

# “Christian Weight Loss Fundamentals”

**How Any Christian Can Enjoy Safe, Struggle-Free, And Permanent Weight Loss *Without* Drugs, Pills, Or Dieting”**

*By Dr. Frank B. Smoot, MA, DD*

---

**Important Note:** If you only have time to read a little of this ebook right now, please read *Part 8: The “Bottom Line”* first (page 29).

---

## - CONTENTS -

***Introduction: “Who Is Dr. Frank B. Smoot, MA, DD?” (Page 2)***

***Part One: Is It Time To Stop Banging *Your* Head Against The Wall? (Page 3)***

***Part Two: The Seven Core Principles Of Christian Weight Loss (Page 6)***

***Part Three: 12 Crucial Scriptures For Weight Loss Success (Page 14)***

***Part Four: Nine Keys To YOUR Safe And Lasting Weight Loss (Page 16)***

***Part Five: Ten Important Reasons Why *Weight Loss God’s Way* Succeeds Where The World’s “Diet & Exercise” Approach Fails (Page 20)***

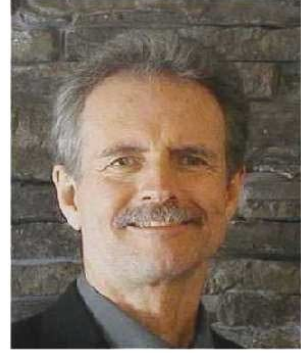
***Part Six: What The Folks Who Have Used This Program Would Like You To Know (Page 24)***

***Part Seven: About The *Weight Loss God’s Way* “Community Pages (Page 28)***

***Part Eight: The “Bottom Line” - You, God, & Weight Loss Victory! (Page 29)***

## - *Introduction* -

### Who Is Dr. Frank B. Smoot, MA, DD?



Dear Fellow Christian,

Seven years ago I had everything but a good relationship with God.

Six years ago He took it all away...and I was devastated

Five years ago I had nothing **but** a good relationship with God. And He had my *full* attention.

Four years ago I was standing at a major crossroad. I asked God - day, after day, after day - for His clearest guidance. Three years ago it came. He said to me,

*"Frank, you cannot worship two masters. You can either do what **you** think will make you happy and prosperous...or you can do what **I** put you here to do. But you can't do both, so pick one."*

I was scared. I knew it would require a huge leap of faith. Then God said,

*"Do not be afraid, but have faith. You know that I reward faith. That's what **you** teach people, you know. Do you really believe it?"*

But I was still afraid. Then He said,

*"If you will let go of what you're holding on to, I will let go of what I'm holding for you."*

I did. And He did. He took my fear and gave me His perfect love. Now I only worship One Master, and I am doing what He put me here to do.

I would love to share it with you.

Peace be with you, and may God bless your success!

*"Dr. Frank"*

# - Christian Weight Loss Fundamentals -

---

**NOTE: Please feel free to share this ebook freely, as long as it is kept intact.**

---

## - *Part One* -

### “Is It Time To Stop Banging *Your* Head Against The Wall?”

Have you ever watched a fly in a restaurant, banging his head against the big glass window time and again, in a desperate but futile effort to get outside?

All the while, just a few feet away, people (and other flies) are going in and out through the door as it opens!

Question: If our fly had better information, do you think he would instantly stop banging his head against the window and zip through that open door to freedom?

Of course he would!

Do you ever feel like that fly...especially when it comes to weight loss?

How long have you been banging **your** head against the old “diet & exercise” wall?

How many failed weight loss attempts have you suffered?

How many more will there be? Is all that head banging starting to give you a headache?

If so, then it's time to stop!

I'd like to show you the door to a powerful and proven solution that has quietly been creating weight loss Success Stories all over the world.

Welcome to a solution that **works!**

I'm Dr. Frank B. Smoot, MA, DD, author of this mini-ebook and creator of the *Weight Loss God's Way* Success System -- sometimes referred to as the WLGW program, or simply "the program."

I wrote this ebook and created the WLGW program because I want **you** to know that...

- ◆ You do NOT have to be overweight.
- ◆ You do NOT have to go through life in an out-of-shape body.
- ◆ Your future does NOT have to look or feel like your past.

And it absolutely is NOT God's plan -- nor His desire -- for you to be unhappy and unhealthy. There IS a safe and lasting solution to your weight problem, and God Himself has created it in advance -- just for you!

How can I be so sure?

Because countless Christians all around the world have already used this Bible-based solution to make their own weight loss dreams come true!

## **Why You Can Have Confidence In This Bible-Based Solution**

I have been coaching and counseling people about weight loss for many years now, and I have invested nearly three decades in gaining my current level of understanding about how to create safe and lasting weight loss.

Although I have two graduate degrees (psychology and theology), the most important "proving ground" for developing the program is my extensive experience as a coach and counselor.

That's why what you'll find here is not "theory," but hard-core reality. It is this very personal contact with countless real people that has given me the

understanding of how to help people transform their bodies -- and their lives -- by using God's own timeless success principles.

As you will see, the application of Christian principles to weight loss has produced some amazing results. I firmly believe that we can solve any problem the world can throw at us through the proper understanding and application of His Word.

I created this ebook to help you understand:

- ◆ The new insights about how to achieve safe, lasting, and struggle-free weight loss, and the three sources that have given us this understanding.
- ◆ Why your past weight loss efforts have failed -- and will keep on failing if you don't take a different approach.
- ◆ What you need to do to create safe and lasting weight loss in your own life, and...
- ◆ Why approaching weight loss God's way makes **all** the difference.

This ebook will also make it very clear to you how the *Weight Loss God's Way* program differs from any other weight loss program that has ever existed, and why it is creating so many Success Stories.

