

DR. KEESHA EWERS: Welcome back to the Women's Vitality Summit: "Caring for Yourself, Body and Soul." This is Dr. Keesha Ewers, your host, and my interview today is with Faith Hill, who is the visionary founder and show host for LifeWise TV. Faith, author of the LifeWise Menu Planning System, is a passionate woman dedicated to helping people experience life and health like they have never done so before. For the past five years Faith has been a personal and business coach for healthcare professionals across the United States and Canada. Welcome to the Women's Vitality Summit, Faith!

FAITH HILL: Thank you so much, Dr. Keesha. This is such an honor to be here.

DR. KEESHA: Oh my goodness, you have such a wealth of information to share with women as we talk about that word vitality, and I always start each interview with a reminder to the women that are listening about their vitality. And that this their passion, this is their vigor, your sparkle. I always ask every expert that I have on the summit; what do you see today as the biggest drainer of vitality in women of our era?

FAITH HILL: I think that's such a powerful question, because I personally think there's kind of a war on women going on right now. I think it goes from beauty and also goes to our bodies and our hormones and I think there's a practical sense to that as well as an emotional and spiritual sense to that. You can take it very physically as things that attacking the seed of life, including genetically modified ingredients and things like that. But you can also take it with things like the chemicals that we use in our personal care products and things like that. Everything that literally goes after hormones and just disrupts those literally goes after the essence that makes us women and who we are as life givers and lifesavers. When you say that's your essence and your sparkle, from a very physiological standpoint, your hormones have a lot to do with that. So I think that there's such a war on that very essence of who we are as women, draining our vitality.

DR. KEESHA: That is so beautifully said, and no one has put it quite that way. That's what autoimmune disease is, a war on yourself. Autoimmunity is going up instead of down, in terms of numbers of autoimmune diseases and who's getting them and how severe they are. And we're not curing this problem, we're just managing symptoms, and there are so many things in our society that you just mentioned that are creating and triggering this war on ourselves. So, I love how you say, "war on women", and it's attacking all these different parts, and this then leads to autoimmune, or attacking the self. This summit, "Caring for Yourself, Body and Soul", I think is so important, because it's really getting yourself into collaboration with the universe you live in, and collaboration with yourself, your heart, your mind, your spirit, and your body and your story. And in collaboration with the parts of your life that you live with, including your food and your lifestyle choices and your genetics and all of it. You offer a lot of wisdom in this direction.

I asked a number of questions of each of my speakers before I have them on the summit, and one of the things I asked was, “What are the big ‘ah hahs’ you’ve had along the way?”, the big learning that you’ve had as you’ve evolved and developed and grown yourself as a woman. One of the things you responded with, it was one of my favorite answers out of fifty-some odd people that I’ve interviewed is, “I think it’s a great exercise for anyone to put herself against an obstacle. Or if you find yourself in one, get excited.” So I want you to speak to that, because I think in our country in particular, there’s this expectation that things should go smoothly. That’s what electronics are for after all, right? That we should have a nice smooth life, and I love that you just call that out. No!

FAITH HILL: Well, it’s one of those things. You just have to be truly authentic with where you are. Honestly, it has been the most amazing season for my husband and I. The last fifteen to twenty months have been the most tumultuous crazy time. I love how you just said that technology even is supposed to make things very simple. I have totally bought into that whole lie or dream or notion that we should be happy, and things should be simple and easy. When technology in particular craps up, I could fly off the handle so quickly. That teaches me so much about myself, but I think the reason and the essence of that answer is the exactly lie that you just said; “These should be easy and should work out for us.”. That continually puts us in the path of comparison. There’s always going to be someone that’s further along the path than you. We are always looking at other people’s social media highlight reels and comparing to the grind of our journey and where we are. It’s that grind, that struggle, that obstacle, that literally teaches us who we are in the face of pressure, in the face of nothing going right.

