

Week 4

Projects

- become aware of chemical and bioelectric toxins in your environment
 - ☺ buy organic fruits and vegetables to compare how well they taste
 - ☺ do not use electric blankets, heating pads, or hairdryers
 - ☺ do not have electric clock radios near your bed
 - ☺ buy UV protected sunglasses and use sun block

Diet

- make an herbal tea / drink a cup of green tea instead of coffee or black tea
- try to eliminate one source of caffeine per day
- try a one day "fruit fast"
 - ☺ eat only fresh fruits for one day this week / make sure you drink plenty of water

Supplements

- try fresh ginger root / it can be made into a tea or taken as a supplement 1-2 grams per day or a ginger supplement like:

Ginger (100 caps)

Stock No.: 300-6



Description: Ginger [Digestive] has been cultivated for thousands of years in China and India.

Ginger nutritionally supports the digestive process and has the ability to help settle occasional stomach upset and prevent motion sickness.

The root has a strong, sweet scent.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=300>

- take a mixed Carotenoids supplement containing at least 25000 IU Beta Carotene, Lycopene, and Lutein

Carotenoid Blend (60 caps)

Stock No.: 4073-3



Carotenoid Blend [Vital Nutrition]. Natural health enthusiasts have focused for years on beta-carotene, a carotenoid found naturally in carrots and other sources. Its antioxidant properties make it important to overall health.

Many members of the carotenoid family have been shown to have a positive influence on health.

<http://www.mynsp.com/balancingyourhealth/products/guide.aspx?stockNum=4073>

- ☺ if you already eat a diet high in Vitamin A rich foods this is not necessary ex. liver, sweet potatoes, carrots, mangoes, spinach, cantaloupe, dried apricots, milk, egg yolks, mozzarella cheese

Exercise

- increase your walks to 25 minutes at least 5 times this week
- start deep full breathing exercises

Mental/Spiritual

- take a three day "news fast" this week
- contact someone you know who has had a healing crisis and discuss with them how they dealt with it
- pray before meals to appreciate your food / take time to appreciate the life cycles ex. the fact that a living thing has died in order for you to sustain life
- Read James 5:13-18 / Mark 16:18

Laying on of Hands "Pray ye one for another that you maybe healed." Praying for others will heal you. God's word is a book of "ACTS" action. Go into the world and preach the gospel to all creatures. I pray for God to bless you today.