or diet.

In some cases, people experience financial problems or anything unforeseen. When something happens, they must have guidelines to maintain. As their circumstances improve, they can carry on from where they stopped. The three rules are extrapolated in case Chapter five.

One will think to start from the beginning is preposterous. Unfortunately, this often happens as nobody in the slimming industry gives people guidelines to maintain without medication, as it is not a profitable business module. The mental, physical, and emotional state of obese people is not the priority; that should change.

KK admitted he was scared, which is normal. He thought gaining a large portion of his lost weight would follow. By following the rules, KK had no weight gain.

In the last push to the end, KK experienced mixed feelings, and his original goal was to reach 110 kg. As he reached that, he just wanted to keep going as he had one more phase. Once a person reaches this point, there is no stopping them. They find the last part of the program much more effortless. After stabilisation, the only change is that one can indulge but not feel the need to; thus, maintaining should be easy.

KK was the most enjoyable and challenging client for the owner of FFF Slimming. It was like experiencing the birth of an extraordinary young man, going from fat to fabulous. The person that started the program was lifeless, dull, and self-conscious, with no zest for life compared to the person that completed the program. KK changed into a health-conscious attractive young man who enjoyed life and, for a change, shopping. He carried himself with confidence and was no longer shy talking to girls. This vibrant young man was no longer a teddy bear. The most significant change for him was getting in the back seat of a car, which had been impossible since childhood as the back seat could not accommodate his size. KK does not feel like the third wheel on parade anymore but rather like a triumphant inclusive member of his friends. Today he prefers water over most other drinks.¹²⁶

¹²⁶ KK Mojo testimonial on YouTube: https://www.youtube.com/results?sp=mAEB&search_query=kk+mojo; KK-Mojo interview - https://www.youtube.com/watch?v=4zTilfy0Y_Q&t=35 s



Figure 30: KK Mojo lost a total of 74 kg

4.7. Case Study No. 7

Client File no:	528
See Addendum G:	Supporting Documents - Consent and disclaimer form
Name:	Makie Nobanda
Age:	56
Gender:	Female
Intake weight:	63.15 – 55.10
BMI:	24.98 – 21.80
Total weight loss:	8.05
Reason for obesity:	2019
Background:	No to be discussed

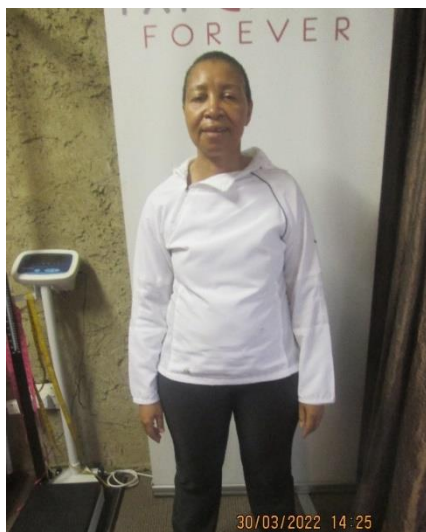


Figure 31: Makie Clothed Before and After Photos (Front)

This fantastic woman did not have much to lose, to show that as little as 8 kg makes a huge difference not only in the body image of the person but the all-over body composition. The journey and difficulties are the same, and the results life-changing.

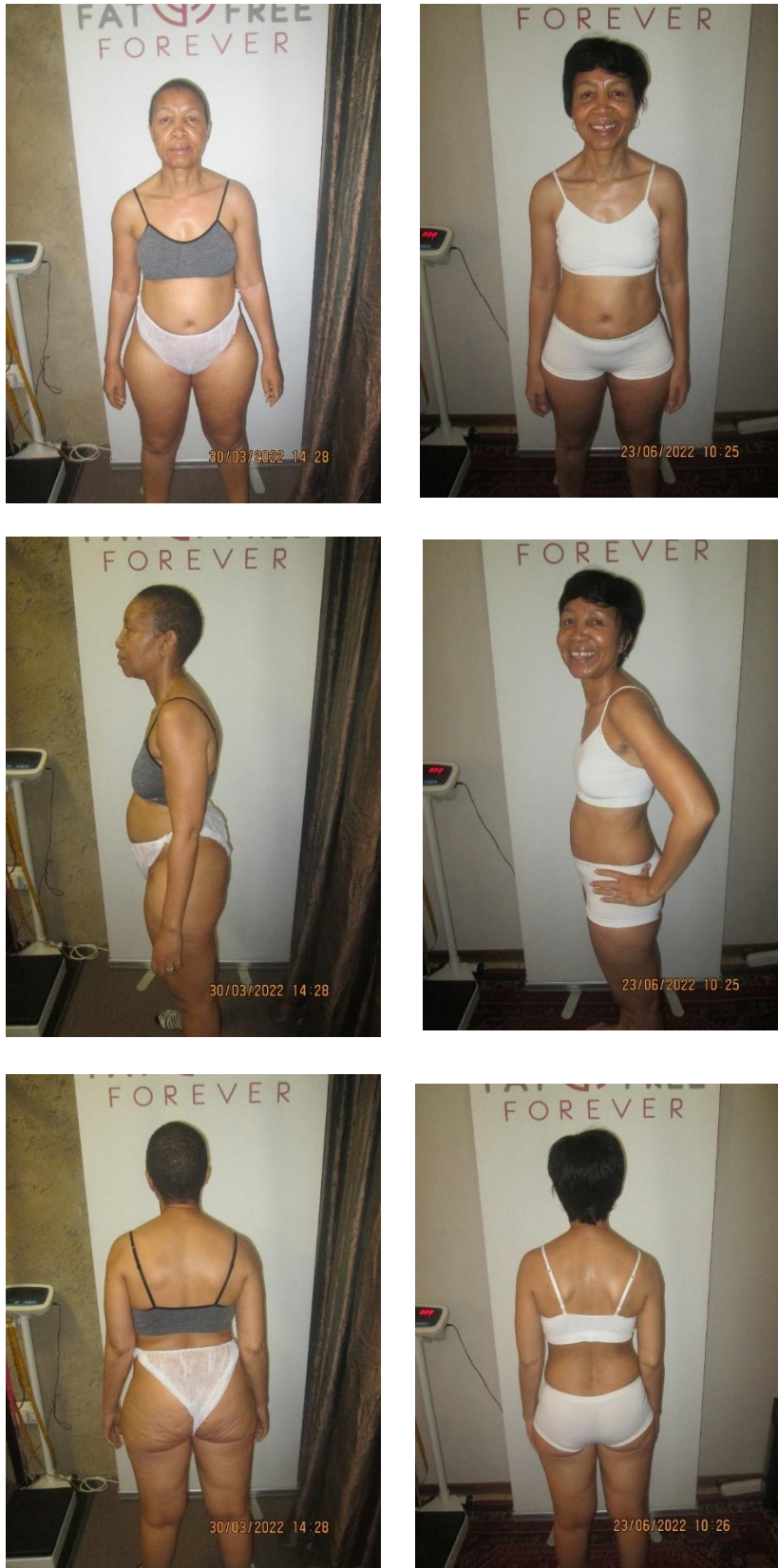


Figure 32: Makie Undergarment Before and After Photos (Front)

The average water intake was 6-8 litres daily - an incredible difference overall - the

astronomic improvement in cellulite without any other ointments. Makie Nobanda looks younger, healthier, and happy. A vibrant businesswoman with a renewed zest for facing everyday responsibilities.

4.8. Case Study No. 8

Client File no:	27
See Addendum H and I:	Supporting Documents - Consent and disclaimer form
Name:	Johan Henning (Deceased, full disclosure)
Gender:	Male
Age:	56
Intake weight:	265 – 248.4
BMI:	Could not calculate accurately
Total weight loss:	16.6 (28 days)
Reason for obesity:	Trauma and medication
Background:	Since childhood – committed suicide



Figure 33: SJ Meyer (L), Johan Henning (C), Dr Danie Robbertse (R)

Dr Danie Robbertse informed the FFF Slimming about Johan Henning and his morbid obesity and severe medical condition. At that stage, nobody was interested in looking at Johan due to his comprehensive medical record. Danie asked if the CEO of FFF Slimming, Santie Meyer, would be interested.

At the first meeting, Dr Robbertse told Johan that this would be his last opportunity. The treatment would be pro-bono - FFF Slimming was willing to extend the courtesy. However, the treatment will not continue if he does not do his part.

We had to weigh Johan on the weighbridge. Johan had not been weighed in years, and his

weight was unknown. The process of weighing Johan was no easy task as he had not been outside his house in years. Furthermore, getting him in a car was a chance we had to take.



Figure 34: Johan Only Photos (Front)

The first and only pictures were taken of Johan by FFF Slimming on 6 June 2011, front.

FFF Slimming insisted that Johan make a goal list as motivation and inspiration. His first goal was a 10 kg loss end of December 2011.

- 4.8.1. 7-day results – 4.7 kg Good start as the program starts with two days of binging
- 4.8.2. 14-day results – 6.0 kg Not happy, had a motivational talk
- 4.8.3. 21-day result – 8.6 kg Better, though not happy, had another motivational talk
- 4.8.4. 28-day result – 16.6 kg Happy, 8 kg in 7 days on par.

The results of a 16.60 kg loss in 28 days were a brilliant start. Johan was eager and optimistic to continue on phase 2. However, there is no binging going from phase one to phase two. It is a mere continuance. Johan was not happy with that. However, after explaining again and an hour of motivation, he seemed ok.



Figure 35: Johan Only Photos (Side)

After his massive effort with a weight loss of 16.60 kg, a local business owner donated a brand-new custom-made bed to Johan with the hope and understanding that it would be a massive help to Johan if he knew he had the support of the local community.

Very optimistic seven days later for Johan's first weigh-in session on phase two. A heart-breaking disappointment as he gained 8.3 kg. According to him, he did everything correctly, but phase two is not working. Unfortunately, this signalled the beginning of the end.



Figure 36: Johan Only Photos (Back)

Whenever someone attacks and blames the program or the process, it shows their emotional state and specific characteristics. In this case, an emotional manipulator portrays himself as the victim.

In morbid obese cases like Johan, helping such a person is impossible. One can only help someone that still values life and has the desire to live. Unfortunately, even in cases like this, they still have free will and choice.

In obese and morbidly obese people's lives, strongholds in the form of severe rejection and abuse are always present on numerous levels. Johan was no exception.

At the age of forty, he was obese. However, he could still be treated successfully. Johan was having lunch in a local restaurant and ordered a hamburger. At a table next to him, two men were also having lunch. As the waiter placed Johan's hamburger in front of him, the two men made a vulgar, degrading comment about his size and choice of food without thinking about how their actions and words would influence the rest of Johan's life. He became a recluse, and obesity took over his life in every aspect imaginable.

Often people are under the impression that obesity is only a result of gluttony. However, numerous other factors are responsible for obesity, and these men's performance that day is one of them. Extrapolated in Chapters two and five.

Johan's treatment was stopped on week twelve. Unfortunately, the fight against obesity cannot be won without the patient's and his family's cooperation.

Speaking to Marion, Johan's spouse, was a shocking and heart-breaking revelation about the reality of the obese person, his spouse and family's lives. The story of verbal abuse, emotional manipulation and the enablers bringing food for various reasons.

Obesity is not only affecting one person. It affects marriages, families, and friends. Therefore, the fight against obesity should be a combined effort to ensure success.

The consequences of morbid obesity result in diabetes and numerous other life-threatening diseases. All of this can and should be prevented.

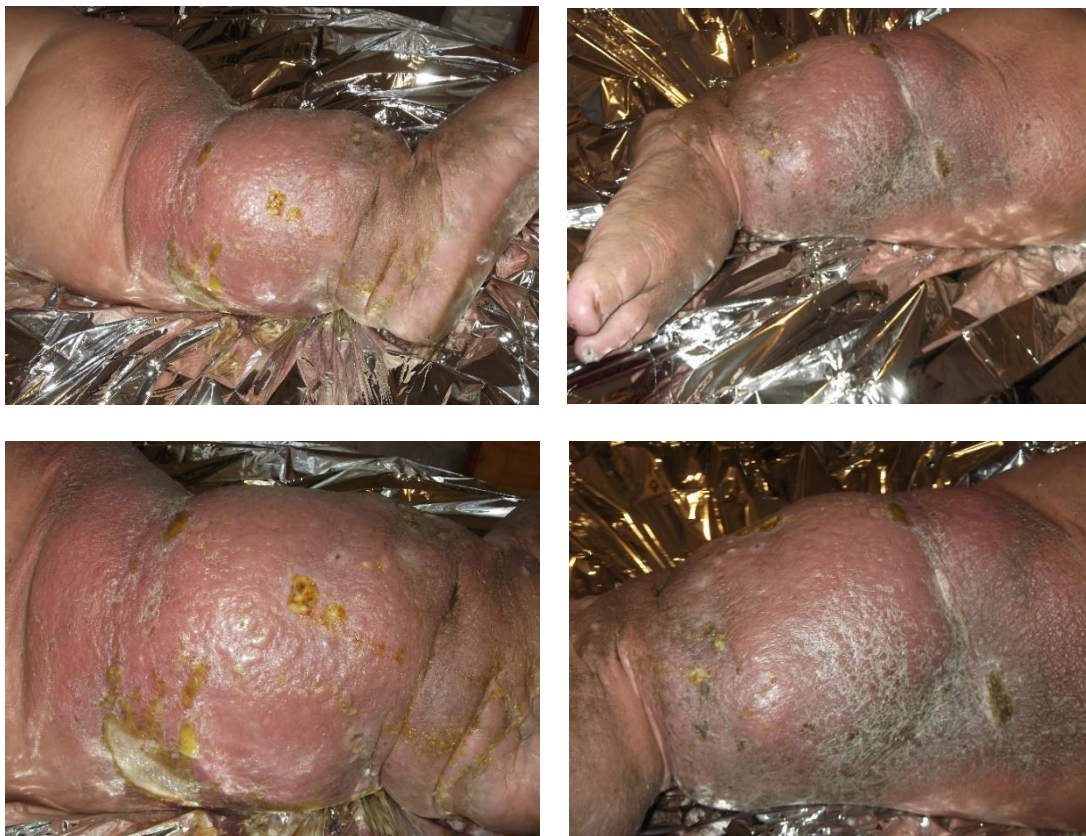


Figure 37: Johan's legs, the shocking reality of what must be prevented. Full-blown diabetes, no blood circulation, massive inflammation

Johan was admitted to the hospital in the following months numerous. For a person his size, the ambulances are not equipped for transportation. Breaking the bed of an ambulance must have been a massive emotional setback for Johan. Furthermore, the hospital bed is also not equipped for a person his size.

Johan applied for bariatric surgery. However, the medical aid did not cover the surgery because Johan was too big.

After one incident of insolent people, Johan became a recluse, and obesity consumed his life in every aspect.

Set a watch, O Lord, before my mouth; keep the door of my lips.

Psalm 141:3

Society should acquire knowledge about obesity. One look, one word or one small act of insolence can be the difference between life and death. Humanity should be careful what they do unto others, willingly or unknowingly.

And as ye would that men should do to you, do ye also to them likewise.

Luke 6:31

In loving memory of Johannes Stefanus Henning, who committed suicide on 28 February 2013, obesity consumed Johan because nobody fully understood his identity wounds.

4.9. Case Study No. 9

Client File no:	901
See Addendum J:	Supporting Documents - Consent and disclaimer form
Name:	Marietjie Hattingh
Gender:	Female
Age:	60
Intake weight:	76.60 – 59.65
BMI:	28.13 – 21.89
Total weight loss:	16.95
Reason for obesity:	Shock and trauma
Background:	Battled obesity since 1999



Figure 38: Marietjie Before and After Photos (Front)

During her consultation on the first question, the answer was since a child. (extrapolated in Chapter five). As the consultation proceeds, the other strongholds usually emerge, as in most cases.

In 1999, Marietjie went through severe trauma before and during a divorce. As seen in case file study one: mental, physical, and emotional rejection combined with abuse is experienced during a divorce.



Figure 39: Marietjie Before and After Photos (Side)

For various reasons, some women battle the shed excess weight after pregnancies. The same was applicable in Marietjie's case. Furthermore, she moved twice in two years, which is traumatic. New work colleagues, new friends and a new environment are significant adaptations, thus traumatic.

Marietjie's husband worked in another town, which made the circumstances worse.



Figure 40: Marietjie Before and After Photos (Back)

For someone that has been obese for a long time, Marietjie only wanted to lose some weight. However, when the process was explained to her, she was still sceptical and bought

a size 34 (no.10) pants.

As soon as the water levels for a woman reach 50% - 60%, all the excess fat is gone. Once that happens, most women finish on size 32 pants (no.8). The only ones to finish on size 34 (no.10) pants are those who, unfortunately, have loose skin.

The men average on size 34 – 36 pants and medium to large shirts.

During stabilisation, the body still burns excess fat, whereafter, the weight stabilises.

Many people stop before the complex mental stabilisation phase as their misperceptions take over. Furthermore, they listen to people telling them they are getting old or too skinny. The pictures taken throughout the process should be enough proof to contradict everyone.

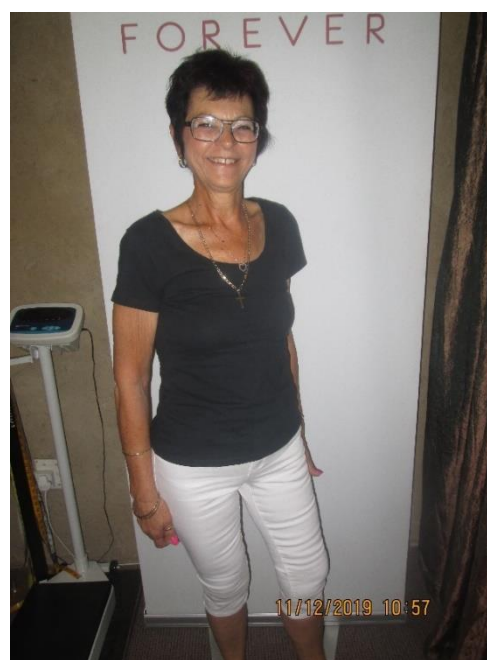


Figure 41: Marietjie Progress Photos

People who went through the FFF Slimming journey look younger, happier, and healthier after completion, definitely not older. The pictures and their medical reports support this statement fully.

Marietjie Hattingh is the indisputable walking proof that maintenance is possible through following the basic rules after stabilisation - having a normal healthy, and happy lifestyle without any medication.

The bonus always remains the ability to wear beautifully fitted clothes.



Figure 42: Marietjie After Photos (Front, Side, Back)

Furthermore, looking at all the before and after pictures, there is no such thing as fat and friendly. Anyone who proclaims to be fat and friendly is lying. They are hiding behind a friendly face, trying to disguise the brokenness on the inside.

4.10. Case Study No. 10

Client File no:	901
See Addendum K:	Supporting Documents - Consent and disclaimer form
Name:	Herman Viljoen
Gender:	Male
Age:	10
Intake weight:	60.40 - 44.30
BMI:	30.38 – 22.28
Total weight loss:	16.1
Reason for obesity:	Medication
Background:	Battle obesity since the age of 4 after grommets



Figure 43: Herman Clothed Before and After Photos (Front)

Before the weight loss, Herman was unhappy, had little energy and was not a healthy 10-year-old child. Bullying is an everyday occurrence in children that is obese, which leave enormous long-term scars if untreated.



Figure 44: Herman Undergarment Before and After Photos (Round 1 Front, Side, Back)

After a 16.1 kg loss in 6 months, this child went from unhealthy to a bundle of joy. It was heart-breaking for the owner of FFF Slimming when Herman asked her if she could use his pictures in his undergarments in the local advertisement booklet, which she sometimes uses. This little boy was such a proud and unforgettable moment in his life.

Reactions like Herman's are like a candle in the dark. The light emanating from a little boy gives hope to numerous other people battling obesity.

Age 12 - Unfortunately, the program had to be repeated. However, permanent skin damage is already visible.

Unfortunately, Herman is a special needs child and attends a school for special needs children. Due to Herman's ADHD¹²⁷ medical condition, he is on Ritalin to control hyperactivity and impulsive behaviour (a psychotic drug that induces weight gain) and tofranil to enhance his concentration and help with depression. Tofranil automatically increases a person's appetite.

¹²⁷ ADHD-Attention Deficit Hyper Disorder

Herman's parents are divorced, fuelling an already explosive situation. His father acts as the enabler, while his mother, on the other hand, tries to prevent it. Unfortunately, this is a hopeless situation to the detriment of the child.



Figure 45: Herman Undergarment Before and After Photos (Round 2 Front, Side, Back)

WORLD TREATMENT METHODS



John 17:14

I have given them your word, and the world has hated them because they are not of the world, just as I am not of the world.



* CHAPTER 4 *

5. Chapter 4: Expounding Obesity from a Biblical Perspective: Juxtaposed to the World Treatment Methods

5.1. Introduction

As Scripture confirms: Unless the Lord builds the house, its builders labour in vain (Psalm 127:1). Jesus taught that those who live by His teachings would build their homes on a rock to endure the vicissitudes of life. Those who failed to obey were building only on shifting sand, and the house's fall was great (Matthew 7:24-27).

Therefore, one needs to provide Godly resources for advancing the truth in a world plagued by obesity. A world filled with ignorance, misinformation, apathy, and deviation regarding various treatment methods.

Fred Zaspel has rightly noted, "Doctrines subjected to neglect give way to heresy".¹²⁸ God admonished everyone, as was Timothy:

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

2 Timothy 2:15

An improper view of God can lead to a false self-identity. When a person loses the God-imagery of God the Father, God the Son, and God the Holy Spirit taught in the Bible, they lose the ability to view themselves correctly. Obese people see themselves through the eyes of the world and not through the eyes of the loving Father who created them. Furthermore, they lose the ability to interact with God as they are firmly rooted in the world and its teachings.

Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

1 Peter 3:3-4

¹²⁸ Zaspel, Fred. The person of Jesus Christ, at <https://www.biblicalstudies.com/bstydy/christology/jesus1.htm>.
See the Catholic Encyclopaedia, at <http://www.newadvent.org/cathen/07706b.htm>
See Trinity Ille at <http://www.christian-thinktank.com/trin03ex.html>.

But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.

1 Samuel 16:7

According to Scripture, Godly beauty is not about outward appearance but man's inner disposition - the cultivation of inner beauty by being gentle and kind to oneself and others.

Obese people are primarily unkind to themselves, so broken-hearted, and the strongholds embedded in their hearts are like festering wounds. They reject and abuse themselves, as seen in Chapters two and three. Chapter five will extrapolate further.

Satan, the master strategist, started controlling men and women through cunning lies and deception from the fall of man in Eden (Genesis).

Globally humankind is obsessed with beauty, the balance between shape and volume. Beauty stimulates an aesthetic feeling within us, a feeling of worth and value. A quality of being physically attractive that gives pleasure to the senses. It is pleasing to the sight, physical perfection everyone desires.

Satan was obsessed with his outer beauty; his characteristics were the opposite of the fruits of the spirit.

Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee. Thou hast defiled thy sanctuaries by the multitude of thine iniquities, by the iniquity of thy traffick; therefore will I bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee.

Ezekiel 28:17-18

Therefore, he could cunningly distort and destroy man created in God's image - *imago dei*¹²⁹ (Genesis 1:27).

Cultural beliefs and intrinsic factors influence the misperception of beauty in the world and the misinterpretation of Godly beauty through ignorance enhanced predominantly by past experiences, media influences and photoshopped images to build strongholds.

The fashion and beauty industry cleverly manipulates by presenting a picture of what beauty is using all forms of media, creating an obsession with weight loss at all costs. Irrespective of the overall damaging effects on health.

Furthermore, social media podia like Facebook and Instagram have become ingrained in the lives of countless individuals. These platforms have an enormous impact on body image, body dissatisfaction and people's self-esteem and self-worth. The constant comparison of oneself and the myriad of others never measures up to the world's impossible standard of beauty and worth.

¹²⁹ Clines, DJA (1968) The Image of God. Tyndale Bulletin 19, pp. 53-109.

Significantly few people are not affected by this deception that being beautiful and thin is necessary for acceptance, success and being worthy of love; this is evident in the rapidly increasing incidence of eating disorders and the constant bombarding of men and women with the beauty concept and acceptance thereof apparent in the success of the fashion, beauty, and weight loss industries.

Most humanity looks with disgust, in some cases, sympathy at the emaciated bodies of people suffering from eating disorders. However, most people struggle daily with body dissatisfaction and calorie consumption. Satan's ultimate deception through these strongholds results in debilitating and deadly eating disorders. Obesity is globally the biggest killer of them all.¹³⁰ Obesity wreaks havoc while nothing constructive is being done, humanity destroys God's temple, and Lucifer stands victorious.

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Corinthians 6:19-20

5.2. Eating Disorders, according to the World Health Organization

According to research, eating disorders are complex and nuanced conditions and vary from individual to individual.¹³¹ Numerous studies have delineated some comprehensive eating disorder data regardless of the individual.

- 5.2.1. Eating conditions affect people of all ages, racial/ethnic backgrounds, genders, and body weights.
- 5.2.2. However, eating disorders typically commence in youth or early adulthood and are not restricted to these life phases.
- 5.2.3. There is no distinct cause of eating disorders. Research has found several "genetic, biological, behavioural, social and psychological influences" that can increase the risk of eating disorders.
- 5.2.4. Eating disorders have the uppermost mortality rate of any mental illness and can be life-threatening.
- 5.2.5. Eating disorders have no "miracle cure," although the slimming industry often advertises miracle cures, the so-called quick fixes.
- 5.2.6. Evidence-based practices have supported eating disorder recovery. However, the world's statistics do not reflect this.

Obesity, the silent killer, the medical condition that derives from excess weight, is treated by general practitioners (hypertension, depression,¹³² and diabetes, to name a few).

¹³⁰ Flegal KM, Graubard BI, Williamson DF, Gail MH (2007) Cause-specific excess deaths associated with underweight, overweight, and obesity. JAMA, 298:2028–2037.

¹³¹ World Health Organization. Obesity. https://www.who.int/health-topics/obesity#tab=tab_3

¹³² Fava M. (2001) Weight gain and antidepressants. J Clin Psychiatry.; 61(suppl 11):37–41; Fernstrom MH, Kupfer DJ. (1988) Antidepressant-induced weight gain: a comparison study of four medications. Psychiatry Res.26:265–271.

Unfortunately, many of these treatments (medication) have contra-indicated weight gain.¹³³ Instead of treating the real culprit, the cause of obesity, the focus is on treating the symptoms. In following this method, obesity will continue to escalate worldwide to the detriment of humanity.

In Western medicine, we are excellent at treating the illness by looking at the symptoms, less good at treating the patient, and less good at treating the human being. We devote almost all our medical time and practice to implanting the latest devices, imaging, and testing every symptom, and prescribing mouthfuls (now full syringes) medicines. Nevertheless, pay marginal attention to the psychological and physiological milieu in which the heart resides and affects the heart, namely, the patient's - and a person's - mind (soul) and body.

“The widest thing in the universe is not-space; it is the potential capacity of the human heart. Being made in the image of God, it is capable of almost unlimited extension in all directions. Moreover, one of the world's worst tragedies is allowing our hearts to shrink until there is room for little besides ourselves”.¹³⁴

King Solomon enunciates as follows:

Keep thy heart with all diligence; for out of it are the issues of life.

Proverbs 4:23

Obesity is a global pandemic: the World Health Organization describes overweight and obesity as abnormal or excessive fat accumulation that may impair health.¹³⁵ Overweight and obesity, in most cases, harm man's mental, physical, and emotional health (case file studies Chapter 3).

Body mass index (BMI) provides a universal measure of obesity and overweight. A guide of weight-for-height is used to categorize overweight and obesity in adults, demarcated as an individual's mass in kilograms divided by the square height in metres.¹³⁶ (Addendum L BMI and weight loss chart).

Table 3: BMI Chart

Adults	Women	Men
Anorexia	—< 17.5	
Underweight	< 19.1	—< 20.7
In normal range	19.1 – 25.8	—20.7 – 26.4

¹³³ Leslie WS, Hankey CR, Lean MEJ (2007) Weight gain as an adverse effect of some commonly prescribed drugs: a systematic review. *QMJ*;100:395–404.]

¹³⁴ (<https://www.sermoncentral.com/sermon-illustrations/18093/the-widest-thing-in-the-universe-is-not-space-it-by-charles-r-swindoll>)

¹³⁵ ICD-11 Code 5B81.

¹³⁶ Flegal KM, Carroll MD, Ogden CL, Johnson CL (2002) Prevalence and trends in obesity among US adults, 1999–2000. *JAMA* 2002; 288:1723–1727; Lauren M. Harris, Catherine E. Broshek, Jessica D. Ribeiro (2022) Does Body Mass Index Confer Risk for Future Suicidal Thoughts and Behaviors? A Meta-analysis of Longitudinal Studies, *Current Obesity Reports*, 10.1007/s13679-022-00468-y, 11, 2, (45–54)

Marginally overweight	25.8 – 27.3	–26.4 – 27.8
Overweight	27.3 – 32.3	27.8 – 31.1
Very overweight or obese	> 32.3	> 31.1
Severely obese	35 – 40	
Morbidly obese	40 – 50	
Super obese	50 - 60	

The World Health Organization lists the following health consequences of obesity

- 5.2.7. An elevated BMI is a significant risk factor for nontransmissible diseases¹³⁷
- 5.2.8. Breathing difficulties
- 5.2.9. Cardiovascular diseases (mainly heart disease and stroke)
- 5.2.10. Degrees of functional limitations
- 5.2.11. Difficulty with physical functions
- 5.2.12. Mental health issues
- 5.2.13. Musculoskeletal conditions (particularly osteoarthritis)
- 5.2.14. Increased risk of fractures
- 5.2.15. Hypertension
- 5.2.16. Insulin resistance
- 5.2.17. Low quality of life
- 5.2.18. Obesity-related disability
- 5.2.19. Premature death
- 5.2.20. Psychological effects, depression, anxiety
- 5.2.21. Some cancers (including breast, endometrial ovarian, prostate, gallbladder, colon, liver, and kidney)
- 5.2.22. Sleep apnoea

¹³⁷ WHO Consultation on Obesity (1999: Geneva, Switzerland) & World Health Organization (2000). Obesity: preventing and managing the global epidemic: report of a WHO consultation. World Health Organization. <https://apps.who.int/iris/handle/10665/4233>

5.2.23. Stroke

5.2.24. Suffer from social bias, prejudice, and discrimination

5.2.25. Type two diabetes

The consequences of obesity are undeniable; however, obesity remains classified as a world pandemic.¹³⁸

According to the WHO and numerous scientific reaches, obesity has several determinants and drivers, such as genetics,¹³⁹ access to health care, biology, diet, mental health,¹⁴⁰ economics, sociocultural factors,¹⁴¹ commercial interests and environment.¹⁴² One should ask if the causes, as mentioned earlier, are the cause of obesity in most cases; why is obesity classified as a world pandemic? Surely this should not be the case with all the science and medicine readily available.

A.W. Tozer writes the following in his book, the Knowledge of the Holy: “Until we see ourselves as God see us, we are not likely to be much disturbed over conditions around us as long as they do not get so far out of hand as to threaten our comfortable way of life. We have learned to live with unholiness and have come to look upon it as the natural and expected thing”.¹⁴³

Humanity is bombarded with an influx of information and misinformation from science, medicine, the slimming industry, the food industry, and dear Google. Whatever they say is the truth about anything and everything. Obese people are self-made specialists when it comes to misinformation regarding the body. They know everything and, sadly, nothing of value to help fight the battle against obesity.

Obese people are so desperate, lost and confused that it is heart-breaking. Firstly, they should not battle obesity; when they do, it should not be a world mystery as to the treatment and causes of obesity.

Looking at the root causes of obesity and the preventive suggestions stipulated by the WHO, it is no wonder obesity is classified as a worldwide pandemic. Furthermore, it is no wonder there is confusion.

Therefore, the causes and solutions according to the WHO will be addressed in this dissertation on the back of case file studies (Chapter three) done over eleven years of treating obesity. Along with a lifelong search for the truth by the author.

¹³⁸ ICF-OB (2018) A multidisciplinary questionnaire based on the International Classification of Functioning, Disability and Health to address disability in obesity. *Eur J Physical Rehab Med.* 2018;54(1):119-21.

¹³⁹ Farooqi, IS (2014) Defining the neural basis of appetite and obesity: from genes to behaviour. *Clin. Med.* 14, 286–289.

¹⁴⁰ Luppino FS, de Wit LM, Bouvy PF (2010) Overweight, obesity, and depression: a systematic review and meta-analysis of longitudinal studies. *Arch Gen Psychiatry*; 67: 220– 229.

¹⁴¹ McCabe, MP (2011) Socio-cultural agents and their impact on body image and body change strategies among adolescents in Fiji, Tonga, Tongans in New Zealand and Australia. *Obes. Rev.* 12, 61–67.

¹⁴² WHO discussion paper on obesity: <https://cdn.who.int/media/docs/default-source/obesity/who-discussion-paper-on-obesity---final190821>

¹⁴³ Tozer, A.W (1978) *The Knowledge of the Holy*. Grand Rapids: Zondervan Publishing.

This dissertation will not scrutinize the medical conditions or the in-depth treatment of these diseases. It will be considered for further studies.

5.2.26. The fundamental root causes of overweight and obesity, according to WHO

WHO Statement 1:

Diseases such as hypothyroidism, insulin resistance, and more can contribute to obesity.¹⁴⁴

Truth:

The opposite is true. Obesity is primarily responsible for diseases; disease most definitely is not responsible for obesity!

Looking at hypothyroidism, where the metabolism slows down, insulin resistance is prone when the body is subjected to stress, which increases the cortisol¹⁴⁵ levels in the body. Increased cortisol can lead to rapid weight gain¹⁴⁶, diabetes, muscle weakness, skin that bruises easily and numerous other health problems.

Furthermore, high-stress levels cause a rise in ghrelin¹⁴⁷ levels produced in the gut. The abdomen releases ghrelin when it is empty to indicate to the brain that it is time to eat.¹⁴⁸

High ghrelin levels result in the body being constantly hungry. Experiencing stress usually activates comfort eating as a reward pathway or emotional eating. All of these symptoms are present in an obese person.

The organs, muscles and entire body structure of an obese person are under constant duress as the body strain under the excess weight that is not supposed to be there.

God did not design a man to be obese. In Genesis 1:31, we see that creation was very good.

WHO Statement 2:

Genetics is an inherited cause that can result in obesity.¹⁴⁹

Truth:

Most people are under the impression that obesity directly results from their

¹⁴⁴ Reaven, GM (2003) Importance of identifying the overweight patient who will benefit the most by losing weight. *Ann Intern Med.*; 138:420–3.

¹⁴⁵ Cortisol- The hormone responsible to regulate the stress levels in the body.

¹⁴⁶ Bruch, H (1955) Role of emotions in hunger and appetite. *Ann NY Acad Sci* 63:68.

¹⁴⁷ Ghrelin – The hunger Hormone with the main function to increase appetite.

¹⁴⁸ Theander-Carrillo C, Wiedmer P, Cettour-Rose P (2006) Ghrelin action in the brain controls adipocyte metabolism. *J Clin Invest* 116: 1983–1993.

¹⁴⁹ Wardle J, Carnell S, Haworth CM, Plomin R (2008) Evidence for a strong genetic influence on childhood adiposity despite the force of the obesogenic environment. *Am J Clin Nutr*, 87:398–404.

genes.¹⁵⁰ The standard statements sound like: “My whole family is obese; my grandparents were obese, obesity runs in my family and numerous others”. Apart from believing that, they even prophesy obesity over themselves and their families.¹⁵¹

Scientifically all humans have distinctive DNA, which is not disputable. However, first and foremost, the man was created in God’s image and likeness; therefore, we are God-like creatures with a body, soul and spirit that should always be treated as such! Scripture contests this fact in Genesis 1:26 – 2:25 and Psalms 139:13.

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Proverbs 18:21

God does not receive the glory when the uttered words of people have no substance when they listen to what man says and not what the Father has to say. He is the true “Almighty God”, the healer of all healers. Many names know God in Scripture, and each reveals a particular aspect of His character.

Jahweh-Rapha, the Hebraic translation of *Rapha* (râpâ),¹⁵² means “to restore” or “to heal”, the God who heals in Hebrew. Humanities should consult Him first and foremost.

And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.

Exodus 15:26

People create a mental panorama of everything they will undergo in life. These belief systems are ingrained from infancy. Based on the family history of diseases in the family such as cancer, cholesterol, diabetes, or some other serious illness.¹⁵³ In effect are believing this. They are predisposed to get these diseases.

For example, every time they go to a physician, the questions ask about the history of any severe ailments in the family. The doctor, the family and the patient are convinced that the dormant infirmity will appear one day.

Therefore, according to Dr Ana Mendes Ferrell,¹⁵⁴ every infirmity (sickness) originates in Satan’s territory and is spiritual. Eventually, it is transferred from the

¹⁵⁰ Chambers JC, Elliott P, Zabaneh D (2008) Common genetic variation near MC4R is associated with waist circumference and insulin resistance. *Nat Genet*, 40:716–718. This is the first large-scale screen in non-European (Indian Asians) samples for obesity genes that identifies and/or replicates both *FTO* and *MC4R* to be associated with measures of obesity and insulin resistance.

¹⁵¹ Moll PP, Burns TL, Lauer RM (1991) The genetic and environmental sources of body mass index variability: the Muscatine Ponderosity Family Study. *Am J Hum Genet*, 49:1243–1255.

¹⁵² Strong’s 7495

¹⁵³ Wardle J, Carnell S, Haworth CM, Plomin R (2008) Evidence for a strong genetic influence on childhood adiposity despite the force of the obesogenic environment. *Am J Clin Nutr*, 87:398–404.

¹⁵⁴ Ferrel, Ana Mendez (2011) *Pharmakeie: A Hidden Assassin*. USA: Book Masters. P,44.

invisible (sub-conscious) and becomes visible (conscious) in the natural world. The discussion they made and the fact that they believed the lie was responsible for the fall of Adam and Eve.

If people understand the origin of iniquity and the force that gives it substance, they will be able to withstand it according to the spiritual weapons God gave them in Ephesians 6:12,13.

Science regards the Godly approach as insanity and religious fanaticism, even though God created humanity and not Science. Obscurity, in all its forms, operates over the soul, and it is what produces and gives structure to infirmity. According to Scripture and by definition, darkness is all the sins and negative forms of thought that oppose God.¹⁵⁵ Darkness is the absence of light. Light has substance and power, whereas darkness has none.

Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.

John 8:1

Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?

2 Corinthians 6:14

This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all. If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth: But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

1 John 1:5-7

Light is the “truth” and life, whereas “the lie” is the darkness that leads to death. Satan is real, and he is a spirit and the father of lies. As seen in Hebrews 2:15, he has subjected the world to servanthood through the fear of death. He is deceitful and false, his empire a simulation which appears to have an existence.

