

A WEIGHTY MATTER



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OBESITY- ITS NATURE & CAUSE, WITH GOD'S PLAN TO RESTORE

Definition: OBESITY, n. [*L. obesitas.*] Fatness; fleshiness; incumbrance of flesh.

INCUMBRANCE, n. A burdensome and troublesome load; any thing that impedes motion or action, or renders it difficult or laborious; clog; impediment; embarrassment.

OBESE = being 20% or more above your ideal body weight, by clinical standards

OVERWEIGHT = being least 14% above your ideal body weight, by clinical standards

OBESITY OCCURS WHEN fat cells, also known as Adipose cells, become too large. These spongy special storage cells usually increase in size, first, before they increase in number. They group together to form fatty tissue. When this tissue grows to excess size and number, Obesity occurs. They also migrate to muscle tissue.

WHAT CAUSES THE CELLS TO ENLARGE IN BOTH SIZE AND NUMBER?

When food energy is taken in, it is either burned or used up by the cells to create usable energy by the body organs. Too much food energy taken in will lead to obesity. Fat cells will then carry and store the nutrients.

CALORIES

A Calorie is a unit used to measure energy. The amount of energy that a particular food can produce is measured in Calories. Every movement of life uses calories, whether it is in sitting and reading, or walking. The more activity the greater the amount of calories burned.

THE CONNECTION

When a person is obese, fat will cover many of the cells that use glucose (food energy turned to a usable sugar), thus retarding the cells access to energy and raising their blood sugar levels. This will cause the pancreas to produce more insulin. Insulin is the key which unlocks the cells so that the glucose can energize the cell. Insulin also causes fat cells to increase in size. This makes it harder to lose weight.

CAUSES OF OBESITY = LIFESTYLE CHOICES

JOB 29:16 - HEREDITY may only load the gun, but improper lifestyle pulls the trigger.

- SKIPPING BREAKFAST
- LATE EATING/EATING BEFORE BED
- OVEREATING
- EATING TOO MUCH FAT
- EATING TOO MUCH PROTEIN
- EATING TOO MANY CARBOHYDRATES
- LACK OF EXERCISE HABITS
- GOING TO BED LATE
- FATIGUE
- DEHYDRATION
- STRESS (MENTAL: DEPRESSION, ETC.)
- STRESS (HABITS: NICOTINE, CAFFEINE, CHOCOLATE, & ALCOHOL)

SUMMARY

So Obesity occurs when too much food, whether good or bad, is taken in than is used by the body. It can also occur when the food energy is taken in at the wrong time. Fat cells will then grow and multiply not only to form fat tissue, but also to cause muscle tissues to become fatty as well. This is why crash diets don't work. Fat in the muscles is usually the last to go and can only be removed by exercise. Also, the person who is overweight or obese is more likely to suffer from Type II Diabetes and will therefore have an even harder time losing weight on crash diets. Skipping breakfast and eating late contribute to this epidemic. Overeating, especially later in the day, whether at one meal or eating between meals is also a primary cause. This is compounded by eating the wrong foods at the wrong times only add to the tissue.



G.O.D.S. P.L.A.N. for OBESITY

Godly Trust - Prov. 3:5-8

God is faithful. 1 Cor. 10:13

O Fear the Lord. Ps.34:9

Delight thyself also in the Lord. Ps.37:4

Looking unto Jesus. Heb. 12:2

Yield yourself unto God. Rom.6:13

Trust in the Lord with all thine heart. Prov. 3:5

Rejoice in the Lord always. Philp. 4:4

Uphold me according to Thy Word. 119:116

Search me, O God. Ps. 139:23

The Lord will never leave nor forsake you. Heb. 13:5

Open Air – Gen. 1:6; Lev. 26:13

Daily Exercise – Luke 13:33

Let the walking plan be a progressive one, building day by day.

Sunshine – Mal. 4:2

Proper Rest – Ps.127:2

Lots of Water – John 4:10; Lev. 17:11

1 oz. salt = 6 lbs. of water

How much water? ½ body weight in ounces.

Always Temperate – 1 Cor. 9:25

1. Abstain from all harmful foods and substances

Including snack foods, don't snack

2. **Be moderate in that which is good.**

Eat slowly, chew well.

Nutrition – Eccl. 10:17

G.L.A.D. (God's Life Activating Diet) of GODS PLAN, does not count calories, because it is low in fat, but high in nutrition and will help you naturally to reach your ideal body weight. It is also high in fiber.

Gen.1:29; 3:18;

CD 15 CHOICE OF LIFE OR DEATH

Every man has the opportunity, to a great extent, of making himself whatever he chooses to be. The blessings of this life, and also of the immortal state, are within his reach. He may build up a character of solid worth, gaining new strength at every step. **He may advance daily in knowledge and wisdom, conscious of new delights as he progresses, adding virtue to virtue, grace to grace. His faculties will improve by use; the more wisdom he gains, the greater will be his capacity for acquiring. His intelligence, knowledge, and virtue will thus develop into greater strength and more perfect symmetry.**

On the other hand, he may allow his powers to rust out for want of use, or to be perverted through evil habits, lack of self-control, or moral and religious stamina. His course then tends downward; he is disobedient to the law of God and to the laws of health. Appetite conquers him; inclination carries him away. It is easier for him to allow the powers of evil, which are always active, to drag him backward, than to struggle against them, and go forward. Dissipation, disease, and death follow. This is the history of many lives that might have been useful in the cause of God and humanity.