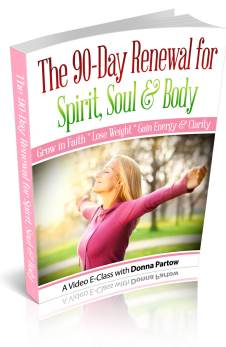


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!

**Welcome
to
Week 4**



#Prep Contest



#Prep Contest



#Prep Contest

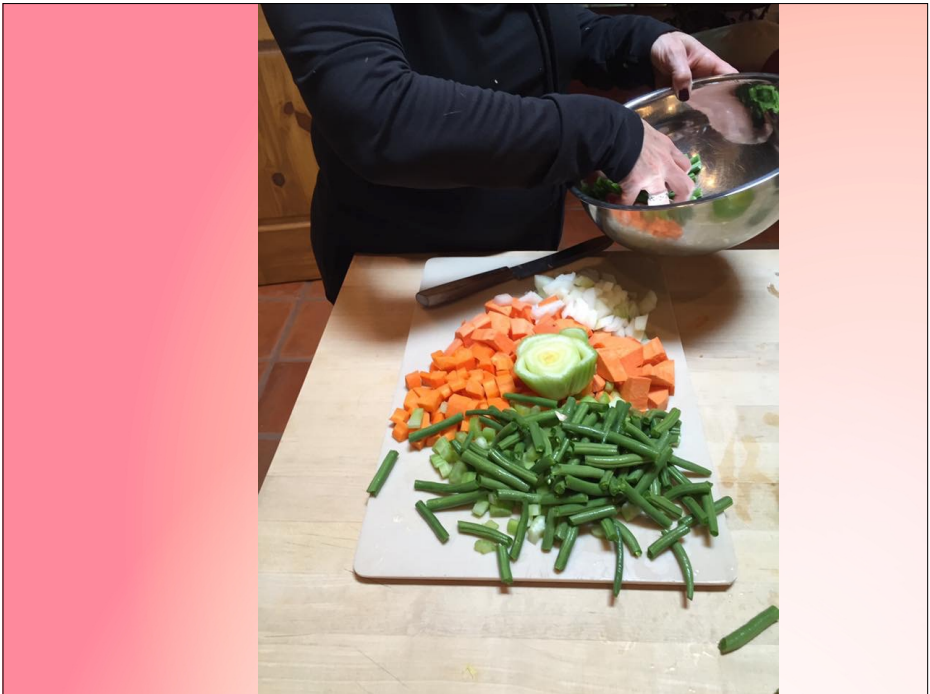
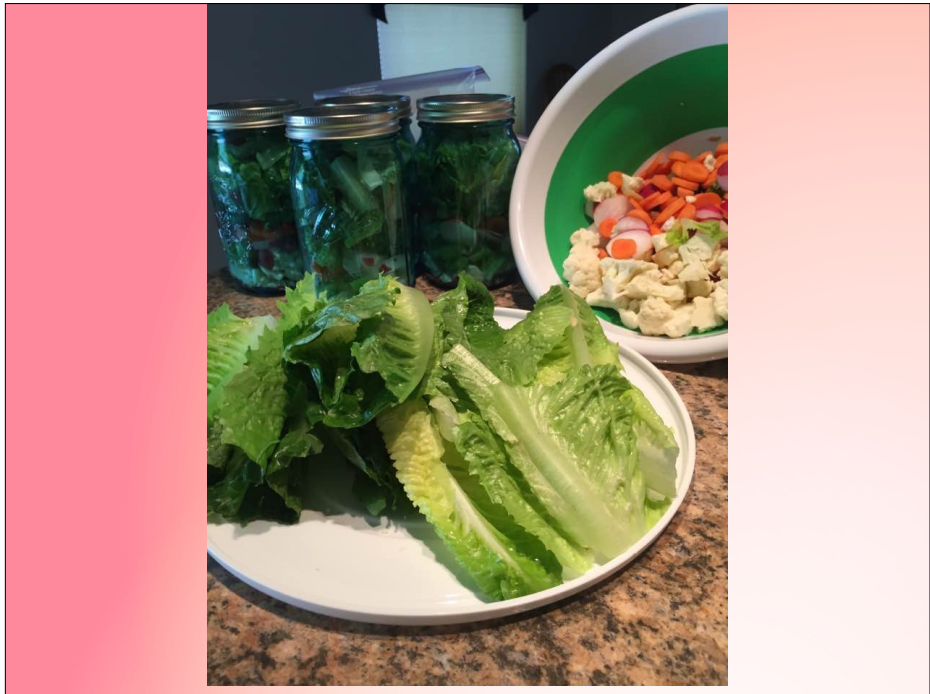


