

A close-up photograph of a young woman with voluminous, curly brown hair. She is smiling broadly, showing her teeth, and looking upwards and to the right. Her hand is resting under her chin. She is wearing a light blue t-shirt. The background is a soft, out-of-focus grey.

A Change of

MIND

THE #1
THING YOU
MUST DO
TO KEEP
OFF THE
WEIGHT
FOR
GOOD

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A Change of mind

You probably know that what you eat or drink affects your physical health in a powerful way. But **did you know these facts?**

- Your physical health affects your mental health
- And your mental health has a huge impact on your physical health including how you can lose weight and keep it off.
- 9/10 of diseases start in the mind

The relationship between the mind and the body is very close. One affects the other.

The brain should be well nourished, and to do that the body needs to have healthy blood. Along with a whole food plant-based diet, drinking a good amount of water, and temperance (avoiding anything bad, and being moderate in good things), other things will help to produce good blood in the body: exercise, fresh air, sunlight, proper rest and trust in divine power.

Let's now talk about Divine Power. You might ask: "What do you mean by divine power? And how can it impact the health of my blood and the health of my body and brain?"

Trust in Divine Power is actually the **#1 most important thing** you should consider for your health and even weight loss.

You see, stress, anxiety, remorse, unforgiveness, and worries will impact your physical health. All these can not only kill brain cells but can also produce impure blood in the body, which will impact overall health and the capacity to lose weight properly.

"The life of the flesh is in the blood" - Leviticus 17:11

"A merry heart doeth good like a medicine: But a broken spirit drieth the bones" - Proverbs 17:22

Peace of mind and strong willpower to make the right choices, resist temptations, and feel happy will help you lose weight, keep it off and be more healthy.

How do you get true peace of mind? How can you strengthen your willpower to make the right choices and get the strength to resist the strongest temptations?

There is only one true source of peace as well as joy, and pure love. It is Jesus Christ. It is the power of God that is absolutely necessary to make long-lasting transformations in your life.

Your faith in God and your relationship with him will affect your whole life, and the better your faith and relationship with God become, the more your life will be changed for the good.

Even when it comes to weight loss, you will realize how much God loves you and is ready to help you have the body and health He intended you to have. **No matter your weight and health, God loves you more than you can ever comprehend. Jesus would have died on the cross if you were the only one to be saved.** He died so that you can have life. Abundant life now and eternally in the new world to come.

- *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." - John 3:16*

Yes God wants you to have an **abundant life**. It is possible by committing your life to his hands so that he can equip you for what he calls you to do.

- *"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." - John 10:10*
- *"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." - 3 John 1:2*

If you ever make progress and then fall into temptation again, don't be discouraged, and get back up on your feet. Sometimes you might do two step forward in your faith, and sometimes you might do a step backward, but always remember to be perseverant and patient.

- *"Let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us - Hebrews 12:1*

Even if when you look in the mirror and you see an overweight, stressed, tired person and you feel tempted, believe that with God's help, you will get leaner, healthier, and happier. And never give up. You might miss the gold that is at the end of the tunnel.

Sometimes we must go through the deepest valleys in order to attain the top of the highest mountain.

Pray, believe, and act upon what God told you he will do for you in his words. The Holy Bible which is a beautiful love letter from God contains a great number of **promises** from God, who is the only one who never changes and always does what he says.

God will transform you from the inside out, only **if you allow him to**. Indeed, he won't force you. You need to sincerely ask him to, in prayer, knowing that prayer is the opening of your heart to a friend.

And you might not realize it but God truly is **your best friend**. He cares and loves you more than anyone on this earth.

By praying you will be talking to God, but God also wants to talk to you. **Open up, read, and study his words found in the Bible.**

If you would like to do a Bible study, I can send you information to follow an awesome and easy-to-understand, and entirely free online Bible Study, or you can also join our weekly Bible study group on Zoom. Contact me at coachannelaure@gmail.com with the words "Bible Study" in the email subject, and I will get back to you with more information.

