

# Andrea Thompson

## *A New Approach to Your Health*

I am so excited to be getting together with you. I have my tea, bible and notes in hand and I am ready to go... Thanks for inviting me to spend this time with you. Today we are going to embark on a journey of approaching Physical health from a new perspective.

I want to start this time with you a little different than I have with the other teaching sessions. I want to ask you a few questions and I recommend after listening to this you right down your answers. Or you can do what I like to do and quickly jot down the first thing that comes to your mind. There is no right or wrong answer only... your honest answers: There is a study guide provided on our website that you can print off if you have not done so already.

***1. How do you see yourself or picture yourself physically?***

***2. How do you feel others perceive you?***

***3. What do you believe about your physical appearance?***

***4. How do you feel about your body?***

***5. How do you feel inside your body?***

I have heard Physical Health described in so many ways... from dictionary definitions like: "***Efficient functioning of the body and its systems, to homeostasis, to having all 75 trillion cells in our body healthy... to our own personal thoughts on what Physical Health means to us individually.*** So what is true Physical Health:

- Is it efficient functioning of the body and its systems?
- Is it weighing a certain amount? Where you have the perfect number in mind?
- Is it how much or how hard you work out? Or...

- Is it reaching that magic number in the size of your jeans?

I am really curious to know what YOUR definition of physical health is... For many years health to me was those things I just mentioned, minus the first one! I was way more interested in the number on the scale, how flat my stomach looked and most importantly... the size of my jeans! Those were the things that defined and indicated to me "My good health." When I allowed these misconceptions to become realities in my life I suffered greatly mentally and physically! For this teaching we are focusing on the physical aspect but if you are someone who struggles mentally as well with your health I highly recommend getting my series on emotional health. There I unlock specific keys for you to overcome and live victoriously!

It wasn't until I was diagnosed with cervical cancer back in 2012 that made me think different about what Physical health was and the approach I would take to reach it.

As you and I embark on this journey together we will navigate our way to true physical health by way of discussing some of the biggest misconceptions we are believing about our health.

Health is not a diet! Although good eating habits are essential to our physical health, as well as exercise... I want to take it a step further! Over the past several years on my own personal journey... I have discovered this... "***Health is a lifestyle that positions you for long-term success!***"

***So let's not take up any more time... I'm ready to jump in... if you haven't already grab a pen and a pad and hear we go!***

***Misconception #1: HAVING THE PERFECT SIZE OR SHAPE:***

The perfect size or shape is actually a subjective picture or mental image of one's own body. So right off the bat... there can't be a "perfect" size or shape because we all have a different picture or image in our minds of what perfect is and how it should look! We spend most of our lives creating in our thoughts the "perfect size" and in reality that doesn't exist! How can you have "the one perfect body" for lets say a woman who is 5'2" and a woman who is 5'11"? It's just not realistic! What about those who have longer leg lengths and shorter torsos, or shorter torso's and longer leg length? Maybe you carry most of your weight in your mid section, while others like me carry it in our hips and butts! Men and women aspire to biologically impossible ideals. When we have unrealistic expectations of how our body should look... this is when eating disorders can develop, depression kicks in, in fact I read a study and it showed that 1 in 4 people are depressed about their body. If you are comparing yourself to a model that is 5'11" and you are the 5'2" person and you are trying to achieve their look, you are bound to get depressed because your entire body mechanics are not the same, let alone you have no clue what they are doing to themselves to look the way they do! I'm not saying they are all taking unhealthy measures to look a certain way, but you can definitely google story after story where

models talk about their journeys and how they have had to starve themselves to almost death in order to get work and be successful in that world.

I also read an article where 1/3 of all women would sacrifice 1 year of their life to achieve the ideal body weight and shape. Oh and one more recent survey where girls said, “ ***the pressure to look good was the worst part of being female.***” That broke my heart when I read that! The crazy thing is... I get it!

I am not here to put blame or guilt upon you by any means. Everything I speak and teach on I have gone through one way or another! I know first hand what it is like to be tormented by appearance. I had insecurities for years until I got cancer. My whole life revolved around how I looked and the size of my clothes. I used to be a 100 pounds overweight, I did have an eating disorder, I was a closet eater, an emotional eater. I did all the harmful things to lose weight, never caring what it was doing to my health! All that mattered was that I “had the perfect body” according to the culture’s standard!

Developing a healthy body image happens over time, not overnight! You need to give yourself grace! Because If you are someone who is unhappy with the way you look, for instance, if you are overweight, you gotta remember you didn’t get there overnight either. This is a very vulnerable issue. It’s personal, it’s sensitive and it needs to be handled with love, patience and grace but it does need to be handled! ***“LIFE IS TOO SHORT TOO WASTE TIME HATING YOUR BODY!”***

I realize our culture sends negative messages that can fuel dissatisfaction about ourselves. Your image can be influenced by experiences, opinions and feedback from others. I can still remember my father saying to me when I was overweight, ***“Even a gunny sack would look good on you if you were skinny!”*** I remember that as if it was yesterday and 5 years ago when I thought about that statement it would sting and cut me like a knife, but since having a whole new outlook on health, if that comes to mind, I just laugh and say... I don’t like gunny sacs anyway and they are way to itchy and I would never wear one!

So how can you change those negative, false aspirations of the “perfect body” into a healthy realistic way of living for lasting transformation? Here are 4 easy steps you can take to begin having a healthy body shape that is designed just for you!

