

Brown Fat: An Obesity-Busting Miracle?

Five years ago, you'd have had a hard time finding many health reports on something called "brown fat." Today it's hard to avoid headlines hailing it as an obesity-busting miracle.

The New York Times, *WebMD*, and *Popular Mechanics* have all carried articles extolling its virtues. Books—like Dr. James Lyons' best-selling *Brown Fat Revolution*—have flooded the market.

But what exactly is brown fat, why is it getting so much attention, and what can you do to put it to work for you?

"The reason we are hearing about brown fat now is because until recently it was believed that brown fat was found in rodents and human infants, who use the brown fat as a method of staying warm," Vandana Sheth, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, tells Newsmax Health.

"However, three [research] groups recently found that brown fat is found in adults, and we now believe there might be a link between higher brown fat and helping people stay lean."

Good Fat, Bad Fat

Brown fat—also called brown adipose tissue (BAT)—is one of two primary types of fat in the body, the other being the familiar "white" or "yellow" fat you pile on when you gain weight.

We're all born with brown fat—concentrated around the back, neck and shoulders—and it is believed to help maintain our core temperature by burning calories and fat reserves to generate body heat. Until recently, scientists thought BAT disappeared in childhood. But five years ago, researchers

found that brown fat is also present in adults and that it is turned on by cold temperatures, exercise and some foods. Because of its fat-burning properties, BAT has become the focus of intense scientific research.

Studies have found that when BAT is switched on, it can produce 300 times more heat than any other organ in the body. Women and lean younger people have more brown fat than men or heavier older individuals.

Turning On Brown Fat

Researchers are now investigating a wide range of techniques to activate brown fat. British scientists at the University of Nottingham have found individuals who immerse parts of their bodies in ice water can switch on the brown fat in their bodies.

Columbia University scientists have determined it is possible to convert yellow-white fat to brown with a class of drugs called thiazolidinediones, now used to lower blood sugar in Type 2 diabetes. Other researchers are now assessing whether lowering body temperatures turns on brown fat and leads to weight loss.

Michael Symonds, who is heading up the brown-fat studies at Nottingham, predicts the new research will revolutionize obesity treatment and lead to new techniques based on managing BAT with nutrition, exercise, environmental and therapeutic techniques. He envisions a day when certain foods that switch on BAT are labeled with a “thermogenic index” to alert consumers to their fat-burning benefits.

Experts suggest the following strategies to activate brown fat:

- Lower the temperature in your home, office and car.
- Exercise in a cold room or outdoors in the winter.

- Consume cold drinks, particularly while exercising (avoid hot drinks).
- Eat chili peppers, which contain capsaicin, which prompts brown fat to burn more calories.
- Eat more yogurt, milk and cheese. Dairy products have been shown to activate brown fat.

For the original article, visit .

10 Ways to Be a More Involved Dad

I hope you're an involved dad. And I hope you recognize the difference you're making for your kids. I talk and write about that all the time, but I'm not sure anyone can do it enough.

Involved parents making a difference is the whole idea behind CASAColumbia *Family Day*—which is today, Sept. 23.

This initiative was launched over a decade ago by CASAColumbia with the goal of getting families to eat dinner together on that day—and generally eat meals together more often. Studies have shown that when families make it a habit to eat dinner together, teenagers are less likely to use drugs and alcohol and less likely to have high stress. Kids of all ages do better in school, especially reading. Plus, it's great bonding time.

Mealtimes are very important, but this movement is about a lot more than that. After all, there isn't that much value in wolfing down food together and then going your separate ways.

The emphasis is really on everyday activities that bring your family together—doing homework, riding in the car, tucking them into bed, attending events together and, yes, sharing mealtimes. You're really sharing life. You connect at different times throughout the day; you have more chances to affirm your child; you keep those lines of communication open; and you're available when your child has something on his or her mind.

Again, those regular hands-on investments make a difference in helping your children avoid risky and foolish behaviors, as the research shows.

I know how families are today. In my house, it's just my wife and me and our youngest son, and often it's a challenge just to find time for the three of us to be together. With the way parents and kids are filling up their schedules these days, it takes a real commitment to establish and then protect that family time—and I believe dads play a key role in this.

Family rituals are important reference points that give our children security, and they provide a setting for a lot of fun, learning and affirmation.

What are some of the rituals that have “family fun” written all over them? I'm giving you 10 that we came up with, but I hope you'll use the comment box below to contribute more ideas that you use.

1. Reading. This can be a time of closeness, sharing new ideas and making your child feel special. It's an especially great way to end the day.

