

G-bites Forward:

Thank you family and friends for your practice, experiment, and support of G-bites. Special thanks to my daughter Jenay who named our weight loss program G-bites (God's basic instruction to eating successfully) and lost 17 pounds on the G-bite system as a teenager and has maintained her ideal weight after marriage and the birth of two children.

Special thanks to my oldest daughter Montoya that has continued to support G-bites and pray out the plan for our system for over 9 years even when I had my doubts that the book would ever be picked up or published.

To my husband Donald and co founder of G-bites; thank you for always believing in me and G-bites; and for being my partner in life and in ministry- your support has taken me to the mountain top and I am eternally grateful.

For the rest of my family Eugene and Justin my son in laws that love me unconditionally whose lives I have been privileged to speak into before becoming an author and counselor of many and my wonderful grandchildren, Joshua, Caleb, Janyse, and Malachi thank you for being a reflection of God's love and mercy in my life-thank you.

Thanks to all the G-bite fans and the weight lost participants that will never look at food the same because moderation is the key to our success.

To my friend and protégé Shonna Jones that lost over 99 pounds on the G-bite plan, continue living out and motivating women to live their best life now. Health, healing, and wholeness belong to you all and all you touch by the master's hand.

Last but most important thanks to Chaplain and Mrs. Goodwin for being living epistles in our lives and beacons of God's love, grace and strength. This book exist because you gave a piece of yourself to a little farm girl that had a big vision from a great big God.

Now to the reader: G-bites is your plan. It is a written testament of what God told me concerning weight lost. After reading my testimony of how I lost 95 pounds in 3 months and have successfully maintained and kept off 60 pounds for eight years, I pray that the Holy Spirit speak to you audibly and speak as a witness as you read the words on these pages and that you will be inspired to believe in yourself and know that in God all things are possible to those that believe.

How do you see yourself? Confess the new you now and let the journey begin.

About the program

G-bites (God's basic instructions to eating successfully) is a faith based weight loss program that provides a step by step plan to eating healthy which promotes weight loss, health, healing, and wholeness to the body. G-bites encourages the community to pray over their immune system and bless the food so God will take disease away from their bodies, mainly fat. G-bites cite that excessive caloric intake as a major nutritional problem in the United States. G-bites define obesity as excessive ingestion of calories (overeating). G-bites agree with the medical community which associates obesity with the cause of three major diseases in the United States: Cardiovascular Disease, Cancer, and Diabetes Mellitus. The American Cancer Society states, "A woman's risk factor for breast, cervical, endometrial, and liver cancer, increase with obesity; men gain greater risk for prostate, colon, and rectal cancer as obesity becomes a strong hold."

***As a fasted lifestyle,** G-bites battles obesity by reducing the nutrient intake. Medical facts have proven adult onset obesity can be reversed by reducing the size of adipose cells that achieves an ideal weight. The goal is to return the adipose cells to normal size and correct the abnormalities by reducing the nutrient intake (controlled food portions). G-bites encourage a balanced low calorie diet accompanied with behavioral therapy to produce favorable long-term weight loss, permanent health, and wholeness. Participants should choose food from all six food groups each day. I personally encourage you to choose the foods you enjoy eating and foods that give you that satisfied feeling. I always add onions to my meals because I like the satisfied after taste that reminds me of my favorite Tex-Mex or American hamburger-the taste lingers.*

*G-bites insist that a wide variety of foods from each food group will ensure that you get all your needed vitamins and minerals. Eating smaller portions (**bites**) will lower your fat index and the outward manifestation will be a drop in weight and clothing size.*

Once participants have reached the maintenance portion of G-bites, a 1,200 to 1,600 calorie diet for females is recommended. Eating a variety of healthy food recommended by the American Dietetic Association (food pyramid guide) is strongly encouraged.

Exercise such as walking, yoga, swimming and recreational sports is also encouraged but is not a must to loose weight.

G-bites advise participants to visit their physician and inform him/her of all lifestyle changes, especially in the area of daily food intake compared to exercise. G-bites also encourage participants to visit their physician throughout the weight loss process.

G-bites is careful to inform clients that the program is based on the success of G-bites weight consultant, Barbara Warren, who lost a total of 95 pounds in three months by lowering her caloric intake (counting bites) while enjoying a variety a foods recommended by the daily food guide pyramid. She now enjoys a daily calorie intake of approximately 1400-1600 calories a day and leads an active lifestyle.

G-Bites Memoir:

I began my adventure of weight loss in 1999. For years my family had encouraged me to lose the weight and to take better care of my body and my physical appearance. I was in what health science calls the contemplation stage for over 10 years. During this time I tried diet plans such as Atkins, Richard Simmons, Weight Watchers, Vegetarian, Cabbage, Eat Right For Your Blood Type, Daniel Diet, What Would Jesus Eat and more than I will mention which all worked! I lost at least 30 or more pounds and maintained it for three to six months. Unfortunately, because most of these diets involve either routine rigid exercise plans or food deprivation, I would gain back the weight plus an additional twenty pounds each attempt over several years. This destructive behavior set me on the path of obesity. The end of the journey was my sitting on my doctor's table and for the first time in my life the word obese was attached to my anatomy and self esteem. I was devastated because even though I looked at myself in the mirror everyday, I never saw myself as obese maybe overweight, big boned, horizontally challenged but never obese (fat).

For the first time in my life I needed to make a productive choice about my weight and ultimately about my health. Although I felt like I lacked the competence to achieve any weight loss goals, I had no alternative other than to face where I was, accept responsibility for past decision, and gain the confidence to make positive lifestyle choices that would grant me the results I so desired. Truthfully, I was not afraid of losing the weight but I was terrified of gaining it back and becoming even more obese. I mean at this point I was 5ft. 2in and weighing 200pounds. I was wearing a size 22. Can you imagine? I believe when I started out as feeling overweight I weighed 160 pounds. Diets and food were the enemies in my life. The fat demon continued to control my life and rob me of the very health I believe God had given me "by His stripes we are healed". Fear and feelings of inadequacy dominated me because of past failures in the area of weight loss. The solution to my problem was to do what I had never done before to get the results I had never achieved. My first realization was my lack of knowledge and lack of reasonable goals. I had attributed my failures to my unwillingness to change. On the contrary, I was not equipped to make the necessary changes to initiate a healthy lifestyle routine that would accomplish health, healing, and wholeness to the body and return to me the abundant life promised in the Bible.

