

Feeding Children Physically & Spiritually



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This book is part of a video and audiocassette collection.

The Weigh Down Workshop †

All of us want to help our children to be free from overweight, obesity, bulimia, or anorexia and the terrible pain that comes from these coping mechanisms. God and Jesus Christ have all the answers through the Word of God. Do not fear any longer. The answers are within your reach as you make the choices that are in the will of the Father. His kingdom is golden streets, or in other words, very drawing. The allure is a path that is straight and sure and very peaceful and rewarding.

You will know that the words in this talk are truth and from God as you put them into practice. Jesus said, “‘If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.’ They answered him, ‘We are Abraham’s descendants and have never been slaves of anyone. How can you say that we shall be set free?’ Jesus replied, ‘I tell you the truth, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed’” (John 8:31–36).

It seems like an overwhelming task to fight overweight and obesity for yourself, much less your children. We all want to be free and not be a slave to food or anything on this earth. We do not want to hurt Jesus by choosing to remain a slave to sin, for a slave has no permanent place in the family. God has given us everything we need for life and godliness. This book is going to have several suggestions that help you put into practice this independence from food so that you can pass this freedom down to your children and your grandchildren. As you do the will of God, in other words, as you repent of your own strongholds and really hold to Christ’s teachings, you are not confused. You can see the truth of how to get out of this predicament, you feel great, and most of all, you feel confidence before the God of the universe—the ultimate. That is the greatest, the fulfilling part of existence of mankind. The result is that you will be able to translate this to your children.

Our children will pick up on these simple truths quicker than we will. The Bible says, “At that time Jesus, full of joy through the Holy Spirit, said, ‘I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure’” (Luke 10:21).

I know that it is certainly God’s good pleasure to draw all children unto Himself. If the heart of a child would respond early in life to the Father, then they would not depart from it.

GENERAL NUTRITION

Let’s talk about the ideal way to bring a child into this world. It all starts with the mom and dad before conception of the child. If the hearts of the father and mother are turned toward God and God is their everything, then there will be an understanding of how to avoid overeating and obesity. In other words, there will be no greed for extra food. If the mother understands this basic principle, she will be well nourished because she does not consume more food than the body is calling for. The number one cause of heart disease, cancer, and diabetes is too much food offered to the body. Overweight and obesity will precipitate or aggravate and compound many diseases such as indigestion, back problems, arthritis, circulation problems, diabetes, heart disease, and high blood pressure. Do not forget that overeating precipitates many cancers, and it is also connected with low self-esteem and mild to severe depression.

With these facts in mind, my first encouragement is to just absorb God’s basic truths for your *own* heart, soul, and mind. Just make sure that you get your own heart right before you try to correct your child’s overeating. Your purely devoted heart is a must for your children if you expect for them to go through life without overindulgence with food, drugs, alcohol, cigarettes, and sexual activity. If you worship something on this earth more than you worship God (and you know it, because you are a slave to whatever you choose to worship), then your children will do the same. You teach them powerfully with every move you make and with every word

you say. They know what makes you get out of bed everyday, and they know what lights your eyes. If you love to lust after food, they will follow your lead.

So, a pure heart—reflected in volume control of food prior to pregnancy—is the most important health measure you can take, because greed will kill you. When you get your volume in line with the will of God through His hunger and fullness, then you can fine-tune your nutritional status by learning to be still and listen to what your body is calling for. I do not believe that you can make many mistakes here, because the body has such a strong drive to get a variety of foods, and this variety ensures you the different nutrients that you need. Even the most “out of touch to what your body wants” people will not eat what they had for breakfast again for lunch and what they had for lunch again for supper and will complain when leftovers are offered. In other words, they are in touch with the body’s biological feedback enough to lead the child or adult to a variety even in a 24-hour period. This guarantees a spectrum of nutrients. In other words, your body cues you to an assortment of food. Variety insures you the nutrients you need. That is why God did not give Adam and Eve a list. He programs guidance on the inside of His children, and when the young mother submits to this natural guidance, she will not overeat and she will be well nourished.

