

IT BEGAN IN THE GARDEN:
Understand Your Past for a Healthier Tomorrow
Heidi Zwart, Author & Coach

Quotes:

"The whisper of the serpent is very real. We make a choice to respond to or ignore his voice in favor of God's voice of truth. Every single day. One decision at a time."

"If you're ready and willing to look at food and exercise differently, through the lens of a familiar story that happened long, long ago in a beautiful garden, this is for you."

"You will be encouraged and equipped to make practical changes in your day-to-day life. And more importantly, connect to why it matters."

"We've been given the opening sentence of chapter 1. That's it. We can choose a different middle and ending. Even if we haven't written an ideal story so far or made great choices to this point, there's still time to write the rest. We can still write a better story."

"You will be encouraged with small, practical steps to make better choices than our garden-dwelling, fig-leaf-wearing ancestors did. You will have takeaway principles and clear guidance to reclaim your health. Not all at once, but little by little with time and practice."

"The small, incremental decisions and daily choices you start practicing create a ripple that, over time, becomes a gigantic tidal wave of change. What you do today impacts your tomorrow."

"Sometimes, the smallest actions lead to the biggest messes. Sometimes our choices stink."

"Health comes through the small, good decisions we make in those moments of desire and temptation. We make choices that extend our lives instead of prematurely end them."

"God is a God of clean slates. And it's never too late for a do-over."

"If you are not able to do what God has uniquely designed you to do, it's time for a clean-up."

"For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland."

—Isaiah 43:19

"Even after a stern warning from someone who loved him and wanted the best for him, he was enticed by what he thought he was missing."

"[God] infused each fruit and vegetable with an explosion of flavor. He *wanted* food to give us pleasure."

"How often do we have set before us dozens and dozens of life-giving foods? Plant-based foods filled with ideal nourishment sit at our fingertips, yet we choose the enticing, man-made, food-like substances that should be labeled 'off limits'?"

"The marketing industry is on the prowl to deceive you. Did you know that in some stores without bakeries, the store will pipe in the smell of one?"

"Once the packaged foods are unloaded into our cabinets at home, we don't stand a chance. No matter how much willpower we have, those chips, cookies, or "snacks for the kids" *will* be eaten. By you. And me."

"If our goal is sustained or improved health, processed foods will not help us in our endeavors."

"Simplifying choices has allowed me to stay more consistently on track with my health goals without having to count calories."

"Habits give our brains a break, prevent fatigue, and reserve willpower for when we really need it."

"Habits free our brains so we can function on automatic pilot. Learn to leverage this ability to work *for* you."

"All the foods before us, whether man-made or God-made, offer unique tasting experiences, many of which can be thoroughly enjoyed from time to time."

"When we choose preservatives over nutrients, we move further away from the food designed with our best interest in mind. We move further from God's best interest for us."

"That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"

—Matthew 6:25

"Eve *wanted* the wisdom [the fruit] would give her. She *desired* it. The serpent was just the catalyst."

"Have you met desire face-to-face yet? Has the serpent whispered to you?"

"The serpent planted the seed, but he simply fed what he knew was at the core of these first humans. Desire."

"We are hardwired with desires that lead us away from truth, light, and the life God intended for us to lead—a life that's abundant instead of diseased."

"Temptation is hard, and it's personal."

"We point our fingers at something other than ourselves, something beyond our control, and it makes us feel better. We do it so well."

"[a healthier life] only happened when I was ready to stop wagging my finger. I had to shelve blame."

"Plateaus are our bodies' way of letting us know it's time to change again—to move and eat differently, to learn more, to adjust."

"Sometimes, it's okay to accept the changes and be content with our bodies just as they are. Our bodies are made to ebb and flow with time."

"The same culprit who was at work in the Garden is still at work today."

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. (1 Peter 5:8)

"We are fighting the same fight Adam and Eve first battled in the Garden and that every generation, every person, has fought since, thousands of years later."

"We can improve the quality of today and tomorrow with more nourishing single-bite choices."

"Set up your environment for success."

"For the good of your health—and life—stop wagging your finger."

Each of you should be able to control your own body in a way that is holy and honorable.

—1 Thessalonians 4:4