1. It’s important to appreciate all your body can do for you and what it can and has already achieved. I think about all the times I was sick and I got better, I think about the years I competed and did martial arts and how my body was able to perform at incredible levels and achieve great success. And then when I got cancer and I fought it all naturally and my body healed itself... Wow! What an achievement that was!

I tell my body out loud how much I appreciate it and all that it has and is doing for me even right now as I speak! Your body is working hard to keep

you healthy and to sustain you for the long run! So let your body know how much you appreciate it! Do you know that by speaking to your body negatively you can hinder any success at having good health!

2. Make a list of 10-15 things you like most about yourself. Maybe you can only think of a few right now, that is great! Write them down and as you apply these steps to your daily life you will be adding to your list in no time!
3. Choose to see yourself as a whole person not just focusing on one body part over the other! I don't think I need to go into detail about this one... I think you get my point on this.
4. Surround yourself with positive people. Being positive and negative are both contagious! So choose wisely! Don't subject yourself to those who will sabotage your success! And finally...
5. Shut off all unnecessary and unrealistic comparison. If you follow people on IG or FB or whatever your choice of social media is... and you are sucked into the vortex of comparison... delete, and stop following them. You aren't doing yourself any good by playing these kind of games with yourself.

**Misconception #2- *THERE IS NO MIRACLE PILL, MIRACLE BOOK OR MIRACLE PROGRAM***

First off let me make a couple disclaimers. I will never ever endorse a synthetic pill that claims to make you skinny! They are dangerous, ineffective and have an undisclosed amount of chemicals in them that wreak massive havoc in your body in the short and long term... Now as far as miracle books and miracle programs... it's true they aren't miracles. That is not to say there aren't a number of amazing books and programs out there that can help and guide you in achieving your goals but here is the key with those... ***YOU HAVE TO EMBRACE A WILLINGNESS TO CHANGE AND THAT MY FRIEND IS GOING TO REQUIRE YOU TO WORK AT IT!!! YOU WILL NEED TO APPLY LIFESTYLE PRINCIPLES IN ORDER TO BRING LONG TERM SUCCESS!***

When you begin a lifestyle change you need to have realistic expectations. Results are not immediate. Diet pills are not a substitute for clean eating and good ol fashion exercise. A pill doesn't provide the nutrients your body needs for essential health. They also don't provide you movement that your body has to have in order to thrive, survive and be healthy for the long haul.

Fad diets and some programs out there are the same way... they call them "fad diets" for a reason, they don't last, they don't work long term and in the end you spend lots of money and time and what have you learned? I have been on every diet known to man and I have come up with about 10 of my own made up ones too! Can any of you relate to what I am saying?

Here is what I learned... I would lose weight on some of these programs, they provided the food, drinks, supplements and pills to take. I would lose weight but I would gain it all back in a short amount of time. What did I learn on these programs and fad diets? ***ABSOLUTELY NOTHING EXCEPT THEY DIDN'T WORK! They never taught me a lifestyle for the long term. I never learned how to eat food that was good for you, or how much, or how to cook, or anything because it was all done for me. So when I stopped the program... I had no idea how to do it without the pre made stuff! Not to mention, the nutritional value in pre made diet food and the synthetic garbage in them did not contribute to good health.*** It was only when I began fixing my own food, going to the grocery store, reading labels, finding out what was in the food I was eating that I was then able to begin making choices I could sustain ***because real is realistic! If you don't know how to do this, find someone who can help you. That is what I did, I found a wonderful health coach and she helped me tremendously. Maybe for you it's a friend that knows their stuff! Or get my ebook on how I overcame cancer, even if you don't have cancer you will get a wealth of information on good physical health and guess what.. it's free! Just go to our website and sign up for it!***

It is important to have a mindset that your health journey is going to start with a true acceptance of and knowing that it's going to take intentional effort and discipline on your part. And guess what! You have the discipline, the self control because it is one of the fruits of the spirit you have been given. Galatians 5:22 ***"But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."*** You know what there is a lot of good fruit here to help you in your journey. After reading this scripture, I say... "more fruit, less pills= lasting results! You have heard it said before, ***"if it was that easy to just take a pill, everyone would be taking them!"***

Here is the other thing, I am all for healthy supplements. I take many of them. If you follow me on IG or FB you will see me post regularly things I take and endorse. And just as good as those are, they too are no substitute for clean healthy food and exercise. That is why they are called supplements. They are not to take the place of but to be additions to your physical health.

Did you know that 80% of your journey to better physical health is your nutrition. Yep! The food you put into your body makes up 80% of a successful healthy you! And the remaining 20% is exercise! Again, there is no one miracle exercise program either. There is however, a major health company that provides great material to better physical health but it's not a ***"one sizes fits all program"*** Depending on your body, the season of life you are in will determine what program is best for you. We are all different, we all enjoy sweating differently! Haha! For example, I love spinning. After I broke a bone in my foot I had to lay off the stairmaster and the treadmill. Those were my choices for cardio. But once I was injured I had to reconsider a new way of getting my cardio in. There was never an option for me not to do cardio. that is not realistic in choosing to be in good physical health... so I discovered I could ride a bike because it didn't put pressure on that part of my foot

that was injured! It wasn't but 1 spin class and I discovered a whole new exciting, energetic community of spinners!! I love it!! I think for some of you it's time to step out of the same ol same ol and try something new! It may surprise you just as it did for me!

