

Discover the Treasures of the Healthy Living Bible Study

One of my passions is discovering the practical wisdom in the Bible. So it was with great pleasure that I received a review copy of *Treasures of Healthy Living* by Annette Reeder and Dr. Richard Couey.

In the book, Reeder, who is a biblical nutrition consultant, and Couey help you uncover the Bible's wealth of information about how to maximize your health using foods that God originally designed for the body. If you are sick and tired of being sick and tired, then you owe it to yourself to grab a copy of this book and use it to give yourself a health makeover.

Not only does the book help you establish a strong nutritional foundation, but it helps you examine Scripture for yourself through an integrated Bible study. Through the study, you will gain God's viewpoint about health. In 3 John 1:2, we are told, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." In *Treasures of Healthy Living*, you discover that God not only wants us to be healthy, but also gives us the roadmap for how to achieve it.

Reeder starts the book by sharing her family's battles with cancer, depression, high cholesterol, weight issues and other serious health problems. However, God led her to take a closer look at the habits that threaten to destroy them. Through nutritional counsel, carefully searching the Scriptures herself and dedication to trying new dietary approaches, she made over her family's diet with good-tasting foods that healed, energized and nourished their bodies.

Treasures of Healthy Living is structured as a 12-week study; it can be used by individuals or church groups. In the first

part, "Feasting in the Treasures of God's Design," you learn how to make wise choices in beverages, grains, fruits and vegetables, and proteins/meat. In the second part, "Guarding the Treasure," you learn how to protect your health through self-discipline, exercise and forgiveness. You also learn how to minimize your exposure to things that can destroy your health, like toxins in your environment.

I greatly enjoyed the book, but If I could think of any suggestions for updates, it would be to shorten the first week's lesson (I prefer shorter lessons) and to include a sampling of recipes at the end. While recipes are mentioned, the reader is referred to the companion ***Treasures of Healthy Living Cookbook*** for them. Instead, it would be beneficial to provide a few recipes in this book at the end but refer the reader to the cookbook if they would like more options.

I do believe that by the time you finish the book, you will have the tools to increase your energy and change your health for the better. You'll be able to start your own action plan so that you can gain new strength to overcome life's challenges. After gleaning the wisdom in this book, you will be grateful that you invested in your health and have renewed confidence that you can do all things through Christ!

P.S. I've discovered that Annette Reeder's website, , has many great recipes available. She is offering *Take Back Your Temple* readers a 10 percent discount on book resources at the website. Just use coupon code *takebackyourtemple*.

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

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