

MEREDYTH FLETCHER LPC-A
NTP



the
(GOOD)
FOOD
Solution

A SHAME-FREE

NUTRITIONAL JOURNEY

TO FOOD FREEDOM,

SPIRITUAL NOURISHMENT

& WHOLE-BODY HEALTH

Over the last few years, I've sought out the wisdom of Meredyth Fletcher again and again. Her ability to tie the physical elements of health with the spiritual never ceases to amaze me. Her book is a grace-filled manual that makes health—and getting back to the beauty of health—approachable yet sustainable. I love the blend of practicality and inspiration and Meredyth's ability to lean away from the trends to press deeper into the eternal impact of cultivating a healthy lifestyle. Be sure to keep a pen and notebook nearby—you'll take lots of notes as you go!

HANNAH BRENCHER, author of *Fighting Forward* and *Come Matter Here*

Finding a well-integrated approach to health—especially one written from a biblical perspective—is so difficult, but Meredyth has given us just that! In a clear and balanced way, she takes what can be a very complex and “science-y” topic and brings the main principles to light. Her personal experience combined with her education bring a powerful combo to each page! I came away with a renewed focus on and energy toward health and healing from the inside out.

CLARE SMITH, leadership and life coach

Meredyth gracefully illustrates how God's design for our bodies is perfect and full of abundance. She details how we can enjoy the process of nourishing our bodies, take delight in the foods we eat, and honor God at the same time. *The (Good) Food Solution* will help you feel great so that you can walk into the plans God has for you daily!

CAROLINE POTTER, functional nutritional therapy practitioner and creator of Flourish: Cultivating Conscious Living

In an age of quick fixes, fad diets, and conflicting nutritional advice, most women (like me) are left confused and disillusioned! Into this noise steps Meredyth Fletcher with her timely and much-needed guidance that is wise and full of grace. *The (Good) Food Solution* offers readers clear answers . . . as well as peace, wholeness, and a loving respect for the bodies God gave us. I'm thankful for Meredyth's wisdom; this is the book I've been searching for!

MARIAN JORDAN ELLIS, host of *This Redeemed Life* podcast and author of *Garden to Garden*

Take everything you learned as a kid about nutrition and throw it out the window! Reading Meredyth's book helped give me a clean slate and a fresh start on all things nutrition. Meredyth stepped on my toes in the best way while being full of grace and love. As a busy mom of three kids, I appreciate how this book helped shift my thinking about food and the important ways it fuels our bodies, not only physically but also emotionally, mentally, and spiritually. I'm excited to get back to the basics and start implementing practical ways to get around the table with my family. I also really enjoyed the practical tips and "Digging Deeper" questions at the end of each chapter, which would lead to a great book discussion for any small group.

JENN HAMM, event coordinator at Living Proof Ministries

Meredyth's approach to holistic health is paving a path of freedom for so many. Not only is she guiding us through a mindful and meaningful way to redeem and refine our health, she's also pointing us to the gospel, which is everything because it's what rectifies our souls. She needs to proclaim this message of hope and healing from the mountaintops, and this book

being out in the world is just the beginning of the echoes of freedom that will be heard and felt for generations.

ELIZABETH COX, founder of Refined Business Collective,
Karpós client, and business coach specializing in holistic refinement

Few people can bring together the academics of nutrition, the wisdom of sound theological teaching, and the heart of counseling around the subject of food like Meredyth can. In *The (Good) Food Solution*, this combination is as life-giving as you would imagine because Meredyth is the rare type of author you don't just trust but enjoy!

LANIE BETH SINCLAIR, master of biblical and theological studies

When I picked up *The (Good) Food Solution*, I was not expecting to be touched so deeply by a message on health and nutrition. There is so much goodness in this book! Meredyth Fletcher's approach is holistic, it's genuine, and it's rooted in biblical wisdom. I am grateful for this inspiring and helpful guide that makes taking the next step in pursuing a healthy lifestyle so inviting and attainable.

LEIGH KOHLER, cofounder and president of the
Freedom Church Alliance

Meredyth is the gracious and educated guide we need for this journey. If you feel blissfully ignorant or overwhelmed about food, this book will give you the confidence to make lifelong positive changes for God's glory instead of your own.