Yes, there are times when we have to look at our behavior and say, “Is this karma? Have I really done something to bring this into my life?”, because there is an element of that. But I’m not talking about that. I’m talking about that moment in life where you are doing what you believe and feel is right, doing what you know to be the true path for you in that moment. The thought is that if it’s the right path, it will be the easy path and doors will open, and I do believe that happens for some people, but what about those that are on the right path, but it seems like obstacle after obstacle? It’s for those people, who are truly authentic in themselves, but still facing obstacle after obstacle. You have to look at that and say I am going through an amazing time where I’m going to not only learn about myself, but I’m about to uncover my true belief system about me, who I am, other people, how I view them, and even God. If you’re one that believes that God orchestrates your path, or everything happens for a reason, or all of those little nuances or beliefs that you say, that really shapes the way you view the obstacles that come into your path.

Because of the last fifteen months of my life, I have really matured as a woman by having to face some of my biggest fears. I don’t say this to be proud but it was, honest to God, circumstances. We really have been true to ourselves and true to going down the path, but

it seemed like one thing after another would happen. Being on the other end of it, everything was O.K. Everything is O.K now, and even was then. I liken it to being in what I call a wilderness. Being in obstacle after obstacle after obstacle is a very wilderness time. There seems to be no fruit, there seems to be little provision, the lake is a mirage and when you strive to get there it isn't there. Those wilderness seasons are meant to rattle. If you just stop and look around, you have everything you need right now in this moment! You most likely have food, you most likely have a shelter over your head, and you most likely have clothing. You most likely have everything you need for today. It's the tomorrow that is getting you so completely worked up, and that's a mental battle. We've got to get that exercise down, to be able to really train our psychology to say, "I'm not going to go down the road of what if." I'm going to stay right here in this moment and do everything I know to do to put one foot in front of the other, and keep my psychology as strong as possible. That's when you really get to know yourself; you really get to know, "do I have the muscle for this?" You're either going to gain that muscle through the workout, or you're going to go through that workout again.

DR. KEESHA: This is a great topic that you're talking about. I write about this in some of the books that I've written. One of the things I say is take your vagina to the gym, and people in the summit have heard me say, "Have sex, because it strengthens your vaginal muscles." Take your vagina to the gym! But I also say your spiritual gym, taking your spirit to the gym, is just as important as taking your body to the gym. The resistance training that you get from the universe or from God is strengthening you. If you just take your arm and you move it up and down, you're not going to get a really strong bicep muscle. If you just sit and do kegels with your vaginal muscles you're not going to get them really strengthened. You have to have resistance. You can think of the weight and pins that you drop down to get extra weight to work out your muscles in the gym as the challenge that you're having in life, and it's your spiritual gym. This is resistance training, and it's making you a stronger person. I love that you brought this up. I think our expectations are that Wall Street will grow every year, that our bank accounts will grow every year. I've heard people say things like, "My social security better be there," and I think, "Or what?"

FAITH HILL: It's so funny you say that because I'm in the generation where we don't even count on Social Security, we don't even think it's going to be there. Most people that are in business and look back and are looking for success – and I think many of your viewers will be able to relate to this- all revere the stories of the Carnegies or the Estée Lauders, all of these amazing stories of when the Depression was here and times were at there worst, these rise above stories like Ford, all of those people that failed hundreds of times before they found their success. We revere these stories! But we believe that they won't happen to us, and that when we're reading them and learning from their mistakes that they won't happen to us. That's not the same as getting your workout. Me watching how to do the perfect workout does not build my muscles. We've got to start shifting our

mentality. That's not saying let's invite negativity into our lives. Let's be strong and say, "I believe the definition of health in the truest sense, in all facets of our lives." Whether it's your mental being, your relational being, your sexual being, your nutritional being, health in its entirety is not the absence of resistance or the absence of symptoms. It's the ability, should you come under attack, to fight with vigor and come out on the other side stronger. That's the true definition of health.

DR. KEESHA: When we're not willing to go into that with resistance, and to say, "Okay, this is the next challenge," then we do things that are called, in medicine, self-medicating. So we can self-medicate and self-soothe ourselves in very dysfunctional ways if we're not wanting to cope, or feel we're not capable of coping with whatever the latest challenge is. Some of these self-medicating tools are recreational drugs, alcohol, cigarettes, porn, gambling shopping, binge eating. Eating disorders come from this, getting yourself into big debt comes from this, from this idea that you don't have control over what's going on, so you're going to do some self-medicating. I would love to have you speak to that because you mentioned you have some experience in this yourself.

