

Trying to Lose Weight? This Church-Based Diet Program May Be Your Answer

The Centers for Disease Control and Prevention recently released a report showing almost half of Americans (49.1 percent) are trying to lose weight.

This is according to data gathered by the CDC from 2013 to 2016.

According to the CDC, almost 40 percent of Americans are obese and are trying more than one way to take off the pounds, including daily exercise; eating more fruit, vegetables and salads; eating fewer carbohydrates, and even changing their eating habits in order to eat less.

"Most people were doing things ... that I would encourage all my patients to do," Dr. Holly Gooding, assistant professor of medicine and pediatrics at Harvard Medical School told radio station *WBUR*.

She added that exercising and eating fruits and vegetables are healthy measures for all—even those not trying to lose weight—and heavily cautioned against skipping meals.

One diet plan developed by a Dr. Daniel Amen, a Christian and a physician is a church-based weight loss program known as the Daniel Plan.

As CBN News reported in February, though classes last six weeks, the diet is intended as a lifelong discipline.

One Hampton Roads couple say they turned their lives around with the Daniel Plan. Before following the diet, Phyllis Neill says she suffered from pain, depression, and sleeplessness due to a number of health issues.

She ultimately lost 65 pounds, stopped taking medications, felt happy and began sleeping like a baby. She attributes much of her success to the faith element of the plan. {eoa}

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