The first step towards eating successfully was getting the motivation to get started, endure the process, and crossing the finish line- attaining a healthy weight. I have learned that in order to get control you must believe that you have control – "I can do all things through Christ that strengthens me."

As an obese person, it was easy to see myself as out of control; helpless, and a victim of my own devise brought on by years of mental abuse and overindulgence. You are probably thinking right now, "Barbara what is the first step I should take in order to get motivated and begin a healthy life style journey." I am so glad you asked.

The majority of people cannot afford expensive diet plans or the psychotherapy recommended by most health professionals in order to achieve permanent life style changes. Financially I was not in a position to get outside help and my insurance plan during that time did not make the necessary allowances for my success. If that is you, then decide right now that you can do this with me, myself, and God. Knowledge nugget: everyone has a diet whether it is good or bad, balanced or lacking; what we eat is our diet and that can change today.

I had to believe that God was willing to give me a second chance and all my health could be redeemed in this lifetime. What the enemy had stolen from me could be retrieved by my efforts. Faith without works is dead! What am I saying? I had to face that I had a problem and that I needed to change my mindset that day!

This is what I did. I knew another diet would not work. I was too heavy and too embarrassed to enroll in an exercise program. I refused to be stuck and needed to take control of my situation. So, I asked myself "What can I begin, continue, and complete without interruption?" "What do I do well everyday no matter if it is rain or shine, prosperous or broke, sick or healthy? What is it that I enjoy and have already mastered in my life? The answer was resounding- Eat! I eat everyday. I am good at eating. I can focus on the food I eat. Everything else is subject to change but no matter what I am doing, where I go, or how I feel I will eat. It is the one consistent variable in my life. Eating was one skill I had mastered. I would no longer despise food or eating but embrace it and look forward to each meal. Now how would I do that and loose weight. I would become skilled in monitoring my caloric intake (count my bites). I would create a systematic way to help me achieve a successful way to enjoy food. Counting my bites would restore a sense of control in my life, which was vital to achieving my healthy life style changes and weight loss goals. So how did I get motivated? By developing a goal that was simplistic and automatic in my life.

The Bible states, "for we perish for the lack of knowledge". I recognized that although I was motivated about loosing the weight, desire alone would not get me to the finish line. I needed knowledge concerning weight loss and the process that would help me make permanent lifestyle changes.

I began to study medical books and journals that described scientific studies conducted on people that had chosen low calorie diets during the late sixties and mid seventies. Many of these can dates were exposed to controlled environments and rigid diets such as all liquids, Jell-O, or deprivation. All three compromise proper nutrition and the outcome of scientist evidence was linked to poor dietary habits and deprivation to early disease and mortality rates. Low calorie became very unpopular in America almost taboo by the late seventies and early eighties. I did not want to jeopardize my state of wellness (which was already fragile) so I had to decide what measures of prevention I would take to ensure that while I was choosing food portion control (low calorie) my health would peak to its optimal and not plunge into a spiral of obesity that I might not have the will to avoid.

During my research I stumbled upon the food guide pyramid and was reminded that a balanced diet is the insurance policy to a lifetime healthy nutritional plan. The food guide pyramid gave me simple instructions for achieving proper nutrition while enjoying the benefits of a low calorie lifestyle. The food guide pyramid suggested five major food groups, accompanied with fats, oils, and sweets that should be ingested sparingly. I would create a weekly menu and choose from the following foods: bread, cereal, rice, pasta, vegetable group, fruit group, milk, yogurt, cheese, meat poultry, fish, beans, eggs, and nuts. Yes, I would have it all! Through studying and research I had gained the knowledge and accessed the tools needed to achieve the goal I had set for myself. I would not do another man's plan or even create something new, but I would use a plan taught by my Junior High teachers in health class and a belief system taught in my Baptist Sunday School classes to be successful in a present life situation. The answer I was looking for was already been given to me. Now that I had knowledge and understanding I needed to pray for the wisdom of God to execute the plan. He will not hold back but will give it liberally if you will ask Him!

Knowledge is the principal of things in life. Knowledge is power. Now with knowledge get an understanding and with understanding get wisdom. Wisdom will be the catalysis that takes us from thinking about change to executing change. The Bible says to write the vision down and make it plain so that those who read it can run with it. That means to put the plan into action.

I was ready to put a plan of action together so I went on a twenty-four hour fast of just water and began to seek God for a systematic way to eat healthy (successfully) on a low calorie diet. I was convinced that low calorie was for me but a new improved creative way that would kindle the desire to continue and not quit no matter how much my flesh would fight me.

At the end of my twenty-four hour fast I was reading in the book of 2 Samuel concerning David and the return of the Ark of the Covenant which represented the glory of God. Uzzah was struck down and died for reaching out and taking hold of the ark of God because the oxen from which it rode stumbled. The Bible states that David was afraid of the Lord that day and asked "how can the ark of the Lord ever come to me?" David eventually brought down the ark of God unto the City of David and did so carefully by those carrying the ark of the Lord taking six steps and then David would sacrifice a bull and fatten calf until the journey was completed.

For me the vision became plan. I would take six bites at each meal and sacrifice the rest unto the glory of God (health, healing, and wholeness; nothing missing and nothing broken) had returned to me to my house, to my temple- my body.

