

The Rabbi Daniel Lapin Podcast

Episode: *Why We Overeat and How to Stop It*

Date: 08/21/2020 Length: 57:11

SUMMARY KEYWORDS

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SPEAKERS – Rabbi Daniel Lapin

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Welcome all you happy warriors to the Rabbi Daniel Lapin show where your Rabbi reveals how the world really works. And one of the ways in which the world really works is that there are two parallel realities in almost everything, the physical and the spiritual, the body and the soul. And today we want to talk a little bit about, well, something we all do just a teensy weensy, little bit too much. This is a human activity that many of us engage in just a little too wholeheartedly. What am I talking about? Well, you've already Yes, eating is the topic. That's right. Look, the good Lord gave us basically three strong appetites, sex, money and food.

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And they operate very differently. Part of the spiritual roadmap to appetites is that

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the sex appetite is kind of interesting, in that the way it works is that the more is indulged, the hungrier it gets, the less it is indulged, as the more ascetic it gets. Money operates differently, the more it is indulged, the more the appetite grows, the less it is indulged, the more the appetite grows, makes no difference. The appetite is there all the time. And food is different from each of those preceding ones. With food, the more it is indulged, the less you need for it. In other words, there is such a thing as people saying, I'm stuffed, what a terrible expression that is, isn't it? But the people say that I'm so full, I couldn't eat another thing.

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And then you stop eating which is

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Different from the appetite for money. And then of course, the less appetite. The less appetite for food is indulged, the hungrier you get, the more you want. So that is the last one of the three that I want to talk about. We humans do tend to over indulge, I suppose in all three, really, but it's mostly the third one we're going to talk about why do we eat more than we should? After all animals don't. And before you jump into correct me there, let me clarify that I'm not talking about hibernating bears. Yes, it is true that late summer, autumn and fall as winter approaches, bears in the wild The only bears I know in British Columbia and Alaska. And no, I don't know them personally. JOHN, thank you very much. Now I just I'm familiar with him. They will gobble up as much salmon as they possibly can. Why? Because there's going to be

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Long Winter hibernation, where they're gonna have to they will survive on the fact that they've stalled. migratory birds eat a lot before they set off on their incredible, inexplicably amazing flights. And so,

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humans do for no reason we overeat. animals do not do it with the possible exception of goldfish.

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If anyone has, in fact, had children try to keep goldfish and if you're not careful, if you give them more than you should they don't stop when they've had enough. Like almost all animals. They're much more like people they'll just eat till they die. And and and that's exactly what happens there. Now what what some of the behavioral biology textbooks say? They say, well look, human beings just eat more than is good for them because we evolved in conditions of scarcity of food and so

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So when we get food, we eat a lot of it. So what they're saying is, well, the reason that animals don't overeat is because they're always in a shortage of food. They're in competition with other animals. And

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I, and and is this there's never quite enough food so that I look I just missed that having grown up in Africa and having spent

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probably more than my fair share of time watching leopards, cheetahs, lions, the big cats, and I have seen that off after they've had a kill, and they eat they satiated, they don't they don't eat more

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human beings do not, in my view, because we evolved in conditions of scarcity. I know. I dismissed that explanation for human beings. They're the reason why we will eat too much is because these are appetites food is an appetite.

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The Good Lord gave us the challenge of perfecting ourselves during our time on earth in preparation for the eternal world to come to, which would be nice to arrive in, in some state of improvement over what we are right now. So, we're obviously looking at how do we improve ourselves in this area of eating right? What do we do? Well, first thing to note, I think, is that you got to ask yourself, why so many young people nowadays suffer from eating disorders that were virtually unknown, a generation or two ago or, you know, if you certainly want to sort of take it back to 1962. Go back and look at the literature of the period. Look at the medical stuff if you're interested in no talk, you don't find the stuff about eating disorders. It same way you never found stuff about peanut allergies. By the way.

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Different topic for another occasion. But eating disorders now very prevalent.

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Are you absolutely sure that the answer as to why all of a sudden today we do have a proliferation of eating disorders among young people? And you sure the answer isn't due to the spiritual desert in which so many young people live today.