So if you're ready, let's get started.

Peace be with you, and may God bless your success!

***“Dr. Frank”***

Dr. Frank B. Smoot, MA, DD

## *- Part Two -*

### **The Seven Core Principles Of Christian Weight Loss**

The Seven Core Principles of Christian weight loss we'll discuss here in Part One are time-tested and proven principles of success -- and specifically, of weight loss success.

These seven principles have come into being from three primary sources:

1. God's timeless Word.
2. Recent clinical research studies.
3. My own many years of coaching and counseling experience.

First I'll list the seven Core Principles for you. Then I'll expand on each one, and finally I'll explain why each principle has such an important role to play in creating **your** lasting success.

---

#### **Core Principle #1:**

#### **Being Overweight Is Not A Physical Problem!**

Regardless of what the \$50 billion + Diet Industry would like you to believe, being overweight is **not** a physical problem. Being overweight is a physical "symptom" of a non-physical root cause that exists in your mind and/or spirit.

The tragically inaccurate notion that being overweight is a physical problem is what's kept us barking up the wrong tree for as long as anyone can remember. Of course, it's an easy mistake to make. After all, being overweight **appears** to be a physical problem. So we would naturally think that it has a physical solution.

But as is so typical of worldly thinking, "what appears to be so" is not what's so. And this woeful misperception of reality is why countless millions of overweight people all around the world are **still** spending uncountable amounts of time,

energy, and money pursuing physically-based weight loss approaches that are simply doomed to fail them...yet again.

**What Core Principle #1 Means To You:** To succeed at weight loss, you must understand that the problem you can see (in the mirror and on your hips, thighs, etc.) is really just a visible symptom of a **non**-visible root cause.

And as long as you continue to try to lose weight through physical means such as diet and exercise, you will never solve your problem at its root, and it will be virtually impossible for you to enjoy lasting weight loss.

## **Core Principle #2:**

### **God Created You To Be Healthy, Happy, And In-Shape!**

The simple truth is that God **does** love you! And He **does** want you to be happy, healthy, and in-shape. He even authored an amazing Book that tells us how we can do that!

And today we need His timeless wisdom desperately, because the world has led us very far astray about how to lose weight. In fact, for all of our lives, we have been buried under an avalanche of half-truths and outright lies from the \$50 billion+ Diet Industry.

What have been the consequences of this steady diet of lies? The following statistics recently released by the U.S. Government tell -- in stark black and white - - a grim truth that no glitzy color TV commercial can cover up:

- ◆ A staggering 96% of all weight loss attempts end in failure.
- ◆ We gain back a heartbreaking 95% of the pounds we do manage to lose.
- ◆ More than 72% of Americans are now overweight, and more than 26% of us are clinically obese (more than 20% above your ideal weight).

Any number of Scriptures make it clear that our Lord wants us to be happy and healthy, but none of them sums it up better than Jesus' own words when He said, "I am come that you may have life, and have it more abundantly."

But is that what's happening for us? No, the inevitable results of doing what has never worked (and never will) are the tragic statistics above.

**What Core Principle #2 Means To You:** Two things are very clear: First, God designed you and intends you be happy, healthy, and in-shape. Any loving father wants this for his children. But as long as you continue to pursue weight loss “the world’s way,” you can’t expect to reap the blessings He has waiting for you.

The *Weight Loss God’s Way* program was specifically designed and developed to shift you **away** from those failure-prone Diet Industry “solutions” and **toward** a powerful new awareness of what can happen when we start doing things God’s way!

### **Core Principle #3:**

#### **It’s Not What You’re Eating – It’s What’s Eating You!**

Regardless of what you (and I) have been told all our lives, it’s not what you’re eating that keeps you overweight – it’s what’s eating you!

A major clinical weight loss research project discovered that diet and exercise play (at best) a **minor role** in weight loss success. One researcher summed it up this way:

*“Trying to lose weight through diet and exercise is like trying to get rid of dandelions with a lawn mower. Sure, you may get some temporary results. But until you solve your problem at its root, it just keeps coming back—and bigger every year!”*

But what is this all-important “root cause” that determines more than any other factor whether you succeed or fail at weight loss? It’s your own **thinking!** It’s the thoughts and attitudes you create in your own mind based on the beliefs you have adopted in the past and now “believe” to be true.

But where did those beliefs come from? The great majority are from “the world” -- from the influential people you have been around and whose opinions you paid attention to -- regardless of how accurate those opinions actually were.

And what if some of those beliefs that you adopted (and have been operating on for years -- or decades) simply aren't true? What if some very important pieces of your "personal programming" are just plain **wrong**?

Well if they are wrong, then you'd expect to have certain areas of your life that weren't working very well, wouldn't you? And if your beliefs about yourself and what's involved in losing weight were incorrect, what do you think the result might be?

Might your life -- and your body -- show it?

**What Core Principle #3 Means To You:** The bottom line is this: We now know that it's not what goes on your plate that keeps you from winning at weight loss. It's what goes on **between your ears!**

So if you are serious about ever winning the "battle of the bulge," then you need to stop looking outside yourself for either the cause or the cure. (More about that later.) This is one battle that will be won -- or lost -- inside your own mind!

## **Core Principle #4:**

### **Both Science And Scripture Agree... It Really Is All In Your Mind!**

As it turns out, science has merely **re-discovered** the remarkable success principles that have been right in front of us all along – in our own Bibles! Yes, as amazing as it may sound, the life-changing and body-transforming power of God's own timeless solutions are now confirmed by clinical research.

Of course, you could also say that the Bible is confirming the scientific research. But that's simply not the case. The Bible's "success secrets" have been around a whole lot longer! Maybe we just couldn't "see" them as such until the research opened our eyes to God's solutions.