2. Mealtime. Don't stop at traditional dinners; picnics, carryout pizza or Sunday brunch can add to the togetherness. Maybe it's time to get out that old fondue pot you got as a wedding gift 20 years ago.

3. Physical affection. When you walk in the door after work,

make sure you get hugs from everyone—and that means everyone. (Even if you have to hunt them down in the basement or backyard.)

4. Playing games. What better way to encourage your kids' imagination, physical and mental prowess, and a healthy spirit of competition? That includes peek-a-boo with an infant, whiffle ball in the backyard or a family chess tournament.

5. Chores and errands. Everyday chores help a child define his place in the family, give him an opportunity to contribute and provide another opportunity to spend time together. And those day-to-day trips to the store can become priceless times with Dad.

6. Cooking. Get the whole family working on a meal, and then enjoy the results.

7. Taking pictures. Family photographs are a great way to mark and then remember events for years to come. Some kids dread it when the camera comes out, but strive to make it fun—see who can do the most hilarious things in front of a camera.

8. Storytelling. Looking through old photos and videos can lead to some great stories about your youth, your parents and your grandparents. Or tell your kids a made-up story where they're one of the characters. (Or read a story together.)

9. Family outings. This can be a drive into the country to see the cows or a full-blown vacation to Yellowstone. Don't get so caught up in the destination that you forget to enjoy the trip. And remember, a low-budget camping weekend can mean more to your kids than a trip to Hawaii.

10. Spiritual activities. Praying together, attending church and family devotions can become unique and priceless rituals. Also, find ways to put it into action—like organizing the family to volunteer somewhere or gather clothes for a homeless shelter.

Once again, Dad, take a leading role in this. Don't let your family drift apart because of busy schedules or because there's something on TV or someone calls or texts a family member. Once you start allowing distractions in, it will only get more and more difficult to keep them out. Establish those positive rituals, then set boundaries for that time and protect it. Believe me, it's worth it.

Dad, what rituals are important to your family? Please add to our list either below or on our Facebook page.

Action Points for Dads on the Fathering Journey:

- Here's a great idea for family mealtimes: family placemats that are unique to your family. This is what Rick Sapio, who's a good friend of the Center, does with his family. He provides some tips (for free) at [.](#)
- During dinnertime, consider serving the meal in courses so it's less rushed and there's more time to talk and be together.
- Be in charge of coming up with conversation topics, bringing home a new joke or finding some other way to make family time more interesting and fun. (And don't hesitate to get help, such as these conversation starters.)
- Do a "roses and thorns" or "peak, valley and plateau" routine with family members to help each person share the highlights and challenges of their day.
- Organize regular "family council meetings" or "family timeouts" to share what's happening in your lives, talk about events that have happened in recent weeks, and discuss plans and goals for the coming months.
- Check out the Family Day website for an activity kit, conversation starters and other related resources.

Carey Casey is the CEO of the National Center for Fathering, a nonprofit organization dedicated to changing the culture of fathering in America by enlisting 6.5 million fathers who to

make the Championship Fathering Commitment.

For the original article, visit .

Israelis Aid Kenyan Rescue Efforts After Nairobi Mall Attack

Israel helped Kenya with rescue efforts in the aftermath of a terrorist attack on the Westgate Mall in Nairobi over the weekend, which left more than 60 people dead and more than 200 injured, as well as 30 people held hostage by the al-Qaida-linked terrorist group al-Shabab from Somalia.

Reuters reported that Israeli advisers were helping Kenya negotiate with the terrorists to end the siege on the mall, and an anonymous security source told *AFP*, "The Israelis have just entered and they are rescuing the hostages and the injured."

Yariv Kedar—who has been living in Nairobi for the past seven years and is the vice chairman of Amiran Kenya Ltd., an Israeli agriculture company—was inside the Westgate Mall when the terrorist attack began on Saturday and told *Israel Hayom*, "All of a sudden I heard the sounds of large explosions and shooting from every direction. A group of motorcyclists were at the entrance to the mall and started shooting wildly toward the entrance."

Kedar, 53, was holding a business meeting with a Kenyan local at one of the Nairobi mall's cafes. Westgate Mall has four Israeli-owned restaurants, each employing Israelis.

"The entire time I was thinking of how to get myself out of

that hell,” Kedar said. “I understood it was a terrorist attack and not a robbery, and I decided to hide my Israeli identity—documents, driver’s license, passport, ID, et cetera. I managed to call several senior Israeli representatives with my cell phone and tell them what was happening.”