The first recorded lie in Genesis 3:1-5 led to the fall of man, Satan’s most outstanding achievement was to have Adam and Eve believe his lies.

According to Genesis, man was created in absolute perfection, in God’s image and likeness. Adam was made from the earth, of physical matter, but God breathed His Spirit into him, and Adam became a living soul. Therefore, Adam, the first man, was not only made of matter. God fashioned him as a triune being that consisted of body, soul, and spirit.

¹⁵⁵ Barnard, Manda (2012) Exegesis Entailing Holy Spirit Life Transforming Concerning the Immanence of Divine Healing. PhD Thesis pages 57-107.

Of the utmost importance, we should realize at the beginning of the creation that man's spirit was joined to God. The soul was in a state of absolute innocence, subjected to the leading of the Holy Spirit.

Therefore, the body could live eternally. God's original order produced the fruit of perfect health. However, when man sinned (rebelled against God), altering God's order.¹⁵⁶

Chester and Betsy Kylstra¹⁵⁷ argue that when Adam and Eve obeyed the serpent (Satan), the soul took over the lordship from the spirit, the mind crowned itself sovereign, sustained by human knowledge instead of God's, and the body suffered the consequences with a gradual deterioration culminating in death.

God explicitly told the man not to eat from the tree of good and evil as it would result in death.

But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

Genesis 2:17

And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as Gods, knowing good and evil.

Genesis 3:4-5

Humanity exchanged God's knowledge, power and fellowship for natural human understanding. From this point onward, man's soul, full of inferior knowledge, would inform him what was good and what was not.

John Bevere, minister and Biblical scholar, explains, "This act of disobedience conceived destruction, sin and sickness – a list that multiplied and grew fouler with each passing generation".¹⁵⁸

Heward-Mills¹⁵⁹ laments that humans do not realize the devastating effect of lies; lying is probably the most common sin.

Big lies, small lies, spoken lies, unspoken lies, and half-truths are all lies. People's conscience is the small still voice that tells them when they are wrong, and this is the instruction of the Holy Spirit.

As a result of the fall in Genesis, people begin forming ideas and mental structures that determine their behavioural patterns from childhood. These strongholds are

¹⁵⁶ Barnard, Manda (2012) Exegesis Entailing Holy Spirit Life Transforming Concerning the Immanence of Divine Healing. PhD Thesis pages 241-247.

¹⁵⁷ Kylstra, Chester and Betsy (2001) Restoring foundations. USA: Proclaiming His Word Publications, p.8

¹⁵⁸ Bevere, John (2006) Enemy Access Denied. USA: Charisma House, p.8

¹⁵⁹ Heward-Mills, Dag (2012) Lies the destroyer of Your Conscience: The poison of lies. (www.anlwn.com) E-t-p-o-l.htm, p.1

anti-scriptural and commonly surface when people must make a drastic decision.

From childhood, people begin to program their minds by what they continually hear. In the case of ailments, the sequence is infirmity: They run to the doctor to receive a diagnosis or solution. Medication is prescribed, and the worst-case scenario: get hospitalized for treatment.

People learn this sequence from parents, teachers, family, and friends at church, on TV, at the movies, on billboards, and in political campaigns – this pattern is proclaimed everywhere. The majority thinking pattern, therefore, becomes the world frame of mind. People are bombarded in all spheres of life by thought and action patterns, thus trapping most people.

Lies sears the conscious, man's measuring rod that keeps him in line with God.

Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron;

1 Timothy 4:1-2

The human body, therefore, cannot function isolated from the other two components of the invisible world. Man's three faculties collectively determine his state of health (body, soul, and spirit).

God warns humanity that the invisible world rules over the natural world and not the other way around.

To receive victory in our bodies, we need to understand the root of the problem. Obese people must take a moment and stop following every remedy on the market and ask themselves, "Why am I obese?" Obesity started somewhere.

They must take a journey back into their lives; the answers are there. Honesty and the truth are never straightforward, but it is the only way to freedom from obesity. A lie loses its power when it is brought to the light, the truth of the Trinitarian God as written in Scripture.

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Joshua 1:9

In his book, *We Will not be Silenced*, Erwin Lutzer¹⁶⁰ describes life's journey and the reality of preventing and destroying obesity. The past must be consistent with the present. If an obese person dares to rewrite history, he can control his future. Who owns the past, controls the future? To be extrapolated in FFF Slimming treatment methods in Chapter five and the case file studies presented in case file studies in Chapter three.

¹⁶⁰ Lutzer, Erwin W (2020) *We Will Not Be Silenced*. Eugene, Oregon: Harvest House Publishers. p,41

People must first see themselves in the light of God's Word (not the lies of the world) and then ask Him to show them what form and level of darkness (strongholds) have a grip on them. Lies such as "I am not capable or good enough, and numerous others", should immediately be rebuked and refused with the truth of Scripture. In the natural world, everything seems real and sounds legit.

It is not the physician who is lying; he only acts upon information given to him by the patient and acts according to the knowledge he acquired during his medical studies. Unfortunately, physicians are not qualified during their lengthy studies in treating obesity.

Upon this background, he forms a diagnosis and treatment that is his taught reality and truth. However, the truth, the essence of things, is not found in the physical (facts) word but in the spiritual.

Scientific facts teach medical students that life and death are in their hands and the solution - doctors armed with instruments, technology and drugs produced to cure diseases and ailments. For years they have been trained to see infirmity (a patient with an illness) from a physical point of view, and humanist philosophy, tells them that man and his medical advances are the only solutions.

These wrong conceptions and thought patterns regarding infirmity are formed in most people from childhood. Children grow up expecting to become sick. They hear cancer, heart conditions, obesity and other ailments are in the family.

Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

Proverbs 18:21

Expectantly they wait for the declarations to come to pass, and at some point, they do, as they were given the legal right to form since childhood in the subconscious mind. They fear sickness and death, relying on doctors for treatments and medication.

The following Scripture is constantly used to support the misimpression of obesity and genealogy.

Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

Exodus 20:5

God is our Father, and His heart is grace and mercy, not condemnation and unjust punishment. God is merciful, slow to anger, gracious, abounding in steadfast love for thousands, and forgives iniquity, transgression, and sin: a faithful Father.

Thou shewest lovingkindness unto thousands, and recompensest the iniquity of the fathers into the bosom of their children after them: the Great, the Mighty God, the Lord of hosts, is his name, Great in counsel, and mighty in work: for

thine eyes are open upon all the ways of the sons of men: to give every one according to his ways, and according to the fruit of his doings:

Jeremiah 32:18-19

This section explains that God's heart is not about punishment. He does not punish children who repented and changed their ways for their parent's sins.

God does not discipline a new generation for the sins of a former era. But God does hold children who refuse to learn from their parents' mistakes accountable.¹⁶¹

Romans 6:23 clarifies that "the wage of sin is death", and Exodus 34:7 states that God does not leave the guilty without punishment. He punishes the children and their kids for the parents' sins to the third and fourth generations. "Third and fourth" is a Hebrew phrase that means "for no matter what number it takes". We can prolong the misery or change the future by choosing a different path.

The children of Israel discovered first-hand what we all experience in our lives today. We may not be responsible for our parents' and grandparents' mistakes; however, we deal with the consequences of their choices. These experiences should be a hopeful and sobering reality for humanity. For example, growing up with abuse, rejection, or addiction in our family trees, we already had to deal with the consequences. Most people have some family background.

By observing and acknowledging the brokenness experienced by our families, we can choose a different path that aligns with God's redemptive plan for humanity, or we can choose to repeat the wrongful patterns and examples taught.

Throughout Scripture, God commands His people to remember where they came from. Remember the slavery and exile; remember the hurtful experiences from the past. In doing so, we also remember God's work of deliverance and His promises for a better future.

Remembering the sins of our parents and grandparents is essential for us in choosing to do things differently. Denying the bad things that happened in the past is treading on dangerous ground.

It will only prolong the harmful patterns and cycles within our families and communities. In choosing denial, we leave no room for God's redemptive work on the cross. The first step towards celebrating God's deliverance is remembering the seasons of pain and rejection we experienced.

The obligation is upon every man and woman to seek the truth and not repeat the mistakes of the previous generations. The wrongful habits, traditions and teachings should be compared by everyone to God's Word and not the world and its standards.

By remembering the past wrongs, we are acceptable to the opportunity to forge a new future in faith, influencing future generations in a Godly way to celebrate God's miraculous unconditional love and live a life free of bondage in abundance.

¹⁶¹ The Sins of Our Fathers (<https://bibleproject.com/blog/the-sins-of-our-fathers/>)

The soul that sinneth, it shall die. The son shall not bear the iniquity of the father, neither shall the father bear the iniquity of the son: the righteousness of the righteous shall be upon him, and the wickedness of the wicked shall be upon him.

Ezekiel 18:20

The above shows that identity wounds, wrongful habits, and teaching throughout generations affect all nationalities worldwide. One undisputable thing, children do not listen to their parents. They observe and replicate everything. Not only do they repeat the visible (actions), but they also repeat the invisible (emotions).

Science and medicine go according to chromosomes, supporting the statement of genes and DNA. Compare this to two interesting facts.

According to Pastor Louis Giglio, foremost speaker on Laminin, the glue that holds the body together is in the form of a cross.¹⁶² God is in every molecule that holds the human body together.

Laminin is a protein part of the extracellular matrix in humans and animals (ECM) that lies outside of cells or provides support and attachment for cells inside organs, with numerous other functions. Laminin has “arms” that subordinate with other laminin particles forming cell binding sheets.

Laminin and other ECM proteins basically “cement” the cells (such as those lining the stomach and intestines) to a basis of connection to the flesh, keeping the cells in place and permitting them to function correctly. The structure of Laminin¹⁶³ is significant for its function (as is true for all proteins) - one type of hereditary muscular dystrophy results from defects in Laminin.

¹⁶² Louis Giglio sermon How Great is God. ([https:// www.youtube.com/watch?v=_J6yexKmJ4](https://www.youtube.com/watch?v=_J6yexKmJ4))

¹⁶³ Laminin (<https://www.google.co.za/search?q=Laminin+images&biw=1366&bih=625&sxsrf=>).

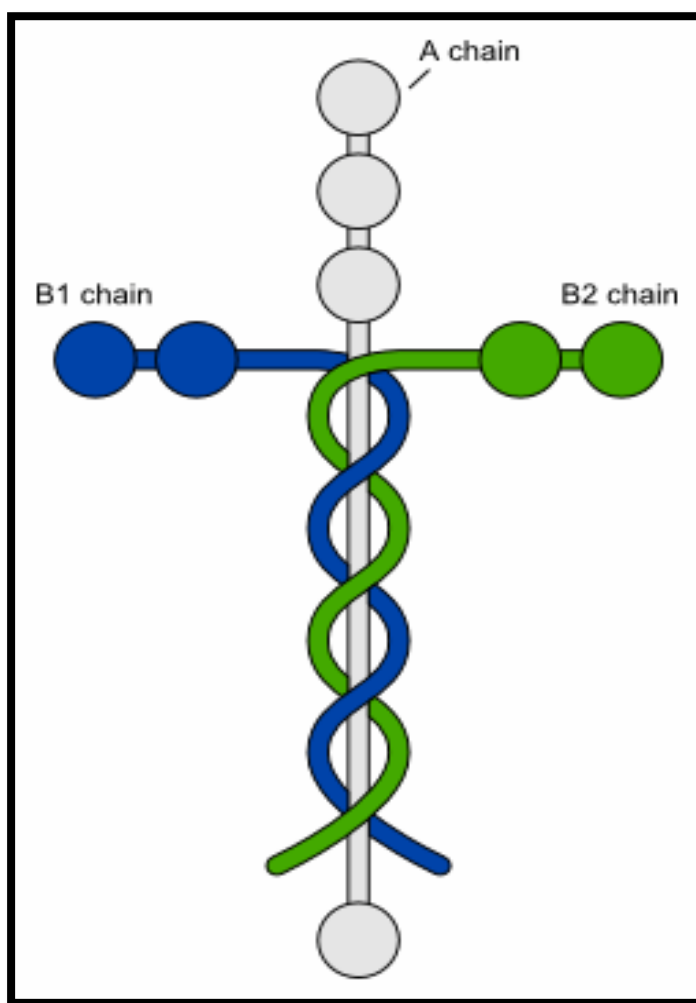


Figure 46: Laminin

Who is the image of the invisible God, the firstborn of every creature: For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him: And he is before all things, and by him all things consist. And he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the preeminence. For it pleased the Father that in him should all fulness dwell; And, having made peace through the blood of his cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven.

Colossians 1:15-20

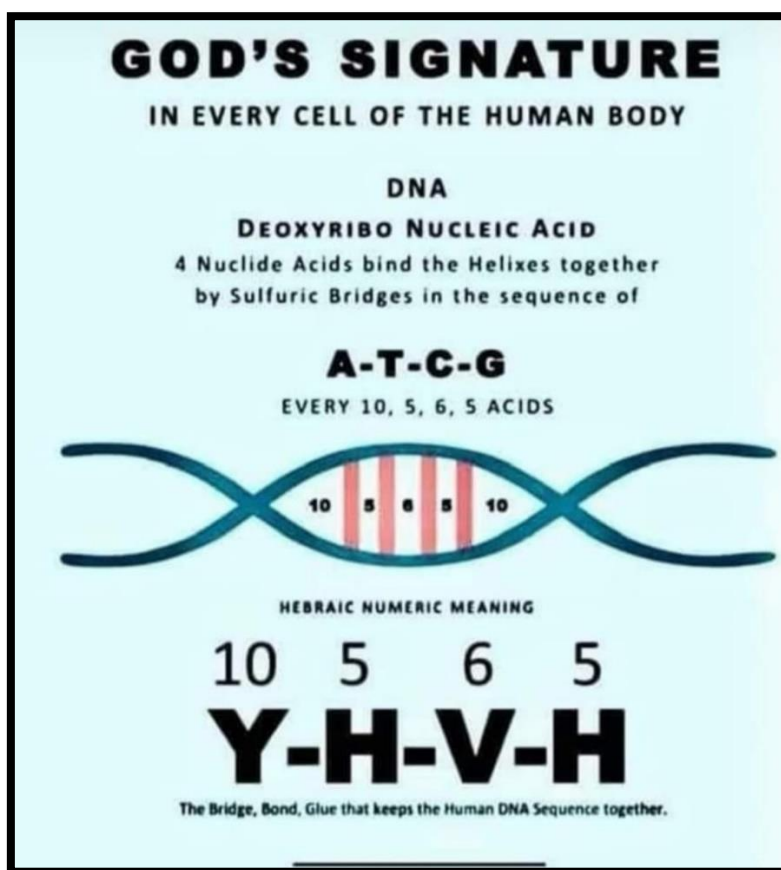


Figure 47: God's Signature

The above picture scientifically reveals that God has written His Name in our DNA, showing that if we change our former ways, we have a new DNA and identity in Christ.

For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.

Psalms 139:13-16

WHO Statement 3, 4, 5:

The frequency of eating combined with higher calorie intake and the intake of higher energy-dense foods elevated in sugar and fats results in obesity.¹⁶⁴

¹⁶⁴ Cornell CE, Rodin J, Weingarten H (1989) Stimulus-induced eating when satiated. *Physiol Behav*; 45: 695–704; Institute of Medicine (2005) *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients)*. A Report of the Panel on Macronutrients, Subcommittees on Upper Reference Levels of Nutrients and Interpretation and Uses of Dietary Reference Intakes, and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. Washington, DC: National Academy Press; Gibson EL, Desmond E (1999) Chocolate craving and hunger state: implications for the acquisition and expression of appetite and food choice. *Appetite*; 32: 219–240.

Truth:

The frequency of eating combined with higher calorie intake and the intake of higher energy-dense foods elevated in sugar impacts infants and children.¹⁶⁵ Unfortunately, parents today have an enormous workload. In numerous cases, this is due to a competitive factor among people who does everything in their power to maintain a particular life standard to fit into a community, even if it results in debt. And the pretence of health and wealth at all costs.

Children grow up without parents, without Godly standards, and without respect for others. Spending time as a family is replaced by caretakers and giving money freely as a substitute. Children develop the attitude that it is their right! Under the bravado of children's so-called rights, the impact is catastrophic. They feel neglected, rejected, and identity wounds form (anger, fear, hatred, and others) - the repetition of cycles continues, as seen in Chapter two.

In an average healthy human, overeating, boredom-snacking, and gluttony that result in obesity are not consistently present. Most people in everyday circumstances do not even eat three meals a day.

The abnormal frequency of eating in obese people derives from strongholds where the person has experienced rejection and abuse in various forms. They counteract these feelings by compensating with food in abundance, a so-called happy place that, unfortunately, results in stretching the stomach that requires more food to achieve the feeling of fullness.

At this point of obesity, the body is in tremendous duress that increases cortisol levels, resulting in more weight gain. Higher ghrelin levels increase that escalating feeling of being constantly hungry.

An elevated BMI triggers numerous nontransmissible diseases, as seen in paragraphs 5.2.7 – 5.2.25, that need treatment in the form of medication.

WHO Statement 6:

Medications can be responsible for obesity.

Truth:

Numerous medications prescribed for medical conditions result in definite weight gain.¹⁶⁶ According to the American Journal of Psychiatry, weight gain and metabolic dysregulation in patients taking antipsychotic medications constitute an epidemic within an epidemic.¹⁶⁷

¹⁶⁵ Martel P, Fantino M (1996) Mesolimbic dopaminergic system activity as a function of food reward: a microdialysis study. *Pharmacol Biochem Behav*; 53: 221–226; Cornell CE, Rodin J, Weingarten H (1989) Stimulus-induced eating when satiated. *Physiol Behav*; 45: 695–704; Hill AJ, Weaver CF, Blundell JE (1991) Food craving, dietary restraint, and mood. *Appetite*; 17: 187–197.

¹⁶⁶ Grundy SM, Brewer B, Cleeman JI, Smith SC, Lenfant C (2004) Definition of metabolic syndrome: report of the National Heart, Lung, and Blood Institute/American Heart Association Conference on Scientific Issues Related to Definition. *Circulation*; 109:433–438

¹⁶⁷ National Center for Health Statistics (1999-2002) Prevalence of Overweight and Obesity Among Adults: United States. Hyattsville, Md, US Department of Health and Human Services, Public Health Service, Centers for Disease Control and

They are responsible in most cases for obesity, including antipsychotics, antidepressants, antihistamines, anti-seizure drugs, high blood pressure medications, diabetes medications, contraceptives, and corticosteroids.

For example, obesity can lead to changes in the way a person breathes. Fat accumulates around the neck and abdomen with weight gain, placing more pressure on the breathing muscles. This fat, called adipose tissue, also releases hormones called cytokines linked to inflammation; thus, obesity is directly responsible for breathing conditions in most cases.

Oral steroids prescribed for treating asthma, either in a pill or inhaler form, have a contraindication of weight gain.

According to Christine Gerbstadt, MD, RD, registered spokesperson for the American Dietetic Association, there is a proven link between weight gain and steroids, better known as cortisone.¹⁶⁸

Furthermore, steroids increase the appetite and raise blood glucose levels that cause other metabolic changes.¹⁶⁹ The result is not only the severe risk of weight gain; it can even result in the development of diabetes.¹⁷⁰

Examples are in the case file studies in Chapter three. The in-depth studies on various drugs and their interaction resulting in weight gain will be excluded in this dissertation.

WHO Statement 7:

Overeating is a direct result of obesity.¹⁷¹

Truth:

An average build person usually is not prone to overeating or regularly overindulging compared to an obese person. As with everything, there is a beginning to the cycle of overeating or overindulgence.

There are, unfortunately, two sides to the coin. A common misperception is that obese people are obese because they are continuously prone to overindulgence in calorie-rich food. The misperception is, in numerous cases, not true. Trauma, shock, and medication are the true culprits.

Secondly, the consumption and overindulgence of calorie-rich foods taught primarily in childhood become a coping mechanism - a so-called happy and safe place.¹⁷² Compulsive eating is the typical way of suppressing severe trauma by

Prevention, National Center for Health Statistics, 2004. Available at <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/obese/obse99.htm>

¹⁶⁸ <https://www.everydayhealth.com/asthma/asthma-and-weight-gain.aspx#:~:text=Weight%20gain>

¹⁶⁹ Domecq JP, Prutsky G, Leppin A (2015) Drugs commonly associated with weight change: a systematic review and meta-analysis. *J Clin Endocrinol Metab*; 100:363–370.

¹⁷⁰ Malone M (2005) Medications associated with weight gain. *Ann Pharmacother*;39(12):2046–2055.

¹⁷¹ Bruch, H (1955) Role of emotions in hunger and appetite. *Ann NY Acad Sci* 63:68.

¹⁷² Rogers PJ, Smit HJ (2000) Food craving and food 'addiction': a critical review of the evidence from a biopsychosocial perspective. *Pharmacol Biochem Behav*; 66: 3–14.

replacing it with food, in effect the same as any drug addiction.¹⁷³ The trauma occurs through various life stages by experiencing rejection and abuse.

Understanding that eating habits and practices are viewed differently among cultures is essential. These practices are commonly profoundly rooted in personal experiences, cultural beliefs, parenting norms around socialization, and child expectations. Traditional practices perceived favourably in one's home culture usually are considered suitable for the children and are adopted from generation to generation.

One example is force-feeding; it may look harmless, demanding, bribing, or threatening a child to finish everything on their plate. The former is a common universal practice, while the latter is prone in African countries.¹⁷⁴

The physical inability (the body is blocking fat medically due to reasons seen above) or the emotional instability (trauma resulting in rejection and abuse-verbal, physical or emotional) are the root causes of overeating. Chapters three and five extrapolates.

WHO Statement 8:

Physical inactivity reduces calorie expenditure and may result in obesity.¹⁷⁵

Truth:

The above statement is true. However, there is no need for physical activity if the calorie intake is regular. On average, an adult male need 2,200-3,000 per day and an average female 1,600-2,200.¹⁷⁶

¹⁷³ Johnson PM, Kenny PJ (2010) Dopamine D2 receptors in addiction-like reward dysfunction and compulsive eating in obese rats. *Nat. Neurosci.* 13, 635–641.

¹⁷⁴ <https://www.kidsnaija.com/why-you-should-stoforce-feeding-children/>

¹⁷⁵ O'Rahilly S (2009) Human genetics illuminates the paths to metabolic disease. *Nature*, 462:307–314.

¹⁷⁶ <https://www.bing.com/search?q=normal+calorie+intake+per+day+for+men+and+women&q=>

Daily Calorie Allowance Table						
Women Weight	Super Active	Very Active	Active	Moderate Active	Low Active	Sedentary
80	1600	1440	1280	1120	960	800
90	1800	1620	1440	1260	1080	900
100	2000	1800	1600	1400	1200	1000
110	2200	1980	1760	1540	1320	1100
120	2400	2160	1920	1680	1440	1200
130	2600	2340	2080	1820	1560	1300
140	2800	2520	2240	1960	1680	1400
150	3000	2700	2400	2100	1800	1500
160	3200	2880	2560	2240	1920	1600
170	3400	3060	2720	2380	2040	1700
180	3600	3240	2880	2520	2160	1800
Men Weight	Super Active	Very Active	Active	Moderate Active	Low Active	Sedentary
100	2600	2350	2100	1850	1600	1350
110	2800	2530	2260	1990	1720	1450
120	3000	2710	2420	2130	1840	1550
130	3200	2890	2580	2270	1960	1650
140	3400	3070	2740	2410	2080	1750
150	3600	3250	2900	2550	2200	1850
160	3800	3430	3060	2690	2320	1950
170	4000	3610	3220	2830	2440	2050
180	4200	3790	3380	2970	2560	2150
190	4400	3970	3540	3110	2680	2250
200	4600	4150	3700	3250	2800	2350

Figure 48: Calorie Intake Chart¹⁷⁷

The biggest problem is not the lack of physical activity regarding obesity. An obese person is physically impaired. He or she cannot do what they usually did in everyday caretaking of themselves. They become dependent on other people, primarily partners or family members. Some become recluses made possible by the fast-food industry. Patterns of self-destructive behaviour form consciously and subconsciously, as seen in televised programs such as *The Biggest Loser* (American TV series)¹⁷⁸ and *My 600lb Body*¹⁷⁹ - some of the self-destructive patterns discussed in Chapter three, FFF Slimming case file studies.

Thus, the problem is not the expenditure of calories. The problem is the excessive intake of calories.¹⁸⁰ Furthermore, exercise is not the solution to weight loss. If this were the case, there would not be overweight marathon athletes, yet there are numerous.

There is much controversy regarding weight loss and exercise; a person can choose to lose fat or gain muscle. For the body to burn fat, the body needs to be in a state of calorie deficit, which in effect forces the body to use pre-existing fat stores for fuel. Conversely, the body must be in a calorie surplus to gain muscle.

¹⁷⁷ <https://www.bing.com/search?q=who+is+the+healer+above+all+healers+scripture&cvid=346c4c>

¹⁷⁸ <https://www.bing.com/search?q=the+biggest+loser&q=AS&pq=the+biggest+&sk>

¹⁷⁹ <https://www.bing.com/search?q=my+600lb+body&q=>

¹⁸⁰ Huang TT, Roberts SB, Howarth NC, McCrory MA (2005) Effect of screening out implausible energy intake reports on relationships between diet and BMI. *Obes Res*; **13**: 1205–1217; Cepeda-Benito A, Gleaves DH (2001) A critique of food cravings research: theory, measurement, and food intake. In: Hetherington M (ed), *Food Cravings and Addiction*. Leatherhead Publishing: Leatherhead, pp 3–29.

The fat surplus forces the body to use pre-existing fat stores for fuel, a scientific fact.

Most people starting a weight loss journey simultaneously join a gym. The idea is to exercise while on a low-calorie eating plan with the perception of achieving maximum outcomes in a shorter period. Sometimes plain common sense is necessary; for example, if an obese person goes to the gym, the body already battling numerous health conditions is placed under strain.

Physical exercise subjects the body to further strain, cortisol¹⁸¹ production increases, which causes a rise in ghrelin levels.¹⁸² Secondly, an obese person already battles low self-esteem (identity wounds developed). Going into the gym takes an enormous amount of courage. Exposing the obese body to the scrutiny of people has disastrous consequences.¹⁸³

The correct way to body re-composition, gaining muscle while losing fat simultaneously, will be extrapolated in Chapter five using FFF Slimming weight loss module.

WHO Statement 9:

Psychological factors (emotional factors) can result in obesity.

Truth:

Research into the connections between mental health and weight gain and its consequential effect on self-esteem, self-confidence, and the capability to improve overall health is deficient.¹⁸⁴ Patients have testified that their mental health difficulties, the contra-indications of psychiatric medicine, lack of finances and support, along with the stigma associated with the diseases are hindering aspects of health improvement. These elements combined to form an intricate link resulting in weight gain in most patients.

Furthermore, chronic anxiety and stress are associated with depression, which can cause some to overeat. Depression can wreck a person's physical and emotional health as it is responsible for feelings of sadness and desperation. Therefore, food becomes the coping mechanism that results in a sedentary existence. All these behaviours result in weight gain.¹⁸⁵

¹⁸¹ Cortisol- The hormone responsible to regulate the stress levels in the body.

¹⁸² Ghrelin – The hunger Hormone with the main function to increase appetite; De Vriese C, Delporte C (2007) *Curr Opin Clin Nutr Metab Care*. Influence of ghrelin on food intake and energy homeostasis. Sep;10(5):615-9. doi: 10.1097/MCO.0b013e32829fb37c.PMID: 17693746 Review; Cummings DE (2006) *Physiol Behav*. Ghrelin and the short- and long-term regulation of appetite and body weight. Aug 30;89(1):71-84. doi: 10.1016/j.physbeh.2006.05.022. Epub 2006 Jul 21. PMID: 16859720 Review.

¹⁸³ Archibald A, Graber J, Brooks-Gunn, J (1999). Associations among parent–adolescent relationships, pubertal growth, dieting, and body image in young adolescent girls: A short-term longitudinal study. *J. Res. Adolescence*, 9: 427-453; Baumeister RF, Leary MR (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychol. Bull.* 117: 497-527; Bigler RS, Jones LC, Lobliner DB (1997). Social categorization and intergroup attitudes in children. *Child Dev.* 68: 530-543.

¹⁸⁴ Bell SK, Morgan SB (2000). Children's attitudes and behavioral intentions toward a peer presented as obese: Does a medical explanation for obesity make a difference? *J. Pediatr. Psychol.* 25: 137-145.

¹⁸⁵ Flegal KM, Carroll MD, Ogden CL, Johnson CL (2002) Prevalence and trends in obesity among US adults, 1999-2000. *JAMA*; 288:1723-1727

Anxiety and depression predominantly induce disordered sleep patterns, resulting in weight. The deceleration of the metabolism increases the appetite and cravings. Those diagnosed with persistent depressive disorders often experience changes in sleep and appetite, making overeating and weight gain more probable.¹⁸⁶ Numerous factors lead to a diminished life expectancy for people having mental health problems. However, weight gain and obesity are thought to be majorly significant contributors.¹⁸⁷

Numerous obese people declare that they are fat and friendly. From personal experience, being obese and treating obese people for eleven years is the biggest lie.

Obesity and depression go hand in hand.¹⁸⁸ Numerous antidepressants contraindicate weight gain, and most people are unaware of this. Therefore, the medication prescribed does more harm than good. Obese people will think twice before taking them if they know the facts.

Fortunately, there are substitutes. Unfortunately, if a person is unaware of the harmful facts regarding medication, he will not ask.

Society, medical schools, governments, mass media and pharmaceutical companies significantly contributed to physicians being the absolute authority regarding health, the final word about life and death. The words of a doctor carry gargantuan authority; people have been putting their faith, trust, and dependence on them throughout the centuries.

Scripture warns man not to place their trust in people as there will be repercussions:

It is better to trust in the Lord than to put confidence in princes.

Psalms 118:8

Trust ye not in a friend, put ye not confidence in a guide: keep the doors of thy mouth from her that lieth in thy bosom.

Micah 7:5

¹⁸⁶ Winkel S, Einsle F, Pieper L, Hofler M, Wittchen H-U, Martini J (2015) Associations of anxiety disorders, depressive disorders and body weight with hypertension during pregnancy. *Arch Womens Ment Health*. 2015; 18:473–83.

¹⁸⁷ <https://www.news-medical.net/health/Mental-Health-Disorders-Weight-Gain>

¹⁸⁸ Atlantis E, Baker M (2008) Obesity effects on depression: systematic review of epidemiological studies. *Int J Obes (Lond)*2008326881891; Bornstein SR, Schuppenies A, Wong ML, Licinio J (2006) Approaching the shared biology of obesity and depression: the stress axis as the locus of gene-environment interactions. *Mol Psychiatry*20061110892902; Roberts RE, Kaplan GA, Shema SJ, Strawbridge WJ (2001) Are the obese at greater risk for depression? *Am J Epidemiol*20001522163170

Thus saith the Lord; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the Lord.

Jeremiah 17:5

Furthermore, destructive self-conversation, body dysmorphia,¹⁸⁹ and negative body image increase as a direct result of weight gain, which then can cause or contribute to feelings of depression.

A study by the Centre for Disease Control (CDC) 2019, indicates that the social disgrace connected to weight gain may increase feelings of depression and anxiety in young adults,¹⁹⁰ specifically females.¹⁹¹

WHO Statement 10:

The lack of accommodative policies in the following sectors: health, agriculture, transport, urban planning, environment, food processing, distribution, marketing, and education can result in obesity.

Truth:

According to Scripture, parents should teach a child about the Word of God.¹⁹² Therefore, education should start at ground level. Society expects governments to enforce policies to do the work and teachings that should be done in homes.¹⁹³

Teaching must be done in a child's formative years (ages 0-8) to have any effect.¹⁹⁴ How can one expect any government that is not a theocratic government to teach anyone the values and teachings of God, the difference between right and wrong, good, and evil?

And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Deuteronomy 6:7

¹⁸⁹ Body dysmorphia-A mental health condition in which you can't stop thinking about one or more perceived defects or flaws in your appearance.

¹⁹⁰ Wu YK, Berry DC (2018) Impact of weight stigma on physiological and psychological health outcomes for overweight and obese adults: A systematic review. *J Adv Nurs*; 74:1030–1042.

¹⁹¹ <https://www.news-medical.net/health/Mental-Health-Disorders-Weight-Gain-and-Exercise>; Roberts RE, Deleger S, Strawbridge WJ, Kaplan GA (2003) Prospective association between obesity and depression: evidence from the Alameda County Study. *Int J Obes Relat Metab Disord* 2003;27:451–452

¹⁹² Lucy C. Farrell, Megan J. Warin, Vivienne M. Moore, Jackie M (2016) Street, Socio-economic divergence in public opinions about preventive obesity regulations: Is the purpose to 'make some things cheaper, more affordable' or to 'help them get over their own ignorance'? *Social Science & Medicine*, 10.1016/j.socscimed.2016.02.028, 154, (1-8).

¹⁹³ Roberts, J (2003) The manufacture of Corporate Social Responsibility: constructing Corporate Sensibility, *Organization*, 10, 2, 249– 65; Herrick, C (2005) Public health, Social Marketing and Governance of Obesity: constructing Corporate Sensibility, *Organization*, 10, 2, 249– 59.

¹⁹⁴ DeBarr Kathy, Pettit Michele (2016) Weight Matters: Health Educators' Knowledge of Obesity and Attitudes Toward People Who Are Obese, *American Journal of Health Education*, 10.1080/19325037.2016.1219282, 47, 6, (365-372).

During the crucial formative years of child development, positive and negative experiences have long-term effects on children. Children who have healthful childhood encounters and receive nurturing and love at home will reap the most benefits throughout their lives.

For example, young children with bad encounters, such as physical abuse, emotional neglect, negative home life, food insecurity, and socioeconomic stress, can still thrive. However, these early adversities will also have enduring adverse effects on kids.¹⁹⁵

In society today, humanity seeks answers everywhere. Is humanity ignorant or willingly ignorant that whatever goes wrong in a child's upbringing starts at home? A child hardly ever listens to the admonishments of parents. They follow the parents' examples, always watching - soaking up everything parents do like little sponges. They observe parents handling stress, interacting with other people, and how they act under all circumstances. A child learns more by observation than through instruction.

Children always pay attention, especially when parents think they are not. According to the social learning theory, people learn by watching others.¹⁹⁶ However, humanity does not need science experiments to see how children imitate their parents. Often parents model unhealthy behaviour to their children.

The Clinical and Experimental Paediatrics (CEP) conducted a systematic review and meta-analysis regarding the global relationship between parent and child obesity.¹⁹⁷ Their founding was that childhood obesity is highly influenced by parental weight status, indicating that parents could play an essential role in its prevention. Furthermore, the overweight and obese status of the parents were significantly associated worldwide.¹⁹⁸

5.2.27. WHO suggestions to prevent obesity

WHO Suggestion 1:

Supportive conditions and communities help shape people's choices by making healthier foods and regular physical activity the easiest choice (the most accessible, available, and affordable), preventing overweight and obesity.¹⁹⁹

Truth:

In theory, it is a sound suggestion; however, it cannot be seen as a solution in practice.

¹⁹⁵ Bellis MA, Lowey H, Leckenby N, Hughes K, Harrison D (2013) Adverse childhood experiences: retrospective study to determine their impact on adult health behaviours and health outcomes in a UK population. *Journal of Public Health*. Published online April 14, 2013:81-91. doi:10.1093/pubmed/fdt038

¹⁹⁶ Lind J, Ghirlanda S, Enquist M. (2019) Social learning through associative processes: a computational theory. *R Soc Open Sci*. 2019;6(3):181777. doi:10.1098/rsos.181777

¹⁹⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8743427>

¹⁹⁸ Classen TJ, Thompson O (2016) Genes and the intergenerational transmission of BMI and obesity. *Econ Hum Biol*. 2016; 23:121–33.

¹⁹⁹ <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

The global food and drink industries are multi-trillion-dollar industries where making money is the top priority, not the global well-being of humanity, with fast food restaurants ranking in the top money-generating industries worldwide.²⁰⁰

Communities cannot compete with the gigantic food industries driven by powerful corporations and their marketing strategies that continue to build and consolidate their power.²⁰¹ The public health community has become progressively critical of the dominant processed food manufacturers' political strategies that are directly responsible for undermining public health, as seen in the continuous rising numbers of obesity.²⁰²

Parents are responsible for teaching their children, and the example must be set at home; children's future health, happiness and destiny hinge upon the teaching and instruction they receive from their parents.

Train up a child in the way he should go: and when he is old, he will not depart from it.

Proverbs 22:6

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

Ephesians 6:4

WHO Suggestion 2:

The production of healthier food and physical activities should be available and affordable.²⁰³

Truth:

Facts support that a diverse, healthy diet is much more expensive than a calorie-sufficient one.²⁰⁴ Researchers found that healthy food is up to four times higher.²⁰⁵ Looking at a few reasons for this:

Fruits and vegetables are seasonal; growing them out of season will cost more. Prepacked, processed foods are not bound by seasons. Therefore, the cost remains the same.

Meats, fruits, vegetables, and dairy products cost more for stores to stock than

²⁰⁰ <https://www.ibisworld.com/global/industry-trends/biggest-industries-by-employment>; Roberts, J (2003) The manufacture of Corporate Social Responsibility: constructing Corporate Sensibility, *Organization*, 10, 2, 249–65

²⁰¹ Korten, D (2001) *When Corporations Rule the World*. West Hertford: Kumarian Press.

²⁰² Lang, T, Raynor, G (2005) Obesity: a growing issue for European policy, *Journal of European Social Policy*, 15, 4, 301–27.

²⁰³ FAO and WHO (2019) Sustainable Healthy Diets – Guiding Principles; Raine KD, Atkey K, Dana L, Ferdinands A, Beaulieu D, Buhler S (2018) Healthy food procurement and nutrition standards in public facilities: evidence synthesis and consensus policy recommendations. *Health Promot ChronicDis Prev Can*. 2018 Jan; 38(1): 6–17

²⁰⁴ Andreyeva T, Long MW, Brownell KD (2010) The impact of food prices on consumption: a systematic review of research on the price elasticity of demand for food. *Am J Public Health* 2010; **100**:216–22.

²⁰⁵ <https://www.google.co.za/search?q=is+the+production+of+healthy+food+cheap&sxsrf=>

bagged or canned foods. Most healthy foods must be refrigerated to stay fresh. Refrigeration and lighting can amount to 65% of a grocery store's energy usage.

Vegetables and fresh fruits are more expensive to farm than crops that will be processed. Produce relies on human labour rather than machines, and machines are more efficient and cheaper in the long run.

Where one lives can impact the availability of certain foods. If it is regional, it would be cheaper as there are no transportation costs involved.

Weather conditions have an impact on food prices. Droughts, frost, and searing heat have caused food prices to rise, making growing crops much more difficult. The price of fertilizer and fuel impacts food prices.

