

Raise a Glass to Your Destiny

Not knowing who we are and not knowing why we are here are two of the most compelling reasons why vegetable juicing and making other healthy dietary changes becomes so volatile for many people. It is often difficult to deal with the stresses of life without our favorite “comfort foods” to stuff down a variety of emotions.

It's hard to avoid food temptations when we don't have a compelling reason to discipline urges for the wrong foods and drink. And we often find we can't face ourselves once toxins start coming out.

The purpose for our life is something many people long to know and complete. However, many people struggle with knowing why they are here and sleepwalk through life or exist in a state of “hypnotic waking.” This makes it very difficult to follow the juicing and whole foods lifestyle because in a state of frustration and lack of fulfillment, we tend to reach for short-term, feel-good fare—foods that give us a little comfort and pleasure for a few minutes.

In the long run, they defeat our goals and keep us from the health we long for. They can actually derail us from our destiny because they cause illness and disease. We become one of the soldiers lying on the battlefield with our armor askew, focused on our body—our pain and our ill health.

When I was on the Sid Roth show *It's Supernatural* in January, he did a re-enactment of a vision I had of God's army lying on the battlefield with all sorts of diseases such as diabetes, cancer, heart disease, fibromyalgia, chronic fatigue and much more—being beaten by the enemy because they were down. You can view that show at

My husband teaches a class at our health and wellness retreats titled, *Who Am I; What Is My Purpose?* I took that class years

ago and discovered my passion was, and still is, nutrition counseling and juicing. Because of this discovery in his class, I went back to school and completed my Master of Science degree in whole foods nutrition. The rest is history, as they say. Here I am today with more than 3 million health and juice books sold and helping thousands of people each year reach their potential through learning to live the juicing, healthy foods lifestyle.

How To Discover Your Purpose

When I went through my husband's class, he had me write down my ten best experiences in life, starting with childhood, then teen years, young adult, and present. I looked for things I did well that also gave me a sense of joy and fulfillment. Then I looked for themes that ran through all the stories; it was helping people, speaking, teaching, and writing, especially about healthy dietary choices and how to get well that gave me the most joy.

If you're feeling unfulfilled and lacking purpose and direction, why don't you complete the exercises just described? It's best to then share this with others to get their feedback. I did this in my husband's class and got responses from the people in the group. Other people often can see us better than we see ourselves and help us identify our greatest strengths and gifts.

If you find yourself in a state of frustration, wanting to make the right choices regarding your diet and living a healthy lifestyle, but continually feel that you get triggered by events in your life and pulled back to unhealthy habits, it's time to discover your compelling future. You can get very clear about who you are and why you're here.

God has a plan for your life—a compelling destiny. To complete your destiny, you need a healthy, strong body—one that can “go the distance” and complete the course. If you have tried and

failed, take heart. This is a new day. You can start right now to get clear about your purpose. You can make a decision, just like an athlete would do, that nothing is going to get in your way of achieving your goals.

When cake, ice cream, a bag of chips, or any other unhealthy food tries to lure you off course, you can say no with ease. You have a destiny. *Nothing* tastes as good as great health. *Nothing* is going to derail you from your destiny.

Get a copy of my book, "The Juice Lady's Living Foods Revolution" and learn what to juice and eat for the best fuel for your body. You can choose today to have a strong, healthy body by vegetable juicing and eating a whole foods, organic diet along with exercise and right-minded thinking. You have a purpose and place in God's present day army. You can "run your course" with vibrant health and finish well.

Cherie Calbom is the author of 21 books, including her latest best-seller, *The Juice Lady's Big Book of Juices and Green Smoothies*, and *Juicing for Life*, with 2 million copies sold. Known as the Juice Lady for her work with juicing and health, her juice and diet therapy and cleansing programs have been popular for more than two decades. She holds a Master of Science degree in whole foods nutrition from Bastyr University. She has practiced as a clinical nutritionist at St. Luke Medical Center, Bellevue, Wash., and as a celebrity nutritionist for George Foreman and Richard Simmons. She and her husband conduct wellness juice and raw foods cleansing retreats throughout the year. For more information and to sign up for her free newsletter, go to .