For the original article, visit Jewish News – .

Reaping Robustness: Enjoying the Colorful Foods of Autumn

Fall is the perfect time of year to enjoy wonderful fruit and vegetables from the farm. As the days grow cooler, the fall harvest arrives with apples, pears, squash, pumpkins, cabbage, broccoli and Brussels sprouts. Shopping at farm stands in the countryside and farmer’s markets in the city is a great way to support local agriculture and help preserve open fields.

The vibrant red, orange, yellow or green colors of fall fruits and vegetables give us a chance to reconnect with nature. The harvest is brimming with flavor and nutrition, making the choices listed above superfoods.

For example, the bright orange of a pumpkin or squash signals these fall favorites are high in carotenoids. Carotenoids have antioxidant effects that support overall health and can help reduce inflammation. Reducing inflammation is an important step in losing weight, as we explain in our book *The Fat Resistance Diet*.

Another favorite of the season is the apple. The amazing aroma of apples captures the essence of crisp autumn air and meals enjoyed together. Apples make a healthy snack or dessert and

contain vitamin C, fiber and quercetin. Quercetin is excellent for detoxification.

To get the most out of apples and the other fall harvest fruits and vegetables, enjoy them without added sugar, butter or cream. Aromatic spices such as cinnamon and cloves are a classic combination with the fall harvest fruit and vegetables. We use these spices in the recipes in our book for their flavor and health benefits. For instance, we like to have unsweetened applesauce sprinkled with cinnamon or simply sliced apples with cinnamon.

For delicious recipes and information about adopting a healthy lifestyle, visit [.](#)

Dr. Leo Galland is a board-certified internist who received his education at Harvard University and the New York University School of Medicine. He has held faculty positions at New York University, Rockefeller University, the State University of New York and the University of Connecticut.

Jonathan Galland is a health writer for newspapers, magazines and major news websites. He is frequently interviewed as a weight loss and health expert on the radio and has appeared on Martha Stewart Living Radio.

For the original article, visit [.](#)

The Ultimate Draft Picks: Who's On Your Team?

Every offseason, professional sports teams draft players and make trades to assemble a team for the next season. Teams look for a winning combination, the best possible mix of talent and

experience that fits into their system.

I think every God's man needs to draft teammates that support his goal of living a God-honoring life.

So, who's on your team?

At Every Man Ministries, this is a core concept. We want men to "Get in. Get Healthy. Get Strong. Get Going." If that's your system, then you need to draft teammates who support this process.

Here's what I mean. The first person you want to draft is a man you can confide in, perhaps a best friend or pastor, whom you may think of as a "wingman"—someone you can confess to, share your struggles with and pray with.

Next, every God's man needs a mentors. Think of or find a man (or men) you can learn life lessons from. They may be Bible teachers, scholars or experts in other areas that impact your spiritual, financial, emotional and relational health. You might call these your "go-to guys."

Now you need a group. God's men need other men to learn with, learn from and serve with. Small groups or men's groups are critical to developing spiritual maturity in a God's man. This is your "posse" or the "homies" who got your back. Translation: friends who are on your side.

Draft Pick Requirements

Knowing what men you need is only half the challenge. Now you have to have the right kind of men. Here are the requirements:

1. Transparency. There's no room for façades for a God's man. Authenticity and being transparent with your fear, sin and struggles open an environment for God to work. If your teammates are fake, then you will be too.

2. Frequency. Choose teammates you can meet with on a regular

basis (i.e., weekly, monthly or even annually). Without frequency, there's a lack of accountability, and without accountability, there's stagnation in your maturity.

3. Proximity. It's best to draft teammates who are accessible, within an easy drive's distance away. The farther they are, the less access you have to them. The closer they are, the more potential you both have to serve each other.

4. Unity of purpose. Your teammates need a common purpose, which is to be God's men and change the world with the development of your character. Without a common purpose, your team's priorities—and resulting support—can undermine what you are trying to achieve.

5. Authority. Perhaps most importantly, be sure to draft teammates who can speak with authority in your life. If you have men whom you respect on your team, you will be more apt to receive their guidance, instead of ignoring the truth when you are faced with it.

If your wingman, go-to guys and homies have met your draft pick requirements, then you are in for the ride of your life—and one that honors God while blessing you with a team to proceed through life's adventure.

What man on your team has had the most impact in your life, and why? Give your answer in the comments.