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I mean, let's let's face it, eating disorders are far more often treated by a psychologist or a psychiatrist than by a nutritionist, because there's a recognition that there is a powerful spiritual dimension to eating. In other words, food and faith do go hand in hand. Look, think about it ever since the start of our lives as babies suckling at our mother's breasts. Eating has always provided us with not one, but two benefits. They are number one

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Physical nourishment and sustenance and number two, spiritual and emotional sustenance. So that's one of the things that we got to understand about food. Food provides physical nourishment and sustenance. And if you are a materialist, if you are absolutely dedicated to the sacred sacrament of secularism, then you will stop right there you will say that the only thing that food is for his physical nourishment and sustenance, but as a happy warrior, and regular devotee of the Rabbi Daniel Lapin show right here, you will know there's a second aspect of food, spiritual and emotional sustenance. Now this link between eating and emotion is well studied. There is so much material on this in the medical and psychiatric textbooks. Look, we don't have to

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It does, we can just look at our own lives. Many of us have comfort foods. They're things that when you're feeling down now you may not necessarily even link it. But your being and your soul summons those kinds of foods. When you feeling gloomy, and you know, you then say, you don't say, Well, I'm feeling gloomy and miserable and depressed. So therefore, I'm going to go and have shepherd's pie. You don't make that connection that made is made by your software entirely independently for you. But the times you want certain types of food, if you get to know yourself well, and you maybe you should even keep a food diary. So you really notice

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you know, January the 24th, it's breakfast. I feel on top of the world. I'm ready for the day. This is what I had for breakfast, March the 17th. Dinner time, I'm really down for the following reasons. And this is what I ate, you know, very helpful technique.

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Private just between you and yourself. But do that and you start recognizing that you can control what you eat by controlling your emotions. We're going to elaborate on that now as we move along. So

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just just recognize specially by keeping a food diary, that gloom and uncertainty are often banished by a meal that fills our hearts as well as our stomachs. And I'm quite sure that the records will show that during the first half of 2020, with people enduring the COVID-19 and, and enduring huge social upheaval in cities around the United States of America, the record will show overheating, no question about it. People are putting on weight during this time. They saying Well, I'm not getting out the same. It's not that it's that we eat for the comfort to to try and

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dispel the gloom and the uncertainty that we all feel. So

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there is a

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verse, which is the very first commandment that a God ever gives to humanity. Have you thought about it? Like, you know, what is the what is the very first commandment? Well, the very first commandment is in the book of Genesis, and it says, and the Lord God commanded Adam saying, have every tree of the garden, eat, you must eat. Now, that doesn't make a lot of sense, does it? What's going on? Well, the thing is that you are looking at an English translation. And the English translation is very specific. The English translation is trying to establish something that makes a modicum of sense. However, there is and this is the first time ever there is a Bible on actually

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recommending, really after probably probably 10 years nearly of people asking me what Bible do you recommend? I am finally able to give Rabbi Daniel Lapin his recommended Bible. Go look for it on my website and youneedarabbi.com and go over to the store look for Rabbi Daniel Lapin's recommended Bible. On page seven of that Bible, on page seven, you're going to find exactly the verse we're talking about 13 lines down, you're going to see the words and the Lord God commanded Adam saying of every tree of the garden, you shall surely eat. But that's not what and here even though the translation is, you know, as good as one gets these days, it doesn't do what ancient Jewish wisdom intended to do. So I'm gonna let you pass the bouncer at the door and I'm going to let you in to

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The very special elite club of people who actually know what the Bible means. And if you look in this Rabbi Daniel Lapin recommended Bible page seven,

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you will actually notice that the two Hebrew words that are being translated as you shall surely eat are actually the same word. And that's why when I translated it, you heard me saying and the Lord God

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commanded the atom saying, I've every tree of the garden, you will eat, you must eat. You know what's, what's going on there?

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Answer because ancient Jewish wisdom explaining that God's very first explicit directive repeats the verb to eat, to tell us to perform two separate and distinct acts with every single mouthful. Do you see where we're going? I'm sure you're ready to catch up. We are to eat for both physical and spiritual

13:00

reasons. And that way, we extract the full benefit from every morsel of food. And I'm sure you're beginning to get the hair on the back of your neck starting to stand up, because you are now just beginning to gain a glimpse into a reality about food that you never ever dreamed of. Now look at our Creator, he surely knew that in the future, scientists could easily find ways to fulfill our body's needs through tablets, or intravenous drips or infusions bypassing the fruit and the vegetables and the animals and the grains and the fish that he provided for us. No, he didn't do that.