Notice the variety that God leads his animals to. How in the world do all cows know to eat grass? Why do they like grass? Not only does God program what you need inside you, but He programs your taste buds to like it, and He provides your body with the enzymes to digest it. It is all delightfully simple and enjoyable if we get our will out of the way.



NUTRITION AFTER CONCEPTION

Now, once the woman has conceived, the husband and wife should know it is by the will of God. Give God all the praise, for He is the one who will bring about life. He gives you the desire, and He causes the miracle to take place. Our efforts are feeble, and what He is doing is everything. Relax and enjoy and pray and trust. If God wants this child on earth, then He will bring it about. The nutritional needs are way too complicated for you to worry about. Besides, there are many things going on that let you know that God is in control.

For example, in the first few days of pregnancy, a whole new organ develops within the uterus called the *placenta*. It is a new organ, made just for you and this baby. It is also called the *afterbirth*. What you eat is broken down by the stomach and broken into even smaller units in the small intestines. Specific carriers are assigned to each nutrient and are ushered across the intestinal wall. What the body does not select is excreted. If the body needs more calcium, it will absorb more calcium. If your body needs more iron, it will absorb more iron. How the body senses this and accomplishes this is obviously incredible and beyond our conscious care. Next, the absorbed particles are taken to the liver, and the liver turns what you ate into what you need. For example, if you ate too much protein, but you need more energy, the body will break the protein down and turn it into a carbohydrate or a glucose molecule. Amazing! At this point, the transformed food circulates through the bloodstream and in close proximity to the

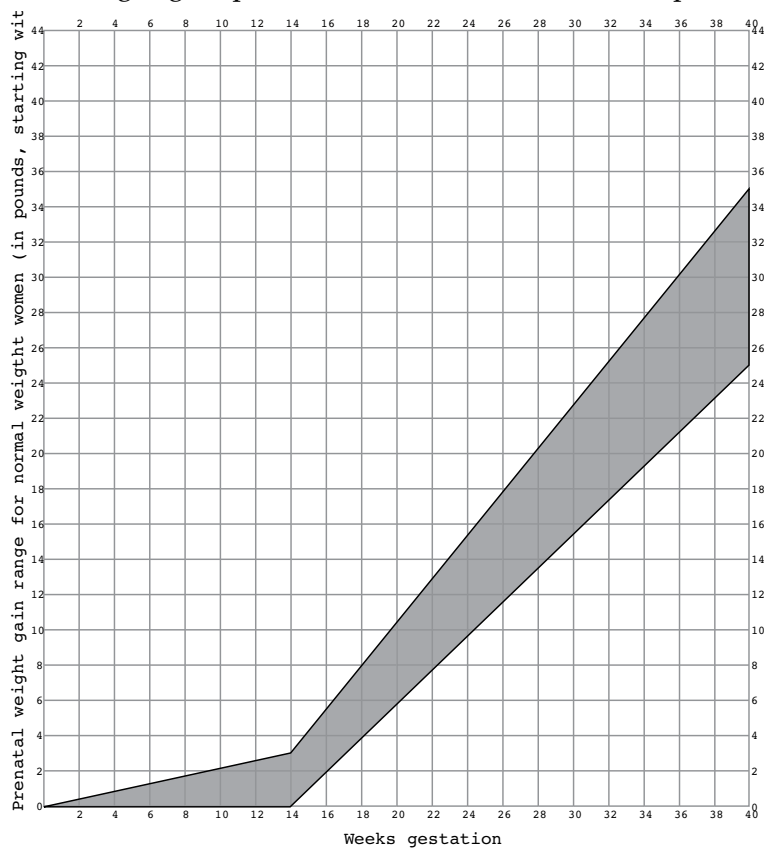
fetal blood in the placenta. The fetus receives nutrients and oxygen from the mother's blood across the placenta, and the mother's blood picks up carbon dioxide and other waste products. What an amazing sacrifice! This extra organ takes care of the metabolic reactions that the fetus's lungs, digestive system, liver, and kidneys will provide after birth. God is truly the chemical Genius.

