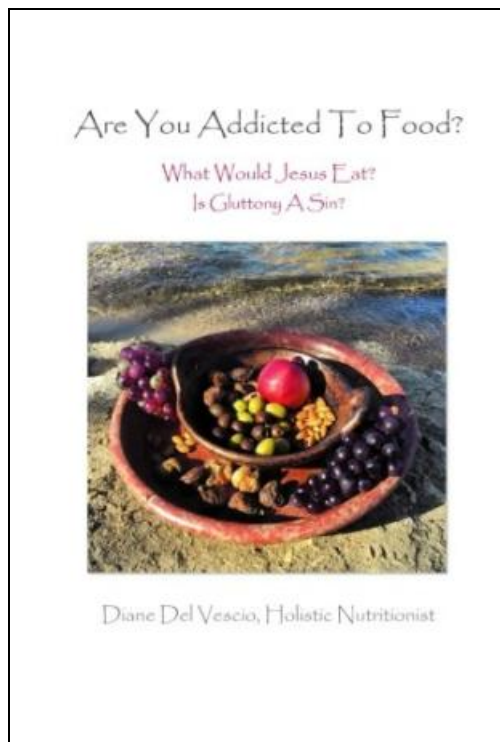


## Are You Addicted to Food? (Paperback)



Filesize: 8.94 MB

### **Reviews**

*Absolutely essential read through book. it was actually writtern quite properly and useful. Its been developed in an remarkably basic way and it is only following i finished reading through this ebook where really changed me, modify the way i believe.*  
*(Torrey Jerde)*

## ARE YOU ADDICTED TO FOOD? (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book takes you on a journey to answer the questions: Is gluttony a sin? What would Jesus eat? Are you addicted to food? It compares the Mediterranean type diet of biblical times to modern-day diets. You journey through the various foods served during the time of the ancient Israelites and the time Jesus walked this earth to the foods we eat now. Various feasts of then and now are compared. Addiction to foods and how to ween off of them are discussed. Healthy food options vs. unhealthy food options are explored and listed in detail to help better understand what the foods you choose to consume are doing to your body. This journey explores how gluttony was evidenced during biblical times vs. the differences in how it is evidenced now. Scriptures are offered for insight and encouragement throughout the book. Are you tired, sluggish, overweight or rundown? Do you suffer with daily headaches and aches and pains? Are you having trouble sleeping? Are you ravenous for food, especially sweets? Have you been diagnosed with obesity, type 2 diabetes, rheumatoid arthritis, heart disease or cancer? You could be sick from chemicals and additives in the processed foods you eat and you could very well have developed an addiction to food. I dedicate this book to my family, friends and anyone struggling. I pray this book helps you navigate your way to healing both physically and spiritually. To your health! You can feel great again! Let s begin our journey to healing!.



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