

**HOLY EATING: THE SPIRITUAL SECRET TO ETERNAL
WEIGHT LOSS**

Suzanne Brocklehurst

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Join us on the Taste for Truth Podcast as we go to God for help with weight loss. We learn how important it is in the Bible to stay alert by staying in contact with God by our willingness to invite the Holy Spirit. Sally Betters is a wife of 13 years to Richard and mom to two boys, daughter-in-love, and five grand baby girls.

Oh,tasteandseethattheLordisgood!Showing Eliminating sugar and reducing starchy carbohydrates allows individuals to lose weight naturally and increases energy.