

HEALTHY FREE LIFE

Eating & Living for the Glory of God

Healthy Free Life Show Transcript

Episode # 00: WHAT MAKES HEALTHY FREE LIFE DIFFERENT

This is the healthy free life show where you're going to learn a new way to eat and live healthy for the glory of God. I'm your health coach, Katrina, and I'm on a mission to help Christians get healthy ditch disease, lose weight, and find food freedom. So if you're ready to get healthy and free so that you can live that abundant life that you've been promised, then let's do the thing.

Well, hello, victorious one, brace yourself for what I'm about to say: diets don't work. Most people think that in order to lose weight or get healthy, you need to deprive yourself, have more willpower, eat less, exercise more, count calories, calculate points, cut fat, cut carbs, or do the latest fad diet. But this is some of the worst advice. But I get it. Almost every guru in the diet and exercise industry tells you to do one or more of these things. And [00:01:00] trust me, I once believed it too. And I did it all as well. It's easy to believe that this is the truth because the narrative and the diet and exercise industry hasn't changed in decades. They just keep recycling the same theories. But let me ask you, if that were true, if eating less and exercising more were the keys to success then everyone who has ever dieted before whether to get healthy or to lose weight, they should be skinny fit and healthy. And we all know that this is

not the case. In fact, if you keep holding onto this belief, that dieting is the only way to health and freedom, then you can actually be doing more damage to your health with each failed attempt.

Dieting has failed us. The statistics show that almost all of us fail at dieting and that 95% of us gain the weight back after dieting and about 66% and up a little bit fatter than where we were before. I know that I was one of those statistics. Are you? [00:02:00] We don't need any more diets and we surely don't need any more failed attempts.

Do you want to know how you can actually get healthy and free for good? Well, I want to encourage you to take a body mind spirit approach instead. What makes Healthy Free Life different than anything that you've tried before? Is that we focus, not just on diet and exercise, but other components of our health that are actually even more important than diet and exercise.

So, yes, of course, we need to focus on what we eat. We do need to exercise, but we need to take into consideration additional components of our life and our health, like our spiritual health, our mind health, even other body components like sleep and hydration and movement. All of these components are part of what I call the body, mind, spirit framework.

I want to tell you a little bit more about it. I really want you to imagine your health and really your life as a pyramid. [00:03:00] And when you think of a pyramid, the base provides a strong

foundation and each level builds on top of it. This results in a strong resilient structure. I want you to be able to see this framework in your mind.

So picture a pyramid, then divide this pyramid into three equally distanced sections with horizontal lines. Do you get it? So the bottom third of your pyramid, this is our spiritual health. The middle third is our mind health and the top third is our body health. So spirit, mind, body. The body is then further divided into five equal parts.

We have hydrate, sleep, rest, eat, and exercise. Let me say those again. Body is divided into five equal parts, hydrate, sleep, rest, eat, and exercise. What you need to realize is that your health is not just about your body. And I think intuitively you know this.

[00:04:00] But you are also spirit and mind. We cannot separate them.

All three must be considered when looking at our health. What I want you to understand is that a healthy body can only be built on a healthy mind and a healthy spirit. Yet we have psychology books that tell us that cravings and emotional eating and willpower- it's all in the mind. Or we have well-meaning Christians that tell us that this is just a spiritual battle.

And then we have body experts that tell us it's just physical, perhaps chemicals in our brain, or it's our hormones, or it's all about diet and exercise. Listen, it's all three. We can not just look at one area and think that this is the only area that needs fixing. It's all

three: body, mind and spirit. If we take a one silo approach to this, it will be incomplete.

So back to that picture of the body mind spirit framework. What I want you [00:05:00] to know is that diet and exercise are actually at the very tippy top of our pyramid. And you might be surprised to know that they are not the most important part of the pyramid. In fact, diet and exercise, they have the least impact on your ability to lose weight and to get healthy.

Now don't get me wrong. Diet and exercise are important, what we eat and how we move our body- it's important. And it's a huge part of what I teach in all of my programs, but they are not the most important thing when it comes to getting truly healthy. But so many of us have our pyramids upside down, focusing so heavily on diet and exercise, never even considering or attending to the more important parts of our health.

