

forrealfoodie™ is the intersection between faith and health, with food as the traffic light

You will learn:

- How to be in your most abundant health according to the Word of God
- God's expectations of you and your health
- The optimal lifestyle for being in your best health using Bible principles
- How God does not intend for us to suffer from reversible conditions
- What God says about our bodies and how we should treat HIS Temple

Jesus is the motivation, God gives the illustration, and forrealfoodie™ provides the education on how to live your most abundant life.

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

You have a holy responsibility, a spiritual mandate to be in your most abundant health. God never intended for you to live with, passively manage, and maintain preventable, reversible chronic diseases.

Genesis 1:29, God's original meal plan, promotes a Whole Food Plant Based Lifestyle

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

At forrealfoodie™ we teach you how to determine if your preventable, reversible chronic disease such as obesity, heart disease, diabetes and cancer is God's will for you.

You will also learn:

1. How to successfully start and maintain a Whole Food Plant Based Diet
2. How to determine the difference between a God-ordained health challenge and a preventable/reversible chronic disease that is NOT God's will for your life
3. How to apply your faith to a healthy lifestyle
4. How to maximize the innate power of God that is within us to conquer every obstacle as you transition away from the Standard American Diet
5. The difference between being healed of a chronic disease and "satisfactorily" managing and maintaining chronic diseases
6. How to determine if food has become "a God" to you

7. How to prevent and reverse a host of diseases through a Biblical approach to diet and lifestyle
8. The difference between suffering for Christ and self-indulgence
9. How to be a good steward over your body
10. How to pray and expect healing
11. The variety of delicious and satisfying foods available to eat and tips on how to enjoy them
12. The specific benefits to your health as a result of eating specific plant-based foods
13. How protein, fat, fiber, cholesterol and inflammation affect your body

Finally, you will learn the Biblical importance of:

- Fasting
- Physical Training
- Herbs
- Water
- Essential Oils
- Sleep

When you enroll into the forrealfoodie™ Premium program you will receive:

- Online educational program (December 1, 2021)
- *Obesity, Heart Disease, Diabetes, Cancer – Thy Will or My Will? Is God Getting Glory From Your Chronic Disease?* E-book (available immediately)
- *Scripture-it*™ Journal
- forrealfoodie™ Logo T-shirt
- forrealfoodie™ tape measure
- *Obesity, Heart Disease, Diabetes, Cancer – Thy Will or My Will? Is God Getting Glory from Your Chronic Disease?* book
- Exclusive lifetime membership (no subscription) into the forrealfoodie™ Community
 - forrealfoodie™ mobile app
 - Showcase of successful forrealfoodies™
 - Cooking Classes and Demonstrations
 - Presentations from WFPB experts
 - Shared tips and ideas
 - Access to blogs and newsletters
 - Ability to compete in exclusive contests and challenges