

How to lose and gain weight: By Erica Jermanus

Are you struggling to lose or gain weight? Do you want to maintain your weight? Then, stay tuned for more.

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Introduction

This book is for those who want to either lose, gain, or maintain a healthy weight. In this book, I talk about the steps that are needed to help you lose weight if you struggle with obesity. I also talk about steps to gain weight if you struggle with being naturally skinny or thin. In addition, I talk about how to maintain a healthy weight. I also talk about the health-related issues that come with obesity and how to get healed and delivered.

Furthermore, I talk about eating disorders and how to overcome them. I also talk about plastic surgery, liposuction, and accepting yourself for the way God has made you. Lastly, I talk about addiction and how to break free from it. If you are struggling with these things, then this book may be of help to you.

There are a lot of people in the world today that struggle with weight problems or obesity due to certain factors. Many people struggle to lose weight and have not found a simple formula. But is there a simple formula? There are, however, some things you can do to help manage weight problems. I am going to share with you some simple steps you can take to help you lose or gain weight.

The first step you want to take to help you lose or gain weight is to set realistic goals. You do not want to have too high expectations. You want to make sure that you are able to meet the goals that you set. The Bible talks about writing your vision, and you can do that for the month or year. Habakkuk 2:2 says, "And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it." You can use apps or a habit tracker on your device to help you reach your goals. You can also break down the goals into simple tasks. This will help you to stay motivated and stick to a plan and regimen.

An example of setting a goal and meeting it would be if you wanted to drink more water to stay hydrated. You could set timers on your device throughout the day to

help you drink more water. You could also get a bigger-sized water bottle to help you get the amount of water you need in a day. These are just some ideas that you can implement into your goals.

Another goal-setting example may be that you want to go to bed earlier and get up earlier. So you may set a routine of going to bed an hour earlier or setting alarms on your devices to wake you up earlier in the morning. You may also ask the Holy Spirit to wake you up early too. Don't be surprised if God wakes you up at the same time every day. That has happened to me before too.

The next step you may want to take to lose, gain, or maintain a healthy weight is to use affirmations or to confess the word of God over yourself. There is so much power in our words. We can either speak life or death. What we say will eventually manifest in our lives. So what you can do is look up scriptures in the Bible that correlate to losing or gaining weight. Then, confess those scriptures out loud over yourself, your body, and your health. You will then see results over a period of time. Proverbs 18:21 says, "Death and life are in the

power of the tongue: and they that love it shall eat the fruit thereof.”

Another thing you can do to help you lose or gain weight is to pray. Yes, prayer is so powerful. Proverbs 15:29 says, “The LORD is far from the wicked: but he heareth the prayer of the righteous.” If you ask the Lord to help you to lose, gain, or maintain your weight, He will help you. He will give you wisdom, knowledge, understanding, and strategies on how to do that if you ask him. James 1:5 says, “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.”

The third step you may want to take to lose, gain, or maintain a healthy weight is to see a dietitian or a weight instructor. These can help you reach your dietary and fitness goals so that you can maintain a healthy weight. Also, a dietitian can also help a person get healed and delivered from health-related illnesses by consuming food and drink. Dietitians can be helpful in improving weight management and keeping our bodies healthy.

The fourth step is to eat a healthy, well-balanced diet. You want to try to incorporate fresh fruits and vegetables in your diet. You also may want to try to eat more nuts, seeds, legumes, whole grains, and lean meats. These types of foods will help keep your body healthy and nourished. You may want to try to cut out excess sugar or salt, which can cause health-related issues, such as diabetes, heart disease, high blood pressure, or high cholesterol. You also may want to take vitamins to help supplement the nutrients in your diet.

Some recommended vitamins include vitamin D, which helps to keep your bones healthy. You can also get Vitamin D from the sun when you go outside. Also, other vitamins that can help you get the nourishment that you need are B vitamins, vitamin C, and vitamin K and E. You can get these vitamins from fresh fruits and vegetables in your diet. But if you are not getting enough of these foods in your diet, then it may help to take vitamins as prescribed by your doctor.

Genesis 1:29-30 says, "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. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.”

God originally created fruit trees and seed-bearing plants for food. He also created the beasts of the fields, the birds of the air, and the fish in the sea to be food. But one of the very first things God created was the plants and trees. Adam and Eve ate of the seed-bearing plants.

