



The EDEN DIET

FAQ's About The Program

Q: The focus of the Eden Diet is learning how to attune to your hunger pangs and use them to your advantage. Does that mean that you're supposed to feel hungry all the time on this program?

A: No way! You're supposed to feel hungry only right before you eat, but then eat with intense satisfaction and joy. Eating with satisfaction brings freedom from bondage so that, in time, you become less focused on food and more focused on God.

Q: If eating for hunger and eating for satisfaction are equally important, why does waiting for hunger get more emphasis in the book?

A: Waiting for hunger requires self-discipline, which is harder to learn. Eating with satisfaction involves physical pleasure, which is easier to learn.

Q: Why do some overweight people need to be encouraged to eat with a mindset of satisfaction?

A: If obese dieters break down and eat treats, they usually feel guilt, shame, and condemnation, and those emotions rob them of their eating joy.

Q: How hungry do you have to be before you eat?

A: You need only be hungry enough to eat an apple before you eat the food you desire. This is called "The Apple Test," and you will learn more about it as you read the book.

Q: How often do you eat on this plan?

A: Different people prefer different eating schedules. If you want to eat multiple tiny meals, go ahead. It's good practice so you can learn how to identify and respond appropriately to hunger. But if you prefer fewer larger meals, like I do, that's fine too. Just wait until you're hungry before you eat.

Q: Why do some overweight people claim that they're "starving to death" all the time?

A: Saying that you're "starving to death" when you're overweight broadcasts your anxiety about going without food for only a short time, and tells me that you may have gained weight by using food as an emotional crutch. Remember, it is normal to feel hungry before you eat!

Q: What if you never feel hungry?

A: Chances are that you have extra food stored on your body as fat. After you lose some of your excess weight by eating smaller portions and increasing your energy expenditure through exercise, your hunger pangs will probably become more noticeable.

Q: Is the Eden Diet right for everybody?

A: Not a chance! The Eden Diet is only for imperfect people who wish to lose weight, break free from dietary perfectionism, and focus less on food and more on God.

Q: What if you already eat healthy food all the time and are not in bondage to food, eating, dieting, or body image?

A: I would never show up at your door and try to coerce you into eating more junk food if you've already found peace and joy in life and a healthy diet that works for you. But, then again, if what you're currently doing is working, why are you reading this book?

Q: Won't you want to eat junk food all the time if you're allowed to eat it occasionally?

A: The opposite is true. Once you know that you're allowed treats, those foods lose their magical grip on you and you actually begin to crave healthier food more frequently.

Q: Can you eat normal serving sizes of any food and lose weight?

A: It depends on what you mean by a "normal" serving size. Sometimes what the world calls a "normal" portion is too much, especially if the food is very rich. Focus on eating slowly and eating smaller portions with more satisfaction, and the rest will fall into place.

Q: What if you require or prefer a special diet, such as a gluten-free, yeast-free, diabetic, low-salt, or vegetarian diet?

A: No matter what food you are required to or allowed to or prefer to eat, you will benefit from learning how to eat for the right reasons. The Eden Diet can be tailored to meet your personal needs and preferences.

Q: What about exercise?

A: Though exercise is not the main focus of this book, it is critical for maintaining weight loss. Do it!