

At God's Love we believe food is love and food is medicine, so we are always on the lookout for captivating stories that relay that message. The [Huffington Post](#) featured a story on their blog that came from a woman with an "invisible illness". Invisible illnesses cause great pain to the sufferer, but the person may appear perfectly healthy.

Although invisible illnesses can be debilitating, this particular story took a positive spin on the issue. The writer explained that instead of succumbing to her illness, she took control of her life by changing her perspective on food. Food became medicine. By shifting her view of food from just something you eat when you are hungry to actual fuel or genuine medicine, she gained a new overall view of life.

With the endless advertisements for junk food and soda products or even products that are advertised as healthy, but are really loaded with sugar, it can be extremely difficult to decipher which options are healthy. This difficulty becomes magnified when your ability to cook and buy food for yourself is taken away from you due to an illness. At God's Love we are able to provide healthy and nutritious meals to our client's every day. These meals are medically tailored to meet the client's specific illness. Our goal is to nourish our clients, so they can be as healthy as possible for as long as they are able. We see that food is medicine every single day and are thrilled that more and more people are reevaluating their perspective on food.

For more information on our mission in action and what we are doing to spread the word about #foodismedicine, please follow our [God's Love](#) and the [Food Is Medicine Coalition](#) on twitter.