Then, all this excess sugar was added to food. Nowadays, people consume sugary foods such as cookies, candy, cake, donuts, etc. That is the devil’s food. The devil wants people to eat his food so that they die an early death from heart disease and cancer and go to hell for eternity. The devil wants to take as many people to hell as he possibly can. God wants us to eat foods that have nutritional value, such as fruits, vegetables, and whole grains. The donuts, cake, and candy are empty calories. These types of foods do not have nutritional intake.

The fifth step that you can take to lose weight is to develop an exercise routine. Every morning you get up, you can exercise by going for walks and runs in your neighborhood, home, or gym. You can lift weight machines at the gym for strength training and to gain muscle. 1 Timothy 4:8 says, "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." According to the Bible, exercise does profit some or a little. Exercise is good for the body because it helps you to stay energized. Exercise also increases endorphins, which can help to improve mood. Exercise can help us reach our weight loss or weight gain goals.

The sixth step is to get proper sleep at night. You may want to make sure you are getting between seven and eight hours of sleep daily. Sleep plays a role in our bodies healing and recovery processes. Sleep can also help us to be energized and motivated for the next day. Psalm 127:2 says, "It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep."

When we do not get enough sleep, we are depriving our bodies. Lack of sleep can lead to a lack of focus, concentration, and sickness if it goes prolonged. A person who does not get enough sleep at night may struggle with maintaining a healthy weight. Also, a person who does not get enough sleep at night may struggle with getting their work assignments done.

The next step to help you lose or gain weight is to stop smoking, drinking, and doing drugs. A lot of people who smoke cigarettes gain weight from smoking, and the same is true for a person who drinks a lot. There are also certain prescription drugs that cause weight gain. So you will want to check with your doctor when it comes to the medication that you are taking.

You also may want to let go of certain bad habits, such as drinking and smoking, if they are leading to weight gain. You may want to ask the Lord to help you give up smoking and drinking. Ask the Lord to take away the desire and withdraw from those addictions. He will help you if you really are willing to

get the help you need. Ask the Lord to give you his strength and power through the Holy Spirit to overcome smoking, drinking, or drugs.

Some medication comes with side effects such as weight gain or weight loss. That may interfere with putting on a healthy weight. If you are on a certain medication and you are gaining a lot of weight or losing a lot of weight, you may need to talk to your doctor about getting off of that medication and going on something else or going without medication for a while. The Lord can heal your body and mind to the point where you do not need prescription drugs. But it is all in his perfect will and timing.

It's important to follow the guidance and direction of the Holy Spirit in our lives. The Holy Spirit will not have you do something that goes against his will or word. Whatever he leads you to do, it is for your best interest and ultimate good. Trust in the Lord because he knows what you need to do and what you do not need to do.

Another thing you can do to lose or gain weight is to eliminate stress, stressful situations, or stressful activities in your life. If you are working more than one job or managing a ministry or business and have a family, you may need to let go of a job so that you can focus on what is truly important in your life. Your relationship with God and your family is the most important of all.

We may even need to free up time in our schedule for a day of rest and recuperation. We may need to set a day or a month aside for a sabbatical. Our body needs rest. It is good to rest in the presence of God daily so that we can regain our strength in the Lord to be able to do what he is calling us to do that day.

Matthew 11:28-30 says, "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."

Chapter 2: How to gain weight

If you are naturally thin or skinny because of your family genetics, you may have tried to gain weight but could not. I want to just briefly share some ideas to help you gain weight. Eating more is not the only solution. But we can pray and ask God how he wants us to put on weight. He may have you do some weight-training exercises to build muscle. He may have you drink some protein shakes along with the strength training exercises. He may have you eat more healthy carbs. Try to cut out sugary foods from your diet because these foods are not healthy and lead to health problems later on in life.

You can even speak the word of God over yourself and your body to help you get your mind right and increase your faith. When you speak the word of God over your life, which can also help you to get in a mindset of putting on a healthy weight. When you change your mindset, your actions will change. There is so much power in the word of God and prayer. Ask the Lord to give you wisdom, guidance, and direction on how he

wants you to gain weight, and he will lead and guide you and speak to you directly. Get still in his presence and allow him to speak to you regarding weight gain or weight loss, and he will show you.

