



This is the *Health Matters* podcast.

Bouncing Back by Renee Wiggins

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

In this episode, we'll be talking about how no matter what you are going through in life, keep your eyes on the prize, keep God first, by praying, meditating, saying affirmations, and hanging with positive people.



This week we're going to be talking with Renee Wiggins, RDN. LD. Renee, a health and wellness consultant has mentored, trained and changed lives in the health and wellness industry for over 30 years. She's a strong believer and encourager in living an authentic healthy lifestyle. Renee specializes in designing customized lifestyle programs that are tailored to client needs, goals and habits. Her areas of expertise are diabetes and weight management. Welcome Renee.

Renee

Thank you for allowing me to come here Kimberley. Thank you so much.

Kimberley

I'm glad to be talking with you again. We had opportunity to talk when you were one of the guest speakers on the Health Matters Telesummit and I'm always impressed with the information you provide and the books that you've written. So I'm glad that you've joined us here on the podcast.

Renee

I enjoy working with you Kimberley. You do so much. I'm fascinated that you do love health and wealth like me and you do it in so many avenues so yes, I'm glad to be here today.

Kimberley

Now you've written a book, "Transformation – Give UP the Struggle", tell us a little bit about it. Why did you write the book?

Renee

Kimberley, I was going through some hard times. My father suffered a stroke, and I noticed my mother was deteriorating. I was living in Maryland and they were in New York and I was going back and forth trying to make sure that they keep the house up, that my mother was able to go see the doctor and my father every day. I wrote this book because I also had clients going through stuff like me. I was looking for affirmations, sayings, just words to get me through the day. "Transformation – Give UP the Struggle" is a collection of affirmations for people who have ups and downs and going through storms. I want them to know that the storms are life lessons. When they say words, when they write or journal on a daily basis, they can get through anything. I want them to look at obstacles as opportunities to something bigger and better. These storms are life lessons to make a change in their life for the better. That's why I wrote, "Transformation – Give UP the Struggle."

Kimberley

These affirmations, they can help you when you're stressed?

Renee

Yes, because when people just dwell on the negative, negative words like, "You're not going to make it", they start criticizing themselves and get those negative words in their head. That's all they hear. And what happens is they plant those seeds of negative thoughts when they should be planting positive thoughts in their minds. So I have one: "The past has no power over me unless I let it". So for your listeners out there, tell them every day to pick and choose one affirmation. Or they can say that same affirmation over and over again to help lift them through any storm.

Kimberley

Can you give us some examples of different types of affirmations that we can say?

Renee

So many trials, so many failures but I refuse to accept the failures. Dwelling on the past will paralyze me, keep me stuck in the present so that I cannot move into the future. Or I find myself in the midst of storms while turbulent and unpredictable at times I'm in for the long haul. And other times the storms seem to last only for a moment. Whether I'm in one storm, coming out of a storm or going into a storm I remember it's not the storm that counts but how I come out in the end. And my mother always says, "This too shall pass". Everybody has heard of that saying. This too shall pass.

Kimberley

Yes, that's one of my favourite sayings as well. Now people say it will get better. So this is something that you do believe?

Renee

Truly I believe in the words. There are times when I am down, and I put my head down and I might want to cry. But I don't last in that situation for a long time. But when you're dwelling on the negative, when you can't do this, when you're empowered by either divorce, or like me unemployed, or you want to know how to pay this bill etc. If you stay in the negativity, that sort of cesspool, that's where you'll stay. But if you wake up and put affirmations or scriptures, even scriptures—God will never leave you nor forsake you—all around your house, believe me you keep seeing it and you keep saying it, you start believing in it and when you believe in it your attitude and behaviour changes.

Kimberley

Yeah, I believe in that myself. I do have a number of different scriptures around the house. One that I have that I like is, "Give Thanks in Everything". It's a daily reminder that regardless of what I'm going through I need to give thanks. And the other one I like is, "For nothing is impossible with God" (Lk 1:37). So I'm discouraged and feeling down and thinking how am I going to get through this, how am I going to get out of this, there's no possible way, that's a reminder that nothing is impossible with God.