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I didn't speak in terms of developing condensed packages of

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dried food or tablets or or concentrated liquids? No, because machines need fuel. Human beings need much more than that human beings must eat. And although hardcore secular materialists will assume that food has no function other than being fuel to keep our bodies heated, providing us with energy,

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people who understand how the world really works, know well, that there's much more to eating than just fuel. I mean, it is fuel, isn't it? I mean, after all, a meal for a human, you could say is the equivalent of adding wood to our fireplace. After all, our body temperature must be maintained at about 98 degrees Fahrenheit. And just as a home furnace, converts firewood

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coal or oil or natural gas into heat. So our bodies convert the food into heat. Naturally when we are famished, we feel cold. Right so that that all makes sense I get that. But here's the big bat.

15:20

The big bat is if food is just fuel, then why my happy warriors? Do we crave steak and fries today and eggplant parmesan tomorrow and spinach quiche the next day. And that's not me. By the way real men do not eat quiche. That's all there is to it. But you get the point. The point is that if it was just fuel, we'd go ahead you just eat whatever is what we would just eat celery and peanut butter every day. After all, you don't feel your fireplace with wood today. Cold tomorrow. Natural gas. The next stages

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should have some variety. clearly something else is going on. Food is obviously far more than merely fuel. Now, how weird is it? Think about this. How weird is it that we absorb nutrition through the same facial orifice from which our voices emerge? I mean, generally speaking, dedicated functionality seems to be God's design. After all, we don't smell and hear through our ears. We smell through our noses and we listen through our ears. We there is a very important exception, which I've written on and spoken on in the past, in which males differ from females men are different from women, where men have an organ that is multipurpose, and women don't women have specific dedicated organ specific to each function.

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Mouths are things that both men and women have, through which we insert this food and this fuel. But it's a multipurpose appliance. We eat with our mouths, we also use them for speech. Now, I personally am not sure what biologists say is served by the mouth doing both. But I do know what ancient Jewish wisdom says about the mouth, serving both as a fuel intake and as a vocal outlet.

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One obvious thing is I'm sure I mean, if you stopped for a moment and thought about this, you'd probably come up with the idea that just as what we take into our bodies can be either healthy or harmful. You can take in wonderful, good tasting healthy foods, or you can take in toxic poisons. So the words that come out

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out of our mouths can either heal or hurt. They're also of two different kinds. So that's one clear similarity between food and words and both coming using the same mouth. speech is a uniquely human function. Like there are no animals that talk. No John, Coco the gorilla does not actually talk. And

18:27

animals don't talk but human beings uniquely of all the creatures on the planet, human beings speak. But eating is common to all creatures. Sharing that same RFS for both functions reminds us that in the same way that that mouth is used for a uniquely human function speech. So we should also take care to eat in a uniquely human way, in a way that provides

19:00

Spiritual as well as physical nourishment. Now your mother knew that just as well as my mother knew that, which is why all our mothers wouldn't be happy if we ate like animals. And I've told you the story. I mean, I, I walked around with marks of my mother's four fingers of her right hand on my face for about seven hours when I slipped my soup and she said, Stop doing that. And I said, What I said is sound sounds like you're eating like an animal. And I said, well, what's wrong with that? I am like, I was I was an ignorant stupid kid.

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I said, so there I am, you know, I was I am an animal. Well, she came over and what did she give it to me? And, and it kind of made the point I kind of got it. But I said, I certainly saw how vehemently oppose you was to the idea that we eat like animals eat. And this is where this idea comes from. In the same way that speech, what goes out of our mouths is uniquely human. So

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So what goes into our mouth should be dealt with in a uniquely human kind of a way. manners are just the very basic, you know, good table manners. It's just the the most basic part of that. So,

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in this in this way, we we like not to eat alone, animals gobble food alone, but we like to eat in company. We like sharing gratitude for our food by blessing God before eating after eating. And I've discussed this in four tools. By the way, if you want to read previous thought tools about this, all you have to do is go to our website RabbiDanielLapin.com. Yeah, I know I said youneedarabbi earlier. Same thing; brings you to the same place and then go to thought tools and do a search. We've got a great search engine on the website and put in there "food" and you'll you'll find all the stuff I've written on food. but today in today's

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program, I'll be telling you all that and a whole lot more. So we do these things to distinguish the way we've we eat, and we, we bless we eat with company. Now, there is of course the danger that we can think of ourselves to be nothing but sophisticated animals spoken about that a lot. And that way we just completely forget that we've been touched by the finger of God. Now, that's a very common danger right there. We just fall into this trap of thinking you know it we're just, you know, stop fooling yourself. What do you think you are you really you're just a, a hairless, chimpanzee with a little more brain. Know, the difference is not quantitative, its qualitative. But others of us face the danger of thinking outside of ourselves as to spiritual