Kenny Luck, founder of Every Man Ministries and the men's pastor at Saddleback Church, provides biblically oriented teaching and leadership for men and pastors seeking relevant, timely material that battle cultural, worldly concepts threatening men and God's men. Follow Kenny and Every Man Ministries now on Facebook, Twitter (@everyMM) and YouTube.

For the original article, visit [.](#)

Don Colbert: Add This to Your Exercise Routine

A recent study by the European Society of Cardiology (ESC) found that listening to your favorite music can improve vascular function in patients with coronary artery disease (CAD).

A total of 74 heart patients were divided into three groups. Patients in the first group underwent three weeks of supervised aerobic exercise training. Patients in the second group received the same aerobic exercise training but, in addition to exercise, also listened to their favorite music for 30 minutes every day. Patients in the third group listened to their favorite music for 30 minutes every day but did not participate in any aerobic exercise.

Maintain Healthy Blood Vessels

Researchers measured the levels of various substances in the blood that play a key role in the proper dilating and constricting of blood vessels. The medical term for this is endothelial function and is evaluated by monitoring the level of nitric oxide, asymmetric dimethylarginine, symmetric dimethylarginine and xanthine oxidase in the blood stream.

Professor Marina Deljanin Ilic, one of the doctors involved in the study, says, "In the setting of cardiovascular risk factors and cardiovascular disease, the endothelium [inner blood vessel lining] loses its normal function. Since endothelium-derived nitric oxide is necessary to maintain an adequate vascular response, correction of endothelial dysfunction has become a goal of therapy."

She continues, "Exercise training has been shown to improve endothelial function and is the cornerstone of a multifaceted program of cardiovascular rehabilitation. However, little is known about the role of music in cardiovascular rehabilitation or the effects of listening to favorite music on endothelial function."

Exercise Plus Music Is Better

The results of the study confirmed the value of music. After three weeks, while the group that exercised had better nitric oxide levels than the group that did not exercise, the group that both exercised and listened to music had the best levels by far.

Xanthine oxidase, which should decrease as vascular function improves, decreased in all three groups but far more significantly in the patients who exercised and listened to music. This group also displayed healthier levels of the remaining substances.

Ilic remarks, "The combination of music and exercise training led to the most improvement in endothelial function ... possibly by β -endorphin mediated activation of endothelium derived nitric oxide. The vascular health benefits of music may be due to endorphins or endorphin-like compounds released from the brain when we hear music we like."

She concludes, "Listening to favorite music alone and in addition to regular exercise training improves endothelial function and therefore may be an adjunct method in the rehabilitation of patients with CAD. There is not an 'ideal' music for everybody, and patients should choose music which increases positive emotions and makes them happy or relaxed."

Don Colbert, M.D., is board certified in family practice and in anti-aging medicine. He also has received extensive training in nutritional and preventive medicine, and he has helped millions of people discover the joy of living in divine

health.

For the original article, visit .

3 Reasons Why You Need to Attend a Marriage Conference

In case many of you do not know, I am big on being a Marriage Conference Man. Shortly after my wife and I were able to restore and bring Christ into the center of our marriage, we agreed that we need to either attend a marriage conference once a year or do a marriage class at our church once a year.

All I can say is that it has paid off every time, and these conferences and classes continue to be the huge part of the success in our marriage.

Last month, my wife and I attended a great marriage conference in our central Virginia area titled "The Surprising Way to a Stronger Marriage," hosted by Michael and Amy Smalley. Michael and Amy, along with their family, operate the Smalley Institute and programs like ER4LOVE. Be sure to click on the links and find out more information.

I'll be real honest with all of you. I never really know what to expect going into these conferences, but I give it to God and know that the plan is in His hands. With what seemed like more than 300 people, Michael and Amy jumped right into their message, and we quickly found out how great they were.

Michael is no doubt the comedic relief of the two and very down to earth, and Amy brings about some amazing passion when speaking about the many topics on marriage. Together they were

wonderful to listen to and were great at keeping you engaged and involved in the topic.

Here are three topics I really enjoyed:

- **Do not focus on the facts.** We must learn to stop making such a big deal about the facts (receipts, laundry, etc.) and start focusing on the heart of our spouses. If your wife wants you to keep every receipt, don't just say no because you don't want to; instead find out why it's important to her. Apply this to all situations!
- **Figuring out each other's hot buttons.** This can be better understood when the problem may not be the problem. You might assume your wife is frustrated with you for one reason, but she's actually frustrated for much different reasons. Buttons are things like feeling disconnected, controlled, ignored and so on. Don't push your spouse's buttons!
- **Love talk.** I love some love talk with my wife. Especially over frustrated or annoyed talk. I think we can all agree on that. Love talk means you let your wife talk to you and you only get to listen. Then at the end, you say the words back to her so that you may understand better what she is saying. And yes, this goes both ways. A good marriage starts with great communication.