Juxtaposed, unhealthy food is cheap because the prime ingredients can be mass-produced and distributed in a non-perishable form.²⁰⁶

The calorie consumption chart²⁰⁷ below shows that most food consumed is the higher calorie foods that are easy to preserve and mass-produced.

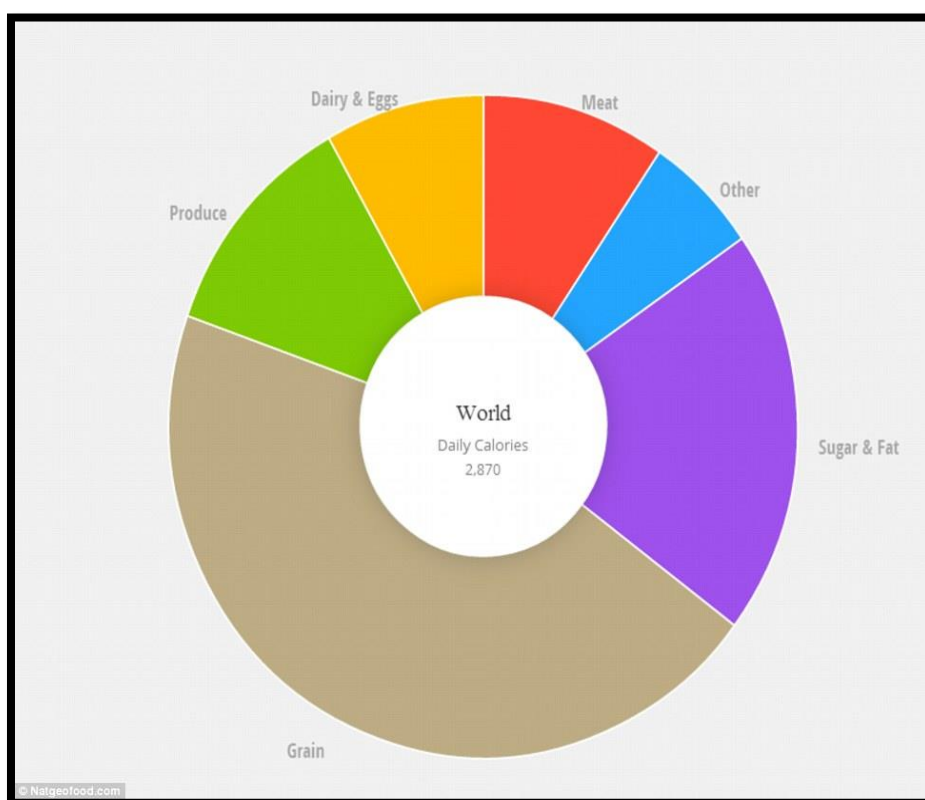


Figure 49: Daily Calorie Consumption

²⁰⁶ Farrell Lucy C, Warin Megan J, Vivienne M. Moore, Jackie M (2016) Street, Socio-economic divergence in public opinions about preventive obesity regulations: Is the purpose to 'make some things cheaper, more affordable or to 'help them get over their own ignorance'? Social Science & Medicine, 10.1016/j.socscimed.2016.02.028, **154**, (1-8).

²⁰⁷ <https://www.one.org/us/blog/14-surprising-stats-about-global-food-consumption/>

WHO Suggestion 3:

The food industry promotes healthy diets²⁰⁸ by reducing fat, sugar, and salt in produce.²⁰⁹

Truth:

As seen in WHO suggestions one and two above, suggestion number three can and will never be implemented by the food industries. Governments might implement taxation on the above.²¹⁰ However, this will not stop the consumption thereof.²¹¹

The hypothalamus²¹² in the brain releases dopamine,²¹³ the neurotransmitter that is the epicentre for addiction cycles. This common issue is often described as “food addiction”. The real culprit is sugar and refined carbohydrates that break down into sugar inside the body. Therefore, sugar does have highly addictive potential.

Foods high in sugars or other carbohydrates generally cause cravings,²¹⁴ which can be particularly problematic to control. Sugary foods and those rich in other carbohydrates fire off feel-good chemicals like serotonin, dopamine,²¹⁵ and other relaxing endorphins in the brain, “happy hormones”.²¹⁶

Some chemicals produced by the brain affect the human body, resulting in weight gain and obesity. A few are mentioned in the tables below to gain a better understanding. Not to be extrapolated in this dissertation.

Table 4: Dopamine²¹⁷

Chemical	Discovery	Activity
Dopamine (Happy hormone)	Dr Carlsson, 1950's	The dopamine effect makes one ‘want’ to do things (that are related to happiness/pleasure). Its inadequacy causes slower reaction time, anhedonia (unwillingness to do a task), and

²⁰⁸ For a Healthier Country, Overhaul Farm Subsidies. *Scientific American* 19 April 2012. Date accessed July 2022. <<http://www.scientificamerican.com/article.cfm?id=fresh-fruit-hold-the-insulin>>

²⁰⁹ Raine KD, Atkey K, Dana L, Ferdinands A, Beaulieu D, Buhler S (2018) Healthy food procurement and nutrition standards in public facilities: evidence synthesis and consensus policy recommendations. *Health Promot ChronicDis Prev Can.* 2018 Jan; 27(c): p.8.

²¹⁰ Powell LM, Chriqui JF, Khan T (2013) Assessing the potential effectiveness of food and beverage taxes and subsidies for improving public health: a systematic review of prices, demand, and body weight outcomes. *Obes Rev* 2013; 14:110–28.

²¹¹ Raine KD, Atkey K, Dana L, Ferdinands A, Beaulieu D, Buhler S (2018) Healthy food procurement and nutrition standards in public facilities: evidence synthesis and consensus policy recommendations. *Health Promot ChronicDis Prev Can.* 2018 Jan; 27(d): p.8.

²¹² The hypothalamus is a small area of the brain that helps to stimulate key functions.

²¹³ Dopamine is produced by the body and used by the nervous system to send messages between the nerves and the cells.

²¹⁴ Drewnowski, A (1995) Metabolic determinants of binge eating. *Addict. Behav.* 20:733–745.

²¹⁵ Dopamine-Related to happiness and pleasure, released when pleasure is experienced.

²¹⁶ Wurtman, R.J., & Wurtman, J.J (2022) Brain serotonin, carbohydrate craving, obesity, & depression. *Obesity Research* (in press).

²¹⁷ *International Journal of Research in Business Studies* ISSN: 2455-2992, Vol. 5 (1), June. 2020. P.128.

		depression. Dopamine is released when the doing action relates to pleasure. It influences the level of motivation and plays a crucial role in how an individual perceives reality. Inefficiency in dopamine transmission is associated with a state called psychosis, a severely distorted form of thinking which is characterized by hallucinations and sometimes delusions. It also plays a significant role in the brain's reward system. Example: Feeling of an employee when rewarded for good performance.
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Table 5: Serotonin (Happy hormone)²¹⁸

Chemical	Discovery	Activity
Serotonin (Happy hormone)	Vittorio Ersplamer, 1940	Serotonin causes feelings related to safety, calmness, joy and self-confidence. Its scarcity leads to lowered self-esteem, high obsessive thoughts, quick compulsive behaviour, impulsiveness, and aggression. Serotonin is released when carbohydrates are consumed (for example, sweets and chocolate). Serotonin gives a feeling of calmness and confidence. Not just happiness, but it is calmness. Serotonin also helps regulate sleep, appetite/hunger, and moods and inhibits pain. Certain research supports the idea that depressed people tend to have a reduced level of serotonin transmission. Thus, lower levels of serotonin by-products have been associated with a higher risk for suicide - for example: When employees celebrate festivals and success together.

Table 6: Endorphins (Happy hormone)²¹⁹

Chemical	Discovery	Activity
Endorphins (Happy hormone)	Choh Hao Li, 1960	Endorphins lead to a perfect/happy mood (also euphoric) and give the surplus energy to “go an extra mile”, decreasing the feeling of tiredness. This chemical has been considered vital since the stone age, as endorphins saved the nomads' lives, keeping them going despite hunger and tiredness. The lack of endorphins can cause mood swings and contrasting emotions. It is also released during

²¹⁸ International Journal of Research in Business Studies ISSN: 2455-2992, Vol. 5 (1), June. 2020. P, 129

²¹⁹ International Journal of Research in Business Studies ISSN: 2455-2992, Vol. 5 (1), June. 2020. P,129

		physical exercises and movement and decreases pain perception. Example: An employee is given an extra task at the end of the day.
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Table 7: Cortisol²²⁰

Chemical	Discovery	Activity
Cortisol	Edward Kendall, Tadeus Reichstein, and Philip Hench, 1930	This hormone is released during stress, called the “stress hormone”. It increases heartbeat, blood glucose, blood pressure, muscle tension and respiration. It also temporarily shuts down the functions that are not in need during the crisis/alertness time, i.e., digestion. Example: Feelings created in employees during insult and chiding by the boss.

Obese people often refer to themselves as “chocoholics”, addicted to chocolates, and they are. Conferring to the Merriam-Webster dictionary, addiction is a dependency, weakness, habit or craving for something.

Some of the most familiar sugar addiction symptoms may include cravings, headaches, tiredness or lethargy, muscle pain, nausea, bloating and even insomnia. The same applies to carbohydrates.²²¹

Below is a depiction of the human brain.²²²

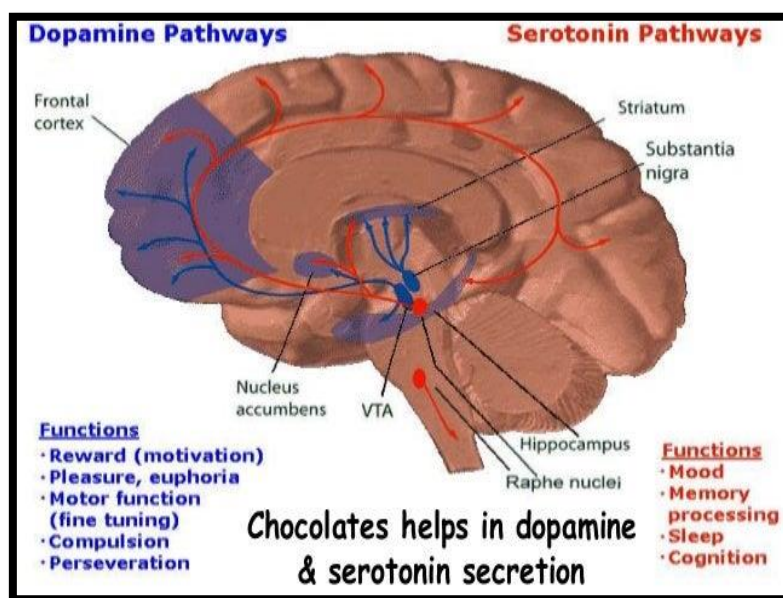


Figure 50: The Human Brain

²²⁰ International Journal of Research in Business Studies ISSN: 2455-2992, Vol. 5 (1), June. 2020. P,130

²²¹ Rogers PJ, Smit HJ (2000) Food craving and food ‘addiction’: a critical review of the evidence from a biopsychosocial perspective. *Pharmacol Biochem Behav* 2000; **66**: 3–14.

²²² [https:// www.bing.com/images/search?view=detailV2&ccid=NgjesmNu&id=F616F0B8724](https://www.bing.com/images/search?view=detailV2&ccid=NgjesmNu&id=F616F0B8724)

5.3. Current Global Treatment Methods for Obesity

Science and medicine systematically replace the Trinitarian God-Healer above all.

And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

Matthew 9:35

Throughout Scripture, Jesus healed man's body, soul, and spirit (Acts 10:38, Luke 9:11, Matthew 9:35).

There is none to plead thy cause, that thou mayest be bound up: thou hast no healing medicines.

Jeremiah 30:13

5.3.1. An Overmedicated Society that the trillion-dollar pharmaceutical conglomerates drive

The pharmaceutical industry is a trillion-dollar industry that forms part of an organized system that controls a significant part of humanity. Bill Schnoebelen,²²³ ex-occultist, speaks with discernment and authority on health.

The Church of Jesus Christ was initially in charge of healing and health. Schnoebelen reveals the conspiratorial origins of modern American (pharmaceutical) medicine: how the ruling elite stole medicine from the church and formed a licensed monopoly. Furthermore, he reveals how this conglomerate seems bent on reducing the population by gaining power through withholding cures.²²⁴

Furthermore, Schnoebelen, an internationally recognized speaker and author of seven books and countless articles, exposes the Iron Triangle: how the FDA,²²⁵ drug companies and medical schools collude to control and destroy America's health.²²⁶

Dr Méndez Ferrell declares that it is essential to understand the genesis of medicine to understand humanity's spiritual background.²²⁷ She argues that it is in the origin of everything man has done where the powers of darkness are entrenched to influence society. The powers of darkness are not to be extrapolated in this dissertation.

For we wrestle not against flesh and blood, but against principalities, against

²²³ Schnoebelen, William J (2004) Straight talk on Harry Potter-
<https://educate-yourself.org/mc/straighttalkonharrypotter30jan04.shtml>

²²⁴ Price DN (1971) Cash Benefits for Short-Term Sickness, 1948-69, *Social Security Bulletin* 34: 19 (1971).

²²⁵ FDA-Food and Drug Administration

²²⁶ The Medical Conspiracy – Bill Schnoebelen.

[http://lionandlambministry.com/index.php/liontube/video/315/The-Medical-Conspiracy---Bill Schnoebelen-%28Full-V%29ersion](http://lionandlambministry.com/index.php/liontube/video/315/The-Medical-Conspiracy---Bill-Schnoebelen-%28Full-V%29ersion)

²²⁷ Méndez-Ferrell, Dr Anna (2011) *Pharmakeia. A Hidden Assassin*. USA: Book Masters Inc., p.73.

powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Ephesians 6:12

The pharmaceutical symbols used by the WHO and the European pharmacies derive from Asclepius, the Greek God of medicine. Asclepius carrying a rod with a single snake became a medical emblem from the fifth century before the common era. Hermes, the messenger of the Gods (the Roman God Mercury), acquired an extra snake on his staff, known as a caduceus.²²⁸ Thus, the caduceus, the globally used medical symbol, is an abomination against God.

Thou shalt have no other Gods before me.

Exodus 20:3

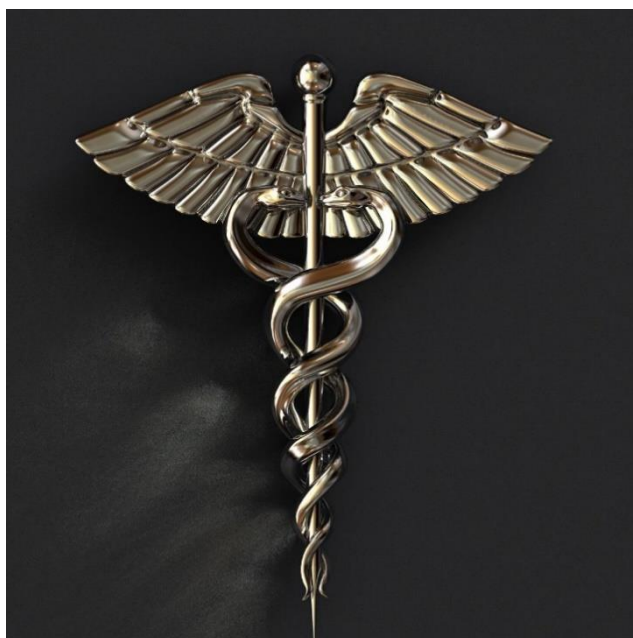


Figure 51: Caduceus

Humanity is plagued by pandemics, followed by so-called remedies, and man cannot understand “why” God allows it. Sickness is not God’s portion for man; it is restoration and health (Jeremiah 30:17, Luke 8:50, Psalms 41).

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

1 Peter 2:24

5.3.2. Pharmacotherapy

Pharmacists are multidisciplinary team members working as the primary source of drug-related information for other healthcare professionals. A pharmacist

²²⁸ Medical Symbol, Caduceus. www.turbosquid.com

requires extensive academic knowledge in pharmacotherapy.²²⁹ They specialized in administering medication²³⁰ whilst doctors prescribed medication. Prescribing levels are determined by the converging interests of manufacturers, doctors, and others.²³¹



Figure 52: Pharmaceuticals

Pharmacotherapy states that medication help patients stay on a diet along with physical activity in weight loss. Continued medication use cannot be effective in weight loss or maintenance once it is stopped.²³² Thus, a preliminary trial period of several weeks with a given drug or combination may help determine their usefulness in each patient. If the obese patient does not react to a particular drug with sufficient weight loss, the doctor should re-appraise the patient to determine adherence to the drug regimen and adjunctive therapies or consider the need for dosage variation. If the patient remains unresponsive to the medication or serious adverse effects occur, the physician should consider its discontinuation. Medicines are to be used in conjunction with lifestyle modification (i.e., dietary interventions, behavioural therapy, and increased physical activity).

Pharmacotherapy²³³ is suggested for individuals with a BMI >30 kg/m² or a waist circumference >35 inches (women) or 40 inches (men) and patients with a BMI >27 kg/m² with the presence of an additional co-morbid condition or more than one risk factor for 'weight-related' disease such as hypercholesterolemia, diabetes, hypertension.²³⁴ The following and most common medication prescribed for the treatment of obesity has severe contra-indications.

²²⁹ The ACCP Clinical Practice Affairs Committee, Subcommittee B (1998-1999) Practice Guidelines for Pharmacotherapy Specialists. *Pharmacotherapy*, 20: 487-490. doi: 10.1592/phco.20.5.487.35054

²³⁰ <https://www.google.co.za/search?sxsrf=ALiCzsZ3v1HxlnfyhYSR0LyWLFuTo0fyQ:1661402525486&source=univ&tbm=>

²³¹ Muller, Charlotte (1972) *The Overmedicated Society: Forces in the Marketplace for Medical Care*. <https://www.science.org/doi/pdf/10.1126/science.176.4034.488>; Gotzsche, Peter (2019) *Survival in an Overmedicated World*. Denmark: Ouatonna. People's Press.

²³² <https://d1wqtxts1xzle7.cloudfront.net/25404996/obesity-with-cover-page-v2.pdf?Expires=1660980791&Signature=>

²³³ *Pharmacotherapy-The treatment of disease with drugs especially mental illnesses*.

²³⁴ Van Gaal LF, Wauters MA, Peiffer FW, De Leeuw IH (1998) Sibutramine and fat distribution: is there a role for pharmacotherapy in abdominal/visceral fat reduction? *Int J Obes Relat Metab Disord* 1998 22(Suppl): S38-S40.



Figure 53: Medications

Table 8: Weight Loss Medication and Contra-indications²³⁵

Medication	Action	Dose	Adverse effects	Comments
Benzphetamine (Didrex)	Noradrenergic	25-50mg 1-3 times/day	Insomnia, dry mouth, constipation, irritability, euphoria, palpitations, and hypertension	Short-term use. Contraindications: HTN, cardiovascular disease, hyperthyroidism, glaucoma, agitated states, pregnancy. Drug interactions: MAOIs, guanethidine, CNS stimulants, alcohol, sibutramine, tricyclic antidepressant
Phendimetrazine (Bontril, Prelu-2, Melfiat –105 Unicelles)	Noradrenergic	17.5-70mg 2-3 times/day before meals	Same	Same
Phentermine (Adipex-P)	Noradrenergic	18.75- 37.5mg/d daily before breakfast	Same	Same
Phentermine resin (Ionamin)	Noradrenergic	15-30mg/d once daily before breakfast or 10-14 hr before bedtime	Same	Same, swallow whole; Dosage adjustments may be needed for hepatic insufficiency

²³⁵ <https://mdedge.com/clinicalreviews/article/148037/obesity/obesity-when-consider-medication>

Sibutramine (Meridia) ²³⁶	Mixed noradrenergic and serotonergic	10-15mg/day once daily with or without food	Increase in BP, pulse (less than other weight loss drugs), dry mouth, headache, insomnia, constipation	It is approved for long-term use. Contraindications: Chronic malabsorption syndromes, cholestasis. Drug interactions: cyclosporine
Orlistat (Xenical) ²³⁷	Lipase inhibitor reduces nutrient absorption	120mg 3 times/day with or within 1 hour after fat-containing meals, plus a daily multivitamin (spaced at least two hours from the medication)	Flatulence with discharge, faecal urgency, faecal incontinence, steatorrhea, oily spotting, and increased defecation. These may decrease in frequency with time. Decreases absorption of fat-soluble vitamins	Contraindications: Hypersensitivity, Chronic malabsorption, Cholestasis, Anorexia and bulimia, pregnancy, Severe renal impairment (kidney's inability to perform its job)
Ephedra, herbal products (ma huang), chromium, caffeine (Dexatrim, Acutrim – multiple components)				Not approved for the treatment of obesity, only caffeine and ephedra have well-performed studies, but only short-term. NIH states that herbal preparations are not recommended as part of a weight loss program.

²³⁶ The effectiveness of pharmaceutical interventions for obesity (2015) Weight loss with orlistat and sibutramine in a United Kingdom population-based cohort - Douglas - 2015 - British Journal of Clinical Pharmacology - Wiley Online Library <https://bpspubs.onlinelibrary.wiley.com/doi/full/10.1111/bpc.12578>

²³⁷ <https://bpspubs.onlinelibrary.wiley.com/doi/full/10.1111/bpc.12578>

Other investigational agents: Bupropion (Wellbutrin), topiramate (Topamax), metformin (Glucophage), Fluoxetine (Prozac); Rimonabant				Fluoxetine and Sertraline show loss of efficacy long-term (weight regain); Fluoxetine and fluvoxamine are indicated for the treatment of binge eating disorder
Amphetamines (Illegal mood enhancers) ²³⁸				Not recommended for weight loss- small effect and usually not long-lasting

The contraindications of all the weight loss medications are harmful. However, it is prescribed for obesity by practitioners - patients trust practitioners with their health and overall well-being. Most patients are unaware of the severe contraindication, and if they somehow are aware, they still take the medication out of desperation.

The other part of the obese community uses amphetamines out of desperation. This medication is available on the internet, and obese people are desperate for some solution, irrespective of the contraindications.

Anti-obesity medications are set out in the table below.²³⁹

²³⁸ <https://medlineplus.gov/ency/patientinstructions/000792.htm>

²³⁹ <https://www.google.co.za/search?q=antiobesity+medications%3A+what+to+expect>

Table 9: Anti-obesity Medications

Anti-obesity medications: What to expect and who makes a good candidate

Medication	Mechanism, dosage, and available formulations	Trial and duration	Trial arms	Weight loss (%)	Most common adverse effects	Good candidates	Poor candidates
Phentermine (Adipex-P, ¹⁵ Ionamin, ¹⁶ Lomaira, ¹⁷ Suprenza ¹⁸) Schedule IV controlled substance NOTE: Approved for short-term use	Adrenergic agonist 8-37.5 mg/d Capsule, tablet	Aronne LJ, et al ¹⁹ 28 weeks	15 mg/d 7.5 mg/d Placebo (topiramate ER and phentermine/-topiramate ER arms excluded)	6.06* 5.45* 1.71	Dry mouth, insomnia, dizziness, irritability	Younger patients who need assistance with appetite suppression	Patients with uncontrolled hypertension, active or unstable coronary disease, hyperthyroidism, glaucoma, anxiety, insomnia, or patients who are generally sensitive to stimulants; patients with a history of drug abuse or recent MAOI use; patients who are pregnant
Orlistat (Alli, ²⁰ Xenical ²¹)	Lipase inhibitor 60-120 mg tid with meals Capsule	XENDOS ²² 208 weeks	120 mg tid Placebo	9.6 (Week 52)* 5.25 (Week 208)* 5.61 (Week 52) 2.71 (Week 208)	Fecal urgency, oily stool, flatus with discharge, fecal incontinence	Patients with hypercholesterolemia and/or constipation who can limit their intake of dietary fat	Patients with malabsorption syndromes or other GI conditions that predispose to GI upset/diarrhea; patients who cannot modify the fat content of their diets; patients who are pregnant
Phentermine/-topiramate ER (Qsymia) ²³ Schedule IV controlled substance	Adrenergic agonist/neurostabilizer 3.75/23-15/92 mg/d Capsule	EQUIP ²⁴ 56 weeks CONQUER ²⁵ 56 weeks SEQUEL ²⁶ 108 weeks (52-week extension of CONQUER trial)	15/92 mg/d 3.75/23 mg/d Placebo 15/92 mg/d 7.5/46 mg/d Placebo 15/92 mg/d 7.5/46 mg/d Placebo	10.9* 5.1* 1.6 9.8* 7.8* 1.2 10.5* 9.3* 1.8 (Weeks 0-108)	Paresthesias, dizziness, dysgeusia, insomnia, constipation, dry mouth	Younger patients who need assistance with appetite suppression	Patients with uncontrolled hypertension, active or unstable coronary disease, hyperthyroidism, glaucoma, anxiety, insomnia, or patients who are generally sensitive to stimulants; patients with a history of drug abuse or recent MAOI use; patients with a history of nephrolithiasis; patients who are pregnant

5.3.3. Bariatric weight loss surgery

Weight-loss surgeries — collectively known as bariatric surgery — comprise changes to the digestive system to help an obese person lose weight. Bariatric surgery is considered when diet and exercise have not worked or when a person has serious health problems due to excess weight. Weight loss surgery should be considered only for patients in whom other treatment methods have failed and who have clinically severe obesity, i.e., BMI > 40 or BMI >35 with life-

threatening co-morbid conditions.²⁴⁰

Surgery intends to decrease the risk of obesity-related health risks or disorders. However, the risks of obesity-related disorders are treated and not the cause of obesity. As seen, obesity is the cause of most health risk disorders. The root cause of obesity is once again not treated. Obesity and its origin must be understood. Only then can obesity be treated and, in many cases, prevented, extrapolated in Chapters three and five.

The basic principle of bariatric surgical procedures is to restrict food intake and decrease the absorption of food in the stomach and intestines. Bariatric surgery alters or interrupts this digestion process. Therefore, food is not absorbed or broken down naturally. A decline in calories and nutrients absorbed enables patients to lose weight.

Surgery modifies the gastrointestinal tract to reduce net food intake. Most authorities agree that weight loss surgery should be reserved for patients with severe obesity, in whom efforts at other therapy have failed, and who are suffering from the complications of obesity.²⁴¹

The digestion process begins in the mouth. The food is chewed up and mixed with saliva and further enzyme-containing exudations. As the food reaches the stomach, it is mixed with digestive juices and broken down where nutrients and calories are absorbed. Digestion becomes faster as food moves into the duodenum (first part of the small intestine), mixed with bile and pancreatic juice.

The question that should be asked is when the digestive tract is altered through various methods, and food is passed through the digestive tract faster, is a man not more inclined to gluttonous behaviour before and after the onset of obesity?

Instant complications of bariatric surgery can result in a patient's death. Pulmonary embolism, primary infection, severe bleeding, heart attack or stroke are the conditions that put the patient's life in severe danger.²⁴²

Factors that raise the risk of dying due to post-operative complications include age, male gender, high blood pressure, increased risk for pulmonary embolism and a body mass index of 50 or above. Risks for pulmonary embolism include a history of pulmonary hypertension, deep vein thrombosis, and blood clots.

According to the NHLBI²⁴³ and the Obesity Education Initiative, insurance coverage for bariatric surgery is determined.²⁴⁴

²⁴⁰ Else Vogel (2017) Operating (on) the self: transforming agency through obesity surgery and treatment, *Sociology of Health & Illness*, 10.1111/1467-9566.12654, 40, 3, (508-522).

²⁴¹ NHLBI Obesity Education Initiative (2000) The practical guide to the identification, evaluation, and treatment of overweight and obesity in adults. Rockville, Md.: National Institutes of Health. (NIH publication no. 00-4084.)

²⁴² Tewksbury C, Crowley N, Parrott JM (2019) Weight loss prior to bariatric surgery and 30-day mortality, readmission, reoperation, and intervention: an MBSAQIP analysis of 349,016 cases. *Obes Surg*. 2019;29(11):3622-3628.

²⁴³ NHLBI-National Heart, Lung, and Blood Institute

²⁴⁴ Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, *NIH-NHLBI* (1998) The Practical Guide to the Identification, Evaluation and Treatment of Overweight and Obesity in Adults (2000) NHLBI; Kim JJ, Rogers AM, Ballem N, Schirmer B (2016) American Society for Metabolic and

Unfortunately, bariatric surgery is more accessible globally and has become the new “quick fix” solution for losing weight.

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Corinthians 6:19-20

5.4. Hippocrates and the Oath of Hippocrates

Hippocrates was born in 460AD. He descended from the generational line of Asclepiades. A follower of Asclepius, the god of health.

Hippocrates is the father of modern science and medicine and the founder of the first school for physicians.²⁴⁵ Hippocrates is known as the father of medicine as he is the one who stopped the religious explanations for disease and pain.

He stopped blaming the spirits and started making observations, diagnoses, treatment, and prognoses, which is still in practice today. Even though many of his ideas were completely wrong, such as his idea that fruits and vegetables were unhealthy, he was still such an intellect through his exploration and implementation of new ideas. He had a whole new way of thinking.

He encouraged people to eat healthier and to exercise regularly. He also wrote the oath for physicians among the numerous documents he wrote. The oath of Hippocrates²⁴⁶ has been in use for almost 2500 years. However, many doctors have stopped taking this oath. A copy of this oath forms part of the Scientific Papers of the Harvard Classics.²⁴⁷

Bariatric Surgery Clinical Issues Committee. ASMBS updated position statement on insurance mandated preoperative weight loss requirements. *Surg Obes Relat Dis*. 2016;12(5):955-959. doi:10.1016/j.soard.2016.04.019

²⁴⁵ Ancient Medicine. Hippocrates, the Father of Modern Medicine
<https://personal.georgiasouthern.edu/~rdanie12/index6.html>

²⁴⁶ https://stock.adobe.com/search?k=hippocrates&asset_id=12636439

²⁴⁷ Barnard, Manda (2012) Exegesis Entailing Holy Spirit Life Transforming Concerning the Immanence of Divine Healing. PhD Thesis pages 287-290.

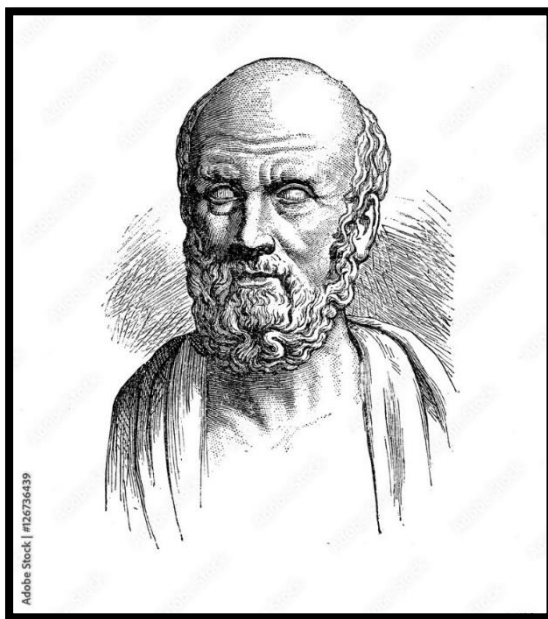


Figure 54: Hippocrates

Hippocrates presented the theory of the Four Humours, arguing that illness was caused by an imbalance of them-phlegm, bile, yellow bile, and black bile. Galen developed these ideas into an influential and highly set of medical beliefs that lasted until the mid-1850s.

The leading medical treatments at Paracelsus's time were special diets to help the "cleansing of the putrefied juices" combined with purging and bloodletting to restore the balance of the Four Humours. Paracelsus,²⁴⁸ a Swiss physician, added and challenged this view with his beliefs that illness was the result of the body being attacked by outside agents.²⁴⁹ He was the man who brought Science and chemistry to medicine.²⁵⁰



Figure 55: Paracelsus

²⁴⁸ Paracelsus-<https://aas.org/Paracelsus-man-who-brought-chemistry-medicine>.

²⁴⁹ Paracelsus-<https://aas.org/paracelsus>

²⁵⁰ Sigerist, Henry E (1952) *Bulletin of the History of Medicine*. John Hopkins: University Press.

In most medical schools, the Oath of Hippocrates is the first law the graduate from these institutions must abide by. It is considered a tradition and forms part of the graduation ceremony. A more contemporary oath has replaced this in Christian universities and some Catholic ones.

The oath²⁵¹ begins in the following way:

“I swear by Apollo, the healer, Asclepius, Hygeia, and Panacea, and take to witness all the gods, all the goddesses, to keep according to my ability and my judgment the following oath and agreement...

...I will not give a lethal drug to someone if I am asked, nor will I advise such a plan; and similarly, I will not give a woman a pessary to curse abortion”.

The oath culminates with: “... If I keep this oath faithfully, may I enjoy my life and practice my art, respected by all men and in all times; but ill swerve from it or violate it, may the reverse be my lot”.²⁵²

According to this oath, the new medical graduate must lay down his career, swearing by Satan himself, and should he break the pact, or if he has converted to God, he immediately becomes a curse.

As a result, he swears not to give anyone a lethal drug. However, medicine per se is “poison”. Pharmakos²⁵³ means poison, drug, and medication. From its root came the words pharmacy, pharmaceuticals, drug²⁵⁴ and drug addiction.²⁵⁵ Pharmakos is also the word used for a sorcerer or warlock. The hidden abominations of modern-day chemistry and how allopathic medicine destroys and kills instead of curing.

Thus, the paradigm shift should be from disease-specific treatment offered by allopathic²⁵⁶ medical practitioners and big pharma to enhancing the human immune system to treat curable and incurable diseases. The belief is that diseases are curable because of heightened immunity. Obesity, in many cases, can be treated with natural remedies (vitality therapy). Chapters three and five compare drug therapy with vitality therapy in the FFF Slimming treatment program between various treatment phases with astounding effects, similar to no difference.

²⁵¹ In some nations this oath ceased to be used in this form in the year 1948 – decision of World Medical Association. No God is invoked. It was further changed in 1968, 1983, 1994 and finally in 2005 altered to allow abortion and euthanasia.

²⁵² Barnard, Manda (2012) Exegesis Entailing Holy Spirit Life Transforming Concerning the Immanence of Divine Healing. PhD Thesis pages 57-107; Greek Medicine: https://www.nlm.nih.gov/hmd/greek/greek_oath.html

²⁵³ Meyers, Todd (2014) Promise and Deceit: Pharmakos, Drug replacement Therapy, and the Perils of Experience; Derrida, Jacques (2003) The Rhetoric of Drugs, In High Culture: Reflections on Addiction and Modernity, edited by Anna Alexander and Mark S. Roberts. Albany, N.Y.: State University of New York.

²⁵⁴ Deleuze, Gilles (2006) Two Questions on Drugs, In Two Regimes of Madness: Texts and Interviews 1975-1995. New York: Semiotext(e).

²⁵⁵ Derrida, Jacques (2003) The Rhetoric of Drugs, In High Culture: Reflections on Addiction and Modernity, edited by Anna Alexander and Mark S. Roberts. Albany, N.Y.: State University of New York.

²⁵⁶ Allopathy- Modern or mainstream medicine, the treatment with drugs having effects opposite to the symptoms-contrasted with homeopathy.

Table 10: Drug Therapy compared with Vitality Therapy

DRUG THERAPY (PHARMACEUTICALS)	VITALITY THERAPY
Based on artificial chemicals	Plants, vitamins, minerals, micro-clustered antioxidant and hydrogen-rich alkaline water, and infrared energy
Artificial therapy	Natural therapy
Generally, it destroys human life	Sustains human life
Destroys human immunity	Enhances human immunity
Acidifies the human body	Alkalizes the human body
Induces diseases (e.g., Dexamethasone Induces Diabetes)	Heals curable and incurable diseases
Toxic chemicals	Natural products
Destroys brain and nerve cells	Brain and nerve cells are regenerated
Feeds cancerous cells	Destroys cancerous cells
Causes neurodegenerative diseases	Cures neurodegenerative diseases
Destroys mitochondria in the body	37.2 trillion mitochondria are rejuvenated to provide energy and reverse the ageing process
Numerous side effects. The drugs and the side effects will, in general, cause death	No side effects
Expensive and only minimizes symptoms of diseases.	Minimum cost. The heightened immunity heals and prolongs life.

It is clear from the above table that vitality therapy offers superior management of diseases to pharmaceutical drugs. Vitality therapy cures diseases while pharmaceutical drugs only modify disease symptoms.²⁵⁷

²⁵⁷ <https://onlinescientificresearch.com/artickles/the-greates-medical-quackeries-in-the-history-of-the-world>; Kwasi Donyina (2022) The Greatest Medical Quackeries in the History of the World. Journal of Immunology Research & Reports. SRC/JIRR-111. DOI: doi.org/10.47363/JIRR/2022(2)111; Seven Doctors were Mysteriously Found Dead after Summit for Breakthrough Cure for Cancer, <https://www.disclose.tv/seven-doctors-found-dead-after-summit-for->

5.5. Weight Loss Maintenance - The Biggest Problem Experienced in the Treatment of Obesity

The following experts have reviewed randomized Clinical Trials of Weight-Loss Maintenance: Melanie Warziski Turk, PhD, RN, Graduate Student Researcher, Kyeongra Yang, PhD, MPH, RN, Assistant Professor, Marilyn Hravnak, PhD, CRNP, FAAN, Associate Professor, Susan M. Sereika, PhD, Associate Professor, Linda J. Ewing, PhD, RN, Assistant Professor, and Lora E. Burke, PhD, MPH, FAAN, Professor.²⁵⁸

Results of the reviewed trials exposed that treatment methods with orlistat or sibutramine joint with dietary modification, consuming a diet lower in fat, caffeine or protein supplementation, adherence to physical activity routines, prolonged contact with participants, problem-solving therapy and the alternative treatment acupuncture were effective in reducing weight regain after weight-loss treatment.

Furthermore, reviewed studies found weight-loss maintenance treatment with orlistat or sibutramine and dietary modification, supplementing caffeine, or protein, following a lower-fat diet, adherence to physical activity, continued participant contact, problem-solving therapy, and the alternative treatment acupuncture were effective in reducing weight regain after weight-loss treatment.

Additional studies are needed to confirm and expand upon these findings. Future research should explore the safety and efficacy of orlistat and sibutramine beyond the two years approved by the Food and Drug Administration.

The lack of prolonged success in behavioural therapy for weight loss has been recognized for approximately 30 years.²⁵⁹ No wonder obesity and overweight have reached pandemic proportions globally.

The high occurrence is partly due to the recidivism associated with weight-loss treatment, losing weight-regaining weight, known as weight cycling.²⁶⁰ Almost one-third of lost weight is often regained in the first year after treatment and, at times, continues.

According to science and medicine, maintaining lost weight is complex, and long-term data on weight-loss maintenance are still lacking. Over time, it becomes increasingly difficult for people to continue to follow the weight-management strategies learned during weight-loss treatment. Ongoing weight management may require using a continuous care model to help individuals sustain the lifestyle changes that promoted the initial weight loss.²⁶¹

Longer weight-loss trials have helped individuals to achieve more significant weight loss, primarily during the trials.²⁶² However, the extended maintenance of the weight loss is

breakthroughcure-for-cancer-313307; Kwasi Donyina, Prevention and Treatment of Cancer Using Vitality TherapyTM. Ann Case Report 7: 776.