Now, science and Scripture may not agree on everything. But when both sources are telling us that our **thinking** is the true key to lasting behavior change, who among us will be foolish enough to ignore the message?

**What Core Principle #4 Means To You:** The Scripture that best sums up Core Principle #4 is Romans 12:2. The powerful message of this Scripture (depending on the translation) says essentially this:

*Do not be conformed to the ways / thinking of this world, but instead be transformed by the renewing of your mind. (Only) then you will be able to discern / know God's pleasing and perfect purpose for you / your life.*

What this means to you is that the secret of lasting weight loss success is not to keep changing your diet -- but to start **renewing your mind!**

## **Core Principle #5:**

### **At The Root Of Obesity: Our Own Self-Sabotaging Thinking!**

As we saw a minute ago in Core Principle #3, the researchers discovered that our own thinking is by far the single biggest determinant of weight loss success or failure. But what kinds of thoughts and beliefs are actually causing the problem?

The research revealed that people who consistently failed at weight loss had “self-sabotaging” thoughts and beliefs, and that there were four specific kinds of self-sabotaging thinking found in people with chronic weight problems and a history of failed weight-loss attempts.

When an individual's self-sabotaging thinking in these four areas was corrected, his or her eating behaviors improved accordingly, and their weight was also reduced accordingly.

The four areas or categories of self-sabotaging thinking that were consistently found to be associated with being overweight were:

1. Thoughts / beliefs about what you can and can't do in life.
2. Thoughts / beliefs about your appearance and your physical self-image.
3. Thoughts / beliefs about your self-esteem and what you (really) deserve in life.
4. Thoughts / beliefs about who (or what) is “responsible” (or to blame) for your weight problem and for your past weight loss failures.

Because correcting self-sabotaging thoughts and beliefs in these four areas removes the root cause of being overweight, they are called The Four Success Factors. (We'll get into more detail about these four categories of beliefs a bit later, in Part Three.)

**What Core Principle #5 Means To You:** If you are serious about long-term success, the **only** way to achieve safe and lasting weight loss is to stop focusing on your diet plan, your exercise program, or any other physical thing, and correct the self-sabotaging thinking that is -- and always has been -- the real, **root cause** of your weight problem.

Only when your mind has been renewed and freed of self-sabotaging thinking will you be a receptive vessel for the bounty of blessings your Father is so patiently waiting to give you, and for which Jesus came to prepare the way within you.

## **Core Principle #6:**

### **You Must Come To See Yourself With “New Eyes”**

SO many Christians I meet and hear from have serious “self-worth” issues. By that, I mean that they can't or won't acknowledge their own value as a unique and precious Child of The Most High God -- which is exactly what they are!

Why can't they see / feel / accept their own worth? Sad to say, this is an attitude most often learned in families and churches that are focused on judgement and condemnation -- instead of love and compassion.

Do you do a lot of judging? Is the most frequent target of your judgment...you? When you feel judgmental (which we all do from time to time), simply ask yourself, what would Jesus do? Would He be judging me right now? Or would He be showing me how to change my thinking and eliminate my judgment?

One of the biggest reasons why Christians (and others) become overweight and stay overweight is because they have no concept of “self-care.” If this sounds depressingly familiar, then here's what I would like to invite you to consider:

God created you and everyone else in three aspects: body, mind, and spirit. These are His three great gifts He gives each of us at birth. Which of these three precious, priceless gifts do you think it would be OK with Him for us to neglect or abuse?

And in His infinite wisdom, He has made these three aspects of ourselves interconnected and interdependent. As a result, a problem in any one of these three areas impacts the other two in some way. And if you understand how this actually works, you also understand that God gave us in our physical body an amazing “diagnostic tool” for what’s happening in our mind and / or spirit!

If your body is showing signs of neglect or abuse, then you need to understand that it is NOT a physical problem! Again, the part of you that you **can** see and feel is merely “symptomatic” of the parts of you that you **can’t** see or feel -- your mind and spirit

**What Core Principle #6 Means To You:** As a Christian, your first objective, both in weight loss and in life, must be to see yourself as God sees you, to love yourself as Jesus loves you -- and to treat your Temple accordingly.

If you cannot or will not do that, or if you have never even thought about doing that, please understand that you have some mind renewing to do. If Jesus was willing to suffer and die for YOU, *then please tell me what thing you are **not** worthy of?*

You ARE worthy to occupy -- and enjoy -- a trim and healthy body!

## **Core Principle #7:**

### **You + God = A Divinely Powered Team!**

People often write to tell me that they are praying for God to make them thin. Then they either tell me that (a) they would like me to pray with them, or (b) they don’t “need” the WLGW program because God is going to solve their weight problem.

Folks, I hate to be the one to break it to you, but that’s now how it works. God didn’t make you fat, and He isn’t going to make you thin!

But He absolutely will help you every inch of the way as you **act** in faith. He won’t do it **for** you, but He will do it **with** you! But you must understand that you have a

role to play in your own success. You must take action -- the right action -- before God can help you create the success you seek.

Am I saying that God is “powerless” to solve your weight problem without your help? In a word, yes. In reality, of course, God is never powerless.

But there are some things He will simply not do for you because, in His plan, you must do them for yourself. And in this plan, God can't even get you saved without **your** active participation. **You** must believe in Christ as your savior, and **you** must confess this belief. (And as you'll see in the WLGW program, both our beliefs and confessions are very powerful actions!)

