



VIV HEATH

Vivienne has been married to Colin for 28 years, they have 3 children now in their 20's. She is the founder of Fit-for-Praise and the Litenuf programme.

Vivienne's father passed away when she was very young, her mother was deeply involved in the occult. When Vivienne surrendered her life to the Lord at the age of 18, she needed many years of discipleship and deliverance to overcome these influences. She had grown up as an aspiring ballet dancer but gave this up for 5 years while God cleansed and healed her. God restored her love for the dance in 1992 when Vivienne started Fit-for-Praise which still continues today. This is a ministry where women dance to praise music to improve fitness and health. This is where Vivienne met her friend and LITENUF partner, Retha Redelinghuys. For years Retha was involved with the administration of Fit for Praise.

After giving birth to her 3 children in a 3-year period, Vivienne started struggling to keep her weight down and experienced the onset of depression. In her desperation she exercised fanatically until she injured herself from overtraining. She started using laxatives and purging 3 weeks later – Vivienne developed an eating disorder known as bulimia. It took 2 years of agony and torment to overcome it completely. On a physical level an underactive thyroid was diagnosed, but by then the problem had become emotional and spiritual too.

The Litenuf programme was birthed out of years of seeking God's solutions to her own issues with food and godly balance and finally took form when she helped her daughter lose the 9 kilogrammes she had gained during a gap year in London. When Jesse returned home, she had an acute Candida infection and had become depressed. After trying a variety of weight loss and detox supplements and programmes unsuccessfully, Vivienne sought the Lord and started a journey with Jesse. She encouraged and supported Jesse through a biblical 40-day partial fast. By making small sustainable changes in her eating, exercise and lifestyle routines, Jesse lost the 9 kilogrammes, eliminated her Candida overgrowth and nurtured her God-connection afresh.

For 2 years Vivienne made the programme available to other women, until the Lord spoke to her about starting a business that could support Christian work. Litenuf was born, the company currently supports two Christian workers - one local and one in Israel.

Together with Retha, they support their clients for 40 days through prayer and e-mail contact to improve their lifestyle in 7 areas, including eating, drinking water, exercise, sleep and the intentional nurture of their heart relationship with God. The client makes 2 commitments for 40 days: to spend a minimum of 20 minutes privately with God each day, and to fast sugar and wheat for this time.

Fasting humbles the flesh, each time we say 'no' to a food – we say 'yes' to Jesus. According to God's divine order, a fast enables us to be in dominion and control over the flesh.

Retha 'journeys' with the Afrikaans-speaking people who join the programme. She has a powerful testimony of how God has restored her after an abusive marriage of 25 years, and how He has healed her from being a victim to becoming an Overcomer.

Visit their website at www.litenuf.co.za.