I believe the Heavenly Father will have His way. I believe that God plays Cupid and has all the aphrodisiacs that draw a couple together. I believe He has them physically attracted to one another at certain times, and I believe they conceive in spite of all their efforts to control child-birth. I believe that He picks the exact cells to unite because He wants that boy or girl on earth. I believe that sometimes miscarriages happen because God has other plans. I believe. We either accept it or we don't. Staying in step with the will of the Father can save you from a lot of grief and pain.

You must die to your will and accept that God is your maker and boss and creator and the wind beneath your wings. If you are submissive and accepting of this from your heavenly boss, you will be at peace. As time goes on, I hope you find the joy in this slave-like state and see that being an extension of God, rather than being your own god, is true life and happiness. You have been transformed into the likeness of Christ when you find the secret of this mystery.

If God decided to bring another life into being, then here's a question everyone seems to have—how much weight should you gain? I was told to gain 28 pounds and yet my body gained 45 pounds using hunger and fullness. I have taken many pregnant overweight women through the Weigh Down Workshop, and they gained anywhere from zero pounds to 40-plus pounds, using hunger and fullness, eating exactly what their body called for. Even though they didn't gain what people expected or suggested, their ultrasounds and all the check-ups proved to be perfect. You might be aware that today's professionals tell you that "all women should gain weight during pregnancy" and that "weight loss during pregnancy is never advisable."

This grid shows you the recommended weight gain pattern. I worked in the health department for five years and went through three pregnancies and never stayed on the grid. I learned that we are all different and that we need to listen to our bodies about weight gain. We should not try to be the boss of this temple. It is God's. He has designed your body to be sensitive to its needs. The needs of your body are so intricate and complicated and are different every hour of every day. No person or machine could keep up with it. No scientist is that good. Only the Genius Scientist—God Almighty—knows exactly how much you should eat and what you should eat each and every hour. Through the Weigh Down Workshop, I have seen every combination of weight gain—and sometimes maternal weight loss with fetal weight gain—during the nine months of preg-



nancy, but the common denominator was that they all ate when they were hungry and stopped when they were full. They all drank liquids according to thirst. They did not overeat. And the use of alcoholic beverages was extremely limited. The recurring results were very healthy infants ranging from seven to ten pounds and thinner-than-ever postpartum moms! Some moms found themselves smaller than they were in high school.

You must be obedient to what God tells you to eat everyday! He designed the system and what must be done for optimum health. The voice of hunger and fullness and craving is the system He put in all animals and fish and birds of the air all over the world. All insects and even the microbes listen to Him. Only arrogant man ignores the fact that there is a God, and instead wants the credit and praise himself for “figuring out” the science of the digestive tract and the 40 weeks of gestation. This is so maddening to me. And much of the current man-made advice strains out a gnat and swallows a camel, leaving the pregnant woman confused, uncomfortable, and over-fortified and the fetus at risk.

As a rule, Americans do not bother to go to God for His wisdom and His instruction when it comes to good nutrition and taking care of the temple of the Lord. How can we be so proud? But the wisdom of the wise is disillusioned and stymied. “For it is written: ‘I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate.’ Where is the wise man? Where is the scholar? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not know *him*, God was pleased through the foolishness of what was preached to save those who believe” (1 Corinthians 1: 19–21). People following God’s ways are saved from extremes. The fruit of following the Spirit of Christ is *moderation* or self-control, resulting in good health. But to the scholar, this cross is foolishness and unnecessary; they see no value in the cross of self-denial.

Much is printed about what the pregnant woman should eat. Once again, volume control is the main thing, but the average professional is going to push food and extra food. The mother should *never* overeat. If you eat the volume that your body is calling for, then your body can work efficiently. However, if you *overeat*, then you will find that you are very tired because it is so energy-expensive to take the extra food, break it down, and ship it to the liver. It is very exhausting to turn what you overeat—whether it be a protein, fat or carbohydrate—into a fat. It is tiring then to take the extra fat and ship it to a storage cell (or fat cell) somewhere in the hip or gut.