Why do we need to act as well as believe? Because that's how God set things up! James put it about as bluntly as possible when he said “Faith without action is dead.” Not weak. Not ineffective. **Dead!**

**What Core Principle #7 Means To You:** Please, please don't miss this crucial point, dear friend. The success you seek can **only** be the result of a “joint effort” between you and God.

God never does for us what we can and should be doing for ourselves. He didn't make us fat, and He won't make us thin. But He will absolutely help us every step of the way. As we move forward in faith, He opens the right doors at the right times so we can step through them!

## **- Part Three -**

### **12 Crucial Scriptures For Weight Loss Success**

As Christians, we need to not only be aware of these 12 Scriptures (and the 200 or so other in the *Weight Loss God's Way* Program), but we also need to understand that they apply to **us**, as God's own children!

#### **The Lord Wants You Be Blessed And Receive Every Good Thing!**

- “Fear not, little flock; for it is your Father's good pleasure to give you the kingdom” (Luke 12:32)
- “I am come that they might have life, and that they might have *it* more abundantly.” (John 10:10)

#### **You Are Worthy -- You Are Made In God's Own Image!**

- “So God created man in his own image, in the image of God he created him...” (Genesis 1:27)

#### **Your Body Is The Temple Of The Holy Spirit, Not Yours To Neglect And Abuse**

- “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body “ (1 Corinthians 6:19-20)

#### **Your Body Is To Be A Living Sacrifice (Not An Eating Machine)**

- “Therefore, I urge you, brothers ...to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.” (Romans 12:1)

#### **A New Diet Is The World's Way, A Renewed Mind Is God's Way!**

- “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.” (Romans 12:2)

### **You Must Learn To “See” Yourself As A Success Story!**

- “Where there is no vision, the people perish...” (Proverbs 29:18)

### **It’s Time To Start *Behaving* Like A “New Creation”**

- “Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come” (2 Corinthians 5:17)

### **Faith Is Not Enough, You Must Also Take Action!**

- “For as the body without the spirit is dead, so faith without works is dead also.” (James 2:26)

### **You Must Walk Your Talk To Get What You Say You Want**

- “That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God” (Colossians 1:10)

### **...And The Key To It All Is Love, Of Others And Of You!**

- “If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal (Corinthians 13:1)
- “By this all men will know that you are my disciples, if you love one another.” (John 13:35)

## **- Part Four -**

### **Nine Keys To YOUR Safe And Lasting Weight Loss**

Every day of my life, I get emails from *Weight Loss God's Way* program owners, coaching clients, and people who are still just exploring the free information I provide.

I noticed that I find myself giving the same success tips over and over again. I've never before listed them all in one place, but here they are -- just for you!

#### **Success Key #1 - Keep The Lord In Your Heart And Mind Always**

It should go without saying for any Christian to keep God in your heart and aspire to the mind of Christ. What would Jesus do with any new challenge or venture? He would focus on the Father, pray for Divine guidance, and always seek to align His actions with God's will.

Then He would step forward in faith and confidence -- and we would do very well to follow Christ's example!

#### **Success Key #2 - Focus On The Mental Stuff First**

I really, really hope it is becoming clear to you that diets don't work, and why they don't work. You simply can't solve by physical means what isn't, at its core, a physical problem. And for 99+% of Americans, being overweight is NOT a physical problem.

Instead, it is the result of "toxic" (self-sabotaging) beliefs, which in turn create unhappy and unhealthy thoughts, which ultimately lead to unhealthy actions...like eating too much, eating too often, or eating the wrong things.

The single most important \*new\* concept you must embrace for success is this: Change your mind - not your diet! Because when your thinking is healthy, your healthy weight will follow as surely as day follows night!

### **Success Key #3 - Take It Slooooooww...**

Although *Weight Loss God's Way* is nominally a seven-week program, that absolutely doesn't mean you need to complete it in seven weeks. The idea is to get started and see what feels best to you. For many people, taking it slower works better. (But please do not try to complete the program in less than seven weeks.)

The very best pace is the one that works best for YOU. The idea is to read all of the informational material and complete all of the Success Exercises in the order they are given. That's why you'll find all of the Success Exercises right there with the appropriate reading materials.

### **Success Key #4 - Don't Be In A Hurry To See Physical Changes**

I have found that some people see physical changes (smaller numbers on the scale) within the first week. But this is NOT typical and it is NOT what you should expect. In fact, I strongly suggest that you set your expectations aside at first.

Some people see pounds disappearing and have no idea why. Others know exactly why. Some see results only after 3-4 weeks, which is fairly typical. Many people experience their best results their second or even third time through the program.

Since there's no way to know in advance when you will start to see results, I suggest you don't even think about your weight in the beginning. Focus instead on the Success Exercises that are going to **create** that weight loss -- permanently!

### **Success Key #5 - Be VERY Patient And Gentle With Yourself**

It's probably no surprise to you that overweight people are also often very perfectionistic, very hard on themselves. In fact, this perfectionism is part of the problem! It creates unrealistic expectations, stress, unhappiness, and leads to "compensatory" eating.

What's that? Compensatory eating is when you eat to "fill the emptiness" or to "have something sweet because life isn't." Stress very often leads to excessive eating as food becomes a "pacifier."

You might be amazed at the changes you'll experience simply from being more gentle and patient with yourself. You will find yourself "lightening up" in many ways!

## **Success Key #6 - Practice Self-Care...Daily!**

SO often people (including clients) say, "I just don't have the time to worry about myself. I have to take care of everybody else." You know, that \*sounds\* noble and all, but what will you tell God when He asks you to account for what you did with the body, mind, and spirit He gave you?

Have you ever noticed how they tell you on an airline flight that, when the oxygen masks drop, you need to put YOURS on first! Why? Because if you pass out, how can you possibly help others? By the same token, if you don't take care of YOU, how can you realistically take good care of others? (And what are you role-modeling for your kids!?)