You also talk about hanging with positive people. What do you mean by that?

Renee

You and I are positive people, Kimberley. But also our friends and family members, people that you know you can trust. People that want to see you succeed. People that want to help you. People that are there for you. Yes, they may give you a sharp word or two but it's not to bring you down but to keep you uplifted. They don't want to see you stumble, they don't want to see you fall. They don't want to see the mistakes. Yet they know we're all going to make mistakes, we're all going to fail but just as God increases His love you want them to increase their love, not decrease their love. You don't want them to turn their back on you. You want somebody to be there for you, somebody you can call, somebody you can talk to, email, Skype, whatever they want to choose to do to connect. But you want that person to connect. You don't have to be in the same town, they can be long distance. But the idea is you want to be able to go to that person and be able to tell them all your going through and they'll say, "Okay, you've got 5 minutes to cry. Now let's go to plan B."

Kimberley

I love it. It sounds like unconditional love.

Renee

Correct.

Kimberley

What would you say is the difference between praying and saying affirmations?

Renee

First, you always want to give thanks to God. Don't go in there with, "I pray for this, I want this, I want that." Pray to God each and every day; morning, noon. Praying—praying to God—He's listening to you. Meditation to me is that I'm listening to what He has to say. So praying is praying, "Lord, please get me through this. Give me the strength." Not praying for a car, not praying for a house. Praying for the means to get the house or praying for the means to get the job but not necessarily materialistic. That to me is praying. To build a deeper relationship with God and He's hearing you and you're listening to Him through meditation.

Now affirmations, or words or phrases or sentences, that some people say, I am, is to help motivate you, to inspire and uplift you. Repeat them over and over again, you get them into your mind, you get them into your bloodstream. Pretty soon you start walking and feeling better because of those affirmations. "I'm standing tall. I'm beautiful. I'm powerful. I love the body that I'm in." Saying affirmations like that can help empower you, uplift you, encourage and motivate you.

I have one: "I'm ready to tear down the walls that are holding me back, brick by brick." By saying this every day I can see the walls tearing down. I can see the light at the end of the tunnel. I can see things are changing.

Kimberley

I can also see how it can be used in the opposite way. I remember my teacher back in high school said if you say to a child, "You're stupid, you're stupid, you're stupid" the first day that they go to school and the teacher asks what their name is, they're going to say, "My name is stupid." It works in the negative as well. If we're always saying, "I'm so fat. I'm so ugly. I'll never get this job" that sort of thing it works against us as well. So I definitely can see how positive affirmations can work positively for us.

Renee

True. And we don't want to say those negative words. We want to release them into the air and especially with a child. Because if that child hears them over and over again, what happens Kimberley, is they start believing in it and they think it and act on it. So we have to be careful of the words we choose when we're talking to children, when we're talking to people, because we want to uplift them and encourage them. Because that's what we're here for, to uplift our brothers and sisters. To encourage them, to motivate them. Not to tear them down. That's why I don't like watching those reality shows. They seem like they want to tear each other down and they fight and bicker. I'd rather spend time enjoying life instead of blaming life. You know?

Kimberley

Amen! I think that's why we connect so well Renee. I really enjoy talking with you and you are such a positive person. It just adds life to my day.

Renee

Thank you, thank you, thank you. And same with you too. I enjoy you. For you listeners out there, Kimberley and I we just connect. I enjoy her. I said, "I got to talk to her!"

Kimberley

We're going to move on to the BEEP round. Renee will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

Renee

I like that! Kimberley that's what I like about you, I thought "Oh this is neat". For Bible study, every day, morning, noon or night, just choose a time. Be comfortable, get into a room, close the door, turn off the TV and study and read that Word. Even if you get online and both of you study together that's again as you say, Kimberley, finding that accountability partner. If you do it every day it's just like daily nuggets. It helps nourish the mind, body, and spirit.

