

God's Way Of Love Document

Soul Team - Challenging Food Addictions Experiment Results

Aims

To identify the effect of challenging addictions to food on our relationship with God, our relationship with ourselves and our relationship with others.

To investigate whether challenging an addiction to food brings up more anger during the week.

To assist participants to give up their addiction to certain foods.

Hypotheses

Food is used to suppress emotions, and therefore challenging the addiction to food will bring up more anger and other emotions during the week.

Since food suppresses emotions, by challenging the addiction to food more emotions will flow resulting in improved relationship with God, ourselves and others.

Methodology

Participants were asked to live a normal week and eat as they normally do, and complete an experiment form documenting the emotions that came up for them during the week. They were also asked to record what food they consumed in an average day during the week.

At the end of the week participants were asked to complete a questionnaire to measure various aspects of their lives in terms of their relationship with God, their relationship with themselves and their relationship with others during the course of that week.

The following week, the experiment week, participants were asked to abstain from the following foods:

1. Caffeine and/or hot drinks
2. Starch and/or grains e.g. potatoes, pasta, rice, noodles, bread, cereals, muesli
3. Sugary foods e.g. chocolate, biscuits, sweets, ice cream
4. Salted and/or roasted and/or honey coated nuts
5. Raw vegan deserts

During that week they were asked to complete an experiment form, documenting the emotions that came up for them during the week. They were also asked to record what food they consumed in an average day during the week.

At the end of the week participants were asked to complete a questionnaire to measure various aspects of their lives in terms of their relationship with God, their relationship with themselves and their relationship with others during the course of that week.

It was optional for participants to also complete the form that came with the guidelines, where they documented the emotions that came up when they experienced cravings for certain foods during the experiment week.

Results

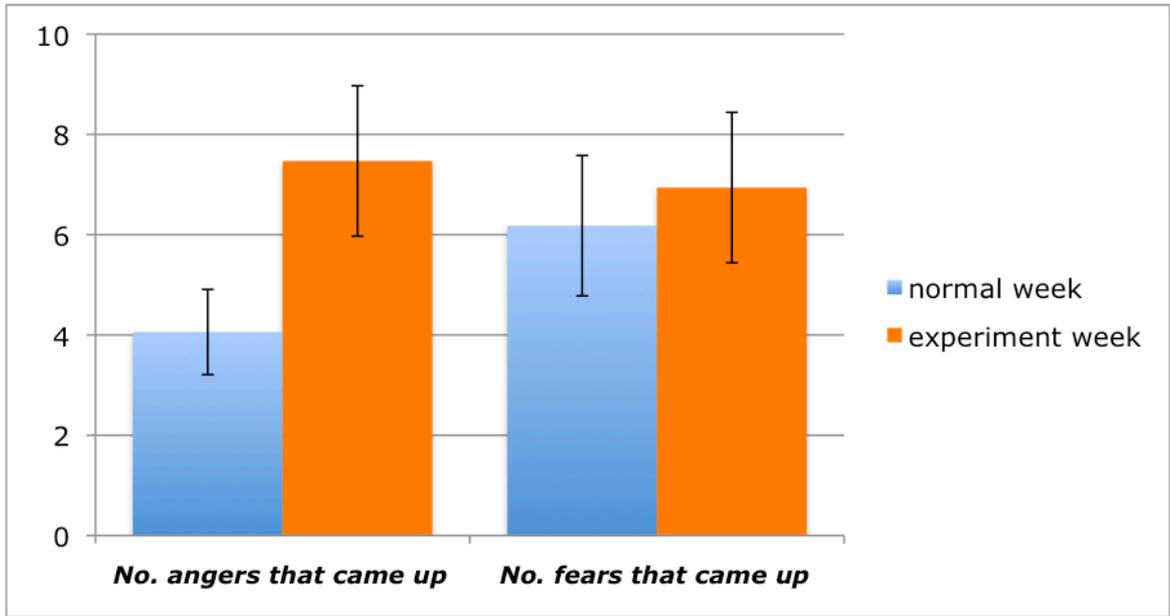
18 participants (15 women, 3 men) took part in the experiment. During the experiment week they abstained from eating the above foods for an average of 6.6 ± 0.1 days ($n=18$).

