



# AWAKENED WELLNESS LLC

## *Why is nutrition so important*

Let food be thy medicine and medicine be thy food. Optimal health is directly correlated with a high quality nutritious diet. Good nutrition is the main preventive measure against a large number of human diseases. Processed foods and GMO foods are robbing the body of life. The life of food is in the seed, the seed that was designed by the creator, not in a laboratory.

Poor diet equals poor system and cell function. When you are having symptoms or some kind of illness, it is obvious that some system or part of your body is not functioning properly. You are in the right place. We will seek out the deficiencies in your routine so that you can regain and maintain abundant health.

I, Nurse Tanya, has asked you to stop eating the 7 most common inflammatory foods for 30 days in hopes that you will begin to hear your bodies voice again. In that 30 days you should feel much different in your body. Not to say that you won't have some discomfort in the process. This is a valuable tool with or without the addition of the supplemental support. Yes, you could drop \$300-450 and do some food allergy testing. The Wellness Way build their program off that principal and I does work. However, I for now, I would like to save you some \$\$\$. We know by the thousands of people that have already tested what the 7 most common inflammatory foods are. And, we know that your body will benefit greatly from eliminating them. It just makes sense. After 4 months of gut work you are still having problems, it is time to test. Ultimately I am hoping that you will feel the value of living in a 80/20 relationship if not total 100% elimination of these foods. I do agree with Dr Flynn when he says. "the body does not know moderation." At the end of the day, I just want you to respect and love your body to the best of your ability. The 7 foods to avoid: Dairy- Corn- Soy- Sugar- Gluten- egg- peanut

Why do you eat?

Do you ever think about why you eat? The majority of us eat to satisfy emotional and social needs before physical needs. Food is very emotional to most everyone and learning to eat to fuel our bodies takes self discipline. Many of us live for the "party in the mouth", the taste buds are directly linked to our pleasure centers giving us so much satisfaction. Many of this pleasure is induced by harmful ingredients and flavor enhancers. Over time we we become addicted to the chemicals and crave this junk food. We have created pathways in our brain called habits: we now eat because we are board, sad, happy, tired, and stressed. We can no longer 'hear' our bodies natural hunger signals.

The body is amazing.

It is never too late to reset the body, even if we have been damaging it with toxins and poor nutrition, the body can and will heal. A healthy body will crave nutrition. An unhealthy body will crave sugar and junk food. During the restoration process you will have to use willpower to bring your body into alignment. However, in the months and years to follow, your body's desires will change and you will crave healthy food. As you eat for health you will become healthy.

You are what you eat..... You are what you can not eliminate..... scary thought.

Bless this food

Food should be a blessing. When you pray, "bless this food to the health and nourishment of by body." Make sure this is not an impossible ask. Even the Lord can not change the nutritional outcome of what you eat. We must eat food that has life it it. The life is in the seed. Processed and GOM foods are void of life, void of the Lords blessings.