FAITH HILL: It's so crazy, because that is one of the big things that I found about myself. I came from a history of obesity in my family, and in my early twenties I did lose about forty pounds, and that was a really big "ah hah" moment for me. I actually lost that weight in a very emotional trauma, so I can very much speak to how your emotions affect your physical body. But in that, I realized that I was carrying around a lot of weight that I did not need. Those patterns were still there that actually got that weight out. We call it generational curses or lifestyle habitual patterns from everything that I saw that was "the normal" as I was being raised, but in my season of craziness or resistance or wilderness, I even learned that one of the nasty coping mechanisms that I had – mechanism that you just described can produce life or death in our bodies, not all of which are bad – but one of mine was absolutely binge eating healthy foods.

So I had this two-fold comfort thing going on. I was comforting my body, but then I was also justifying the toxic behavior because it was "healthy food," which is just as unhealthy because I wasn't willing to deal with the pattern, because the justification was there and it could have prolonged the pattern in my life, because I had an additional justification there. That was one of the biggest "ah hah" moments for me, because I believe that your platform is where you're attacked the most. I was working in the nutritional room with these beautiful women in that were coming to me saying, "I'm binge eating," or "I'm overeating," and I could totally relate to them. My vices may have been "healthy," but the emotional root was the same. While I was typing that up for you, my daughter of seven months old is doing the whole pulling up and learning to walk and bonked her head. She was crying, but what do you do? You comfort. The breast is a comforting tool. I literally caught myself as I was comforting her and she was trying to go straight to the breast. I knew she wasn't hungry. I don't want to deny my child, but

even as children we just learn that emotional coping mechanism of, “feed my body so my emotions feel better.” It’s a fascinating thing that starts very, very young. It’s not negative at that age, but it’s definitely something that we have to break, as we get older.

DR. KEESHA: That’s absolutely true. Now, the listeners on the summit have heard me talk about trauma, and my own trauma. One in four women are reported to have sexual abuse, so the actual number must be more than that. At the age of ten, I was sexually abused, and there’s trauma that was placed in there. I made an agreement with my cells in a place that I didn’t like being, in a place that I really wasn’t safe in, and would up developing autoimmune disease later on in life. When I was able to put those two dots together and understand how I was killing myself through bitterness and resentment and holding onto this pain, I realized that my only cure for my rheumatoid arthritis was to get ahold of negative self-soothing patterns. I also loved to eat, and I loved to marathon run, so I would run long, long miles to keep myself trim with my over eating. I had all these dysfunction patterns of self-soothing. My running time was time I was on my own. I had four small children, and it was acceptable for me to put on my running shoes, and my husband would watch my kids. Literally at three thirty in the morning, I would get up to run my long miles before the kids woke up and my husband went to work. I realized that after I was diagnosed and I was really examining some of these patterns that I had that were not serving me, and were in fact killing me, that forgiveness was what I had to do. You mentioned this too, and we’re going to talk about forgiveness because it’s so important.

Forgiveness was something that we heard as a word bandied about. People have their ideas about what it means and I want to dive deep into this. You talk about it as free and under-utilized, and if you can master it you can expunge toxins from your cells and from you spirit, which is where health comes from. When I went back to school and got my doctorate in sexology, my research was on women that had held onto hurt from the past, and what it was doing to their libido. Of course, anyone that is hurt knows that they’re usually not in the mood for sex. But none of the medical literature illustrated what women’s lives usually show, which is, “I don’t really have a libido right now because I don’t really like my partner, and I’m hurt by him or her,” or “He pushed a button, or she pushed a button, that comes from the past hurts that I’ve had.” I used forgiveness as an intervention for low libido. So when I read through what you were talking about, I thought, “ Oh Faith, very good, this is exactly what we need to talk about!” Forgiveness is such important skill to develop. So let’s talk about that!