22:00

Right as if we're angels, and therefore, we're, we're spiritual beings fighting with our physical selves and, and rejecting the idea of our physical beings. Well, the dining room table can reveal the truth and provide a place where our true selves can shine. Where we are both physical and spiritual, we're eating and yes, we are deriving physical sustenance, yes, we are getting fuel. But in the process of eating, we're also deriving spiritual sustenance. And you'll see where we're moving towards understanding as I'm going to show you is that if you don't derive if you haven't learned how to derive the spiritual part of satisfaction from food, then you won't feel satisfied and you keep on eating. We're just begun to touch on the pathology of overeating.

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Now think about this similarity between the two functions of the mouth, food and speech. speech is how we convert the spirituality of the abstract thought in our souls into the physicality of vibrating air molecules that can travel across the room or to my microphone and come to your ear. So the mouth

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takes a completely abstract idea which exists only in a spiritual form in my heart in my mind and my brain and my soul, and it converts it into vibrating molecules. Now, eating does the reverse eating converts the physicality of food

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into the molecules of nourishment that make it possible for me to continue conceiving abstract thoughts and spiritual ideas and using them

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Same mouth to convey them to you. So the mouth takes the physical world converted into strength for a spiritual being. And the mouth also takes the creations that spiritual being and turns it into physical that the that everyone else in the world can hear.

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Now think of a baby, right? A baby forms its very first relationship with its mother through its mouth. Right? You know you can't discuss the the the writings of Plutarch with your baby.

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You feed the baby, and babies gain far more than merely nourishment when their mothers feed them. It's one of the reasons that a lot of people are very, very big on breastfeeding. And you can you can see, they talk about the bonding that takes place between a mother and a baby during the breastfeeding process when you hold the baby and put a bottle in his mouth.

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It's not exactly the same, it may be getting the same nourishment, but it's not getting the same spiritual bonding that's going on. This is you know, this is one of the reasons many people do feel vehement about that. So, if babies build up the special relationship through eating, it's no surprise shouldn't be a surprise to us that we adults also have a spiritual relationship with food. Most of us do have certain comfort foods that alter our moods. They bring about a feeling of security and deep contentment. Just think about your favorite food and how you feel when you transition from being ravishingly hungry, hungry, to a state of deep contentment after having eaten a meal like that. You do develop a feeling of security and satisfaction and comfort and happiness. And this is not unlike what a mother sees on a nursing

26:00

Babies facial expressions. It's really it's quite fascinating to watch. But you but you can actually see the baby's facial expressions. As it's nursing. It's easy to see that this is a very real connection between food and our spiritual condition. For this reason, when people tragically suffer from eating disorders, they need the attention of doctors, nutritionists, but psychiatrists, the patient is suffering spiritually.

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You know, just as an aside, remind you and if you're a regular listener to the show, you might remember me talking about this in shows long past. We drink alcohol as well largely for spiritual purposes, to modify our moods. And that's why the wise monks of old used to refer to alcohol by its Latin term spiritus or as we might think,

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Today spirits, like so much else we take in through our mouths. The purpose of alcohol is not merely physical, we eat not only to be filled, but just as importantly, to be fulfilled, from which it follows that if we know nothing of the spiritual aspect of food, and we do not understand the spiritual satisfaction from eating, well then spiritual satiation from food eludes us. The terrible result is that we keep on eating we keep on eating and eating and eating, desperately seeking a feeling of fullness, which never comes. Eating only for the physical assures that we don't stop once we have eaten as much as the body needs, because we have not extracted the spirit

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nourishment that the soul needs. Sadly, we just keep eating, and eating, and eating and eating.

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But if we were able to extract the spiritual nourishment, we our bodies would receive the message enough, I'm fulfilled and filled. So

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there's a there's a very interesting verse in Proverbs. And you know, I'm very cautious about drawing

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comprehensive lessons from one slogan or one verse. You've got to look at everything. But interestingly enough, this isn't the only time in Proverbs in Proverbs chapter 21, verse 23, and for those of you using Rabbi Daniel Lapin is recommended Bible and just go to our website and order it will you you'll find it's I mean, it's it's a very, very worthwhile investment. You're talking about something that will stay in your family really for forever.

