

APPETITES

John 6:35



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SPIRITUAL
& NATURAL *health*

HOW YOUR HEALTH EFFECTS YOUR SPIRIT



BEYOND SUNDAY PODCAST EPISODE



READ FOOD LABELS

- Nutrition Facts
- Ingredient lists.
- Avoid long list of unpronounceable ingredients
- Aim for 5 or fewer ingredients
- Avoid if sugar or flour listed in first 2-3 ingredients



READ FOOD LABELS

- Try using a Continuous Glucose monitor for at least a month.
- Know your persona food sensitivities



SIMPLIFIED HEALTHY EATING



- Add at first; don't subtract
- Eat for blood sugar stability
- Add more vegetables
- Prioritize Protein
- Follow food order: 1. Veggies, 2. Protein 3. Carbs



- Add a salad w/vinegar before a meal
- Walk after a meal
- Don't start your day with carbs/high sugar
- Don't eat carbs alone. Add protein or healthy fat



- Trade processed oil for Avocado Oil, Olive oil, Coconut oil, Ghee or Butter (preferably grass-fed)
- Avoid liquid sugar
- Follow the 80/20 rule: Eat well 80% of the time and eat what you like 20%