#Prep Contest



#Prep Contest





#Prep Contest Winner Giji Mischel Dennard

Homemade Trail Mix in a Bag
(cashews, pistachios, sracha roasted pumpkin seeds, Turkish apricots, & dark sweet cherries)

4-6 Servings of Persian Cucumber, Tomato & Red Onion Salad plus Fixings

Veggie Scrambles in a Bowl
1 doz. eggs + (broccoli, asparagus, mushrooms, mélange trois, onions, garlic & spinach) / 6 bowls = 2 eggs per day

8-12 Servings of Cauliflower Rice Biryani & Greek Green Beans

Zucchini Chutney

Asparagus

Shredded Beets

Italian Broccoli in a Bag

Hot Giardiniera

Your Choice

#VISION BOARD CONTEST

CREATE AND POST YOUR VISION BOARD.

DONNA Partow

#Vision Contest

BONUS SESSION!!

It's not too late for you. I will pray over every board submitted in time for the event.

#Vision Contest

Winner: Kim Ramos



#Vision Contest

Winner: Kim Ramos

Wow, what a powerful activity. I decided to narrow my focus for this vision board and choose just ONE goal from each life category that I can accomplish before 2017.

My overarching strategy to meet these goals is represented by the tiger in the middle who is ROARING-- speaking the vision in faith. (The tiger is special to me because it's something the Lord spoke over me prophetically.)

I am really happy with the way this turned out and the clarity it gave me. Thanks for such a great assignment. :) I really "didn't have time" to do it, and I am NOT a crafty person, but I pushed through, and I'm sooo glad I did. #lets go #resultsdontlie #vision

#Vision Contest

Winner: Kim Ramos



WE WILL NOT GIVE UP ON YOU.
GOD WILL NOT GIVE UP ON YOU.
WILL YOU PROMISE ... THIS?

**I WILL NOT
GIVE UP ON MYSELF!**



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7 Secrets for Weight Release

1

Recognize your body is on the
frontline of a spiritual war.

7 Secrets for Weight Release

1

Remember that Peace is a
spiritual weapon.

YOU WILL KEEP
IN PERFECT
PEACE HIM
WHOSE MIND
IS STEADFAST,
BECAUSE HE
TRUSTS IN YOU
-ISAIAH 26:3

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2

Do it for something more
significant than a scale or a
dress size.

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2

Are you clear about your
Goals?

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2

RPM

Result - your specific goal

Purpose - why is that so important

Method or Map

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2

Remember life before GPS?

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3

Understand the battle is waged — and won or lost — in your soul, not your body.

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3

**Soul at Rest
Body in Motion**

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3

**Dress for Success.
Dress for MOTION.**

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4

Stop depleting your limited supply of will power.

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4

- * How are you doing with putting life on Autopilot?
- * Are some things becoming second nature now?
- * What are some new habits you plan to keep?

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5

Overcoming emotional eating triggers is critical to lifelong weight management.

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5

7x 3 Strategy

**I congratulate you for...
I receive God's forgiveness and
forgive you for....
I commit to you that I will....**

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When it comes to exercise, *little bits with consistency* will take you further than fits and starts.

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6

- * 30 minute walk
- * Bouncing 5 minutes

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6

Either just 5 or add 5



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7

True Biblical fasting is essential for health, vitality and lifelong weight management.

