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Wise Food Mind: An Eight Step FOODLOVE Program for LDS Families

Heather B Schauers

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If you suffer from mood swings, obesity, chronic pain, or depression, yet want to serve, love, and live in joy and gratitude, you could benefit from Wise Food Mind. Many good-hearted Christians keep moving forward with a happy face, but behind that mask is a tired, discouraged mind. Continuous pain can make life difficult to endure. Many of your problems may stem from living in a modern world with food corruptions and pollutions. As daunting as that sounds, you can do something about it! It's time to eat in the world but not of the world. Heather Schauers, LDS therapist and mother, endured depression, anxiety, fatigue, IBS, dizzy spells, racing heart, and more and saw seven doctors who couldn't help her before she found the answers through eating habits that helped her heal. Now fully recovered and living a life full of gratitude, strength, and joy, and feeling a passion to help others do the same, she has come up with a 8 step FOODLOVE program that can help others heal as well. Learn to: 1. Overcome food cravings and keep your physical body as clean as possible 2. Eliminate brain fog, headaches, gut pain, anxiety, depression, fatigue and more 3.Teach yourself and your children how to prepare, value, and enjoy healthy food 4.Refine your soul thereby becoming closer to Heavenly Father

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