

HEALTHY FREE LIFE

Eating & Living for the Glory of God

Healthy Free Life Show Transcript

Episode #007: Amy's Story: How She Stopped Sugar Cravings and Lost 35 Pounds

Well, hello, Worthy One. I am so excited to be bringing you today a story of success by Amy, who is a student of the Healthy Free Life Way. You see Amy was once addicted to sugar. She was sluggish. She was overweight. She couldn't think straight. This is definitely not abundant living that she was experiencing. Amy made a decision that something had to change.

And she started on the path to a healthy, free life. And the result of her journey is that she overcame those cravings. She lost 35 pounds, which also means she reached her goal weight. She's now the size that she was in high school. She feels so much better, has more energy. She's the healthiest she has ever been. And my personal favorite is that she's walking with God daily. I cannot wait for you to hear her story. Let's dive in.

Amy, welcome. I am so delighted that you are here and that you have joined us for this special time together, where we're going to be sharing all about your journey to a healthy, free life. And it has been a joy to watch you over these last couple of years just really transform everything. And so would you just take a moment and share with us a little bit about you- just so listeners and viewers can get to know a little bit about who you are?

Sure. I am a wife and a mom of two grown kids. One is graduating this, well just graduated, from college and is getting married and another who lives and is going to school in Boone. And I'm a farmer. I have goats and sheep and lots and lots of chickens and just love living out here in Crabtree, North Carolina, enjoying God's beauty all around me and involved in our church. And yeah, that pretty much sums me up.

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I love that. So when you think about your health and your journey, what, before you started the Healthy Free Life Way, what was your biggest struggle that you had with your health?

Um, I had just gotten to a place where I was addicted to sugar and that made me just feel terrible. I was just lethargic and I didn't feel like doing anything. I had lots of headaches and I just felt gross and I knew that I needed to do something to feel better. And so... I reached out to my friend.

Yes. Was there a turning point for you where you were just like, "I've got to do something about this?" Like, what was it that made you just be like, this is it. I gotta do something?

I think it, it mostly, really was just feeling bad. Nobody likes to not be able to wear the clothes in their closet. I would always say, I want to unlock my closet because I didn't want to go buy any new clothes. So that's always part of it. I didn't like the way I looked, but I didn't look in the mirror a whole lot either. So... but I wanted to be able to go outside and climb up and down our hills and do my work and feel like I could do it. And I just couldn't. And I just got to that point where I said, "This is crazy. There's no reason I shouldn't be able to do this." So I think, I think that was just it, just the inability to function the way I knew my body could.

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So Amy, you had been dealing with this for quite a while. And, um, and so share with us what you had tried before.

I had tried just cold turkey no sodas, no sweet tea, that kind of thing. Many years ago, I did do the Atkins diet. And with that I had success. I lost weight. I lost a lot of weight, but it came back. So I would do these things, but then I would lose my resolve and just get back into the pattern of the addiction or whatever. You know, the taste or it would come back and, or desire for it would come back, and I would just start all over and then the weight would just come back on.

Yeah. And it all goes back to the, the habits, right. And so we can have, we can have this desire to go cold turkey. We can have the desire and all the willpower and the initial- in the initial stages- to do the diet. But then unless we have changed our baseline why, or we've changed our habits, we're on the other side of it, we're likely to go back to who we, who we were and what we used to do, because we didn't really change our habits in the process. So now share with us. You've been on this journey now for about 18 months of your healthy free life journey. And so share with us, uh, how you are overcoming or how you did overcome these challenges.

Well, it was one step, one habit at a time, was the journey of education and learning why I was addicted to sugar, or even that I was, and putting on better practices, like choosing which meals were really good and healthy for me or what sustained me throughout the day. So once that happened, it was a lot easier. I mean, it was tweaking. I was figuring out that my body needed more protein to hold up the amount of exercise that I do, like when I'm outside farming. And then in the winter months, adding more exercise to kind of balance out the fact that I wasn't outside as much as I had been during the

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summer months. So just figuring out that, I don't know, the ebb and flow and the balance of daily life has been really good for me. And I've been just able to carry that on into each new month and sort of trial and error, but it's, I don't know, it's not so much trial because it's the education that you guys have given me to learn and grow and see what works for, for a lifestyle and for a lifestyle change.