Chapter 3: Health problems relating to obesity and how to get healed and delivered.

So many men and women are obese because of genetic factors. A mother may struggle with obesity, and so does the daughter or son, because it runs in the family genes. So many people have underlying health conditions due to obesity. These people may struggle with heart disease, diabetes, or cancer because of obesity. When one manages to maintain their weight by eating a healthy diet and exercising, then they are better able to reach their weight loss or gain goals.

How can a person get healed and delivered from health-related issues due to obesity? Well, it starts by changing your mindset. Make small, subtle changes to improve your health. You can even pray and ask the Lord to heal and deliver you from diabetes, heart disease, and cancer. Believe that it is already done when you ask in faith. It is God's will for you to be

healed, healthy, and well. God does not want you to die an early death because of sickness and disease. Jesus Christ paid the ultimate price for our sins so that we could be healed, delivered, and set free from sickness and disease.

Chapter 4: Eating disorders and how to overcome them.

So many women out there in this world struggle with eating disorders. Many are self-conscious of their weight and appearance because of the opinions of men. There are people in their lives that have spoken down on them and told them that they are fat and ugly, and they believed the lies. So now they struggle with eating disorders such as bulimia and anorexia nervosa. A woman may be really skinny and still think that she is fat and ugly because of the lies that she believed about herself.

Therefore, a woman will think she is fat and ugly, so she will binge on food and then throw it up to make herself more skinny or thinner. She does this because she wants to make herself feel good and wants to look good in the eyes of men. This is when the woman

needs help, healing, and deliverance. The only one who can heal, deliver, and set free is Jesus Christ.

If a woman is struggling with an eating disorder, she should not only get help from God but from other trusted family and friends. She can even go to a therapist or counselor to help her get free from this eating disorder. But she has to want to get the help she needs. Yes, Jesus Christ is our wonderful counselor. So he is the one who can help us the most more than any other therapists or counselors. But these women need to be willing and able to seek help from God and others.

Chapter 5: Plastic surgery for weight loss

There are people in the world today that want to get plastic surgery because they are obese and want to lose weight. If obesity is causing health problems and leading to an early death, then plastic surgery or liposuction is necessary. Liposuction is a surgical procedure that removes excess fat from specific areas of the body to change a person's body shape or image.

But if a person wants to get liposuction to make themselves look or appeal more attractive, then that is a problem. God wants us to accept ourselves the way he created us to be. He does not want us to change the way we look on the outside by getting these plastic surgeries. When we decide to have plastic surgery for that reason and purpose, then we are showing God that we do not like the way he created us. We are rejecting God and the body that he has given. We are rejecting God's creation. We need to confess this sin and repent.

God created us the way we are so that he can use us in the way he planned and purposed from the beginning. He does not want us to get these plastic surgeries done on our bodies unless a person really needs them because of obesity and health problems that are leading to death.

Chapter 6: Addiction and how to be free.

So many people today struggle with addiction. That addiction can be to drugs, alcohol, sex, food, cigarettes, entertainment, etc. So many people struggle for years on end because they do not want to get the

help they need to stop the addiction. So many are in bondage to their sins and their addictions. There are people that are addicted to food and sugar. That is what is causing them to gain an unhealthy weight and to be obese. Also, people are addicted to sugar and have health problems, such as diabetes or heart disease, because of eating and excess sugar daily.

The Lord Jesus Christ wants to heal you, deliver you, and set you free. He does not want you to live an unhealthy lifestyle of sin. God wants you to be free from sin and addiction. Jesus Christ came to set the captives free. If you are a slave or held captive by your sins and addiction, Jesus Christ came to set you free. If you ask him to break these addictions off of your life, he will do that for you.

God cares about not only your physical health but also your spiritual health too. He cares about every area of your life. He wants you to live long on earth and not die a premature death because of sickness or disease. Jesus Christ paid the ultimate price to save us from our sins when we trust in him and repent and turn away from our sins. John 8:34-36 says, "Jesus answered them, Verily, verily, I say unto you, Whosoever

committeth sin is the servant of sin. And the servant abideth not in the house for ever: but the Son abideth ever. If the Son therefore shall make you free, ye shall be free indeed.”

Conclusion

I want to thank God above all for pushing to write these books and get them published on Amazon. I thank all of you for reading my books and supporting this business and ministry! May God bless you!