

When we are saved there is a spiritual transformation that allows us to grow and mature so that we can understand scripture and allow God to guide our lives.

However, for many of us there is one area of our lives where the growth is also in the size of our waistline. This area has to do with food and our addiction to it. In this area, most of us are still in the world.

Addiction to anything is a type of bondage and idolatry. Food addictions can lead to compulsive and excessive overeating. The enemy knows this and uses this against us. It's no coincidence that this type of eating is encouraged by the "super-sized" fast food chains and the "all you can eat" buffets. This type of "eating" has become a socially acceptable thing to do and we often partake of it.

Over 76 percent of the body of Christ suffers from food addiction and the food manufacturing industry makes billions of dollars every year by selling us their drugs. The enemy knows that if we are in an addiction, then we cannot truly fulfill the purpose God has for our lives.

Obesity is a result of food addiction and there are about 50 medical conditions related to obesity. Here are a few:

High blood pressure; high cholesterol; diabetes, heart disease, gallbladder disease and cancer.

We have surely been bamboozled, hoodwinked and fooled by the enemy. He is literally pulling the wool over our eyes. The food industry adds deceptive ingredients like artificial flavors, artificial colors, oils and more to make food taste better, however, all of these things are harmful when consumed in large quantities. In this book we call these deceptive ingredients "Posers" and we teach you how to keep track of them at each meal. The FDA (Food and Drug Administration) states that consuming a little of these "Posers" won't hurt but, I assure you that we are consuming more than just a little bit on a daily basis.

We have provided a chart at the end of this book that helps you keep track of how many "Posers" you encounter daily. Once you know the truth, you will no longer look at food the same way.