So you really, like if, if I were to look at the Healthy Free Life Way and we were to look at the stages of the Healthy Free Life Way, the first stage is the education stage. It's the rewiring your brain for what's truly healthy. It's helping you to establish your why and the reason why we even want to try, like, what is the purpose to all of this? We have to go deeper than just a diet, right? And then the second stage is really developing those healthy habits and to establish habits in the key areas of our health, such as movement, such as exercise, such as hydration, we've talked about these things. And then, and then the next stage from there is, if those things are still, if you still need additional support, whether for disease processes or weight, or what have you, that then we begin to really uniquely discover the diet and lifestyle that will help you to achieve your ultimate goals. And that's stage three of our, of our Healthy Free Life Way. And there's more stages, but you're pretty much at the end of the Healthy Free Life journey, just about. And so what I, what I love is that you were faithful step by step to go through the journey process. And so I just want to talk about that for a moment, because so often, um, just like you did with the Atkins diet, you jumped to a diet, uh, or we all jump to diets, or we all try to do different things, like I'm just going to go cold turkey. But unless we have the education as to why, or we, or we add in the glorious foods that are there to nourish us and support us and help us with our craving so we're not like no, white knuckle trying to like do it on our own. If we haven't invited God into the process and understand that he is the one that's going to strengthen

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us for the journey, without that foundational work, uh, there would not have been that success for you. And, and so often what we do is we cycle through going from diet to completely off diet, to not even on the path diet, to not even on the path. And so you chose step-by-step to walk through that process. And so for you, can you share with us the, how that, like the length of time that it took for you and just, um, how that might've been different from anything that you had tried before?

Really the holistic approach has been wonderful for me. Um, especially the spiritual aspect. I mean, I've been a Christian for most of my life, but the encouragement that we are mind, body, soul. We're all. You know, it's the whole thing. We are, God put us all together and you can't really take it apart or any part of us apart, was just really encouraging and to have support and supplements for Bible reading for every day. And somebody just say, "Just take it a little bit at a time." And now I'm really enjoying the read through the whole Bible. I have done that before, but not in a long time. And now I'm just, I'm eating it up. And I feel like this hard year that we've been through, God's word is really infusing and encouraging me. And it gives me the strength to do the things I need to do. And part of that is to continue to eat and exercise and do those things. So yes, that holistic approach is so key, I think, to living well. And then as far as just sticking to it, I'm not going to lie, there, there have been weeks when I've gone on a sugar binge and I've not been able to drive past a Burger King or a gas station and grab a Coke. And, I get to the end of that week though, and if I have indulged, I realized that it wasn't healthy for me and it wasn't a healthy choice and it didn't feel good. I don't feel good. And I think I've told you, my, my taste buds have changed in that cheap dark chocolate is not expensive dark chocolate, and my smoothies have ramped

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up to healthier smoothies. And so it's a process and I didn't start at one place. It was gradual. So I think when we look at it as that, and we look at it as a process and a holistic thing, it isn't a diet. It's a lifestyle change.

Absolutely. So you started your journey when you made the decision that I need to do something about this. And it was back in November, 2019. And so as of the time of this recording, you are more than 18 months into that journey.

And so what I want to do is, I don't want to discourage others that like, this is not a quick fix. Our, we have spent decades of our life abusing our temples and not really caring for it the way that we should have. And so this is not a quick fix to, to change. And honestly, quick fixes don't last for us, but you were faithful step-by-step to do the process. And so can you just share with us how long it took for you to achieve some of the, some of the goals that you had set out for yourself?

When we started, I just looked at the beginning and looked at what meals do I eat? And I just started with that. And so, gosh, I did that for the first couple months. I didn't even get into probably what was my greatest issue, which was the sugar addiction until probably month five. But I think that was providential though, because if I had tried to just cut out sugar the first month, I would have been like, yeah, you're crazy. I can't do that. So it came in increments in the right time. So probably about then I was able to go, "25 grams a day of sugar. What is that? What does that look like?" And what is that in our foods and all that kind of stuff. So, but then that took me a month or so to get to the place where I could go. Yeah, I can do that. And that's a normal thing for me to reduce my sugar intake to that and keep it at that or

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live close to that. So, and then from there, I didn't even look at exercise or what that addition would be until I don't know the winter some time. So that was probably seven months into our journey together. So it was very much a process for me. But at that point, inches were coming off faster than weight was dropping. And then the exercise just ramped everything up at the end.