I began that day. The story of David signified routine for me. The success I needed was hidden in my daily routine. The research I had completed revealed to me once I had eaten a meal, I would not get physically hungry until four to six hours later depending on the fat and carbohydrate consumed during the meal. If I had felt hungry before that time it would be thirst. The stomach growling would actually be digestion and drinking water would assist the process. Not only would I keep my meals four to six hours apart, I would count my bites at each meal. I would take six bites of any food and sacrifice the rest. Remember David took six steps and sacrificed unto the Lord. This was my plan. I would begin a fasted lifestyle- eat less and watch the pounds fall off- the glory of God return to me. I would not focus on scales, exercise, or motivation from my family or friends. I would put this plan in action, all my time and all my energy, into counting my bites and enjoying the foods I loved in a balanced way. The Bible states that our balanced lifestyle (moderation) should be shown to all men. We should practice discipline in our Christian walk. How much more do we demonstrate how out of balanced our life is and how much we gratify the flesh than with our weight? Preachers and Pastors spend so much time counseling the alcoholic, the compulsive spender, and the drug addict but what about the Christian that is killing themselves with food because they do not have self control or the discipline to stop eating- it is the same spirit. Overeating is works unto the flesh. The obese person is as much out of the will of God as the excessive spender, drinker and drug addict. I can make this statement because I have been obese and stricken with food addiction.

Many of you are thinking, but I have been obese all my life; the influence of my parents and how I view food has hindered my ability to adopt healthy behaviors concerning food and other areas of my life. My question is "How long are you willing for the sins of your father to continue to cripple you and rob you of the blessing of God?" My Pastor taught me that life is choice driven and the choices I make today do affect my tomorrow and I am a product of the decision I have made whether it is good or bad.

I had incorporated many unhealthy behaviors from my family as a child, young adult and even in my early thirties but I had to decide that I would not allow those decisions to continue to hinder me and become a permanent barrier to taking back my health, my healing, and complete wholeness. For the first time in my life I knew on a personal level why God wanted me to have the abundant Life. Jesus said, "For I have come to give you life and to give it more abundantly." The revelation is a balanced life style (moderation) would cause me to experience success in my health that would spill over into my finances that would spill over into my relationships. The first area I would focus on would be my health, which was represented by my weight. When the weight comes down the health goes up (increases). It is not about the weight- that is easy. It is about your health. Being there for your husband, your kids, your grandkids, or any significant other that you care for and want to be a part of their lives for as long as God has promised for us to live in the earth. What a revelation! Health, healing, and wholeness really do belong to us!

*I was ready to begin my journey **One Day At A Time-One Meal At A Time- One Bite At A Time!***

The motivation to initiate change in ones life can very frankly be challenging. There are many barriers that block or discourage the mere idea that we can accomplish goals that we set for our personal life such as weight loss. One of the unforgiving truths of life especially in regards to our health is that the consequences of our unhealthy choices and risky life style does not manifest until years later. Subconsciously we make a decision to deal with our unhealthy behavior once the problem exist be it obesity, cancer, or heart disease. Did you know that more than 80% of the leading causes of death are preventable? That means that we are not helpless and victims of our environment but we can step up take control and begin to make decisions that will impact our health for the positive and for the future.

I had to ask myself- Do you want to live out the full promise of longevity God gave us in the Bible? The Bible says that if we will honor our earthy parents that there is a reward. The reward is long life. Now if you have been rebellious and have your earthy

parents living, make a decision to change your habits and change your heart and begin to honor them. Even if they are not honorable, do all you can do to honor God by agreeing with the first decision He made for you which was to be born to the people you recognize as parents. God cannot advance us past our last level of obedience which is to honor your parents. The promise was given to everyone even if your parents are rotten. If your earthly parents are no longer living, do everything in your power to honor their name. Walk upright before God and bring honor to your parents. Do your part and watch God be true to His word.

The next question I had to ask myself is- God do I trust you? Am I willing to stop putting my trust in man and the plans he creates (commercial diets and exercise plans) that exploits women and put my trust in you and your manual for positive life style change?

One of the biggest hurdles I had to get over was blaming and having excuses for my weight. I truly believe that I was destined to be fat because all the women in my family were fat especially after marriage and child bearing. It was almost a right of woman hood in my community. What I have come to realize today is that misery loves company. God created women to be beautiful, sensual, and much to be desired. That is why we have breast and curves that should not be covered by layers of fat which impairs the beauty within. It gives the devil room to speak lies to us that damages our self worth as women and as believers. It challenges our testimony. We know that being fat is not God's best for us and He would never create us to exist with such shame. There ain't nothing pretty when it comes to fat. It is ugly on the inside and definitely ugly on the outside.

Change does not happen overnight. It is a process. One must succumb to the reality that a problem exist and move towards making decisions that will overcome the problem -my problem was overeating; " I ate too much food". After I established some basic truths (1) I want to live a long life and (2) I trust God to do it. I had to cooperate with His word, which placed me at the starting line.

Remember I started one day at a time, One Day At A Time-One Meal At A Time- One Bite At A Time.

At this point you might be telling yourself that you picked up this memoir because of the catchy title or a friend gave it to you and you are reading for information only. Well news flash- you picked up this book because you have been thinking about loosing the weight for some time now. You have been contemplating change but have not equipped yourself with the necessary knowledge and tools or you lack the self-confidence that you can succeed or you have been just flat out fearful. Some of you have been avoiding the truth about your condition. Emphatically, I can say if you did not have an interest in changing your behaviors you would have placed this memoir down at the introduction. The fact that you are still reading encourages me to believe that you have the desire to change and you are using this memoir as a tool to boost your confidence to believe in

yourself, accept responsibility for your actions, and make the right choice that will lead to a healthy life style and weight goals.

Counting bites will assist you in implementing new healthy behaviors. For the remainder of this memoir it is my goal to help you design a plan of action. I encourage you to write down your plan of action and personalize it with specific objectives (steps required to reach a goal) that are short term and reasonable so that you will attain long term lasting goals.