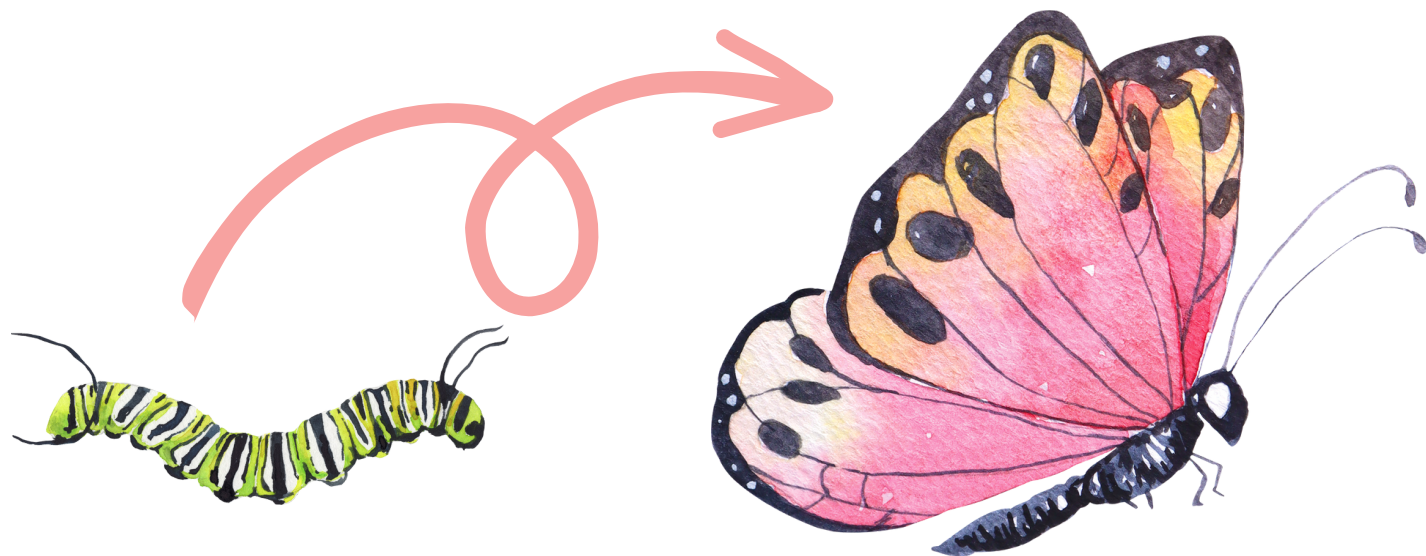
In your weight loss efforts, do your very best and God will do the rest. **Even if you fall, get up again and continue making changes.** Don't be passive, but be active, have faith and hope, and God will truly reward your efforts.

Think about Jesus on the cross who suffered, and died because he had you and the entire humanity in mind. And who was resurrected to empower us through the Holy Spirit. Jesus is right now preparing a place in heaven, a place so amazing, that no mind can picture the beauty and joy that will be there. Those who are in Christ will obtain glorified bodies! Yes, real bodies that won't have any more defects and sickness.

- *"Who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself" - Philippians 3:21*
- *"Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed." - 1 Corinthians 15:51-52*

Come to your Savior just as you are. Ask God to forgive your past sins (whether it be gluttony or any other sins) and ask him to change your mind. Keep on praying and studying the Bible.

Just like a beautiful butterfly, you will become a new creature.



Interested in a Bible study to know more about God and his will for your life?
Contact me at coachannelaure@gmail.com.



**Do you have any health issues?
As a holistic health coach, I can help,
support and guide you.
Send me an email at coachannelaure@gmail.com with
"Need Health Help" to learn more.**

Promises of God

That you can claim back to him when you pray

- *"Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust." - 2 Peter 1:4*
- *"In hope of eternal life, which God, that cannot lie, promised before the world began" - Titus 1:2*
- *"But my God shall supply all your need according to his riches in glory by Christ Jesus" - Philippians 4:19*
- *"I can do all things through Christ which strengtheneth me" - Philippians 4:13*
- *"I will not leave you comfortless: I will come to you" - John 14:18*
- *"For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly" - Psalms 84:11*
- *"Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth" - Jeremiah 33:6*
- *"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." - Exodus 15:26*
- *"And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." - Exodus 23:25*

- *"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall." - Malachi 4:2*
- *"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away" - Revelation 21:4*
- *"Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need" - Hebrews 4:16*
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- *"In my distress I called upon the Lord, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears" - Psalm 18:6*
- *"The righteous cry, and the Lord heareth, and delivereth them out of all their troubles. The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit" - Psalm 34:17-18*