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It's Rabbi Daniel Lapin is recommended Bible. You will find it on our website at youneedarabbi.com and go to Proverbs 21:23. If you're already holding the Bible in your hands because you are lucky enough to have got it last week, then you would turn to page 2009, and there on page 2009 the Hebrew on the right the English on the left you want to hear what the Hebrew sounds like. [Hebrew spoken here]. And as good as any translation is: He Who God's his mouth and his tongue finds that he's guarding himself from trouble. Now, the obvious question is, why would he have to God? Why Why would Solomon say God your mouth and your tongue you know your tongue is in your mouth, guard your mouth and you're done. And ancient Jewish wisdom explained

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That this redundancy isn't a redundancy at all mouths in tongues may appear to be the same thing. But Solomon very deliberately did not say he who guards his mouth guards himself from trouble into God's his mouth and his tongue guards himself from trouble.

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Why? Because it is explaining that you have to guard yourself from both functions of your mouth, the food, how you eat your food, make sure you eat your food, not just physically but also spiritually. And make sure that you the speech you use your mouth for the words and sentences that come out of your mouth are also guarded. And that you put out words that help and heal, not words that harm and hurt. And so we have to watch mouths and tongues and interesting

31:00

Also that this is also mentioned that Solomon's verse of God, your mouth and your tongue, speak both about your relationship with God and your relationship with other people. speech is how we connect to other people. And we also use it to connect to God. But food is a gift from God. And so we've got to learn and this I think, is a useful thing. And I'm, I'm always trying to explain these things in a way that is okay understandable and persuasive for somebody who's not religious, because I'm very happy that there are many people who are not religious who listen to the show. I even though there's some people who proudly proclaim themselves as atheists who literally do not miss a single one of these shows. And so I want to respect all listeners. And although nobody misunderstands where I'm coming from, at the same time, if I explain it

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exclusively in religious terms, it becomes difficult for an atheist to be able to fully understand and, and absorb what is going on. So I want to say that eating is intrinsically holy. And it's a way of serving God. Isn't that interesting? Eating is not just serving as its way of serving God as well. But the way I'd put it for a non religious person or a non Bible interested person, is that I would say, look, you don't have to be religious to know that you have a spiritual part of yourself. And you also know on the show, you've been listening. You know, when I say spiritual, I'm not. I'm not conflating the word spiritual with pious, religious, holy, no, spiritual means things that cannot be measured in a laboratory. And so that does include things like my relationship with God, but it also

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includes things like my,

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my ability to speak by fluency, it also has to do with my integrity, it has to do with my resilience, all of these things are spiritual qualities. And so what I'm saying to all of you, regardless of your own belief system is that eating puts you in touch not just with your body as a machine that needs fuel, but also the part of your body that desperately needs spiritual satisfaction as well. And so, it is very often and I've explained this and I, but I just wanted to really stress that it is well known. This phenomenon is

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known to every doctor and every psychiatrist. When people become upset, and they feel confused and they feel miserable. That emotional turbulence expresses itself in their relationship with food.

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It does this is a reality. You cannot miss how many different pots of psychological and spiritual maladies that people suffer, express themselves in a strange or a distorted or

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bizarre relationship with food. There is a profound, psychological, spiritual, emotional dimension to food and eating. And this should give us a powerful clue that eating is a complex, multifaceted, physical and spiritual. It's almost as if mealtimes represent a constant struggle. I mean, as a matter of fact, one of the things taught in ancient Jewish wisdom is every single meal is a battle in which the two sides of us

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struggle for supremacy.

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This is one of the reasons that the most basic staple food we have, which is bread. And means in Hebrew the word is left him. And the word for battle is locked him sounds almost the same. And there's a very good reason for that. Because every time we break bread, we are engaged in a spiritual battle. And if you don't engage in that battle, well, then obviously, you've granted victory to the physical side of you. And so obviously, you're going to go ahead and overeat. Eating is a struggle. It's one of the many struggles that we waged against our lower selves. And and you find it every day of your life you eat every day, and and that's what we do. Right? And it's it when I when I say we're all happy warriors, when I speak about is the fact that every day we're engaged in a battle

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We are engaged in a battle to achieve to improve. And we're also engaged in a battle to make sure that our spiritual realities are eating as much as our physical realities are. It's interesting, ancient Jewish wisdom has an expression that says the blind eat but are never satisfied.

