

# All Isn't Well in a Popular Christian Diet Program

RON ENROTH | APRIL 9, 1982



**I**ts links to an authoritarian group cause concern.

Christians are into the lean look. That is the message of our culture—with a little help from physical fitness devotees and the makers of designer jeans. The surge of interest in weight reduction has resulted in the development of several Christian diet programs, the most successful being Diet, Discipline, and Discipleship (3D), which bills itself as “a Christian counterpart to national weight-watcher programs.”

Three-D began in 1973 and has grown tremendously under the leadership of Carol Showalter, wife of William Showalter, senior minister of the



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