Your first job is to get YOU in good shape. This isn't selfish -- it's common sense! That's why you need to make self-care a new top priority. Build time to do something EVERY day that will renew your mind, invigorate your body, get your spirit better connected with God -- or all three!

Don't "find" time. Make time! Put YOU on your to-do list -- every single day!

## **Success Key #7 - Focus On What You Want -- Not What You Have**

It's a little-known truth that whatever you focus on becomes more powerful in your life -- which is why Success Key #1 is Success Key #1! If you focus on what you have but don't want, guess what "**more of**" will come into your life!

On the other hand, if you keep your attention focused on your heart's desires, then that is what will become more prominent in your life. That's why specific goals, a clear vision, and powerful affirmations are so important to your success!

But also be constantly thankful for the blessings you **do** have -- and for the things that are **not** wrong in your life that are wrong in lots of other people's lives. (This is called a "blessings assessment," and it's a Success Exercise you'll do often in the WLGW program.)

## **Success Key #8 - Be Willing To Push Through Your Fears**

It is said that heroes are not people who aren't afraid. Heroes are people who are afraid and take action anyway. It's the same with faith. Having faith doesn't mean that you have conquered fear. It means that fear has not conquered you!

You may be amazed to discover that what looked like a huge, insurmountable obstacle on the way in turns out to be just an illusion -- a smokescreen. You will invariably find that what you were afraid of has very little basis in reality, but was just another worldly illusion that appeared real -- a lie that appeared true.

This is especially important for Christians. We are not given a spirit of fear! In any given moment, you can be in fear or you can be in faith. But you can't be in both at the same time. So act like the new creation you have become: Choose faith!

## **Success Key #9 - Know Who You Are In Christ!**

What does it mean to be a Christian -- a follower of Jesus Christ? It means so many things, from salvation in the hereafter to a dramatically improved life in the here-and-now.

Old things are cast away and you are made new. But although your spirit is reborn and revitalized when you are born again, your mind is not -- and your body definitely is not! So once your spirit is reborn, renewing your mind and body need to be top priorities!

You grew up in this world, and your head was crammed full of worldly thinking -- including lifeless "religious" thinking. That's not your fault. That's just life on earth. But if changes are to be made in your heart, mind, body, and life, it is your responsibility to get that process started.

What you will start in faith, God will finish in victory! Know that ALL of your fears and self-sabotaging beliefs are learned lies, and have no place in the heart and mind of a Child of The Most High God.

And never forget that ALL your needs are abundantly met through His glorious riches in Christ Jesus! It's your re-birthright -- so open up and receive!

## **- Part Five -**

### **Ten Important Reasons Why *Weight Loss God's Way* Succeeds Where The World's "Diet & Exercise" Approach Fails**

One of the questions I'm most often asked is: "OK, Dr. Frank. What makes the *Weight Loss God's Way* program different, better, or more effective than any of the dozens of other weight loss programs?"

I'm happy to have a chance to finally put my "Top 10" answers to that question all in one place. Here below are the ten most important reasons why the *Weight Loss God's Way* program succeeds where the world's "diet & exercise" approaches fail.

#### **Reason #1: Proven Success Principles Replace Diet Industry Hype**

Everything you will do in the *Weight Loss God's Way* program is based on proven success principles that are the product of Scriptural wisdom and scientific research -- and not on Diet Industry hype, worldly "wisdom" or outmoded notions of what "should" work.

There are 206 pages of eye-opening information, and more than 80 self-customizing Success Exercises designed to heal you in body, mind, and spirit. And every single word and every exercise has been time-tested and field-tested again and again with real people to make it the life-changing program it truly is.

#### **Reason #2: You Can't Fix A Non-Physical Problem With A Physical "Solution"**

Question: How long do you have to keep doing what never worked and never will before you succeed?

Answer: NO amount of doing what doesn't work will ever bring success. Yet literally millions of good Christians are getting very bad results because they keep on barking up the wrong tree.

Remember our metaphor about the fly banging its head against the glass window in that restaurant? Don't let that be you! There is a very real door that leads to where YOU want to go -- to the body and the life God designed and intended you to have.

All you need to do is stop banging your head against the "diet & exercise" wall and discover the amazing power of doing things God's way!

### **Reason #3: You Are Finally "Fixing What's Broke!"**

Honestly, how much time, effort and money have you poured down that drain called "dieting"? How many diets have you tried? How did they work? Why do you think that was? Actually, I hope by this point you KNOW why your diets failed. Let's all say it together:

*"Because you can't fix a non-physical problem with a physical solution!"*

The real, **root cause** of virtually all weight problems AND of our tragic 96% weight loss failure rate is our continued "mindless" attempts to solve a thinking problem with an *eating* solution. Folks, it just ain't gonna happen!

The single most important reason why WLGW is creating Success Stories in so many different cultures is not because the diets are all bad, but because bad thinking is found everywhere!

### **Reason #4: You Get A Renewed Mind! -- Not Just A "New" Diet**

We can wait for the Diet Industry to catch on, but really, with \$50 billion or so coming in every year, how soon do you think they'll switch tactics? As long as we keep buying their junk, they'll keep selling it!

But when you approach weight loss God's way, instead of wasting your precious time and other resources on yet another diet, you finally make changes where it matters – in your thinking! Not only will the results last you a lifetime, but you'll never spend another dime on weight loss products!

### **Reason #5: You Will Replace Your Self-Sabotaging Thoughts And Beliefs With Self-Supportive Ones**

As we saw back in Core Principle #5 (At The Root Of Obesity: Our Own Self-Sabotaging Thinking!), the real reason why we are overweight -- and why we got that way in the first place -- is found in our own “stinkin’ thinkin’.”