²⁵⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2676575>

²⁵⁹ Pi-Sunyer FX. How effective are lifestyle changes in the prevention of type 2 diabetes mellitus? *Nutr Rev.* 2007;65(3):101–110.

²⁶⁰ Su Hwan Kim, Jin-Seul Kwak, Seong Pyo Kim, Sung Hyouk Choi, Hyung-Jin Yoon (2022) The association between diabetes and hypertension with the number and extent of weight cycles determined from 6 million participants, *Scientific Reports*, 10.1038/s41598-022-09221-w, 12, 1.

²⁶¹ Perri MG, Sears SF, Jr, Clark JE. Strategies for improving maintenance of weight loss. Toward a continuous care model of obesity management. *Diabetes Care.* 1993;16(33):200–209.

²⁶² Jeffery RW, Drenowski A, Epstein LH, et al. Long-term maintenance of weight loss: Current status. *Health*

unsuccessful.²⁶³

Further investigation of innovative strategies to promote adherence to a lower dietary fat intake and increased physical activity will likely be beneficial in assisting with weight maintenance. Future research should determine the most appropriate, cost-effective ways to maintain contact with and support individuals in their weight maintenance efforts.²⁶⁴ Finally, developing new, novel strategies to promote weight-loss maintenance is also imperative so that individuals can sustain the weight loss they work so hard to achieve.

Chapters three and five will extrapolate the FFF Slimming weight loss program and the method used to achieve successful weight loss and maintenance.

5.6. Conclusion

God never does anything without a good intention behind it. God is intelligent because intelligence is an attribute of a Deity. God's intellect is seen in every aspect of creation. Nothing in creation is devoid of significance, even if we do not see or understand the purpose at the time.

Unfathomable within the heart of every person is an insatiable longing to know this purpose of life. It indicates the residue of memory before the fall in the Garden of Eden.

Men and women strive to know the "why" of everything. The problem is that most people get the wrong answer to their inquiry.

The slimming industry offers everything and anything, keeping us from finding the right solution. Where in the world can we find any answers to this dilemma? What authority in this world makes us understand why (we are here)?

Treating the symptoms of obesity addresses a man's external condition, not his internal confusion.²⁶⁵ In this confused state, a man tries everything to lose weight without success. The enemy of man's soul has successfully sabotaged this search for moral and spiritual identity. Satan does all he can to stop humanity from discovering who and what they are.

The Bible is such authority and explains why God made man and for what purpose. The defined Biblical purpose is that we might worship God and enjoy Him forever. Besides, man has no other purpose; short of that, he wonders in spiritual disorientation, taking him further from finding his created purpose.

Floyd McClung,²⁶⁶ the author of *The Healing Power of Love*, states that every day, from many directions, false accusations or lies are constantly hurled against humanity.

The above is a typical appearance regarding obesity and obese people. Some accusations

Psychol. 2000;19(Suppl 1):5–16.

²⁶³ Wadden TA, Anderson DA, Foster GD (1999) Two-year changes in lipids and lipoproteins associated with the maintenance of a 5% to 10% reduction in initial weight: Some findings and some questions. *Obes Res.* 1999;7(2):170–178.

²⁶⁴ Randomized Clinical Trials of Weight-Loss Maintenance: A Review - PMC (nih.gov)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2676575>

²⁶⁵ Tozer, A.W (2009) *The Purpose of Man*. USA: Regal Publishing.

²⁶⁶ McClung, Floyd (1995) *The Healing Power of Love*. Eugene, Oregon: Harvest House Publishers, p.7

and lies are spoken unintentionally by family members; others are used by the enemy himself to wound people. Daggers intended to pierce their hearts to affect their belief systems.

Charles Craft²⁶⁷ elaborates that when traumatic events occur during people's formative years (ages four to seven), and especially when these events reoccur, a part of man's inner being often shuts down. One starts to believe the inner lie that captures man's potential.

Holistic health²⁶⁸ states that if a child was wounded by rejection (lack of love, appreciation, support, or acceptance) or abuse (physical, verbal, or emotional), the wound could lie dormant in the person until current issues activate or reawaken it.

People will instead be committed to a system which includes a belief system and sometimes chooses not to leave or change the system on behalf of the traditions through generation; to a certain extent, they instead choose to believe the lie than face the rejection accompanied by abuse.

Obese people battered by rejection and abuse in various forms systematically become what they believe. Useless, a failure, not capable, not good enough and a mistake.

The principle of Proverbs 23:7 is actual. What we think in our hearts, so we are. It is a sacrosanct law of life that cannot be altered and will be true as long as human nature continues:

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Proverbs 23:7

According to Proverbs 4:23-24, we are educated to keep our spiritual "heart". It reads, "Keep thy heart with all diligence; for out of it are the issues of life". The heart, hence, means the command centre of the soul.

The human senses are linked to the soul (heart), taste, smell, sight, touch and hearing. Therefore, whatever man experience in his heart through his sense directly affects his mind, will, and affections. It is a high-risk, vulnerable place because of sin.

All that humanity achieves or fails to achieve is the direct result of our thinking that the soul has influenced. Good thoughts can never produce bad results; evil thoughts and actions can never produce good results.

Humanity understands the law of the natural world and works with it, but few understand God's world.

Only when humanity willingly returns ownership of their lives to Christ does He begin to transform their minds and cultivate holiness and happiness. A God-centred mindset. The human brain is arguably the climax of God's creation, the most incredible invention in His universe. It is a fabulous, living super-computer with unfathomable circuitry and

²⁶⁷ Kraft, Charles (1993) Deep wounds Deep Healing. England: Servant Publications, p.7

²⁶⁸ JP@HolisticHealthandFitness.com

(<https://www.holistichealthandfitness.com/Page/Toronto%20Healing%20Your%20>); Toronto, p.2

unimaginable complexity. The brain is a collection of billions of neurons, each as complex as a small computer - like having one hundred billion interconnected computers inside man's skull.²⁶⁹ According to scientists, the number of connections within one human brain rivals the number of stars and galaxies in the entire universe.²⁷⁰ Man's mind is the battlefield of the soul.

"I am who I am". Simply, it means God exists, God is, God has been, He is in this moment, and He always will be God! God is everything humanity needs.

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.

2 Timothy 3:16-17

Science and medicine should first and foremost acknowledge God, The Great I am. Unfortunately, this is not the case. God is disrespected and disregarded in most cases.

When man grasps the concept, Louise Giglio so beautifully summarises:

"I am not - but I know I am". Man is made in God's image but can and will never be God.²⁷¹

Dr Ed Murphy states the following in his book: "the urge to self-centeredness within us, that distortion of human nature which makes us want to be our own God - that proud ego, that uncrucified self which is the seat of wilful defiance and rebellion against authority".²⁷²

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:10

Chapter five will conclude by treating man as a human being, not a patient. As the excess fat disappears when treated correctly, the obese-related conditions, in most cases, disappear.

Being obese does not mean that man has an incurable disease, is lazy, or suffers from a lack of self-control, as humanity assumes in most cases. To treat obesity successfully, one must go to the origin of the problem, the onset of the problem, asking the following questions - when, why and how? Scripture has all the answers.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

Matthew 7:7

²⁶⁹ Freedman, David H (1994) Brainmakers: How Scientists Moving Beyond Computers Create Rival to Humn Brain. New York: Touchstone.

²⁷⁰ Nicoleis Miguel (2011) Beyond Boundaries: The New Neuroscience of Connecting Brains with Machines-and How It will Change our Lives. New York: Henry Holt and Company, LLC.

²⁷¹ Giglio, Louie (2005) I Am Not But I Know I Am. USA: Trade Paperback. p.2

²⁷² Murphy, Ed (2003) The Handbook for Spiritual Warfare. Nashville, Tennessee: Thomas Nelson Publishers. p, 626.

Scripture is clear about the wise they store up knowledge:

Wise men lay up knowledge: but the mouth of the foolish is near destruction.

Proverbs 10:14

Scripture should be like a painting inside man`s mind with God`s colours, one brushstroke at a time.

But the word of the Lord was unto them precept upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little; that they might go, and fall backward, and be broken, and snared, and taken.

Isaiah 28:13

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Joshua 1:8

As the apostle Paul said, we are transformed by the renewing of our thoughts:

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

And be renewed in the spirit of your mind;

Ephesians 4:23

Let this mind be in you which was also in Christ Jesus

Philippians 2:5

Set your affection on things above, not on things on the earth.

Colossians 3:2

Philippians 4:13

I can do all things through Christ who strengthens me.





* CHAPTER 5 *

6. Chapter 5: Guidelines and Recommendations set by FFF Slimming: A Solution for Obesity from a Biblical Perspective

6.1. Introduction

The FFF Slimming treatment method derives from the life journey and research of case file number one. The search for “why”. Why are some people prone to obesity and others are not?

The FFF Slimming treatment method approaches weight loss from a Biblical perspective, acknowledging that God created man in His image and likeness, as seen in Genesis 1:26-31. The creation was perfect, and man was “Perfect in His Sight”.

However, sin entered the world through disobedience, and the man turned away from God (Genesis 2:4-3:24). The harmony and perfection became distorted. Ephesians 6:12 warns humanity that the battle is not against flesh and blood but principalities, the rulers of darkness.

If a man cannot control his emotions (soul), subject to whose rule are their feelings? Breaking the bondage of obesity consists of a constant battle against this darkness in humankind’s life. Breaking the bondage of obesity is through acquiring knowledge and choosing to change.

For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

2 Corinthians 10:3-5

Therefore, to treat obesity successfully, one needs an intimate understanding of the thinking patterns and behaviour of obese people. One must understand that the fight is against principalities, the prince of darkness (Ephesians 6:12). Working in the conscious and subconscious mind of an obese person through the wounded heart with one mission: The thief comes to steal, kill, and destroy, Jesus came that man might have life (Luke 22:31, 1 Peter 5:8).

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:10

Therefore, when a person embarks on the FFF Slimming journey, the first step is to explain God's design of man as a body, soul, and spirit. Treating the obese body in this manner allows man to live in harmony and agreement with God and His Word.

In the words of Oswald Chambers: "Sanctification (beautification) means intense concentration on God's point of view. It means every power of body, soul, and spirit is chained and kept for God's purpose only. It will cause an intense narrowing of all our interests on earth, and an immense broadening of all our interests in God. Are we prepared for God to do all in us that He separated us for? The reason some of us have not entered into the experience of sanctification is that we have not realised its meaning from God's standpoint. Sanctification means being made one with Jesus so that the disposition that ruled Him will rule us. Jesus has prayed that we might be one with Him as He is one with the Father. The one and only characteristic of the Holy Spirit in a person is a strong family likeness to Jesus Christ and freedom from everything that is unlike Him".²⁷³

Man embracing God's will and His way for their lives can be accomplished by honouring and guarding the body, and in doing so, the tripartite body is in complete harmony. In this manner, obesity can be prevented and even cured.

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

1 Corinthians 6:19

The first step of the FFF Slimming program is God-focused and not world oriented. The program is grounded on Biblical principles and practices.

The priority of the FFF Slimming program, first and foremost, is the person's health. Health means the body, soul, and spirit on a mental, physical, and emotional level.

6.2. Knowledge and Understanding are Power

The FFF Slimming program is not a diet. It is the treatment of the "why" of obesity. Aligning the past with the present using Biblical knowledge and understanding, for knowledge is the ultimate power, and understanding will set the captives free. Free from physical, mental, and emotional bondage.

Below is a depiction of breaking free from the bondage.²⁷⁴

²⁷³ <https://gracequotes.org/topic/sanctification-practical/>

²⁷⁴ <http://www.bibleexploring.com/2018/05/03/setting-the-captives-free-mark>



Figure 56: Breaking free from the bondage - losing weight

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

Galatians 5:1

Everything in life has a beginning, and obesity is no exception. One must go back to the onset of obesity to understand what went wrong, for something did go wrong. A person is not born obese, nor does obesity occur overnight. Thus, obesity has definite root causes and patterns, as seen in the previous Chapters.

Furthermore, when obese clients understand where obesity comes from, not merely a lack of self-control or God making a mistake, conquering obesity is possible. According to Scripture, the fear of the Lord is the beginning of knowledge.

The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.

Proverbs 1:7

Humanity is aware of God's existence but does not understand the astounding magnitude of their Father and Creator's greatness embedded in the meaning of the words of knowledge and understanding. Understanding can refer to a state beyond merely knowing a concept. Knowing implies familiarity with an idea but not working knowledge.²⁷⁵

Obesity can be overcome by demolishing every plan of Satan in our lives and overthrowing every hedge or wall that has been cast up by evil. God gave man the authority and power to do so.

²⁷⁵ Elkin, David (2012) Knowing is not Understanding. YC Young Children; Washington Vol. 67 pages 84-87.

Behold, I have given you authority and power to trample upon serpents and scorpions, and physical and mental strength and ability over all the power that the enemy possesses; and nothing shall in any way harm you.

Luke 10:19

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have success.

Joshua 1:8

In treating obesity, one should go back to the beginning and establish God and His Word in every area of daily life. Scripture is the unsurmountable wisdom with all the answers and solutions to everything man needs. Man must turn back from their wicked ways! We are born into this world; however, we are not from this world.

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

Jeremiah 29:11

Humanity desperately needs Godly wisdom and Godly understanding to overcome obesity.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

Matthew 7:7

For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

Luke 11:10

According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

2 Peter 1:3

Trust in the Lord with all thine heart; and lean not unto thine own understanding.

Proverbs 3:5

Christians claim to know God. To know God is the epitome of understanding. Knowing God, the Father; Jesus Christ, whom He sent; and the Holy Spirit, is the definition of eternal life.

Thus, eternal life is to know God. The Ancient Greek word Sophia (σοφία, sophía) is the

abstract noun of σοφός (sophós), which variously translates to “clever, skilful, intelligent, wise...”, to taste; discern, whence *Sapientia*.

Wisdom leads one into the path of righteousness (Proverbs 4:11, Ecclesiastes 2:6). Solomon says that wisdom is obedience to God because the consequences of obedience are His blessings.

Wisdom is obedience, and consequently, obedience leads to righteousness. To fear God is true wisdom. Fearing God is reverencing God and having a deep and abiding respect and honour for Him.

Wisdom will preserve humanity’s life and leads to eternal life. James wrote the following:

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

James 1:5

According to Proverbs 3:13, the man who finds wisdom gains understanding: Happy is the man who finds wisdom, and the man who gets understanding. Wisdom will take man further than knowledge, as there is danger in knowing without wisdom.

In the slimming industry, knowledge is abundant, and with an abundance of programs proclaiming miracle treatments and quick fixes through medication, a change in diet and exercise, however, obesity remains a pandemic. Science and medicine do not acknowledge a significant difference between losing weight and burning fat. They lack understanding. The obese patient is not only a body that must be treated with various medications to enable weight loss. God created man with a body, soul, and spirit. Therefore, the body must be treated as such.

Before an obese person can embark on the weight loss journey, he must understand the concept of Godly restoration.

6.3. The Restoration of the Human Body

The Hebrew word for restoration is “*Chayah*”; the root word “*Chai*” means life. The Jewish people use the phrase “*L’Chiam*” or celebration, meaning to live, celebrating the life God gave us.

“*Chayah*” means the restoration of life. It can express the repair of physical life, as in reviving or resurrection. It implies restoring the joy of life.

It can also refer to restoring hope, faith, and spirituality. In summary, “*Chayah*” means restoring something to a better state than it was. It must have previously died, been destroyed, or wasted away for something to be restored.

The body of an obese person is destroyed; if the obese body is not treated correctly, it will lead to death - Case study 9 – Client file 27.

For weight loss to be successful, one needs to understand that the damage to the body has been done mainly throughout a period. It did not happen overnight. Therefore, it cannot

disappear overnight. Losing weight and burning fat is like running a marathon, not a 100m sprint (yo-yo effect due to the so-called quick-fix solutions).

Most obese people have tried those methods, but they did not work in the past and will not work now. Science and medicine have no solution to obesity; God has all the answers.

Jesus Christ was born to restore humanity from its sinful state, returning life, joy, faith, and purpose.²⁷⁶ Restoration in the Bible is synonymous with healing, repairing, and returning to a previous state of being.

Restore to me the joy of your salvation. Uphold me with a willing spirit.

Psalms 51:12

Restoration is a recurring theme in Scripture. Those who strayed from the love and teachings of God sought to restore their divine relationship with Him. The only way for humanity to be converted in all aspects of their lives is to seek and establish a personal, intimate relationship with Jesus Christ. God states in the Gospel of Mark:

Jesus, looking at them, said, “With men it is impossible, but not with God, for all things are possible with God”.

Mark 10:27

In a day loaded with science and medicine, it is necessary to discern which knowledge emanates from God and which does not, especially in the slimming industry, where humanity is constantly bombarded with new miracle cures (quick fixes). Learning is also sometimes translated as seeing.

Satan has many other serpent-like demonic spirits whose work is to blind our way to God and blind us to the hideous works of darkness.

Paul informed Timothy that the time would come when men will not adhere to sound doctrine but instead will deviate from it to accomplish their needs. They will gather around them a substantial number of teachers, proclaiming their self-indulgent doctrinal teachings:

For the time will come when they will not listen to the sound doctrine, but, having itching ears, will heap up for themselves teachers after their own lusts;

2 Timothy 4:3

And many false prophets shall rise, and shall deceive many.

Matthew 24:11

God wants humanity to be doers of His Word; that does not exclude science, medicine, or the slimming industries worldwide.

²⁷⁶ (<https://www..seremoncncn=tral.com/sermons/out-god-of-restoration-jerry-owen-sermon-on-resurrection-204417>)

But be ye doers of the word, and not hearers only, deceiving your own selves.

James 1:22

Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

1 John 3:1

God is mindful of everything in man's life. Nothing about man is hidden or unknown to Him. Thy Kingdom come - is a total submission of every aspect of man's life unto Him and is a passionate and sincere outcry to God.

However, first, humanity's kingdom, man's own will to do things the way he sees fit, must be eliminated. Meaning to war against the devil who wants man to do everything his way, the way he believes is right.

Satan wants man to hold on to his kingdom, being in control of his job, business, emotions, decisions, health, relationships, and perceptions. That way, Satan can be at ease and has nothing to fear because humanity is where he desires them to be.

The Bible refers to Jesus as the truth and the devil as the father of lies. Truth should surround us like a belt that holds a believer's armour together. Knowing God's Truth is the guaranteed remedy to Satan's lies and dishonesty.

To be ready for the battle against obesity, man must be utterly truthful in their inner being, as God is always truthful. The first step in conquering obesity is to acknowledge the existence thereof. Secondly, God, throughout Scripture, commands in both the Old Testament and the New Testament the following:

Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I am the Lord.

Leviticus 19:18

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.

Matthew 22:37-40

God is love, and love is voluntary. It portrays kindness, patience, and gentleness. The most challenging thing for most obese people is self-love. If one cannot express self-love, it is impossible to love thy neighbour. Obese people have a distorted image of God and, therefore, a distorted perception of love. Love is free, and man does not have to earn it. Furthermore, it is unconditional - Case study 1 - Client file no 1.

The constant battle of obese people with a distorted body image results in them seeing themselves through the eyes of the world, and the feelings associated with this

misperception are born from experiencing rejection and abuse on a mental, physical, and emotional level. Obese people experience and express the opposite of love, as seen in the previous Chapters.

God could have made humanity like robots, but society would have ceased to be human. God thought it worthwhile to create humankind in His image, to have an intimate relationship with Him, and to love Him (also called “agape,” or “agape²⁷⁷” in Greek).

The Bible says that love has a lot to do with the emotion of unconditional partiality, which is core to Christianity. Love is all-consuming, empowering, and resides in each of us.

In his book *Unconditional Love*, Harold W. Becker describes love as follows:

“The greatest power known to man is that of unconditional love. Through the ages, mystics, sages, singers, and poets have all expressed the ballad and call to love. As humans, we searched endlessly for the experience of love through the outer senses.

Great nations have come and gone under the guise of love for their people. Religions have flourished and persisted while claiming the true path to love. We, the people of this planet, may have missed the simplicity of unconditional love. Simply stated, unconditional love is an unlimited way of being. Without any limit to our thoughts and feelings in life, we can create any reality we choose to focus our attention upon.

There are infinite imaginative possibilities when we allow freedom to go beyond our perceived limits. If we can dream it, we can build it. Life through unconditional love is a wondrous adventure that excites the very core of our being and lights our path with delight”.²⁷⁸

Love is not programmable; it is unconditionally, freely, and liberally expressed. God wanted Adam and all humanity to show love by freely choosing obedience. Therefore, God gave Adam and all other humans free will. Love is not something expressed by force. We cannot guilt or demand someone to love us. - Case study 1 - Client file no 1.

6.4. Renewal of the Mind

Unfortunately, obese people have been lied to by the slimming industry on numerous occasions, where they proclaim miracle solutions and quick-fix remedies on an ongoing basis. Satan’s target is the human mind, and his weapons are lies. Therefore, man must fill his mind with the Word of God.

To treat obesity, one must replace the world’s way of thinking with the truths of God’s Word. What we dwell upon and the things that take our time will shape our lives. As believers, we renew our minds Biblically by spending uninterrupted time with God in prayer and His Word. Men should be careful what they feed their minds because what they indulge in will affect them. - Case study 9 - Client file no 27.

“Without the renewed mind, we will distort the Scriptures to avoid their radical commands

²⁷⁷ The highest form of love in Scripture, the fatherly love of God for humans, as well as the human reciprocal love for God.

²⁷⁸ Becker, Harold W (2007) *Unconditional Love an Unlimited way of Being*. Tampa, Florida. White Fire Publishing.

for self-denial, and love, and purity, and supreme satisfaction in Christ alone”. - John Piper

Sanctification begins with spiritually renewing the mind and changing how we think. Renewing the mind is a two-stage process. It implicates replacing the old with the new method of treating obesity. The old is the lies man has learned to tell or were taught by those around them; the attitudes and ideas that have become a part of humanity’s thinking but do not reflect reality.

To renew one’s mind is to involve oneself in the process of allowing God to bring to the surface the lies man has mistakenly accepted and replace them with the actual truth. To the degree that man does this, it will reflect their behaviour. Case study 6 - Client file no 890; Case study 10 - Client file no 901.

Watchman Nee writes: “If you perform your part, God will fulfil His. And once you put off specifically, you should just as thoroughly believe that God will renew your mind, despite the fact you know not how”.

Client File No. 1076

See Addendum M:	Supporting Documents - Consent and disclaimer form
Name:	Lientjie Vorster
Gender:	Female
Age:	52
Intake weight:	99.85 - 66.10
BMI:	37.65 - 25.19
Total weight loss:	32.75 kg
Reason for obesity 2014:	Son committed suicide; work hours and routine
Background:	Theatre Sister

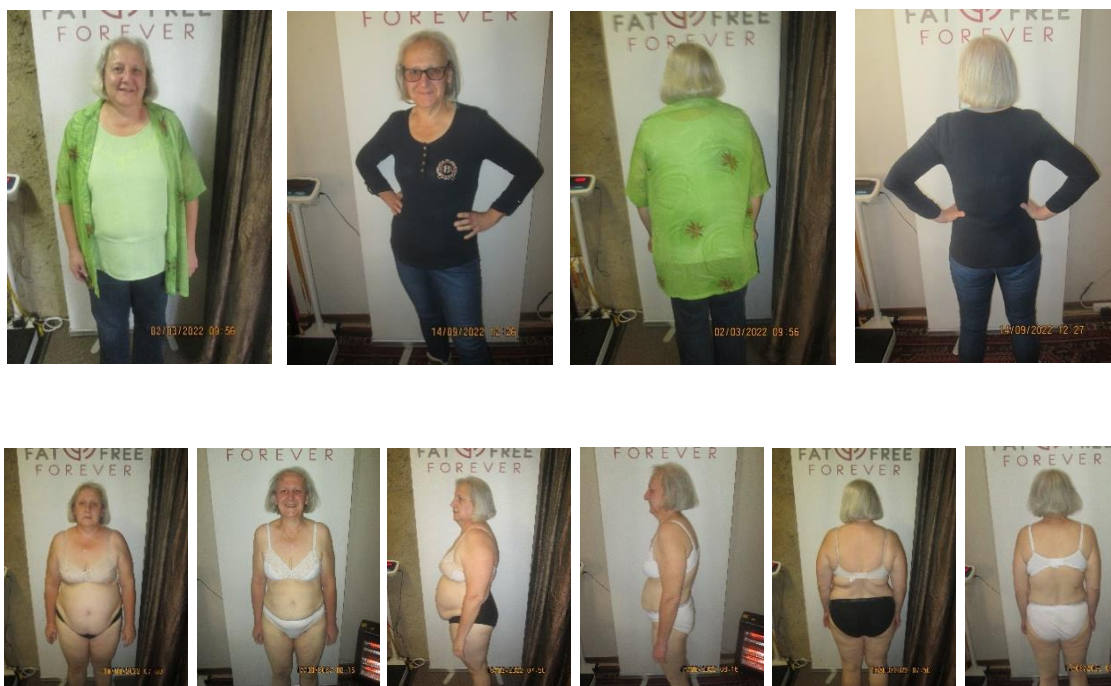


Figure 57: Lientjie Clothed and Undergarment Before and After Photos (Front, Side, Back)

The above client had difficulty keeping up with her long shifts in theatre and experienced medical problems due to excess weight. She consciously decided to change her life by embarking on the FFF Slimming weight loss journey.

Under dire circumstances, her life revolved around even more planning while on the program. Lientjie did her part and now bears the fruit of her choice. Healthy in body, soul, and spirit with a regenerated body, energised with a new zest for life.

Thus, the mind's renewal can accomplish everything in life.

For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee.

Psalms 128:2

Well-known evangelist Billy Graham elaborates: "Most of all, let the Word of God fill you and renew your mind every day. Satan has little room to manoeuvre when our minds are on Christ".²⁷⁹ The renewal of the mind can only be done through God's Word.

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Joshua 1:8-9

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

2 Timothy 3:16

Focusing one's mind on Christ is the only way to be victorious in the battle against obesity.

Peter had faith when he walked on water towards Jesus in Matthew 14:28-3. Peter had faith when he got down from the boat. However, when he shifted his focus, he saw the wind, and fear overcame his faith, and he sank under the water.

What did David say when he went to face Goliath?

David, the mere shepherd boy in the eyes of the world, had a rock-solid relationship with God. He endured the mockery of his people and those of the Philistines. However, David knew that Goliath stood no chance against faith. He knew all things to be possible through God, who made him. Therefore, David said unto Saul:

David said moreover, The Lord that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine.

279

<https://www.binge.com/search?q=Billy+Graham+states+the+following%3A+%22Most+of+all%2C+let+the+Word+of+God+fili+you+and+renewe+you>

And Saul said unto David, Go, and the Lord be with thee. And Saul armed David with his armour, and he put an helmet of brass upon his head; also he armed him with a coat of mail.

1 Samuel 17:37

“If none of you is going to stand up to this pagan, who is ridiculing our people and our God, then in God’s name, I will. God will take him down like the lion and the bear. And I’m going to let Him use me do it”.²⁸⁰ David proclaimed victory beforehand boldly.

And David girded his sword upon his armour, and he assayed to go; for he had not proved it. And David said unto Saul, I cannot go with these; for I have not proved them. And David put them off him.

1 Samuel 17:37-39

Humanity must start doing what David did, walking by faith under God’s protection, taking off the world’s armour (fear) and facing the enemy with God’s Armour (Faith). Looking at David fighting Goliath, Saul dressed David with his armour. David took off Saul’s armour as it did not fit him (the fear and faithlessness of the world), standing before Goliath in God’s Armour as the only protection (1 Samuel 17). David went to fight Goliath with what he had; he did not need anything but faith in his heart and God’s name on his lips.

Mark Rutland states the following in his book, *David the Great*: “The person who does what is right in the innocence of heart will look manipulative, scheming, showy, and self-centred to those who are cynical. However, this person is not necessarily the arrogant, egotistical Jerk others may claim him to be. He has simply separated himself from their immoral worldview, and he has vision others do not have”.

Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the Lord of hosts, the God of the armies of Israel, whom thou hast defied.

This day will the Lord deliver thee into mine hand; and I will smite thee, and take thine head from thee; and I will give the carcasses of the host of the Philistines this day unto the fowls of the air, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel. And all this assembly shall know that the Lord saveth not with sword and spear: for the battle is the Lord’s, and he will give you into our hands.

1 Samuel 17:45-47

David was fearless and declared victory in the Lord’s name before the battle. God gave David and the whole of Israel victory without a battle.

At the conquering of Jericho (Joshua 6), the biggest obstacle was breaking down the impenetrable walls of protection surrounding the city (humanity’s strongholds).

²⁸⁰ Rutland, Mark (2018) *David The Great*: Lake Mary, Florida: Charisma House Book Group.p.32

Throughout Scripture, God always breaks down human-erected barriers; once destroyed, God instructs His people on how to rebuild. Obese people are the classic example above, hiding behind the impenetrable walls of pain, fear, rejection, and abuse, dragging the past like a corpse.

Why should ye be stricken any more? ye will revolt more and more: the whole head is sick, and the whole heart faint. From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrifying sores: they have not been closed, neither bound up, neither mollified with ointment.

Isaiah 1:5-6

Do good in thy good pleasure unto Zion: build thou the walls of Jerusalem.

Psalms 51:18

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isaiah 26:3

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1 Corinthians 10:31

Unwillingness to let go of the painful experiences of the past, conscious- and subconsciously, will hinder any progress man attempts to make in conquering obesity and everything else in life.

Man must face his past to be able to walk boldly in his present. Forgiveness is God's way; therefore, the only way.

6.5. Forgiveness

It is impossible to love without forgiveness, as love is unconditional. Forgiveness is the most precious gift we give ourselves; it will not change the past, but it will change our future.

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

2 Chronicles 7:14

Unforgiveness causes the obese person to think about most situations in life with hatred, shame, hopelessness, fear, anger, fury, and wrath (opposite fruits of the Spirit).

Watchman Nee extrapolates this: "Satan can only attack us from the outside in. He may work through the lust and sensations of the body or through the mind and emotion of the soul, for those two belong to the outward man".²⁸¹

Every time man is confronted with anger, fury and wrath, their neuropeptides²⁸² are fed with poison, adversely affecting his entire body. Therefore, forgiveness is of utmost importance in our lives.

Forgiveness also allows man to rectify his relationship with other people. Humanity should forgive one another as God forgives man. Society must also be willing to forgive itself for mistakes and sins. Forgiveness is a Biblical command!

The beginning of emotional healing in the life of an obese person is forgiveness. It destroys hatred, resentment, and unprocessed feelings. Forgiveness is also a Biblical principle; therefore, God cannot forgive, help, or bless a man if he is unwilling to forgive. Case study 3 - Client file no. 819

Forgiveness has no limits or boundaries. It means forgiving everyone who has wronged man in any way. Most important for an obese person, self-forgiveness is the starting point in the journey to losing weight and burning fat. If a man has to love their neighbour as themselves, indeed, they must forgive in the same manner.

Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

Matthew 18:21-22

The following Scriptures show how God forgives man:

Who is a God like unto thee, that pardoneth iniquity, and passeth by the transgression of the remnant of his heritage? he retaineth not his anger for ever, because he delighteth in mercy.

Micah 7:18

For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more

Hebrews 8:12

²⁸¹ <https://quotefancy.com/watchman-nee-quotes>

²⁸² McLoud, Casper & Lande, Linda (2010) What was I Thinking? Get your thoughts working For and Not Against You. Shippensburg, PA: Destiny Image Publishers, Inc; Borysenko, Joan & Borysenko, Miroslav (1994) The Power of the Mind to Heal. Renewing Body, Mind, and Spirit. USA: Hay House, Inc.

As far as the east is from the west, so far hath he removed our transgressions from us.

Psalm 103:12

But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

1 John 1:7

Forgive (*aphiemi*)²⁸³ To release something, to throw something away and never talk about it again; to destroy something.²⁸⁴

In the same manner, God forgives humanity; it is over, done, in the past. Man receives a new day, a new dawn every day, one day at a time. Forgiveness allows man to stand before God cleansed.

Can most obese people say the same about those who sinned against them? It is impossible to walk towards a new beginning while one is constantly looking back. Lot's wife is a perfect example, looking back on the destruction of Sodom and Gomorrah instead of focusing on God and the future. She chose entrapment in worldly life (Genesis 19:26).

Bring us not into temptation, but deliver us from the evil one. For yours is the kingdom, the power, and the glory forever. Amen.

Matthew 6:13

"It is noble to forgive and let the offence pass. To let an injury, rankle in your bosom and to meditate revenge is to keep old wounds open and to make new ones. Better forget and forgive". - Charles Spurgeon

Therefore, the difference between losing weight and burning fat should be noticeable. Losing weight is acknowledging and understanding the past and the strongholds that keep man captive. By letting go of the past, one can fully embrace the future.

Fat burning is getting rid of the excess fat accumulated in the fat cells through a specialised treatment by using a medication, an eating plan and rectifying the water levels in the body without exercise.

The second step of the FFF Slimming method is identifying the root causes.

6.6. Identifying Obesity's Root Causes is Essential in Treating Obesity

To identify the root causes of obesity, one must ask a person some questions in a basic questionnaire or client information form (Addendum N – Client Information Form and Addendum O – Client File Stats).

The seemingly standard form reveals crucial information without the person even being

²⁸³ (<https://www.bibletools.org/index.cfm/fuseaction/Lexicon.show/ID/G863/aphiemi.htm>); Strongs 863; Barclay, William (1970) And Jesus Said: A Handbook on the Parables of Jesus. Philadelphia: Westminster.

²⁸⁴ SJ Meyer- Case file study 1.

aware: For this dissertation, the focus will be on the most important questions as stated below.

- Since when have you had weight problems?
- What physical activities do you participate in?
- Which other methods have you tried to lose weight?
- (Ladies) How many pregnancies? How many children?
- Previous illnesses and operations?
- Current chronic illnesses?
- What medication are you currently using?

6.6.1. Since when have you had weight problems?

Question one on the questionnaire is the most important one, mostly a very personal and emotional one. Commonly, three possible answers are linked to the degree of overweight the person experiences.

6.6.1.1. Systematically - Overweight

6.6.1.2. Always - Obese/Morbid obese

6.6.1.3. Specific time - Obese/Morbid obese

6.6.2. Systematically

If the answer is systematic, the person is primarily overweight and not obese or morbidly obese.

However, according to them, the emotional implications and body image they experience are essentially the same as those experienced by obese people.

One must understand that whether a person must lose 5 kg or 50 kg, they experience a distorted body image. This body dissatisfaction, “I do not like what I see”, is a form of self-rejection that can quickly escalate.

6.6.3. Always

Always is a dead giveaway of subconscious or suppressed trauma primarily associated with rejection, abuse, or both. The rejection (unwanted pregnancy) and abuse (surviving an abortion) can start as early as in-utero; however not limited to; it can remain dormant for years and trigger at any stage of life - Case study1 – client file 1.

6.6.4. Specific Year

When the answer is, for example, in 2016, conscious trauma related to rejection, abuse, major illness, an accident, unexpected shock and severe loss is responsible for rapid weight gain. Mostly in conjunction with the use of medication. In both cases, something specific has happened that was responsible for the weight gain; it can be mental, physical, or emotional.

The above trauma can occur in-utero, during, or at any stage of life; however, at any given moment can be activated through any sense (sight, smell, touch, taste, or hearing). Therefore, the ramification is rapid, mainly weight gain.

The answers to the above questions give one a clear insight into the physical, mental, and emotional health and well-being of the obese person seeking treatment. From the above answers to the questions, one can see whether obesity results from trauma, abuse, habits, medication, or a combination thereof.

An obese person is never referred to as a patient on the FFF Slimming program, even though many have severe medical conditions due to the accumulation of excess fat.

An obese person is a human being with feelings and emotions like anybody else and must be treated with the utmost care, understanding and respect.

6.6.5. What physical activities do you participate in?

The FFF Slimming program proclaims boldly that an obese person cannot participate in any form of physical activity while following the program.

The human body cannot build muscle through exercise and break down excess fat simultaneously with a low-calorie diet without harming the obese body on a mental, physical, or emotional level. The human body can either build muscle or break down excess fat. For example, marathon athletes should not be overweight; however, numerous of them are if exercise breaks down fat, none of them should be overweight.

The most problematic clients to treat are those who exercise. Their results are not as they should be and never will be. However, under normal circumstances, any exercise is good, just not while a person wants to break down excess fat on a restricted calorie eating plan.

With exercise on any restricted eating plan, the patient will most likely lose water and build muscle. The excess fat blocks as a protection mechanism the body employs for preservation. Furthermore, in the journey of trying to lose weight in the way they have been taught, the scale must move, and the kilograms must come down; otherwise, they are not losing weight. In most cases, nothing happens. The body does not lose weight and cannot burn fat.

A vicious cycle of madness continues even though they admit that following the exercise regime is not sustainable in the long run. Sometimes people who do exercise do not even enjoy it. However, they continue, for it helps keep the weight

in check and does not spiral out of control.

With all the proof and evidence, fear keeps them caught in the exercise to lose weight madness. For years exercise did not work, yet they chose to stay trapped. Unfortunately, these clients do not continue to follow any plan, for they are starving, and nothing happens even if they increase their exercise routine.

But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

1 Timothy 4:7-8

When the body breaks down fat the healthy way, the body builds muscle without any form of exercise. Furthermore, the clients look younger compared to typical diets, where the person looks older after the so-called weight loss.

Client File No. 829

See Addendum P:	Supporting Documents - Consent and disclaimer form
Name:	Theuns Ruben Carelse
Gender:	Male
Age:	52
Intake weight:	114.85 - 98.75
BMI:	36.57 - 30.47
Total weight loss:	16.1
Reason for obesity:	Trauma (no disclosure agreement)
Background:	Not to be discussed (no disclosure agreement)

During the healthy fat-burning process applied by the FFF Slimming program, the water levels are restored, and the body builds muscle without exercise while the excess fat is broken down.



Figure 58: Theuns Clothed and Undergarment Before and After Photos

The results speak for themselves. Without exercise to break down fat, the body's muscle increase and are noticeable. The client is a healthier, younger-looking person with a virility of health and an abundance of energy.

