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plan designed to set your metabolism
on fire. Phase I (Monday-Tuesday):
Lots of carbs and fruits Phase II
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proteins and veggies Phase III (Friday-
Sunday): All of the above, plus healthy
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grandson's questions about his role in World War I by taking him to visit the battlefield graveyards in France. While there he meets a German soldier from the past and vividly remembers the Christmas truce, a miraculous moment when the guns fell silent and horrors of war were temporarily forgotten in a

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Why is it that we trust Jesus with our salvation but never fully trust him with our lives? God longs to unleash his full measure of power in our lives to fill us with passion and purpose. But too often the things of our past—fear, anger, bitterness, worry and doubt—hold us back. Rather than

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IBS or indigestion. At other times they're screaming, we're pre-diabetic or full blown, our moods are a mess, and our immune systems confused and attacking us. Every one of these health signals hides a specific kind of metabolic dysfunction, and for each, food is the answer. In her new book,

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