As we also noted, the research revealed that people who have a history of failed weight loss attempts were found to have self-sabotaging beliefs in these four areas:

1. Thoughts / beliefs about what you can and can’t do in life.
2. Thoughts / beliefs about your appearance and your physical self-image.
3. Thoughts / beliefs about your self-esteem and what you (really) deserve in life.
4. Thoughts / beliefs about who (or what) is “responsible” (or to blame) for your weight problem and for your past weight loss failures.

Because learning to “think healthy” in each of these four areas invariably leads to weight loss success, we call them The Four Success Factors.” And in Reasons 6 through 9, we will take a closer look at each of them, and make sure we understand why our thoughts and beliefs in each of these areas will make -- or break -- our weight loss success.

### **Reason #6: You Become A *Better* Believer!**

The research revealed that the single most important factor that determined weight loss success was the belief that “I can and will reach my goals.” Of course, the power of belief should come as no surprise to any Christian! We call ourselves Believers for a reason!

But you may be “subconsciously” believing some very unhealthy things that are keeping you from your goals -- and will keep doing so until you correct them. So now you know what “Job One” is for success!

### **Reason #7: Your Self-Image Improves Dramatically**

The second most influential factor in weight loss success is your physical / visual self-image. When you picture yourself standing in the bathroom in the buff, how do you “see” yourself in your mind’s eye?

If you see yourself as an overweight person trying to lose weight...well guess what you get to be? The WLGW program will get you thinking like a thin and healthy person thinks on both Success Factors One and Two!

### **Reason #8: Your Self-Esteem Rises To A Whole New Level**

The third most important Success Factor is your self-esteem -- your deep-seated sense of what you do and do not “deserve” in this life. In my coaching practice, I find that this is invariably the last factor to be fully handled.

Many people who “think” they have good self-esteem actually don’t, yet others who think they don’t, actually do! But until you find and fix any “cavities” in your self-esteem, your chances of lasting success are pretty dismal -- because despite your best conscious intentions, you’ll unconsciously keep sabotaging yourself!

### **Reason #9: You End The “Blame Game” For Good**

Success Factor Four is “self-responsibility.” The question is “Who or what do I believe is really responsible for my weight problem, and for my past inability to correct it?” This is extremely important to find out, as this single Factor can make or break **your** success.

In truth, most overweight people have “issues” with most of the Four Success Factors. And amazingly, all four are found in the Bible, all in one place, and in this same order! That’s why it’s SO important to correct any self-sabotaging thoughts or beliefs you may have in these all-important areas -- and that’s why renewing your mind really is the key to lasting success!

### **Reason #10: The “Eyes Of Your Heart” Are Now Open**

As I say again and again, the most important thing we can do as Christians to get our lives (and bodies) in order is to learn to see ourselves as God sees us, love ourselves as Jesus loves us -- and then care for our Temple accordingly.

But in order to do this, the first thing we need to do is to stop seeing ourselves through the worldly eyes of judgement, criticism, guilt, contempt, etc. This is how the world (and misguided religions) “deal” with problems -- and it doesn’t work!

Instead, we need to begin to see ourselves as the Lord sees us, through God’s eyes of love and with Jesus’ heart of compassion. Think about it. Would this not be infinitely more healing than the endless criticism and judgement we now heap on ourselves -- that only perpetuates the problem **and** makes us feel bad?

Is it time for you to trade in the world’s way for God’s way?

## **- Part Six -**

### **What The Folks Who Have Used This Program Would Like You To Know**

One thing I know for sure. Nothing I can say to you will have half the impact that real words from real program users can have. I could make up anything and claim it to be true, and we both know it.

That's why I am happy to turn this over to others for Part Four of this little ebook. The following unsolicited emails are mostly not from folks who lost the greatest amount of weight, but are here because they touch on the real issue at hand -- and the real key to lasting success -- the joys of healthy thinking and a renewed mind.

---

“First 100 lbs Gone! - Hi Dr. Frank, It is Gwyn! ...I just wanted you to know that I have passed my 1st 100 pounds mark! ... I keep reading the emails and am inspired by them. “God Bless You!”

**In Christ, Gwyn L. Ditmars - Evanston, IL**

---

“So far I'm only on day 4 of the program and am really enjoying the wisdom I've gained from your book. I'm finally feeling free of some of the chains that have bound me for years! I'm seeing ‘the light’ that wants so desperately to illuminate from within me.

“I now face my day with joy and gratitude. ...I have gained a new outlook on life. I feel lighter because my new attitude won't allow stressful situations ‘weigh’ me down, instead I turn to prayer and calmly face challenges! I'm so looking forward to the weeks ahead. Thanks for reminding me of whos opinion counts the most concerning my life, our heavenly Father!”

**Sue Schaffner - New York**

---

“Hello Dr. Frank,

I have now gone from 265 to 182 and still with complete peace. As I tell everyone Dr. Frank, I went into WLGW for weight loss, but I gained so much more than that, that the weight loss just ended up being the final bonus! The changes in my life have now started taking place with our children and my husband.

“I have several new friends through WLGW and many current friends have recently joined. I am so excited for all of them and the amazing life changes they will experience. I look forward to hearing from you Dr. Frank. Thank you again for ALL you have done.”

