

# Why Every Diet You've Tried Has Failed You

And the Simple Kingdom Principle That Changed Everything

A FREE guide from Aloha Wellness  
Kahu Phil Stephens | Molokai, Hawaii

## PART 1

### The Real Reason Diets Don't Work

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You've tried. You've pushed. You've counted calories, cut carbs, and gone to the gym. And maybe you lost weight for a while. Then it came back, usually with a little extra. Sound familiar?

Here's what nobody in the diet industry will tell you: the problem was never what you were eating. It was when. And more importantly it was that you were fighting against the way God designed your body to work.

#### The Shocking Truth

The average American eats across a 15-hour window each day. Your body was designed for something very different.

## PART 2

### How a Paniolo Pastor Found the Answer

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I'm Kahu Phil Stephens. I'm 67 years old, and I spent 30 years riding the ranches of Molokai, Maui, the Big Island, and Colorado as a Paniolo — a Hawaiian cowboy.

I also spent 30 years studying Scripture in the original Greek and Hebrew. And one day, those two worlds collided — and I discovered something so simple it almost made me angry.

*"I lost 54 pounds. My waist went from 42 to 34. I didn't diet. I didn't starve. I didn't step foot in a gym. I simply applied what I found — a Kingdom principle hiding in plain sight."*

My wife experienced the same results. When two people in the same household experience the same transformation doing the same thing — that's not coincidence. That's proof.

### PART 3

## 3 Things You Can Change Today

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You don't need the full book to start. Here are three shifts you can make right now:

1. **Narrow Your Eating Window.** Instead of eating from morning to night, try compressing your meals into an 8-hour window. Your body will begin to shift often within the first week.
2. **Break Your Fast With Purpose.** Your first meal of the day sets the tone for everything that follows. Make it intentional — real food, eaten slowly, with gratitude. The Hawaiian concept of *mālama* — caring for your body — begins here.
3. **Listen Before You Eat.** Before every meal, ask yourself: Am I truly hungry, or am I bored, stressed, or habitual? This one question, practiced consistently, changes everything.

### PART 4

## The "Healthy" Habit That Is Stalling You

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## The Common Mistake

Eating 5-6 small meals a day to "keep your metabolism up" this is one of the most widespread myths in modern nutrition, and it is working directly against your body's natural design.

When you eat constantly, your body never gets the signal to switch into fat-burning mode. It stays in storage mode because food keeps arriving. The ancient Hawaiian way understood this intuitively. The body needs periods of rest from food to do its deepest healing work.

## This Is Just the Beginning

The full Aloha Wellness book reveals the complete method the exact practice that helped Kahu Phil and his wife transform their health, rooted in Hawaiian wisdom and years of real-world proof.

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Coming Volume 2: The Kingdom Foundation. The Scripture behind why this works. The Paniolo revelation. The principles that go deeper than any nutrition book can reach. Watch for it.

**Get the Full Aloha Wellness Book on the Next Page**