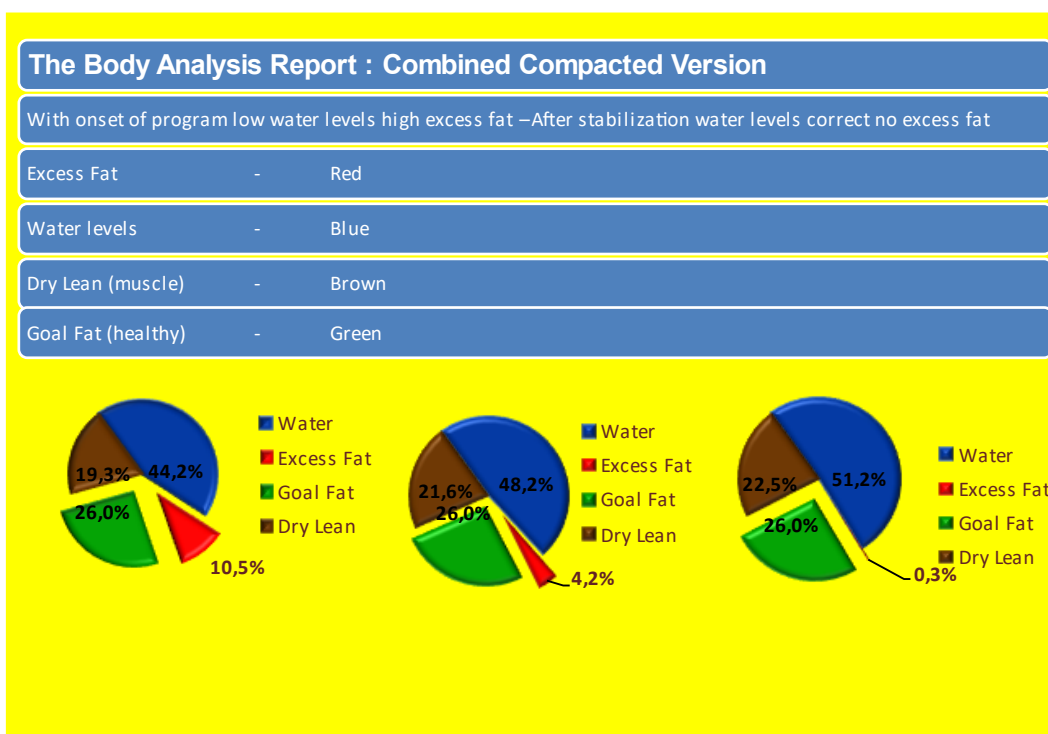


Figure 59: Full Body Analysis Reports - Men and Women

6.6.6. Which other methods have you tried to lose weight?

The typical answer in women, and men overweight as children, is everything. Everything means everything known on the market, legal or illegal. Everything reveals the damage of the yo-yo diet methods, doing more harm than good in battling obesity.

If a new quick-fix method is advertised, obese people cannot try this miracle fast enough. Irrespective of the cost, without questioning anything. Driven by desperation, they will try anything. The sad part is that they will try even if they know it might be harmful.

Furthermore, before they start with the newly proclaimed miracle solution, they follow an ingrained pattern of binge eating the day before, mostly the Sunday. They know that chocolates and carbs will be prohibited, and they stuff themselves; for example, the last chocolate or chips will go in their mouth as they switch off the light to sleep.

This pattern occurs mainly with people being unaware. It is a subconscious action formed by habits, therefore primarily out of control.

Furthermore, obese people are taught that weight loss is measured according to kilograms lost, and commonly they will weigh themselves daily, anticipating results. As soon as this happens, the body is under pressure to perform and block. It is like watching a child with a tantrum. Apply force, and one will receive resistance (eat your food followed by an immediate counter-reaction, I will not). When people are in the habit of weighing themselves, the following happens on a yo-yo diet. On the first day, they might lose 400 grams. On day two, they are less fortunate as the weight loss drops to 300 grams. When this happens, they go back

to an old habit of eating less on an already restricted eating plan. The body sees it as starvation and blocks the weight loss attempt completely. The person is unaware that the body is already up in arms and blocking. When they weigh on day three, they are devastated when they see through eating even less than the prescribed amount that the weight loss comes to an absolute standstill. Sometimes this weighing cycle even results in weight gain.

The body subconsciously knows that starvation will follow the following day, and all the fat is blocked. The body experiences this recurring pattern of starvation and will protect itself by storing fat.

The person's reaction to the above is getting off the scale, disgusted and disheartened, going straight to the fridge as this is not working and right into comfort eating. This pattern results in gaining back all the weight lost with a severe complication of further weight gain beyond the person's control, the natural way that the body protects itself against future starvation. The pattern is ingrained into the subconscious mind through repetition. Hence, the reason for the yo-yo effect. After every quick fix attempt, the person systematically keeps on gaining weight. However, even though this cycle is repetitive, the obese person is blind to this fact due to pure desperation and the hope that something will work.

By constantly trying every method available, the normal fat-burning cycle of the body is in a disruptive or confusing stage. Instead of a decline in excess fat, a steady incline is experienced, mainly through no consciously known fault of the client.

6.6.7. (Ladies) How many pregnancies? How many children?

When the pregnancies and the births do not correlate, definite trauma is involved (abortion, stillbirth, miscarriage), usually mental, physical, and emotional. Some antipsychotic medications with weight gain contra-indications have been used or are still used in numerous cases. Definite strongholds are present in most cases.

6.6.8. Previous illnesses and operations?

The type of illness (fibromyalgia,²⁸⁵ PCOS,²⁸⁶ cancer,²⁸⁷ hypertension²⁸⁸) and operations will clarify whether there are strongholds, trauma, or whether the problem is due to medication.

Client File No. 638

See Addendum Q:	Supporting Documents - Consent and disclaimer form
Name:	Anonymous
Gender:	Male
Age:	62

²⁸⁵ Fibromyalgia- Chronic musculoskeletal condition with symptoms of pain, fatigue, sleep, memory and mood issues.

Diagnoses are based purely on symptoms and family history.

²⁸⁶ PCOS-Polycystic ovary syndrome-cysts on ovaries.

²⁸⁷ Cancer-Development of abnormal cells that divide uncontrollably-they infiltrate and destroy normal cells.

²⁸⁸ Hypertension-Abnormal high blood pressure.

Intake weight: 149.40 – 99.20
 BMI: 49.40 – 32.77
 Total weight loss: 52.15 kg
 Reason for obesity: 2005 - Cancer
 Background: Not to be discussed



Figure 60: Client 638 Before and After Photos (Side)

Started: 06/02/2015 - Did not stabilize

Average water intake p/day = 6 - 8 litres

Loss in 28 days = 15.4 kg BMI - 2.69

Loss in 56 days = 22.3 kg BMI - 7.4

6.6.9. Current chronic illnesses?

Where does it come from, hereditary (in my bloodline), shock-induced (rape, divorce, accident), due to age? In most cases, people accept a medical doctor's or specialist's diagnosis without asking questions. They do not understand the illness, nor do they understand the treatment.

It is not the doctor's responsibility to explain the treatment or the diagnosis. However, the patients are responsible for asking questions upon which they deserve answers explained in understandable terms, not medical terms.

Most chronic illnesses (hypertension, cholesterol, diabetes, sleep apnoea) experienced by obese people are due to the cause that the human body was not designed to carry the excess fat.

Excess fat stresses the system, and most organs experience severe duress. As soon as the body has no more excess fat, most of these conditions disappear, and medication is no longer necessary, otherwise reduced.

Client File No. 78

See Addendum R: Supporting Documents - Consent and disclaimer form
 Name: Anonymous
 Gender: Male
 Age: 37
 Intake weight: 130.7 – 97.30
 BMI: 40.79 – 30.99
 Total weight loss: 33.40 kg
 Reason for obesity: 1996 - systematic weight gain, became inactive and unhealthy eating habits
 Background: Cholesterol, Hypertension



Figure 61: Client 78 Before and After Photos (Front)

Addendum S: Ampath results before weight loss

Addendum T: Lancet results after weight loss

Client File No. 1092

See Addendum U: Supporting Documents - Consent and disclaimer form
 Name: Nols van der Wat
 Gender: Male
 Age: 54
 Intake weight: 138.75 – 104.45
 BMI: 42.35 – 31.64
 Total weight loss: 34.30 kg
 Reason for obesity: Always - not to be discussed
 Background: Hypertension



Figure 62: Nols Before and After Photos (Front)

The above client is no longer on medication and has normal blood pressure.

6.6.10. What medication are you currently using?

It is vital to understand what current medication is used. Numerous medications prescribed have a contraindication for weight gain - furthermore, the type of medication will reveal the mental (an antipsychotic medication) and physical state (cortisone, diabetes, hypertension) of the person.

Once again, it is the patient's responsibility to ask questions regarding the medication. For some reason, a doctor does not deem it necessary to explain, and the patient feels inadequate to ask. According to Scripture, man needs knowledge and understanding. (Proverbs 2:6; Ecclesiastes 8:1; Proverbs 17:24; Proverbs 18:2).

For example: Knowledge - The doctor prescribes Duromine 30 mg for obesity to curb the patient's appetite. Phentermine, better known as Duromine, a schedule 5 eat-less suppressant, is commonly prescribed. That will curb hunger, and in most cases, people do not eat as they are not hungry.

When it comes to obesity, people are under the misperception that consuming very little to no food will assist in weight loss. Nothing can be further from the truth. To be extrapolated in Addendum V, frequently asked questions and answers.

Understanding – Phentermine (Duromine) has common contra-indications such as itching, dizziness, headache, and dry mouth. More severe contra-indications such as irritability, restlessness, and trouble sleeping, to name but a few.

“Were there even one datum of knowledge, however small, unknown to God, His rule would break down at that point? To be Lord over all the creation, He must possess all knowledge. Moreover, were God lacking one infinitesimal modicum of power, that lack would end His reign and undo His kingdom; that one stray atom of power would belong to someone else, and God would be a limited ruler

and hence not sovereign”.²⁸⁹ - AW Tozer

If Scripture informs us that we need wisdom and understanding, we should realise that it applies to everything in life. A man’s most precious possession is his body, even though not his own, as it belongs to God. God refers to the human body as a temple (1 Corinthians 6:19).

However, man does not question what goes into the temple as they place their trust in man. In doing so, disobeying God (Psalms 118:8; Micah 7:5; Jeremiah 17:5). If it comes to obesity, the obese person trusts, in most cases, everybody and everything. They question nothing. The reason is that pure desperation drives them to trust everyone and question no one.

It is better to trust in the Lord than to put confidence in man. It is better to trust in the Lord than to put confidence in princes.

Psalms 118:8-9

6.7. Extrapolating Why Some People are Overweight and Others Not

Obesity is a disorder and not a disease. Obesity is due to abnormal functioning of some part of the body. Therefore, every ounce of abnormally accumulated fat is always the result of the same disorder of specific regulatory mechanisms.

The body’s fat regulation mechanism is leptin, which is present in human fat cells. Leptin is the fat-burning hormone responsible for relaying fat-burning messages to the hypothalamus’s appetite control centre in the human brain. In obesity, leptin’s regulatory mechanism becomes distorted, and the message relayed to the brain becomes to store fat.

Therefore, the leptin levels can be distorted due to:

- 6.7.1. Hormonal changes in women
- 6.7.2. Pregnancy
- 6.7.3. Menopause
- 6.7.4. Hysterectomy
- 6.7.5. Hereditary
- 6.7.6. Stress
- 6.7.7. Medication
- 6.7.8. Yo-yo diets or bad eating habits over a long period

²⁸⁹ Tozer, A.W (1978) The Knowledge of the Holy. Grand Rapids: Zondervan Publishing.

In women and men who were obese as children, the leptin levels are lowered commonly by long-term wrongful eating habits over a period formed through cultures and traditions.

However, today the slimming industry is the one that wreaks havoc on lives through social media and numerous forms of advertising. The new so-called quick fixes and solutions damage the person in desperate need of help. People are desperate for a solution or miracle when it comes to obesity. However, this desperation blinds them the countless lies. It looks legit, and it sounds legit. Therefore, this new remedy should help.

No servant can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

Luke 16:13

Unfortunately, humanity became gullible, believing everything “they” say. God’s people are destroyed through humanity’s lack of knowledge, oblivious to Satan and his cunning lies and deception.

The slimming industries destroy human lives, families, and marriages, as obesity affects everyone. They have no solution for obesity as there is no quick fix for obesity. The only way to treat obesity is from the inside out, starting with the root cause.

The constant trying of something new with high hopes directly affects leptin levels. Leptin is systematically lower through these products and formulations whenever a person tries one of these new wonders - the yo-yo effect. The human body is confused (do I burn fat, or do I store fat). Thus, the hypothalamus does not get the correct information. As a protective measure, the body will store fat. Famine or abundance is a constant in an obese person’s life; there is no constant. Man needs God back in this world.

I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.

Revelation 1:8

The most difficult cases to treat are obesity resulting from medication and severe trauma. Extrapolated in Case study 1 – Client file 1

6.8. The Difference Between Weight Loss and Fat Burning

The standard treatment method for weight loss in most cases worldwide focuses on the scale’s kilograms. There is a massive difference between losing weight and burning fat.

The weight that obese people must get rid of is the trauma connected to rejection and abuse dragged along, consciously, and subconsciously, from somewhere in their past. Fat, on the other hand, is the accumulation of excess fatty deposits in the fat cells. The extra fat accumulates due to numerous emotional, physical, and medical factors, once again conscious and unconscious.

Focusing on weight loss (kgs), we follow the method and standards of the word. The technique has been implanted into our minds and daily lives throughout generations,

focusing only on the fat (weight), the outer exterior of the human body.

In weight loss, the scale is not man's friend; it is the biggest enemy. The reason is that the body fluctuates daily between cycles of losing centimetres during fat burning while simultaneously building muscle as it regains its normal water levels with the proper water intake. Therefore, restoring the body to its original healthy state.

TR Carelse, client file 829, was one of those problematic clients weighing daily. Therefore, his battle was against the scale for months as he could not get under 100 kg, which was his goal. When Santie removed the batteries from the scale, he could not weigh himself for a few days.

Not being able to weigh, the pressure was taken off the body to perform, and he dropped to 97 kgs without being aware. Lesson learned; he no longer favours the scale but uses his clothes as a guideline to keep the weight off.

If people are unwilling to change their old counterproductive ways, the chance for long-term success is scarce. According to Romans 12:2, man needs to transform by renewing the mind, focusing on God's way and not the world's ways and methods.

6.9. The Importance of Water in the Human Body

Client File No. 951

See Addendum W:	Supporting Documents - Consent and disclaimer form
Name:	Anonymous
Gender:	Female
Age:	29
Intake weight:	141.45 – 89.30
BMI:	40.89 – 25.81
Total weight loss:	52.15 kg
Reason for obesity:	Always tried everything
Background:	Chemist



Figure 63: Client 951 Before and After Photos (Front)

Started: 15/01/2020 - Did not stabilize

Average water intake p/day = 12 litres per day

Loss in 28 day's = 10.3 kg BMI - 2.69

Loss in 56 day's = 20.2 kg BMI - 15.08

Johani went against everything she was taught during her studies and tested the importance of water with mind-blowing results.

Most of the human body should consist of water. Without the correct amount of water, the body cannot perform its essential functions. Most people do not drink water. Nobody taught man the importance of water. Water is life.

For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water.

Jeremiah 2:13

Explaining this to people, one should ask them the following self-explanatory questions:

6.9.1. How long can the human body live without water?

Answer: The human body can survive without water for a maximum of three days, whereafter, the organs shut down, resulting in death.

6.9.2. How long can the human body live without food?

Answer: The human body can survive for thirty to forty days without food.

Throughout Scripture, water is life. Water symbolises cleansing, healing, and life everlasting in Jesus Christ.

In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink. He that believeth on me, as the Scripture hath said, out of his belly shall flow rivers of living water.

John 7:37-38

55% - 65% of a male's total mass should be water, and 50% - 60% of a female's total mass should be water. Most obese people suffer from severe dehydration.

The body, therefore, cannot perform its most basic functions. The only way to get rid of excess fat is through water.

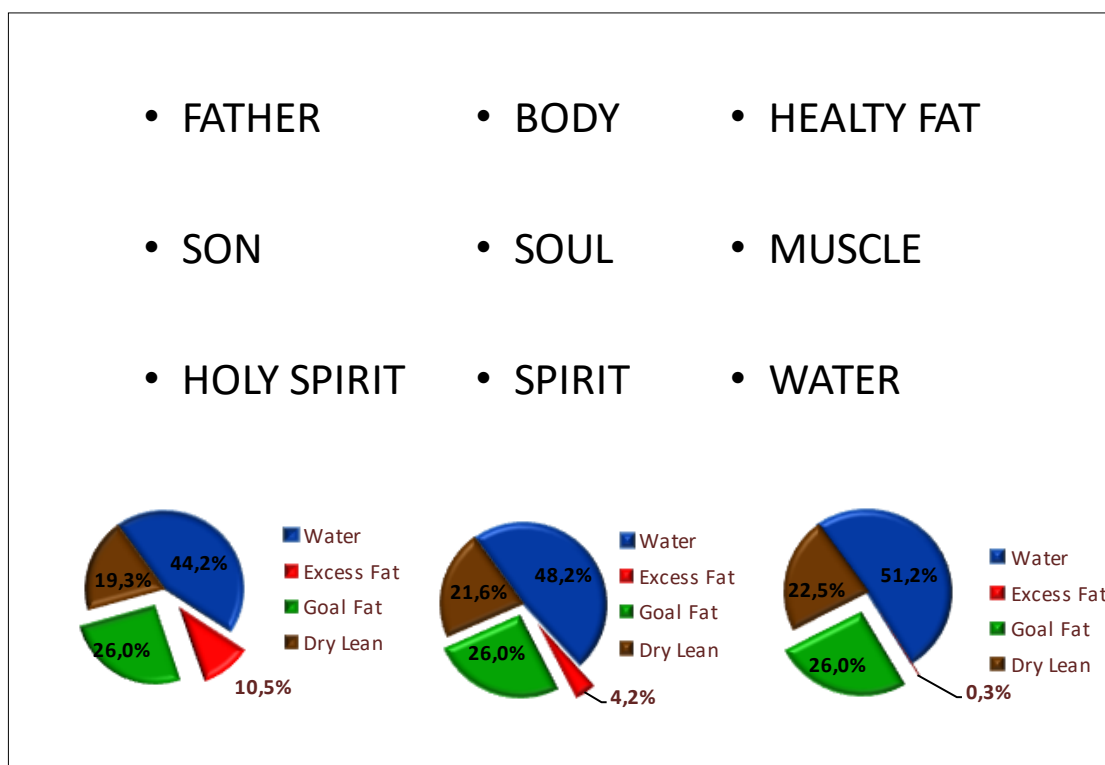


Figure 64: Body Composition Report Combined

People today believe that the human body needs two litres of water per day; this might be the case if a person's water levels are where they should be. Unfortunately, most people's water levels are low due to the misconception that water can be substituted.

And the Lord said unto Satan, From whence comest thou? And Satan answered the Lord, and said, From going to and fro in the earth, and from walking up and down in it.

Job 2:2

Most people do not drink water; when they drink water, they add flavourings to the water as water does not taste nice. In saying water does not taste pleasant, the man insults God.

And God saw everything that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

Genesis 1:31

Furthermore, people regularly add lemon and other substances to water. If God intended for man to drink water with substances added, indeed being the Alpha and the Omega, He would have done that before the creation. Man has lost the Lord's fear and sees themselves as the master of all.

The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding. The fear of the Lord prolongeth days: but the years of the wicked shall be shortened.

Proverbs 9:10-10:27

In Genesis, man was given dominion.

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

Genesis 1:26

Most of the answers to questions in life are in front of a man. However, man has lost the ability to use common sense. If they give lemon infused water to their pets, they will not drink it. Furthermore, watering plants with the same water will cause them to wither and die.

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Psalms 46:10

The reason for adding lemon to the water is purely because people believe that water with lemon breaks down fat. They do not realise that lemon firstly dries out the skin and hair. Therefore, why do they want to add lemon to the water?

If any substance is added to water, the body will not recognise it as water, and its water levels will not rectify.

A further misconception is that water retention is due to too much water in the system. Therefore, doctors prescribe water retention capsules to rid the body of excess water. The opposite is true. The body retains water because it lacks water. Therefore, inform the patient to increase water intake.

However, people should stop trusting everything anybody says. Instead, they should test everything. God tested man (John 6:5-6; Deuteronomy 13:3-4; Exodus 20:20; Deuteronomy 8:2-3), and God warns humanity not to trust a man (Psalm 146:3-5). However, humanity trusts anything and everything from a so-called reliable source. It sounds right; therefore, it should be. It is no wonder obesity is a pandemic.

God created man in His image and likeness, not artificial robots without any brain capacity. Case study 6 - Client File 890.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

Matthew 7:4

Apart from the fact that water is essential in organ function, it is crucial in breaking down fat. Water is also the vehicle that transports the broken-down fat from the body. Furthermore, excess water is crucial as it will hydrate the body from the inside out and helps the skin regain elasticity. It is senseless losing 50+ kg of excess fat and then undergo surgery to remove the excess skin. In many cases, people will then instead choose to remain fat.

Client File No. 746

See Addendum X:

Name:

Supporting Documents - Consent and disclaimer form

Gender:

Janine Viljoen

Age:

Female

Intake weight:

22

BMI:

89.90 – 63.6

Total weight loss:

32.62 – 23.08

Reason for obesity:

26.30 kg

Background:

Since 2014, unhealthy eating habits

Gym-systematic weight gain

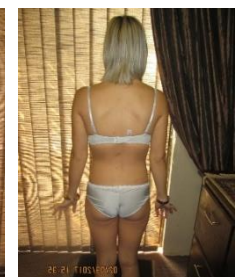
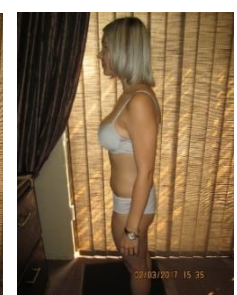
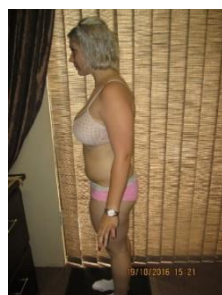


Figure 65: Janine Clothed and Undergarment Before and After Photos (Front, Side, Back)

Everything pulls together with fat-burning using excessive water. As the water levels start to rise, the body builds automatic muscle while the excess fat is discarded from the system (Addendum Y - Body Stats).

The apparent disappearance of cellulite. No ointments or oils can be used to treat cellulite as the oils are absorbed through the pores. The appearance of cellulite is the impurities in the fat cells, which is excess fat.

6.10. The Healthy Rate of Fat Loss

Obese people always want to know how long it will take them to lose excess fat. They should ask: "How long did it take me to get where I am?"

The FFF Slimming program will not be a quick fix or a race. It will be a journey of self-discovery and rectifying the old ways. However, it will be a life-changing journey in more ways than one. Discovering who you are (you are not just a fat person) and how your body works (you are not sick).

There is an average healthy way for the body to burn fat.

Addendum Z – SJ - The healthy fat loss rate

Addendum AA – MM - The unhealthy weight loss rate.

If the body loses weight faster than that, it is unhealthy, and mostly the person loses water and muscle tissue which is dangerous and unhealthy.

However, there is a significant difference between men and women. Men tend to lose weight at half the rate faster than women. The reason is that most men have not tried every diet on the market. Therefore, as soon as they change their regular diet from unhealthy to healthy, they lose weight. It has nothing to do with their bone structure or metabolism. The men that lose weight at the same rate as women are the men that have been overweight as children.

Men's BMI comes down in 14 days by 2.5, compared to women's 1.5. kg loss, on average, is double. This rate is irrespective of age.

Looking at the average rate of weight loss from day one to stabilisation, men average 2kg p/week compared to women's 1.5 kg p/week. Only a rough guideline gives a person an idea of the expected length of the journey.

However, at FFF Slimming, the focus is not on the kgs. The recommendation for women is a size 8 - 10 pants, men 34 - 36. It might seem impossible. However, for once, set a goal and work towards that. The only person that can prevent a person from reaching a goal is the reflection in the mirror.

At FFF Slimming, the impossible becomes possible.



Figure 66: Megan Botes Before and After Photos

Megan Botes (Addendum AB) gained weight after childbirth that she was unable to shed. Losing the excess weight gave her back health, vitality, and a new zest for life - no more anti-depressants for this woman.



Figure 67: Judy Mokgabudy Before and After Photos

Judy Mokgabudy (Addendum AC) is a qualified sister in her late sixties. A total transformation.



Figure 68: Moses Monnapula Before and After Photos

Moses Monnapula (Addendum AD) is a businessman in his fifties. Bad eating habits and traditions are the reason for gaining weight.



Figure 69: Amanda Earl Before and After Photos

Amanda Earl (Addendum AE) is a corporate woman not promoted due to her body image. After losing 45 kg and transforming her body, she was promoted. Today she owns a successful business with newfound confidence and belief in her capabilities.



Figure 70: Lizelle de Alton Before and After Photos

Lizelle de Alton (Addendum AF) battled obesity most of her life and tried everything without success.



Figure 71: Cobus de Lange Before and After Photos

Cobus de Lange (Addendum AG) battled with asthma since childhood and dealt with the typical bullying children experience. Induced weight gain due to asthma medication containing cortisone. With weight within the standard rate, he experienced no more asthma attacks. Today a successful healthy businessman.

6.11. Losing Weight for the Right Reasons

Client File No. 626

See Addendum AH:
Name:
Gender:

Supporting Documents - Consent and disclaimer form
Anonymous
Female

Age: 33
 Intake weight: 97.50 - 63.50
 BMI: 36.75 - 23.90
 Total weight loss: 34 kg
 Reason for obesity: 2008, everything - blocks on 75 kg
 Background: No to be disclosed



Figure 72: Client 626 Before and After Photos

Started: 10/01/2015 - Stabilized

Average water intake p/day = 6-7 litres

Loss in 28 day`s = 8.8 kg BMI - 3.37

Loss in 56 day`s = 14.2 kg BMI - 5.36

The above client blocked at a certain weight by focusing on the scale. Furthermore, she had a timeline - September. She achieved her goal by focusing on the end goal (32 pants), not the time frame or weight.

6.12. The FFF Slimming Module for Treating Obesity

If an obese person understands the “why”, “what”, and “how” of obesity, Goliath will fall. The FFF Slimming method does precisely that. Without understanding the above, the obese person will never be able to overcome the battle and stand victorious.

Knowledge is power; through knowledge, one gains understanding. Equipping a person with knowledge and understanding, he will be able to do the impossible - overcoming obesity.

The slimming industry focuses on kgs, which is what man believes. If the scale moves, the body moves. However, this is a misperception. For example, the menstruation cycle influences weight fluctuation in women and numerous other unforeseen circumstances throughout the program.

The body responds in cycles between BMI, kgs and centimetre loss. Therefore, FFF Slimming focus on the body and the clothes. With everything in life, we should have clear visions. Scripture even teaches man to write them down.

And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.

Habakkuk 2:2

Telling a person, he must lose, for example, 50 kgs, is not the correct way to help them embark on a journey. For losing 5 kgs is tricky. How much more are 50 kgs going to be? It seems impossible. Therefore, the focus is shifted from the weight to a vision by asking them what size pants and shirt they would like to wear. There is a vast difference between what they want and what they think they can achieve. Therefore, they must make a conscious decision to choose and not think it will be impossible.

I can do all things through Christ which strengtheneth me.

Philippians 4:13

Life is about choices. First, choosing to embark on the program, write down the vision.

A vision is something one can work towards by breaking it down into smaller achievable portions. The focus should be on only getting through one day at a time. After that, run with the vision, buy a small outfit immediately and hang it next to the fridge, as the temptations will most likely happen in the kitchen.

Tight-fitting clothes are essential throughout the process, as the person can feel the movement of clothes they subconsciously relax. The body does not feel pressurised and keeps on burning fat. Furthermore, the urge to weigh themselves becomes less when they can feel and see the difference in the clothes as it becomes lose fitting.

With the program's onset, pictures are taken fully clothed and in undergarments. The undergarment picture is of the utmost importance as clothes hide the body. The undergarment pictures show precisely how the body burns fat in plain sight. The client can see the goal becoming a reality by taking the picture regularly. By looking at the pictures in undergarments, one can also see if any excess fat remains. Comparing the first pictures to their recent pictures motivates the clients to keep going. The body language of the first picture is worth a thousand words. Obese people are not happy, unhealthy and have lost their joy in life.

God say we must walk by faith. However, man wants to see everything.

For we walk by faith, not by sight.

2 Corinthians 5:7

Therefore, FFF Slimming gives them what they are used to; they want to see, and we let them see. Pictures in their undergarments show them everything. Therefore, they should look at them and let them be a constant reminder of where the journey began, the current progress and where they are. This process will assist them in envisioning the end goal,

which becomes more of a reality with each passing day. Everything at FFF Slimming is constantly in their face, pictures, clothes, homework, water, and planning.

During the program, they will walk by sight. However, systematically seeking and testing will lead to faith and discovery.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

Matthew 7:7-8

6.12.1. Explaining the reason for different phases

In the FFF Slimming program, the client must never forget that there is a scientific explanation for everything or, as a famous saying goes: there is a “method behind the madness”. The program reflects the conscious and subconscious mind of an obese person. Therefore, mimicking the ingrained habits assists in confusing the body and systematically changing them.

When a person starts a weight loss journey, they binge the previous day, usually a Sunday. The subconscious mind is used to this so-called “madness”; therefore, as soon as the starvation diet starts, the body automatically blocks the fat to protect the body from starvation.

The FFF Slimming program treats obesity by altering two different eating plans and medications, phase one and phase two. The duration of each phase is 28 days. The phases can extend for a maximum of 42 days if needs be. Addendum AI - FFF Slimming eating plans.

After 42 days, the body gets used to the food and medication and tends to block. The supposed “plateau” is reached where the body does not move. Therefore, a 28-day cycle is ideal as the body burns fat through the phases.

The client will start the program in phase one with two days of bingeing. As explained, this will trigger metabolic confusion²⁹⁰. Calorie shifting, moving from excess calories to a minimum, confuses the system, and the body’s natural response is to block the excess fat. The cycle subconsciously derives from yo-yo diets and the client’s usual patterns before starting a diet, binge eating.

Therefore, the FFF Slimming program mimics the known, giving the body the familiar cycle. Giving the body the familiarity with binge eating, simultaneously with the medication (Troches), forces the body to burn adipose tissue (fat) for fuel - the sponge effect of garbage in the first two days and garbage out from day three.

Fat burning and detoxication, therefore, start on day three. During the first week, the person can expect headaches, a normal reaction to detoxing.

This process wreaks havoc on the mind and the body as it is something familiar but different. Adding medication during binge eating confuses the system with the

²⁹⁰ Metabolic confusion-the altering between high and low calories, this confuses the system.

unknown.

After phase one, the client moves directly to phase two with a completely different eating plan and medication. Once again, the system is confused as the body does not pick up this cycle.

After phase two, the clients start again on phase one with two days of bingeing. The altering between phases one and two continues until all the excess fat is gone. Thus, the body remains in metabolic confusion and keeps burning excess fat without reaching the so-called “plateau” (the body does not burn fat).

The FFF Slimming program is a chemical formulation where the medication, in the various phases, the food, and the water, forms a chemical reaction that breaks down the fat and discards it from the body. Therefore, at no point in the program can anything be altered. Any deviation from the program, however small, will fail.

Along with the smaller clothes bought, it is crucial to have a daily guideline. Therefore, the ideal is a chart of 28 blocks on the fridge door. One must only focus on getting through one day at a time, crossing a block daily. Once again, it is in his face, having one goal in mind, weighing and having results every 14 days.

The 28-day chart on the fridge will assist a person in getting through the program. Once again, it is a constant reminder of the journey. Days 5 - 7 are primarily challenging. As one sees how many blocks remain in achieving results in 14 days, it motivates dedication.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Figure 73: Motivation and Results from 28-day Chart

6.12.2. Guidelines to Success

Renewal of the thought pattern is essential: A God-focused mindset. Positive attitude: I can do all things through Him who Strengthens me as seen in Philippians 4:13. By focusing on one day at a time, most things are achievable. Stick the 28-block sheet of homework on the fridge. Focus one day at a time, do not think about tomorrow.

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil hereof.

Matthew 6:34

Write down the vision while focusing on the finish line, not the process - a slim, healthy, positive human being. It will enable you to run with the vision without focusing on a timeline. The journey is life altering, and it is not a race. The results will follow only through letting go and letting God.

And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.

Habakkuk 2:2

Remember the previous failures with weight loss. With dedication and determination, the results will follow.

For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

Habakkuk 2:3

Strengthen your stakes by enlarging your vision, as seen in Scripture:

Enlarge the place of thy tent, and let them stretch forth the curtains of thine habitations: spare not, lengthen thy cords, and strengthen thy stakes;

Isaiah 54:2

Buy a smaller dress number right away and hang it next to the fridge (A size 8 or 10, even if you are a size 22+). Everything revolves around careful planning and preparation. Scripture is clear that the plans of the diligent will lead to abundance (Luke 14:28; Proverbs 16:3; Jeremiah 29:11; Proverbs 19:21; 1 Timothy 4:7).

The thoughts of the diligent tend only to plenteousness; but of every one that is hasty only to want.

Proverbs 21:5

Planning and preparation are crucial, do not go anywhere without water or food. Follow the program to the letter to have the desired results on day 14. Scripture instructs things to be done in a particular manner for a reason.

Let all things be done decently and in order.

1 Corinthians 14:40

Give away the scale. Do not weigh (you want to burn fat, not lose weight! Forget the wrongful teachings of the past). Wear tight clothes and get rid of clothes that are getting loose. Why keep them? Of the utmost importance, test everything in life according to God's Word.

But there were false prophets also among the people, even as there shall be false teachers among you, who privily shall bring in damnable heresies, even denying the Lord that bought them, and bring upon themselves swift destruction. And many shall follow their pernicious ways; by reason of whom the way of truth shall be evil spoken of. And through covetousness shall they with feigned words make merchandise of you: whose judgment now of a long time lingereth not, and their damnation slumbereth not.

2 Peter 2:1-3

Water is life and has the power to purify and heal, physically and spiritually seen throughout Scripture. Scientifically it has been proven that the human body can only survive for three days without water. After that, the body experience organ failure. Water hydrates the body from the inside out and pulls the skin back together, leaving a person younger-looking and hydrated. The Holy Spirit works on the same basis, healing from the inside out (Ezekiel 47:9; John 4:13; John 7:38).

And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Revelations 22:1-2

Drink at least 5 litres of water daily, two glasses before and after every meal and snack. To be able to break down fat, the body requires water. Furthermore, the organs cannot function at low water levels. As soon as the body constantly gets water, the person will become thirsty, so the water intake must be increased.

Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again:

John 4:13

Be very careful with whom you share your vision. Be aware that many people will do everything they can to tempt you. Therefore, Scripture warns man against the company they keep.

He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.

Proverbs 13:20

Avoid temptations; get rid of everything that might hinder progress and cause temptations. Teach children and other family members healthy habits through the example set.

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Matthew 4:4

Eat slowly; enjoy the food, and remember we eat to live, not live to eat.

And put a knife to thy throat, if thou be a man given to appetite. Be not desirous of his dainties: for they are deceitful meat.

Proverbs 23:2-3

6.12.3. Avoid the pitfalls of failure

- 6.12.3.1. Please do not follow the eating plans without our products as the results will not reflect long-term.
- 6.12.3.2. Do not skip meals or snacks. The body will block.
- 6.12.3.3. Do not get undressed until you are ready for bed.
- 6.12.3.4. Do not compromise for people or functions. Stop making excuses; think about the long-term benefits. Lies and excuses will not lead to success.
- 6.12.3.5. Do not get bored over weekends. That leads to cravings and nibbling.
- 6.12.3.6. Do not stop until all the excess fat is gone. Stabilisation is essential for lasting success.
- 6.12.3.7. Do not think negative thoughts (I cannot – other people can, so can I).
- 6.12.3.8. Do not fall back on old habits (focus one day and one size at a time).
- 6.12.3.9. Please do not focus on weight; only focus on the body and where it changes in health and shape.
- 6.12.3.10. Do not infuse water with lemons, cucumbers, or anything else, as the body will not recognise it as water.
- 6.12.3.11. Do not exercise. The body cannot burn fat and build muscle simultaneously; it will be harmful. Exercise tones the muscles; it will not burn stubborn, excess fat.

- 6.12.3.12. Please refrain from using cortisone unless necessary and ask the doctor for substitutes if possible.
- 6.12.3.13. Make sure to gain knowledge regarding the contraindications of any medication prescribed.
- 6.12.3.14. Do not drink medicine that contains sugar and alcohol. Always ask the pharmacist for alcohol and sugar-free alternatives.

Always remember to know God in everything and hold on to His promises.

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

Hebrews 4:12

Hold on to the admonishing and teachings of James; victory will follow.

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

James 4:7

6.12.4. Treatment Medication

For this dissertation, the in-depth study of the medication and formulations of the FFF Slimming treatment method and plan will not be extrapolated. However, the medication and how they help fat-burning during the three phases will be explained briefly.

6.12.4.1. HCG is known as the human growth hormone

Dr WT Simeon²⁹¹ first introduced HCG²⁹² for weight loss.

HCG and vitamin B12 trigger fat metabolism for energy, speeding up the metabolic rate and improving the chances of weight loss success while boosting energy levels. Low- and very-low-calorie diets can compound feelings of fatigue, exhaustion, hunger, and even irritability. The medication in both phases stimulates adipose tissue's metabolism for valuable energy. Thereby significantly increasing energy levels within days along with the loss of the excess fat that extent the function of the organs, muscles, and joints.

Throughout the various stages, the body burns adipose tissue from all over the body, including the waist, arms, neck, buttocks, and thighs, the typical stubborn fat stores, often untouched by regular dieting.

HCG is not used in treating clients with a history of cancer, as it is a

²⁹¹ Simeons T Williams (1954) Pounds and Inches. Rome: Self Published.

²⁹² HCG-Human Chronic gonadotropin

growth hormone. There is much controversy regarding the effective use of HCG in treating obesity. According to the case file studies of the FFF Slimming program and methods, that is not the case.

Furthermore, many doctors state that HCG can give people cancer which FFF Slimming vehemently contradict. To understand the reason for the contradiction, one must understand the presence of HCG in the body. HCG is a type of hormone in small amounts in the male and female bodies, scientifically proven.

However, in the first trimester of pregnancy, the female body produces 1 million IU (international units) of HCG daily. A Godly life-giving hormone (God is the only Creator of man) informs the world through various tests that a new life will be born into the world.

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

Genesis 1:26

Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.

Jeremiah 1:5

God made man, and God is the only Creator of life. Therefore, why would God use HCG to create life when HCG is responsible for cancer, a life-threatening disease? If this could be the case, would any women willingly get pregnant if it means that the life-giving hormone, HCG, will cause her cancer and might result in death?

6.12.4.2. Troche

A Troche is a sublingual gel lozenge designed to dissolve directly into the system over 30 minutes after being placed under the tongue. Fagron SA is the international compounding laboratory used by FFF Slimming to formulate the Phase 1 Troche.

