

Lessons for Healthy Living 2.0

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Preview A

Orientation to Questions & Answers Session # 1 27

We ask you to watch all the video clips (or listen to the audio clips) for the Orientation to Questions and Answers Session # 1, jotting down quick notes as you go. After viewing all of them, we ask you to write a short essay giving your initial reactions to the material.

Preview B

Module 13 to Questions & Answers Session # 2 43

We ask you to watch all the video clips (or listen to the audio clips) for Module 13 to Questions and Answers Session # 2, jotting down quick notes as you go. After viewing all of them, we ask you to write a short essay giving your initial reactions to the material.

Orientation

Join the Revolution 59

We encourage you to get in the game. Choose to play this game with us and play a big game in life because God has a big vision for you and a big plan and purpose for your life.

Module 1

The Upside-Down Kingdom: Changing Paradigms 79

THE SHIFT: You can now identify the lies about health, disease, symptoms, and medication.
DO THIS: Embrace the Bible as your ultimate authority on health!

Module 2

The Disease Economy 95

THE SHIFT: Acknowledge that medicine and big-pharma propagate a disease culture and economy.
DO THIS: Take a step out of "Babylon" by voting no with your dollars one time.

Module 3

Exchanging the Truth for Lies: Health Myths Uncovered

111

THE SHIFT: Awake! Recognize you are being lied to in so many areas of healthcare and nutrition.

DO THIS: Take responsibility and look behind the scenes from now on!

Module 4

Fortify Your Temple: Reclaim Your Health

127

THE SHIFT: The strength of your walls will determine your power to live.

DO THIS: Identify any breach in your wall; go to God pressing into how to repair the weakness.

Module 5

The Narrow Road: Avoid the Crowd

145

THE SHIFT: As a Christian, all facets of your life should look different from the world with holiness in all areas.

DO THIS: Assess your life. Change one thing that looks like the world!

Module 6

From Roots to Fruits: Growing in Your True Identity

161

THE SHIFT: Accept that you are worthy of the identity God gave you.

DO THIS: Spend time with God daily to nourish your roots and grow fruit.

Module 7

The Neglected Fruit: Self-Control

177

THE SHIFT: The flesh gains control with bad habits.

DO THIS: Pick a top-10 healthy habit and purpose to own it.

Module 8

Ethical Omnivores: To Eat or Not to Eat

195

THE SHIFT: God created man and surely enabled him to digest plants AND animals.

DO THIS: Drop the religion and, whatever you choose, be 100% healthy.

Module 9

Nutritional ABC's: Macro Nutrition

211

THE SHIFT: You know the major nutrients you need from your food.

DO THIS: Remove processed carbs and add more healthy fats!

Module 10

Heroes of Nutrition: Fight Back with Micronutrients

229

THE SHIFT: Phytonutrients are critical to digestion and health.

DO THIS: Increase intake of RAW fruits and vegetables to 70%.

Module 11

Lions Don't Get Headaches, Do They?

249

THE SHIFT: You know what your body is telling you from your cravings, urges, and addictions.

DO THIS: Practice hunger; notice cravings; eat the healthy version of what you crave (i.e. sweets = fruit); wait and feel.

Module 12

Label Detective

265

THE SHIFT: Labels can't be trusted and must be investigated.

DO THIS: Identify detrimental ingredients.

Scripture Review # 1

Orientation to Module 12

285

You are asked to review the memory verses assigned to you between the Orientation and Module 12, and then write a short essay explaining how you feel God is speaking to you now.

Q & A 1

Questions & Answers Session # 1

291

This Q & A includes questions about Omega-6, inflammation, sweeteners, narcolepsy, GMO's and product labeling, shopping on a budget, allergies and sensitivities, headaches, bread, grains, protein deficiency, enzyme supplements, and milk consumption.

Review A

Orientation to Questions & Answers Session # 1

313

We ask you to watch all the video clips (or listen to the audio clips) for the Orientation to Questions and Answers Session # 1, for the second time—jotting down quick notes as you go. After viewing all of them, we ask you to write a short essay giving your reactions to the material now that you have more exposure to them.

Module 13

Wanted Dead or Alive

329

THE SHIFT: Living bodies need living food.