VALERIE WOERNER, author of *Pray Confidently and Consistently*
and creator of Val Marie Paper prompted prayer journal

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Medical Disclaimer

The health and nutritional information in this book is intended for educational purposes only. The author's information and opinions are based on years of research and clinical education, but they should not be used as a substitute for professional medical advice, diagnosis, and treatment. Readers are advised to consult their own physicians and practitioners for specific individual help concerning any health issue and to talk with them before beginning a new eating program.

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Introduction

“Why do I feel so sluggish?”

“Why am I always anxious?”

“Why can’t I lose weight?”

“Why can’t I sleep through the night?”

These are just some of the questions I hear from new clients. Often they come to me with one primary health concern that they’ve tried to solve on their own for months or years. They may have thought they’d landed on the solution when they looked around and saw someone who had seemingly gained new energy, overcome depression, or lost weight. They diligently adopted the same strategy and started off with great expectations. Sometimes the new diet or exercise program worked for a while, but inevitably it stalled out. Then hope was renewed with the discovery of yet another eating plan or workout. The cycle began again.

Perhaps you can relate. You’re either desperate to find answers or so tired of the struggle that you are tempted to give up altogether. Whatever the battle looks like for you—whether over the food on your plate, your fear of or obsession about eating, or your

despair at not seeing results—you can discover the freedom you’re looking for.

Though I’m now a nutritional therapy practitioner and counselor, I was once caught in the same never-ending cycle of trying the latest diet while also trying to figure out my body. I used to think God must be disappointed in me for focusing on my physical wellness and trying to lose weight. I assumed that He wanted me to focus on more “holy” pursuits and give any leftover attention to my body. I assumed that physical wellness should never be top of mind but more of an afterthought. Wrong.

Though my original motives may have been confused, I now know that God created all of me—body, mind, and spirit—to flourish. Once I realized that God not only cares about my health but that He created real foods to perfectly meet my body’s needs, I made it my mission to learn all I could about nutrition and then teach others how to fuel their beautiful bodies in the way He designed.

God wired us as humans with the *need* to tend to our physical bodies each day. If we don’t care for the physical bodies He gave us, how will we have the strength and energy to show up fully on this earth? If we lack the proper fuel and discipline needed to maintain a healthy life, how are we supposed to obey His commands to love Him and love others? That doesn’t mean we have to live up to impossible standards; life can be difficult, and some days I still struggle to figure out what works best. But I’ve discovered that when I fuel my body with whole foods, I feel great and am able to show up well for myself and others.

The news gets even better. Not only did God design us to survive, but He wants us to thrive. Jesus promised His followers: “I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows]” (John 10:10, AMP). God created food that’s designed to fill our bodies with the nutrients they need; He

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gives us His truth to fill our minds as we take other thoughts captive (2 Corinthians 10:5); and He provides His Spirit to fill our entire beings. This is the way to the abundant life that God offers.

Regardless of the health goal you're after, this is what it comes down to: allowing your body, mind, and spirit the time and space they need to heal. Nothing will work unless they are tended to at the foundation. No amount of sun and water can remedy a plant with dying roots; likewise, no diet based on calorie burning or restriction will bring healing to your entire being.

In *The (Good) Food Solution*, we'll consider what foods will best serve every part of you, along with other healthy practices that will promote healing in your body, mind, and spirit. Because the path to health and healing starts in your gut, we will also look at the incredible and intricate way God designed it to serve as the gateway to the nutrients your body needs. Finally, we will explore just how much God longs for you to be whole and what it looks like to invite Him into this journey.

At the end of each chapter, you'll find tips and questions so that you can begin applying the concepts in this book. The Whole-Body Health Protocol, which is designed to help you put into practice what you've learned, is included as an appendix. I've also provided recipes to show you how to incorporate whole and healthy foods into your snacks and meals.

My goal is to ensure that you feel more empowered to nourish your body and be kind to yourself. I want to encourage you to invite God to be a deeper part of your healing and to fully show up for your own life. Get ready to dig up anything that is rotting and replant yourself near streams of living water where you can flourish for good (Psalm 1:3)!



1

FOOD FOR THOUGHT

HOW DID WE GET HERE WITH NUTRITION?

The strains of Southern bluegrass filled my tiny SUV as I drove along I-40 toward Houston. A recent college graduate, I was leaving my hometown in Kentucky for a chance to start a new chapter of life. When noon rolled around several hours into my drive, I ripped open a bag of Cheetos, washing them down with Diet Mountain Dew. To me, this was the ideal lunch—cheap comfort food that, in limited quantities, would keep me thin. That was important: I wanted my jeans to be a certain size, and I needed to keep control over my very out-of-control life.