A combination of HCG and vitamin B12 compounded into a sublingual gel capsule known as a Troche's forces the body to burn adipose tissue (fat) to use as energy. Combined with a low-calorie chemical-formulated eating plan, the medication promotes weight loss.

6.12.4.3. HT 1 and HT 2 powder

HT 1 and HT 2 powders have been formulated specifically for FFF Slimming by a pharmaceutical laboratory called Creative Care Solutions. Both powders combine numerous natural products that

promote natural fat burning in the body and chemically formulated eating plans.

HT 1 and HT 2 powders alternate in phase two, which promotes weight loss at the same rate as the Troches and eating plan in phase 1. By altering the medication and the eating plans in 28-day cycles, the body remains in fat-burning mode.

However, HT 1 and HT 2 powders are necessary for treating cancer patients as HCG is a growth hormone and is not used to treat obese clients with a history of cancer. Children are treated on the same routine and medication as cancer patients throughout the program as their bodies and hormones are still developing.

They alternate between phase one and two eating plans, HT 1 and HT 2 powders. There is no difference in the results between clients altering Troches and powder and those altering between the different powders. The weight loss rate and results are similar.

Furthermore, the powders are essential in the stabilisation phase.

6.12.4.4. Flaxseed Oils: Omega 3, 6 and 9

The health benefits of Flaxseed are ample, whether on an eating plan or not.

Omega-3 are essential fats that we must get from our diet. A deficiency in Omega oils can contribute to chronic diseases such as diabetes, heart disease, and obesity. Omega oils have significant benefits for the heart, brain, and metabolism. Omega-3 can reduce symptoms of depression, bipolar disorder, and schizophrenia.

Omega-3 fats assist in weight management and can help decrease waist circumference. Furthermore, it is beneficial for: fatty liver and infant brain development, has anti-inflammatory properties, promotes bone health, and prevents dementia and asthma. Therefore, Omega 3 should be taken regularly for all the numerous health benefits. Western medicine does not contain enough.

Omega-6 provides energy for the body, whereas the body can produce Omega-9. The combination of all the Omega keeps cholesterol in control, supports the cardiovascular, nervous, and immune systems, and promotes healthy hair and skin.

The various medication helps preserve muscle tissue while releasing stored fat, which helps dieters maintain muscle mass throughout their diet.

Both phase medications and plenty of water prevent severe hunger because of their metabolic action on adipose tissue. The reduced sensation of hunger helps dieters maintain their low-calorie diet as the

weight decreases, and the client experience improved endurance and energy.

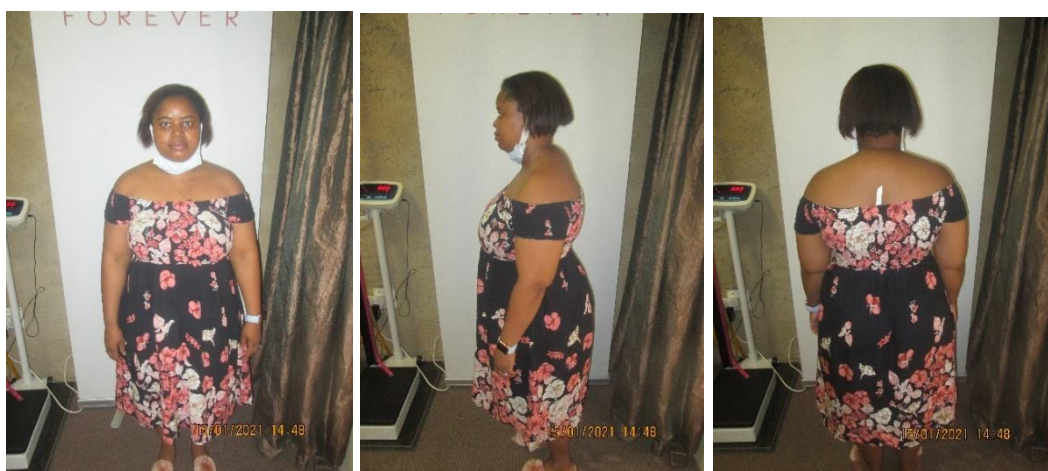
6.12.5. Maintaining the weight loss before stabilisation

It is essential for a person embarking on a weight loss journey to know that if anything happens and they cannot afford the treatment, it is possible to maintain the weight loss. One will think to start from the beginning is preposterous. Unfortunately, this often happens as nobody in the slimming industry gives people guidelines to maintain without medication, as it is not a profitable business module. The mental, physical and emotional state of obese people is not the priority; that should change.

Dr Jacqui Ramorwezi started her journey with FFF Slimming in January 2021. Due to the COVID-19 pandemic, she stopped the program in July 2021. With a weight loss of 12.05 kilograms, she was fearful that as soon as she stopped the treatment, she would regain the weight.

Client File No. 999

See Addendum AJ:	Supporting Documents - Consent and disclaimer form
Name:	Jacqui Ramowezi
Gender:	Female
Age:	37
Intake weight:	81.90 – 69.85
BMI:	37.89 – 32.31
Total weight loss:	12.05 kg
Reason for obesity:	Battled with weight since 2018 – after childbirth
Background:	Medical Doctor – bad eating habits due to irregular working hours



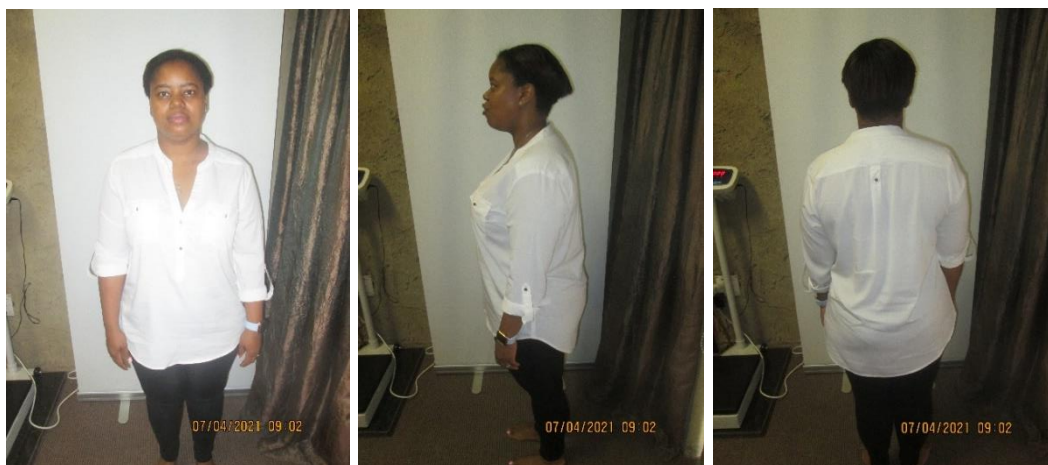


Figure 74: Dr Jacqui Before and After Photos (Round 1)

Dr Jacqui was assured that if she followed the following three basic rules, without medication, she would not regain any weight. Furthermore, as soon as her circumstances changed, she could resume the treatment from where she had stopped.

People are so used to gaining weight after a diet that they are sceptical of following three rules. It seems highly unlikely.

Dr Jacqui came back a year later. She drank her water, ate five smaller meals daily, and did not eat starch and protein in one serving. Her focus was on tight-fitting clothes while she avoided the scale—the opposite of what the slimming industry teaches.



Figure 75: Dr Jacqui Photos (Round 2)

Dr Jacqui was delightfully surprised when she saw the results on the scale. She stopped treatment at 69.85 kgs and a year later resumed the program at 66.95 kgs. By only following the guidelines set forth by FFF Slimming, she lost 2.90 kgs.

Numerous people have maintained their weight successfully if they could not finish the program. As soon as circumstances changed, they continued the treatment successfully. However, many clients, unfortunately, do not abide by the

basic rules and regain all the weight lost.

One must realise that life is about choices, and we must choose. Often when something unexpected happens in life, we ask God “why?”. Instead, we should ask “what” - for in the unpleasant and unforeseen that happens to humanity; God has something to teach us.

6.12.6. Stabilisation

Stabilisation is the last part of the program and the most challenging stage mentally. Undergoing a total metamorphosis in the FFF Slimming program has countless obstacles while being on the program. Getting compliments and believing they look good is difficult for a person who is obese. Subconsciously, they still see the fat person after completing the program. It will be a while to get used to the transformation.

Depending on which phase and medication the person finished the treatment and whether there is no more excess fat in the body determines the stabilisation method and medication - steering between the two powders and two other ingredients that this dissertation would not disclose.

On completion, people look fantastic and feel good, even though the journey has been challenging. No medication is necessary after the completion of the program. A lifestyle change with three rules is all they need.

Unfortunately, when people do not go through the stabilisation phase, they pick up most or all the weight, as case file study three extrapolated.

6.12.7. Lifestyle changes and following of three rules

As with anything in life, if we do not change our old ways and lifestyle, we will fall back into the former habits and ways. Scripture warns humanity to stay vigilant.

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

1 Peter 5:8

Nowhere in life can a man afford to be comfortable or off guard. Not in the marketplace, not driving a car, not raising children, not in a marriage. However, when it comes to the human body, we are under the misperception that we can afford to be comfortable. A man should realise that his most precious gift in getting through life is the body, and the body does not even belong to them.

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

1 Corinthians 6:19

God provides man with armour of protection and the instruction to put it on.

Nowhere in Scripture is it written to take off the armour.

And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness. Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another. Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil. Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth. Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Ephesians 4:22-32

The lifestyle consists of the following three rules:

- 6.12.7.1. Drink plenty of water as the body's water levels are rectified. During the program, it became apparent that two litres of water were not sufficient.
(Male: 55 - 65%)
(Female: 50 - 60%)
- 6.12.7.2. Eat five smaller meals daily to ensure the food consumed keeps digesting. The metabolism works. Keep it working.
- 6.12.7.3. Avoid mixing starch, protein, and liquor simultaneously, as a rule. It should only be taken at the same time on special occasions.

Consuming the above at ninety-minute intervals allows the body to digest food better, preventing weight gain.

Just stick to the abovementioned three rules, and obesity will remain something of the past. Always check medication; knowledge is power.

Following the FFF Slimming program correctly is difficult but possible. Therefore, one should be proud. Enjoy the new healthy, slim body and guard it vigilantly by wearing fitted clothes. The days of calorie counting, weighing food, and following eating plans are over. Embrace the lifestyle change and praise God, for all things are possible through Him.

I can do all things through Christ which strengtheneth me.

Philippians 4:13

If we do not change our former ways, as written in Ephesians 4, obesity regretfully will systematically return.

Client File No. 528

See Addendum AK:	Supporting Documents - Consent and disclaimer form
Name:	Anna Makou
Gender:	Female
Age:	42
Intake weight:	83.6 – 60.5
BMI:	30.34 – 21.96
Total weight loss:	22.1 kg
Reason for obesity:	2001, tried everything
Background:	Self-employed



Figure 76: Anna Before and After Photos

Started: 16/05/2014 - Stabilized (Did not follow rules - repeated programme 2018, 2022)

Average water intake per day = 8 - 10 litres

Loss in 28 day`s = 15.4 kg BMI - 2.69

Loss in 56 day`s = 22.3 kg BMI - 7.4

Unfortunately, Anna Makau and numerous others had to repeat the program several times for various reasons. Every time one must repeat the program, it becomes more difficult. The body knows the cycles. In choosing to commit to the Fat-Free Forever program, prospection is fundamental and important because it helps the client decide how to act. Thinking about what the future likely holds helps you decide what course to take in the here-and-now.

When the body blocks, there is nothing to be done. The only thing that will reset the functioning of the body is time. The damage is done, and the body needs to heal in body, soul and spirit - Case study 1 – Client file 1.

6.13. Conclusion

The FFF Slimming method has been tested on Biblical knowledge and foundations and treats the root cause of obesity, juxtaposed to the worldly treatment methods of treating the symptoms. In treating obesity, one should only be treating a person from the inside outward. Other methods have short-term results but fail in the long run, resulting in a yo-yo effect where the body experiences a systematically incline in weight gain.

The only way to conquer obesity is by restoring man's body, soul, and spirit through the mind's renewal. Letting go of the teachings of the world will be difficult, but with God and through God, all things are possible.

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:1-2

In treating obesity successfully, man must embrace God's will and His ways for their life by honouring and treating the tripartite body as a temple. Science and medicine have no answer nor any solutions to the pandemic of obesity. Therefore, stop knocking on the wrong doors.

Instead, challenge all teachings about the human body deriving from cultures, traditions, medicine, science, and all forms of advertising and social media. Man must apply his mind to question everything and measure all teachings to the only absolute truth, The Holy Bible. In measuring everything to God and His Word, the former ways of the world will change.

By being courageous, everyone can let go of the past. Desire the truth with a heart of forgiveness with no limits or boundaries. True forgiveness will release us from the painful past and eradicate it.

When losing weight, there is no quick fix. Therefore, be driven by eternity and allow God to show you the way. If we are to succeed in life, we can only do so by God's eternal definition.

Scripture declares fifty-six times that God is almighty.

I heard something like the voice of a great multitude, and like the voice of many waters, and like the voice of mighty thunders, saying, "Hallelujah! For the Lord our God, the Almighty, reigns!"

Revelation 19:6

God is abundant in strength.

Great is our Lord, and of great power: his understanding is infinite.

Psalms 147:5

God has incomparably great power.

And said, O Lord God of our fathers, art not thou God in heaven? and rulest not thou over all the kingdoms of the heathen? and in thine hand is there not power and might, so that none is able to withstand thee?

2 Chronicles 20:6

And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places, Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come:

Ephesians 1:19–21

No one can hold back God's hand.

And all the inhabitants of the earth are reputed as nothing: and he doeth according to his will in the army of heaven, and among the inhabitants of the earth: and none can stay his hand, or say unto him, What doest thou?

Daniel 4:35

No one can reverse God's actions.

Yea, before the day was I am he; and there is none that can deliver out of my hand: I will work, and who shall let it?

Isaiah 43:13

No one can stop Him.

For the Lord of hosts hath purposed, and who shall disannul it? and his hand is stretched out, and who shall turn it back?

Isaiah 14:27

Nothing is impossible with God (see Matthew 19:26; Mark 10:27; Luke 1:37), and nothing is too problematic for Him (see Genesis 18:14; Jeremiah 32:17, 32:27). The Almighty reigns (see Revelation 19:6), and He will one day overthrow all evil.

Life is all about choices. Choose to change in body, soul, and spirit. Adapt to powerful Godly methods and principles and stop believing the lies and deceit of the world, for we are only born into this world. We are not from this world.

Humanity must break the chains of this world by letting go of the fat mentality and the lies of comfort by employing the power of divine thinking and wise planning. Surrounding oneself with mind-like people will lead to perseverance, diligence, and ultimate victory. In Scripture, God never promised easy; however, He does promise eternity through grace and faith.

Man puts his trust and faith in the world's treatment methods and systems. The Goliath of this world disguised as obesity will fall when humanity starts to trust in God. God alone will enable the world to overcome obesity.

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty

them that are bruised,

Luke 4:18





* Conclusion *

7. Conclusion

This dissertation answered the following question: Why Me, God? An Exegetical Exposition into the Global Pandemic: Obesity. Humanity's Goliath Must Fall through Wisdom and Understanding.

A central question was answered throughout this study: what authority can bring man to understand why obesity is a global pandemic?

It is said that science and medicine treat the symptoms of obesity and address a man's external condition, whereas psychology is responsible for treating this internal disorder. In desperation, a man tries everything to lose weight without success and in this desperate state the Satan attacks our identity. Scripture warns man that Satan will do everything in his extensive power to prevent humanity from discovering his creative purpose.

The Bible also clearly states in Ephesians 6:12 that the battle is not against human enemies nor our corrupt nature only, but with an enemy who has a thousand ways of beguiling unstable souls. Ephesians 6 ends with a discussion of spiritual warfare and a call to arm ourselves for the fight. This dissertation clearly showed that obesity, as a human pandemic, is an example of this invisible war.

Seeking the answer to the above question, this dissertation acknowledges that none of it was possible without first confessing the Holy Bible is the final authority.

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.

2 Timothy 3:16-17

Secondly, that Jesus has sovereign rule over this world.

And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.

Matthew 28:18

Therefore, by having a good foundation of what is written in Scripture about holiness, man's body, creation, the fall et cetera, we can build on to have Godly insight and wisdom about obesity, why it occurs, who is responsible, and what strongholds might keep us captive.

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

Hosea 4:6

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

Matthew 7:7

Throughout this dissertation it was proven over and over that the slimming industry, a multi-billion-dollar industry, offers everything and anything as a so-called solution to obesity, but instead keeping humanity from finding the correct answer. We have asked the question and seek the solution. Why is this the case, who is responsible, and what is the purpose?

Also, this dissertation proved that Satan took a normal, necessary part of human life, namely eating food designed by the Creator to sustain life and perverted it to control man's minds, bodies, and spirits. Because of this twisting and turning of created order we now find that obesity is a global pandemic and obese people battle more than one "giant".

It continues to show that although the deviation behind eating disorders has less to do with food than it has to do with the spirit and the mind, there is a reason why God gave man laws about the eating of certain foods.

God, as our Creator, is the expert regarding nutritional recommendations. He created food to keep humanity healthy and functional, but man and Satan perverted food consumption into controlling humankind through a billion-dollar money-making industry. Instead of focusing on healthy natural foods, humanity is processing foods that are addictive substances.

Satan went even further and perverted humans' normal appetites by habits formed through traditions and cultures, turning food into an obsession and stronghold.

All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

1 Corinthians 6:12

Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.

Proverbs 23:20-21

This dissertation showed without question what the solution to obesity is: change the treatment method by addressing the tripartite of man: the wounded soul, the trauma in the spirit and the physical condition. The prevention of obesity is possible if adequate education starts on the ground level: "Fathers teach your children".

And ye shall teach them your children, speaking of them when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up.

Deuteronomy 11:19

My child pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body.

Proverbs 4:20-22

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

Hebrews 4:12

God created humanity in His image and likeness to be a formal, visible, and understandable representation of who He is. God also predestined man for His Glory, and He created us for the display of His Glory. According to this statement a man should reflect God. The image of God is not so much something that man has as something that man is. We image God, reflect God, live in a way we think in a way, feel, and speak in a way that calls attention to the brightness of the glory of God.

God created man to show that God is the end, and man is the means. For a man to be delighted in God will reflect His infinite value. God is happy about Himself; He is infinitely excited about His glory; that is why the Son received the words: Beloved Son with you I am well pleased (Mark1:11), absolutely thrilled with Jesus as the image of Himself.

The deception in the Garden of Eden took place in a perfect environment. Today we live in an imperfect world where Satan wants to rule, presenting "truth" through cunning interception by deception.

A subtle reflection of what once was God's truth. Therefore, understanding man's threefold nature and relating to another is essential in receiving divine deliverance and healing with obesity.

Obesity can no longer be regarded simply as a cosmetic problem affecting individuals but as an epidemic threatening global well-being. Although the consequences of obesity that maintain fatness can be specified, the root cause of obesity is showed to be a wounded inner man.

Unfortunately, the treatment of obesity focuses on the symptoms of obesity and not the underlying root causes. By showing and proofing this statement the writer has written in painful detail about her own lifelong battle and victory over obesity that opened the opportunity for a slimming clinic known as Fat-Free Forever. The writer's story started ten years ago when the Lord spoke to her and called her to lose weight to fulfil His potential and ultimate purpose for her life.

The writer's battle with obesity started very early. Experiencing severe rejection from birth as an unwanted pregnancy and a personal traumatic loss of a twin brother through abortion in the

womb, the writer embraced darkness and water as a safe place. Then being accepted, protected, and raised by a woman of a different race and culture led to trauma and conflict. The writer was tossed back and forth between cultures, traditions, and religions.

Lonely and confused, God's perfect creation was the only place the writer experienced utter freedom. The writer's life became a reflection of David, the shepherd boy who had a relationship with God, taught and equipped by God. Not having experienced love, her perception of love was world-focused, a total misrepresentation.

Even as a little girl, the writer knew something was amiss that went against every fibre of her being. The world created a fearless, outspoken girl who stood up against authorities using the earth's armour, a rebel who fought the good fight in a wrong way to protect her fellow human beings at all costs.

But being obedient to God led to a wonderful journey. Over the years, the writer has discovered the critical knowledge and understanding that changed the whole treatment approach. Not just for herself, but for every person that walked into her clinic and found healing and deliverance.

No more seeking answers or solutions in the world but knocking on Heaven's door revealed all the "hidden knowledge and understanding" to the constant search for the question "why me, God?".

A.W Tozer's words became the writer's philosophy: "For myself, I long ago decided I would rather know the truth than be happy in ignorance. If I cannot have both truth and happiness, give me the truth. We'll have a long time to be happy in Heaven".

The Lord revealed to the writer, through her personal struggle and through the struggle of more than a thousand patients over the last six years that the fight to overcome obesity was connected. A clear pattern revealing numerous strongholds was visible.

As seen in the first three words of Scripture: Genesis 1:1, "In the beginning..." These words indicate that everything has a beginning, a reason, a cause. Obesity is no exception.

Therefore, when treating obesity, it is crucial to identify when obesity occurred the first time by being brutally honest, a painful but necessary process in identifying the root cause of obesity. The process will take us back to various stages of our life, revealing strongholds that the patients were not even aware of in most cases. Inner acknowledgement and healing are the first steps in conquering obesity.

Thus, the critical element in successfully treating obesity is looking for the root causes.

These causes can be one or a combination of: strongholds (traumatic experiences such as rejection, abuse, and fear), medications (cortisone and other medications), habits brought on by traditions and wrongful teachings or false prophecies.

The casefile studies and results spoke for themselves. Using their stories of failing and victory and the writer's own testimony and research will result in a nationwide launch using the blueprint of the treatment method used in the Fat-Free Forever slimming clinic. In conjunction with Fagron SA and Creative Care Solutions as the Compounding Laboratories.

The mission is to overcome with the following words:

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Psalms 46:10

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

2 Timothy 2:15

The writer understands and accepts that the treatment of obesity will only be successful when conducted in a Godly manner. That means body, soul, and spirit. Because this dissertation has showed without a shadow of a doubt that the treatment methods currently used worldwide for obesity are insufficient or adequate and never will be unless the treatment method is changed. Now, the treatment of obesity focuses on the symptoms of obesity, not the underlying root causes.

By finding solutions to the questions: Why is a person Obese? How does a person become obese? And what is the solution to the problem? The writer has found that treating body (science and medicine), soul (psychiatry) and spirit (finding Godly identity through knowledge as to who you are) is the only way to healing and freedom.

Although different health organizations have classified obesity as a global pandemic, the treatment the world offers are unsuccessful. Science and medicine primarily focus on losing weight. Medical treatment revolves around health by looking at the symptoms manifested in the body. Obesity is treated only as a medical condition by prescribing various types of medication.

Psychology, on the other hand, is treating weight loss. The weight is life-threatening to an obese person, and the obese person does not understand the cause of obesity. The “weight” manifested should be dealt with from the inside out through the treatment of severe trauma. It is going back to creation, the beginning, that is a direct cause of the accuracy of obesity.

The Godly anointed teachers and preachers are the last resort. Clinics like Fat-Free Forever attempt to answer the question when hurt and overweight people ask: “I do not understand why God allowed this to happen”.

The Word states: “Fathers teach your children who I Am”. And this is exactly what the writer’s mission is! To teach.

And ye shall teach them your children, speaking of them when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up.

Deuteronomy 11:19

The writer is teaching and showing through Scripture that we are created in God’s image, what it means and how to apply it. How to find your purpose in life, your creative calling and to live by it.

In addition, the writer has given answers to painful questions like: Why am I like this? Why do some people battle obesity and others do not? Is obesity a sin? If I am obese, does it mean that I

am addicted? Can I be healed from the consequences of obesity, and will my children have to suffer the same fate?

Having a slimming treatment clinic: Fat-Free Forever, the writer has seen first-hand how her journey has influenced and helped many patients seeking help in her office for the past ten years. Therefore, she believes in having Godly knowledge and insight into obesity and successfully treating this ongoing pandemic.

The purpose of this study was to understand the current academic debate surrounding man's struggle with obesity and the increase of obesity at an astronomical rate. In addition, to show that the current medical and psychological treatment methods for obesity are neither adequate nor accurate. Finding and implementing a long-term solution to prevent and treat obesity is of utmost importance to humanity. And finally, the purpose is to provide an understanding of the global pandemic of obesity and to draw attention to this field's significant issues and questions.

This was successfully done by studying the relationship between man's body, soul and spirit from an interpretive perspective using the Word of God in direct comparison to the world's available methods and treatments.

Rather than elaborate in detail on food science and technology, illness and accidents, bariatric surgery, eating disorders, numerous medications, names or paraphernalia on obesity, this dissertation provides crucial evidence to establish the correct information on the successful and sustainable treatment method for obesity.

It showed that turning to the Living God for salvation, accepting Jesus Christ as Saviour and following the lead of the Holy Spirit is the only way to ensure life after death. It ensures the forgiveness of sins and healing of the effects of sins.

It is unique in providing a valuable contribution to the truth, knowledge and freedom that comes from knowing and doing the right thing regarding the correct treatment method for obesity compared to the current techniques and their subsequent consequences.

Chapter one focused on the triune Creator to fully comprehend why He created man and understand "*Imago Dei*", the man's identity. To understand the effects of obesity it is important to familiarize oneself with the concept of a human being as a tripartite entity. God created the human body, soul, and spirit.

This Chapter was based on the trichotomy view that man is three different parts. The parts are body, soul, and spirit, and the same base, Genesis 2.7, as a proof text. In addition, in 1 Thessalonians 5.23, the apostle Paul considers man's nature to have body, soul and spirit. Hebrews 4.12 speaks of "dividing asunder of soul and spirit".

Chapter one also gave an account on the fall of man. The Chapter concluded by stating that the consequence of turning away from divine goodness through disobedience and the excellent God's desires is human evil, the distortion of humanity's personal and social dimensions living in deception and ignorance. The effects of sin as seen in 2 Corinthians 4:4. Also, the Word of God clearly states Lucifer's mission.

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:10

Chapter two expounded the wounded identity. Looking at man's identity wounds, we have lost our Godly identity as we adopted the world's identity through the broad spectrum of habits, traditions, cultures, and denominations worldwide.

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by deceitful desires: to be made new in the attitudes of your minds. (NIV)

Ephesians 4:22-23

In whom the God of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

2 Corinthians 4:4

The topic of identity is of utmost importance when discussing obesity. This Chapter showed that the underlying cause of obesity is primarily a wounded identity also that some wounds start as early as inside the womb.

A person lacking attention, affection and affirmation will find a way to fill that void, incredibly when their identity is not grounded in Christ. Our carnal nature will always have a craving for recognition, belonging and a sense of meaning, even if the ways of filling that void can be harmful.

Regarding obesity, seven identity wounds was identified: rejection, abuse, confusion, fear, shame, hopelessness and lastly powerlessness. These identity wounds explain why some people battle obesity and others do not. Furthermore, looking at the impact of traumatic experiences and weight gain, also the effect of obesity on family and friends.

Chapter three present various case studies to illustrate the possible devastating consequences on the body, soul (mind, will and emotions) and spirit of an obese person, including my own identity wounds bringing the root causes into the open and giving evidence of the Healing Power, the true living God.

Chapter four illustrated obesity from a Biblical perspective. Humanity should ask why obesity is regarded as a global pandemic amidst all the medical knowledge accumulated over centuries - considering the leading causes of obesity, according to science and medicine. This Chapter looked at eating disorders, regarded by the WHO as the leading cause of obesity, expounding on the soul (the five senses where identity wounds originate) that should be considered the root cause of obesity that, in effect, cause eating disorders.

Furthermore, it showed that medical conditions present in an obese person and medication prescribed to treat the medical conditions has negative consequences. It is common knowledge that obesity causes most medical conditions.

Looking at the slimming industry, multi-billion-dollar industries with numerous miraculous treatments for obesity come and go. The Slimming industries combined marketing on multiple levels, advertising miracle treatments. It answered the very important question: is this for the benefit and health of obese people, or is there a hidden agenda?

This Chapter concludes what the Bible states in Proverbs 14:12 and 16:25: There is a way that seems right to man, but in the end leads to death.

Chapter five illustrated Godly restoration and healing using Fat-Free Forever's treatment model; weight loss and wellness journeys are not just physical but spiritual. Every weight loss program they have tried has eventually failed, not because they were not strong enough or did not try hard enough. They do not understand how God created them.

Teaching the people to find true freedom in their bodies by focusing on God and seeing themselves in the way the Lord sees them, "Perfect in His Sight."

When we focus right where it should be, on God and getting our body back to the way He designed it to be, the above will help us regain the freedom, confidence, and peace God already has for us. God's grace and God's healing abound when a person repents and commit themselves to Jesus Christ as their only Saviour and how He restores those who turn to Him for salvation.

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

2 Chronicles 7:14

This dissertation attests to the fact that inner healing and renewal of the mind are the only sure solutions to breaking the long-term bondage of obesity.

Scripture urges humanity to bring into captivity every thought to the obedience of Christ (2 Corinthians 10:5). Furthermore, looking at what Scripture says in 2 Timothy 2:15, "Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth".

An obese person needs to go back to the beginning, taking a journey back into their own life. As creation had a beginning, obesity has one as well, a painful journey of discovery, understanding and finally healing which results in victory.

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9. Addendum A

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek,

Susana Johanna Meyer
(volle naam en van)

6811130189081
(Identiteit nommer)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA	/	NEE
Foto's in klere	JA	/	Nee
Foto's inonderklere	JA	/	NEE

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyd te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

[Handtekening]
Handtekening

7-10-2022
Datum

Hartbeespoort
Plek

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.

CONSENT AND DISCLAIMER FORM

I,

(full name and surname)

(Identity number)

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose to approve the following:

Anonymous	Yes	/	No
Photo's in clothes	Yes	/	No
Photo's in underwear	Yes	/	No

I fully understand and accept that all photographs and their use are undertaken at my own risk, and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

Signature

Date

Place

This disclaimer remains valid until the signatory revokes it in writing.

10. Addendum B

FFF Slimming

Reg. No: 2010/014282/07

Model Vrywaringsvorm

Die ondergetekende, ook bekend as die model, gee op grond van sy / haar handtekening hieronder, onheroeplik toestemming om gefotografeer te word.

Fotografie behels die volgende:

Stilstaande fotografie (digitale / elektroniese foto's), van voor en kant.

Die ondergetekende gee hiermee enige en alle aanspraak prys op bogenoemde foto's.

Die ondertekende sal / mag ook nie vergoeding eis of ontvang vir die goedgekeurde gebruik van bogenoemde foto's nie.

Die goedgekeurde gebruik behels drukwerk, reklamemateriaal, elektroniese opsporingsstelsels (die internet/ World Wide Web) of enige media wat die fotograaf as aanvaarbaar /van toepassing ag vir die gebruik in alle / enige binnelandse of buitelandse markte.

Die ondertekende gee enige en alle aanspraak prys / (staan alle aanspraak af) op enige wins / geldelike wins wat bekom word deur die herverkoop / verspreiding van die betrokke foto's / video / film aan enige bronne wat FFF Slimming of hulle agente / verskaffers aanvaarbaar vind vir die gebruik in enige / alle binnelandse en buitelandse markte.

Naam: M.M. van Niekerk Datum: 6 Junie 2011
(DRUKSKRIF ASB)

Handtekening: M.M. van Niekerk

11. Addendum C

FAVOUR FROM FATHER T/A

FFF Slimming

Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek,

WANDA JACOBS

(volle naam en van)

851110077086

(Identiteit nommer)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA	/	Nee
Foto's in klere	JA	/	Nee
Foto's in onderklere	JA	/	Nee

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyd te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

Handtekening

01 SEPTEMBER 2022

Datum

BELA-BELA, LIMPOPO

Plek

CONSENT AND DISCLAIMER FORM

I,

(full name and surname)

(Identity number)

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose approve the following:

Anonymous	Yes	/	No
Photo's in clothes	Yes	/	No
Photo's in underwear	Yes	/	No

I fully understand and accept that all photographs and their use are undertaken at my own risk and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

Signature

Date

Place

12. Addendum D

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek,

Jacomina, Carolin Frederika (full name and surname)

(volle naam en van)

Hartzenberg

640616 0091 08

(Identiteit nommer)

I,

(Identity number)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemerking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA	/	Nee
Foto's in klere	JA	/	Nee
Foto's in onderklere	JA	/	Nee

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose to approve the following:

Anonymous	Yes	/	No
Photo's in clothes	Yes	/	No
Photo's in underwear	Yes	/	No

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyt te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

I fully understand and accept that all photographs and their use are undertaken at my own risk, and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

JHartzenberg
Handtekening

13/9/2022
Datum

Hartbeespoort
Plek

Signature

Date

Place

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.

CONSENT AND DISCLAIMER FORM

This disclaimer remains valid until the signatory revokes it in writing.

13. Addendum E

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek,

Genaad Albertyn Potgieter
(volle naam en van)

750427 5049 082
(Identiteits nommer)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA / Nee
Foto's in klere	JA / Nee
Foto's inonderklere	JA / Nee

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyd te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

[Handtekening]
Handtekening

05-09-2022
Datum

[Handtekening]
Plek

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.

CONSENT AND DISCLAIMER FORM

I,

(full name and surname)

(Identity number)

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose approve the following:

Anonymous	Yes / No
Photo's in clothes	Yes / No
Photo's in underwear	Yes / No

I fully understand and accept that all photographs and their use are undertaken at my own risk and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

Signature

Date

Place

This disclaimer remains valid until the signatory revokes it in writing.

14. Addendum F

FFF Slimming

Reg: No: 2010/014282/07

Model Indemnity Form

The undersigned, also known as the model, by virtue of his/her signature at the foot of, hereby irrevocably gives permission to be photographed.

Photography consists of the following:

- a. Three standing photo's fully clothed – front, back & side before treatment commence.
- b. Three standing photo's fully clothed – front, back & side after treatment has been completed or stopped.

The undersigned hereby abandons all claims on the above mentioned photographs and negatives.

The undersigned shall/may not claim any reimbursement for the use of approved photographs.

The undersigned also give FFF Slimming the right to use the approved photographs for any marketing purposes they deem necessary, approved purports printing, advertising, electronic marketing (internet/world wide web) or any other media national and international.

Photo's in undies may be used with discretion

Name: KETSO MOSA
(PRINT)

Date: 31/07/2014

Place: HARTE

Signature: *[Signature]*

Witness: *[Signature]*

46 Jan Smuts Avenue Hartbeespoort 0216
PO Box 2015 Hartbeespoort 0216
Tel: 012-259 0064 Fax: 086 225 0971

15. Addendum G

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek

(volle naam en van)

(Identiteit nommer)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA	/	Nee
Foto's in klere	JA	/	Nee
Foto's inonderklere	JA	/	Nee

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyt te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

Handtekening

Datum

Plek

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.

CONSENT AND DISCLAIMER FORM

I

Portia Nobanda
(full name and surname)

6605090357088
(Identity number)

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose approve the following:

Anonymous	Yes	/	No
Photo's in clothes	Yes	/	No
Photo's in underwear	Yes	/	No

I fully understand and accept that all photographs and their use are undertaken at my own risk and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

Signature

2 September 2022
Date

Hartbeespoort
Place

This disclaimer remains valid until the signatory revokes it in writing.

16. Addendum H

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek,

Daniël Henning
(volle naam en van)

6205270109086
(Identiteit nommer)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese indigting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA	/	Nee
Foto's in klerie	JA	/	Nee
Foto's in onderklere	JA	/	Nee

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyd te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

[Handtekening]
Handtekening

31/01/2022
Datum

Ha Abesgalk
Plek

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.
CONSENT AND DISCLAIMER FORM

I

on behalf of my wife Luoban
(full name and surname)

Johann Henning 550225102
(Identity number)

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose to approve the following:

Anonymous	Yes	/	No
Photo's in clothes	Yes	/	No
Photo's in underwear	Yes	/	No

I fully understand and accept that all photographs and their use are undertaken at my own risk, and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

.....
Signature

.....
Date

.....
Place

This disclaimer remains valid until the signatory revokes it in writing.

17. Addendum I

FFF Slimming

Reg: No: 2010/014282/07

Model Vrywaringsvorm

Die ondergetekende, ook bekend as die model, gee op grond van sy / haar handtekening hieronder, onheroeplik toestemming om gefotografeer te word.

Fotografie behels die volgende:

Drie Stilstaande foto's tenvolte geklee, (vooraansig, kant en agteraansig) voor behandeling asook na behandeling gestaak word.

Die ondergetekende gee hiermee enige en alle aanspraak prys op bogenoemde foto's en negatiewe.

Die ondertekende sal / mag ook nie vergoeding eis of ontvang vir die goedgekeurde gebruik van bogenoemde foto's nie.

Die goedgekeurde gebruik behels drukwerk, reklamemateriaal, elektroniese bemerking (die internet/ World Wide Web) of enige media wat FFF Verslanking as aanvaarbaar / van toepassing ag vir die gebruik in alle / enige binnelandse of buitelandse markte.

Die ondertekende gee enige en alle aanspraak prys / (staan alle aanspraak af) op enige wins / geldlike gewin wat bekom word deur die herverkoop / verspreiding van die betrokke foto's / video / film aan enige bronne wat FFF Slimming of hulle agente / verskaffers aanvaarbaar vind vir die gebruik in enige / alle binnelandse en buitelandse market.

Naam: Johannes Steyn Datum: 6.12.2011
(DRUKSKRIF ASB) W. Steyn

Handtekening: [Handtekening]

Getuie: [Handtekening]

Plek: Hartbeespoort

18. Addendum J

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

CONSENT AND DISCLAIMER FORM

Ek,

I,

Maria Elizabeth Cornelia Haltinger
(volle naam en van)

(full name and surname)

5906220090081
(Identiteit nommer)

(Identity number)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemaking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose approve the following:

Anoniem	JA / Nee
Foto's in kler	JA / Nee
Foto's in onderklere	JA / Nee

Anonymous	Yes / No
Photo's in clothes	Yes / No
Photo's in underwear	Yes / No

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyd te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

I fully understand and accept that all photographs and their use are undertaken at my own risk and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

Handtekening

Signature

7/09/2022
Datum

Date

Handtekening
Plek

Place

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.

This disclaimer remains valid until the signatory revokes it in writing.

19. Addendum K

FFF Slimming

Reg: No: 2010/014282/07

Model Vrywaringsvorm

Die ondergetekende, ook bekend as die model, gee op grond van sy/haar handtekening hieronder, onheroeplik toestemming om gefotografeer te word.

Fotografie behels die volgende:

Drie Stilstaande foto's tenvolte geklee, (vooraansig, kant en agteraansig) voor behandeling asook na behandeling gestaak word of voltooi is.
Die ondergetekende gee hiermee enige en alle aanspraak prys op bogenoemde foto's en negatiewe.

Die ondertekende sal/mag ook nie vergoeding eis of ontvang vir die goedgekeurde gebruik van bogenoemde foto's nie.