Here are three reasons why you need to attend this conference:

- **Build unity in your marriage.** It is always better to experience things together. Taking the time off together for the conference and making time to discuss the topics will make for a very strong and unified marriage.
- **Supply your marriage with more tools.** Even after seven years of marriage, I am still amazed at what I don't know about marriage. Each conference or class will supply you and your spouse with more tools that will help you continue to build a solid marriage.
- **Your marriage will grow.** We go to more training at work

to grow, we practice sports so that we may grow, and we go to marriage conferences so that our marriages may grow. “The only way your marriage won’t grow is if you don’t go!” (Write that one down.)

I know I went over these main points very quickly, and I would love to discuss any of them in more detail with you. Or you can check out the Smalley website or check out some of their many resources.

Overall, and back to what I said in the first paragraph, I highly recommend every married couple attend a marriage conference or class each year. “The Surprising Way to a Stronger Marriage” is a great conference to attend, but also check to see what else is going on in your area or church, and take your marriage to the next level!

Men, join me in becoming a Marriage Conference Man.

Why do you think something like a marriage conference or class is important in building a stronger marriage? Share your comments below.

For the original article, visit .

Israeli Organization Empowers Palestinian, Israeli Arab and Druze Women

Haifa’s Golda Meir Mount Carmel International Training Center promotes peace and the human rights of women in the Palestinian, Israeli Arab and Druze communities.

Under the auspices of MASHAV—Israel's Agency for International Development Cooperation—Mazal Renford has worked to promote the cause of both Palestinian and Israeli Arab women. In her capacity as director of the training center, Renford has made great strides to this end.

Speaking to participants at the Stand With Us International Women's Conference, Renford discussed her work to "bring Israelis and Palestinians together," which involves frequent consultations with Palestinian women from Judea and Samaria.

"If we educate for peace, maybe one day we will enjoy it," Renford said.

As "a city of peaceful coexistence," where Jews, Christians, Muslims, Druze and Baha'is live side by side, Renford believes Haifa is the ideal location for her work. Renford's organization was founded on former Israeli Prime Minister Golda Meir's belief that "women weren't taken into consideration in the process of development," despite their pivotal importance.

In this regard, Renford emphasizes that "Israel has been a pioneer in promoting" women's development, with the training center providing Palestinian women an opportunity to "come, learn how to set up a business, and stand up for their rights."

Vered Sawied, a former mayor of Netanya who is presently working for the prime minister's office as an adviser for social and welfare issues, notes that while Israeli Jewish women often struggle to find the right balance between work and family, "the situation in Arab society is more difficult." For this reason, explains Sawied, Israel set up an authority to provide jobs for Arabs as well as specific scholarships for Arab women seeking to enter the high-tech profession.

Hiba Zaidan, a young Druze Ph.D. student, credits Israeli professors and her family with helping her advance. She claims

that in Druze society, it is considered taboo for a woman to drive, go to school or even leave the village without an escort. This has created major problems for Druze women who wish to work and study outside the village.

However, Zaidan also emphasizes that Druze society is changing due to courageous and bold strides made by Druze women, with many of them now driving and studying to be teachers. She notes, however, that psychological research at the Ph.D. level is still very rare for Druze women.

“Lots of people in my village were against me getting a Ph.D.,” she says, adding that her Israeli professors were very understanding of her situation and always offer her assistance.

Dr. Janan Faraj-Falah was the first Druze woman in Israel to receive her Ph.D. and today works as a lecturer at the University of Haifa as well as the Arab Academic College for Education. Her book *The Druze Woman* is widely acclaimed both in Israel and around the world as the first book to discuss the status of women in the Druze community. Additionally, she is the founder of the Women’s Vision of Akko Foundation, which brings Jewish and Arab women together to work toward peace.

“I established this association to improve women’s status and support peace,” Dr. Faraj-Falah says. “Women bring life into this world, so women can also bring peace.”

Some of her organization’s projects include constructing peace gardens in which Jewish and Arab children play, teaching Arabic to Jewish women and Hebrew to Arab women, and bringing both Jewish and Palestinian writers together for joint meetings. She emphasizes, “We will continue our march for peace and never give up.”

Her work is supported by Renford.

