

Healing from the Inside Out

For a couple of weeks after Christmas, my fatigue was really ramping up. Post holiday bingeing for sure. Although, when I removed most of the troublesome food from my diet, I didn't feel any better. Then I found an interesting article about juicing and began to do some research.

What do you know about juicing? Have you ever tried it?



Apparently, juicing is popular among celebrities. The idea is that you give your digestive system a break and flood your system with vitamins and nutrients from freshly pressed fruits and vegetables. Now, I know what you are thinking. *Yeah, right, everybody knows what juicing is.* Although it sounds like I just crawled out from under a rock, hear me out.

Juicing to Purify

Routine juicing cleanses the body. It nourishes the liver to help it regenerate and remove toxins that have been stored in fatty tissue. During the process, your system can revisit injuries and allow for a deeper healing that couldn't occur at the time the damage was done.

This sounded interesting to me. My body has been through a fair amount of trauma these past two years. I decided I would try it. Of course it sounds fun at first, just drinking juice, but when the hunger pangs hit an hour later and the severe headache arises that evening, you start to reconsider.

The third day into it, I came across a verse that made me think about juicing.

“Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but **share with me in the sufferings** for the gospel according to the power of God, who has saved us and **called us with a holy calling**, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began...”

II Timothy 1:8-9

Holiness is purifying.

It cleanses with fires of suffering and pain. God asks us to be holy (1 Peter 1:16). He wants us to withhold ourselves from seeking the pleasures and luxuries of this world. When we choose to trust in the difficult times, press in to prayer when our hope seems to wane and stand firm on the Word of God, we are being purified into a stronger more Christ-like person.

Yes, the hunger pangs and headaches are difficult. I admit I don't enjoy watching my boys eat homemade banana bread a dear friend made for us. What I do get in return is worth so much more. Clarity of mind, renewed energy lasting longer than coffee and deep, deep healing I so desperately need.

Juicing for the health of my body and **holiness** for the health of my soul.