

# *Life Unbinged: Journey to Surrender*

**Breaking Free from the Vicious  
Food and Sugar Addiction Cycle**

**In Order To Fully Live Out  
God's Plan for Your Life**

*Life*  *Unbinged*™

# Welcome to Surrender

## Introduction

My name is Kristy McCammon. Most of my life has been spent being overweight and food obsessed.

Unfortunately, food became my friend and comfort at a very young age. This set up a lifetime of dependence on food for every emotion; sadness, joy, fear, excitement, happiness, anger, boredom, chaos... you name the emotion and food was the answer. I was in a battle with food daily. I was either white knuckling my way to stay out of the food or I was overeating and bingeing – there was no middle ground. No matter what I tried, I simply could not let go of sugar and flour laden junk food. It had truly become a stronghold in my life that kept me enslaved to food. The idea of moderation always sounded ideal – just one piece, just one bowl, just one slice, just one..... that never worked for me. Once I had JUST ONE, my brain was actively demanding more.

I was in a place of desperation and my weight was the highest it had ever been.

I had an amazing husband of 25 years who loved me unconditionally, 5 incredible children, plenty of wonderful friends and family, and a loving relationship with God – truly a life that I loved, yet I could not get my relationship with food in control. I often prayed for God to deliver me from my food addiction and take away all cravings for unhealthy food. I had tried every diet and plan available. In past weight loss attempts, there was usually short term success, but eventually I was right back to obsessing over food and bingeing on sugar and flour filled items. I began praying for a permanent solution out of this food obsession. I was ready to fully surrender! After a desperate prayer, I came across the idea of food boundaries. This is simply the idea of following boundaries in regards to food; no sugar, no flour, 3 meals a day, and measured portions. I DID have to eat food to survive, but I DID NOT have to eat sugar and flour. I knew in that moment that my rescue boat had arrived and I just had to jump in and paddle! I began eating amazing, delicious, and abundant amounts of food. A lifestyle change, rather than a diet, was exactly what I needed.

Since then, I have released 120 pounds and gone from a size 28 down to a size 14. I have been maintaining that loss since 2019. My head is clear and all mental food chatter is so much quieter! I can confidently say that I have found food freedom and I am FINALLY breaking free from this burden of food addiction. Living sugar and flour free is hard SOMETIMES, but being obese and food obsessed was hard ALL THE TIME!

Now I can FULLY ENJOY the life that I have ALWAYS LOVED.

I am honored that you have joined me on a  
Journey to Surrender as we break free from this vicious food/sugar addiction cycle

# What is your Why?

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