

An Appetite for God

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An Appetite for God is a 40-day workbook designed for small group studies in churches. Applying Scriptural principles and current research revealed from God's creation, Linda guides readers daily on how to surrender food appetites to God and how to change destructive ways of using food for comfort while learning to make choices for clean fuel for the body, soul and spirit.



God blessed Man in the Garden with His creation of highly generative fruits, seeds, and animals. Yet today America's industrialized food system has drastically departed from this life-giving model. In a few short decades, food growing has left the land barren, animals sick, and people lacking nourishment and given to unbounded appetites for processed foods induced by the food industry. It is time to act, for now even young children are plagued with chronic life-shortening diseases related to corrupted foods. *An Appetite for God* directs people to His perfect plan for accessing nourishing foods alive with health and wellbeing.



Today



Two Years Ago

Two years ago at 57 years old, author Dr. Jeffrey was in failing health, due to chronic illnesses. Her doctors warned she needed to get her affairs in order for the prognosis was grim. Little did she know, her condition was brought on by nutritional deficiencies from eating what she thought was "good" food. In her new book, *An Appetite for God*, Linda presents a sensible way to break free and be healthy and useful again in and for the Kingdom on Earth. What Linda learned transformed her health and it is vital to understand what happened to the food system and then what to do about it for our ourselves, children and grandchildren amid rising levels of the 4 As: allergies, asthma, ADHD, and autism.

Fox News reports that Dr. Jeffrey is not alone as a Christian struggling with lack of health. The following op-ed originally ran in the Opinion section on FoxNews.com on June 3, 2012.

- A potentially larger crisis is looming in the pews of churches across America. In fact, statistics suggest that the church today may indeed be in worse condition than the general population.
- A 2011 Northwestern University study tracking 3,433 men and women for 18 years found that young adults who attend church or a bible study once a week are 50% more likely to be obese.
- The Pawtucket Heart Health Program found that people who attended church were more likely than non-church members to be 20 percent overweight and have higher cholesterol and blood pressure numbers.
- A 2001 Pulpit and Pew study of 2,500 clergy found that 76% were overweight or obese compare to 61% of the general population at the time of the study.
- At the church level pastors and clergy are burdened by the skyrocketing number of their members with chronic diseases such as cancer and heart disease and confess that a growing and disproportionate amount their time is spent caring for their ill members and less time spent in study, discipleship, and evangelism.