

Take This Unusual Challenge and Positively Impact Your Diet

Why are the choices seemingly so difficult?

In our last article, we discussed the real source of temptation for non-nutrient chemicals and disease-causing substances that we put in our mouths, in the name of food, every day. Clearly, God does not direct that behavior, as evidenced by our growing climate and culture of illness.

So let's dive into some reasons why there seems to be such a difficulty in making the right choices. The first reason stems from how we use our words.

In the last blog, I made mention of a common statement, "I hate vegetables." Certainly, this is not of God nor is it mimicking His character, especially knowing that He made those vegetables a necessity for our very existence and healing while we walk this earth.

Remember, our words are creative forces. They initiate a neurochemical storm within our neurological system that will stimulate a variety of bodily actions. In other words, they unleash our bodies internal regulators to deal with life as we perceive it.

If we so much as utter a phrase that says were "scared," we may be. If we speak a phrase of "hate," we likely will. You get the idea.

Here are some Scriptures to keep in mind:

—Proverbs 11:9 – evil words destroy one's friends; wise discernment rescues the godly.

–Proverbs 11:12 – it is foolish to belittle a neighbor: a person with good sense remains silent.

–Proverbs 11:17 – your own soul is nourished when you are kind, but you destroy yourself when you are cruel.

–Proverbs 15:1 – a gentle answer turns away wrath, but hard words stir up anger.

–Proverbs 15:4 – gentle words bring life and health; a deceitful tongue crushes the spirit.

–Proverbs 16:24 – kind words are like honey, sweet to the soul and healthy for the body.

–Proverbs 18:4 – a person's words can be life-giving water; words of true wisdom are as refreshing as a bubbling brook.

–Proverbs 18:20 – words satisfy the soul as food satisfies the stomach; the right words on a person's lips bring satisfaction.

So our words do matter. These are just a few statements concerning how we speak in the Bible.

Perhaps we need to start proclaiming that we love vegetables. Now that is certainly food for thought.

I once challenged a pastor friend of mine, who incessantly stated he would never like vegetables, with a six-month test. In those six months, he was to profess over himself and his home daily—"I love vegetables."

He reluctantly agreed. During the six-month period, I would gently encourage him and remind him of our agreement. In the first couple of months, I could tell he wasn't liking this one bit.

However, at the end of six months something miraculously happened. You guessed it—now, he was eating vegetables with

every meal and actually loving them. His health supranational improved and he lost a good amount of weight on top of that. He became a beacon of health and hope for many.

Yes, he was actually speaking God's will, purpose and intent over his life.

Maybe this is a challenge that could be taken on in your life at home. Do your words need to change regarding food and appetite? {eoa}

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