**The ‘Plan A’ Diet™**

 **Philosophy and Mission**

**Our Mission**

 Our mission is to teach, encourage and equip people to take an active role in their health and weight management. We will provide only science-backed information when revealing the undeniable correlation between diet and disease, and provide the education and skills needed to enjoy a long, active life. While our teachings will help anyone who chooses to adopt them, biblical principles will be included for believers which will provide support, topics for reflection, and the amazing realization of how God and science are interwoven.

 **Our Philosophy**

 We have a passion to help anyone who is looking for long-term answers to health and weight issues. The current state of health in our country is alarming. Being overweight is the new normal, and roughly half of American adults have one or more chronic diseases related to poor diet. Fad diets are making the situation worse by encouraging weight loss at the expense of health. It’s time to get back to the basics of eating whole, plant foods. We’ll provide the education and skills needed; but the desire, motivation and decision-making will ultimately be up to you. We want to share in your struggles and encourage you along the way. For those in the Christian faith, biblical principles will be included for support. However, health is a great equalizer amongst all people, and The ‘Plan A’ Diet™ will greatly benefit anyone regardless of spirituality. We desire to help anyone who realizes that the need for dietary change is now.

 Our philosophy is that our bodies are the most intimate, earthly gift the Lord has given us. He uses it to communicate with us, perform His works through us, and to house His Holy Spirit. These wonderfully made bodies continually strive to heal; we are designed with the amazing ability to not only ward off illness and disease, but to restore the most intricate systems to good health when given the right nourishment. We believe that it grieves God to see his children suffering needlessly at their own hand due to ignorance and/or deliberate poor food choices; the consequences can not only hinder our ability to function and serve, but can limit the abundant life He desires for us.

 We promote the idea of ‘time, talent, treasure – and table’. By striving to be good managers over *all* areas of our lives, including our lifestyle and food choices, we should face our responsibility to take our health seriously and no longer conform to the world by consuming deceptive foods. Believers should be diligent in seeking truth on such matters, and willing to do all within their means to live in such a manner which will not result in unnecessary disease, obesity or suffering. Striving to do so will bring honor to Him and be a testament of our faith to encourage those around us.