

# You Are How You Eat

**AUTHOR OF "HOLY EATING" ENCOURAGES WEIGHT TRANSFORMATION IN ATLANTA**

**BY R. M. GROSSBLATT**

*AJT Columnist*

After Shabbat morning services on June 23, I followed the crowd into Heritage Hall for Kiddush at Congregation Beth Jacob. Afterward, I planned to join about 50 others in the conference room to hear Dr. Robert M. Schwartz, Ph.D., speak about his new book, "Holy Eating: The Spiritual Secret to

many popular diets and repeatedly gaining back what he lost.

"People always try to gain back losses," he said. "So instead of focusing on losing weight, holy eating stresses the spiritual gains that occur by eating with a more conscious awareness of G-d."

Along these lines, Dr. Schwartz hopes to replace the term "weight loss" with "weight transformation." Not a single recipe can be found in the

the well water offered by Rebecca. Many times, the Torah warns that excessive physical indulgence can lead to turning away from G-d.

With lots of humor, Dr. Schwartz relayed a serious message: that G-d cares not only about what Jews eat, but how we eat.

"You are what you eat, yes," he said. "But importantly, you are how you eat."

He added that "eating with holiness will result in weight transformation as a natural consequence."

At the end of Sunday evening's speech, Dr. Schwartz led a meditation, "G-d Loves You" (detailed on pages 118-119 of his book). It's one of several meditations, reflections and suggested rituals that make "Holy Eating" an inspiring and practical guide for

a spiritually transforming experience through food.

*Editor's note: For more information see [holy-eating.com](http://holy-eating.com); "Holy Eating: The Spiritual Secret to Eternal Weight Loss" can be found at Judaica Corner.*

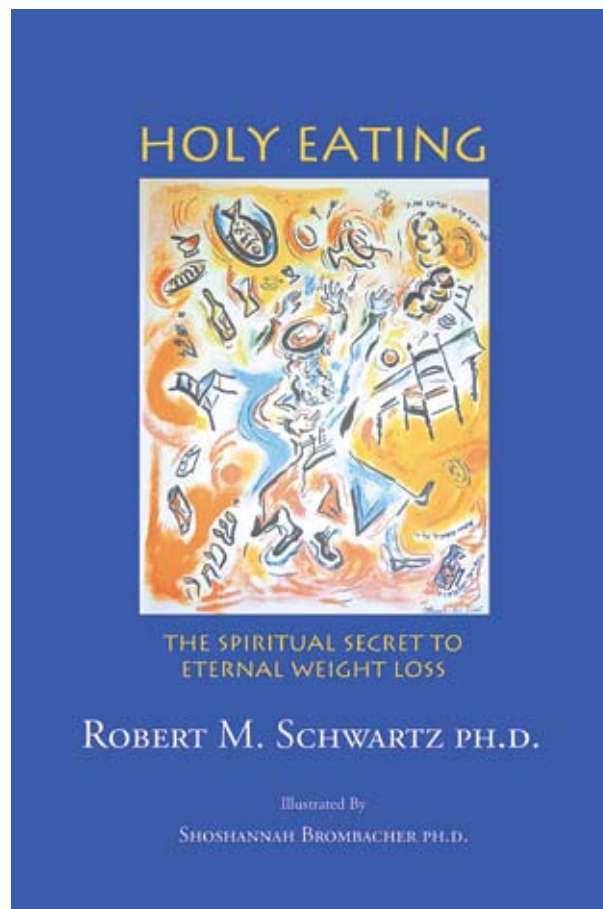
## Tips for Weight Transformation

Some of Dr. Schwartz's suggestions for making "holy eating" a reality in your life:

1. Slow down your eating.
2. Pause and think of G-d as the Source of food.
3. Eat three times a day, as with prayer, because G-d wants us to turn to him and connect repeatedly.
4. See G-d's love in providing the food served at the meal.
5. Use smaller bowls, plates and portions.
6. Don't let your eyes overestimate the amount needed to be satisfied. It takes time for food to travel to the stomach and signal satiation.
7. Avoid the impulse to taste everything.
8. Focus on spiritual metabolism and weight transformation.
9. Eat to 75 percent of satiation (Maimonides).
10. Live longer, have more strength and do more positive things in the world.



IMAGES/courtesy Dr. Robert Schwartz



Eternal Weight Loss," illustrated by Shoshana Brombacher, Ph.D.

But for now, my eyes grew wide at the tables filled with colorful salads, veggies, dips and a variety of tempting sweets. Although I had eaten breakfast and soon would eat Shabbat lunch, I grabbed a slice of marble cake topped with creamy chocolate icing.

To my surprise, I never ate it. Dr. Schwartz's book, which I had been reading for the past week, was making an impact on me, and so were the lectures he gave that weekend at BJ.

"G-d wants us to be holy, healthy – and trim," stated Dr. Schwartz at the Shabbat lecture.

"Trim," according to the Pittsburgh-based psychologist, is an optimal weight depending on body type – not skinny or overweight. He shared his personal struggle with weight, trying

173 pages of "Holy Eating," and the book does not suggest a diet; instead, it promotes a way of transforming our relationship to food into a spiritual experience.

At his more detailed lecture, held the following evening and sponsored by Beth Jacob Sisterhood, Dr. Schwartz shared many examples from Torah where the Jews' relationship to food was challenged. From Adam and Eve eating from the forbidden tree, Noah drinking wine to excess from the grapes he planted to the Jews in the desert complaining when they missed eating meat, the Bible is filled with incidents concerning food.

One incident compared the way that Esau gave up his birthright to "gobble" red lentils to the way Eliezer, seeking a wife for Isaac, "sipped" from



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