And Amy, you became an exerciser, like you were doing the thing. So once you had gotten to that place in your journey to add in the exercise, um, you became an exerciser and in fact, you became one of our top students to uh, log in to our program. You are the top login-er, if that, if that's even a word, because you were coming in to do the exercises, you know, the exercises three days a week up to even five days a week. And so you won that award and I'm just so proud of you for, for doing that, and for, um, becoming an exerciser and at the right time so that it, it wasn't overwhelming. And I think what I hear you saying is that you, we have to realize that our brain can only accept so much change at a time. And for this to truly become a part of our life and our lifestyle, where it lasts beyond this year, it lasts into well into the next decade or two, is that we have to work with our brain and we have to, there's an acceptance of the change. So that change needs to be slow enough that our brain doesn't revolt, but it also needs to become part of us and allow it to just set in and become who we are. And I believe every step of the way you allowed that process to happen. And the other thing I admired about you as well as while you had significant weight that you were trying to, trying to release, you determined in the beginning that yes, I have a goal to lose weight, but it's not my focus. My focus is that I want to focus on my health because I am not healthy. And that became your focus. And what I love is that because of that focus that you had on your health and your, and your

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restoration of your temple, that then what happens is weight loss is a by-product of a healthy body. It, it happened as we restore our temple, the weight loss becomes a by-product of that. And so I love that you experienced the success in the weight loss area, but all these other wins as well. So can you share with us now? What are some, where are you now on your health journey and just share what are some wins that you've experienced as a result of your, of your journey?

I'm in a really good place. Um, I feel good, I mean lighter, but not lighter like weight lighter. I feel good because my brain feels like it reacts and is better. I mean, I'm 53 years old, so there are some mental brain stuff there, but, but for the most part, I would say some of that brain fog that you could feel just cause you're just feeling yucky. A lot of that has lifted and then physically I can get out and I can run around literally chasing goats and I can do it. I've been chasing a pig lately. Um, and so that physicality is come back and I'm not huffing and puffing and feel like my heart's gonna fly to my chest. And so that's been a great encouragement. And then, I don't know, it's just, it's kind of weird when you see people. Cause I really am one of those people that I don't know, I have this mental picture of what I look like. I mean, I kind of look like I did in college. I don't know. That's just what I see of myself all the time, even though it's not what I look like. But, um, and then you'll see somebody on the street and they'll go, "You've lost so much weight!" or "You look so different." and I'll be like, "Oh, that's so weird," you know?

But, um, but it is encouraging to have people join you in excitement that you achieved something that you were working towards and being excited with you, and that's not why you do it, but it's been fun to share with them the freedoms that I've found and how much healthier that I do feel.

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That's amazing. And to know, and you've reached your goal weight. Is that correct?

I have, I mean, I fluctuate maybe, I don't know, three to five pounds here and there, but, um, I anticipate that this summer that that'll drop. So, yeah.

Um, I think we all fluctuate three to five pounds. That is totally normal. Even I do as well. And so, and I believe that what I love is that you have the tools that you need in order to know what to do about that should it start to creep up. That you have, you had the tools in your pocket to know exactly what to do. Well, Amy, it has been a joy to be here with you. It has been even more of a joy to, to watch you go from where you were to where you are now, and to watch you just flourish in life and have that abundant life that we have been promised and so that you can go and do and be all that God's called you to. And it's just been a delight to watch you and to partner with you on this journey.

Wasn't that incredible? I am so thankful that Amy decided to share her testimony with us. I pray that it was an encouragement to you and you are inspired to start your own healthy, free life journey. I'd also love to let you know exactly how you could get started. If you want to know the first steps that Amy took, well, she started with the starter kit. The Healthy Free Life Way starter kit, where I outline the first five steps that you need to take to start your journey to a Healthy Free Life Way.

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It also includes a devotional and prayers, food lists, and more. I can't wait for you to get this in your hands so that you can start your journey today. All right. I'm going to leave you with these words from Jesus, out of Mark 10:27, "Jesus looked at them and said, 'With man, it is impossible, but not with God. For all things are possible with God.'"

Until next time. Bye for now.