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Now, apparently, there is a physical aspect to that. I found a magazine called chemical senses. And in July 2013, volume 38, there is a study by Leah Gagnon called reduced taste sensitivity in congenital blindness. Interesting, right because we all hear and know of the enhanced senses, people who don't see usually hear better and so on. Turns out that with eating

36:58

it's not so simple. However, that's not what ancient Jewish wisdom means. When it says the blind to eat, but I'm not satisfied. It's not talking about physical blindness. It's talking about spiritual blindness. And that means that if we are blind to the spiritual dimension of eating, we can never derive satisfaction from our food. Right? Well, that is exactly what we're talking about, right? There are two dimensions to

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a person's eating. Right? I just want to make this absolutely clear. Whether we know it consciously or not, whether you're aware of it or not. You all seek we all seek two things from the food we eat, sustenance for our body, and sustenance for our soul.

37:47

Obviously, our body must get its nutrients, but our soul is also seeking nutrients. And amazingly, food has the ability to provide nutrition

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It's not just for just not just for the body, but for the soul as well. And yes, it's true. The body needs vitamins and minerals and proteins and carbohydrates and fats and all these other things essential for the human body to function and repair itself and thrive. And it's true that all those things could be obtained from tablets, you know, we could all go to the local vitamin store and stock up with seven bottles and you know, every day take one of these two of these for those seven of the other one, and on top of that, you can throw in a couple of vitamin DS and a vitamin C and and your body will probably be okay. Your soul will shrivel and die.

38:44

You see, here is just one aspect of the spiritual component of food. Food provides real life evidence of God's interest in us and law.

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In US, that's what's going on. But there's a whole lot more we're going to come to, let's try and delve into it. So if we, if we use food properly, it's providing these two benefits, right? Physical fuel for the body and spiritual sustenance as well. But needless to say, if anybody is oblivious to the spiritual dimension, then he's really losing out losing out very, very badly.

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And we can make a distinction between being filled and fulfilled, as I'm said a little bit earlier, right? That we eat food and we get filled physically, but if we also know how to derive the spiritual satisfaction of food, then we are fulfilled so you could say that we eat to be filled and fulfilled. And you got to ask yourself which one is really the more important actually, only a small part of our eating is in

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involved in nourishing the body. Most of the eating we do

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is not for the good of the body, it's actually not good for the body because we eat too much. But the most of that eating we're doing is not to satisfy our body that we're trying desperately to satisfy our souls. And so we begin to eat to nourish our bodies because we're hungry. But then if we continue eating, or more importantly, can't stop eating. It's because we've not been able to acquire the nourishment, the spiritual nourishment that our soul craves. And the fact is that people will continue to

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eat until they have achieved either both or they literally have over eaten and so easy to be filled, right? You don't need a lot of food to be filled. You really don't just ask, here's the time to ask a nutritionist. How much do you really need to stay healthy, you'll be shocked how much less than

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Then you eat. Now you know that the difference is what you're eating not to be filled but to be fulfilled. Right. And most of us,

41:11

you know, stop eating. Because before we've reached instead of being fulfilled just because of the physical limitations of our bodies, we still want to eat because we're still seeking this fulfillment of our bodies simply cannot hold anymore. We're stuffed to capacity. And so we finish a meal like that feeling frustrated and a little unhealthy and not happy with ourselves.

41:37

Okay, what we are trying to find this emotional and spiritual fulfillment, we're really are seeking God's presence in the food we eat. It's kind of an interesting points in Deuteronomy, chapter eight, verse 10.

41:57

And those of you who have gone to youneedarabbi.com and you've popped over to the store and you've taken a look at a terrific Bible called Rabbi Daniel Lapin's recommended Bible. That's someone's real name it's got another name as well, but it is the very first Bible I've ever wholeheartedly recommended. And you'll find on page 563, Deuteronomy 8:10, page 563, four lines up from the bottom on the right hand side of the page you'll see the Hebrew [Hebrew spoken here] - I know you don't read that but I want you to hear it anyway. [Hebrew spoken here] "You, you shall eat and you shall be satisfied." What kind of satisfaction? Ah, that's the question. Then you must bless and not then pardon me, I put in a word that isn't there. "And you shall bless the Lord your God on this good and spacious land which He has given to you."

42:58

What's going on there?

43:00

When you've eaten your fill, you've still got to give thanks to the Lord, because that's part of making sure that you do extract the fullness, you get it. You shall eat and be satisfied and you shall bless God. Because then you're not stealing from him, right? You're thanking him for you. Imagine somebody gives you something you don't want. It's like, have you ever seen people who don't say thank you to a waiter in a restaurant?

43:27

Don't you hate that?

