

How This 350-Pound Man Became 'The Incredible Shrinking Pastor'

"Can you help me? Will you help me?"

A life-changing story from naturopathic doctor Mark Sherwood begins with these poignant words as, voice shaking, he shares with host Dr. Steve Greene on a recent episode of the *Greenelines* podcast on the Charisma Podcast Network.

The story that touched Sherwood so deeply, he says, is a common one at the Functional Medical Institute in Tulsa, Oklahoma, where he works alongside his wife, Dr. Michele Sherwood. It involves "a gentleman who is a well-known pastoral leader of a very large ministry. And everybody would know him. ... He walked into my office in October 2020. I think he weighed 345-350, something like that. Very unhealthy."

"Of course I will," Sherwood told the pastor.

"So we went to work," he says. "As of last week, he is down 85 pounds. He's down about 14% body fat; his muscle tissue's up five or six pounds. I believe his fat tissue's down like maybe 85-90 pounds.

"It's a lot," Sherwood says. "He's become so transformed. He looks like two different people. And he would tell you, and he does tell people now, 'This is easy. This is not hard. ... He was so large; now he's become the incredible shrinking pastor.'"

To find out more about what Dr. Mark Sherwood shared with this pastor to yield such a dramatic transformation, listen to the entire episode of the *Greenelines* podcast at [this link](#), and subscribe to *Greenelines* on your favorite podcast platform for

more inspiring stories like this. You'll also want to check out the Sherwoods' own podcast, *Hope & Health*, also on the Charisma Podcast Network. {eoa}