Soul Team: Challenging Food Addiction Experiment Results

Emotions that arose during the experiment week

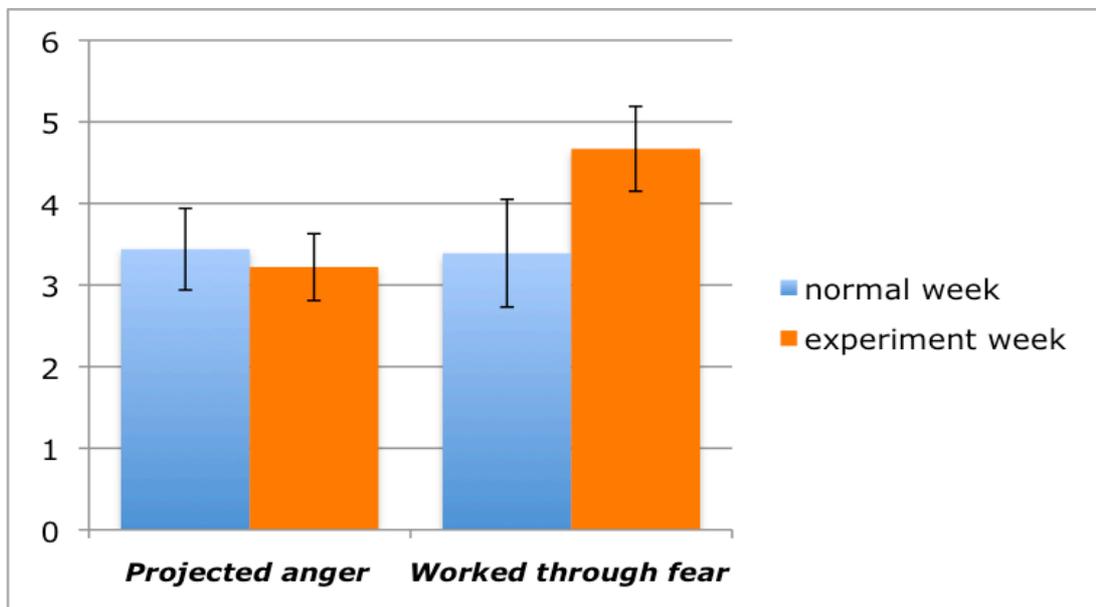
During the experiment week, participants reported experiencing almost double the amount of anger than during the normal week (from 4.1 ± 0.9 to 7.5 ± 1.5 occasions during the week, $n=17$, $p<0.01$).

However no significant increase in the amount of fear was reported during the experiment week compared to the normal week (from 6.2 ± 1.4 to 6.9 ± 1.5 occasions during the week, $n=17$, $p>0.05$).



As a result of this, however, participants did not report projecting more anger at others during the experiment week compared to the normal week (from a score of 3.4 ± 0.5 out of 10 during the normal week to 3.2 ± 0.4 out of 10 during the experiment week, $n=18$, $p>0.05$).

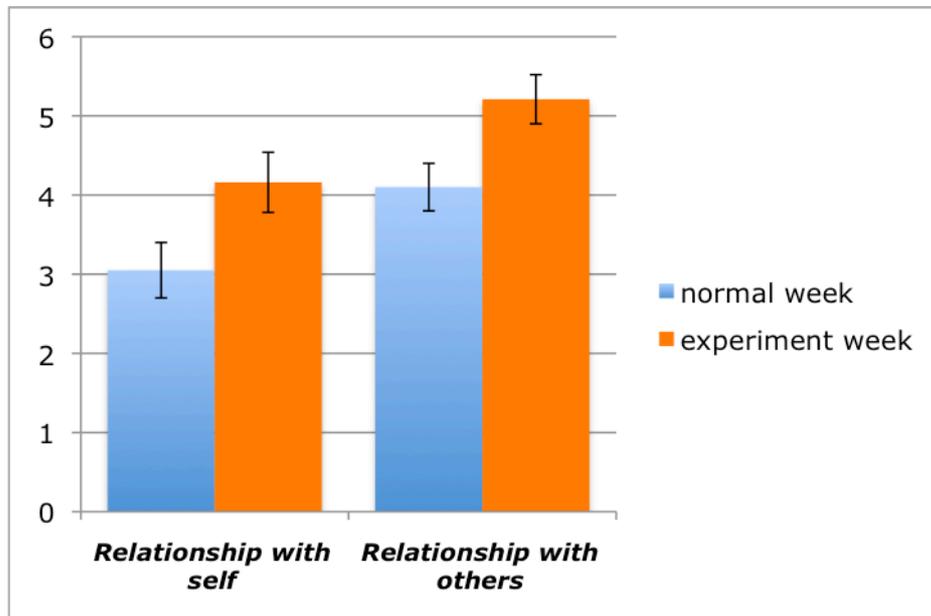
They also did not report processing significantly more fear during the experiment week compared to the normal week (from a score of 3.4 ± 0.7 out of 10 to 4.7 ± 0.4 out of 10 in the experiment week, $n=18$, $p>0.05$).