Die goedgekeurde gebruik behels drukwerk, reklamemateriaal, elektroniese bemerking (die internet/World Wide Web) of enige media wat FFF Verslanking as aanvaarbaar/van toepassing ag vir die gebruik in alle/enige binnelandse of buitelandse markte.

Die ondertekende gee enige en alle aanspraak prys/ (staan alle aanspraak af) op enige wins/geldlike gewin wat bekom word deur die herverkoop/verspreiding van die betrokke foto's/video/film aan enige bronne wat FFF Slimming of hulle agente/verskaffers aanvaarbaar vind vir die gebruik in enige/alle binnelandse en buitelandse markte.

Onderklede foto's mag gebruik word.

Naam: STERNE VILJOEN Datum: 11. 05. 2012
(DRUKSKRIF)

Plek: Hartbeespoort

Handtekening: [Handtekening]

Getuie: [Handtekening]

110 Scott Str Hartbeespoort 0216
Posbus, 2015 Hartbeespoort 0216
Tel: 012-253 2368 Fax: 086 225 0971

20. Addendum L

Normal Weight
(18.5 - 24.9)
Overweight (25 - 29.9)

Obesity (≥ 30)		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
BMI	Height	Body Weight (Kilograms)																
	cms (metres)																	
	147cm (1.47m)	41	44	45	48	50	52	54	56	59	61	63	65	67	69	72	73	76
	150cm (1.50m)	43	45	47	49	52	54	56	58	60	63	65	67	69	72	74	76	78
	152cm (1.52m)	44	46	49	51	54	56	58	60	63	65	67	69	72	74	76	79	81
	155cm (1.55m)	45	48	50	53	55	57	60	62	65	67	69	72	74	77	79	82	84
	157cm (1.57m)	47	49	52	54	57	59	62	64	67	69	72	74	77	79	82	84	87
	160cm (1.60m)	49	51	54	56	59	61	64	66	69	72	74	77	79	82	84	87	89
	163cm (1.63m)	50	53	55	58	61	64	66	68	71	74	77	79	82	84	87	89	93
	165cm (1.65m)	52	54	57	60	63	65	68	71	73	76	79	82	84	87	90	93	95
	168cm (1.68m)	54	56	59	62	64	67	70	73	76	78	81	84	87	90	93	95	98
	170cm (1.70m)	55	57	61	64	66	69	72	75	78	81	84	87	90	93	96	98	101
	172cm (1.72m)	57	59	63	65	68	72	74	78	80	83	86	89	92	95	98	101	104
	175cm (1.75m)	58	61	64	68	70	73	77	80	83	86	89	92	95	98	101	104	107
	178cm (1.78m)	60	63	66	69	73	76	79	82	85	88	92	95	98	101	104	107	110
	180cm (1.80m)	62	65	68	71	75	78	81	84	88	91	94	98	101	104	107	110	113
	183cm (1.83m)	64	67	70	73	77	80	83	87	90	93	97	100	103	107	110	113	117
	185cm (1.85m)	65	68	72	75	79	83	86	89	93	96	99	103	107	110	113	117	120
	188cm (1.88m)	67	70	74	78	81	84	88	92	95	99	102	106	109	113	116	120	123
	191cm (1.91m)	69	73	76	80	83	87	91	94	98	102	105	109	112	116	120	123	127
	193cm (1.93m)	71	74	78	82	86	89	93	97	100	104	108	112	115	119	123	127	130
BMI		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Normal Weight (18.5 - 24.9)																		
Overweight (25 - 29.9)																		
Obesity (≥ 30)																		

21. Addendum M

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

I,

Ek,

Maria Magdalena J Vorster (full name and surname)
(volle naam en van)

6911020004 083
(Identiteit nommer)

(Identity number)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose to approve the following:

Anoniem	JA	/	X	Nee
Foto's in klere	JA	/		Nee
Foto's inonderklere	JA	/		Nee

Anonymous	Yes	/	No
Photo's in clothes	Yes	/	No
Photo's in underwear	Yes	/	No

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyd te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

I fully understand and accept that all photographs and their use are undertaken at my own risk, and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

M. Vorster
Handtekening

Signature

2022-09-16
Datum

Date

Hartbeespoortdam
Plek

Place

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.
CONSENT AND DISCLAIMER FORM

This disclaimer remains valid until the signatory revokes it in writing.

22. Addendum N

Date:

Surname: Title:

Initials (Self) (Spouse) Name by which known:

Date of Birth: Age: ID:

Residential Address:
.....
.....

Postal Address:
..... Code:

Tel. Home: Work:

Occupation (Self) Occupation (Spouse)

Email: Cell:

Employer:

Marital status: Doctor:

Medical Aid:

Referred by:

History:

1. Since when have you had weight problems?

.....
.....

2. What do you think is the main reason?

.....

3. What do you prefer eating the most?

.....

4. What physical activities do you participate in?

.....

5. Have you received medical treatment for your weight problem and by whom?

.....
.....

6. Which other methods have you tried to lose weight?

.....
.....

7. Which appetite suppressants have you used?

.....
.....

8. Which has worked the best for you?

.....
.....

9. Which direct family members are also overweight?

.....
.....

10. (Ladies) How many pregnancies?How many children?

11. Previous illnesses and operations (not children's diseases)?

.....

12. Any form of cancer or cancer-related illnesses or in you're your family?

.....
.....

13. Current chronicle illnesses (hypertension EST.)?

.....
.....

14. What medication are you currently using?

.....
.....

15. Medicines or food types to which you are allergic?

.....
.....

16. Habits: i. Do you smoke, and how many?

ii. Alcohol?

iii. Depression?

Do you suffer from?

17. Headaches? Yes..... No:.....

18. Rheumatism? Yes..... No:.....

19. Any menstrual problems? Yes..... No:.....

20. Constipation? Yes..... No:.....

21. Are you short of breath and tired? Yes..... No:.....

22. Swollen ankles? Yes..... No:.....

23. Do you want to nibble all day? Yes..... No:.....

23. Addendum O

File	M/F	Since when	Exercise	Methods	PR	CH	Illnesses	Medication
1000	Female	Last 10 years	Walking	None	2	2	Bell's Palsy	Estroferm 1 mg
1001	Female	From birth, Grade 2 both brothers past away, car accident with grandparents	Dancing	Weight-Less	0	0	None	None
			Gym	Intermittent fasting	0	0	None	
1002	Female	Teenager	Walking	Banting	4	3	Anxiety Attacks	Zinc and Vitamin C
			Indoor activities	Intermittent fasting				
1003	Male	Last 10 years	Walking		0	0	None	None
1004	Female	Since birth	Walking		3	3	None	Celebex, Mersicol
1005	Female	Since birth	Walking, Gym	Medication USM	0	0	None	Vitamines
1006	Male	Last 2 years	Golf	Slender Wonder	0	0	None	None
1007	Female	Recently, brother past away, Covid	None	None	3	3	None	Aspirin
1008	Female	Always, struggle to get pregnant	None	Banting	2	2	HB, Diabetes 2,	Asparov/Sandor medfor
							Cholesterol, Depression	Ectroxim, Ilexmal, Irbewim
1009	Female	Marena	Walking	Banting	0	0	None	Urbanol, Vitamins
1010	Female	Since birth	None	None	1	1	None	None
1011	Male	Working away from home	Walking, Gym	None	0	0	None	None
1012	Female	After second child birth 2004	Running	Herbalife	3	3	None	None
1013	Female	Last 5 years, Bell's Palsy	None	Relisim	0	0	None	None
1014	Female	Cortizone, after birth depression, lost work, 2 marriages	Gym	Weight Less	2	2	None	CBD Oil
1015	Female	Cortizone, after birth of first child	Walking	Everything	5	4	High Blood Pressure	Adcoretic
1016	Female	After first child birth, husband passed away	None	Different Ways	2	2	None	None
		when daughter was only 1 year old, car accident						
1017	Female	After car accident 2011, abusive marriages	None	Solo/Biogen meds	2	2	Thyroid	Eltroxin, Brufen, Vitamins
1018	Female	After child birth, Hysterectomy, syst	None	Different Ways	2	2	Arthritis, Cholesterol	Cilift, Adco Zolpidem, Omeprazole
1019	Male	Stop playing rugby, difficult marriage	Gym	Duromine	0	0	High Blood Pressure	High blood pressure meds
1020	Male	Since birth	None	Slender Wonder	0	0	Stress	Cilift
			Intermittent fasting					
1021	Female	Two miscarriages, first on nine weeks, second one on 12 weeks, 2017	Spinning	28 Days Diet	2	0	None	None
				Body Guru				
1022	Female	Emotional Issues, last 5 years, Miscarriage	Gym, Boxing	Slender Wonder	3	2	None	None
		Hysterectomy						
1023	Female	Invitro 17 years back, one of children in and out of hospital, tried suicide because of depression	Walking	Different Ways	4	3	Fibromyalgia, Epilepsy, Depression	Epiltec, Venlar, Depression Meds

1024	Female	Since very young age, Rejection from mother	Walking, Gym	Relislim, Duromine	0	0	None	None
1025	Female	Not a good marriage, 10 to 15 Years	Walking	Weigh-Less, Sure Slim	2	2	None	None
1026	Male	Last 3 years, wrong friends	Running	None	0	0	None	None
1027	Female	Since birth	Walking	Intermittent fasting	3	3	None	None
1028	Female	Since birth, Mentally abused by mother	None	Relislim, Sure Slim	0	0	None	None
1029	Female	Molested by stepfather from 4 years, sent to children's home	Walking	Cohens, 28 Days Diet plan	5	2	Diabetes 2	Adcoretic, Diaglucide
1030	Female	Try to get pregnant 2012	None	Herbalife	1	1	None	Penicilin
1031	Female	Teenager, parents got divorced, boss passed away	Dancing	Fad diets, Thins	0	0	None	None
1032	Male	Covid	None	None	0	0	None	None
1033	Female	In time	None	None	2	2	None	None
1034	Female	Cortizone	None	None	0	0	Cortizone	None
1035	Female	Grandfather raped her from 9 years old, mother and father just ignored it	None	None	1	1	High	Euthyrox,
1036	Female	Last 10 years	None	Keto, Banting, 28 Days Diet	0	0	Blood Pressure	High blood pressure meds
1037	Female	From first child birth, parents got divorced	Gym with weights	Slender Wonder,			Cholesterol, Blood clots	Vuzor, Xerello, Clucophage
1038	Female	Struggle to get pregnant from 1998	Walking, Cycling	TLC Lifestyle	3	3	None	None
1039	Female	After my second child's birth, prem baby	None	Herbalife, Keto	2	2	None	Penicilin
1040	Female	Injected with steroids	None	Slender Wonder	3	2	None	None
1041	Female	Last 8 years	None	Refinement Clinic	3	2	None	None
1042	Female	Knee operation 2015, cortizone	None	Duromine	4	3	None	None
1043	Female	From age 35, struggle with hormones	None	Duromine	1	1	Bloodclotting, Cholesterol	Renizide, Rivaxord, Simvastatinang
1044	Female	After children's births	None	Relislim	2	2	None	Puricos, Tripelene
1045	Female	From birth, five people passed away, parents got divorced	Gym	None	0	0	None	None
1046	Female	After High school, mother passed away 2018	None	Herbalife	1	1	None	Herbal Meds
1047	Female	Separated from husband 8 years ago, raised kids alone	Running	Bioslim	2	2	None	None
1048	Female	Auto immune disease, struggle with daughter's	Running, Walking	None	4	3	High Blood Pressure	Previum Plus

		weight	Cycling				Thyroid		
1048	Female	Since birth	Golf	None	None	0	0	None	None
1049	Female	From first child birth	None	None	None	5	3	High Blood Pressure	Lexamil, BID Meds
								Stress	Bilacor
1050	Female	From birth, husband passed away	Walking	Relislim	Relislim	0	0	High Blood Pressure	High blood pressure meds
								Diabetes	Diabetes Meds
1051	Female	From birth, father is alcoholic, mother two times divorced, husband lost his job	None	Duromine, Slimz	Duromine, Slimz				
			None	Secret Truxy, Thinz	Secret Truxy, Thinz	2	2	None	Vitamines
1052	Female	After giving birth	Aerobics	Mama flat tummy	Mama flat tummy	2	1	None	None
1053	Female	Since 2011	Running, Athletics	None	None	0	0	None	None
1054	Female	Husband cheated 2014, Miscarriage 2017	Walking	None	None	3	2	None	None
1055	Male	Stopped exercise	Cycling, golf	Banting	Banting	0	0	None	Vitamines
1056	Female	Got divorced, get migraines	Walking	Duromine	Duromine	1	1	None	None
1057	Male	Started taxi business in 2010	None	Herbalife	Herbalife			High Blood Pressure	High blood pressure meds
1058	Male	Bariatric surgery 2011, divorced	None	Bariatric surgery	Bariatric surgery	0	0	Hypertension	Caderra- Co-Diovam
1059	Female	Last 30 years	Walking	Different Ways	Different Ways	0	0	High Blood Pressure	Estradot, Cholesterol Meds
								Cholesterol, Pre diabetes	High blood meds
1060	Female	After first child birth	None	Intermittent fasting	Intermittent fasting	3	3	None	None
1061	Female	Cortizone, after second child's birth	None	Different Ways	Different Ways	2	2	None	None
1062	Female	After high school	Walking, Cycling	Dr. Jan Botha	Dr. Jan Botha	3	2	None	None
1063	Male	Since birth	None	Weigh-Less, Banting	Weigh-Less, Banting	0	0	None	None
1064	Female	Since birth	Running	None	None	0	0	None	None
1065	Female	Since birth, mother and husband passed away	Walking	None	None	1	1	Asma, Throid	Eltroxin, Asma meds
1066	Female	After first child's birth	None	Massanon, Relislim	Massanon, Relislim	2	2	None	None
1067	Female	Since birth	None	None	None	2	2	None	None
1068	Female	After High School	Boot camp	Relislim, Duromine	Relislim, Duromine	0	0	Thyroid	Eltroxin
1069	Female	Since 2008	Gym	Dr. Hudson, Dr. Venter	Dr. Hudson, Dr. Venter	0	0	None	Eltroxin, Victoza
1070	Female	Diagnosed with breast cancer in 2012	None	None	None	4	4	None	Kessari, Cancer Block
1071	Female	Since giving birth	Walking, Running	Relislim	Relislim	2	2	None	None
1072	Female	Since 2014	Running	None	None	2	2	None	None
1073	Female	Since 2021	Gym	Intermittent fasting	Intermittent fasting	0	0	None	None
1074	Female	Since birth, parents divorced since 4 years old	None	Fat burners	Fat burners	1	1	None	None
1075	Female	Since birth, husband passed away 10 months	None	Ascot diet	Ascot diet	3	3	Asma	Disovent, Pulmacort
		after son was born, lung problems							

1076	Female	Son committed suicide when 12 years old	None	None	None	3	2	None	Botron, Vernavein, Ecotrin
1077	Male	Since working away from home, Stress	Running, Golf	Different Ways	0	0	0	High Blood Pressure	High blood pressure meds
1078	Male	Bipolar 1, Father passed away while being overseas, Financial stress, 10 days in Steve Biko virus unrecognised	Walking, Gym	None	0	0	0	Hypertension, Bipolar 1	Epilim, Fluavol, Enalapril, Amiodipine, Simvastatin, Metformin
1079	Female	Denmar 2016 Depression	Walking	Intermittent fasting	0	0	0	High Blood Pressure	Hypotone, Eltroxin, Epilec
1080	Female	Jean Marie	Gym	None	0	0	0	Bipolar 2	Zoxadon, Zopiclone, Yelate
1081	Male	Since 2006	Gym	None	0	0	0	High Blood Pressure	None
1082	Female	Age 19 brother was murdered, Age 27 Epilepsy	None	Different Ways	3	2	2	Epilepsy	Crestor, Bizoheval
1083	Female	Age 29 Meningitis, 2007 Car accident	Body 20	Different Ways	0	0	0	High Blood Pressure	Glucophage, Coralán
1084	Female	Since 2019	None	Sure Slim	2	1	1	None	None
1085	Female	Since 2019 son is drug addict	None	None	2	2	2	None	None
1086	Female	Since 2019 Lockdown	None	Banting	2	2	2	None	None
1087	Female	Since age 50	None	Weigh-Less	4	4	4	High Blood Pressure	Zortan
1088	Female	Husband bipolar wanted to shoot her, unhappy marriages, divorced	Walking	Weigh-Less	2	2	2	Thyroid, Hormone	Euthyrox, Estradot, Leximal
1089	Female	After first child's birth	Running	The Firm, Herbalife	1	1	1	Endometriosis	None
1090	Female	Since 2015	None	None	2	2	2	None	None
1091	Female	Since first pregnancy	None	Herbalife	3	3	3	None	None
1092	Male	Since birth	None	Dr. van Rensburg	0	0	0	High Blood Pressure	High Blood Pressure meds
1093	Female	Since fourth child's birth, very abusive marriage	Running	None	6	4	4	None	Serdep
1094	Female	Last 3 years, hurt back, ankle operation	None	None	1	1	1	Cholesterol	Vuser
1095	Female	Depression since 2004, brother's daughter passed away	Sport	Suna Moller	5	3	3	Depression	Depression Meds
1096	Female	Husband cheated 2010, Abortion 2012, Miscarriage 2013, Depression	None	None	4	2	2	Depression, Anxiety	Epilec, Lexamil
1097	Female	Went to varsity, 2021 Husband cancer	Trampoline Bouncing	Duromine	2	2	2	Bloodclotting	Ixarola
1098	Female	Since 1996, 3 pregnancies, heart problems	Cardio	Herbex	3	2	2	None	Vitamines
1099	Female	husband passed away in 2017							
		Rejection since in uterus							
1099	Female	Molested from age 7	Gym	None	3	3	3	Depression	Lexamil, Urbanol
1100	Female	One of children passed away	Gym	Intermittent fasting	2	2	2	None	None



24. Addendum P

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek,

THEUNS RUBEN CARELSE

(volle naam en van)

6705105130050

(Identiteit nommer)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA	/	Nee
Foto's in kler	X	/	Nee
Foto's in onderklere	X	/	Nee

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyt te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

[Handtekening]

Handtekening

2022-09-14

Datum

HAERBESPOORT

Plaas

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.

CONSENT AND DISCLAIMER FORM

I,

(full name and surname)

(Identity number)

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose approve the following:

Anonymous	Yes	/	No
Photo's in clothes	Yes	/	No
Photo's in underwear	Yes	/	No

I fully understand and accept that all photographs and their use are undertaken at my own risk and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

Signature

Date

Place

This disclaimer remains valid until the signatory revokes it in writing.

25. Addendum Q

FFF Slimming

Reg: No: 2010/014282/07

Model Indemnity Form

The undersigned, also known as the model, by virtue of his/her signature at the foot of, hereby irrevocably gives permission to be photographed.

Photography consists of the following:

- a. Three standing photo's fully clothed – front, back & side before treatment commence.
- b. Three standing photo's fully clothed – front, back & side after treatment has been completed.

The undersigned hereby abandons all claims on the above mentioned photographs and negatives.

The undersigned shall/may not claim any reimbursement for the use of approved photographs.

The undersigned also give FFF Slimming the right to use the approved photographs for any marketing purposes they deem necessary, approved purports printing, advertising, electronic marketing (internet/world wide web) or any other media national and international.

Name: Michael Mdele
(Print)

Date: 06.02.2015

Place: Hartbeespoort

Signature: [Signature]

Witness: [Signature]

26. Addendum R

FFF Slimming

Reg: No: 2010/014282/07

Model Vrywaringsvorm

Die ondergetekende, ook bekend as die model, gee op grond van sy / haar handtekening hieronder, onheroeplik toestemming om gefotografeer te word.

Fotografie behels die volgende:

Drie Stilstaande foto's tenvolle geklee, (vooraansig, kant en agteraansig) voor behandeling asook na behandeling gestaak word.

Die ondergetekende gee hiermee enige en alle aanspraak prys op bogenoemde foto's en negatiewe.

Die ondertekende sal / mag ook nie vergoeding eis of ontvang vir die goedgekeurde gebruik van bogenoemde foto's nie.

Die goedgekeurde gebruik behels drukwerk, reklamemateriaal, elektroniese bemerking (die internet/ World Wide Web) of enige media wat FFF Verslanking as aanvaarbaar / van toepassing ag vir die gebruik in alle / enige binnelandse of buitelandse markte.

Die ondertekende gee enige en alle aanspraak prys / (staan alle aanspraak af) op enige wins / geldlike gewin wat bekom word deur die herverkoop / verspreiding van die betrokke foto's / video / film aan enige bronne wat FFF Slimming of hulle agente / verskaffers aanvaarbaar vind vir die gebruik in enige / alle binnelandse en buitelandse market.

Naam: Pierre Jordaan Datum: 26/3/2012
(DRUKSKRIEF ASB)

Handtekening: [Handtekening]

Getuie: [Handtekening]

Plek: Haarbespoort

27. Addendum S

24 Uur kontaktnommer
Hour contact number 011 913 2960

PATHOLOGISTS · PATOLOË

PROFESIONEL

Drs Du Buisson, Kramer, Swart, Bouwer Inc./Ing.

Registration number 2007/01899/01



PASIENT:

Jordaan, Pieter Jacob
Posbus 617
Sundra
2200

Manlik/19750116/36

ID : 7507165026086

H: Not available

C: 0834525444

FOLIO: Not available

M/A : Discovery Health

LID : Redelinghuys, Ayantra

NR : 315251400

DOKTER:

J Olivier
Medeaweg No 9
Pollak Park
1559

VERWYSENDE DR:

J Olivier
AFSKRIF DR(s):

ROETE: 19500:005

FINALE VERSLAG

VERW NR : 09233304

MONSTER : 0128:AS08038R

PS LOK : 19610

GROEP # : 1866370

GEKOLLEKTEER: 28/01/11 1255

ONTVANG : 28/01/11 1538

GEDRUK : 29/01/11 0612

AANGEVRA: VBT, UE, Lipogram, Glukose lukraak, Tiroiedfunksie, PSA

PASIENT INLIGTING:

Pasient vastend? Nee

Terapie: Nee

Toets	ABN	Resultaat	Reikwydtes	Eenhede
VOLBLOEDTELLING				
=> Hemoglobien		15.8	14.3-18.3	g/dl
=> Rooiseltelling		5.08	4.89-6.11	10 ¹² /l
=> Hematokrit		46.4	43.0-55.0	%
=> GKV		91.3	79.1-98.9	fl
=> GKH		31.1	27.0-32.0	pg
=> GKHK		34.1	32.0-36.0	g/dl
=> RDW		13.9	12.0-14.5	%
=> Witseltelling		7.72	3.92-9.88	10 ⁹ /l
=> Neutrofiele		51.6		%
=> Neutrofiele abs		3.98	2.00-7.50	10 ⁹ /l
=> Limfosiete		39.5		%
=> Limfosiete abs		3.05	1.00-4.00	10 ⁹ /l
=> Monosiete		5.2		%
=> Monosiete abs		0.40	0.18-0.80	10 ⁹ /l
=> Eosinofiele		2.8		%
=> Eosinofiele abs		0.22	0.00-0.45	10 ⁹ /l
=> Basofiele		0.6		%
=> Basofiele abs		0.05	0.00-0.20	10 ⁹ /l
=> Onvolwasse granulose		0.30	0.00-0.55	%
=> Onvolwasse granulose abs		0.02	0.00-0.10	10 ⁹ /l
=> Plaatjietelling		303	150-450	10 ⁹ /l
UREUM & ELEKTROLIETE				
=> Natrium		141	136-145	mmol/l
=> Kalium		4.5	3.5-5.1	mmol/l
=> Chloried		101	98-107	mmol/l

Manuk approuwe af



**NUWE RESULTAAT SEDERT VORIGE VERSLAG / NEW RESULTS SINCE PREVIOUS REPORT
*BETREKKNINGSVOLLE VERANDERING SEDERT VORIGE VERSLAG / SIGNIFICANT CHANGE SINCE PREVIOUS REPORT *L / *H HOOGS ABNORMALE RESULTAAT / HIGHLY ABNORMAL RESULTS



PASIENT:

Jordaan, Pieter Jaco
FOLIO: Not available
GROEP #: 1866370

DOKTER:

J Olivier

VERVOLG BLADSY: 2

FINALE VERSLAG

GEKOLLEKTEER: 28/01/11 1255
GEDRUK : 29/01/11 0612

VERW NR: 09233304

Toets	ABN	Resultaat	Reikwydtes	Eenhede
UREUM & ELEKTROLIETE				
=> CO2	L	21	22-29	mmol/l
=> Anioongaping	H	24	8-20	mmol/l
=> Ureum		5.9	1.7-8.3	mmol/l
=> Kreatinien		77	64-104	umol/l
=> eGFS (MDRD)		> 90	> 60	

Berekende glomerulere filtrasie speed (ml/min/1.73m²) (MDRD)

LIPIEDE

=> Cholesterol totaal	*H	7.7	2.8-4.9	mmol/l
=> Triglisieriede	H	1.8	0.5-1.6	mmol/l
=> HDL-cholesterol		1.4	1.0-1.6	mmol/l
=> LDL-cholesterol	H	5.5	1.6-2.9	mmol/l
=> Kommentaar (Lipiede)				

LW: Die reikwydte en doelwitte is van toepassing op n VASTENDE ondersoek.

Terapeutiese doelwitte:	Kategorie I risiko	Kategorie II risiko
Totale-chol	<4.5 mmol/l	<5.0 mmol/l
LDL-chol	<2.5 mmol/l	<3.0 mmol/l

Kategorie I risiko: KVS, DM tipe 2, DM tipe 1 met mikroalbuminurie,
T-Chol >8 of LDL >6, HT (BD >=180/110), Framingham risiko >20%

Kategorie II risiko: Afwesigheid van bg toestande, Framingham risiko <20%

Verwysing: European Heart Journal 2003; 24: 1601-1610.

SA Heart 2006 Supplement; 6(6): 13-20.

GLUKOSE METABOLISME

=> Glukose lukraak	5.9	4.1-7.7	mmol/l
--------------------	-----	---------	--------

TIROIEDFUNKSIES

=> TSH	2.61	0.27-4.20	mIU/l
=> Vry T4	17	12-22	pmol/l
=> Kommentaar			

Tiroidfunksie biochemies normaal

TUMORMERKERS

=> PSA (Roche)	0.77	0.0-4.0	ng/ml
----------------	------	---------	-------

GENEESHEER NAVRAE:



Chem : Dr Arnold de Swardt (Path in Charge/Pat in Beheer) 011 913 2960

Haem : Dr K Wolfaardt 011 929 9800/0823702275

Ser : Dr Mike Glatthaar 011 797 3600



28. Addendum T

 LANCET LABORATORIES <small>WEB SITE: http://www.lancet.co.za/ PRACTICE NO: 5201055</small>	PARKLAND LAB Springs Parkland Clinic Pollack Park Springs TEL: (011) 362-3678/9	 <small>Member of the National Pathology Group JAF 1000-00 National & Forensic Group</small>
--	---	---

PATHOLOGY REPORT / PATOLOGIE VERSLAG 5201055

For Doctor DR GERT D ROBBERTSE (ENG) HOEK VAN BEETHOVEN & R511 HARTIES MEDIESE SENTRUM XXXX HARTBESPOORT	Other Doctors
---	----------------------

Patient : PIERRE JORDAAN Doctors Ref: 336 FARM MODDERFONTE Age/Sex/DOB: 36 / M / 19750716 Id Num : 7507165026086	Guarantor : MRS AYANTRA REDELINGHUY MedAid : DISCOV 315251400 Tel : 0113626613 (W) (0) 0-0 Ext.0
---	--

Lab Ref : 482022549 MRI No. : VH00520710 Spec # : 0608:BR02184L	Collection Date : 08/06/12 UNK Received Date : 08/06/12 1024 FINAL Report Date : 08/06/12 1356
--	---

Requested : ., S-GGT, AST / SGOT, S-UA, LIPOGRAM, HBA1C (EDTA SAMPLE), TESTO BIOCHEMISTRY

Test	Result	Reference
LIVER FUNCTION TESTS		
> S-g-GLUTAMYL TRANSFERASE	53 IU/L	0 - 64
> S-AST (GOT)	24 IU/L	15 - 40
> S-CHOLESTEROL	3.9 mmol/L	< 5.0
> S-LDL CHOLESTEROL	2.8 mmol/L	< 3.0
> S-HDL CHOLESTEROL	0.7 mmol/L	L > 1.0
> S-NON HDL CHOLESTEROL	3.2 mmol/L	< 3.8
> S-CHOL./HDL RATIO	5.6	H < 4.1
> S-TRIGLYCERIDE	0.88 mmol/L	< 1.70
> COMMENT		
TREATMENT TARGETS FOR EACH RISK GROUP AS DEFINED BY FRAMINGHAM RISK SCORING SYSTEM (FRS)		
..... : : TOTAL : LDL-C : Non HDL-C : ApoB : : RISK (FRS) : CHOLESTEROL : mmol/L : mmol/L : g/L : : (mmol/L) : ** Very : : : : : : High : < 4.0 : < 1.8 : < 2.6 : < 0.8 : : : High : < 4.5 : < 2.5 : < 3.3 : < 1.0 : : : Moderate/ : < 5.0 : < 3.0 : < 3.8 : : : ..Low..... : ** Very high risk subjects are:		

**** Continued on Next Page ****

PATHOLOGY REPORT / PATOLOGIE VERSLAG

FINAL

Pr Num : 5201055

Patient :	Doctors Ref	Lab Ref :	Page : 2
PIERRE JORDAAN	336 FARM MODDERFONTE	482022549 / 08/06/12 UNK	

BIOCHEMISTRY

Test	Result	Reference
1) Established atherosclerotic disease,		
2) Type 2 DM		
3) Type 1 DM with micro-albuminuria and proteinuria		
4) Genetic Dyslipidaemia		
5) Chronic Kidney Disease		
Reference: South African Dyslipidaemia Guidelines 2012.		

> S-URIC ACID	0.46 mmol/L	H 0.26 - 0.45
---------------	-------------	---------------

For consultation by referring doctors only, please call:

Dr David Rambau (011) 358-0649	Dr Kogie Reddi (011) 358-0977
Dr Stan Zail (011) 358-0750	Dr David Rambau (011) 358-0649

AutoSystem:liv-PMAIL:email.PDF:7498213 ** End of Report **

29. Addendum U

FFF Slimming

Reg: No: 2010/014282/07

110 Scott straat
Hartbeespoort 0216
Tel: 076 876 2264
Kantoor: 076 967 3829

Model Vrywaringsvorm

Die ondergetekende, ook bekend as die model, gee op grond van sy/haar handtekening hieronder, onheroeplik toestemming om gefotografeer te word.

Fotografie behels die volgende:

Drie Stilstaande foto's tenvolte geklee, (vooraansig, kant en agteraansig) voor behandeling asook na behandeling gestaak word of voltooi is.
Die ondergetekende gee hiermee enige en alle aanspraak prys op bogenoemde foto's en negatiewe.

Die ondertekende sal/mag ook nie vergoeding eis of ontvang vir die goedgekeurde gebruik van bogenoemde foto's nie.

Die goedgekeurde gebruik behels drukwerk, reklamemateriaal, elektroniese bemerking (die internet/World Wide Web) of enige media wat FFF Verslanking as aanvaarbaar/van toepassing ag vir die gebruik in alle/enige binnelandse of buitelandse markte.

Die ondertekende gee enige en alle aanspraak prys/ (staan alle aanspraak af) op enige wins/geldlike gewin wat bekom word deur die herverkoop/verspreiding van die betrokke foto's/video/film aan enige bronne wat FFF Slimming of hulle agente/verskaffers aanvaarbaar vind vir die gebruik in enige/alle binnelandse en buitelandse markte.

Asook keek infa masic. sw. p.

Naam: Nels van der Wat Datum: 25/04/2022
(DRUKSKRIF)

Plek: Hartbeespoort

Handtekening: *[Handtekening]* Getuie: *[Handtekening]*

30. Addendum V

FREQUENTLY ASKED QUESTIONS AND ANSWERS

1. Why the name Fat-Free Forever?

Firstly, it is possible to be fat-free forever. It will be a life-changing, challenging process of self-discovery. Furthermore, the abbreviation FFF stands for *Favour From Father*.

2. Can one be Fat-Free Forever?

The answer is yes. One must remember to complete the program and follow three basic rules that would be possible. That does not include going back to old habits.

Furthermore, the use of cortisone is prohibited unless one's life depends on them. In most cases, going through a significant traumatic event will result in weight gain, which must be monitored. If necessary, lose the excess weight as soon as possible to return to the three basic rules.

3. How does FFF Slimming differ from all the other programs?

The program was formulated by someone who understands the battle with obesity and the mental, physical, and emotional battle with having to deal with obesity on a conscious and subconscious level.

Not only was the medical side considered during the formulation of the program (which is critical) but also the emotional part and method to persevere to the end were carefully researched and implemented.

The goal was to lose weight and understand the fat-burning process and workings of a person created with a body, soul, and spirit. Through knowledge and understanding, any obstacle can be overcome.

4. Is the program challenging?

To lose weight is difficult; anybody that says differently is lying. Anything worthwhile in life will be challenging. Conquering obesity is no exception. However, if one follows the program diligently, one will reap the reward by having excellent results and ample motivation to keep going.

5. What are the benefits of drinking water?

- It is 75% of the brain
- It regulates the body temperature
- It keeps the skin looking young
- It protects the heart
- It helps to burn fat
- It prevents constipation
- It decreases fatigue
- It carries oxygen to cells
- It flushes toxins out
- It helps to control calorie intake

6. Can one drink too much water?

There is no such thing as drinking too much water, golden rule, listen to the body. If one feels thirsty, drink water! Tea, coffee, and soft drinks are not water.

7. Will one be able to eat “normally” again?

Once completing the program, one must follow three basic guidelines to lead a normal lifestyle. Discerning only between a treat and overindulging.

8. What if one travels a lot?

Life is all about choices. Think long-term. Through careful planning, travelling would not be an issue.

9. Does one have to buy “special” foods?

Food on the menu is the essential ingredient found in most households. Furthermore, cheap, and accessible.

10. Does one have to cook the food separately?

The food is a specialised formulation with no fats, oils, or condiments. Food preparation only takes three minutes. Usually, the family start to follow the example of a healthy eating plan out of curiosity. The food cooked correctly is ample and tastes good. It is good to install healthy family eating habits systematically.

11. What if someone “cheats”?

They will break the chemical formulation. Stop the medication immediately. More harm than good is done by trying to rectify by oneself. Phone immediately for assistance to rectify.

The best thing is to ask one question before cheating or forgoing planning: Am I willing to pay R 2,000.00 in cash for whatever is tempting me? The answer is no! Use that money as a reward for saying no to start buying and planning a new wardrobe. Saying no the next time will be much easier.

12. Someone was on the program and gained all the weight back?

One or more of the following happened:

- They did not complete the program
- They did not get rid of the big clothes
- They did not stick to the basic rules
- They went back to their old habits
- They did not follow the Do's and Don'ts
- They went through a significant traumatic event

- They used cortisone

13. Does exercise assist in weight loss?

EXERCISE IS NOT PERMISSIBLE IN THE FFF PROGRAM!

Sit back and enjoy the ride. The muscle is going to increase just by following the program correctly! The body cannot build muscle and burn fat simultaneously on a restricted calorie diet.

After completion, those who want to exercise are welcome, not to burn fat but to tone muscle. Exercise is good because it increases the brain's serotonin (happy/feel-good hormone).

14. What is leptin?

Leptin is a protein hormone formed in the fat cells that prevents the body from storing FAT. Leptin controls hunger and cravings for food and regulates food intake and expenditure. If the leptin level is low, the body tends to store food as fat, and one does not feel satiated.

15. How do leptin problems cause obesity?

The brain must properly sense the correct level of leptin in order to determine how much fat should be in storage. The brain determines how fast metabolism can go based on the proper perception of leptin. Obesity occurs when the brain fails to sense the leptin hormone correctly, causing fat to accumulate and metabolism to run slow.

16. What causes leptin problems? Hormonal changes (in women)? Pregnancy?

- Hysterectomy
- Menopause

- Hormonal medication (birth control pills, HRT, cortisone)
- Antidepressants
- Stress and anxiety
- Certain antibiotics
- Extended operations (the anaesthetics)
- Emotional trauma
- Physical shock (car accident)
- Certain viral infections
- Unhealthy eating habits
- Genetic factors

17. How does one rectify the leptin level?

Through a specialised formulation of HCG and B12 combined and a chemically formulated eating plan. Doing this facilitates healthy weight loss and maintains an optimum weight.

18. How is leptin involved with yo-yo dieting?

Yo-Yo dieting is responsible for altering Leptin levels in the body. Leptin is supposed to replenish the body's fat store after a period of deprivation. In evolutionary times, this was a survival necessity. In modern days, this is the genetic response to irregular and unhealthy eating habits. The only way to avoid having this problem is to eat healthy at regular intervals and stop yo-yo dieting.

19. What advantages do the correct leptin levels have?

- Slim healthy person
- Improved sense of well-being
- Fewer mood and energy swings
- Decreased food cravings
- Increased clarity of mind
- Losing fat, firming up lean muscle
- Faster metabolic rate

- Better oxygen delivery to all cells
- Lower cholesterol levels
- Lower sugar levels
- Helps prevent thrombosis
- Eases premenstrual tension
- It helps to alleviate migraine headaches
- It helps to relieve arthritic pain
- Regulates hormonal imbalances
- Aids those suffering from high blood pressure, eczema, arthritis, and strokes

20. Do overweight people have too much or too little leptin?

They have too much leptin in their blood and not enough leptin entering their brain. This problem is called leptin resistance. Fat cells are overproducing leptin, but the brain does not know it.

21. Does leptin cause other problems?

Malfunctioning leptin causes significant health problems. These include:

- Insulin resistance
- High blood pressure
- High cholesterol
- Metabolic syndrome X
- Diabetes
- Heart disease
- Reproductive problems
- Sex hormone problems
- Thyroid problems
- Fibromyalgia
- Increased risk for cancer
- Increased risk for cognitive decline

Leptin plays a primary role in these problems and is frequently the leading cause.

22. How can leptin cause so many problems?

There are three main ways leptin causes problems:

- Leptin problems enforce starvation metabolism and slow metabolic rate, resulting in adverse consequences in using energy everywhere in the body, adversely affecting everything.
- Low leptin in the brain exposes brain cells to excess damage, resulting in damage to NMDA receptors, thus increasing the risk for Parkinson's disease. It also provokes an inflammatory chain of events in the brain leading to the accumulation of plaques that cause Alzheimer's disease.
- Extra pounds of fat give off excess inflammatory signals that cause all diseases of ageing.

23. What is HCG?

HCG is a pro-hormone which helps the body to assist other hormone production. Since hormone deficiency or imbalance is usually part of the reason for weight gain, whether the thyroid or menopause, the correct levels of the HCG hormone assist.