I had to decide when I would eat my meals and how many bites I would take at each meal. Keep in mind that G-bites had not been created at this time. It was just God and me pursuing a low calorie fasted life style that would heal my body and bring my weight to a healthy status.

*I decided to skip breakfast because I am never hungry at that time. I chose to have a cup of herbal tea to get the digestive system going each morning. Now I have an eight ounce glass of soy milk that acts as a meal replacement. If you are a breakfast person, that is fine but I only recommend six bites (for example: (one piece of toast or half bagel or one pouch of instant grits or oatmeal) along with unsweetened coffee or tea. Keep the coffee at four ounces strong or eight ounces weak- **Moderation is the key!***

During this time I was a full time middle school teacher and volleyball coach so my day began early- 6:00am. On the G-bite plan I would consider the breakfast zone to be between 5:00am-9:00 am. After that time I recommend you wait for lunch.

To evaluate bites consider basic eating utensils and the normal bites you take when eating a meal. Many participants of G-bites use a tablespoon to count their bite. Many participants stuff their mouth as full as they can get it and count that as a bite. I recommend that you measure your bites against what you did before reading this memoir. I did not overstuff my mouth but took normal bites (not smaller bites) because I know for some of you the less is more theory is kicking in- not when it come to bites. I use a fork when eating unless I am eating soup so I continued to use a fork to count my bites. Don't begin to make changes to accommodate the flesh. Remember, no good thing resides within the flesh and your flesh is on a mission of self-destructiveness that will rob you of your health and ultimately your life.

I took my lunch break at 11:00 am. On the G-bite system I would consider lunch between 11:00-1:00pm. My favorite meal would be a chicken strip, lettuce, tomato, shredded carrots, red onions, all wrapped in a floured tortilla shell or stuffed in a half pita bread. I would religiously count my six bites and throw the rest away. I would drink an eight ounce glass of grape fruit juice or cranberry juice with no artificially color, flavors, or additives.

On days that I was in pre menstrual or ovulation stage I would crunch barbeque chips and shredded dark chocolate and add it to my lunch wrap. The goal for me was to end my meal feeling satisfied not stuffed.

During the next four to six hours I would sip on my favorite bottled water. Now this is my plan for lunch. You may have a different craving for your lunchtime meal and you may decide to take eight bites, or ten bites or twelve bites. It does not matter. What does matter is if you can live with the choices you make at lunchtime. Can you continue the process day after day? Does it work for you?

The G-bite system is based on food portion control- counting bites. A balanced diet is the sure foundation for which the system is built upon. One important building block is to renew our mind and conceive a new thought concerning food. I believe little bite goes a long ways.

Visualize the food guide pyramid. The pyramid, although it has changed during the last decade, continues to encourage us to eat a variety of foods. It defines that no one single food group can provide all of the necessary nutrients (substance found in food that provide energy, regulate metabolism, and aid in growth and repair of body tissue) needed for healthy nutrition. By observing the food guide pyramid we can meet the recommended number of daily servings from each food group. As you create your daily meals choose a variety of foods that equates a combination of nutrients that renders health, healing and wholeness to the body.

Although there is much truth to all diets and weight loss programs there is much to be debated and much research to continue to be conducted concerning weight loss and health. Most would agree that two variables are consistent concerning obesity- life style behavior and food consumption.

You are the best judge in evaluating what measures need to be taken for your successful weight loss and maintenance of that success. Recently articles site that the youth of today will not live as long as their parents due to excessive calorie ingestion and obesity. Obesity is at its all time high and is considered by most professionals as an epidemic in today's society that is ramped and out of control. Most teens and young adults are at some point involved in yo yo dieting- (continual loss and weight gains) which has proven to be hazardous by increasing the risk of heart disease. The heart is a muscle and can be damaged. Documentation and research prove that more young adults especially women struggle with life threatening diseases such as Anorexia nervosa (self imposed starvation) and Bulimia Nervosa (binge eating followed by purging) to loose and maintain weight. These destructive behaviors are solutions for those that believe the TV hype of what a woman should look like and what society deems as beautiful.

News flash- we will never look like the women chosen to represent us in the commercialized weight loss programs, exercise programs, and industry weight equipment. Ninety-five percent of these women are below the age of twenty-five, never had a kid, and never been fat not even over weight one day in their natural life. Do not measure yourself against what you see on television or read in new vogue magazines. Focus on being healthy and getting within a healthy weight zone. Picture yourself in a balanced life time program determined by your daily choices that propels you in a perpetual state of health seen in an outward manifestation represented by a visual picture of health- your weight loss.

Achieving recommended weight by eating the recommended food outlined by the food guide pyramid is essential for healthy weight loss. I had to refocus daily through meditation of God's word and determination to not fall into a fad-dieting mode.

The G-bite system recommends that the supper zone be between 5:00pm-8:00pm depending on your schedule. As long as lunch and supper is four to six hours apart, you can determine what time works for you. I kept and continue to keep my meals four to six hours apart. My favorite meal for supper was always in some form of a sandwich or wrap. I love sloppy joes, hamburger or Boca burger (soy veggie burger), tacos (soft and hard shells), egg rolls, and rice seaweed wraps. I look forward to supper because it is so much fun!

Sandwiches and wraps allow for all the food groups to be included and taking bites easy. Remember to visualize the five food groups and do your best to include all components in a fun creative way. During this time I had teenagers and they thought it was so hip. They even got in on the fun and tried to think of new ways to create wraps and sandwiches that was healthy and tasty because they also wanted every bite to count for me so I would be happy and content to continue the process and complete the journey. I would always and I still practice having my favorite drink with my evening meal. If I was craving a coke for dinner, I would have it drinking no more than eight ounces. Always use a glass. Do not drink out of the can or bottle. Hey it looks far more feminine and sophisticated. Have fun; adopt new improved habits. It will go with the new you!

The G-bite system believes in real food- no substitution. Remain as organic as you can possibly afford. Stay away from foods that say fat free, artificial sweeteners, artificial flavors. Have the real thing and let moderation be the key! Your health status may require supplements at some stages in your life but be not deceived; nothing can substitute the nutritional benefit of whole foods.

