

7 PROVEN WAYS TO HEAL WHAT DIETING BROKE DOWN

Heal Your Body

Diet Damage	Harm It Causes	God's Remedy
Lowers Your Resilience	Each diet cycle wears down your body's ability to bounce back. Your stress response becomes more fragile, not stronger. It's not just the weight—it's the inner wear and tear.	Build resilience with consistent mealtimes, deep rest, sunlight, and joyful movement. "Ask where the good way is and walk in it..." – Jeremiah 6:16
Gut-related Health Issues	Low-fiber, low-variety diets weaken your gut microbiome, leading to bloating, fatigue, cravings, and immune imbalance.	Whole plant foods. Fiber from berries, greens, beans, and seeds feed the gut's good bacteria—restoring balance.
Nutrients Are Chronically Depleted	Diets often lack magnesium, B vitamins, omega-3 fatty acids, and iron, leading to fatigue, mood swings, and slow healing.	Abundance. Not excess, but variety—planted from the earth. A generous table of fruits, vegetables, legumes, nuts, grains, and seeds nourishes body and spirit.
Hunger Cues Get Silenced	Numbs your God-given signals of hunger and fullness.	Trust. You were created with internal wisdom. You can listen again, eat slowly and prayerfully. "Do not conform to the patterns of this world..." – Romans 12:2
Cravings Become Misunderstood	We label cravings as weakness. In reality, they are feedback, often caused by an imbalance or unmet needs.	Regulate blood sugar through 2 meals a day, fiber, plant-based protein like black beans, and spiritual nourishment to restore calm to your cravings.
Feel Numb Spiritually	Performance replaces presence and heart-driven spiritual practices.	Praise more, Stillness, Sabbath rest, walk, breathe. God's design restores both mind and metabolism.
Your Body Stops Feeling Safe	Dieting creates internal chaos, which is not a safe feeling. Your body needs predictable, calm routines to release what it's holding: inflammation, tension, fear, and body fat.	Abide in Christ. Restoration begins when your relationship with your body is rooted in love. "He restores my soul." – Psalm 23:3



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