FAITH HILL: I want to reiterate what I typed to you, that we cope because we don’t want to face. A lot of times, facing whatever it is with clarity and strength, forgiveness is most likely the most underutilized tool in the world. It’s free, but it most certainly does have a cost associated with it, which I’ll go into in a minute, but if we can master forgiveness, we do find lightness of spirit and body right around the corner. I’m going to



use an analogy that I use with the girls that I mentor. It is like a javelin pole that is just jammed right into your chest. What we typically do when cope is we break the stick off so we can have more mobility. You can't live life with a giant stick sticking out of your body. So we break it off so we can have more mobility, and we think we're fine because we're mobile. But as soon as someone comes close enough to bump up against that – and their offense may be so small- it gets so charged up because that past wound is still there. The tip of the javelin is still inside of you, still raw and probably infected at this point, and the closer anyone comes to it with the smallest offense, it's so charged up in your body that it feels like another heavy offense all over again, because you never got healing. Forgiveness comes at a cost, and that cost is saying that "I'm ready for surgery," and creating that void.

You cannot fill a void with positivity, love, and redemption if you don't first create it. And you've got to get deep, you've got to get all the roots and infection that's set in from this wound and get it all out. Then and only then can you begin to layer that love and that kindness and healing. I say that it comes with a cost because it was an offense to you. So you have to lay that offense down, and you have to accept love and grace and kindness and truth about who you are, because you are not defined that by offense. You have to accept truth in place of that.

DR. KEESHA: Speak it sister! You should be a minister!

[Laughter]

FAITH HILL: You have to accept that as a payment for the debt that you still owe to yourself! You see what I'm saying? If you can accept that as the payment, then when you look back at that offense, you can actually feel joy and redemption and truth, and not just "healing". You can actually look at that scar – which will be there – but you can remember it with joy and a lightness of soul. Forgiveness has been linked to people with stage four cancers being freed immediately, being cleansed immediately. People very well known in the wellness industry have been diagnosed with stage four cancer, and have been healthy their whole entire lives. They get a thirty day deep cleanse, including forgiveness, speaking life over death, breaking curses that you've spoke about other people. That stuff matters! Those things ricochet; they will come back to you and lodge deep in your soul.

I believe life and death are the power of the tongue. Women especially, we run our mouths, and those words come back to us and bury deep in our soul. We have to get in the habit of cutting those off, and breaking those. When I have fallen into that, gone out for wine with a girlfriend and conversation got a little – whatever- I will call that girl back and say, "I just want to agree with you right now that we just break the curse that we spoke over that person. I know we didn't mean any ill will by it, but I believe that curses

are reciprocal, and I don't want that to come back to me or my family and I want to break it over that girl as well." We've got to get used to being that way with women. We've got to get shield to shield and be comrades in this war that is already against us instead of fighting alongside the enemy.

DR. KEESHA: Alright, so, we're going to unpack some of this, because you just said a whole sermon, and I loved it. There's something about that Southern accent and that passion in your voice- I was just in church! And I was saying "Amens" and "Hallelujahs," just hearing you talk. So let's unpack a little bit of this because I want to make it practical for people. You're speaking to one of the people that had breast cancer and was healed through forgiveness, and found joy in the very wound that caused the problem, so I want to back this up a lot. I talked about being ten and sexually abused by a vice principal. Then you can flash forward. My autoimmune disease came from that. Cured that. Healed it one year never to see it again. I don't even get colds. I just don't get sick. Then, let's say fifteen years later, my son comes to me, my second son, and says at the age of eighteen, that when he was three a babysitter that we had – instead of taking all four of my kids to the grocery store, there was a neighbor boy that I asked to come up and play with the boys in the backyard so they didn't have to go to the store- who did some sexual experimentation on my sons. So my son tells me this, and of course, I come unglued. I said, "Why did you not tell me this before now?" And he said, "Because of this. I didn't want you to have this kind of guilt and pain that you're having in front of my eyes right now."