Wholesome foods contain the recommended vitamins, minerals, and nutrient required to gain and maintain a balanced diet.

Supper would be my final meal for the day. Often my husband and I would go for a nice walk or we would visit the pool in our community for nice leisure fun.

At no time during my weight loss program did I participate in an aggressive exercise program (example: 40-60 minute workouts 6 days a week). I focused on leading an active life style and doing things that my family and I enjoyed doing, which we continue today. My motto, "do not start anything you cannot finish" focus on life long habits- things you can do at age thirty-two and continue well into age seventy-two.

Water is the most important nutrient. Approximately sixty percent of our total body weight is water. Water is involved in digesting and absorbing of food and many other vital functions that is important for overall health. I love bottled water and the variety offered today in our local grocery stores that make accessibility easy. Instead of snacking between meals, drink water. Avoid flavored water because it has sugar substitutes that can be harmful to the body over a period of time. Strive for eight (8) ounce glasses a day, but do not beat yourself for missing the mark. Water is also absorbed in the body by certain foods we eat and definitely fruits and vegetables. After having my evening meal I focus on some form of activity and drinking water to help with digestion.

I am not formally train in any form of nutrition or medicine but I can witness to you that as I have practiced eating in moderation, drinking water, and observed physical activity, my immune system has improved and I feel great. I am forty-two and most people gage me at twenty-two. I have been carded people! I believe my body is not in overdrive trying to digest excessive food consumed by overeating. My intestines are not stuffed and backed up, but is naturally regulated to a steady flow through moderation. Counting bites ensures moderation and gives the body an opportunity while I sleep to focus on body repair at the cellular level instead of seeking new areas to store fat underneath my skin-how gross! I get up with a surge of energy that coffee or any energy drink cannot give. I am focused and more keen than when I was in my twenties. You will have to try it to be able to comprehend what I am describing to you. It is my testimony but your plan. Write your own wellness prescription. You can do it. No more procrastination (putting off today for doing it tomorrow) for some tomorrow may not come, a second chance may not be yours if you are staring in the face of a heart attack, cancer, or other fatal consequences. The only person who fails is the one that quits or refuse to try. Not by my power or by my might by my spirit says the Lord. With men it is not possible but with God all things are possible. You can do it!

Attitude is everything. My Pastor would often say that our attitude will determine our altitude. Having a positive attitude even when we feel our worst or discouraged will keep us optimistic and motivated to focus on our expected outcome-weight loss and health.

During the weight loss process do not get stuck in focusing on the weight but focus on how good you are going to look and feel in less than two weeks and as you continue for the rest of your life. Think about the activities you will be able to perform and how much healthier you will be due to your trust in God and belief in yourself.

“For I will surely deliver you; and you will not fall by the sword, but your life will be as a reward of battle to you, because you have put your trust in Me says the Lord.” The word of the Lord is perfect, His ordinances are true and right, by them we are warned (instructed); and in keeping them there is great reward.

I am a living witness that your pursuit of Him and your pursuit of wellness will deliver wholeness in your body- an expected end.. The journey you are taking affirms your confidence in Him and expels any insecurity that has crippled you in the past.

Now you must really trust in the following idea I am about to share. You must reward yourself for accomplishing weekly objectives. I eat very healthy Monday-Friday.

Saturdays and Sundays are my planned cheat days. I have imposed the 20/80 rule in my life. What you do 20 percent of the time will not lead to failure; but what you do 80 percent of the time will lead to success.

Saturdays I like to go shopping and take in a movie. Even when I was losing the weight I would get the refill popcorn (and I got refills) and my favorite slushy. That would be a meal for me so it would replace either lunch or supper, depending on when I went to the movies. On Sundays I did not count bites when I was losing the weight.

My family and I would eat at our favorite restaurant after church for lunch and have a great dessert for supper. I discovered that moderation still dominated my weekend choices because my stomach was getting smaller. Even though I enjoyed the thought of eating more each week it became virtually impossible. Plan to cheat! Reward yourself!

It will not sabotage your goals. This will encourage you to continue. Setting benchmarks will help you to realize short term goals. Mentally I knew if I could make it to Friday the weekend would be a two day celebration. It is also a time I feel the freedom to socialize with my friends without feeling restrained or drawing attention to my moderate lifestyle. I am not encouraging binge eating. Rewarding yourself is a powerful motivation tool that promotes change. What do you enjoy and view as a reward? Treat yourself!

“Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own understanding. In all your ways, recognize, and acknowledge Him, and He will direct and make straight and plain your paths. Be not wise in your own eyes; reverently fear and worship the Lord and turn away from evil. It shall be health to your nerves and sinew, and marrow and moistening to your bones.”

Keep in the center of your mind and in the meditation of your heart that God is the pilot of G-bites. You cannot be successful outside of seeking Him and His way of doing things daily. You must depend on Him and he will guide you. The Bible says that we are all wonderfully and uniquely made. That means we are all different and G-bites caters to our differentially. This is your plan. My testimony is a mere road map to success. I have been ordained as a life coach to speak into your life concerning health healing and wholeness in the context that what He (God) has done for me He will do for you if you will dare to believe Him.

God wants to take the credit. He is a jealous God and does not revel in sharing His glory with anyone. Do not mix G-bites with commercial diet plans or exercise programs. It will throw you off the path of success and hold off definite breakthroughs because we must be convinced that we need a supernatural result in our life. God will place His Super abilities upon your natural abilities to bring about a supernatural experience. Avoid people that are not supportive. Do not be anxious about the plan you agree works for you but through pray and supplication make your request known and He will direct your paths. Although I had the support of my husband and kids, there were many people that thought I was insane and that I would damage my health. The sobering truth was while I ate myself to death not one friend or clergyman spoke to me about what I was doing to my body. But when I stood up and took control I found myself surrounded by a hoist of counselors. If you are obese, trust me you will eat less to get delivered from this disease or you will need surgery. Death is certain if you do nothing. G-bites was my choice!

