

7. **TAKE BACK YOUR FAITH.** Don't forget that none of these natural appetite controlling strategies will work if you do not have the faith that you can overcome. Let go of the stress that is holding you back and pray. "Jesus said unto him, If thou canst believe, all things are possible to him that believeth." Mark 9:23 (NKJV).

TAKE BACK control of your body. Your body is the temple of God. As we are careful what we bring to the physical building of our places of worship or into our homes, we should be even more careful what we bring into God's every-day walking around temple- our bodies. Just as we should be careful what words **EXIT** our lips, we should also be mindful of the things that **ENTER** our lips.

PRAY- BELIEVE-RECEIVE

● **REFERENCES:**

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- Nutrition and Physical Fitness 9th Edition by L. Jean Bogert Ph.D., George M. Briggs, Ph.D. and Doris Howes Calloway, Ph.D., W.B. Saunders Company, Philadelphia PA ISBN 0-7216-1817-0, compiled from Table 2A, Nutritive Values of Foods in Average Servings or Common Measures
- Flynn, T. The 3-Apple-a-Day Plan April 2005. ISBN: 978-0-7679-2041-4
- Holy Bible, New King James Version (NKJV)

THE TAKE BACK TOUR FEATURES:

So Free Sundays *Soda Free*

NFF Mondays *No Fake Food*

Take Back Tuesdays

Water time Wednesdays

Walking Wednesdays

3M's Thursdays *Make Mine Meatless*

TGIF Fridays

Thank God I'm Free [from guilt when I slip up]

Friendship Fridays

Super Saturdays *[rest, love, fresh air]*

Wellness Walk (annual spring event)

KARR= *Kid Approved Real Recipes*

Take Back Your Health Grocery Shopping Tours

Renee's REAL Freebies

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**Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith**
A Health Ministry of the Philadelphia 7th Day
Adventist Church, Burlington, NC

TAKE BACK TUESDAY

TAKE BACK *Control*

**Natural Appetite
Suppressors**

By Dr. Renee Lea-Currie

HEALTH + LOVE+ FUN+ FAITH =

HAPPINESS

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I love food! I love to eat. I love to cook. Fresh natural foods taste really good. Controlling the portion sizes is hard when you eat your portion of great tasting, delicious food and are still hungry. It makes you cranky and you sometimes lose faith in yourself that you can do better. I see the suggestion lots of times to brush your teeth so you won't be tempted to ruin your clean teeth and eat something. For me, that does NOT work at all. While eating something sweet just after brushing my teeth does taste really bad, potato chips taste just fine after brushing my teeth.

So I went on a search for realistic, affordable natural appetite suppressors to help TAKE BACK CONTROL. Enjoy.

1. Water. When you feel the munchies, try drinking some water. Wait 15 minutes. If you are still hungry, then eat a healthful snack (see # 2-5 below). If not, then you were simply thirsty. Sometimes we are so dehydrated, we mistake our bodies supposed "hunger" signal when it is actually a thirst signal. AND NO! in this instance any of those artificially colored, flavored or enhanced waters is not what your body is craving. Simple plain delicious water is all that is needed.

2. Green leafy vegetables. Green leafy vegetables such as lettuce and kale are mostly water and a big bowl will fill you up for very few calories. Eat a salad and enjoy. The added bonus is that they are also packed with other nutrients great for you. TIP: Don't drown your salad in the most decadent dressing and ruin the health benefits. Try one of the salad dressing sprays or ask for your dressing on the side, add the salad to your fork and dip it into the dressing. Saves calories and no loss in flavor.

3. High water content fruits and vegetables. I personally HATE SALADS and all salad dressings. I am the world's pickiest eater. But the good news is that many fruits and vegetables are also full of water. This means that eating them will also fill me up and provide added nutrients. Fruits and vegetables are also high in fiber so you get a triple whammy bonus to help you feel full, to reduce the fat and eat something that tastes GREAT. Some fruits and vegetables with the highest water content include watermelons, oranges, strawberries, grapefruit, green peppers, green leafy vegetables, cucumbers, tomatoes, squash, peaches, pears, pineapple, eggplant, grapes and papaya.

DIABETICS: Be advised that watermelons and grapes are high glycemic foods. This means they will raise your blood sugar if you go hog wild and eat too much. Enjoy them by eating them in moderation, checking your blood sugar, recording your blood sugar, getting up and moving around more and staying in touch with your doctor and/or nutritionist/dietitian.

4. Apples. Remember an apple a day keeps the fat away. Keep some small apples on hand. The pectin fiber in apples helps fill you up; apples are sweet and taste great; apples are available most places and can be inexpensive. There is an eating plan called the 3-Apple-A-Day Eating Plan that was outlined by a Gold's Gym dietitian named Tammi Flynn in which you eat a small apple (yes skin and all) 30 minutes before you eat. When it is time to eat your meal, you are not as hungry and you eat less, feel satisfied and lose weight. Some of my favorite apple varieties are Fuji, Pink lady, Pacific Rose, Gala as these super sweet apples satisfy any sweet tooth.

5. Go Nuts! A recent study has shown that Korean pine nuts (actually the oil called pinnolenic acid) is a natural appetite suppressor that increases the hormone (CCK) from your gut that tells your brain that you are full. The results were so great that there are companies scrambling to add Korean pine nut oil to their diet formulas. Other nuts and seeds such as almonds, pecans, walnuts, cashews are great appetite suppressors as well. Got midnight munchies? Eat a child size handful of nuts (unsalted or lightly salted, not honey roasted or chocolate covered) and drink some water. Bye-bye munchies!

6. Go to bed! Put your kids to bed! Recent studies have proven that not getting enough sleep can not only make you feel forgetful, clumsy and irritable, but it can also wreak havoc with your blood sugar and increase your appetite. It is NOT a badge of honor to brag about how little sleep you need to function. Stop lying to yourself and get some sleep. You will then be better able to CONTROL what you eat, will have better CONTROL of your memory and have better CONTROL over your day (so you can have time for some fun exercise). more sleep than you do. Don't pack their days so full of activities that they cannot get proper rest. A sleepy tired child is disobedient, cranky and makes you feel the same way.