Here's the bottom line: It's time to drop the gimmicks and come to terms with reality in order to have lasting results. and I will repeat what I said earlier... ***"You will need to embrace a willingness to change!" Again,*** In my latest ebook on overcoming cancer I provide resources that you can look into to help you in your journey and to choose what is best for you! Larry Bird a former coach and player for professional basketball said this, ***A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals."***

***Let's pause and let that one soak in... now on to Misconception#3***

***Misconception #3: If I exercise and have a positive attitude you can eat whatever you want and reach your goal weight.***

***Let me give you an example of what I mean and let's see if you can relate: Picture this...***

***It's the beginning of spring and you are looking ahead to the summer vacation you have planned with your family. Of course it's a vacation to the beach. Your mind has already mapped out the new bathing suit you need to buy, what it is going to look like and then you look in the mirror and say," this body is not ready for the beach and the bikini...So now you figured how many days you have to reach your goal weight, and you are so excited about the new exercise program you are starting .***

***Some time has passed and you are now getting into a routine of working out and you are feeling good... You are encouraging yourself and saying... "I can do this...I can do this. Now you are 18 days in, you finally decide to build up the courage to go and weigh yourself and then you say out loud in a very frustrating shocked way... Why is the scale not moving! Why am I not seeing change... If I am taking a better approach to physical health, I am working out like a dog and the scale is not moving!!!! What happened??? What are you missing? Well... maybe You didn't take into consideration the need to evaluate your intake of the choice of food you are eating.***

If you recall back in misconception #2 I talked about the percentage that your food intake has in your success vs. the percentage of exercise that is required. The truth is, you can easily out-eat your exercising! I know you have heard this many times before but it is good to say it again... it's the basic principle of losing weight, the amount of calories in, vs. amount of calories being burned out. I can't say this

enough good physical health requires the right mindset, good clean balanced nutrition and safe, fun exercise that will push you at the level you are at.

You will also hear me say this till the day I take my last breath..."***Working out has many health benefits, but it's not a substitute, it can't erase the overwhelming havoc that unhealthy foods have in your body and its systems. I was talking with a friend the other day and I asked how her healthy self doing... she said, "YOU KNOW I WAS JUST TELLING MY HUSBAND THIS MORNING THAT I AM WORKING OUT ALL THE TIME BUT THE SCALE ISN'T MOVING... THEN SHE SAID THIS, " I KNOW WHAT THE PROBLEM IS... SHE PROCEEDED TO TELL ME, I WENT TO GET LUNCH OUT TODAY... I ORDERED A SALAD BUT THEN I BROKE DOWN AND GOT TE SIDE OF FRENCH FRIES. SHE THEN SAID... I JUSTIFIED IT BECAUSE I WOULD JUST GO WORK IT OFF TONIGHT AT MY EXERCISE CLASS...*** Here is the reason why working out and eating whatever you want doesn't work... you can eat your "diet plan" all week, eat whatever you want on the weekend, gain 3 lbs back, then spend the whole next week losing that 3 lbs. you never get ahead, you are basically just trying to stay afloat! This is ***The second part of this misconception... many people will work out for the sole purpose of being able to eat whatever you want! I used to do this too! I also realized as I got older that didn't work so well either. Just because you work out doesn't mean you are healthy but it is definitely a big component towards good physical health.***

The question you need to ask yourself is this: Why do you work out? Is it because you want to lose weight for that vacation and you have a goal to achieve? Are you working out because you want be able to eat all the fast food you can? And if theses are your goals than be ok with them... But if are you working out because you now have the mindset that you are in this life for the long haul and you want to live out your purpose... you need to break this misconception...

So many programs will teach you to lose it first, then live it... I propose to you.... Start off living it and all the benefits and goals you are working towards will happen. When you live it from the beginning your health increases, your positive attitude will affect not only you but those around you.

***You Have a purpose to accomplish that will require lasting transformation***

And now the fourth and final misconception for today, I have been eluding to it this entire time and it is this:

***Misconception #4: PHYSICAL HEALTH IS NOT A SPRINT IT'S A LIFESTYLE: There is no quick fix!***

Physical health is not just about your body it's about getting your whole self in order. This is what creates a lifestyle and not just a fad that fades away. Good physical health that is sustainable for long term will invite you to engage in learning about YOU and what it will take for you to have a lifestyle to position you for

longterm success. You need to consider things like: your family history, your metabolism, your activity level, your age, your gender, your blood type, and your likes and dislikes. This is how you begin to design your very own approach to good physical health. When I was fighting for my life after that cancer diagnosis I realized this and I pray you get this... My life, your life can't fully be effective if you lack good health and the vital energy needed to do it! If you lose your health, you lose everything! I heard it said, "***You are no good to God or others if you are sick or dead.***" I had to put my entire life on hold for 2 years! I was in the fight for my life and that is all I could do or think of 24/7. Good health needs to be a priority for you so that you can run your race successfully to the finish line.

This life is not all about you! It's definitely not all about me either...You have much to do! I am convinced that God is raising up an army of people and He wants His army healthy; mentally, spiritually and yes... Physically! Managing and stewarding our bodies is vital and it is a responsibility given to us when God gave us the gift of life! God will use you powerfully and effectively so you and I need to be ready for the long-term!

There are so many more misconceptions and misleading information when it comes to our physical health and well being. These are three that I have had to deal with in my life and have helped in the lives of many others. The more I have the privilege of helping people I realize more and more we are all going through very similar things! I pray this teaching can be a map to help you navigate to the truth about your health and how to achieve a lifestyle that will position you for long-term success.