Though I'd navigated a rocky couple of years, I hadn't always been that concerned about my diet. In fact, growing up I barely gave any thought to what or how much I ate. I didn't have to. I spent hours in the gym or on the ball field, throwing myself into

whatever sport was in season. As a result, I could eat pretty much whatever I wanted.

Then one day in college, my roommate picked up a pair of my jeans and exclaimed, “Is *this* really your jean size?!” I was genuinely stumped. I had never thought about my jean size until right then—the moment that changed everything. Suddenly burgers, pizza, macaroni and cheese, and enormous salads were off-limits. From then on I stuck to drinking coffee and eating whole wheat crackers and apples almost exclusively. I prided myself on seeing how long I could go before I felt hungry in the morning. Coffee kept me feeling full for hours. When the hunger pangs kicked in, I would eat an apple. A normal dinner consisted of exactly fourteen wheat crackers and maybe some grilled chicken. I would head straight to the gym after eating to shave those calories off if I hadn’t already “stored up” negative calories from the thirty to sixty minutes I spent on a cardio machine every morning. That year, I dropped four pant sizes and about thirty pounds. I became completely obsessed . . . and miserable. I shed the unwanted pounds but at the cost of an unsustainable lifestyle that left me exhausted, overwhelmed, and completely out of touch with my body.

Without knowing it, I was treating my body just about as badly as when I ate whatever I wanted. Proper nourishment wasn’t my focus; in fact, that never even crossed my mind. Instead, I watched to see what the people I wanted to look like were doing and assumed that’s what I should do too. I was ignoring and mistreating the internal system God had created to nourish and nurture every part of me.

If you can relate to any part of my story, you’re in the right place, and I’m glad you’re here. Rather than focusing on your outward appearance, do you long to see your body and nutritious foods as good gifts from God and to know that He loves you just

as you are? I know that your quest for a better body might have started out innocently. You thought it would be nice—harmless or even healthy—to lose a few (or many) pounds to feel better in your own skin. There’s nothing wrong with that. You looked around to see what someone else was doing to reach or keep their goal weight. Whether it was a coworker eating the same lunch of tuna and carrot sticks or the friend extolling her premade protein shakes, you thought you’d found your solution. It would work or it wouldn’t, but even if it did, the results never lasted. What gives?

I understand how frustrating it can be to feel like you’re eating all the right foods and getting nowhere. Although you may decide to seek help from a practitioner or experiment with short-term elimination diets to pinpoint the culprits, in many cases, small and/or chronic ailments can be reduced or even eliminated by (1) focusing on eating real foods and (2) working to improve the health of your gut environment.

Throughout this book, we will take a look at how to end the mental, physical, and emotional cycle of the dreaded food battle for good. Food should be desired and pleasurable. Food should work for you and not against you. And if you feel like it hasn’t been up to this point, don’t lose hope. The good news is this: God created a world full of nourishing food that is designed to provide health and wholeness. Before we get into the basics of food and gut health, then, let’s consider what we were created to eat—and how we moved so far away from eating as God intended.

TEMPTED BY FOOD FROM THE BEGINNING

When we choose to host people in our homes, we want to offer our best, giving our guests special attention and hospitality. That requires forethought and preparation. Before the Lord even created

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human beings, He, too, took time to prepare a hospitable place for us. Only after creating the light, water, sun, moon, stars, plants, and animals—laying a beautiful foundation for the right kind of nourishment—did God create man. God thought of food as fuel before He made man to need it. Adam was made from the dust of the ground—the very place where God had created plants to grow for people’s nourishment. After making man, God planted a garden and instructed Adam to tend it (Genesis 2:5-15). The Lord gave Adam free rein of his home—except for a single tree. God invited Adam to enjoy everything else in the Garden but warned him that if he ate from the tree of the knowledge of good and evil, he would die.

Realizing that it wasn’t good for Adam to be alone, God made him a helper, Eve. The Garden of Eden gave them full access to abundant life. There they could dwell with God and feast on everything that the earth provided.

Together Adam and Eve, the first man and woman, were to work and sustain the land. Since we are made from the same stuff, it makes sense that we, too, need good food from plants (and animals) in order to function well and heal. Notice that growing and preparing nourishing food has taken time, effort, and work from the very beginning.