Soul Team: Challenging Food Addiction Experiment Results

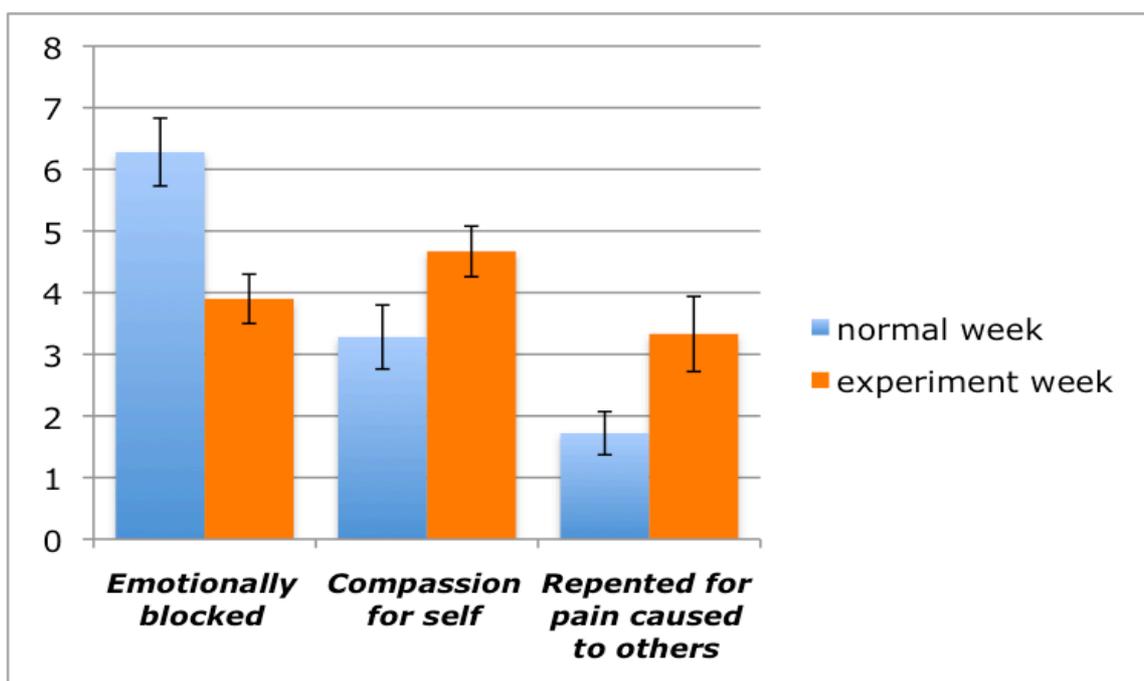
Relationship with themselves and others

During the experiment week, participants reported having a significantly better relationship with themselves as well as with others.



The improved love of self was reflected by being significantly less emotionally blocked during the experiment week than during the normal week (from a score of 6.3 ± 0.5 out of 10 in the normal week to 3.9 ± 0.4 in the experiment week, $n=18$, $p<0.01$), and having more compassion for themselves (from a score of 3.3 ± 0.5 out of 10 in the normal week to 4.7 ± 0.4 in the experiment week, $n=18$, $p<0.05$).

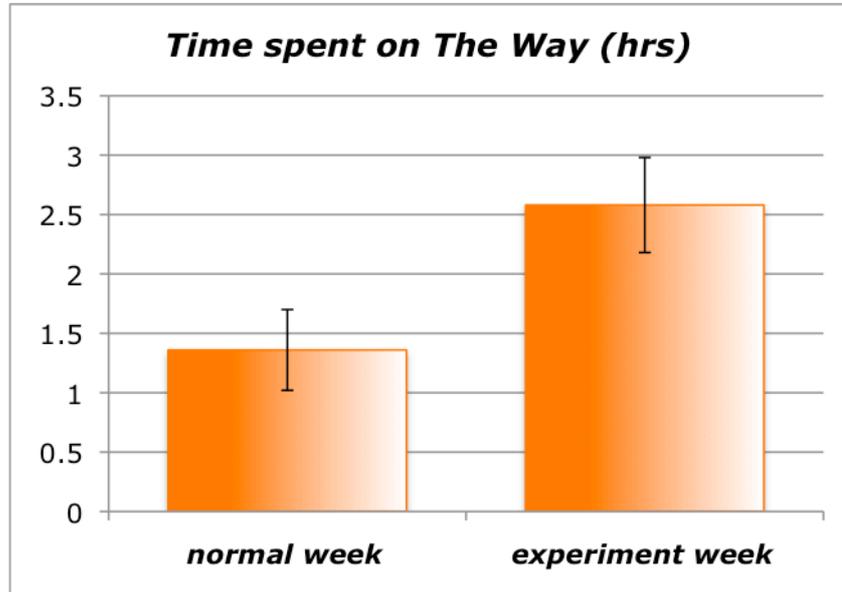
During the experiment week participants also displayed more love for others by repenting significantly more for the pain that they have caused to others (from a score of 1.7 ± 0.4 in the normal week to 3.3 ± 0.6 out of 10 in the experiment week, $n=18$, $p<0.01$).



