Faith & Fat Loss is a revolutionary program combining Ancient Biblical Principles with today's science to empower you with the knowledge and discipline to achieve permanent fat loss and for a total transformation of your spirit, body, and soul. The Faith & Fat Loss program is designed to be launched with a 21-Day Jump Start. The first three weeks prepares your body to respond to diet and exercise by detoxifying the fat cells and the spirit to respond to the transforming power of God's Word and prayer. And this is only the beginning of the Faith & Fat Loss program that will lead to a healthier you. Ron Williams, creator and founder of Faith & Fat Loss, is not guessing when it comes to fat loss. As a professor, he scientifically researches and teaches it. As a Pastor, he biblically studies and preaches it. And as one of the most decorated natural bodybuilders in the world, he lives it. This balanced approach to fat loss is based on simple strategies you can employ daily to reduce body fat. Faith & Fat Loss is not just a diet, but a permanent lifestyle. If you are discouraged because of failed attempts to acquire permanent fat loss - learn the TRUTH through Faith & Fat Loss, apply the principles learned, and you will find the success you have been desiring and never need to try again. The TRUTH about fat loss...

The TRUTH is there are principles that make fat loss simple.

The TRUTH is many fail because of inaccurate information.

The TRUTH is you must find the Root cause and not just address the symptoms of excess body fat!

The TRUTH is by following Faith & Fat Loss permanent fat loss is attainable.

My Personal Review: This book is one of the most complete spiritual and health guides ever written. I am a 63 year old woman who has had the privilege of knowing
Ron as a physical trainer and as a Preacher. He excels in both and has made a huge difference in my life. All you need do is hear him preach and hear how well he relates the words of the Bible to your own life, to know that this man is dedicating his life to teaching people to heal their physical bodies, which in turn heals their souls. I had soul wounds from my childhood which caused a lot of pain and heartache in my life (including addictions, low self-esteem, and trust issues with men and God). Ron guided me to trust in God because he knew God was the only one who could transform me (I had read a million self-help and spiritual books and nothing helped). When I began trusting in God was when my life changed. I now have a quiet self-assurance, trust in men, and have stopped all of my addictive, destructive habits. His advice on never eating a protein alone (always eat a protein with a carbohydrate and an EFA) has changed my eating habits -- it is so easy. I was in a high-stressed business and because of being so busy it was too easy to eat food that was fast and not healthy. Since meeting Ron and working out with him, I have learned that simply walking and lifting weights at least three times a week has changed my body. I have the pulse of an athlete and no one ever guesses my age. I feel better than I have ever felt in my life -- spiritually, mentally, and physically.

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