



Trim Healthy Podcast with Serene & Pearl

Episode 351 – KJ Versus the Eating Addiction!

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Quotables

- “God’s heart for food is comfort, as well as sustenance... But our *fulfillment* is not in food.” – Serene
- “Even though I do look to food for some comfort – my ultimate comfort is in Christ.” – Coach KJ
- “*“But are you going to die?”* I always ask this question. Because eating healthy is not going to kill you!” – Coach KJ
- “Many people don’t go on Plan because they don’t have their family on board... But the truth is you don’t need 1% of anyone on board. You need to make the decision for yourself.” – Serene
- “We want to have ladies that are battle-hardened to be our greatest advocates for Trim Healthy. Those that have really overcome!” – Serene

KJ’s Story

From KJ... “I am just an average girl who has struggled with food from the beginning. I did struggle with a food addiction, which in recent years I have come to terms with... Going all the way back it started with an uncle saying I had a ‘big butt’ when I was 5. I was just a normal curvy little girl...but my grandma told me that I wouldn’t ever get married unless I lost weight because ‘nobody’s going to marry a fat girl.’ Nothing that was necessarily ‘extreme’ but words that really affected me deeply. And I would pray to God, “Make me skinny, God.” I was just a little curvier than the other girls when I became a teenager, but it was still something I had to navigate. Looking back, I did have a food addiction. The food didn’t argue or make fun of me... *it just made me feel good.*

Then, going into adulthood, my habits started to get out of control. I was gaining weight due to overeating significantly, and a pattern of hiding food. Sneaking food at home, and at the office was a problem for me. But what has become clear to me is that it was my relationship with Christ that was lacking. I was trying to fill the void. Food was my joy... And while I would ‘start’ a diet on Monday, by the middle of the week I was spiraling out of control. I would get into a ‘life is short’ mentality, excuse myself... and then restart the next Monday.

And I stayed in that cycle for *years*. My lack of healthy (thinking) living would go along the lines of *'I'm gonna die anyway'* or *'Life is short, and I don't want to take away all the food things'* ... I would always tell my friends, *'One day I'll be dead, lying next to some vegan and I will be happy that I ate the cheeseburger!'* And the last thing that I was thinking about was that I could be vibrant and rock it at 80 years of age. I was lying to my husband about my A1C levels, and I would tell him that I was doing fine...all while I was on blood pressure meds, I was pre-diabetic, and my A1C and cholesterol were steadily rising. I had convinced myself that one day in the future... I would fix my issues... but *'for now, I'm gonna eat hot pockets.'*

When I was 42, my doctor told me that I had to get my levels down. So, I decided it was time to do something. I had tried Trim Healthy before and I had some measure of victory of 6 months when I did it and lost 30 pounds... but then I had fallen off the wagon. At my lowest point, I worked up the courage to post my picture on the main Facebook group. It was my call for help! And I was FLOODED with messages of encouragement. And I wouldn't be here today if the community hadn't come around me like it did... The Trim Healthy community is life-changing... I would still be drinking 12 cans of Diet Coke a day, but all these ladies surrounded me with encouragement and accountability. *Our groups are so powerful.* Then I found myself making a cooking video, my hair was a mess, and people loved it. So, I did it again. And then everyone wanted me to do it every day. And that's when I started [Joyful Life with KJ](#).

I continued to eat on Plan with Trim Healthy, and was tracking... I had hit 60 days without anything off plan... And I said to myself, *'I'm not resetting this tracker.'* And at this point, it's been 1100 days without anything off plan! I found that my journey was so much different when I stayed 100% on plan. But even with all my gains, I know that I'm only one bite away from disaster. I must be honest that I need community support to stay on track... I had a real addiction, and it's not very different from Alcoholics Anonymous. But my cravings are now for good things—for Trim Healthy treats. I'm not thinking obsessively, *'What am I going to eat?'* And the ladies that follow me are a mix. Some must live the way that I do, but some kind live with more flexibility. There's grace. Each person is different.

The results are amazing. My A1C has dropped to 4. I was 251 lbs. at the worst of it. I lost 70 lbs. in my first year... the first 50 came off quick, and the last 20 came off slow. Now, I don't have a reason to go off plan! And I don't even have to eat something that's not good for me. The days in which I feel like I could fall come more rarely... It's especially when I'm agitated. And there's a tribe of sisters that encourage me... I go to them. I also have Bible verses that are important to me. Be a part of a support system. Recognize the need for community. My husband has been incredibly supportive and encouraging. He will go out of his way to remind me of victories.

A lot of my followers who I was encouraging with my videos started peer pressuring me to start coaching. I didn't think I was right for the job... and I really didn't think I could coach anyone since I hadn't reached my goal weight. But the women on my page wouldn't hear of it. They raised money to help me pay for my coach certification! They helped me get a MacBook Pro to launch my coach program! 140 women signed up as soon as I launched. It blew my mind. My coaching program eventually grew out of all my funny cooking demonstrations. I was even featured on the Funniest Home Videos!

I used to be Kelly. But Kelly was angry. KJ is *joyful*... I had to really believe that I was *'fearfully and wonderfully made.'* I started walking outside, looking at the trees, and appreciating how God had made me with just the same skill. Truly, the biggest transformation that happened for me was reading through the Bible daily it changed my life. I started reading the Bible LIVE. We still do, *'Joyful Daily Devotions.'* The Word has taught me to honor God with my choices."

Recipe Highlight from Coach KJ

Perfect for an afternoon snack with a warm cup of tea or coffee! Try KJ's Fall Y'all Protein Balls! Link Below!

[Fall Y'all Protein Balls](#)

Find Out More About Certified Trim Healthy Coach KJ York!

- ✓ Website: JoyfulLifeWithKJ.com
- ✓ Facebook: [Joyful Life With KJ,](#)
- ✓ Instagram: [Joyful Life with KJ](#)
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