So I'm here to tell you that it is time to flip your pyramid right side up and put the spiritual component where it belongs. The goal of this podcast is to dive into each one of these [00:06:00] components of the body, mind, spirit framework, more deeply. I want to show you how imbalances and one or more of these areas are preventing you from reaching your goals for your health.

And most importantly, I'm going to be laying out action steps that you can start to take to bring balance and health and help you to reach your goals. Whether your goal is to get healthy or to gain

energy ditch disease, lose weight, or find food freedom, or simply to grow closer to God, we're going to get there.

And I'm not going to go into the full details of every component because it would literally take me hours and hours to do so. So I'm going to save the deep dives for future episodes. But for now, let me give you an overview of the goals that we want to achieve as it relates to each of the components, just so that you know where we are heading.

So let's first start with our spiritual health, which is the foundation and most important component of our health. The Bible tells us that man shall not live by bread alone, but by every word that comes from the mouth of God. What do we need in order to have a healthy spirit? What is our goal here? Well, we need to discover how to put God at the center of your health journey and to get the results that only he can give so that you can connect with God, deepen your faith, experience peace and joy, so that you can fulfill your purpose.

When we do this, what will happen? We're going to experience joy and we're ultimately going to be able to fulfill our God-given purpose. That's what this is all about. And the next component of our body mind spirit framework is our mind health. Proverbs 23:7 says, "For as he thinks within himself, so he is." In other words, what you think is what you are. And I know that you understand how powerful your mindset is as it relates to your ability to eat and live healthy.

What do we need to do in order to have that healthy mind? What is our goal here? Where are we heading? [00:08:00] Well, several things. First, we need to change our relationship with food and see food as God intended, which is his glorious gift from his marvelous creation. The second thing we need to do when it comes to our mind health is we need to learn the art of trusting God, stressing less, and resting more, so that we can find relief for our stressed out soul.

And third, when it comes to our mind health, we need to learn to love ourselves and to see ourselves as beautiful creations of an artistic God. And then what happens? What's the goal of our mind health? Ultimately, what we are after, when it comes to our mind health is peace- to finally have peace with food, peace with our body, peace in our mind.

Yes. And amen. And then let's talk about the final component. Our body health. First Corinthians 6:19-20 tells us, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own. You were bought at a price, therefore honor God with your bodies."

So, what do we need to do in order to have a healthy body? What's the goal? We need to learn how to use God's glorious foods. We need to learn how to use exercise and sleep and movement in the right way. And we want to develop healthy habits that will last a lifetime. So the goal of a healthy body, listen, we're after cravings

conquered, weight lost, diseases reduced or eliminated, pain reduced or gone.

We are full of energy to do the work that God has for us to do. We just want, and need, healthy hands and feet of Jesus. Amen? So you might be thinking Katrina, this is awesome. I really, really want this. But then the sinking feeling comes in and you're just like, how in the world am I going to achieve it?

It can feel so impossible. The mountain ahead seems so big to climb. But I'm here to tell you dear woman, that it is possible. Perhaps you just didn't know that there was another way to achieve a healthy, free life. And it's called the Healthy Free Life way. And I cannot wait for you to experience it. In the next episode, episode two of the Healthy Free Life show, I will be giving you the very first step that you can take to start your journey to abundant health.

So that's where I want you to head next. What you've learned here today is a completely new way of looking at getting healthy, the Healthy Free Life way. Taking a full body mind spirit approach to getting healthy- it will be a game changer in helping you to finally break free from diets, break free from deprivation and defeat.

Yes. And amen. And more importantly, have relief of physical burdens so that you can fully live your life and live out your purpose. And now I leave you with this blessing from first Thessalonians 5:23 and 24, "May God himself, the God of peace,

sanctify you through and through. May your whole spirit, soul, and body be kept blameless at the coming of our Lord

Jesus Christ. The one who calls you is faithful, and he will do it."

Until next time. Bye for now.