



Alive!: A Physician's Biblical and Scientific Guide to Nutrition

By Scott Stoll

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Alive!: A Physician's Biblical and Scientific Guide to Nutrition By Scott Stoll

Today both our waistlines and bookshelves are bulging, and yet every year we continue to search for the next easy answer to painless weight loss. Have you ever wondered what we ate before all of the hype? Today in America approximately 70% of Americans are overweight or obese, a number that has risen at epidemic levels in the last 40 years. Is the church in better shape than the American culture? Sadly, the church today is in worse condition with an average of 76% of church members and pastors in the overweight to obese category. And in a review of obesity in world religions, evangelicals are dramatically heavier than any other world religion. In fact, one of the lead researchers said, "America is becoming known as a nation of gluttony and obesity and churches are a feeding ground for this problem". A tragic accusation for a group that is called to represent Jesus Christ to the world. God provided the proper fuel for our bodies when he created every green plant, seed bearing plant, and fruit on Day 3 of creation. These foods sufficiently feed and fuel the body, optimizing function, the immune system, renewing strength, and providing disease resistance. The growing body of scientific evidence confirms that making a simple shift toward foods that God created, not only prevents disease but also has the power to reverse diseases such as heart disease and diabetes. God's plan is always perfect. Based upon extensive research from thousands of research articles, hundreds of books, his medical practice and the timeless wisdom of God's word, Dr. Stoll shares God's perfect plan for food and health that was designed to draw us back to a daily or bite-by-bite relationship with Him. The forty chapters in this book represent a transformational journey toward a biblically balanced understanding of health and a revelational understanding of the power of food that will strengthen both the body and the spirit.

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Editorial Review

Review

Dr. Stoll has managed to combine three conceptual truths that are oftentimes separated in unrelated sources in order to provide a dynamic tool that speaks to the complete person. Alive! brings health to the body, wholeness to the soul (mind, will, and emotions), and growth to the spirit in an unprecedented format. I personally recommend it as a pastor and as an individual who experienced guidance, encouragement, and results in its inspired pages. Doug Anderson Senior Pastor Rose Heights Church Tyler, Texas Dr. Stoll has helped me understand that how we fuel our body is the most important decision that we make every day. With Dr. Stoll's guidance, I've learned how to make effective everyday nutritional decisions as an athlete, a coach, and now a father that have brought health and success to my family and athletes. Brian Shimer USA Bobsled Men's Head Coach 5 Time Olympian and Olympic Medalist 2002 In his book, Alive!, Dr. Scott Stoll provides a clear effective path to physical health teamed with spiritual well-being. If we are to be truly effective in our lives, we need to heed Dr. Stoll's call to treat ourselves as God intended. This is a must read! Curtis Wallace Chief Operating Officer/ General Counsel T.D. Jakes Enterprises, LLP

Users Review

From reader reviews:

Jeffrey Osburn:

Information is provisions for anyone to get better life, information nowadays can get by anyone in everywhere. The information can be a know-how or any news even a problem. What people must be consider if those information which is inside former life are challenging be find than now's taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you receive the unstable resource then you have it as your main information you will see huge disadvantage for you. All those possibilities will not happen with you if you take Alive!: A Physician's Biblical and Scientific Guide to Nutrition as your daily resource information.

Sergio Espinoza:

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