Four months after that, I was diagnosed with breast cancer. Well, guess where it was? A tumor right over my heart in my left breast. When that showed up – I had an ultrasound done to it - it had a blood supply, and it was pretty big. I said, "Alright, I know right where that came from, and I'm going to take some time and see what I can do about this, and then I'll go see an oncologist if I'm not correct about this." So, what I did was go find the neighbor boy, who is now an adult, and called him up and he said, "I've been waiting for this call for fifteen years." I said, "Obviously, I have a lot of questions and a lot of things to express, but I have one goal. That is for forgiveness on all levels for everyone involved. So let's start working our way towards that." And so he talked to both of my boys, paid for some of their therapy, and both of my kids responded amazingly well in trauma release therapy. They were ready, and they'd been learning a lot of this stuff as they were growing up from me, and the discussion for all of this can be had around the dinner table in my home. We're very open and we talk about things and we debrief them and we take them apart. We talk about spirituality and the body, and so we had these amazing healing conversations, and forgiveness is what everyone reached.

One month later, I went back, and by darn, if that tumor wasn't gone, with all of the blood supply, the little vessels, just hanging there. They were dead. I'd already done my forgiveness with my perpetrator. I'd already thanked the universe for what that had

helped to achieve in my own world in terms of evolution in my consciousness, about being compassionate and nonjudgmental, and all the things that I had learned from that experience. But boy, as a mom now, Faith, you have a seven month old daughter. Can you imagine? That forgiveness was harder.

FAITH HILL: Girl. Yes. But what a blessing that you had already forgiven your perpetrator. Think of the compound effect that would have had if you had not gone through and forgiven your perpetrator first. Wow. And what a love gift that you gave that man! I want to say to a lot of you women listening, you may have forgiveness to be had and that person may not be alive any more for you to forgive. But I want you to be encouraged that forgiveness is between you and your God. That's it. Even though it was a beautiful situation that you got to have completion with that other, which was an intimacy that you achieved. I think it went beyond forgiveness. I believe that you crossed over into a very intimate situation, because in my opinion, intimacy takes two. That other was willing to have that conversation with you, and that may not always be the case. But that doesn't mean that you cannot experience freedom if your perpetrator is not alive or not willing. That's really important for people to hear, because they may not have that beautiful scenario that you just described.

DR. KEESHA: Absolutely true. I never got in touch with the vice principal of my school. I don't feel the need to talk to him. But this was for my kid's sake and for the young man. So, what you're saying is absolutely true, and this is what keeps people from forgiving. I dove into the research on forgiveness in my doctoral work, and one of the barriers to forgiveness is fear that the person won't a) be punished for what they did or b) they'll repeat their offense if you forgive them. Both of those things set you up for illness. If you stand in judgment of the person that's done you wrong, you're always going to have this self-righteous indignation and judgment that will keep you feeling superior to the person. Every time you say in your head, "I would never do X. I would never do that!" you're in trouble. When I was in India – I have this long story that brought me to India, but we're just going to start with being in this cave and meditating- this forgiveness practice was downloaded during this mediation that I've used.

First, link up with your God, whatever that looks like for you, through your heart, whether it's Jesus, God, an angel, or the sun, anything that is powerful in your mind, and create this stream of light from your heart to that source. And then bring that person that hurt you right into the middle of that, and notice that they have a heart too. Look in their heart as if it's a mirror. What you're doing is saying, "Ok. What is the ego trait or the personality characteristic that drove this person to commit a hurt against me?" Instead of the behavior itself, get to the things that triggered them. What is their wound? So when I did this with my abuser, I used words like improper use of power, selfishness... We can just use those two. When I did this practice and brought him into this light and said, "Ok, how do I improperly use power?" Faith! As a mom, I found that instantly! I thought,



“Just this morning, I guilt tripped my kid!” Talk about an improper use of power! It made me smile, because I brought myself from judge to a face to face, heart to heart, “Ooooh, I have misused power too.”