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person? You getting good food, you don't say thank you. So, if you're not saying thanks to the Lord for food, either before or afterwards, then by definition, you are already depriving yourself of part of the spiritual benefit. I'm not saying this is easy to do. By the way. There's a lovely expression in ancient Jewish wisdom, which says it's far easier to fast for God than it is to eat

44:00

For God supposed to do both right many people forced for God from time to time. And I'm not saying it's easy, but it's easier than eating for God. Because that's the challenge. If we can successfully learn how to overcome this ultimate challenge of eating for God, then we are going to be doing our bodies a huge service by learning to be able to eat enough to be filled and fulfilled. And that's a whole lot less, you need far fewer calories than people who are eating just to be filled. Food is in fact, a glorious opportunity to become close to God. How lovely is that? It's beautiful. Look, if we were King David, we wouldn't have any trouble with this. But we're not King David. We are ordinary flawed human beings, with all our accumulated mistakes and all our accumulated regrets but

45:00

King David learned from his mother, they actually report and he says that it was with his mother's milk that he began to learn. That's the idea. And so

45:14

now again, what if you don't know what to say? If you're wondering what is the best thing, if you know if you're not religious, but you nonetheless, want to try and come up with some kind of saying something that will help you eat mindfully of your spiritual reality. One really nice thing is Psalm 145 verse 16. It's only seven little words in Hebrew. And in Rabbi Daniel Lapin's recommended Bible which you need to get, believe me, it'll be a family heirloom.

45:54

And you will love seeing the graphical depiction of the Torah scroll on the

46:00

The right hand side of the page. And don't be surprised if the more we hang out together. Don't be surprised if you In fact, start picking up some Hebrew because we are going to help you do that also. But for now, go to my Bible, and they're on page 1967. PAGE 1967 is Psalms 145 verse 16: [Hebrew spoken here]

46:28

You open your hands, right, speaking to God. But the reason I like this for everybody is because again, if some of you are not Bible believers, you're not inclined towards religion, then you don't want to say a prayer to God, right? Well, this just says, You open your hand and you bring food to every living creature. And that's so beautiful. So that's something that could work for

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Everybody. And so, what we've been talking about actually is exactly what King Solomon said, specifically you I mean, this one you got to see right? Go to my Bible and go to page 2149. And for those of you who don't yet possess Rabbi Daniel Lapin recommended Bible, you gotta have the book of Ecclesiastes chapter six verse seven. Listen to this. When a man works to feed only his physical mouth, his soul never become satisfied. There it is, my friends, you happy warriors. The great wise king Solomon said in one verse what I have been struggling for the last half hour to explain. And that is when you feed only your physical mouth, your soul never become satisfied. Beautiful, beautiful verse, please. Yes, the six seven page 2149 so regaining our spiritual relationship with

47:59

food is the only way to curb our appetite. Once we're getting not only our proper physical nourishment, but also our spiritual nourishment, we're much more easily able to stop eating when our bodies have had enough. Obesity was never part of God's plan for our bodies. And honest to goodness, right? I know, you know, many of us know it's true for me, I feel embarrassed when I look at me in the mirror, I really do. And I think to myself, you know what, you've, you've been guilty of this, you're eating, trying to satisfy yourself in a way that can never be satisfied because you're not absorbing enough of the spiritual because the more you're derive of the spiritual, the less physical calories you have to take. Obesity was not part of God's plan for our bodies. But as society becomes ever more secular, and you know, I mean, let alone what's happened in the last year or two, but in general, I

49:00

As you know, I sort of time it from 1960 to approximately, could be a few years away. But basically, in the last 60 years, American society, European society, many places around the world have become much, much, much less religious. One of the things I love about being in Africa, in, in many, many parts of Africa, and we have lots of listeners all the way from South Africa, Zimbabwe, Zambia, all the way up, and Kenya, we got listeners. And by the way, you folks, when you write to me, Do remember to tell me where you're listening from. I love it. I love my map filling up. Ghana, Nigeria, obviously, these places are becoming more and more religious over the last few years. Christianity is growing like crazy in Africa. And so that that is one of the most interesting things happening in the world at the moment. But that's for another show. For now. We've just got an

50:00

know that most of the world has gone less secular, less religious and more secular. As a result, our relationship with food has become worse and bad. For heaven's sake, how many television shows are there about food? Come on, folks. I mean, really?