Kimberley

Yes, right now my church, as a group, as a church family, we are reading through the book of Acts over the month of May. And every day on line, we have a Facebook group for every day to go through each of the chapters and then talk about them. So we're accountable to each other to make sure that we read it. I really enjoy reading it every single morning knowing that everybody else is as well and that we can discuss it as a group together.

Now, what do you have for a quick tip for eating healthy?

Renee

Eating healthy? Stop counting the calories, just eat in moderation. You may say, "Renee what does that mean?" Look at what you used to eat and then cut it in half. That's one, cut in half what you used to eat.

Two, eat more fruits and vegetables. Eat them at breakfast, lunch, and dinner. That way you can at least get three of your vegetables in. They say strive for 5 to 9 for fruits and vegetables.

And then the third one is to cut down on the high fats. Stop the frying. Bake more. Bake more meats and more dishes as opposed to frying. So those three things, looking at portion control, eating more fruits and vegetables, and cut down on the frying. Because the better you eat helps this temple. And you want to eat to nourish the physical temple just as Bible study helps with the mental temple.

Kimberley

Wonderful. And what quick tip do you have for exercise?

Renee

Exercise three to five times a day. I know in this world we don't have time, but if you can divide it into 10 in the morning, 10 at lunch, and 10 at dinner because it'll help build a better, stronger foundation so we can help better serve God and others. So get in that exercise. Walking—find an exercise that you like to do like walking, you can do some strength training, even flexibility exercises. A lot of people forget those. Three things, well really four that I want to say. 3 to 5 times a week or either divide it into 10-10-10, aerobic exercise like walking, strength training with weights because you can do it right there at your office or at home, and as well flexible exercises that you can do at your office or at home.

Kimberley

I love the 10-10-10, I'm a real advocate of that. And what I find, Renee, is if I say I'm just going to do 10 minutes once I get started—the hard part is getting started—but once you get started you're going into it 10 minutes and you think, "You know what? I want to keep going." So I love the 10-10-10.

Renee

Thank you.

Kimberley

And what's your quick tip for prayer?

Renee

Prayer. Make it a habit just like brushing your teeth. You don't have to get out of your bed. Stretch like an animal stretch and say your prayers right there. Say your prayers before you even go out of the house. Just a few minutes every day. Some people can't do it or forget to do it but I think if you do it every day for 21 days you build a good habit. So you can pray as soon as you go out the door, at lunch, at dinner, pray before you go to bed. Write out a little schedule. You can have a prayer group over the telephone. At 5 o'clock the phone rings and every body prays. So if you need to pray in a group, pray. Because prayer helps heal the soul, body and mind. Prayer helps. Believe me, it does.

Kimberley

I like the idea of a prayer group. There was a group where I was a member and we were from all over the world and we did a Google Hangout. We prayed 30 minutes once a week when we got together on this Google Hangout and we had prayers together. It was just so wonderful to work with a group like that. Especially from around the world.

Renee

Yes, because you get a lot of different perspectives but as a group you feel that energy and you feel that wow I wish everyone would do that. Whether it's in the same State or around the world. Wouldn't it be nice if we all just connected with prayer before we get up and get out and meet that world?

Kimberley

I understand that you have a gift for our listeners. Can you tell us about that?

Renee

Yes, I have an eBook. And that eBook is, “Is Eight Enough?” It’s the biggest thing that’s been going on, do we really need 8 hours of sleep? And believe it or not the lack of sleep can increase your risk of Type 2 Diabetes, of high blood pressure, as well as increase weight gain. It’s a free eBook and I’ll give you the link. It’s just really a very simple book but it’ll let you know that sleep often helps the body to think better, heal better, and helps to nourish the body as well. Is eight hours enough? Each different age group needs different hours but we do need sleep.

Kimberley

That’s a great gift. And if you check out the Show Notes I will put a link to this gift in the Show Notes.

Thanks again to Renee Wiggins for her expert advice and thank you for joining us today.

This interview has been brought to you by [*Women of Strength – a devotional to improve 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