24. Can one use HCG drops?

Only HCG in injections and sublingual from raised blood levels of HCG. Therefore, that is the only acceptable way of taking HCG.

Any other way of taking HCG, such as drops, pills, or sprays, are likely to dissolve before ever reaching the blood, and thus they do not raise blood levels. It would be like taking nothing at all.

25. How does HCG work?

HCG formulations and a specialised low-calorie eating plan will assist the body in losing muscle during the fat-burning process. By elevating hormone levels in the body, including testosterone, the HCG hormone creates an anabolic state (muscle-building) which counteracts the catabolic state (muscle-breakdown). There are hormone receptors on muscle fibres that respond to the increased hormone levels in patients taking the HCG hormone.

26. Is it safe to buy HCG over the internet?

Purchasing medication over the internet is not advisable unless the MCC accredits the company and the compounding laboratory. A person should always consider the health consequences. Furthermore, is there reliable information about the product's credibility and the company?

31. Addendum W

FFF Slimming

Reg: No: 2010/014282/07

110 Scott straat
Hartbeespoort 0216
Tel: 076 876 2264
Kantoor: 076 967 3829

Model Vrywaringsvorm

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Die ondertekende gee enige en alle aanspraak prys/ (staan alle aanspraak af) op enige wins/geldlike gewin wat bekom word deur die herverkoop/verspreiding van die betrokke foto's/video/film aan enige bronne wat FFF Slimming of hulle agente/verskaffers aanvaarbaar vind vir die gebruik in enige/alle binnelandse en buitelandse market.

Naam: JOHANNI FOURIE Datum: 15/01/2020
(DRUKSKRIF)
Plek: Hartbeespoort

Handtekening:  Getuie: 

32. Addendum X

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek,

Carole Johanna Petrus (Janine) Oelofse
(volle naam en van)

940414 010 3081
(Identiteit nommer)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA	/	Nee
Foto's in kler	JA	/	Nee
Foto's in onderklere	JA	/	Nee

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyd te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

Handtekening

05/09/2022
Datum

Carletonville
Plek

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.

CONSENT AND DISCLAIMER FORM

I,

Carole Johanna Petrus (Janine) Oelofse
(full name and surname)

940414 010 3081
(Identity number)

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose to approve the following:

Anonymous	Yes	/	No
Photo's in clothes	Yes	/	No
Photo's in underwear	Yes	/	No

I fully understand and accept that all photographs and their use are undertaken at my own risk, and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

Signature

05/09/2022
Date

Carletonville
Place

This disclaimer remains valid until the signatory revokes it in writing.

33. Addendum Y

BODYSTAT BODY COMPOSITION REPORT

CLIENT ID No 0

02 October 2018

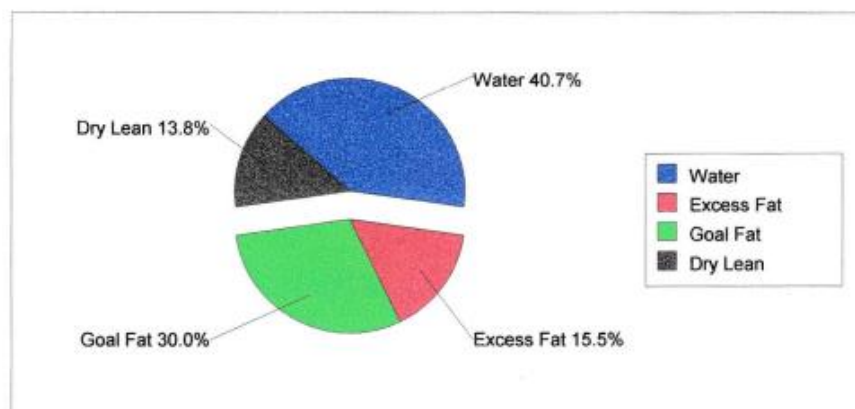
Sex	Female	Weight	78.2 kg
Age	59	Height	166 cm
Activity	Medium	Impedance 50kHz	690
		Regression Equation	1

	Measured	'Normal' Range	Measured %	'Normal' Range
Total Body Weight (Composition)	78.2 kg	55 kg to 61 kg		
Body Fat	35.6 kg	13 kg to 17 kg	45.5%	22% to 30%
Body Lean	42.6 kg	41 kg to 45 kg	54.5%	70% to 78%
Body Water	31.8 lts	39 lts to 47 lts	40.7%	50% to 60%
Dry Lean Weight	10.8 kg			

Basal Metabolism 1370 kcal/day (17.5 kcal/kg)
B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 2192 kcal/day
The estimated amount of energy your body requires for the activity level selected.

Weight : high
Fat % : high
Water % : low



BODYSTAT BODY COMPOSITION REPORT

CLIENT ID No 0

22 November 2018

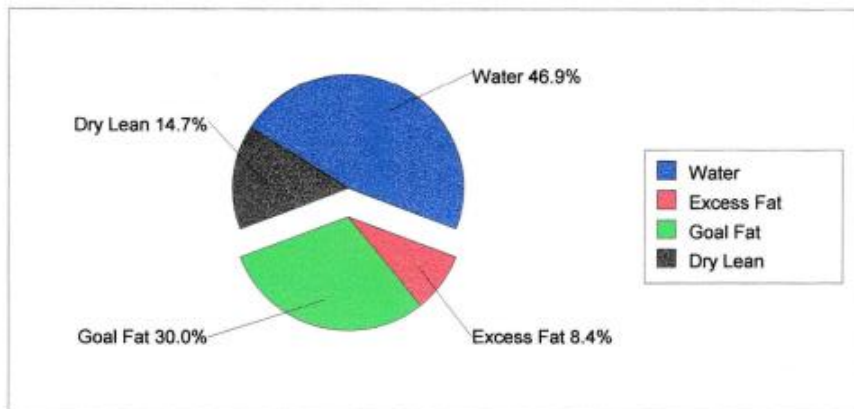
Sex	Female	Weight	69.1 kg
Age	59	Height	166 cm
Activity	Medium	Impedance 50kHz	627
		Regression Equation	1

	Measured	'Normal' Range	Measured %	'Normal' Range
Total Body Weight <i>(Composition)</i>	69.1 kg	55 kg to 61 kg		
Body Fat	26.5 kg	13 kg to 17 kg	38.4%	22% to 30%
Body Lean	42.6 kg	41 kg to 45 kg	61.6%	70% to 78%
Body Water	32.4 lts	35 lts to 41 lts	46.9%	50% to 60%
Dry Lean Weight	10.2 kg			

Basal Metabolism 1370 kcal/day (19.8 kcal/kg)
 B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 2192 kcal/day
 The estimated amount of energy your body requires for the activity level selected.

Weight : high
 Fat % : high
 Water % : low



BODYSTAT BODY COMPOSITION REPORT

CLIENT ID No 0

14 January 2019

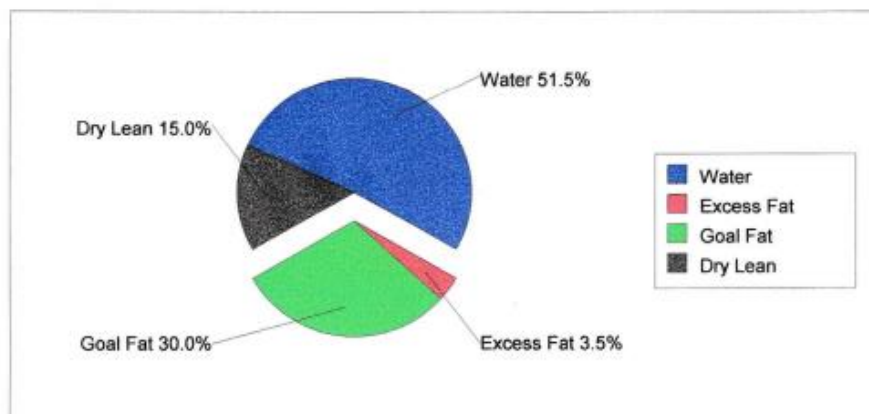
Sex	Female	Weight	63.9 kg
Age	59	Height	166 cm
Activity	Medium	Impedance 50kHz	590
		Regression Equation	1

	Measured	'Normal' Range	Measured %	'Normal' Range
Total Body Weight <i>(Composition)</i>	63.9 kg	54 kg to 61 kg		
Body Fat	21.4 kg	13 kg to 17 kg	33.5%	22% to 30%
Body Lean	42.5 kg	41 kg to 45 kg	66.5%	70% to 78%
Body Water	32.9 lts	32 lts to 38 lts	51.5%	50% to 60%
Dry Lean Weight	9.6 kg			

Basal Metabolism 1368 kcal/day (21.4 kcal/kg)
 B.M. rate is an estimate of your body's resting energy requirements.

Activity Metabolism 2189 kcal/day
 The estimated amount of energy your body requires for the activity level selected.

Weight : high
 Fat % : high
 Water % : normal



34. Addendum Z

Healthy Rate of Weight Loss

(File: SJ Gouws – Normal Tempo)

Name: Santie Gouws

Weight: 82.9

Height: 1.67

BMI: 29.5

Goal Weight: 57

Desired Weight Loss: 28.9

	Date:	Weight:	Total Kg Lost:	Total Cm Lost:	BMI:	Phase
D1:	06/06/2011	82.9	-	-	-	1
W1:	13/06/2011	78.8	4.1	-	-	1
W2:	20/06/2011	77.6	5.3	18.5	-	1
W3:	27/06/2011	76.2	6.7	-	-	1
W4:	04/07/2011	74.8	8.1	44	-	1
W5:	11/07/2011	73.4	9.5	-	-	2
W6:	18/07/2011	73.1	9.8	63	-	2
W7:	25/07/2011	71	11.9	-	-	2
W8:	01/08/2011	70	12.9	76.5	24.85	2
W9:	08/08/2011	71.4	11.5	-	-	1
W10:	15/08/2011	69.3	13.7	87.5	-	1
W11:	22/08/2011	68.1	14.8	-	-	1
W12:	29/08/2011	69.5	13.4	-	-	1
W13:	05/09/2011	69.2	13.7	-	-	2
W14:	12/09/2011	67.3	15.6	-	-	2
W15:	26/09/2011	65.8	17.1	105.5	-	2
W16:	03/10/2011	64.4	18.5	-	23.09	2
W17:	10/10/2011	63.4	19.5	-	22.73	1
	17/10/2011	62.2	20.7	-	22.30	1

35. Addendum AA

Unhealthy Rate of Weight Loss

(File: M van Niekerk – Abnormal Tempo)

Name: Marina van Niekerk

Weight: 93.3

Height: 1.73

BMI: 31.5

Goal Weight: 72

Desired Weight Loss: 21.3

	Date:	Weight:	Total Kg Lost:	Total Cm Lost:	BMI:	Phase
D1:	13/06/2011	93.3	-	-	-	1
W1:	20/06/2011	87.7	5.6	-	-	1
W2:	27/06/2011	87.1	6.2	30.5	-	1
W3:	04/07/2011	84.5	8.8	-	-	1
W4:	11/07/2011	82.7	10.6	43	-	1
W5:	18/07/2011	82.5	10.8	-	-	2
W6:	25/07/2011	81.1	12.2	64	-	2
W7:	01/08/2011	76.4	16.9	-	-	2
W8:	08/08/2011	76.6	16.7	80.5	25.59	2
W9:	22/08/2011	80.4	12.9	-	26.86	1
W10:	29/08/2011	73.9	19.4	93.5	24.69	1
W11:	05/09/2011	75.1	18.2	-	25.13	1
W12:	12/09/2011	75	19.3	102	25.06	1
W13:	19/09/2011	72.4	20.9	-	24.19	2
W14:	26/09/2011	70.9	22.4	141	23.69	2
W15:	03/10/2011	70.9	22.4	-	23.69	2
W16:	10/10/2011	70.5	22.9	-	23.59	2
	10/10/2011	68.2	25.1	-	22.82	1

36. Addendum AB

FFF Slimming

Reg: No: 2010/014282/07

Model Vrywaringsvorm

Die ondergetekende, ook bekend as die model, gee op grond van sy / haar handtekening hieronder, onheroeplik toestemming om gefotografeer te word.

Fotografie behels die volgende:

Drie Stilstaande foto's tenvolte geklee, (vooraansig, kant en agteraansig) voor behandeling asook na behandeling gestaak word.

Die ondergetekende gee hiermee enige en alle aanspraak prys op bogenoemde foto's en negatiewe.

Die ondertekende sal / mag ook nie vergoeding eis of ontvang vir die goedgekeurde gebruik van bogenoemde foto's nie.

Die goedgekeurde gebruik behels drukwerk, reklamemateriaal, elektroniese bemerking (die internet/ World Wide Web) of enige media wat FFF Verslanking as aanvaarbaar / van toepassing ag vir die gebruik in alle / enige binnelandse of buitelandse markte.

Die ondertekende gee enige en alle aanspraak prys / (staan alle aanspraak af) op enige wins / geldlike gewin wat bekom word deur die herverkoop / verspreiding van die betrokke foto's / video / film aan enige bronne wat FFF Slimming of hulle agente / verskaffers aanvaarbaar vind vir die gebruik in enige / alle binnelandse en buitelandse market.

Naam: Meagan Bates Datum: 23 Aug '12
(DRUKSKRIF ASB)

Handtekening: 

Getuie: 

Plek: Harties

37. Addendum AC

FFF Slimming

Reg: No: 2010/014282/07

Model Indemnity Form

The undersigned, also known as the model, by virtue of his/her signature at the foot of, hereby irrevocably gives permission to be photographed.

Photography consists of the following:

- a. Three standing photo's fully clothed – front, back & side before treatment commence.
- b. Three standing photo's fully clothed – front, back & side after treatment has been completed or stopped.

The undersigned hereby abandons all claims on the above mentioned photographs and negatives.

The undersigned shall/may not claim any reimbursement for the use of approved photographs.

The undersigned also give FFF Slimming the right to use the approved photographs for any marketing purposes they deem necessary, approved purports printing, advertising, electronic marketing (internet/world wide web) or any other media national and international.

allowed to use undies photo's in office.

Name: J.J. Mokapane
(PRINT)

Date: 05/02/2014

Place: Hartbeespoort

Signature: *[Signature]*

Witness: *[Signature]*

46 Jan Smuts Avenue Hartbeespoort 0216
PO Box 2015 Hartbeespoort 0216
Tel: 012-259 0064 Fax: 086 225 0971

38. Addendum AD

FFF Slimming

Reg: No: 2010/014282/07

Model Indemnity Form

The undersigned, also known as the model, by virtue of his/her signature at the foot of, hereby irrevocably gives permission to be photographed.

Photography consists of the following:

- a. Three standing photo's fully clothed – front, back & side before treatment commence.
- b. Three standing photo's fully clothed – front, back & side after treatment has been completed or stopped.

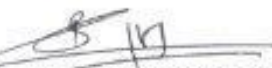
The undersigned hereby abandons all claims on the above mentioned photographs and negatives.

The undersigned shall/may not claim any reimbursement for the use of approved photographs.

The undersigned also give FFF Slimming the right to use the approved photographs for any marketing purposes they deem necessary, approved purports printing, advertising, electronic marketing (internet/world wide web) or any other media national and international.

Name: MOSES REBECCA  Date: 08/03/2014
(PRINT)

Place: HARTBESPOORT

Signature: 

Witness: 

46 Jan Smuts Avenue Hartbeespoort 0216
PO Box 2015 Hartbeespoort 0216
Tel: 012-259 0064 Fax: 086 225 0971

39. Addendum AE

FFF Slimming

Reg: No: 2010/014282/07

Model Indemnity Form

The undersigned, also known as the model, by virtue of his/her signature at the foot of, hereby irrevocably gives permission to be photographed.

Photography consists of the following:

- a. Three standing photo's fully clothed – front, back & side before treatment commence.
- b. Three standing photo's fully clothed – front, back & side after treatment has been completed or stopped.

The undersigned hereby abandons all claims on the above mentioned photographs and negatives.

The undersigned shall/may not claim any reimbursement for the use of approved photographs.

The undersigned also give FFF Slimming the right to use the approved photographs for any marketing purposes they deem necessary, approved purports printing, advertising, electronic marketing (internet/world wide web) or any other media national and international.

Mag onderklee Foto's viz Dames Klank. wys. 6-9-2014.

Name: Amanda Earle
(PRINT)

Date: 14/10/13

Place: Midrand

Signature: *[Signature]*

Witness: *[Signature]*

46 Jan Smuts Avenue Hartbeespoort 0216
PO Box 2015 Hartbeespoort 0216
Tel: 012-259 0064 Fax: 086 225 0971

40. Addendum AF

FFF Slimming

Reg: No: 2010/014282/07

Model Indemnity Form

The undersigned, also known as the model, by virtue of his/her signature at the foot of, hereby irrevocably gives permission to be photographed.

Photography consists of the following:

- a. Three standing photo's fully clothed – front, back & side before treatment commence.
- b. Three standing photo's fully clothed – front, back & side after treatment has been completed or stopped.

The undersigned hereby abandons all claims on the above mentioned photographs and negatives.

The undersigned shall/may not claim any reimbursement for the use of approved photographs.

The undersigned also give FFF Slimming the right to use the approved photographs for any marketing purposes they deem necessary, approved purports printing, advertising, electronic marketing (internet/world wide web) or any other media national and international.

Name: LIZELLE
(PRINT)

Date: 30/4/2014

Place: HARTBES

Signature: [Signature]

Witness: [Signature]

46 Jan Smuts Avenue Hartbeespoort 0216
PO Box 2015 Hartbeespoort 0216
Tel: 012-259 0064 Fax: 086 225 0971

41. Addendum AG

FFF Slimming

Reg: No: 2010/014282/07

Model Vrywaringsvorm

Die ondergetekende, ook bekend as die model, gee op grond van sy/haar handtekening hieronder, onheroeplik toestemming om gefotografeer te word.

Fotografie behels die volgende:

Drie Stilstaande foto's tenvolte geklee, (vooraansig, kant en agteraansig) voor behandeling asook na behandeling gestaak word of voltooi is.
Die ondergetekende gee hiermee enige en alle aanspraak prys op bogenoemde foto's en negatiewe.

Die ondertekende sal/mag ook nie vergoeding eis of ontvang vir die goedgekeurde gebruik van bogenoemde foto's nie.

Die goedgekeurde gebruik behels drukwerk, reklamemateriaal, elektroniese bemerking (die internet/World Wide Web) of enige media wat FFF Verslanking as aanvaarbaar/van toepassing ag vir die gebruik in alle/enige binnelandse of buitelandse markte.

Die ondertekende gee enige en alle aanspraak prys/ (staan alle aanspraak af) op enige wins/geldlike gewin wat bekom word deur die herverkoop/verspreiding van die betrokke foto's/video/film aan enige bronne wat FFF Slimming of hulle agente/verskaffers aanvaarbaar vind vir die gebruik in enige/alle binnelandse en buitelandse market.

Naam: Kobus Datum: 2013-03-16
(DRUKSKRIF)

Plek: Schoemanville Med-centre

Handtekening: [Handtekening] Getuie: [Handtekening]

110 Scott Str Hartbeespoort 0216
Posbus, 2015 Hartbeespoort 0216
Tel: 012-253 2368 Fax: 086 225 0971

42. Addendum AH

FFF Slimming

Reg: No: 2010/014282/07

Model Vrywaringsvorm

Die ondergetekende, ook bekend as die model, gee op grond van sy/haar handtekening hieronder, onheroeplik toestemming om gefotografeer te word.

Fotografie behels die volgende:

Drie Stilstaande foto's tenvolle geklee, (vooraansig, kant en agteraansig) voor behandeling asook na behandeling gestaak word of voltooi is.
Die ondergetekende gee hiermee enige en alle aanspraak prys op bogenoemde foto's en negatiewe.

Die ondertekende sal/mag ook nie vergoeding eis of ontvang vir die goedgekeurde gebruik van bogenoemde foto's nie.

Die goedgekeurde gebruik behels drukwerk, reklamemateriaal, elektroniese bemerking (die internet/World Wide Web) of enige media wat FFF Verslanking as aanvaarbaar/van toepassing ag vir die gebruik in alle/enige binnelandse of buitelandse markte.

Die ondertekende gee enige en alle aanspraak prys/ (staan alle aanspraak af) op enige wins/geldlike gewin wat bekom word deur die herverkoop/verspreiding van die betrokke foto's/video/film aan enige bronne wat FFF Slimming of hulle agente/verskaffers aanvaarbaar vind vir die gebruik in enige/alle binnelandse en buitelandse market.

Naam: D. Buitendijk
(DRUKSKRIF)

Datum: 10 Januarie 2015

Plek: Hartbeespoort

Handtekening: [Handtekening]

Getuie: [Handtekening]

110 Scott street
Posbus, 2015 Hartbeespoort 0216
Tel: 012-253 2368 Fax: 086 225 0971

43. Addendum AI

FFF Slimming Eating Plan

Phase 1 Eating plan and HCG Troche:

Starting the program: For the first two days, use sublingual medication (Troche) and eat proteins, starch, anything you desire, as much as you like – the more sugar and fat, the better!

Day 3: (Start the chemical eating plan!!)

Please note that the plan is based on a chemical eating plan, the medication that varies, and different capsules and weighing sessions every fourteen days!

Very important to remember that when you eat less, you break down the formula, and your body goes into starvation; **muscular tissue is destroyed, not fat**. When you eat more, you also break the procedure and will not achieve the desired results.

Meals may be moved around, e.g., lunch can become breakfast or 11:00! Rather eat later than not at all.

The biggest mistake is when you eat or drink something not on the list, especially the **consumption of liquor and/or starch**. **Stop the treatment and phone** your consultant to start damage control immediately. If you do not call, you will be disappointed in your results. Do not worry about calling after hours. Remember, we pride ourselves on client service and results!! You don't want to waste your time and money.

Take Troche in the morning before 09:00 and try to do so at the same time each day.

Drink one teaspoon of apple cider vinegar with 20 ml of hot water, preferably 30 minutes before you eat or drink anything.

Fluids:

At least 5 litres of water must be daily! (Remember, the more overweight you are, the lower the water levels in the body. Two glasses of water before and after every meal and snack. After 14 days, you will get thirsty, listen to your body, and drink more water. Coffee is permissible: tea, herbal tea, no more than 6 cups per day.

Rooibos tea is not permissible during the treatment!
No flavoured water and no milk are permitted!
No soda or diet drinks are allowed!

Additional:

Sugar-free chewing gum (1 pack/day)
Any artificial sweeteners, e.g. (Use the one you are used to)

Breakfast:

2 Provita's or 2 Cracker Breads (Marmite or Bovril is permitted, it assists with dizziness and blood sugar levels if you suffer from low blood pressure)

11:00: (One of the fruits listed below)

1 Granny Smith apple
1 Grapefruit
Strawberries 100 g

Lunch (14:00):

1 Capsule CLA (30 minutes before lunch)
1 Capsule Omega 3, 6 & 9 (Flax Seed Oil)
100 g Protein (from the list only)
1 type of vegetable (raw weight according to list, but you may cook your food!)

16:00: (one of the fruits listed below)

1 Granny Smith apple
1 Grapefruit
Strawberries 100 g

Supper (No later than 20:00):

2 Capsules CLA (30 minutes before)
2 Capsules Omega 3, 6 & 9 (Flax Seed Oil)
100 g Protein (from the list only)
1 type of vegetable (raw weight according to list, but you may cook your food!)

Flavouring:

The following seasonings are allowed:

Balsamic vinegar, lemon juice, and fresh herbs are preferable, bottled dried herbs are allowed, except for garlic, which must be cloves.

Avoid Aromat!

List of Proteins: (No changes are permissible!)

Veal
Fillet
Rump steak
Topside mince
Biltong, no fat
Any venison
Chicken breasts, plain or smoked
Hake
Lobster
Crab
Prawns

Or:

1 x week 1 egg with 3 egg whites (scrambled, cooked or poached)
1 x week 100 g low fat cottage cheese
All fat must be removed; protein may be cooked or roasted without additional fat.

(Unflavoured Spray & Cook permissible)

List of Vegetables: (No changes are permissible!)

(Only 1 vegetable per serving, vegetables may not be mixed)

Spinach	300 g	Beetroot (fresh)	200 g
---------	-------	------------------	-------

Lettuce	200 g	Tomato	300 g
Celery	100 g	Onion	200 g
Red radishes	100 g	Cucumber	200 g
Asparagus (fresh)	100 g	Cabbage	300 g

NB! Vegetables must be weighed and cooked after that, roasted in foil or oven baked.

Please note:

No other foods are permissible. If it is not listed on the menu – it is

not allowed (No substitutes)!

Alcohol is NOT permitted while on the program!

Meals cannot be replaced or left out! Eat everything you should, nothing more and nothing less, to achieve the maximum results.

For ideas and recipes, go to Google or Facebook and type in: Fat-Free Forever /FFF Slimming

Phase 2 Eating plan and HT 1 or HT 2 Powder:

Drink 1 heaped scoop HT 1 or HT 2 powder diluted in 200 ml water as instructed in the morning. Do not take any medication on an empty stomach!

Drink one teaspoon of apple cider vinegar with 20 ml of hot water, preferably 30 minutes before you eat or drink anything.

Fluids:

At least 5 litres of water daily! (Remember, the more overweight you are, the lower the water levels in the body. Two glasses of water before and after every meal and snack. After 14 days, you will get thirsty, listen to your body, and drink more water.

Coffee is permissible: tea, herbal tea, no more than 6 cups per day.

Rooibos tea is not permissible during the treatment!
No flavoured water and no milk are permitted!

Additional:

Sugar-free chewing gum (1 pack/day)
For any artificial sweeteners, use the one you are used to.
Two cans of diet cool drinks are permissible in phase two (optional).

Breakfast (choose one):

1 Granny Smith apple
1 Orange
1 Grapefruit
Strawberries 100 g
Papaya 100 g

11:00:

1 Capsule CLA (30 minutes before a meal)
1 Capsule Omega 3, 6 & 9 (Flax Seed Oil)
1 cup of oats cooked (no milk, sweetener and cinnamon are allowed to flavour).

Or

1 Whole wheat bran muffin. (Bake muffins according to FFF slimming recipe)

Lunch (14:00):

2 Provita's (Marmite or Bovril is permitted, it assists with dizziness/ blood sugar levels if you suffer from low blood pressure)

16:00 (choose one):

1 Granny Smith apple
1 Orange
1 Grapefruit
Strawberries 100 g
Papaya 100 g

Supper (No later than 20:00):

2 Capsules CLA (30 minutes before)
2 Capsule Omega 3, 6 & 9 (Flax Seed Oil)
100g Protein (from the list only)
300g Raw weight vegetables from the list (**Mixing of vegetables in phase two is essential!**)

Flavouring:

The following seasonings are allowed:

Balsamic vinegar, lemon juice, herbs – preferably fresh, but any bottled herbs may also be used, except garlic, which must be cloves.

Avoid Aromat!

List of Proteins: (No changes are permissible!)

Veal
Fillet
Beef (e.g., biltong with no fat)
Chicken breasts, plain or smoked
Crab tinned or crab sticks
Shrimp
Fish (Hake, kingklip, sole, tuna - fresh or tinned in water)
Seafood (6 prawns or lobster allowed only 2x p/week)

Or

2 x p/week 90 g low-fat cheese or low-fat cottage cheese
175 ml Yogurt, plain fat-free

Remove all visible fat; protein may be cooked or roasted without additional fat.
(Unflavoured Spray & Cook is permissible, not the olive oil one)

List of Vegetables: (Mixing of vegetables is permitted!)

Asparagus, fresh
Lettuce

(All varieties)
Cauliflower
Broccoli
Brussels sprouts
Brinjal
Spring onion
Cucumber
Cabbage
Gems
Marrows

Red radishes
Chillies
Celery
Spinach
Onion
Tomatoes
Mushrooms
Peppers (Green/yellow/red)

NB! Vegetables must be weighed raw but may be cooked, roasted in foil or oven baked.

Please note:

No other foods are permissible. Not on the menu - not allowed!!
No alcohol is permissible!
Meals may not be skipped!

Vegetables must be mixed, NB! Vegetables must be weighed and cooked after that, roasted in foil or oven baked.

For ideas and recipes go to Google or Facebook and type in: Fat-Free Forever/FFF Slimming

Vegetarian (1) Phase 1

Starting the program: For the first two days, use sublingual medication (Troche) and eat proteins, starch, anything you desire, as much as you like – the more sugar and fat, the better!

Day 3: (Start the chemical eating plan!)

Please note that the plan is based on a chemical eating plan, the medication that varies, and different capsules and weighing sessions every fourteen days!

Very important to remember when you eat less, you break down the formula, and your body goes into starvation. **Muscular tissue is destroyed and not fat**. When you eat more, you also break the procedure and will not achieve the desired results. Meals can be moved around, e.g., lunch may become breakfast or 11:00! Rather eat later than not at all.

The biggest mistake is when you eat or drink something not on the list, especially the **consumption of liquor and/or starch**. **Stop the treatment and phone** your consultant to start damage control immediately. If you do not call, you will be disappointed in your results. Do not worry about calling after hours. Remember, we pride ourselves on client service and results!! You don't want to waste your time and money. Use the backup we provide, it's included in your treatment!!!

Take Troche in the morning before 09:00 and try to do so at the same time each day.

Drink one teaspoon of apple cider vinegar with 20 ml of hot water, preferably 30 minutes before you eat or drink anything.

Fluids:

At least 5 litres of water must be consumed daily! (Remember the more overweight you are the lower the water levels in the body. Two glasses of water before and after every meal and snack. By doing this after 14 days you will get thirsty, listen to your body, and drink more water.
Coffee is permissible, no more than 6 cups per day, tea, herbal tea.
Rooibos tea is not permissible in the treatment!
No flavoured water and no milk are permitted!
No soda or diet drinks are allowed!!

1 Granny Smith apple
1 Grapefruit
Strawberries 100 g

Supper (No later than 20:00):

2 Capsules CLA (30 minutes before)
2 Capsules Omega 3, 6 & 9 (Flax Seed Oil)
100 g Protein (from the list only)
1 type of vegetable (raw weight according to list, but you may cook your food!)

Additional:

Sugar-free chewing gum (1 pack/day)
Any artificial sweeteners, e.g. (Use the one you are used to)

Flavouring: The following seasonings are allowed:

Balsamic vinegar, lemon juice, and fresh herbs are preferable, but any bottled herbs may also be used, except garlic, which must be cloves.

Avoid Aromat!!

Breakfast:

2 Provita's (Marmite or Bovril is permitted, it assists with dizziness/ blood sugar levels if you suffer from low blood pressure)

11:00: (One of the fruits listed below)

1 Granny Smith apple
1 Grapefruit
Strawberries 100 g

Lunch (14:00):

1 Capsule CLA (30 minutes before lunch)
1 Capsule Omega 3, 6 & 9 (Flax Seed Oil)
100 g Protein (from the list only)
1 type of vegetable (raw weight according to list, but you may cook your food!)

16:00: (one of the lists of fruit below)

List of Proteins: (No changes are permissible!)

NUTS (dried, shelled, roasted, or salted)			
Pecan nuts	25 g	Pine nuts	25 g
Pistachios	30 g	Walnuts	30 g
Peanuts	30 g	Almonds	30 g
Brazil nuts	25 g	Cashews	30g
Hazelnuts	25 g	Macadamia	25g

BEANS

Baked Beans, Black Beans, Kidney Beans, Pinto Beans, (Canned or Cooked) 180 g			
Chickpeas, canned	150 g	Lentils	175 g
Split peas	175 g	Soybeans	140 g
Soy patty	120 g	Soy dogs	120 g
Tofu, regular	140 g	Tofu, Silken	300 g

Avoid all beans raw or roasted, only cooked or canned are permissible!

Advisable to take the Ferrous Plus Iron supplement, ask your consultant to add it to your package!

List of Vegetables: (No changes are permissible!)

(Only 1 vegetable per serving, vegetables may not be mixed)

Spinach	300 g	Beetroot (fresh)	200 g
Lettuce	200 g	Tomato	300 g
Celery	100 g	Onion	200 g
Red Radishes	100 g	Cucumber	200 g
Asparagus (fresh)	100 g	Cabbage	300 g

NB! Vegetables must be weighed and cooked, roasted in foil or oven baked.

Please note:

No other foods are permissible, not on the menu- not allowed!
No alcohol is acceptable!
Meals may not be skipped!
For ideas and recipes, go to Google or Facebook and type in:
Fat-Free Forever/FFF Slimming

Vegetarian Phase 2 Eating plan:

Drink 1 FFF Slimming capsule (HT1/HT2, depending on the cycle you are on) before 09:00 and try to do so simultaneously each day.

Do not take any capsules on an empty stomach!

Drink one teaspoon apple cider vinegar with 20 ml of hot water, preferably 30 minutes before eating or drinking anything.

Fluids:

At least 5 litres of water daily! (Remember, the more overweight you are, the lower the water levels in the body. Two glasses of water before and after every meal and snack. After 14 days, you will get thirsty, listen to your body, and drink more water.

Coffee is permissible: tea, herbal tea, no more than 6 cups per day.

Rooibos tea is not permissible in the treatment!
No flavoured water and no milk are permitted!
Two cans of diet cool drinks are permissible in phase two (optional).

Breakfast (choose one from the list):

1 Granny Smith apple
1 Orange
1 Grapefruit
Strawberries 100 g
Papaya 100 g

11:00:

1 Capsule CLA (30 minutes before a meal)
1 Capsule Omega 3, 6 & 9 (Flax Seed Oil)
1 cup of oats, cooked (no milk, sweetener and 1 tsp honey is allowed to flavour)

Or

1 Whole wheat (Bran) muffin

Lunch (14:00):

2 Provita's (Marmite or Bovril is permitted. It assists with dizziness/blood sugar levels if you suffer from low blood pressure)

16:00 (choose one):

1 Granny Smith apple
1 Orange
1 Grapefruit
Strawberries 100 g
Papaya 100 g

Supper (No later than 20:00):

2 Capsules CLA (30 minutes before)
2 Capsule Omega 3, 6 & 9 (Flax Seed Oil)
100 g Protein (from the list only)
300 g Raw weight vegetables from the list (**Vegetables must be mixed!**)

Flavouring:

The following seasonings are allowed:

Balsamic vinegar, lemon juice, and fresh herbs are preferable, but any bottled herbs may also be used, except garlic, which must be cloves.

Avoid Aromat!

List of Proteins: (No changes are permissible!)

NUTS (dried, shelled, roasted, or salted)

Pecan nuts	25 g
Pine nuts	25 g
Pistachios	30 g
Walnuts	30 g
Peanuts	30 g
Almonds	30 g
Brazil nuts	25 g
Cashews	30 g
Hazelnuts	25 g
Macadamia	25 g

BEANS

Baked beans, black beans, kidney beans, pinto beans, (canned or cooked)

	180 g
Chickpeas	150 g
Lentils	175 g
Split peas	175 g
Soybeans	140 g
Soy patty	120 g
Soy dogs	120 g
Tofu, regular	140 g
Tofu, silken	300 g

Advisable to take the Ferrous Iron supplement, ask your consultant to add it to your package!

List of Vegetables: (Mixing of vegetables is permitted!)

Asparagus, fresh	Lettuce (all varieties)
Cauliflower	Broccoli
Brussels sprouts	Brinjal
Spring onion	Cucumber
Cabbage	Gems
Marrows	Red radishes
Chillies	Celery
Spinach	Onion
Tomatoes	Mushrooms
Peppers (green/yellow/red)	

Vegetables must be mixed, combined total raw weight of 300 g!

NB! Vegetables must be weighed raw but may be cooked, roasted in foil or oven baked.

Please note:

No other foods are permissible. Not on the menu - not allowed!
No Alcohol is permissible!
Meals may not be skipped!
For ideas and recipes, go to Google or Facebook and type in:
Fat-Free Forever/FFF Slimming

44. Addendum AJ

FFF Slimming

Reg: No: 2010/014282/07

Model Indemnity Form

The undersigned, also known as the model, by virtue of his/her signature at the foot of, hereby irrevocably gives permission to be photographed.

Photography consists of the following:

- a. Three standing photo's fully clothed – front, back & side before treatment commence.
- b. Three standing photo's fully clothed – front, back & side after treatment has been completed.

The undersigned hereby abandons all claims on the above mentioned photographs and negatives.

The undersigned shall/may not claim any reimbursement for the use of approved photographs.

The undersigned also give FFF Slimming the right to use the approved photographs for any marketing purposes they deem necessary, approved purposes printing, advertising, electronic marketing (internet/world wide web), or any other media national and international.

Name: Jacqui Rameau
(Print)

Date: 12/01/2021

Place: HARTBEESBOORT

Signature: [Signature]

Witness: [Signature]

45. Addendum AK

FAVOUR FROM FATHER T/A

FFF Slimming
Reg No: 2019/075508/07

TOESTEMMING EN VRYWARINGSVORM

Ek,

(volle naam en van)

(Identiteit nommer)

Lewer hiermee my volle toestemming en aanvaarding dat FFF Verslanking foto's van my mag neem, dat die foto's gebruik kan word vir enige bemarking doeleindes, nasionaal of internasionaal, asook dat my mediese inligting en foto's gebruik kan word vir akademiese publikasies en/of Proefskrif deur FFF Verslanking of sy personeel. Merk met X u toestemming:

Anoniem	JA / Nee
Foto's in klere	JA / Nee
Foto's in onderklere	JA / Nee

Ek begryp ten volle en aanvaar dat alle foto's en die gebruik daarvan op eie risiko onderneem word en ek onderneem om FFF Verslanking en sy personeel, te vrywaar, skadeloos te stel teen en kwyt te stel van enige of alle eise hoegenaamd wat in verband met enige verlies of beskadiging mag ontstaan, wetende dat FFF Verslanking en sy personeel nietemin alle redelike voorsorgmaatreëls ten opsigte van my blootstelling sal tref.

Handtekening

Datum

Plek

Hierdie vrywaring bly geldig tot die ondertekenaar dit skriftelik herroep.

CONSENT AND DISCLAIMER FORM

I,

Anna Makoa

(full name and surname)

71118051207

(Identity number)

I hereby give my full consent and approval that FFF Slimming may take photos of me, that the photos may be used for any marketing purposes, nationally or internationally, as well as that my medical information and photos may be used for academical publications/thesis by FFF Slimming or its staff. I choose to approve the following:

Anonymous	<input checked="" type="checkbox"/> / No
Photo's in clothes	<input checked="" type="checkbox"/> / No
Photo's in underwear	<input checked="" type="checkbox"/> / No

I fully understand and accept that all photographs and their use are undertaken at my own risk, and I undertake to indemnify and hold harmless FFF Slimming and its staff from any or all claims whatsoever arising in connection with any loss or damage, which may occur, knowing that FFF Slimming and its staff will nevertheless take all reasonable precautions regarding my exposure.

A. Makoa

Signature

2022-09-06

Date

Hartbeespoort

Place

This disclaimer remains valid until the signatory revokes it in writing.