I am confident that as we have spent this time together you begin to see with a positive mindset that How you see yourself physically, the way you feel others perceive you, what you believe about yourself, and how you feel about your body on the outside and well as the inside will set you up for great success.

I am so excited for you and what you are going to discover about yourself along the way! I encourage you to revisit misconception number 1 and really apply those 5 steps I gave to you at the beginning of this teaching. Keep a journal handy because I am confident as the days, weeks, months and years go by your answers will change as your physical health changes for the better!



# Andrea Thompson

## ***12 Keys to A Healthier You***

I am so excited to be getting together. I have my tea and bible in hand and I am ready to go... Thanks for inviting me to spend this time with you. Today we are going to embark on a journey toward a healthier you! There are 12 keys that I have implemented that have in many cases changed the course of my life... My prayer is that they will be life changing for you as well. Before we get started let's pray...

Feel free to grab your pen and paper and follow along, or you can use the downloadable reference notes we've made available to you.

### **The first key to a healthier you is:**

#### **1. RELEASE YOUR PAST**

You cannot move forward in life clinging to the things of the past. What worked for you then may not work for you now. I tell people it's not a wagon you fall off of, it's the fact that you and I will resort back to old ways and behaviors when we are triggered and have not moved into victory from past hurts, pain and failures we have experienced. For those of you that would remember cassette tapes... My husband tells me when something in me is triggered by the pricking of an old wound that may not be completely healed yet...He would say, that is the old tape, remove that one and put a new one in. I guess these days it would be CD's!

I would like you to look at a passage in Isaiah 43:16,18-19 from the Voice translation: ***"This is what the eternal one says, the one who does the impossible, the one who makes a path through the sea, a smooth road through tumultuous waters... then v. 18 goes on to say: "Don't revel only in the past, or spend all your time recounting the victories of days gone by. Watch closely, I am preparing something new; it's happening now, even as I speak, and you are about to see it."***

I feel it's so important to understand that not only does God assure us this isn't His first rodeo. That He has done this before, but not only that, He is promising He will do it again! **God is qualified to handle your struggles, dreams and your desire to move forward.** For some reason we have a tendency to forget what God remembers and remember what God forgets. When God forgives us and restores us, He wants us to forget the failures of the past, witness for Him in the present, and claim His promises for the future. His word says: ***"Do not remember the former things, nor consider the things of old."*** Here me on this; there is nothing wrong with thinking of the past, recounting experiences whether good or bad. But when we gear our present and future on those we will have a tendency to get stuck, disappointed and

frustrated if we keep trying to live from behind! Brian Houston said it right, "**Your significance is in what's ahead of you, not what is behind you.**"

Another thing we need to consider is that as we age our bodies change, our body chemistry changes, life happens, changing of the seasons of our lives.

Maybe the way you lost weight 10, 20 years ago doesn't actually work anymore. Hormones change, the stress level in our lives, your career, having children, financial responsibilities that you didn't have before, maybe you are or have been a yo-yo dieter like I was and now your body has had to adapt to the changes it has gone through. Maybe you have been on a thousand different diets and have even come up with a few originals of your own... haha and you didn't quite see them through and you and possibly your family has in some way or another labeled you a failure! You need to let that go. Failing is a learning experience so we can do better next time. There were many Biblical leaders who failed, but did they dwell on them? No they learned from their mistakes and [kept on moving forward](#).

**Determination and failure leads to success.** You fail and you get up and you try again. Eventually you will get it right. Just ask Thomas Edison. When you give up that is failure.

***For a good man may fall seven times and get back up again. Prov. 24:16***

Know this: ***Your battle for true health is ultimately in your mind, not your body.***

## **2. MAKE A PLAN AND FIND YOUR WHY**

**I've heard it said, a goal without a plan is just a wish.**

Goals require 4 things I call the Four D's : Devotion, Direction, Determination and Discipline, these four D's are for another teaching but when you have them, it makes achieving your goals very possible. And with that let's talk about Finding your why, because once you make your plan and have a road map to achieving and attaining your goal, you are going to need to know your WHY! Everyday you are working toward your goal will not always be easy... you may feel the urge to give-up. You may get tired, you may lose your drive, etc. and it will be in those times that you will need to draw upon and tap into your Why! There will be days where you will need to overcome laziness, old habits, addictions, destructive thinking, cravings... and you will need something to help your mind stay focused on the ultimate goal.

Before I got into full time ministry I worked as a Physical Therapist assisting people to be able to function in everyday life with the movement of their bodies. Whether they had experienced an injury, a surgery, disease or illness or age related. I learned that 60% of my job was psychological and 40% of my job was physical. I didn't quite understand this until I worked in a skilled nursing facility and when I was diagnosed with cancer... I could remember going to work and walking into a room where a patient was lying down and the last thing they wanted to do was get up and walk with me. Some of those people just lost the will and hope of it all. Hmm

maybe I am speaking a language you understand right now... it was my job to get these beautiful people up and moving... so on some very difficult days I needed to tap into what would motivate them to want to get up and walk, I needed to find their WHY! There were many days and sometimes they creep up every now and then when I am tired of thinking about every meal, every supplement to take, I have to tap into my WHY! ... Maybe you are stuck, you have lost motivation, maybe you have no clue why you are doing what your are doing and why you should stick with it!