I encourage everyone to eat according to your best judgment. I practice having a soy drink for breakfast and eating two meals a day with no snacking. If three meals is more appropriate for your dietary needs I suggest your try the following regiment. Eat like a king in the morning, eat like a courts man at noon, and eat like a peasant at night. This can be translated as to eat your largest meal for breakfast, your moderate meal at noon, and your smallest meal consisting of maybe English crackers and tea in the evening. Some of you depending on your mental and health status may need six small meals a day counting your bites each meal. Remember it is your plan.

Although we hear from diet gurus, celebrities, and motivation speakers suggesting certain food formulas that will grant youthful health and longevity that can also give us a reprieve against sickness and disease, I want to share my biggest ally for successful eating- prayer. Many people are very anxious in today's society about the foods we eat. No matter how simple, how organic, or how fresh there seems to always be a public alert and reason why your food choice may not be safe for consumption. As a small child, I was taught by my mother and church leaders to pray and ask the Lord to bless my food for the strengthening of my body, to remove all sickness and disease before consuming a meal. As an adult, I believe that God hears me each time I pray and I can rest in Him that my body was created and is able to remove all toxicity through the digestive process.

Medical science is always advancing and new trends and ideas are always being established. In the early eighties when my husband and I were having children young mothers like myself were encouraged to use formulas instead of breastfeeding. I was offered a pill that would dry the milk in my breast instead of allowing or waiting on nature (God's design) to take its course. Today my daughters are breast feeding because doctors and mid wives are encouraging it for the health of the child and mother and the pill I mention is no longer on the market because it has proven to lead to breast cancer. Were the doctors wrong during my childbearing years? Not at that time. Are they to blame if I get breast cancer? No! The information at that time was correct based on the mode and sophistication of the research available during that time. No one deprived me of the right to breast feed it was still available to me even if I was the only woman on the ward that had chosen to do it. I made an ill informed decision based and conformed to the trend and scientific data of the time. Breastfeeding was not popular in the eighties in my community but is very popular in my community today. The Bible teaches us to not conform to the world's way of doing things but to be transformed by the renewing of our minds (God's way of doing things) whether it be popular or not. His word will never revert or reverse. What works today will work tomorrow. I encourage you to not be tossed to and fro by what you hear on TV or read in a news journal. Consider all things but be sure it lines up with what the Bible says. Ideas and times will change but the word of God is consistent and stays the same. You be the judge when it comes to your body and use the manual (the Bible) to make sound decisions concerning health, healing, and wholeness.

There are techniques to aid in the process of change. Goals must be well planned and personal. Every destructive behavior must be replaced by a positive behavioral change. Write down your specific goals and make it realistic so that you can measure your accomplishments.

The foundational scripture for G-bites is Romans 12:1-2. "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy acceptable to God, which is your reasonable service. And be not conformed to this world but be yea transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

The ultimate aim for G-bites is that you will renew your mind, change your way of thinking, which will cause you to change the way you view food and healthy living. Since G-bites I understand that my body does not need the amount of food my mind desires to eat. I do not have to participate in commercial rigid exercise programs to loose or maintain my weight. I understand that an on purpose active lifestyle will promote healthy heart smarts and good mental hygiene. Life longevity is measured by developing and maintaining flexibility and stretching motor skills which encourages deep breathing no matter the age.

G-bites focus on making one behavioral change at a time. The first written behavioral change is counting your bites. Get out your notebook or diary and make your first entry towards change. Ask yourself, how many bites a day can I commit to until I lose the weight and what day and meal will I begin. I recommend no more than 12 bites each meal and no less than 6 bites each meal. It will depend on the size of your bites as you decide how many bites will work for you. Keep all meals 4 to 6 hours apart.

After you have decided on your bites decide on what 100 percent fruit juice you will have with your meal and what brand of water you plan to purchase to drink between meals. I always keep a bottle of water with me even by my bedside at night to encourage me to make healthy choices.

Routine is essential to weight loss and healthy lifestyle changes, so determine what time each day you plan to eat. I have a soy drink when I wake up and I eat two meals a day at 11:00am and 6:00pm. You will need to choose eating times and keep in mind that depending on the day; time could vary by an hour or two. Remember it is not what you do 20 percent of the time that determines success but what you do 80 percent of the time.

Now that you have a written plan, I want to throw out some nuggets.

- *No snacking between meals*
- *Only drink 8 oz. Of juice with your meals (use a glass instead of bottles or cans)*
- *Chew sugarless gum anytime*
- *Drink unsweetened teas and water between meals and anytime*
- *Take medicines scheduled between meals with one tbsp of applesauce*
- *Only eat what you enjoy and savor every bite*
- *Encourage friends and families to order their favorite appetizers as entrees to share. Order at least 3 appetizers and two desserts and you will have fun with food and friends!*
- *If you blow it start over with the next meal- forgive and move on*
- *Plan to cheat- remember the 20/80 rule!*
- *Eat a variety of food – do not get stuck!*

The significant of exercise has been exploited by the exercise equipment and gym industry. We have been brain washed by commercials and privately owned gyms that we must choose a regiment to loose the weight and keep the weight off. The pit falls in this theory is what is the fate of the person for medical reasons cannot participate in any form of exercise. Are they doomed to a life of obesity? How will they loose or maintain the weight needed for optimal health.