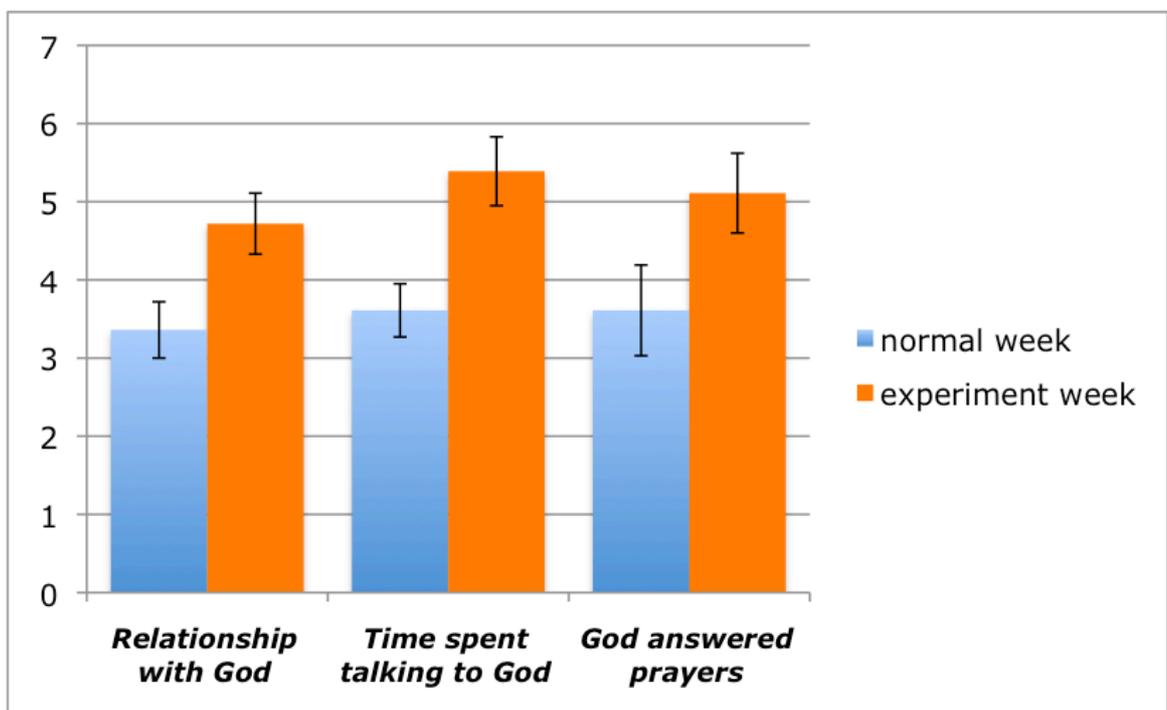
Soul Team: Challenging Food Addiction Experiment Results

Relationship with God

During the experiment week, participants reported living the 'Way' for significantly longer than during the normal week (from an average of 1.4 ± 0.4 hours per day in the normal week to 2.6 ± 0.4 hours per day in the experiment week, $n=18$, $p<0.001$).



Participants also reported a significantly improved relationship with God during the challenging food addiction experiment week compared to the normal week, in terms of their overall relationship with God (from 3.4 ± 0.4 to 4.7 ± 0.4 out of 10, $n=18$, $p<0.01$), the time they spent talking to God (from 3.6 ± 0.3 to 5.4 ± 0.4 out of 10, $n=18$, $p<0.01$), and the amount that they felt that God answered their prayers (from 3.6 ± 0.6 to 5.1 ± 0.5 out of 10, $n=18$, $p<0.05$).



Soul Team: Challenging Food Addiction Experiment Results

Conclusions

1. By challenging their addiction to certain foods, participants reported increased anger, suggesting that anger results from not having their addictions met.
2. By not living in addiction with food, participants were able to access their emotions more easily, suggesting increased humility as a result of the experiment.
3. By not living in addiction with food, participants showed improvements in their relationship with themselves in terms of compassion for themselves and how much they allowed themselves to experience their emotions, and improvements with their relationships with others, specifically in terms of how much they repented for pain they have caused to others.
4. Participants also reported an improved relationship with God as a result of challenging their addictions to certain foods, including how much they felt God answered their prayers, which is an indication of improved faith.

Together these results suggest that addictions impair our relationship with ourselves, with others and with God, and by challenging them we can unlock more emotions and grow closer to God and others.