“Bringing Arabs and Jews together can make a big difference,”

Renford says.

The Same Old Marriage Fights and How to Change

My wife, Susan, and I have been married 24 years. After so many years, you'd think we would have smooth sailing in our relationship all the time, right? Well, not really. We are two imperfect people who do not live a perfect life. We still argue. And more often than not, it's usually about the same two or three things.

Here are some of our most common fights:

- At times, Susan will say, "You *always* criticize me," or, "You *never* encourage me." It really makes me angry when Susan exaggerates with words like *always* and *never*.
- Instead of addressing an issue directly with one of our kids, I'll often say things to Susan like, "They shouldn't talk to each other like that," or, "They need to finish their project." And then I'll ask her to handle it. That frustrates Susan a lot.
- I want Susan to be more physically affectionate with me. She's not as fired up about that as I am. Tension and arguments occur.

So, what can be done about the same old marriage fights? Here are some simple steps to break the cycle:

1. Identify the root cause of the problem. Is your wife mad that you were 10 minutes late getting home from work? Or is she really upset because she thinks your work is more important to you than she is? Be sure to identify what's

really bothering her, and work to get to the bottom of the problem.

2. Listen to your spouse. Sometimes a fight can be prevented by just listening to your spouse. Ask your spouse questions, and then just listen. This will show her that you truly care.

3. Empathize with your spouse. It is so important to put yourself in your spouse's shoes in order to understand them better. Feel what they feel so you can truly understand their side of the conflict, not just your own.

4. Discuss what you can change. Once you're done listening and empathizing, be sure to ask your spouse how you can change to avoid the argument in the future.

5. Take action, and take it seriously. The fight may be over, but that only means it's time to put what you've learned into action. Make a serious effort to follow through with changes you discussed together. One way to do this is to ask your spouse on a weekly basis, "How am I doing on this?"

What are some of your most common fights with your spouse, and what are you doing to change that pattern? Please share your thoughts below.

Mark Merrill is the president of Family First. For the original article, visit [.](#)

How to Lay Aside the Weight

Do you want to get free from the issues weighing you down? If you take its principles to heart, it will not only set you free from excess weight, but will strengthen your faith, body, and mind.

Far too many of us try to disown ourselves, wishing we were somebody else and had what they have. But success comes when you own who you are and do your best with what you have. Every day.

This article will give you some tasty food for thought while providing physical health tips so you can start experiencing excellent health today. It is your destiny.

What do I mean by destiny? You are designed to prosper and be in health just as your soul prospers. I didn't always know that. I was once 240 pounds and a size 22. At that weight, I was too tired to do much at the end of the day beyond what I needed to do to survive. My life was burdened by a series of physical complaints and emotional distress. I was burdened down by fear and worry.

If you are experiencing any of these effects, today is the day that they end!

I believe that once you make up your mind to lay aside any weight that burdens you and take action to do it, then miracles happen. I was able to release 85 pounds and experienced a renewed sense of purpose, energy and joy—with God's help.

Meditate on this Scripture today: "To give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness" (Is. 61:3).

To experience freedom, the first thing to do to is to praise God for the body that you have. I don't care what size you are. This is not about size; it's about stewardship and making the most of all that you have. God loves you and designed your body to serve you well during your stay on earth.

Science has valued the body at \$45 million if you were somehow able to sell its individual parts and chemical elements. Are you surprised? You are sitting on a fortune!

So today, treat your body as if you really believe it is worth \$45 million. Do it every day, and soon you will start looking and feeling that valuable too.

Physical Freedom Tip

If you are currently drinking sodas or any sugared drinks, then the next time you reach for one, trade it in for a glass of water instead. Trading in one soft drink for water every day for a year will help you drop one pant or dress size. And that's just one drink! Imagine the changes that can happen if you were drinking 3 or 4 sugared drinks daily. This also includes fruit juice as well.

Most fruit drinks are 90 percent sugar water flavored with 10 percent juice. Always read the label to be sure it says 100 percent juice. Even then, you will want to limit your serving size to 1/2 cup since juice contains a lot of calories. If you are really craving something sweet, go for the whole fruit instead.

Physical Freedom Assignment

Write down all the things you love about your body, including the things you are grateful it can do. Write down how you would treat yourself if you believed you were worth \$45 million. Practice your physical freedom tip today.

Kimberly Taylor is the author of The Weight Loss Scriptures and many other books. Once 240 pounds and a size 22, she can testify of God's goodness and healing power. Visit and receive more free health and weight-loss tips.