

HEALTHY FREE LIFE

Eating & Living for the Glory of God

Healthy Free Life Show Transcript

Episode #003: Katrina's Journey to Health

Well hello, redeemed one. I need you to know something. We were meant to live free. We were meant to live free from disease, free from exhaustion, free from excess weight, free from food fixation, and free to fulfill our God-given purpose. My mission is to help you to experience a healthy, free life. And the reason I am so passionate about this is because this is my life story.

I was once sick and diseased. I struggled with weight and I was unable to fulfill my God-given purpose as a result. And I need you to know that I have not always been healthy and free. In this episode, I want to share my journey with you so that you know that I know what it's like to be burdened and bound, to be unable to do the things that you want to do, to be unable to fulfill your God-given purpose.

And so I want to take you on my journey and share that with you today. You see, I started out as a very sickly child. I had severe asthma and allergies. I was on several medications. I was in and out of doctors' offices, even in and out of hospital stays, and the medications that I was on and they were not as great as they are today.

And the result of the medications left me without an appetite. And it left me pretty small and frail. In fact, string bean comes to mind. Fast forward to my twenties. My husband, Chris and I, got married when we were 22. And in that first decade of my adult life, I abused my temple. I hated veggies. I loved Dr. Pepper and we lived at Taco Bell on the corner. I had a high-stress job as a registered nurse working the night shift. I worked in ortho trauma units where we would have motor vehicle accident patients coming in. I also worked in

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labor and delivery where I was in a high-stress position to make decisions about labor and delivery. I was in the O.R. when things didn't go right.

I drank Slim Fast for work meals and I used coffee and peanut m&ms to keep me awake through the night.

I had constant sugar cravings. And boy did I give into those cravings. I didn't know I was a sugar addict, I just ate sugar all day long... breakfast, lunch, dinner, snack and dessert.

Oh, and in my free time, for fun, I was a yo-yo dieter... in an attempt to break free from not only these burdens and get our weight under control, my husband, Chris and I tried every diet out there... do any of these sound familiar to you? The Atkins Diet, South Beach Diet, The Zone Diet, The Flat Belly Diet, Body for Life, The Cabbage Soup Diet, and more.

I thought dieting was the solution to all our problems. They weren't.

From how I chose to care for my body, how I was eating, all of the dieting that I had done, I was struggling big time. By the time I hit 30, I was a hot mess. So I was still suffering from allergies and asthma. In fact, in my twenties, I ended up on a ventilator, in the hospital for several days. In addition to that, I had chronic fatigue.

I had acne, infertility, anxiety, and I was bordering on depression. I was so exhausted all of the time. And I had a buzz inside my chest that was always with me. I thought that the anxiety that I was experiencing was a spiritual battle or a mental issue. This was not what I wanted. Surely this was not the abundant life that God had promised me.

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I had a God-given purpose, but I wasn't able to fully live that out because I was physically burdened and unable to do so. But God. It was finally in my desperation that I began to cry out to God for relief from my physical burdens. I finally invited him into my health journey. I finally went to him instead of diets.

I finally went to him instead of man. He answered my prayers, but it was not my instant healing. I thought it would be. Instead, he brought me on a journey. He began to show me how to use his glorious foods to heal my body. He showed me how to begin, to bring restoration to my temple. One of the people that he used in my life to help me on my journey was my mom.

You see, my mom had just recently had a health scare with cervical cancer. And so she was on a desperate search to help, to bring health and restoration to her body. She wanted to prevent cancer from ever returning to her body. And so as she began to go, she was just a little bit farther ahead on her health journey than I was on mine.

And she began to give me resources. You see, at the time, it was so long ago, that there was the internet, of course, but there was not a lot available. And the books that were available were more about dieting than about health. But there was one book my mother gave me and it was called the *The Superfoods Rx Diet* by Steven G. Pratt.

And inside this book, there were like 14 foods that if you included these superfoods into your life, that you're going to experience more health and vitality and all sorts of amazing things. And so I was like, "Oh, well this seems doable." Right? So I began to follow what it was telling me. So I added in spinach, I added in green tea and it even allowed me to eat some dark chocolate.

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I even tried salmon. And as I began to add these foods in, I began to experience some powerful results from that. I began to understand the power of food. And as I began to experience relief, and as I began to experience results, like increase energy and anxiety that was lessening, I began to experience less acne and my allergies began to go away.

