

# Lesson 1 - Food

**It should not be surprising that the first area we study in our journey to abundant living is food.**

What we eat affects every cell of our bodies. Every time we take a bite, we can be bringing about greater physical abundance in our lives or

we can literally be eating ourselves to death. It's a big deal.

You learned in the video session that there is a connection between the doughnut in your hand and the sinus infection you develop, and that there are four connecting dots.

## RE-WRITE BELOW THE FOUR CONNECTING DOTS:

- Food is \_\_\_\_\_.
- Bad food is \_\_\_\_\_.
- \_\_\_\_\_ disrupt the \_\_\_\_\_ of your system.
- When your system is disrupted, your body's \_\_\_\_\_ \_\_\_\_\_ kick in, i.e. \_\_\_\_\_ result

## LESSON SUMMARY

In this lesson you will learn:

**DAY 1** - How to identify the best fuel for your body.

**DAY 2** - How to discover good food basics.

**DAY 3** - What toxins are and how you can avoid them in your food choices.

**DAY 4** - How toxins specifically affect the harmony of your system and how to restore balance through cleansing.

**DAY 5** - How to eat for weight loss and how to regain connection with your food.

## DAY 1

## FOOD IS FUEL

Carefully choosing our diet is an important way for us to partner with God to bring abundance into our lives.

Although I am a firm believer in supernatural healing, I am also a firm believer in not putting the Lord my God to the test.<sup>1</sup>

If Jesus, as the Son of God, would not throw Himself off the temple despite His trust that God would protect Him, I am not about to start putting what I know to be toxic fuel into my body. In my view, it would be dishonouring to God to disregard wise choices about what I put into my body and then expect Him to just fix the damage I have done.

As I have been saying a lot recently: you cannot say that your health is in God's hands when the fork is in your own.

Confession: Potato chips are my kryptonite. And I don't mean the supposedly "healthy" potato chips that have started cropping up recently, which are boldly advertised as being "baked" or being cooked with avocado oil. No, I liked real potato chips. Kettle-cooked, full-of-flavour, good ol' fashioned crispy potato chips.

Maybe it's because I love the way they taste. Maybe it's because I love the sound they make. Whatever the explanation, they are my kryptonite.

They are the reason I always try to avoid going grocery shopping on an empty stomach.

Because, let's be honest: we all know how that ends up. You start in the fruit and vegetables aisle, your cart filled with big leafy greens and farm fresh beets and super sweet oranges. You pass through the organic section, grabbing some delicious almond milk and fresh fruit juice.

And then you round the corner and come face-to-face with the potato chip aisle (which usually isn't a full aisle, but often feels like it is, and arguably should be in light of just how crazy delicious potato chips are).

I don't know what you do when that happens, but I know what I do. Hence why I avoid grocery shopping on an empty stomach (and often just send Steve to go grocery shopping instead of me).

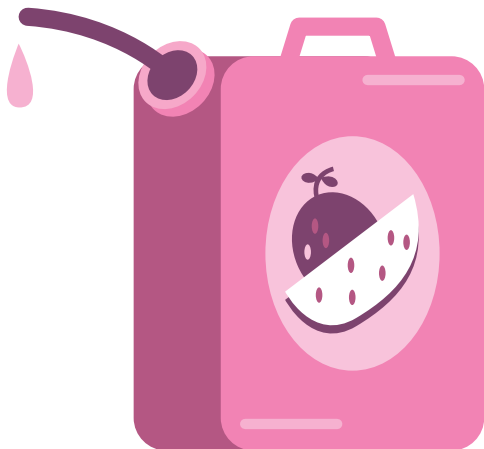


## Question

Okay, it's your turn.

- What is your kryptonite?
- What food tempts you to break that cleanse or fill your plate again, even when you're stuffed to the rafters?

*... you cannot say that your health is in God's hands when the fork is in your own.*



1. Luke 4:12

# Which fuel is best?

**What I have come to learn over the years is that every body is different, and every body is different and its needs are different.**

What I advocate for is having healthy guidelines that are generally applicable and then spending time listening to your body for its specific needs.

The question I seek to answer before making food choices is: will this serve my body? If the answer is “no”, it doesn’t mean I will never eat it, it just means I am aware of my need to be careful. If I see maple popcorn in front of me, I may take a small handful.

*But* I will take a small handful and walk away. That is what being careful looks like for me. For you, it may mean not taking a handful at all because you know you won’t stop at one.

But I also ask myself a second question: does it taste good? I’m all about healthy AND yummy! Some of my absolute favourite foods include chocolate ice cream, pizza, peanut butter cookies, rich hot chocolate, and cheesy nacho dip. Yes, for real!



## Reflection Question

**Take a moment to think.**

- **What does “careful” look like for you?**

**Now, consider your answer, and be honest with yourself.**

- **What does “careful” need to look like for you?**

All of these delicious foods are made without gluten, dairy or refined sugar! You can find all the recipes on my website.<sup>2</sup> Your body and taste buds will thank you!

Eating should also be intuitive, and we should know our bodies intimately—far more intimately than any physician. But most of us are disconnected from ourselves, unable to hear or understand what our bodies need. It can be difficult for people to hear anything other than “I’m hungry”. This is the case for a number of reasons:

**1. WE HAVE MADE SUCH POOR CHOICES**

for so long that we are literally addicted to the foods that are killing us.<sup>3</sup>

**2. MOST PEOPLE HAVE AN IMBALANCE** in healthy gut flora resulting in parasites and candida taking over our food cravings.<sup>4</sup>

**3. WE HAVE AN IMPROPER VIEW OF FOOD** which results in our using food to meet emotional or psychological needs.

For these reasons, I always recommend that people who know they are disconnected from their bodies’ true signals begin their journey with a cleanse.