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7

3 Approaches to Fasting in the 90-Day Renewal

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- * **Daily** - Rest from Digestion
- * **Weekly** - Rest from Digestion & Spiritual Focus
- * **Extended** - Deep cellular recovery & spiritual renewal

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Intermittent Fasting

Feeding/Fed State – your body is burning calories for fuel

Fasting State – your body is burning stored fat for fuel

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Intermittent Fasting

The goal is to get into a fasting state every day, at least for a short period of time so your body burns fat. When your body is not busy digesting, it can do other things like cleansing and healing.

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Intermittent Fasting

NOTE: This is not about reducing total calories. It's about increasing the number of hours your body is burning fat.

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Advocates of daily Intermittent Fasting recommend you do all of your eating in an 8-10 hour window. So you might eat only between 10am and 6pm. You can experiment with it to see what works best for you.

But the concept is sound: give your body a rest.

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Intermittent Fasting

NOTE: This is not about reducing total calories. It's about increasing the number of hours your body is burning fat.

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Intermittent Fasting

Longevity studies unanimously conclude: low caloric intake is key to a long, healthy life. Eat less; live longer.

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Intermittent Fasting

Stop Eating by 7pm or at least 3 hours before bedtime. Unless you are diabetic or hypoglycemic, have your QT (*and maybe even exercise*) before breakfast.

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Weekly Fasts

Since 1999, I've advocated fasting 1 day per week at the 90-Day Renewal.

Many have found Monday is the best day of the week.

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Weekly Fasts

In 2012, The 5:2 Diet emerged based on studies in the UK

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Weekly Fasts

The 5:2 Plan in a nutshell:

1. Fast 2 days per week (500 calories)
2. Eat whatever you want the rest of the week and you'll still lose weight

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Weekly Fasts

The 5:2 Plan

I'm not advocating the 5:2 Plan - my point is that science never does anything but catch up to God's wisdom

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Weekly Fasts

Christians have historically fasted 1 - 2 days per week

Early Methodists fasted Wednesday & Friday

John Wesley wouldn't ordain someone who didn't fast 2x/week

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Can you combine Daily & Weekly Fasts?

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Combine?

* We have successfully combined Intermittent Daily & Weekly Monday Fast Day

* I'm unaware of anyone combining Intermittent & 5:2 and am not recommending it.

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Extended Fasts

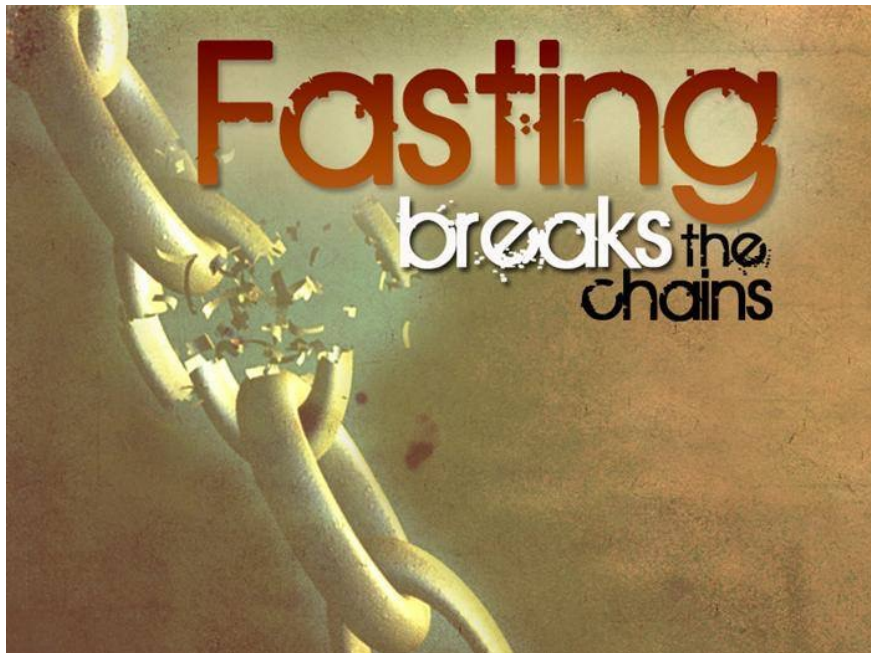
- * The goal is The Fasting Zone
- * "The things of earth grow strangely dim; spiritually more alive"

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Extended Fasts

- * We don't do Extended Fasts to lose weight. We do them to loose chains that drive weight gain.



