

# *Sarah's Healing Touch for Women*

## **My Story with Healthy Eating**



Healthy Eating has been a journey for me that I am still on and learning with. It is one of those things I will probably always be growing and expanding with since there is always so much to learn.

I grew up in a home with a mom that was always dedicated to giving us quality and healthy food on a tight budget. As a child I remember not appreciating it and would be annoyed when I would open the fridge and find what seemed to me just vegetables!

My father was opposite with health and so when I was with him I would enjoy as much soda, candy, doughnuts, and anything else junkie I could get my hands on! My dad was the head overseer in a roofing company that I got to go around a lot with him to the different job sights as a child.

Although I would not take away those wonderful memory's that I had with him for a moment I wish I would not have filled my body with so much junk. I was addicted to Dr. Pepper and chocolate doughnuts!

For some reason at the age of 15 I decided that I needed to kick my Dr. Pepper drinking habit ( I still don't really know what pushed me to do this!). I am proud to say that apart from an occasional root beer float through the years I have not had any soda in my diet! At 16 I got a job at Good Earth Natural Health Foods. Although I was far from where I am now with health I started getting into it more. All my friends considered me the health nut which makes me laugh when I think back on how unhealthy I still really was with my eating habits. I loved fast food still, and ate my share of candy and junk.

From the age 16-early 20's I started getting very bad digestion problems, yeast infections, and was constantly bloated. I remember thinking at one point that I really did not know what it felt like to not be bloated. It got so bad that it really didn't matter what I ate it could be healthy or total junk I would still be bloated. I was miserable! After suffering with it for a while I decided enough is enough!

I started working towards my goals of healthy eating. As a new year resolution one year (ask my husband I love these!) I decided to cut out all fast food and candy. All though I didn't totally stay 100% on my plan that year I did pretty good and the following year I did awesome and you know what, I was even starting to not want the junk! It was starting to not look good to me. It was not smelling good and if I would eat some it did not even taste good! I was shocked to see my taste buds were actually changing! I was still struggling with my digestion problem however so I was trying other

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things. For one I started keeping a food journal. I recorded EVERYTHING! Every little thing I ate and how it made me feel. I even recorded information with my bowel movements! On top of that I learned that our bodies are naturally in a cleansing mode in the Spring and Fall. I decided that twice a year for a whole month in these two seasons I would eat nothing but Raw Foods. Doing that alone changed my life and I am still doing that today.

Some years I have been more strict than others but the results have always been wonderful! For example I always drop any unwanted weight, have loads of energy, my teeth get whiter, my hair shines more, and I just feel good! Last year right after I finished my Spring cleanse I got pregnant and had a great pregnancy and birth. Which I think has some thanks to my Raw Cleansing Month. Anyways I really started making some changes in my diet. From working out of Christopher's Herb Shop with my massage practice I have become a lot more familiar with herbs as well which has been another great addition to my life. After all of that hard work through the years I was finally getting some great results and my digestion problems were gone! I still have a sensitive system that is prone to bloating and indigestion but as long I am taking care of myself I feel great!

Fast forward a bit to my present life...

My husband and I got married February 2010. I have to just say I love love love being a wife and now mother! So many blessings!

Although my wonderful husband JD is totally open to healthy eating and is a huge supporter in letting me fill our house with healthy food he still likes his meat! I never really ate a lot of meat and so I don't have this huge love for it like my husband does. But on the other hand I don't hate it either so I feel like I am in the middle with it to where I like it but I can easily live on a vegetarian diet.

So as a new married homemaker on a quest to please my husband I have sought out to make delicious meals that make the taste buds dance in approval while blessing the body with health. I find that everyone kind of takes a different stand when it comes to health in their personal life. Some people are very against Meat & Dairy products. Some people are all for them.

Some people are huge into everything organic some don't see the point as long as you are eating a lot of fruits and vegis. This is where I stand with it all; I have no problem with Dairy and Meat as long as it is free of the harmful additives & hormones and they are organic grass fed free range animals. This makes a big difference which I will write about a little later down the road. Also when it comes to fruits and vegetables I do recommend getting as much organic as possible! There are some things that I will not buy nonorganic and then some things that I don't mind as much.

A good rule of thumb is to eat organic with anything that you eat the skin (apples, grapes, peaches, lettuces, berries) because of the high pesticide amount on these fruits and vegis. Fruits and

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vegies that have a thicker skin I do not care as much about (bananas, oranges, pineapple, beets). It is also important with grains to try and get organic. I also realize that it is a little more expensive to buy organic and can not always be done. But even with a tight budget it can be possible! If you only buy things on sale, shop the bulk room, buy in larger quantity's etc than it really is not that bad! Plus just cutting out all processed foods and quick snacks and treats brings a lot more extra cash to the table. Believe me we are not perfect here at my house.

I still get snacks for JD and don't get all organic everything but I try really hard at it. I try to make everything from scratch and whole foods as much as possible. I find recipes that look good and ordinary even good old comfort foods but I change the ingredients to whole foods and add fresh herbs and spices and extra fruits, vegies, grains and any little bit of nutrition I can fit into what I am cooking. I switch the type of cooking oils, I refuse to use white flour and sugars in my kitchen and try and use replacements for milk and cheese whenever possible ( even though I am okay with dairy products I do believe milk and cheese clog a person up so easily and quickly so I try and use sparingly!)

So that is my story rather long I know yet just the beginning in a lot of ways. This page will be dedicated to different recipes that I use and enjoy in my kitchen with only healthy ingredients being used. I will only post a handful of some of my favorite recipes here and there so if there is any particular ones you are looking for or have to share with me please shoot me an email! I am a recipe junkie and always looking for more and have so many that I am currently working on getting organized.

Blessings to you all on your health quest!

Sarah Winn

[Sarah@massageyogahealth.com](mailto:Sarah@massageyogahealth.com)

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