

Tiny Packets – Big Problem

I completely understand the problem with water flavorings. I have recently only in the past month have had to surrender truvia, protein powder, and artificial flavorings and sweeteners. I lost all of my weight using sweeteners and since I first came in, in 1988 it has never been a problem. I recently had switched protein powder and there was something in it that began to bother me. I started to use protein powder at every meal and snack as I don't eat meat and I began to put truvia on everything, I mean everything. 2 packets on no matter what I was eating. I tried to limit it on my own and commit to X number of packets a day but then I would rationalize it had no calories so what was the big deal.

I have recently been praying to God to eat as He would have me eat to be the weight He would have me be. I have been maintaining over a year now but I have such trouble with self acceptance and my weight so I have to place it in God's hands for His will to be done. As a result, He has removed from me the artificial stuff and protein powder, it was never by doing, I woke up one morning and He removed it. I also try to eat as healthy as I can, organic when I can, nothing processed, so this was really defeating going for optimum health.

Anyway, I have found if we think something is a problem, it is. My friend tells me you will know if you have an issue for a specific food, it will speak to you.

JP from NJ