I began to get focused on relief from these burdens. I was focused on the freedom. I was no longer concerned about the weight. I was no longer concerned about the outward appearance because I was after freedom because I began to taste it and experience it. And it was after I began to experience the results, that's when I was motivated to continue to do more and more from there. And listen, it was not perfect. In fact, I want you to know the length of my journey, not to discourage you, but to share with you the realism of what it took to restore my temple. You see my journey to health was a five-year journey.

It was 30 when I started and it was 35 when you could look at me and I was vibrant in health. And so I want you to know that I didn't have a coach. I didn't have a Katrina to help me on the journey so that I could know exactly the steps that I needed to take. And so my goal for you is that it's not going to be a five-year journey for you.

What I want you to know is that I have a step-by-step plan, the Healthy Free Life Way, and the goal is to help you to navigate this so much more quickly. In fact, my students that I have the joy of working with, they begin to experience relief from their physical burdens within a few short weeks. And I also want you to know that if you are in the middle of your health journey, where you're somewhere in the wilderness of still continuing to strive towards a healthy free life, don't give up. I want you to trust that as you are taking faithful step after faithful step, as you are adding in God's glorious foods, as you are using

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lifestyle choices, like rest and movement and exercise, and your spiritual health is a top priority, I want you to trust the process. I want you to trust that if God has led you here, that if he has led you on the journey to restoring your health and you are taking faithful step after faithful step, that I want you to know that at a cellular level, that you are beginning to bring health and vitality to each and every one of your cells. And as you begin to do so, it's going to, it's going to take root and it's going to blossom and you are going to begin to experience results. I want you to look for results that are not just about weight and the scale, but I want you to look for things like increased energy.

I want you to look for things like mental clarity for the brain fog is gone. I want you to look for improved mood. I want you to strive to look for things like a deepened relationship with the Lord. I want you to look for things like glowing skin. And as you begin to focus on these and you see them, then what's going to happen is they're going to continue to motivate you, and they're gonna continue to drive your desire to continue your journey. So listen, my journey was incredible. There was joy in it. I wasn't burdened with dieting. I was just after health and listen, as a result of this journey, my body was restored to a place of true health. I radically transformed my life and experienced lasting healing in all of the areas that I mentioned before. I am free from the effects of disease.

I am free from struggling with weight. I am free to fully live life and God also, what I love, he used the health journey to draw me closer to him. My relationship with God, it deepened. And then what happened next changed everything in my life. It was 2009 after I had gone through my health journey and God spoke to me.

I remember the day. I was working at my local church. I was sitting at my desk and a quiet dimly lit room. He impressed this vision, this mission on my heart.

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And he showed me that I wasn't the only one struggling, that there were others. He said to me, "My people are sick and dying. I want you to help them to remove the physical burdens from their life so that they can live out the life

I am calling them to live." It was a life-changing moment, for sure. So, I said yes to his call. I then went on to make this mission official. And I attended the largest nutrition school in the world, the Institute for Integrative Nutrition in New York City. And I became a certified health coach, which really did integrate beautifully with my past experience as a registered nurse.

I studied under top experts in the field of nutrition. And I also learned how to coach others to transform their own lives through healthy eating and living. Since graduating, I've also had extensive training and certification in women's hormones and resetting the metabolism. My education has equipped me with a deep knowledge of holistic nutrition, health coaching, and the importance of caring for our temple.

And now I get to share my message with you and help you as I have thousands of others. I want to help you to connect the dots and show you exactly how to begin and how to eat and live healthy for the glory of God. My life's purpose is to help you release the physical burdens holding you back from living the life and you were called to live.

Dear one, I want this for you. I want you to know that you don't have to live burdened and bound, unable to fulfill your purpose. You can choose a new way. You can get healthy and free from these burdens that are holding you back. You can live the abundant life that you have been promised, and I want to help you.

So I've put a starter kit together for you. And it's free and you can find it by going to healthyfreelife.com/3 healthyfreelife.com/3. And that's the number

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three. This healthy free life starter kit is going to include a prayer, a seven-day devotional, it has my glorious food listing in it, and more, to help start your journey the right way.

And now I will leave you with this from second Corinthians, 13:11, "Finally, brothers and sisters, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace. And the God of love and peace will be with you." Until next time. Bye. For now.