**Sandy Spell - Deltona, FL**

---

“Dear Dr. Frank,

I am amazed at the results I’m seeing on this program. I am a Christian, but I was taking care of everyone else but me. It was leaving me wiped out, resentful, unhappy, and overweight. It’s been two weeks since I’ve started your program, and here are some of the changes I see:

1. I’m happy and content -- some days in spite of what’s going on around me.
  2. I smile at my kids when I walk in the door after work and give them a hug. (They’re still a little shocked at that one!)
  3. I take the time every night to do my facial routine (moisturize, exfoliate, etc.) May not be a big deal to you...but I’m turning 40 next month! Prior to your program, I wasn’t even taking time for simple things like that.
  4. I’m able to share positive thoughts with my kids. (They have come out of a terrible foster care system and need all the positive they can get!)
  5. I DIDN’T HAVE TO LAY DOWN TO ZIP MY JEANS THIS MORNING!”
- May God bless you!

**Cheryl Lawrence - Philadelphia, PA**

---

“Dear Dr. Frank,

I am really enjoying WLGW. I feel like this is an answer to my prayers. Thank you for caring and doing this. I had been at a plateau and was gaining weight but praise God this week I lost 4.4lbs! People are noticing too. It feels great! I would like to know what to eat but that will come soon, in my head I am beginning to know already.

“I can’t wait to be transformed by the renewal of my mind. What can I send a friend who wants to know about WLGW too? I am just on page 82 at this time. I was about to give up; have tried so many diets that have failed. Glory to God I feel this is the key.”

**In Christ, Deborah Bottenfield - New Braunfels, TX**

---

“Dear Dr Frank,

“I have been meaning to e-mail you and thank you for writing the Weight Loss God’s Way course. I am nearly at the end of week 3, and my thinking has changed so dramatically it’s unbelievable!

“I have lost 6 lbs, and unlike other times, this time I KNOW it’s staying off, and the other 17 lbs I need to lose will come off too. Thank you Dr Frank, and thank you God! God bless,”

**Lucy Armour - Bradford, West Yorkshire, England**

---

“I have been on the program since January. It is fantastic. I have tried almost every diet in the past to no lasting avail. But since starting this new life style of losing God’s way I have lost 18 pounds on my way to my goal of 150 by February 2008.

“I am 72 years old and taking a lot of medication for heart problems. So one is never too old nor has a good excuse for not losing weight if they follow this plan. I had been concerned for some time about the condition of my “temple”, but felt powerless to lose the 68 pounds I needed to be more physically, and spiritually fit. I was discouraged, very unhappy with my spiritual condition, and life in general.

“I am energetic and experiencing continual weight loss. I have a new outlook of life and look forward to enjoying this day in obedience to God. I am focused on doing His will and expecting Him to direct my path. I Know I can do all things with Christ who gives me the strength as I “lose” my way to the goal of 150 pounds by February 2008. Thanks again and God Bless.”

**Bonnie Taylor - Lawrence, KS**

---

“Hi Dr. Frank, The first time I saw it, I must admit that I was a bit skeptical, so like every other perceived scam, I blew it off. GOD WOULDN’T LET ME OFF THE HOOK THAT EASY!!!! Months later, maybe 4 to 6, God brought it back to my attention. Dr. Frank continued to keep contact with me. By doing so, I began to pray for wisdom and direction from God. He led me to purchase the program and here we (me and my wife) are today. We are only entering the third day but I can already feel the impact it has made on our lives. Especially mine!!! TO GOD BE THE GLORY!!!!”

**Chris Williams - Jackson, MS**

---

“Good morning, Dr. Frank: - After reading today’s newsletter I had to take time to say ‘thank you’ once again for a wonderful program. I have been reading and journaling for two months now and am pleased to say that with what feels like no effort have lost 10.5#.

“Never in my past have I been able to accomplish such a dramatic loss without some crazy ‘diet’; WLGW has equipped me with the tools to make changes in my life and the weight loss is just a by-product of those changes.

“It has been a real eye-opener through this process--how can I ‘fix’ any of that physical stuff if my mind is not renewed? I look forward to being one of your Success Stories one day, but already know I’m a success story for myself right now! Blessings to you and yours!”

**Andree’ - Salem, NJ ☺**

---

“Hi Dr. Frank,  
It’s AWESOME!!!!!! Thank you so much! I have already been so helped by WLGW, and here you go again! I feel like a kid in a toy store, running from aisle to aisle, playing with everything on the shelves! Oh, boy! What do I look at next!? So many links, so little time. Sigh. I guess I’d better get up earlier, which I’ve been meaning to and motivated by you anyway. Thanks!!!!!!”

**Sandra Julian - Franklin, IN**

---

NOTE: For LOTS more testimonials and lots of other helpful FREE stuff, please visit the *Weight Loss God’s Way* “Community Pages” at <http://www.weightlossgodsway.com/community/community-home.htm>

## **- Part Seven -**

### **About the *Weight Loss God's Way* “Community Pages”**

**...where you'll find lots of great free stuff!**

To help us create more of a sense of community at WLGW, I have put together the *Weight Loss God's Way* Community Pages for you.. You'll find our home page at:

<http://www.weightlossgodsway.com/community/community-home.htm>

Here are some of the places you can go to from our Community Pages home page:

1. [The \*Weight Loss God's Way\* “Testaments & Testimonies” Page](#) - where you can read dozens and dozens of unsolicited emails from program owners, newsletter subscribers, and Dr. Frank's personal coaching clients.
  2. [Real Success Stories With Photos](#) (Just getting started as people are willing to provide photos. Please feel free to become a *Weight Loss God's Way* Success Story and send in your own before-and-after photos, too 😊)
  3. [All Back Issues Of “The \*Weight Loss God's Way\* Messenger”](#)  
This is the weekly newsletter that goes out to all subscribers.
  4. [A Whole Bunch Of Christian Weight Loss Articles by Dr. Frank](#)
  5. [The \*Weight Loss God's Way\* “Special Report” Information Page](#) - where you can get full details on what the *Weight Loss God's Way* Success System is all about.
  6. [The \*Weight Loss God's Way\* Community Blog](#) - Gather together and share your questions, answers, successes, and struggles with others on the same journey to victory!
  7. Contact me (Dr. Frank) by email [here](#) or by phone at **(585) 764-3283**.
-

## - Part Eight -

### The “Bottom Line”-- You, God, And Weight Loss Victory!

In this brief final section, I'll sum up the entire message of this small ebook for you. The reason why I created the *Weight Loss God's Way* program, and why I wrote this ebook, is to help you go from this...



