

The (Good) Food Solution Discussion Questions

Chapter 1: Food for Thought: How Did We Get Here with Nutrition?

1. Which of the following made you pick up this book? Check all that apply.
Dissatisfaction with weight
Desire to control food cravings
GI issues (such as bloating, acid reflux, gassiness)
Mood swings
Other: _____
2. Do you enjoy food or stress over it? Why?
3. Do you prepare your own meals? Why or why not? If not, is that something you're willing to do in order to be in control of what is happening inside your body?
4. Before you eat, how can you make space to offer thanksgiving to God for the foods He has provided?
5. What is one thing you have learned about the power of real food and nutrients to help heal your body?

Chapter 2: Gut Check: The "Inside" Story

1. How well would you say you have been listening to your gut? What is one way you might treat it better going forward?
2. While God created our bodies to know how to heal themselves, we cannot escape living in this fallen world. What is one health-related area in which you feel you've been fighting an uphill battle?
3. Are you ready to incorporate God's wisdom around food into your thinking and decision-making? If so, what thoughts or habits can you ask Him to help you with today?
4. Have you been tempted to continue trying the latest diets without considering what your body may need to truly heal? If so, take a few minutes to think and write about the underlying goal. Would meeting that objective lead to a short-term fix or to lasting health and freedom?
5. If you've ever experienced shame around food, write about it here. What would it feel like to invite God into that place and release that shame to Him while you work to address physical healing at the root?

Chapter 3: The Nuts and Bolts of Nutrients: How to Make Food Work for You

1. What non-nutritious foods do you find yourself reaching for on a regular basis? What is so tempting about these foods to you?

2. What can you do today to become more at peace with food and surrender this struggle to God?
3. What is one behavior you might commit to in order to consume more nutrient-rich foods?
4. When it comes to your body, for what can you give God glory today as you strive for better health?

Chapter 4: Why Quick Fixes Don't Work: Saying No to Fad Diets for Good

1. Reflect on any fad diets you've followed. Consider the reasons you tried them. When do you find yourself most tempted to jump on a fad-diet hamster wheel? Are you typically driven to start one because you're trying to fill emotional needs or because you want to have a certain body by a certain time? How might a more thoughtful approach to pursuing better health serve you better?
2. As you consider cleaning out your pantry of nonfood items and replacing them with real food, what concerns do you have?
3. Do you find yourself trying to cope with the struggles and hardships of life by turning to food? Why or why not?
4. Have you considered the difference between striving for better health and losing weight? How would you distinguish between those two goals?

Chapter 5: Work the (Immune) System: How to Support Your Internal Defenders

1. Many people assume the immune system exists only to help us fight illnesses. What did you learn in this chapter about the way it functions?
2. What clues do food sensitivities, allergies, and environmental exposures offer to a person about the strength of their immune response?
3. Which common food offenders do you want to limit? (See the list on page XX.)
4. If you or someone you love suffers from a chronic illness or has received an autoimmune diagnosis, in what ways might God work during recovery? How could you cooperate to bring improved health and healing?

Chapter 6: Odd Couple: The Gut-Brain Connection

1. How might changing what or how you eat transform your mental health?
2. Which step toward developing a healthy gut-brain connection are you most interested in pursuing: fueling the body with adequate protein; fueling the brain with adequate good-quality fat; avoiding refined sugar; or balancing the microbiome? What is one step you can take today toward that goal?
3. If you have suffered—or are suffering—from depression or anxiety, what steps can you take

to nurture your body?

4. What one activity to help regulate the nervous system (see page XX) will you try this week?

Chapter 7: Stressed Out: The Unseen Costs of Toxins and Stressors on Your Body

1. In what ways can you be more disciplined when it comes to what you put into your body and how you handle environmental toxins?
2. How can you set firmer boundaries with yourself and others in order to eliminate toxic stress in your life?
3. Are you often tempted to use food to self-soothe after a hard day? What healthier forms of comfort might you turn to instead?
4. What is one thing about the healing power of food that you've learned in this chapter?

Chapter 8: The Missing Link: The Toll Trauma Takes on Your Health

1. What areas of unresolved trauma in your life need to be addressed? If you are unsure, do you have any eating habits (overeating, forgetting to eat) that may point to underlying trauma or pain?
2. Have you been in therapy and seen it through in its entirety? If not, what have you learned in this chapter about why working with a good therapist might help you process trauma?
3. How might your attachment styles be interfering with your view of God and your desire for Him to be a part of both your emotional and physical healing?
4. How do you experience the truth that whatever your past and attachment style, God deeply cares about you and longs to clothe you with dignity and to replace any shame you may feel?

Chapter 9: Slow Down: Why Stopping to Rest Is Critical

1. What is your typical posture when eating? Do you tend to eat in the car or standing up, or do you typically take the time to sit down and enjoy your food? What might you do differently going forward?
2. What keeps you from eating mindfully? What is one practice you could try this week to eat in a more restful way?
3. How would you rate the quality of your sleep? What is one habit you could try this week to sleep better at night?
4. How might unwanted stress/trauma be preventing you from getting the rest and nourishment your body needs, whether through food, sleep, or the Sabbath?
5. In what ways do you practice the Sabbath weekly or rest daily?

Chapter 10: Feast of His Faithfulness: Eating with Delight When Food Becomes Enjoyable Again

1. If you are tempted to “feast” on sweet treats when you are alone, what is one step you can take to kick that habit to the curb?
2. How can you focus on feasting well when you are celebrating with others? If you find yourself consumed by what’s on your plate, how might identifying the root sources of your discomfort help? How can you let go of those negative feelings?
3. After a special occasion, how can you ensure that you can easily move back into your regular routine?
4. How might you invite God into your times of feasting? How do you think that would affect your experience?