Overeating is so very damaging to the body—and if this is hard on the mother, it cannot be good for the fetus! Overeating affects many organs and may possibly be a trigger for pre-eclampsia, a condition characterized by hypertension, general fluid retention, and protein in the urine. Overeating is greedy, and the Bible says that, “When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony” (Proverbs 23:1,2). That simply means do not overeat. The Apostle Paul warned, “Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you. For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things” (Philippians 3:17–19). What Paul is saying is that a person who embraces and accepts Jesus Christ and the cross of Christ will not let their god be their stomach.

Many people find that eating small amounts helps with nausea in the first trimester. Somehow, even as a registered dietitian, the fear of missing a nutrient did not sink into my head, and I simply ate what was available and what looked good and what did not make me nauseated. I was well aware that my liver took what I consumed and turned it into what my cells needed. And I was well aware that the new organ that God had created—the placenta—

was capable of utilizing my blood and extracting exactly what the fetus needed. “Do not worry about what you should eat or drink—*unless you are pregnant,*”—is not in the Bible. Food regulations are programmed in us by God, just as knowing how to breathe is natural, and when and how long to sleep is from an internal clock, and how much to drink is internally coded in the human body. God did not have to write these rules on paper, because they were written in the DNA of each human. He doesn’t require that we waste our finite time or mind or emotions on needing to figure out our basic needs. No animal or child ever worries about them.

Each pregnant woman may have a slightly different experience. In my first pregnancy, I developed a dislike for coffee and bacon in the first trimester, but I ate a lot of hamburgers and French fries and cereal and Cokes. We were remodeling the kitchen and went weeks without a stove or even an oven or microwave, so we grilled shish-kabobs outside a lot. Was this putting my baby at risk? No! I felt no fear gaining the 45-plus pounds.

What were the results of depending upon God versus the man-made rules? Well, I had a 10-pound, 23-inch baby boy that scored ten on the Apgar score twice! I went into labor on the day that Michael was due—April 12. After the C-section, I saw a beautiful baby boy, and my heart melted. Michael was so healthy that he weighed 11 pounds at one week, 13 pounds at five weeks, 14 pounds at two months, 15 pounds by three months, and 20 pounds by the time he was five months old. Both momma and baby were healthy! Michael was above average in height but weighed a typical 22 pounds at twelve months old.



Many professionals have become more moderate over the years and have endorsed the teachings of the Weigh Down Workshop. They agree that pregnant women should drink according to their thirst and that they should not force water. They agree that vitamins should only be taken in the second and third trimester if they do not cause gastritis, which is an inflammation of the lining of the stomach wall.

I want people to experience what I experienced because I feel so in love with my heavenly Doctor—God Almighty—and I have learned to trust His superior ways, which are easier and more natural.

After having Michael, I lost all of my weight and then some. I was smaller after my pregnancy than I had ever been.

You need to read this unfortunate quote from the *Committee on Nutritional Status during Pregnancy and Lactation 1990*: “The typical woman does not, however, return to her pre-pregnancy weight. In general, the more weight a woman gains beyond what she needs for pregnancy, the more she will retain. Even with an average weight gain, though, most women tend to retain a couple of pounds with each pregnancy.” Well, don’t listen to that lie, and that was just not my experience. Many women have been through the Weigh Down Workshop during their pregnancies and have experienced that God never intended to leave them overweight, and in many cases, they are smaller than their high school weight!

Do not be afraid, and know that the righteous have many blessings. Why depend on anything but the Spirit of Christ. This Spirit is not just some mist or incomprehensible thing. The Spirit of Christ refers to the mind-set and attitude of Christ, which is humility and submissiveness. Jesus was never greedy, and his food was to do the will of the Father. Perfect love of the Father will cast out all fear of having an overweight body due to pregnancy.