And when I do this my clients, I have them use Hitler or somebody like that, and I say, “So what would you use as your ego trait for Hitler?” Often people will say, “Evil,” and I’ll say, “Don’t use a characterization, but instead, what would be an ego trait that would drive him to do some of the things that he did that were cruel?” People will say, “Improper use of power,” “egomaniacal,” “cruel,” “bigoted,” and I’ll say, “Now look in the mirror, and find those same ego traits in yourself.” The thing about this that is so fascinating is that we all have the same personality traits. Every single one of us has the same traits in us. But whatever we feed the most gets the strongest. We all have an ego that gets out of control. We’re all mean. We all cheat. We all steal in some way – it doesn’t have to be shoplifting. When you do that, you go, “Oh, I’m equal to that person, and now I can see what they showed me about myself in the mirror, and now I can focus on not doing that in my life. Now I can let them go and forgive them. That doesn’t mean I have to call them up and I don’t have to be buddies. I don’t have to reconcile. I just have to forgive.” And now you can focus on how to not do this in your own life, and this person just showed you a really important thing about your shadow that now you can release for yourself so that you’re not doing those things.

FAITH HILL: I love that you said two things that I’ve got to go back to, because I just can’t stop thinking about them. You just basically proved the point that I brought up, that judgments are reciprocal. You judge that person and you really can see what you’re doing as well. Forgiveness takes some of those chains off, but I love that you have to take that step further and remove those judgments. It’s not enough just to forgive. Part of forgiveness is removing the judgments. You said two things block people from forgiving: the fear of them not paying for what they did and the fear of it happening again. I want to say two things to that, because the notion that we can prevent certain things from happening to us again is sometimes a false sense of reality. Not that we’re all victims or can’t protect ourselves. But things may happen. If you’ve carried this stick, that you have that power to protect yourself from all things, you may get knocked off of that horse very blindsidedly. I’ll use this example because you brought Jesus up. For those whom Jesus is their thing, this is the perfect example of how to practically use the story of Jesus for forgiveness.

I’m a Christian, but I have a big problem that Christianity uses the cross as our symbol, because it’s not a banner. It’s a tool. If you understand what the cross was, it’s a tool. In other words, Jesus died to take on “blank”. So when I’m forgiving Joe, or whoever, I feel owed by Joe. Well, who do I charge that to? That’s when you have to “Lay it at the cross” and accept that Christ died for you, if that’s your belief system, and you have to accept that Christ died for Joe, and his payment is enough. That is a very surrendering

moment that you have, to say, “Christ, your payment is enough on behalf of Joe.” If Christ isn’t your thing, fill that to say, “ That payment that I’m accepting, the truth that I’m believing in place of all the lies of this, even in place of what you did to me, that truth is enough of a payment.” That is a place of surrender that comes through massive humility. We are coming back to the essence of women, that in our humility, we find our strength. I think that women are looked at as “weak” or whatever. All that crap. It’s crap! And what it’s done is cause women to rise up and say, “I can be strong!” like a man strong. No, no, no, no. We need to rest in the fact that we are strong, period. Not like a man. We are strong when we find our essence of who we are as women. That’s where we find out strength. That is vitality. That is the truest thing.

DR. KEESHA: Well, I’m going to take this a little further. I was doing psychotherapy with a patient one time - I connect people to whatever their spiritual path is, so whatever that is, I help them strengthen that spiritual path through whatever their therapy is – and she was a born again Christian and her faith was very important to her, and she had some things going on. As I was working with her, she could not seem to get to forgiveness for some harm that was done to her, and she was really, really in a judgmental space but couldn’t see it. What I did was take her on this guided meditation where I had her really feel and visualize the journey through Jerusalem with the cross on his back and the suffering that Jesus did before he was crucified. We went through this and she was crying and could really feel it.

Then I had her look from the place where she was on her knees in her visualization at the bottom of her trees and look up, and I said, “ Now ask Jesus to get off the cross so you can get up there.” She opened her eyes and I said, “Right?” She said, “ Oh my God, I do that, don’t I? I don’t let him give the gift. I’m trying to take his place!” I said, “Yes, that’s exactly right.” That was the incredible epiphany that changed her life, to not say your gift is not enough, that now I have to crucify myself over and over again and shame myself and guilt myself and judge other people and get myself into these messes of emotional crucifixion. And she got it. She got it very strongly and powerfully, and I think so many women do this!