My oldest daughter was diagnosed with a compromised cervix during her pregnancy with her second child. She was instructed to not participate in any form of exercise. Walking would cause her to cramp so as the pregnancy progressed she was encouraged to limit walking to a need bases only. She gained only baby weight during her first pregnancy and contributed her success to an active life style as a dance instructor and professional dancer. After the birth she immediately went back to a size one. She wanted the same results with the second birth and not being able to exercise or even be active was a valid concern so she focused on her food portion control. She made sure she ate in a manner that would give the baby proper nutrition but shunned eating when she was not hungry and pushing her plate away when she felt full. Eating six small meals became the regiment and her pregnancy weight is on schedule and she looks like a model. I believe exercise is one of the healthiest regiments we can develop as part of a healthy life style and one of the best gifts you can give yourself but it is not a requirement to healthy weight loss. I want to see people exercise because this is their personal time to give to themselves and share with their families because they and members of their family is valued and important. I want to see people exercise because they want a healthy heart and longevity is their goal. I want to see people exercise to help eliminate stress related factors that can lead to depression, illness, and even early death.

The final idea is you must make the healthy life choices that work for you. There are many variables that promote or hinder healthy weight loss and lifestyles but the in variable that has been constant in my life and my pursuit for health, healing and wholeness is we must eat to live. We can negotiate all other variables but our time will definitely run out on this earth if we do not eat. Even the worst food can keep you alive without compromise for a substantial amount of time. Ask yourself- if you were on a deserted island what would you place on the priority list- lifting a coconut or cracking open a coconut for survival. Basically I just want to challenge you to accept and live the truth- the necessity for food is never going to change so as you think about lifestyle changes and healthy living think about your food and place priority on what and how much you should eat to accomplish that goal. That is what G-bites is all about. It places

priority on food and give credit to the creator for creating us in a way that by choosing a moderate lifestyle we can choose life the abundant life only he can give.

Generally the main concern when contemplating weight loss and healthy lifestyle changes is keeping the exercise regiment schedule, buying the prescribed foods from your local market, and taking the recommended supplements and or diet pills.

With the G-bite plan your main focus is choosing the foods you love, counting your bites, and getting into your system all the necessary nutrients that will promote healthy weight loss.

It is a proven fact that only 25 percent of adults eat the recommended five to nine servings a day of fruits and vegetables.

Now I am sure your are thinking "how can I take in through real food the necessary nutrients while counting my bites?" It is possible and if you miss it (fail to achieve the recommended amount) I guarantee that you will at least maintain the level you are getting in right now. There is always room for improvement. Remember weight loss and healthy lifestyle choices is a journey not a destination.

I have some quick and easy ways that I have implemented over the past few years to help me get it all done one day at a time; one choice at a time; one meal at a time; one bite at a time.

I store produce in my refrigerator that I can add to my sandwiches, soups, or add as a side item to include in every bite.

I add chopped kale or spinach to my tomatoes soup. It is yummy especially when I add gold fishes as a treat.

Eating loaded salads and wraps are extremely healthy and a lot of fun. I like to get creative and add lots of lean meats, potatoes, dark leafy vegetables, tomatoes, and fruit. I top my salads and wraps with crunched barbecue chips, shaved chocolate peanuts and raisins. Every bite I take is loaded with my favorite smells and taste sensations that are extremely satisfying. Everything is allowed because you are counting your bites. Too much of a good thing in excess can be detrimental to your health just check the thighs! I also drink at least one eight ounce V-8 with my lunch and cranberry, orange, or apple juice with my dinner. I like having fresh squeezed lemonade on the weekend it is healthy and a good nutritious treat. Use real sugar!

You have the entire day to enjoy healthy unsweetened herbal teas and I have found out that tea is good hot and cold.

I keep pint size purified water with me at all times and I drink fluoride bottled water at home. No single fruit or vegetable contains high amounts of any nutrient needed for a balanced diet so make it a rule to focus on variety. I feel full and excited just talking about the fun we can have with food and counting bites. I have found it so liberating to know I can have it all by eating a balanced diet everyday.

Many people who regularly eat a diet high in fat and sugar believe that supplements can help to balance their diet and meet the nutritional values lacking due to a poor diet. On the contrary it is not the lack of vitamins and minerals for most people but a diet too high in calories, fat, and sodium that catastrophically cripple Americans at large. Supplements can be a healthy regiment when prescribed by a physician but by no means substitutes a well balanced diet.

G-bites encourage the public to abandon self -diagnosis, evaluations, and treatment. If you feel that you are lacking an essential nutrient visit your family doctor and get the proper blood work and nutrient analysis to concretely and definitively interpret your nutritional deficiencies.

In 1999 when I started my weight loss journey I did not have sharing my journey in mind. I was on a quest for health, weight loss, and self-affirmation. Accomplishing my goals while remaining healthy was essential for me and so is it for you. I encourage you to have a physical and have your iron, cholesterol, blood pressure and other vital signs checked before, during, and after you reach your weight goals.

I only eat real food. I am very apprehensive about adding too many fortified foods to my diet and I refuse to eat or drink anything that has a diet label. Sugar additives are a sin in my home and I encourage my daughters and son in laws to only feed their children real food and include organic as much as their budget will allow.

The benefits of real food cannot be negotiated. Researchers have concluded that there are some benefits in food that has not yet been discovered.

Most of us understand the side effects of eating real food in an excessive amount. We ingest too many calories, which results in obesity and chronic disease. Most of us on the other hand do not understand and are not aware of the side effects of supplementation or food substitutes.

I am committed to eating a well balanced diet involving real food in moderation and I will only use a supplement when recommended by a doctor for my nutritional benefit and overall well-being. Even though toxic from supplements and food substitutes are rare, what you do not know about supplementations and food substitutes can hurt you. Remember wisdom is the principal of things and with wisdom get understanding.

I have been privileged to coach well over 100 or more people using the G-bites system and they have been successful. It is my goal that this memoir be user friendly and become an inspired manual to the moderate lifestyle that reaps health, healing and wholeness to the body. Again I am not an expert by any means but I am a woman that chose the moderate life style and continues to live it successfully today without having to count the bites. My mind has been renewed and I have learned to recognize when I am full. I was obese and now I am in my healthy weight zone. I eat real food enjoying what I love in moderation. It is not only my testimony but the testimony of the many women this system has touched and renewed their minds and how they not only view food but themselves.

