

Stop Satan's Lies—and Start Getting Healthy Today

You want to lose that extra 10 pounds (or more).

More than that, you want to get healthy.

You want to start that exercise routine your doctor recommended.

You want to look and feel better than you do.

You'll start early next week, because this week, you just don't have the time or energy.

The problem? "Early next week" never comes.

We've all seen and even experienced this problem, naturopathic doctor Mark Sherwood tells Dr. Steve Greene on a recent episode of the *Greenelines* podcast on the Charisma Podcast Network. But it's more than simple procrastination. The problem lies with our mindset—and the answer, he says, has more to do with spiritual warfare than you may realize.

"Most people, when you talk to them about the desire to get healthy, the want-to, probably you're going to get 100% of the hands," Sherwood says. "But then we also have to confront, address and bring correction, if you will, to the other side of that coin: How many listening right now have failed at making adjustments? Well, you're going to get the same amount of hands that go up."

Sherwood says what keeps us from success in our health goals is tied to lies or limiting ideas. "They're so common, we don't think about it; we sadly repeat them all the time. And we know our words create. So we'll talk about somebody's mindset—these lies—and we need to unravel those and get them out of our lives.

“Don’t entertain them,” Sherwood says. “Because when we entertain them, we’re basically being overtaken by a lie. We know the master of deceit is a master of lies; he twists things on us.”

❌ To learn how to attack the devil and reach your personal goals for health and more, listen to this entire episode of *Greenelines* here. Subscribe to *Greenelines* on your favorite platform so you don’t miss any of the informative, inspiring content. And for more practical, spiritual tips, be sure to tune into Dr. Mark Sherwood’s own podcast, *Healthcare’s Missing Link*, also on the Charisma Podcast Network.{eo}

Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS