

## BREAKING THE STRONGHOLD OF FOOD

DR. MICHAEL BROWN

### NOTHING WE HAVE BELONGS TO US

This includes our physical bodies

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Michael's early dietary habits formed an unhealthy lifestyle

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“My life was disciplined in every area but food.”

### DIETARY LIFESTYLE LED TO NUMEROUS PROBLEMS, CHANGES, AND A PERSONAL CONCERN WITH HIS TESTIMONY...

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“My plan isn't working.”

“I was the poster boy for unhealthy eating.”

### STICKING WITH HIS COMMITMENT

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## THE BENEFITS OF HIS DIETARY TRANSFORMATION

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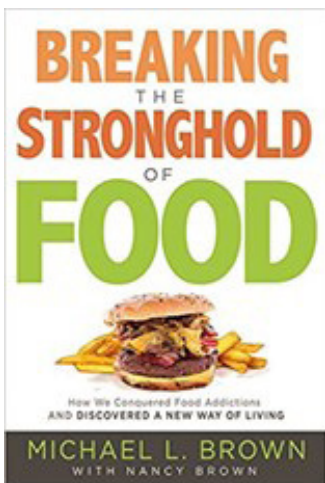
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“Isn't it a shame that as we grow older and have more wisdom to offer we become less effective as our health declines?”



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