Eat the Way You’re Built

The Bible Diet: Freedom for Body, Mind, and Soul

(c)mike von oberbauer

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Introduction – I’ll take you with me

Let me start honestly. The way I’d say it to a friend sitting across from me.

The world doesn’t need another diet book. It really doesn’t.

The shelves are full of them. And nearly all of them promise the same thing: this time it works. A new plan. A new list. A new system.

And you know the cycle, don’t you?

You start full of courage. You hold on for a while. And at some point it all falls apart, and what’s left behind is the guilt. Next time, you tell yourself, I’ll just be stricter.

And the circle keeps turning.

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This book is not a new plan. It won’t give you a stricter list.

Because I’m convinced that those very lists are the problem. Not the solution.

Let me explain. Here lies the key to everything that follows.

You came to this book because your relationship with food is causing you grief. The weight, maybe. The digestion. The constant tiredness. Or simply the feeling that something isn’t right.

You’re looking for an answer to food.

But your struggle with food is rarely the real problem. It’s a fruit. And fruit grows on a root.

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There’s a sentence that carries this whole book. Hold on to it:

Find the source, and the cause will cease.

Imagine your floor is flooded. You wipe and wipe, all day long. But as long as the tap is running, it never stops.

The world keeps handing you new rags. A diet. An app. A technique. Symptom after symptom.

I’ll show you the tap.

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And the source, so I believe after everything I've seen and lived through myself, is almost always fear.

Out of fear grows control. Whoever cannot trust has to control. And the strict diet is control in its purest form. The counting. The forbidding. The anxious securing.

That's why the next diet heals nothing. It waters the very root you're actually suffering from.

Now comes the second sentence I want to give you:

When I know where I am, I can be where I want to be.

A map is no use to you if you don't know your own location. You can have the most beautiful destination. As long as you don't know where you really stand, you can't get free.

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So we don’t begin at the plate. We begin with you. Honestly, without glossing over, but also without blame.



And one more thing that makes this book different.

I’m convinced that the body and the Bible speak the same language. Because they come from the same hand.

What the Creator placed in your body confirms what he placed in his word. Again and again in this book you’ll meet the same pattern: something has stood for thousands of years in an ancient text, and science discovers it anew today.

Not by chance. But because truth is truth, no matter who says it first.

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The human being God made is a whole. Body, mind, and soul. You can't sort the three into separate drawers, because they belong together and they heal together.

What your soul carries shows up at the plate. In the way you move. In your sleep. In your relationships.

That's why a book about eating is allowed to speak of fear. Of bitterness. Of the Father's love. It would be dishonest not to.

This is how the book is built:

First we clear away the lie and lay bare the one truth.

Then we look at how you are made. From the original design in paradise to what the factory has made of it.

After that we go down to the root. To fear and control. And we see how it heals. Not through more pressure, but in the light and in love.

And only at the very end, once the root has been dealt with, comes the practical part. The how. Because then it's no longer a cure you endure and break again. Then it's a way of life that grows out of freedom and stays.

One more word, so there's no misunderstanding.

Nothing in this book is a law. No food makes you better or worse before God. There is no forbidden list. No counting. No guilty conscience.

What you find here is wisdom. Not compulsion. Take it like a gift, at your own pace, with a single first step.

So don't read this book like a set of rules. Read it like an invitation home.

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To the way you're built. To the one who built you.

"The truth will set you free," Yeshua said (John 8:32). That holds for your soul. And it holds for your plate. Because it's the same truth.

Eat the way you're built, and you will be free.

Come, I'll take you with me.

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Chapter 1 – Why every diet fails

A question to start with, just you and me.

How many diets have you already started?

It’s fine if you no longer know the number. Most people don’t. But there’s one thing you surely remember: the feeling on the first day.

That first day is wonderful. The fridge is cleared out, the plan is lying on the table, and inside you there’s this mix of hope and resolve. This time I’m going to see it through.

I don’t want to take that feeling away from you. I want to show you why it has betrayed you again and again.

The cycle you know

Look at the path almost every diet takes. Maybe you’ll recognize yourself.

Phase one: the start. Everything is new, everything is possible. You weigh, you count, you stick to it. And it even works, the scale proves you right. The plan seems to keep what it promises.

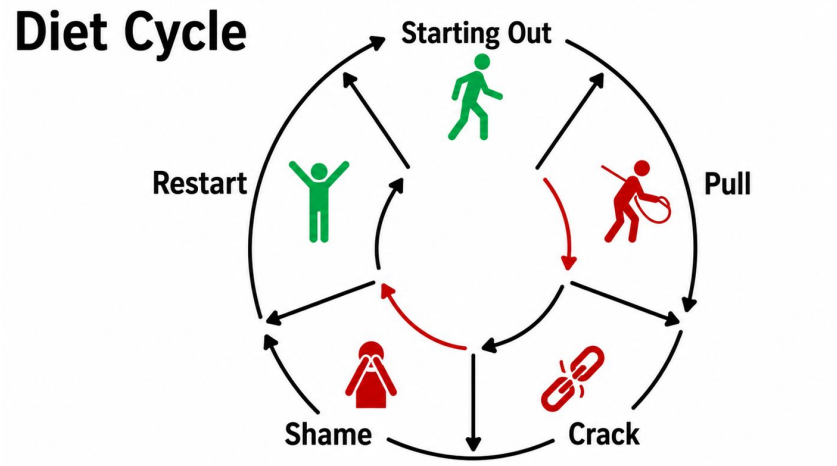
Phase two: the drag. After a few days or weeks it gets hard. Everyday life comes back. The birthday, the stress, the weekend. You still stick to it, but now it visibly costs you strength. Joy has turned into duty.

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Phase three: the crack. At some point it happens. A bad day, a full head, an empty battery. You eat something that wasn't on the plan. And then comes the sentence that tips everything over: Now it doesn't matter anymore.

Phase four: the shame. What follows is no longer normal eating. It's eating with your head down. And afterward the bad conscience that stays with you for days.

Phase five: the harder restart. And here the circle closes. Because what do you resolve after failing? Exactly. Next time I'll be stricter.



More strictness. More rules. More control.

Do you notice what's happening there? The answer to the failure of control is: even more control. It's like digging a hole to get out of a hole.

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Why willpower has to lose

Now comes the point where I want to take a weight off you. Really take it off.

You didn’t fail because you’re weak.

Read the sentence again. It’s important.

Willpower is a wonderful force, but it’s like a muscle. It can do a lot, and then it’s exhausted. No one can keep up for a lifetime what costs them a battle every day. A system that only works as long as you’re strong is a system that’s waiting for you to fail.

And there’s something else that everyone has known for as long as there have been people: The forbidden grows big.

Tell yourself: Don’t think of fresh bread right now. Well?

That’s exactly how the forbidden list in your head works. Every food you forbid yourself under pressure gets a spotlight. It becomes more important, bigger, louder. The diet fills your head all day long with the very food you actually wanted to get free of.

A path that keeps making you think of the forbidden doesn’t lead into freedom. It leads into obsession.

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End of sample

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