

## **DR BEN LERNER BODY BY GOD**



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### **Body By God by Ben Lerner The Weston A Price Foundation**

Using the Bible as his forum, Dr. Ben Lerner s book, Body By God, does a good job in presenting to the spiritually and physically unmotivated some guidelines for improvement. Nevertheless, his shortsighted view of milk and dairy in his Undiet was disconcerting to say the least.

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### **Body by God The Owner's Manual for Maximized Living by**

In the human body, God created a perfect design, equipped with all the organs, tissues, and cells necessary for health, production, and reproduction. The problem, asserts Dr. Ben Lerner, is when we as humans interfere with God's design for our bodies. Junk food, high-stress living, and neglecting

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### **An interview with Christian fitness guru and 'Body by God**

God loves you even if you eat Twinkies, says author Ben Lerner, but there are better ways to honor Him. Soon after its publication in November of 2003, "Body by God" by Dr. Ben Lerner, a Florida

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### **Ben Lerner Author of Body by God**

Dr. Ben Lerner owned and operated 5 clinics in Central Florida seeing 12,000 patient visits each month. He is now the co-founder of Maximized Living Inc. and Maximized Living Health Centers which has opened more than 80 franchised clinics.

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