

Food as Your Emotional Source - - Breaking Altars and Soul Ties Stay Strong April

StayStrong in an upside-down world!

When you stick to a diet of nutrient-rich foods, you're setting yourself up for fewer mood swings and an improved ability to focus. Studies have even found that clean diets consisting of mainly whole, unprocessed foods can help with symptoms of depression and anxiety.

The sugar-laden, high-fat foods we often crave when we are stressed or depressed, as comforting as they are, may be the least likely to benefit our mental health.

Emotional eating is using food to make yourself feel better—to fill emotional needs rather than your stomach. Unfortunately, emotional eating doesn't fix emotional problems. In fact, it usually makes you feel worse. Afterward, the original emotional issue remains, and you feel guilty for overeating.

Are you an Emotional Eater?

- Do you eat more when you're feeling stressed?
- Do you eat when you're not hungry or when you're full?
- Do you eat to feel better (to calm and soothe yourself when you're sad, mad, bored, anxious, etc.)?
- Do you reward yourself with food?
- Do you regularly eat until you've stuffed yourself?
- Does food make you feel safe?
- Do you feel like food is a friend?
- Do you feel powerless or out of control around food?

Emotional hunger can't be satisfied with food. Eating may feel good at the moment, but the feelings that triggered the eating are still there. And you often feel worse than you did before because of the poor nutrition you just consumed. You beat yourself up for messing up, feeling like a failure, and not having more willpower.

How does Emotional hunger show up?

- **Emotional hunger comes on suddenly.**
- **Emotional hunger craves specific comfort foods.**
- **Emotional hunger often leads to mindless eating.**
- **Emotional hunger isn't satisfied once you're full.**
- **Emotional hunger isn't located in the stomach.**
- **Emotional hunger often leads to regret, guilt, or shame.**

The book *Dangerous Prayers* by Dr. Francis Myles is a great resource to address this issue.

He has a template for disconnecting from altars in you or your bloodline that drives certain patterns. Once you understand how the template works, you can use these altars and scriptures.

Altar of Food is my sweetness:

- Psalms 119:103
- Psalms 34:8
- Prayer: Lord, I exchange what has been bitter in my life for Your sweetness.
- Proverbs 24:14
- Song of Solomon 2:3, 5:16

Altar of Food is my comfort and my friend:

- Matthew 5:6
- I Corinthians 10:31
- Jeremiah 15:16
- John 14:26
- Proverbs 18:24

Prayer: Lord, I exchange food for Holy Spirit as my comforter and teacher.

Join us in **EASY** for the month of April while we discuss cooking basics. Forest & Cheryl will share their kitchen secrets from organization strategies to quick and EASY delicious recipes.

- Inflammatory Spices
- How to make a fluffy omelet
- Easy ways to fix protein
- How to use protein powder other than in a shake
- Knee & Hip Movement
- Cranial Nerve 1 Resets

The second Quarter will take us to the Kitchen for Cooking Classes, Food Planning, Food & Travel

The third Quarter will take us into Cleansing and many kinds of Easy Cleanses

The fourth Quarter will take us into Creating Lasting results through Tracking, Recognizing Results, how to Celebrate, and our annual Holiday Tips and Blessing.

Join us in EASY! Join our private Facebook Group and access to all calls in the library since August 2019.

<https://www.cheryltownsleytraining.com/easy-2021>

Product Spotlight:



OGF: Dr. Keller's Original Glutathione Formula™ is a patented, proprietary blend of the nutrients your body needs to promote the manufacture, absorption, and recycling of Glutathione within your body. Glutathione is your body's master antioxidant. <https://www.lifestyleforhealth.com/product/ogf/>
Check out this video for more information on OGF:

<https://www.lifestyleforhealth.com/ogf-introduction-video/>



NUTRISWISH: If you prefer liquid instead of capsules, consider Nutriswish. All the nutrients your body craves, nano-sized for maximum absorption. Swish 2 teaspoons for increased immune support, increased focus, clean energy, and rapid recovery. Call Forest to order: 719-488-5688