Before the fall of man, feasting was beautiful, life-giving, and sustaining. Then Satan in the guise of a serpent entered the Garden and convinced Eve that God was trying to keep something from her and Adam by making one tree off-limits. That tree’s fruit looked good, and Eve wanted to be wise like God, so she ate and gave some to Adam. Their disobedience had cosmic implications, but from their story, we also see that the narrative of self-control and discipline around food is not new. As Joel Soza, an author and professor of biblical studies, notes, “Food, the very substance that

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gave our first ancestors life in God's garden, became the very object that led to their death."¹

Adam and Eve's disobedience led to immediate consequences. God told the man and woman:

Cursed is the ground because of you;
through painful toil you will eat food from it
all the days of your life.
It will produce thorns and thistles for you,
and you will eat the plants of the field.
By the sweat of your brow
you will eat your food
until you return to the ground,
since from it you were taken;
for dust you are
and to dust you will return.

GENESIS 3:17-19

If we were made from the ground and we return to the ground, then what do we do with the in-between? How do we live and breathe from ground to ground? We work. In today's society, not all of us can be farmers who live off the land, cultivating plants and raising animals, but we can get to know the farmers near us. We can get to know the soil around us.

HOW DID WE GET HERE?

Of course, after the Fall, the nutrients that originally could be harvested with minimal effort now required hard labor. As we'll see, people have always looked for ways to make food production easier, and today's modern, quick-food lifestyle has taken us far

away from how it was supposed to be. Not only do we forget the command to work for our food, but many nutrients are getting lost in prepackaged food-like substances that aren't "real." Our bodies lack many of the necessary enzymes to break down these foods. It makes sense that people are getting so sick.

While we still expect to enjoy and be satisfied by our food, we often fail to honor God's command to eat real food. Instead, we've spent *years* trying to figure out how to cut corners for faster food, more money, and prettier bodies. If we go back to the beginning, we see that in order for food to fuel our bodies the way God intended, we have a responsibility to uphold—one that requires thoughtfulness, time management, discipline, and deep gratitude. A responsibility to think theologically about food.

Let's begin by considering what happened. How did we get here? Did our ancestors have this much trouble with food? I would be willing to bet that they labored but not like us. Their struggles involved tilling the soil and growing grain, as well as hunting animals and catching fish. They combined hard physical labor with a diet taken largely from the ground. In other words, they treated their bodies as God created them to do. They sometimes had to migrate from hot to cold climates, depending on where food was growing in any given season. Their crops were more susceptible to damage from droughts, insect invasions, and early frost.

Today, processed foods are cheap and readily available, and though we still work hard and at breakneck speed, we don't use our bodies as much. Our concerns are more likely linked to seeking convenience and wondering how to find tasty food, fast. At the same time, we're flooded with information on everything from weight loss to muscle toning, hormone balancing, thyroid support—you name it. In the midst of all these changes, our

society is genuinely confused and ignorant about what real food is. That has led to doubt and confusion around what we want, need, and desire for our bodies. We end up living with shame over our bodies because we are relying on fake substitutes that pretend to be nutritious but deny us the real nutrients our bodies need.

Of course, the dramatic differences between the diet of the Israelites and people today didn't happen overnight; in fact, let's look at five turning points that affected the way we eat.

Five milestones that influenced food production

AGRICULTURAL REVOLUTION (14,000-2,000 YEARS AGO)

Our earliest ancestors were hunters and gatherers, but the agricultural revolution took place as people learned to domesticate plants and animals. Populations began to grow, and rather than wandering in search of food, people established permanent settlements. These agricultural and technological advances were in the baby stages of development but enabled greater production and efficiency when preparing food.²

INTRODUCTION OF REFINED SUGAR (APPROXIMATELY 1600s)

Although sugar had been processed in India and the Middle East for centuries, European producers expanded the industry, developing technologies, such as waterwheels, that enabled them to crush sugarcane and then boil down real cane sugar to produce a sweet, crystalized substance. Vitamins and minerals were lost in the process. Unfortunately, the European and American slave trade supported the labor-intensive production process. Several hundred years ago, refined sugar was rare and expensive, so it didn't cause a huge nutritional problem, but advances in sugar production have led to greater problems today.³

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INDUSTRIAL REVOLUTION (EARLY 1800s-MID 1900s)

Once large factories came on the scene, the centralized mass production of foods became possible. To increase the shelf life of food items, manufacturers developed processes that stripped many nutrients from the foods. This revolution was largely driven by a desire to increase productivity and economic gains.