...to this:



...which is exactly what Tanya Lazarevich of Adelaide, Australia, has done.

But in order to make this happen in **your** life, you'll need to step outside the “diet & exercise” box we're all so painfully familiar with already, and consider a few concepts that may be new to you.

For example, the **real** reason that 99.9 % of us became overweight in the first place -- and why we continue to struggle with our weight -- is not because we are bad people, or because we have bad diets, but because we have some bad **thinking**.

We operate (mostly unconsciously) on certain “self-sabotaging” **beliefs** and **attitudes**. These self-sabotaging beliefs and attitudes create in us certain unhealthy thoughts and feelings which, in turn, lead us to certain destructive behaviors -- the most obvious of which is unhealthy eating.

The self-sabotaging beliefs and attitudes that are at the root of our unhealthy eating invariably fall into the following four general categories:

1. Our personal beliefs about what we can and can't do
2. Our physical / visual self-image (how we see ourselves in our mind's eye)
3. Our self-esteem (what we "down-deep" believe we deserve in this life)
4. Our sense of self-responsibility (what's \*really\* preventing our success)

Where did we get all of the self-sabotaging beliefs and attitudes that caused us to become overweight, and are now keeping us there? It's the inevitable result of being born into a very imperfect **world** that's full of imperfect people -- including parents, teachers, friends, even preachers.

As children, our young, impressionable, and trusting minds absorbed whatever beliefs we were exposed to. And whether these beliefs were helpful, harmful, or neutral, we eventually came to accept them and hold them in our minds as "truth."

But many of these learned beliefs were **not true**, especially those that damaged our budding self-esteem and caused us to belittle ourselves. As you can imagine, people with damaged self-esteem will not treat themselves (or others) lovingly. In fact, they will often be self-destructive in ways that are both subtle and obvious.

The result is that so many of God's own precious children, created in His own image and likeness, do not feel good about who they are -- and are now acting accordingly. Day by day, their confidence erodes, their self-esteem diminishes, their self-esteem deteriorates...and their Temples reveal the inevitable results for all to see.

So you see, in various ways, by various people, through no fault of your own, your mind has been filled by "the world" with lies that have kept you from discovering and celebrating the fact that you are indeed a Child of the Most High God!

And this tragically flawed world you grew up in has literally **programmed** you to have weight problems as you got older.

**It's Not Your Fault -- You Were *Programmed* To Fail!**

And as if all this toxic worldly programming that has made you overweight and keeps you there weren't bad enough, you have also been lied to all your life about how to **lose** those unwanted pounds!

A true "double whammy!"

But then, what else could we really expect from this world? Just take a look around? Is this place a mess, or what? And it gets worse every day!

After all, this is the realm of the Prince of the Air -- the devil's own back yard. Lies and illusions are the enemy's stock in trade! And if we go through this life believing what the world tells us is true, well, we will reap just what we deserve.

Is there a solution? Is there a "way out?"

Yes! But the only way out is **UP!** Jesus made this crystal clear when He said: "I am the way, the truth, and the light"

To get ourselves "up and out" of this worldly mess we were all born into, we must be willing to say goodbye to the world, and say hello to the Word!

We **must** not be conformed to the thinking of this world -- but instead be transformed by the renewing of our minds! That's why **finding** our self-sabotaging beliefs and **replacing** them with Godly beliefs is an absolute necessity for success!

We must expose the learned lies of the world to the light of day, and then replace them with self-supportive beliefs based in God's timeless Wisdom.

### **That's What Renewing Your Mind Is All About!**

And this is exactly what the *Weight Loss God's Way* program will do for **you**.

Yes, it is absolutely not your fault that you have a weight problem. You can "thank" (or curse) the world for that.

But either way, now you at least know the score. Now you understand how you got here, why you have stayed here despite diet after diet, and what you must do to free your mind and body from this worldly curse.

And for better or worse, even though it was the worldly thinking of others that put you here, it is only your own Godly actions that can set you free.

---

This brings us to the end of our *Christian Weight Loss Fundamentals* mini-ebook.

I sincerely hope you have had a few “ah-ha’s” as you have gone through this material.

Ultimately, we can sum it all up in two simple sentences:

- You can keep on trying diet after dead-end diet until you finally get so tired of failing that you give up forever.
- **OR** you can renew your mind, learn to think like a thin person thinks, and solve your weight problem for good!

It really is just that simple

For full details about the *Weight Loss God's Way* program, please see the Special Report at <http://www.weightlossgodsway.com/letter/index.htm>

To get your own copy of the *Weight Loss God's Way* program today, please visit <http://1.wlgwprog.pay.clickbank.net>

To contact me personally, please click on [DrFrank@CoachFrankSmoot.com](mailto:DrFrank@CoachFrankSmoot.com)

Peace be with you, and may God bless your success!

***“Dr. Frank”***

Dr. Frank B. Smoot, MA, DD  
(585) 764-3283

[www.WeightLossGodsWay.com](http://www.WeightLossGodsWay.com)

---

**- Please feel free to distribute this ebook as long as it is kept intact. -**