For some of my patients it was to go to their child or grand child's wedding, sometimes it was to be able to go sit at the dinner table with others and enjoy a meal with community and not alone one more night in their empty room. For me, I had to ask myself WHY DID I WANT TO FIGHT AND BEAT CANCER... HERE ARE A FEW OF MY WHY'S... (read my why"s)

I feel this would be a great time to ask God right now, maybe some of you have never done that but just take a chance and see what is the first thing that comes to mind. identify your WHY'S! And write down whatever comes to mind.. right now do it, I will wait a sec. I am not going anywhere!

### **3. EMBRACE BEING UNCOMFORTABLE**

**As much as anybody I get what it's like to be uncomfortable.**

For those of you who have listened to my teachings on Renewing your Mind and Your Pain has a Purpose, you know exactly what I am talking about. If you haven't listened to those yet I highly encourage you to get them. Each of my teachings continue to build on one another and will really bring lasting transformation while you journey and navigate through your life and purpose that God has set for you.

Making a positive change in any area of your life in not always easy. It will be hard and uncomfortable. Your response to being uncomfortable will determine your victory. Having the mindset of embracing rather than resisting the situation or season you are in will have extraordinary results!

I love what Michael Phelps said, "***I think goals should never be easy, they should force you to work, even if they are uncomfortable at the time.***" As someone who was an athlete myself I so appreciate this statement and get it! Been there done that!

If we want to embrace being uncomfortable we will need to adjust our way of thinking. Believe it or not, sometimes we get too comfortable and we stop seeing growth in our lives. We can get too comfortable in our workplace, our marriages, our friendships, our finances, way we parent... and even our physical health. I love working out. With that said, it's not easy. It's hard work, it requires discipline to stay with it and be consistent. Getting healthy is not a sometime thing, it's an all time thing! I laugh when people ask me how long I should "eat healthy for", how long do I have to work out for (not meaning at a time but until I get healthy) I tell them as

long as you want to remain healthy! Everyday that you choose to be healthy that is how long you do it for.

I have come to learn, In order to embrace the uncomfortable in the season you are in you will need to detach from certain influences that are keeping you from moving forward toward a healthier lifestyle... even within our own families, people we hang out with, people we follow on FB and IG, we may need to unfollow because it is causing us to stay in a comfort zone or it's causing us to feel ashamed and defeated because of comparison and that is very unhealthy!

When we resist the uncomfortable it will hinder us from our true potential. The last thing I want to say about this key point is this.. I remember early on in my TKD training, my instructor caught on to the fact that I would pace myself... I thought it was to make sure I could get through the training for that day, part of it was, but I found when I paced myself it was more comfortable, I wasn't so out of breath, didn't feel like my hips or legs wanted to fall off, or want to throw up from my heart pounding out of my chest... she walked over to me and said you will never grow, never become more proficient and never succeed to your potential if you stay at a comfortable pace... she then walked off, turned back around and said... "now push yourself and move beyond your average!"

I can't think of one person in the bible that stayed in their comfort zone to embrace God's ultimate destiny for their lives. Not Abraham, Joseph, Peter, Paul, Esther, Deborah, Daniel... I could go on and on.. oh hey how about Joshua, I mean how many times did the Lord need to tell him to be "strong and courageous!"

***"In order to get to your promised land, you will need to embrace the uncomfortable."***

My question for you is, ***What areas of your physical health is God asking you to be uncomfortable in?*** This actually leads me to the next key to a healthier you...

#### **4. DETOX YOUR LIFE** **This is so key to any healthy life.**

It's important that we detox our mind, body and spirit but for this teaching I want to focus on the physical detox. My other two teaching on emotional health I go through detoxing soul and spirit. Our bodies are full of toxins that have been gathering for years. There are things, substances that we ingest that our bodies just can't process. They are foreign invaders and our bodies were not designed to process them. These build up in our cells, organs, blood and begin to wreak all kinds of havoc in our bodies and disrupt our normal and healthy functions. I am not going to go into great length on this because I go into great detail on reducing toxins in your body in my ebook... **ON OVERCOMING CANCER..It's totally free so go sign up and get it!!!** When 1 out of every 2 men and 1 out of every 3 women and when 43

children are diagnosed with cancer every single day, you and I are affected by this disease one way or another.

One of the things I enjoy doing is being able to get into people's pantries and refrigerators, and cabinets and clean house so to speak. Yep its true, I get asked to do that. From toxic foods, to toxic cleaning supplies, to toxic toiletries we put on our bodies... I will go in and educate people what to get rid of that's poison to the body and help them replace items with things that are good and healthy for them. It's fun to see the look on their faces sometimes... haha when I'm clearing it out. But in the end, they thank me and they are much better off and well on their way to healthy living.

I also find this so important to do because you don't need anything hanging around that may cause you to revert back to old patterns and ways of thinking and doing things. For example... when you are getting off sugar (which is the number one cause of inflammation which in turn causes disease to your body, its highly toxic) don't put the bag of sugar on the top shelf of your pantry in the way back thinking you won't ever touch it again. Just as Elisha burned his plowing tools in the book of 1<sup>st</sup> Kings of the bible, so he wouldn't go back to the past, I highly recommend you do the same. Maybe it's not sugar (although the average person consumes 150# of it in a year) maybe for you it is those IG and FB accounts. If looking at very fit, tone bodies has a negative impact on you, then delete it! That is toxic to your mind and spirit just as much as it is physically toxic...Maybe watching the food channel isn't the best option either especially if it's something that has to with baking and sweets!