WORLD WAR II (1940s)

Because of the need to feed US allies and troops on the front lines, the war created an even more pressing desire for food preservation. While this led to a decrease in the nutrient value of many foods, experts in nutrition did begin counseling citizens on how to avoid food waste and preserve vitamins and minerals when cooking fruits and vegetables.⁴

CONVENIENCE AND FAST FOODS (POSTWAR PERIOD TO PRESENT)

Manufacturers used their new knowledge of preservation to capitalize on convenience and economics. Advances in technology, including assembly-line production and a national interstate highway system, encouraged the development of food manufacturers and fast-food franchises that prioritized speed and taste over nutrition.⁵ The development of chemical flavorings and advances in processing and preserving technologies—along with a demand for ready-to-eat meals due to busy lifestyles—meant an expansion in convenience foods.⁶ Essentially little to no nutrients are left in fast food and convenience items because of the way they've been processed.

I realize that I just gave you a crash course in the history of food production. So where does that leave us now? Food is certainly cheaper and easier to come by; however, here is just some of the fallout:

- produce and meats with impurities and contaminants like heavy metals, pesticides, parasites, and unwanted bacteria, which are introduced into food during the process of getting it from the farm to the table⁷
- meats with steroids and antibiotics
- milk filled with hormones
- man-made foods with toxins, artificial sweeteners, artificial additives, MSG, and preservatives

We were not made to rush through our days and mindlessly eat microwaved meals and frozen pizzas. Nor do we need to.

WHERE DO WE GO FROM HERE?

Before we look more closely at what I mean by “real foods,” nutrients, and gut health, I propose three steps to approach food and fuel our bodies in the way God intended.

Be thankful

The further we get from tilling our own land, the easier it is to forget to receive each meal God provides with genuine thankfulness. Yet the abundance of nutrient-rich, readily available foods isn't anything we should take for granted. Gratitude is a huge part of how our bodies heal and grab hold of the redemptive promises God offers. (We dive deeper into the science behind this in later chapters.) It is one way we fulfill the greatest commandment:

Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally

important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.”

MATTHEW 22:37-40, NLT

Slow down

God designed our bodies to optimally digest when we are calm and relaxed, and they prioritize digestion when we are in this serene state of being. The brain physically triggers the body’s process of breaking down food when we start to think about and smell food. Upon awakening these senses, we begin to salivate at the thought of an upcoming meal or snack. The brain immediately sends signals through the nervous system to the gut so that it is prepared and ready to receive and digest food.

When we are in a stressed state, on the other hand, our bodies prioritize survival, not digestion. If you’ve ever eaten while standing up, in front of a computer, or driving a car, you likely felt bloated and icky afterward. That’s because your body didn’t have the time and space it needed to prepare for proper digestion. We will explore this further in chapter 9.

Eat locally produced foods

Eating locally is also another important factor in allowing our bodies to heal. Eating an apple from your local orchard or farmer’s market will be different from eating precut apples from the grocery store. Here’s how: When you pick and eat an apple from an apple tree that has had little to no chemical spraying, you are consuming the fruit in its purest form. This apple is rich in nutrients and perfect for consumption—allowing you to receive all the benefits from those nutrients. It’s been grown properly and sustained naturally just the way God intended.

When you buy precut apple slices portioned in individual bags from the grocery store, you're not receiving all the nutritional benefits the original apple had.⁸ Let's say you live in Colorado, but the apple was grown in Washington. Someone else picked that apple before it was thrown on a truck and transported to the store. You have no idea what it's been sprayed with and no control over its care. You don't know how well its temperature was controlled as it made its way to the processing plant, where it was perfectly cut, soaked in something to prevent browning, and individually bagged. With all the changes this apple has undergone, its nutrients have been stripped away little by little. This means its nutritional value has gone down, and you won't reap all the benefits the apple once had to offer.

Thanking God, slowing down, and eating what is cultivated from the ground, as close to you as possible, are great ways to nourish your body. Such holy nourishment takes time and careful tending, but it will genuinely feed your mind, body, and soul.

Let's talk about how we ended up here. *Why* is eating the right food so hard? What if I told you it's not actually that complicated?

GET REAL!

As basic as it sounds, learning to distinguish real food from what I call "fake food" is critical to better health. After all, food manufacturers often slap labels on their products that are intended to convince you that their products are nutritional. But what are the characteristics of real food—aside from the fact that they usually bear no label at all? Look for foods that are

- whole and unprocessed
- free of synthetic chemicals

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- local, fresh, and varied with the seasons
- as wild and sustainable as possible
- humanely processed
- lacking complicated labels or flashy brands
- good for a limited time due to short shelf life

True or false? Examples of real food include apples, carrots, and chicken. Answer? It all depends. According to my definition, an apple you pick from the tree or from the grocery produce aisle is real food, while slices packaged in plastic are not. Hormone- and antibiotic-free free-range chicken is real, but frozen breaded chicken nuggets are not.

Real food is God-given from the ground and the animals He created. Real foods *are* ingredients; they don't *have* ingredients. As a result, real food often requires preparation. In such foods, God gave us everything we need for optimal health and fully functioning bodies.

What about all the foods in the middle of the grocery store in packaged boxes, jars, and bags? Those “foods” are actually not real. Almost all these products contain processed ingredients, using things like flour, sugar, or corn. In addition, for something to become shelf stable, manufacturers add ingredients to preserve its freshness and contents. These preservatives, gums, and fillers are not sourced from real foods but are synthetic products that the body has an extremely hard time digesting.⁹ These additives are what make foods “fake.” They're food-like substances that your body doesn't fully recognize as fuel.

Consuming those foods on a regular basis wreaks havoc on your system, leading to poor digestive function. Digestive organs become burdened, detoxification pathways become compromised, and the body has a hard time absorbing and distributing nutrients

appropriately, leading to a host of unwanted health issues. If the body is trying too hard to do something it was *not* created to do, it becomes too tired to do what it was *designed* to do. Our bodies need real food for real nourishment.

I'm not saying you can never again enjoy a sweet treat or indulge in a processed food that brings you joy. What I am saying is that consuming these foods day in and day out will make you sick. Your digestive system needs to be tended to and healed before you can truly enjoy those indulgent foods. You will find much wisdom by considering the way God designed food as part of His creation.

HOW DO WE START?

God gifted us with delicious foods from the earth to nourish us. How about learning today to deeply love food again? How about if we stop assuming that food is the enemy of our bodies and souls? What if we stop fearing food and start believing that nutritious foods are good gifts from God and that He loves our bodies? What if we could experience true happiness while feasting instead of leaving a meal and repeatedly saying how much we overindulged in these delicious foods with our loved ones or how much we just messed up? The truth is, we were made to need food—there's no way around it. Let's make peace with the food we were given in order to live to the fullest.

Somewhere along the way, we've lost the love and theology of real food, and it's time to get it back. It's time to put art, truth, and life back into real food while learning about nutrients and how they add value to our bodies and our lives. Food should be enjoyed. Food should be delicious. Food should be eaten with thankfulness, remembrance, and a holy reverence for the One who

gifted us with it. Food should be believed in—that it will be kind to us and help us see alignment and results, as long as we have the tools for sifting through the lies and knowledge for how to feed the body well. Let's have confidence in food again and take the first step on the path toward a beautiful relationship with food and our bodies.

..... Tips for Eating Good Food in the Right Way

1. Give thanks before you eat. Acknowledging God's gift of wholesome, nutritious food before eating will make you more present to your meal, which means you will enjoy it more.
2. Sit down while eating. To digest food properly, your body needs to be in a calm state, which it won't be when you eat in a hurry or on the go.
3. Chew slowly. Your digestive system won't have to work as hard if your food is thoroughly chewed before you swallow.
4. Stay away from the center of the grocery store, except to pick up organic flavor enhancers, like herbs and spices or condiments made without sugar.
5. Try locally sourcing meat and produce from a nearby farm or farmer's market in order to best nourish your body and support farmers who are doing the laborious work of providing food for others.

FOOD FOR THOUGHT

digging deeper

1. Which of the following made you pick up this book?

Check all that apply.

- Desire to control food cravings
- GI issues (such as bloating, acid reflux, gassiness)
- Dissatisfaction with weight
- Mood swings
- Other: _____

2. Do you enjoy food or stress over it? Why?

3. Do you prepare your own meals? Why or why not?

If not, is that something you're willing to do in order to be in control of what is happening inside your body?

4. Before you eat, how can you make space to offer thanksgiving to God for the foods He has provided?

5. What is one thing you have learned about the power of real food and nutrients to help heal your body?