

*Calculate your*  
***BMI***

*Heavy bones are very important*  
*Do not count yourself fat*

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*Health and Family series*  
*King James Bible 1611 ministries Netherlands*

# *Calculate your BMI*

## **Calculate your BMI**

The BMI (Body Mass Index) is a measure that shows your weight and height in relation.

Calculate your BMI to avoid being underweight and therefore developing health problems.

You calculate your BMI by dividing your weight by your height, and then dividing this again by your height.

Suppose you are 87 kilos and 1.83 meters tall.  
Then the calculation is as follows:

$$87.00 \text{ kilos} : 1.83 \text{ meters} = 47.54 : 1.83 \text{ meters} = \mathbf{25.98 \text{ BMI}}$$

It is healthy to have an average BMI of 25.

If your BMI is 19 or even below, you are clearly underweight and you should really try to gain some weight by eating healthy animal fat.

You do not have to look fat if you have a high BMI, it tells and shows that you are healthy and have heavy and strong bones.

With a lower limit of 19 BMI you run the risk of developing deficiencies and sickness, which can cause you to become ill, it can cause bone loss or joint problems, etc.

You cannot use this calculation for children.

Children should have firm cheeks and not an excessively fat body.

If you eat too much, this is counterproductive, your body cannot process it, you get foul stools / diarrhea, eating too much makes you unhealthy.

I remember when i used to go out to eat at a restaurant and my stool would not be good the next day, a result of overeating and wrong sources of food/soda, the body has an anti reaction.

Stool (poo) should be solid, this means that it has been digested and you have not eaten too much.

Gluttony, that is excessive eating, so eating too much, is very unhealthy and a sin. Eating a lot encourages you to eat even more.

Stop eating just before you really start to feel full.

If you eat slowly you will feel full sooner. It takes a while before you feel full.

Proverbs 23:21 For the drunkard and the **glutton** shall come to poverty: and drowsiness shall clothe a man with rags.

Deutronomy 21:20 And they shall say unto the elders of his city, This our son is stubborn and rebellious, he will not obey our voice; he is a **glutton**, and a drunkard.

It is important for women that when they are with child (expecting a child), they have a BMI around 25 or even above, so that there are reserves for while they are with child. Being with child demands a lot from the body, so eat well.

In any case, try to stay far away from a BMI of 19 or even lower.

Women should look full with healthy round curves, nowadays the image of women is spoiled by a skinny photo model, but this is deception and not health.

Change your self-image and accept round curves on your body, but make sure you eat healthy, if you get fat from unhealthy food and drinks, this is of course not health, but when you weigh more through healthy food and drinks, this results in a better health.

So weighing a lot does not necessarily mean health, but eating healthy and sufficient food does.

Healthy eating means staying away from e-numbers and additives, preparing all your own food without packets and bags, and consuming lots of healthy animal fats. Bone broths, grass-fed meat with a lot of fat, grass-fed butter, raw milk dairy products, fatty fish from wild catch, Celtic sea salt, drinking clean water with Sole, sourdough bread.

*Have fun with your Healthy Weight*

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