

# Lisa Bevere: How I Supernaturally Lost Weight With No Diet, Supplements

Author and speaker Lisa Bevere says she used to have a weight problem that stemmed from poor self-esteem.

“[My weight struggle came] from a great problem with fear,” Bevere says in a retro episode of *It’s Supernatural! With Sid Roth*. “And I think that’s a major issue for a lot of women.”

As much as someone diets or exercises, not understanding his or her spiritual identity can wreak havoc on their physical body.

“We have an abundance of information, but a great lack of transformation,” Bevere says.

But God can overcome that, and the proof of the testimony is before our eyes.

Check it out.

*Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS*