

About the Author

Meet the author behind this holistic health journey—a South African tech entrepreneur, devoted husband, and father who discovered that true wellness begins with biblical wisdom and natural living. As a co-founder of WeighSoft and a self-proclaimed "health hacker," he combines ancient wisdom with modern tools to help others reclaim their God-given vitality.

His journey to holistic health began after years of battling food sensitivities, emotional eating, and the exhaustion of modern parenting. Like many, he found himself caught in the cycle of quick fixes and processed foods, until a deeper understanding of Scripture revealed that our bodies are temples of the Holy Spirit (1 Corinthians 6:19-20). This revelation sparked a transformation that continues to shape his approach to health and wellness.

Today, he maintains a balanced rhythm of weight training, daily breath prayer, and Bible study, all while following a simplified GAPS-inspired diet. His experience with sleep deprivation as a parent led him to develop practical strategies for maintaining health even during life's most demanding seasons. He's passionate about natural tools—from essential oils to fermented foods—and uses digital tools like Habitica and HRV tracking to maintain consistency without complexity.

What sets this book apart is its foundation in biblical truth. The author believes that the Bible is 100% true and that its principles are central to all healing. This conviction, combined with his tech-savvy approach and personal experience, creates a unique perspective on health that bridges ancient wisdom with modern understanding.

Known For:

- Using Notion, Habitica, and Home Assistant to stay on mission
- GAPS-inspired family meals from scratch
- 5x/week strength training with prayer
- Belief that tech and faith can work hand in hand
- Creating WhatsApp communities for accountability
- Integrating biblical wisdom with modern tools
- Teaching others to simplify health without modern hype

His mission is simple: to help others cut through the noise of modern health trends and discover the peace that comes from aligning our bodies with God's design. Whether you're a busy parent, a health seeker, or someone looking to deepen their understanding of biblical wellness, this book offers practical wisdom rooted in eternal truth.

Remember, your journey to health is not just about physical transformation—it's about honoring God with your whole being. As you read these pages, may you find both practical guidance and spiritual encouragement for your path to wellness.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11

🙏 *May this book be a spark for stewardship, not striving. May your temple be strong, nourished, and peaceful. May you find joy in the journey and strength in the struggle. And may every meal, movement, and moment*

bring glory to our Creator.

Would you like to:

- *Join our WhatsApp community?*
- *Get tech setup help?*
- *Access printable resources?*
- *Connect for prayer support?*