Detoxification or cleansing requires focused effort and energy but is an important first step in the process. We will revisit the topic of cleansing, on Day 4.

Once the body has been cleansed and you can be sure that your body is speaking to you clearly, the next thing I recommend is for people to do a food diary. Tracking your eating through a food diary will train you to pay attention to the many possible ways you are being affected by what you are choosing to eat.

2. [kimberleymilousis.com/2019/05/10/5-delicious-recipes-you-wont-believe-are-healthy/](http://kimberleymilousis.com/2019/05/10/5-delicious-recipes-you-wont-believe-are-healthy/)  
 3. [ncbi.nlm.nih.gov/pubmed/20495452/sciencedirect.com/science/article/abs/pii/S0306452205004288](https://pubmed.ncbi.nlm.nih.gov/20495452/sciencedirect.com/science/article/abs/pii/S0306452205004288)  
[ncbi.nlm.nih.gov/pmc/articles/PMC2235907/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC2235907/)  
 4. [ncbi.nlm.nih.gov/pmc/articles/PMC4270213/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC4270213/)

# Maintaining a food diary

When I teach people about budgeting (from my accounting days), I always teach that the first place to start when preparing a budget is to spend a couple of weeks tracking spending.

If the goal of a budget is to reduce or limit spending, then you need to first know how you are currently spending your money. It is a simple principle: if you want to get from A to B, you have to not only know where you are going (B), but you have to know where you are (A)! A food diary is all about knowing where you are. A food diary is a log of your daily food choices with the goal of bringing greater awareness not only to what you are consuming, but to how it is affecting you physically, mentally and emotionally. By tracking your food consumption for a month or more, you train yourself to be mindful of the food choices you make and to be aware of whether your choice is coming from a place of understanding that food is fuel or whether your choice is coming from a disconnected place.



## Reflection Question

- What is one need you are already aware of that you have caught yourself trying to meet with food?

When you begin to see the food-mood connection you will learn what triggers a desire in you to eat food that isn't serving your body. From that point, you can begin the important process of:

- I) **FINDING WAYS TO SATISFY YOUR TRUE NEEDS** (for connection or acceptance, for example), and/or
- II) **TAKING STEPS TO GET THE EMOTIONAL HEALING** needed to enable you to make healthy food choices.

There are lots of ways you can do a food diary, and there are even apps you can use.<sup>5</sup> On page 19 you will find a copy of the food diary I

give to my customers. You are welcome to copy and use that, or you can print the downloadable form from my website.<sup>6</sup> Whichever method you use to record your food consumption, here are a few important considerations:

- **FILL IN YOUR FOOD DIARY** right after you consume each meal or snack; otherwise, you may forget important details. For this purpose, it will be helpful to either carry a folded-up version of your food journal with you at all times, have a note-taking app where you can jot down the details when you are on the go that you will transfer to your printed copy later, or use a food journaling app.
- **WHEN RECORDING YOUR FOOD INTAKE**, be sure to make note of sauces or condiments used.
- **ESTIMATE THE QUANTITY OF FOOD CONSUMED.** If you have a muffin, estimate the size (dimensions). If you have vegetables, record how much you eat (1/4 cup). If you eat meat, consider that a 3-ounce cooked portion is about the size of a deck of cards.
- **MAKE NOTE OF BEVERAGES CONSUMED** as well as food; especially noting intake of alcohol, caffeine, and sugary drinks.
- **MAKE NOTE OF YOUR EMOTIONAL STATE** before and during your food consumption.
- **MAKE NOTE OF WHO YOU WERE WITH**, the location, and the time of day. Were you alone in front of the computer late at night, with family at the dinner table, or in a social gathering after work?
- **RECORD HOW YOU FELT** after the meal - immediately after, an hour later, and several hours later. Record how you felt emotionally, physically, and psychologically.
- **ABOVE ALL, BE HONEST.** No one is going to read your food journal except you and anyone you choose to share it with. You can only benefit from what you've taken time to record if it honestly reflects your food consumption and surrounding details.

After you've done your food diary consistently for at least 7 days, you can begin your sleuthing to search for trends, patterns, and habits.

5. Some good apps for this purpose are:

- My Fitness Pal and Cara: Food, Mood, Poop Tracker.
- Rise Up + Recover is an app focused on those with eating disorders, but it is good for helping you understand the food-mood connection.

6. [kimberleymilouis.com/food-journal/](http://kimberleymilouis.com/food-journal/)

# SUCCESS STEP

AFTER DOING YOUR FOOD DIARY FOR 7 DAYS, CONSIDER THE FOLLOWING:

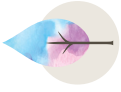


Once you feel you have gleaned sufficient insights and reflections from doing your food diary, you can work toward creating a power fuel plan for yourself.

We will spend time on that tomorrow.

# FOOD AND LIFESTYLE DIARY

*A little progress each day adds up to big results!*



*Life More Abundantly*

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- Bad food is \_\_\_\_\_.
- \_\_\_\_\_ disrupt the \_\_\_\_\_ of your system.
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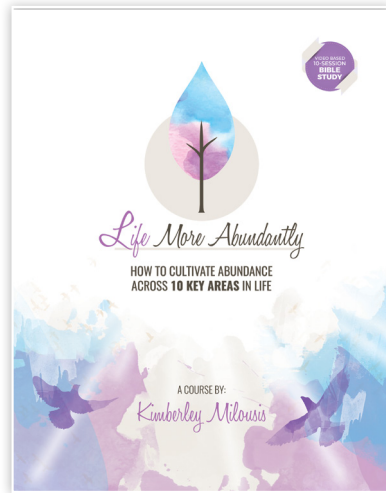
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Graphic Design / Art Direction: Wade Robinson Design

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