50:17

Is that does that make sense? Yes, it does. If you're constantly trying to get satisfaction from food, but you've ruled out the spiritual Avenue, you've made sure you'll never get satisfaction, but that doesn't stop you from keeping on trying the same way with the appetite for sex or disgust. Again, we'll discuss that more fully at another time. But again, if you eliminate the spiritual content of sex, and you become

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obsessively preoccupied with sex, and the reason is you're seeking a satisfaction that simply never arrives. So let's look at just three tips with with with this. I'll bring us in for a landing and

51:00

This show a little bit shorter than usual. We're going to come in under an hour for this show. What do you say to that? And three of ancient Jewish wisdom secrets for healthy eating okay. Obviously they all focus on emphasizing the spiritual. Number one, try to avoid eating alone or in a rushed environment. Make eating a proper event, but never rushed. Don't eat with one eye on the clock. Make conversation an important part of your meal. Talk not only in between courses, but talk in between mouthfuls.

51:37

Here is an interesting thing. God made it impossible for our bodies to both eat and speak simultaneously. By the way, if you don't believe me, try that sometime. Do it alone because it's an ugly sight. But try it you'll see you can't swallow and talk at the same time. So listen while you're eating and chewing and swallowing, speak while other people are eating and chewing.

52:00

And swallowing. But the more you do that the more avenue you give for spiritual satisfaction to enter the entire meal process. Number two is is pretty obvious and straightforward, and that is place smaller amounts on your spoon or fork. And the reason is not to fool yourself or anything. I don't believe in that but place smaller amounts on your spoon or fork to enable you to savor each mouthful

52:32

to extract the fullness of taste, while concentrating on the miracles of a few inches of topsoil that make this possible. And a loving God who makes the process of fueling your machine so delightfully pleasurable, and above all, do not swallow inadequately chewed food, but savor it while you're chewing. Focus on the taste and you

53:00

can tell when people are gobbling down their food because they resemble certain animals that gobble down their food because animals are just satisfying a physical thing. But because God created animals different, different way created human beings, animals will stop eating when they've had enough. But with human beings will only stop when we've reached being filled and fulfilled or else when we are so repugnant and disgustingly stuffed, that we can't eat anything else. But what a shame it is to do that to our bodies.

53:35

And then finally, number three, begin and end each blessing each meal pardon me begin and end each meal with a blessing of gratitude and appreciation. [Hebrew spoken here]. Thank you for opening your hand with such abundance and providing enough sustenance for every living thing.

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begin and end with with with a expression of gratitude and appreciation. And I think that if you learn to bracket the eating process with these short

54:09

statements, or prayers, they help to trigger the spiritual and emotional aspect of eating, which will telegraph the feeling of fullness to your body, just as soon as your body's actually had enough, which will be long before it used to keep eating until. I hope this all helps you. And I'm pretty sure it'll make sense to you. If it doesn't, please just listen to it again, because there's a lot of stuff packed in here. But the basic idea is one that I think every happy warrior will enthusiastically embrace and adopt into their healthy lifestyle of good living. So all of that is for your good

55:00

To improve your life so that all the five F's in your life can be even more satisfying and even more fulfilling. The website RabbiDanielLapin.com, make sure that you are subscribed to Susan's Musings, which are always controversial. Ask the Rabbi always interesting, by the way, the current Ask the Rabbi was a fascinating one. It was from Jennifer, who makes much more money than her husband. And she wisely is aware

55:31

of the problems of that and the pitfalls she put it that this can bring. And she identifies some of them and some of the things she's trying to do in her family. And Susan Lapin and I provided a very comprehensive and lengthy answer, which identified a few things in her marriage that she didn't say, and then she wrote right back and one of the very first comments in the comment section after the Ask the Rabbi column is from her making

56:00

Some corrections so I found it all very interesting you will too, that said RabbiDanielLapin.com the Ask the Rabbi page. Or youneedarabbi and then go to the Ask the Rabbi page. And then finally, make sure you stop by the store. And please pick yourself up a copy of Rabbi Daniel Lapin's recommended Bible. It's the Bible I will use as reference from here on outwards, but it's also a very beautiful thing to have on your bookshelf. And a beautiful thing to use. When you want to reference a Bible or when you want to study a verse. It's terrific. That's as far as we're gonna go. Right now my friends bring us in under the wire for an hour like I told you and it is time for me to wish you a wonderful and fulfilling and fulfilling week in your finances and your faith, your friendships, your family and your physical fitness. That's what this is about. Because

57:00

Everything is linked together. Until next week, I'm your Rabbi, Rabbi Daniel Lapin. God bless.