

TEENAGE DIETING!

by Sara D.

Dad has often commented on how beautiful each of the girls are in his Home. Of course, we know it's the Lord's Spirit that shines through, but we can also certainly testify that it's obedience to Grandpa & the Lord's health rules as laid down in the Letters that has changed our lives, health & eating habits! The girls in our Home have a nice shapely figure with no weight & skin problems, although we have all experienced such problems before, even in the Family!

Now with our younger generation of children growing up & some becoming teenagers, we adults have learned that it's our sample, especially women adults', that affects the children most & directly influences them as to how they should eat & obey the health rules.

We know of several teen girls in our Family who are overly concerned about their weight & this tends to grow into a big "battle of the flesh" for them. One 16-year-old girl was so concerned about dieting, she'd stick her finger down her throat to make herself throw up after meals—all because she didn't want to "gain weight"! How we wish we could spare our teens from this vain & unnecessary battle, the same battle which most of us experienced through our growing years & even in the earlier years of the Family before we obeyed the health laws & ate right, slept right, exercised right & obeyed! We have pointed out to our children here that, number one, it pays to obey no matter what examples you have been influenced by in other Homes or in the Family. We can testify wholeheartedly that eating well-balanced meals, including protein, vegetables, starch & carbohydrates, drinking plenty of water daily, & keeping coffee & wine to an absolute minimum or none at all, as well as limiting small in-between meal snacks to fruit or protein all works! But dieting, skipping meals, snacking either too much or with the wrong foods, i.e., too much starch, or at the wrong time, & certainly worry & over-concern about your body fails!

I personally learned a very serious lesson about taking care of my body when Grandpa reproved me for suffering from malnutrition, which the Lord had shown him was the problem with my health! (See, "Your Body Furnace", Pg. 654 in "School Days" Book Part 2—Excellent lessons!) Grandpa ordered me to stop dieting & to start eating three good balanced meals daily, including starch three times a day, a tablespoon of honey or molasses daily, & good whole milk to remedy

my very poor health & rundown condition of severe bowel trouble & lack of energy, which I'd been suffering from for months! Before, I had had problems with excessive menstrual bleeding for 2-1/2 months due to eating only protein & vegetables at mealtimes & hardly touching a starch or sweet for years, as well as overindulging in coffee & wine which only robbed my body of the needed vitamin B! LFM! I had a totally unbalanced diet.

Well, thank Jesus for Grandpa, as he & the Lord literally saved my life! My health returned to normal in only a few months, & I also became pregnant the following year & would not have been in proper health to carry a healthy child had it not been for being ordered to obey these health rules & eat right!

So we have shared with the two teens in our Home that dieting is for the birds, but obedience is for our bodies! There's plenty written on good health & the right way to eat in our Childcare Pubs & MO Letters, so there's no need to worry & become preoccupied about their flesh or skip their meals, or even skip out on starches & natural sweets, i.e. fruit & honey. Just don't eat too much! Drink plenty of water, get your full hour of vigorous exercise daily, sleep right, live right & eat right, & you'll find that you'll look right & feel right, no matter what any well-meaning Ffer or dieter may tell you otherwise!

Remember that about a year before a young girl begins to menstruate, her body may gain as much as 3-5 kilos in preparation for this new process to begin in her body, but she will most likely shed that weight within time, especially if she eats right & if she eats well during her period. Don't neglect your calcium foods (milk, yogurt, tofu), exercise, your personal hygiene & rest during period time! Grandpa much prefers his girls a bit on the meaty side much more than the skinny, thin pale type! He faithfully keeps a check on all our weight—not that we're losing, but usually that we are remaining the same or even gaining a bit! He has "inspected" us at the dinner table to make sure we are the right weight according to our height, age & build, & he wants us to keep check on each other too! Grandpa also checks up on our diet & dinner plates to see that we're getting the right amount of foods & eating enough. If someone is a little overweight, he'll encourage them to lose it too, but if you're just right, he'll say, "That's enough.—No more!"

"I DIDN'T HAVE TIME!"



I DIDN'T HAVE TIME TO PRAY

I got up early one morning,
And rushed right into the day!
I had so much to accomplish
That I didn't have time to pray!

Problems just tumbled about me,
And heavier came each task.

"Why doesn't God help me?" I
wondered,
He answered, "You didn't ask!"

I tried to come into God's presence,
I used all my keys at the lock.
God gently and lovingly chided,
"Why, Child, you didn't knock!"



I wanted to see joy and beauty,
But the day toiled on, grey and bleak,
I wondered why God didn't show me,
He said, "But you didn't seek!"

I woke up early this morning,
And paused before entering the day,
I had so much to accomplish
That I had to take time to pray!

If you teens are a bit on the heavy side & your Shepherds & Family agree that you should cut down a bit, don't cut down on your energy foods which are very vital, especially for your age & growth. Continue to eat well-balanced meals including starches, carbohydrates, proteins & vegetables & just cut out in-between & before bedtime snacks, which are hardly needed when you eat a good meal! Eat slowly, chew your food well, & drink plenty of water between meals!

With such close oversight on our meals & weight, we've seldom had "overweights", yet if an adult is very overweight, Grandpa has laid down the law in his house for them: no seconds on servings at meals—(Have an overseer check the "maxi's" first serving!), no snacks, lots of exercise—a full hour at least scheduled daily, & of course, no desserts. We don't even have desserts after

meals, because Maria has taught us that the meal should be satisfying in itself without stuffing ourselves with foods we don't need!

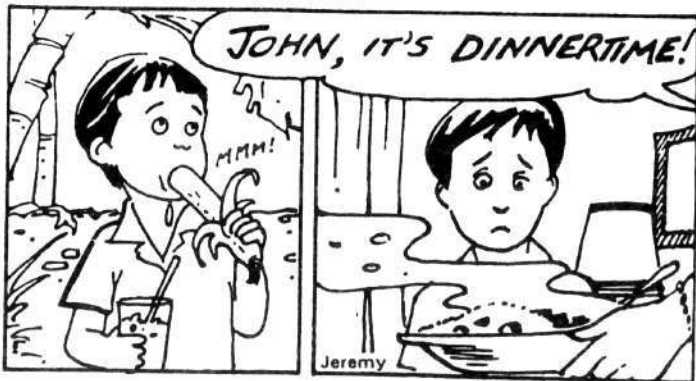
Grandpa also really "cracks the whip" with "mini-members" too, & has the adults or children that are too thin work on gaining weight to the proper, healthy size. He limited two of our very thin adults to only one cup of coffee or tea a day, instead of the two cups they'd previously been allowed & suggested they eat a healthful snack between lunch & dinner, instead of coffee, which displaced their appetite for good food!—And it works!

"If you just eat the right things you won't have to worry about being too fat!", Grandpa told our teens. We hope these lessons will encourage especially you teen girls not to diet unnecessarily, but to obey the health rules! PTL! Grandpa knows best!



Eat right, exercise right, sleep right & live right.

Proper diet, proper exercise, proper sleep & proper living will keep almost anyone healthy.



A healthful, regular diet is important. Eating too much too often spoils your appetite for your regular meals & is very hard on your stomach.