Clean out your kitchens, clean out your body and anything else that may tempt you to go back to your old ways. I am all for cleansing and detoxing but make sure you are being monitored by a naturopathic doctor, certified health coach that can help meet your needs and detox safely! So with that said the next key to a healthier you is...

## **5. FOODS TO ELIMINATE AND FOODS TO IMPLEMENT**

**It's about alteration not deprivation.**

- a. Sugar- refined white and brown sugar even organic sugar! Sugar is sugar!
- b. Gluten-gluten is proteins in wheat that are irritants to your gut. They are like paper cuts or splinters digging into the lining of your gut that causes an inflammatory response.
- c. Dairy- unless organic and raw but many people are intolerant of dairy, gluten and dairy have the highest allergic reaction to the body.
- d. Caffeine(eliminate completely while fighting disease, limit otherwise, if having adrenal issues as well lay off caffeine
- e. GMO- your body doesn't recognize anything that is man made. The more man touches it and manipulates it , the further from God it is.

Implement these- Alternatives

100% Stevia, 100% zylitol make sure no corn added, Raw organic honey, Organic grade B maple syrup ( again if fighting cancer or other diseases the honey and maple syrup may need to be eliminated for a time.

Gluten free items, (remember gluten free doesn't mean sugar free) best grains to use are non gmo, organic, sprouted, and ancient grains like spelt. alternatives to grains and gluten would be nut flours, quinoa, gluten free oats

Dairy- organic raw, goat, sheep, non dairy milks(nut milks, hemp milk)  
Herbal organic teas- if doing caffeine in moderation make sure its organic(so much pesticides, herbicides and mold on coffee)  
Alcohol- sugar content, empty calories if trying to lose weight. One glass won't hurt, beneficial properties, but cancer trumps the beneficial properties.

Ann Wigmore was spot on when she said, "***The food you eat can be either the safest and most powerful form of medicine or the slowest for of poison.***"

## **6. HYDRATE, HYDRATE, HYDRATE**

**Can we say enough about water! Water makes up 2/3 of the human body... it's quite important**

Moves blood, allows red blood cells to carry oxygen more efficiently, so by doing that you have increased muscular function and mental acuity. , transports nutrients, removes waste, flushes kidneys, helps brain function makes up 75% of your brain, Water is essential for the body to sweat and release toxins, lubricates your joints and lessens discomfort from arthritis or back pain. (Reach for a glass of water before the Aleve!, aids in weight loss, helps maintain Ph levels, reduces risk of kidney stones and ulcers, heartburn, migraines, regulating body temperature..

Water slows down the aging process while smoothing your skin, increases energy, It lessens addictive urges, like alcohol, caffeine, and certain drugs... so if you are trying to eliminate those things above, increasing your water will help with the urge to want to eat or drink those things, you need water to flow in order to remove waste and toxins through your stools! If they are hard, it's a sign of dehydration... just sayin! And if you are one who is working on losing weight.. A university of Washington study discovered that one glass of water stopped hunger pangs for almost 100% of studied dieters! How much water should you drink? Take your weight and half it and that is how many oz. of water per day you should drink.. So if 140, drink 70 oz. now if its summer months, or you work out, you will need to increase accordingly. But you get the gist of it!!! If you feel, tired, sluggish, constipated, cramping in muscles... increases your water. More than likely you are dehydrated. Other things you may need but get in your water. **ONE MORE PIECE OF ADVICE TO HELPYOU GET IN ALL YOUR WATER... IF YOU DRINK 80z upon waking, before breakfast, lunch, dinner and an hour before bed... you just drank 40oz of the**

70 you needed for the day... assuming you are the 140lb. person. Try it...make it a goal to reach within the next few weeks.

## 7. MOVE YOUR BODY

**Your body was created to move! It's how God created us. If we were meant to be sedentary He would have made us to be a piece of furniture! I love to work out, I stated that earlier. Some days though, I don't feel like it, but my body is needing me to move!**

I really do like this quote from Edward Stanley... it's bold, strong and frankly true! He said this, "***Those who think they have not time for bodily exercise will sooner or later have to find time for illness.***" I will leave that there and let you ponder that! Your body parts like your heart, lungs, spinal column, arteries and veins, all require movement! Many people have careers where they are sitting a lot and this is where you need to find some sort of intentional exercise to do.

Here is another reality, you only become more healthy when your cardiovascular system (which is your heart, lungs and blood vessels) are dealing with oxygen efficiently. It's important also to have a good ratio of muscle mass vs. fat mass. I am also here to tell you that exercise is not only vital to your physical health but also your mental health as well...My husband knows if I missed a workout or two... he looks at me and says...hey babe... why don't you go take a spin class... that's code for "you need an attitude adjustment."

Diet so called miracle pills, surgery to cut off or suction out your fat cannot be a substitute for exercise! Your body was made to move! In the world we live in we are so inundated with environmental chemicals, bad fats we eat, sugar and a ton of processed foods, we need to exercise more than ever...a

I personally lift weights and spin, and I love doing HIIT exercises(max t-3 12 min. a day) , regulates hormones, take in O2 that we talked about. Find something you love. Make it fun, be consistent, find a routine and create a lasting transformation of health through exercise. **American heart assoc. says 10,000 steps a day keeps the doc away! Be creative you can do this!**

## 8. REST YOUR BODY

**Just as moving your body is vitally important for maintaining a healthy lifestyle resting is as equally important.**

For me this is personally harder than moving! I have had to get over myself in thinking I am lazy if I rest or feel like I am wasting valuable time... then I am reminded of this verse in the bible where Jesus is speaking to his disciples... Mark 6:31- " He said to them, "Come away by yourselves to a secluded place and rest a while."