My client Felicia Helen was a middle school teacher when we meet. She had been overweight for quit some time and wanted to shaved the extra pounds and boost her confidence. Felicia was a size 14 when she began the G-bite system. She lost 33 pounds in eight weeks and began wearing a size 3. G-bites changed her life. Felicia successfully maintains her weight and is healthy today.

Tamara Munos was a college student when she became my client. Tamara had always had a problem with weight since childhood. After experiencing many diets throughout her life she felt that G-bites rescued her. Tamara lost 22 pounds and 22 inches in 12 weeks. G-bites taught her that she could enjoy her favorite foods and still loose weight. Tamara's motto is "the only one who fails is the one who quits."

There are many clients I could mention that I have coached and partnered with in the weight loss challenge but the one person that stands out the most is Shonna Jones from Snow Hill, North Carolina.

Shonna and I meet at a church conference in Houston, Texas. She had attended a seminar I held in Snow Hill at a local church and was intrigued by the testimony. At the Houston conference she asked me to explain G-bites and I did. I did not know that Shonna would go home and begin the plan based on the advice and the evidence I presented to her that night. When I saw Shonna months later at a marriage conference she had lost more than 75 pounds and was still loosing. I did not even recognize her due to the drastic change from the weight loss. Shonna profoundly declared to me that G-bites works and thanked me for sharing with her that valuable information that had drastically changed her on the inside and the outside for the rest of her life.

*Shazwna has achieved her weight loss goals by loosing more than 100 pounds. She has become an exercise instructor for the women of her community and church and a life coach for G-bites. She is a different woman. Yes, G-bites gave her a plan but it was ultimately her plan and her determination that got the results she had so long strived for. She is an inspiration to me and every woman she touches by saying if I did it you can do it! As a reminder these women did it **One Day At A Time –One Meal At a Time- One Bite At A Time**. G-bites is your plan. Whether you take twelve bites, eight bites or*

six bites per meal a day, you get to decide the mechanics of your plan that is designed to work for you. Loosing weight is the measure of your success. Create your plan today!

Now personally I believe that eating two meals is better than eating three. I do not believe it matters whether you are a breakfast/ dinner person, a dinner/ supper person, or a breakfast/ supper person, giving up one meal alone cuts calories and I know it has aided in me keeping my weight in the healthy zone.

As I have stated, in an earlier chapter, I do not eat after 6:00 pm 80 percent of the time. I feel that my body literally says thank you each morning because not only have I had a restful good night, all my vital organs get to participate in the process.

Many people observe this eating time zone to loose weight or maintain weight. I do it for health conscious reasons and I feel so refreshed in the morning. When we eat late the digestive process continues through the sleeping hours, yes we are less active but that is not the major problem. When we lay down at night we need to experience a realm of sleep that can only occur when the stomach has done its job so that the rest of your vital organs can rest. Many researchers believe that this is where a lot of disease begins. Studies show that we are one of the most sleep-deprived nations in the world. After a major surgery I began experiencing acid reflux at 41. Prior to the surgery I had virtually eaten whatever I desired with no problems or consequences as long as I remained in the perimeter of keeping my food 4 to 6 hours apart and not eating after 6:00pm. Nevertheless I was faced with an unforeseen condition and the answer I received from my doctor was Prevacid.

After much consideration and prayer I decided to move my last meal up to 5:00 pm and to take a one-mile leisure walk after my meals. I also had to commit to removing myself from stressful people and situations. I needed peace of mind and body. Immediately, I began to experience relief without the use of medication.

Dyspepsia can result from abuse to the stomach. Many people overtax their stomach with large quantities of food without relief due to continually eating throughout the day by indulging in three large meals, sucking on candy, drinking sodas and coffee, snacking and even chewing sugary gum. I was that person. I would eat until it hurt. I had special clothing I would wear when going out to eat at my favorite restaurant. You know the elastic waist pants/ skirt or empire loose fitting dress. I planned to abuse my stomach by overeating much like an alcoholic plans to abuse the liver by overdrinking. You would think after eating appetizers like breaded cheese sticks, a house salad with dinner rolls, an entrée of pasta and more, two glasses of sweet tea, and my favorite slice of pecan pie I would be done for the night. No let's add a bowl of butter popcorn with a mix of hot fries as we watch our favorite movie after the kids go to bed and have a diet coke. That was the norm in my life and frightening enough many of you reading my book can identify. I will be careful not to mention what you had for lunch and

breakfast. News flash ladies, when we indulge to this level there is no fast to break. Giving up a meal is the only redeeming power left.

We go through many seasons in our lives. I really like the quote that we have not arrived but just survived. Just when you feel that the summation of your life has been realized a new experience comes along that enlightens you and broadens your perspective on life.

Eight months ago before completing the G-bite Memoir, I had an unscheduled major surgery that took nearly nine months to recover.

During the healing process I realized how precious and short life on earth can be and that we get to determine how well our existence will be by the choices we make.

A healthy lifestyle guarantees a vibrant, active existence married with accomplishments and satisfaction while an unhealthy lifestyle results in unfilled dreams, dissatisfaction, married with prolonged chronic illness that ends in a slow painful death.

The Bible tells me that God wants to satisfy us with long life and that he wishes for us to experience a healthy existence on earth.

We spend our lives making plans to get an education, have a career, raise a family, give to the poor and charitable projects and retire. No one ever plans to get sick, have surgery, begin medicine regimens and maybe die in the prime of our life.

Although we cannot dictate tomorrow and what events will take place, we can prepare for the best outcome by making healthy life style choices today that can render the rewards of life tomorrow.

I truly believe that G-bites has improved my quality of life and has helped me to deliberately choose life daily.

Donald and I hope that my testimony becomes a testament in your life of the goodness of our loving Father and pushes you to reach higher than you ever thought possible in this life time to make quality changes that will change your quality of life.

*Only you can take control of your life but G-bites can help **One Day At A Time-One Meal At A Time- One Bite At A Time.***

Moderation is the key!