



This is the *Health Matters* podcast.

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

This is a special episode as this week we're going to be celebrating the first 20 episodes with a review of each.

My first 10 interviews included Stephanie Nickel, Barb Raveling, Rusty Nokes, Rachel Almstedt, Jennifer Waddle, Brenda Wood, CJ Hitz, Renee Wiggins, John Hayden, and Sabrina Memminger. The review episode for these first 10 interviews can be found at <http://www.kimberleypayne.com/health-matters-podcast-review-episode/>



Laurie Graves kicked off the next set of interviews. She's a NASM certified personal trainer who works with contestants and former contestants from NBC's *The Biggest Loser* and ABC's *Extreme Weight Loss*.

Laurie lost 90 pounds and has kept it off for over 10 years. But it wasn't until she got close to the end of her weight loss journey that she finally got quiet enough to hear that God wanted to lift this heavy burden off of her. And He wanted to give her peace. He wanted her to love her body.

She went on to explain how we crave what the world has to offer instead of receiving the peace that we're told that we can have. The only way to get back to the truth is to rediscover who we are in Christ. And there's really only one way to discover who we are in Christ and that's by spending time with the Father, in His Word, through prayer, and to really seek Him.

Laurie shared with us her prayer before meal time: "Lord, will You be glorified in this choice?" and then pray, "Lord, will You be glorified in this portion?"

Laurie offered a healthy eating guide and other printable resources that you can study as an individual or group.



Summer Breskow was my 12th guest. Summer was once 295 pounds and very miserable but she has since lost over 140 pounds. She accomplished this by focusing on macros – fats, carbs, and proteins.

She explained that she used MyFitnessPal to help her with the math of figuring out how many of each macro she should be eating each day. It's a free app for your phone or desktop that helps you log your food. It will tell you how much fats, carbs, and proteins you've had all day long and it'll help you create your menus.

Summer offered 32% off her regular monthly fees for her program.



My next guest was Nicole Swiner, a family physician, wife and mother of two. Nicole talked about the Superwoman Complex. She explained that in her research for her book and in dealing with patients like herself who were working moms or at home taking care of the family etc. she actually came across the term of the Superwoman Syndrome. It came out of the notion of women going out into the workforce in the 1950s and 60s, just after the war, becoming a little bit more career oriented either by force or by choice and then a couple of decades later realizing that these women were carrying a lot of weight and burden on their shoulders. Not only now are they stepping outside of the household and holding down full-time jobs and making waves and moving up the ladder at work but then they still had to come home and do the usual conservative, typical ideas of a woman and a wife and mom. So they had to balance those two worlds and we realize that they weren't doing that great of a job. Many were dealing with medical issues that came out of dealing with the amount of stress of having to deal with both worlds. The fact that we often feel that we have to be perfect in all realms ends up damaging us in multiple ways.

Nicole suggested two steps: the first is to recognize that you're overwhelmed. After you take that assessment then you need to put your words into action.

Nicole offered a free copy of her book and a free t-shirt.



Liz Faison was my next guest. Liz and her husband started Fit for Christ because being fit is not only physical, but spiritual and emotional. They noticed a huge gap in the personal training industry when addressing the total wellness of a person.

Liz talked about three things a woman over 40 can do daily for better health: 1) Get up in the morning and drink 2 cups of warm water, 2) strength train and 3) get enough sleep.

She then talked about time as being the biggest hurdle most women have in getting fit. And the second is feeling like we're being selfish in taking care of ourselves.



Cathy Morenzie was my 15th guest. Cathy, a noted personal trainer, author, blogger and presenter, has been a leader in the health and wellness industry for nearly 30 years.

Cathy talked about why she thinks the issue of weight loss seemed to be especially challenging for Christian women. Then she explained the 3 biggest mistakes that Christian women make: 1) stinkin' thinking, 2) surface scratching, and 3) auto piloting and she gave strategies to overcome these mistakes.

Cathy offered a report on the nine top mistakes that Christian women make that keep them overwhelmed and overweight.



Angel Barrino was my next guest. She's an author, speaker, coach and owner of several businesses under the parent company Angel B. Inspired which are dedicated to assisting people in life and business.

She discussed ways for women to overcome challenges and sabotaging behaviours. She also explained the G.R.O.W. acronym - Growth, Reality, Options and Will – to overcome obstacles.

Angel offered autographed copies of her books.



Kimberly Rae was my 17th guest. Kimberly is an Amazon bestselling author who lives with Addison's disease, talks about health from the "other side" in her Sick & Tired series, including Laughter for the Sick & Tired and Why Doesn't God Fix It?

Kimberly discussed how life is different for a chronically unhealthy person than somebody who is healthy. She also explained a way for people to pray for those we love who live with illness.

Kimberly offered a copy of her book, “Why Doesn’t God Fit It?”



Casey Sollock was my next guest. Casey is a natural health speaker, author, and coach.

Casey talked about how she thought stress caused most of the health issues in America. She explained the acronym CRAVE -- C to create a new mindset and new beliefs around health. R is reconnect to your body. A is add in the good stuff. V is visualize yourself as the healthiest version of yourself daily. E is evaluate your primary food and your purpose.

Casey offered her e-book “Smoothies for Life Purpose”.



Heidi Bylsma was my 19th guest. Heidi is part of the Thin Within ministry. She’s lost 100 pounds and has continued to maintain a healthy size.

Heidi explained the Thin Within approach and how it takes into account the fact that our Creator God has made us fearfully and wonderfully. And He has given us signals for all kinds of things in our bodies—thirst, sickness and pain, tiredness as well as signals for hunger and satisfaction.

Heidi offered encouraging videos.



Linda Williams was my 20th guest. Founder and CEO of Whose Apple Empowerment Center, Linda Williams is an author, life and relationship coach, trained psychotherapist, educator, and motivational speaker.

Linda talked about the four secrets standing between you and destiny: 1) Destiny cannot deny you but you can deny destiny, 2) “good enough for God” list has got to go, 3) you need to have a list of truthful trusted others in your life and 4) trust the healing process.

That wraps up the highlights of the last 20 episodes. If you've missed any interviews, you can visit my website at www.kimberleypayne.com/podcast to access the show notes, download the transcripts, and receive the gifts from the guest experts.

Thanks for listening today! We've had some fantastic guest interviews up to this point and more wonderful ones coming up.

This review episode has been brought to you by [*Fit for Faith – 7 weeks to improved spiritual & physical health*](#). You can discover more about this book and other health programs at www.kimberleypayne.com.

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at www.kimberleypayne.com

