

Natural Healing Express Weekly

Column 251 More Living Wholly

Last week we started talking about Living Wholly and explained some basic steps moving toward this healthy lifestyle.

This week we shift towards eating whole foods. One thing that folks tend to get caught up on is the stress of what to eat and what not to eat. I have found a great chart from the book *Rawsome Recipes* by Robyn Boyd that helps immensely with this task. Of course I have modified the chart to fit our needs here in God's Country.

However, the main idea from Boyd is that she makes it simple, with the idea when you go to the grocery store; simply replace the old with the new by making better, healthier choices. The cost of making these changes is relatively equal and in some cases, more economical.

Here's our chart. I hope you enjoy it. **Cut and Paste Alert**

LIVING WHOLLY REPLACEMENT CHART

OLD	NEW
Sugar	Agave, Honey, Dates, Stevia
Coffee	Herbal Teas – Roobios (high antioxidants)
White Rice	Brown Rice/Wild Rice
White Bread	Whole Wheat, Multi Grain
Regular Eggs	Hormone Free Eggs
Canned Foods	Fresh fruits and Vegetables
Frozen, Packaged Foods	Fresh Whole foods
Processed Oils	Olive Oil, Coconut Oil
Margarine	Butter
Diet Soda	Electrolyte Enhanced Water, Tea
Regular Yogurt	Greek Yogurt
Table Salt	Himalayan Sea Salt
Processed Salad Dressing	Homemade Vinegar and Oil
Processed Cheese	Goat Cheese, Feta

Here's my bonus addition for the emotional side of this healthy lifestyle. Change your mind to change your life! If you are one of those people who are stuck in your own pity party, and Lord knows I have been exposed to a few of those lately, then your life might just, well... suck...

What is the real reason that your life blows? Well, I have an idea. You created the story to have it be that way! Hard to swallow, but if you truly want a more productive, healthy and happier lifestyle for yourself and your family or extended family, then stop. Words are powerful.

Be encouraged that you (and in my belief, God) have the ability to do something about this! Not only do you help yourself, but you stop being a burden, a negative nancy to others and instead of having people run away from you, they will flock to your energy. Your life will improve.

LIVING WHOLLY EMOTIONAL REPLACEMENT CHART

OLD	NEW
Energy Vampires	Positive People
Saying Yes out of Guilt	Saying NO, thank you
Judging Others	Row your Own Boat
Judging Yourself	Make Peace, Own your issues, Make Changes
Staying Stuck	Break out of Negativity, Create new Habits
Blaming Others	Focus on Energy on Issue at Hand, not the People
Staying in the Past	Be Present and Focus on Today
Thinking only of yourself	Think of Others
Waking with Anger	Waking with Gratitude
Spreading Hate/Fear	Spreading Peace

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