DO THIS: Notice the ratio on your plate. Practice buying and eating 70% Garden of Eden foods.

Module 14

Starving from Overindulgence: Quality Foods & Supplements are Crucial

345

THE SHIFT: In today's world almost everyone needs supplements.

DO THIS: Add a good superfood to your daily program.

Module 15

Plop Plop, Fizz Fizz: The Acid/Alkaline Story

359

THE SHIFT: Acid equals aging.

DO THIS: Reduce eating high acid foods while increasing water to reduce acid stress.

Module 16

Food Combining & Body Cycles: Help Your Body Do What It Does

375

THE SHIFT: Help your body instead of hindering how it was designed.

DO THIS: Eat during the right cycle; properly combine one meal a day.

Module 17

The True Fountain of Youth: 30 Minutes to a Younger You

395

THE SHIFT: You have time to do effective exercise and have no need to eat all day long.

DO THIS: Do an intermittent fast; notice hunger; do a High Intensity Interval Training workout.

Module 18

I Will Give You Rest

415

THE SHIFT: The body generates physical energy from food and sleep. Spiritual "energy" comes from faith and obedience.

DO THIS: Sleep at least 7 hours per night for one week; spend a minimum of 30 minutes per day in prayer!

Module 19

The Gift of Listening: The Art of Excellent Communication

431

THE SHIFT: Listening is an unconditional gift like love. Anchoring in Christ is key to communication.

DO THIS: Memorize and practice the steps to discovery listening and talking.

Module 20

To Nerve & Protect

449

THE SHIFT: Healthy nervous and immune systems outweigh any external cause of disease.

DO THIS: Get your spine checked by a chiropractor; reject antibiotics.

Module 21

Detox or Die! Overly Dramatic or Frighteningly Real?

467

THE SHIFT: Your body detoxes daily and uses innate extra-ordinary detox methods when in a crisis!

DO THIS: Help it! Fast 2 days; juice fruits and vegetables 2 days; eat raw food 2 days; do this 2 weeks in a row.

Module 22

The Slime of Self-Sabotage

483

THE SHIFT: Standing in fear says things to God that are undesirable.

DO THIS: Wholeheartedly work on the fear exercise and read it every day out loud for 30 days.

Module 23

Nutritional Wholism: Body, Soul & Spirit

501

THE SHIFT: All the factors that contribute to your life following God's design are true nutrition.

DO THIS: Survey your life; list the top 5 areas to address; do them!

Module 24

Are You Making Risky Natural Health Choices?

519

THE SHIFT: Go natural! But do so with a sober mind. Natural health is not a religion!

DO THIS: Be mindful of risks and go natural the next time you are ill.

Commission

Making the Change

539

There are so many more things we could have covered but we gave you what we thought were the foundational tools for you guys to have a paradigm shift and transform your lives and transform your communities. Let's transform the church so we no longer look like the rest of the world but stand out like a bright light—like a light set on a hill. That's our goal.

Scripture Review # 2

Module 13 to Commission

561

You are asked to review the memory verses assigned to you between Module 13 and the Commission, and then write a short essay explaining how you feel God is speaking to you now.

Q & A 2

Questions & Answers Session # 2

567

This Q & A includes questions about salt, chia seeds, hyperactivity in children, sugar, detoxes, supplements, fish oil, coral calcium, vertigo, essential oils, grain mills, Vitamix, healthy traveling, fasting, water, teaching kids about health, food dislikes, frozen foods, foods from China, and sourcing out foods like salmon.

Review B

Module 13 to Questions & Answers Session # 2)

591

We ask you to watch all the video clips (or listen to the audio clips) for Module 13 to Questions and Answers Session # 2, for the second time—jotting down quick notes as you go. After viewing all of them, we ask you to write a short essay giving your reactions to the material now that you have more exposure to them.

End of Year Project

Orientation to Questions & Answers Session # 2

607

You are asked to write a 2000 word essay explaining what you have learned from this curriculum.

Scripture References

Scripture References

623

A compilation of Scriptures used throughout this curriculum. Text quoted in NKJV unless otherwise specified.

Answer Key

Dig Deeper!

649

The answers to the Quick Questions on the Dig Deeper pages at the end of modules.