I would imagine and wouldn't you agree with me that if we took a moment to think about our day and the demands, tasks and responsibilities that we have. Not only to get done for our own personal needs but also the demands that others place on us. And it sure seems like everyone of those are urgent, important and need to be done right now! You moms with children are shouting a big Amen about now! When we view our days like this... rest doesn't seem to be an option anymore. I tend to believe everything God's Word speaks to us is truth and very important. So when Jesus says, "come and rest" we should take that to heart! Let's take a quick look at what benefits rest has to our bodies:

- a. It increases our energy levels
- b. Improves our focus, and we are able think more clearly
- c. Our immune system is increased-which helps our bodies fight off disease and illness.
- d. Our breathing is better
- e. Our blood is healthier- It improves blood flow to our muscles and ensures we have a constant supply of oxygen. And it lowers blood pressure.
- f. Believe it or not resting helps with emotional eating as well. So if you are someone who's emotions trigger eating... go put your feet up, drink a glass of water and wait 20 min.
- g. Our central nervous system is able to relax
- h. Our bodies will be able to absorb nutrients better
- i. Digestion improves
- j. Rest will also bring freedom from anxiety, troubles, etc..

These are just a few of the multitude of benefits of rest. Times of rest and "rest days" are critical in maintaining a healthy life and a healthier you. Rest is a lost art in this generation and I encourage you to take time to rest. If Jesus got away to rest, how much more do you and I need it. I challenge you to prioritize rest for yourself. You will be amazed at what you will discover about yourself when you can silence the hustle and bustle of everyday life. I guarantee you will become a more loving and joyful person to be around as well! I will sum it up like this... the words from Pricilla Shier, "***Quiet time is not an excuse for the lazy but a wise investment for the diligent.***" Selah! After talking about rest it reminds me of another very important key to a healthier you... it kind of goes hand in hand with rest... and it's too:

## **9. REJUVENATE YOUR SOUL**

**No matter where you are in your journey, you should be taking time to do what brings life to your bones.**

**This life was not meant to be mundane and boring. For this particular teaching there are 2 things I want to say about this: First,** I am so thankful for David in the bible. He assured me I am not crazy when I talk to myself. Haha! David often spoke to his soul. He faced many challenges, tough situations and ran for his very life hiding in caves and what not... In this life that you and I are living we too face challenges, tough



situations... a lot. Two things that David did that sticks out to me at this very moment was how he strengthened himself in the Lord and how he spoke to his very soul! Psalm 103:1-4,

*Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy.*

In order to fuel our souls to bless the LORD, we should reflect on the LORD's benefits to us. Here is the bottom line with this: Sometimes you don't need to talk to your soul... but preach to it!

Secondly, I love finding out what people enjoy doing? Usually when you are doing what you love to do, you are rejuvenating your soul.. For me, spending time with my husband rejuvenates my soul. I love being outside, I love starrng at my trees, my grass, the birds and squirrels that play in my backyard. I love the wildlife that comes on a daily basis to my property. I am a beach girl... the ocean speaks wonders to my soul. Breathing in the ocean air, wow! I love it. I love reading, I love gardening, I love vacations with my family. Shopping... shopping rejuvenates my soul. Playing games with my friends and family... these are practical things that rejuvenate my soul. But here are some things that rejuvenate my soul as well:

Living my life for one purpose: God's purpose for my life. Stepping into my calling and living out my dreams and desires that He has placed in me. Teaching on the 12 keys to a healthy life rejuvenates my soul. Watching people get set free from bondages, pain, and disease rejuvenates my soul! Reading the Word of God and spending time in prayer and my personal relationship I have with Jesus...rejuvenates my soul more than anything on this planet.

So my question for you is what do you do to Rejuvenate your soul? Maybe you never thought that the very things you enjoy actually rejuvenate your soul. Maybe you need to do them more often! Make a list of things you love and begin to incorporate those into your life...and you will begin to experience a healthier you!

We have looked at several keys to a healthier you! I love them all! I implement them all.. but I must say this next one gets me literally up on my feet! I get so excited about this next key because it has been so key in the success I have had in my life with all kinds of circumstances, from my health, to my finances, to the ministry God entrusted me with, to my relationships with my family and friends.... I can hardly stand it... It's in

## **10. FIND YOUR SUPPORT TEAM**

**"As Iron sharpens iron so one man sharpens another." Proverbs 27:17**

**I am coming out of the gate and saying this boldly!** You need to gather a team of people who will radically raise the bar for what you are attempting to accomplish in this life! You need people who are great role models in different spheres of life, from people who are mentors and have paved the way successfully in personal growth, health, relationships, finances, parenting, Christian leaders, business owners, etc... Since moving to Redding, Ca I have been exposed to some of the greatest groups of people who are excelling in life in a way that is so contagious, so exciting and draws me to want to be a part of it. One of my mentors told me, "Andrea, if you are the strongest, smartest, person in your group... you won't grow! He told me and I am telling you get with people who have lived more life, experienced the ups and downs, who are doing things that only you can dream of! Get with those people... they are the ones who will teach you, build you up and propel you to succeed in life.

