

Sugar's Spiritual War on Your Brain

Having once been addicted to sugar, I now think sugar is like an allergy for me; if I eat a lot of it, it causes negative effects in me, which I do not like.

It makes me irritable, low in energy and brain-fogged.

Because I choose to go through life energetic, mentally sharp and emotionally balanced, I do not buy sugary foods anymore.

What's scary about sugar is that manufacturers put it in just about all processed foods in one form or another.

Check out the labels of some of the items in your cabinet. You would be shocked! For me, my limit is nothing above 10 grams of sugar per serving.

When you look at brain scans, you see the clear effects of addiction.

Certain parts of your brain get dampened or turned off in addiction: "Little" parts of your brain like your ability to reason, exercise self-control and your ability to experience joy and real pleasures.

That is not what the Lord wants for you. He wants you operating with all parts of your brain functioning the way He designed originally.

Two Scriptures tell the story of God's will for us in this area:

1 Corinthians 6:12:

"'All things are lawful to me,' but not all things are helpful. 'All things are lawful for me,' but I will not be

brought under the power of anything.”

To me, this means I can eat anything, but I shouldn't eat everything! Once I discern that a food is not helpful to me, I should seek the Lord's wisdom and strength get that food out of my life so that I can take my brain back.

“Be sober and watchful, because your adversary the devil walks around as a roaring lion, seeking whom he may devour” (I Pet. 5:8).

If I am brain-fogged, confused and listless, then how can I be alert to the enemy's schemes?

When you are in a war, you need all of your brain faculties to plan and execute your strategy to overcome the enemy. Otherwise, you are an easy target for him.

He may start out exploiting your food weakness, but once he gets that foothold, he may target your family or finances next.

This can happen when your mind is not alert enough to practice the spiritual warfare necessary to protect all that is dear to you.

I know some people may say, “Kim, you are exaggerating this. One little bite won't hurt.”

I counter that with, “Yes, it will hurt if it leads you into an addictive cycle that will keep you in bondage to sugar addiction and obesity for 30 years!”

“Now the serpent was more subtle than any beast of the field which the Lord God had made” (Gen. 3:1a).

The word “cunning” means “having or showing skill in achieving one's ends by deceit or evasion.”

That sounds like a being who can think, plan or create

strategies, doesn't it?

No wonder the enemy wants Christians to lose their ability to think!

That makes you more vulnerable to his lies: easy prey.

Oh and by the way, that belief that you will always be in bondage to sugar addiction, and you'll never get free? Another of the enemy's lies!

How long will you believe the lie above God's truth? Jesus came to set the captives free.

So to me, the choice is simple: It's your sugar or your brain.
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*Once 240 pounds and a size 22, **Kimberly Taylor** can testify to God's healing power to end binge-eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

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