FAITH HILL: It’s so huge. And I will say, because we’re on the topic, it’s very prevalent in the Christian church. I can say that because I was born and raised in it. It’s very prevalent, and lots of my fellow Christian sisters do not understand the words that we are saying today. I think that’s probably one of the biggest heartbreaks that I have of being in the natural healing space, that the church gets very wigged out by a lot of the words that you’re saying. Whenever you’re saying energy or universe – it’s all God! It’s all him! That really offends them.

So to bring it full circle, I have a problem with the cross being a tool. That's a very bold statement so I want to clarify what I mean by that. That statement is that I really believe that the symbol of Christianity should be the empty tomb. Because if he is still in that tomb, then we don't have a religion. It's the fact that we believe that he's not there and there was a power that actually raised him from the dead that lived inside of us. That was the commission for us to live out of that exact power so that we could defeat darkness and the "death" that is the enemy of Christ himself. Whenever that's death in our thoughts or death in our tongues. We can't speak life if we're living and focusing on death. And a lot of times that is what the cross stands for. It stands for the death. We need to be living out of the empty tomb, which stands for life. Only then can we walk through life, and everything that it has facing us, with the power that we have ultimately been given. I think we really miss it in the church today because we're so focused on the cross and the judgment and the death that brings.

DR. KEESHA: So, I love what you've been saying and I want to say to any of our listeners: no matter what you're spiritual path is, forgiveness is not necessarily Christian. This is a human experience that needs to happen for true expunging or detoxifying any kind of bitterness and resentment that has happened through pain and hurt. Every human experiences hurt at the hands of another and each of us is a perpetrator of hurt towards another. So I think that's important to understand. We have to forgive ourselves, we have to ask for forgiveness from those we have hurt, and we also need to forgive. It's not just a one thing where you can say, "Oh, I already forgave that person". No! There is such a deep transition and transformation that happens from forgiveness. It's on a cellular, spiritual, emotional, mental level.

It goes through all layers of what we're talking about, and I'm airing this summit on purpose from September 5<sup>th</sup> to September 11<sup>th</sup>, and I'm saying "Caring for Yourself, Body and Soul" as a way of regaining vitality for women. I'm airing this particular talk, Faith, on September 11<sup>th</sup> for good reason. There's a lot of forgiveness that's necessary around this particular date in our country's consciousness. And we're not the only country that has been hurt. This hurt is not uniquely yours, it's part of the human experience, so I'm so glad we're talking about this.

FAITH HILL: I'm so glad this will be aired on September 11<sup>th</sup>. I had no idea we were going to go down this path today –

DR. KEESHA: I know, me neither!

FAITH HILL: I'm so glad that we did and I'm so glad we did this it, because I really think the point that was made, to remove yourself as judge, is really applicable to the September 11<sup>th</sup> tragedy and tragedies that we're continuing to see. We have got to get our

psychology state of mind so strong that we do not go down the path as judge. Those judgments are reciprocal. We will act to become as those we judge, period! As a culture, as a culture, as a company, as a country, as a being, as a parent, as a friend, whatever! I think that is so true-especially down here in the South, now- of September 11<sup>th</sup>, and I'm so thankful to hear you say that.

DR. KEESHA: You too. I want to spend a little bit of time here, because you have some free content through LifeWise TV, topics that range from nutrition to the soul, and I want to give you some time to talk about the six module digital weight loss program that you have, and how that has anything to do with what we talked about because it does! It's all together!

FAITH HILL: It does, it does! I'll tell you, the essence of everything that we just talked about is the DNA of everything else that I've done. What we've gotten to talk about today was kind of fun for me, it was kind a baring my soul that usually doesn't get to come out in my professional life unless it's a one-on-one situation where I'm either in the nutrition counseling room or mentoring room. My professional life that I do put out there for the public is really fun and laced with the DNA of everything that we've talked about today because it is my belief system that is woven through the product that I've created.