Man was he correct. It reminds me when people say you will benefit greatly when your house in your neighborhood isn't the most expensive house. Your equity goes up when you live with homes greater than yours... same with finding your community of people...

Let me put it another way... when you desire to be a 10 and you are hanging around 2's and 4's . Most likely you will become a three at best. When your desire is to be a 9 or 10 hang out with people who are 9 and 10's you have a good chance at being a 9 ½ or a 10 yourself! I remember my tkd instructor telling me. You can have the most gifted person, and someone who has to work at it because it doesn't come naturally. But if the gifted person is unteachable or un-coachable and the one who has to work at it is... the one who is teachable and coachable will succeed every time!

Partnering in growth with people makes that growth happen exponentially in your life and the lives of others. Here is something to remember that a dear friend taught me ... "you are ***the sum total of the people you spend the most time with.***"

Going back to my TKD instructor...You weren't called to be a mediocre martial artist! She saw potential in me I never thought I could. SHE PUSHED, YELLED AT ME, CALLED ME OUT... MADE ME CRY... BUT SHE SAW THE GREATNESS IN ME, SHE SAW MY POTENTIAL THAT WAS THERE AND SHE NEW EXACLTY HOW TO PULL IT OUT OF ME... BECAUSE SHE EXPERIENCED HERSELF... SHE HAD ALL THOSE THINGS DRAWN OUT OF HER WHICH MADE HER A CHAMPION AND SHE BECAME ONE OF THE GREATEST ROLE MODELS IN MY LIFE AND PULLED OUT SOME OF THE BEST QUALITIES IN ME.. WHICH LATER HELPED ME FIGHT ONE OF THE TOUGHEST FIGHTS OF MY LIFE... BEATING CANCER AND OVERCOMING ALL THE ADVERSITY I EXPERIENCED IN MY LIFE... ***Kris Vallotton says, "when you find your people you find your purpose."***

MY PRAYER IS THAT NOW AS I CONTINUE TO GROW AND SUCCEED I CAN BE THAT MENTOR AND COACH TO YOU AS I SHARE A FEW KEY STEPS THAT HAVE HELPED ME BE A A CHAMPION IN THIS LIFE! ITS'S ALL BY THE GRACE OF GOD AND BECAUSE OF HIS GRACE HE SENT ME THE BEST OF THE BEST IN EVERY THING I

FACED IN LIFE... I SURE HOPE THIS KEY STEP ENCOURAGES YOU! FIND YOUR PEOPLE! IF YOU DON'T KNOW HOW, ASK GOD... THAT IS HOW I MET EVERY ONE OF MINE.. NOT BY MY DOING BUT BECAUSE HE PLACED ME WHERE I NEEDED TO BE TO CONNECT AND GROW WITH MY PEOPLE.

We are in the home stretch: This next key I won't spend a ton of time on and if you want to hear more about this I go over it in great detail in my teaching on "Renewing your Mind." but it is huge in my success of becoming healthier... and that is

## **11. SPEAK LIFE**

**Proverbs 18:21- Death and life are in the power of the tongue. It's time to stop self-sabotaging ourselves with our negative words we speak over ourselves.**

Our words create a pathway to a healthier way of living and succeeding. I really began implementing this key into my life after my diagnosis with cancer. I would not accept a declaration of death. So I went to the bible, God's word, his truth and I looked up every scripture on healing. And I began declaring those truths over my life. From that I have learned to speak life into every area. I cannot tell you when I began doing this it was as if a light shined brightly on how often I was speaking negatively over myself and others. Family, friends, people I never met but encountered on a daily basis. You know, those people in the same line as you in the grocery stores, driving on the road in front of you... you get my drift!

I encourage you to begin speaking life over yourself, your family, your situations and watch the change you will have in your spirit, soul and physical body! If you have a debt that needs paying off, speak life over it, if you need restoration in your marriage, with a child, a friend, speak life into that area. If you are struggling believing you matter... speak life over yourself. And finally, we are at the 12<sup>th</sup> step to a healthier you.. I left this one last on purpose because it's actually the most important key to a healthier you..

## **12. PUT GOD FIRST**

**Honestly without Him, What is the point of any of this?**

I want to read a passage of scripture to you. Most of us are familiar with Matthew 6:33 which says to Seek first the kingdom of God and everything else will be added to you. I want to read the message translation of this and let it wash over you like a new spring rain...

*" what I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God initiative, God provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. Finally, give your entire attention to what God is doing right now, and don't get worked up about what may or may not*

*happen tomorrow. God will help you deal with whatever hard things come up when the time comes!"*

I'm not sure, in fact I know I couldn't say it any better. The first 11 steps I have shared with you are a result of Step 12- Putting God first... When you can give God your entire attention, all your mind, all your heart, all your soul and all your body.. He will equip you with everything you need for the situation, circumstance and season you are in. God wants us healthy for the long run... Life is a marathon not a sprint and we need to be healthy physically to take on tasks Jesus has given us, to run our race and run it well! I'm not saying that these 12 steps are the only way of becoming a healthier you... but they are steps I have taken and implement in my life and they work! Life is a journey and it begins with the first step.

I encourage you to take the first step by beginning to implement these key points into your everyday life. My prayer for you is that you will become your very best, that you will become a person thriving in every area of life... Soul, Spirit and Body! Here's to a Healthier YOU!