"Heartbeat of Mine" is my channel on LifeWise TV, it's LifeWiseTV.com, and that has been the most fun channel for me. We've got about forty episodes to date of content. We've got four different show types where we get to talk about all things. We have one show that will resonate with the listeners of this series called "Take Life". It's five minutes of me taking certain topics and unpacking them and going a little bit deeper with them kind of like we have today. The other shows are myth busters. I've got one show called "Combusted" where we take thing and put it the test. We say, "Does this product idea create life, or is it combusted?" We have another show called, "Key Ingredients." Probably one of my favorite show and probably one of the longest shows that we have. I have guests of all kind so walks of like that have experienced massive success. I've got billionaire entrepreneurs, I've got wedding planners to the stars, I've got NFL football players coming on there, and we talk about their favorite child recipes. And what I do is I clean them up. I take hotdogs or apple pie and I clean them up and make healthy versions of them right there on the set in the kitchen with them, and they get to taste it and give me a score of 1 to 10.

DR. KEESHA: So you're not doing Paula Deen and frying it all??

FAITH HILL: No, I'm not! But you know, we did have Paula Deen in our kitchen, she's amazing! We got to have her down South. We teach them how small changes make big impacts, whether that's a recipe or in their life. In the second half of the show I get to sit

down with those individuals and talk about how the small changes that they made in their life created the big impacts that they've created for their careers, their families, and their successes. We've got lots of fun content on LifeWise TV; it's been the most fun. We love to hear your feedback. Definitely email me, shoot me some topics you'd like to talk about on the shows. We're all about that kind of stuff. We always say that LifeWise TV is our free content to the world. It's where people discover their total well-being. We're all about that definition of health that I talked about, being the totality of who you are. We say LifeWise TV is where people discover their total well being, and 4-to-5 Healthclub is how they become one. 4-to-5 Healthclub is our unique program that we offer. We do a wellness academy. It's a twelve-week program twice a year. We actually don't advertise that a lot until right before we do those sessions, but what we do offer all year around is our weight loss program.

It is an amazing, six-lesson program where we really dive into the myths and the lies that been going through our government agencies and filtering through our food supply chains and our food supply stores that are really keeping us fat and sick. It's not always that we don't have self-control. Sometimes, it's that the food we're eating and think is healthy is not. We do a lot of unpacking those myths for people, and we take it a step further and give them tangible steps to take. In my time working with women in the room, I have learned that people mean well and want to do well, but sometimes they have no idea how to. We give lots of tangible action steps and tools, and we really believe in giving you information in bit sized pieces so that you can actually feel good about the steps you're taking and get some momentum going. We don't just throw it all at you at once. We actually just had a testimony come in. I'm really proud of it. She was very honest with us. She said, "I was fifty percent committed to this thing." She was halfway committed! She said that she'd been on the program for 16 days and has lost 27 pounds. It's a really unique program, we're really proud of it. That's at [4to5healthclub.com](http://4to5healthclub.com). I'm sure that you will get show notes and things like that, we'll get you the links –

DR. KEESHA: Faith, you'll have a speaker's page and we're going to have your contact information and your bonus gift and all the things that go with that so people can reach you. You and I need to do a show about sexuality not being separate from spirituality and the role that forgiveness plays in that. I think that would be a knockout show, so we've got to get that going!

FAITH HILL: Absolutely! It will be a powerhouse, because I definitely have a full-on belief system that sex, especially in the coupling of marriage, is warfare. It is what unites husband and wife, and when you're connecting in that way you can face the world. Girl, let's do it!





## Women's Vitality Summit - September 2016 - Dr. Keesha interviews Faith Hill

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DR. KEESHA: Alright, you're on! Thank you, Faith, for sharing your wisdom, your passion, and your vitality with the Women's Vitality Summit. We've got some great takeaways for our listeners in terms of regaining their vitality through some of the things we talked about. Again, that information will be on your transcripts and on your speaker's page on the Women's Vitality Summit page. So, thank you, Faith. Thank you for everything you're up to in the world, and thank you for taking the time to share this with everyone.

FAITH HILL: It is truly my honor. Bless you, and bless all of our listeners.

DR. KEESHA: Everybody, remember to live, love, laugh, learn, and be the most fantastic, fabulous version of yourself, and until next time!