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Extended Fasts

- * How do you know when you are in The Fasting Zone?
- * When you think, "This is so easy! I should have done this long ago! I could fast forever. I don't care if I ever eat again."

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The 4 Phases of an Extended Fast

Phase 1 – Marked by craving food and may last for a couple days or longer.

This is a period of submitting your body and soul (mind/will/emotions) to your spirit.

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The 4 Phases of an Extended Fast

Phase 2 – Marked by symptoms such as weakness, fatigue, chills, headaches, nausea, dizziness, moodiness. Probably the hardest period of the fasting process. May last two or more days.

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The 4 Phases of an Extended Fast

Phase 3: The Fasting Zone

- Marked by little or no concern for food. May have some weakness but nothing like Phase 2.

Once you hit The Zone, you can probably continue fasting indefinitely, up to **10**, 21 or 40 days.

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The 4 Phases of an Extended Fast

Phase 3: The Fasting Zone

In my experience, usually after Day 4 but it varies from person to person and even from fast to fast.

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The 4 Phases of an Extended Fast

Phase 3: The Fasting Zone

People who say, "I can't fast" have probably never fasted long enough to get into The Fasting Zone.

Either their SOUL screamed too loud during Phase 1 or their BODY screamed too loud during Phase 2.

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The 4 Phases of an Extended Fast

Phase 4: Termination Phase -

Marked by returning hunger pangs (and can occur as late as Day 21 to 40). On these longer fasts, it's a warning bell that the body is beginning to draw on live tissue and *should be heeded*.

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The 4 Phases of an Extended Fast

NOTE: The only difference between Phases 1-2 and Phase 4 is Phase 3.

Once you are in **The Fasting Zone**, you can trust your spirit, soul and *even your body* to tell you the truth.

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The 4 Phases of an Extended Fast

Unless & Until you are well into **The Fasting Zone**, I wouldn't believe a word your soul or body has to say about fasting!!!

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The 4 Phases of an Extended Fast

Usually the people who proclaim the loudest "But but but !!!! I'm one of the few people who can't possibly obey the clear command of scripture to fast and pray"...are the very people who MOST need to fast and pray.

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6 Steps To Renewal Success

1. READ the Daily Assignment
in *Becoming the Woman I Want To Be*

6 Steps To Renewal Success

2. LISTEN to The Weekly Training,
Affirmations & Scripture Memory Audios

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3. WATCH the Daily Video

6 Steps To Renewal Success

4. **JOIN** The Weekly Webinar

6 Steps To Renewal Success

5. **MEET** Others in the Facebook Group

6 Steps To Renewal Success

6. **CHANGE** Your Life thru "Little Bits with Consistency"

What is this week's focus? **FASTING**

- * **Intermittent Fasting** - Stop eating by 7pm
- * Weekly Fasting - Monday or follow the book
- * Extended Fast

HABIT IS INEVITABLE.

IF WE FAIL

to ease life

by laying down habits

OF RIGHT THINKING

AND RIGHT ACTING,

habits of wrong

THINKING AND WRONG ACTING

WILL FIX THEMSELVES

OF THEIR OWN ACCORD

— *Charlotte Mason* — DONNA Carlson

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

POSITIVE ADDITIONS - WEEK 4

1. Add Time with God to your schedule
2. Add Lemon water pre-breakfast (+/or Cranberry)
3. Add a Whole Food supplement
4. Add as many veggies as you can
5. Add 30 minute walk (*Increased this week*)
6. Add bouncing 5 minutes (*Increased this week*)
7. Add 64+ ounces of water
8. Add 2 eggs
9. Add a salad to your lunch
-
10. Add Cranberry-Psyllium Detox



90 DAY RENEWAL WEU

GREEN BEAN AND FETA SALAD IN A JAR

Our instant "Picnic In A Jar" when paired with the Omelet In A Jar. We road-tested this on the San Diego beach.



Awesome, spectacular, delicious, yum...shall we gush more? This is incredibly good, try it and thank yourself! Makes 5 one-pint (two cup) Salads In A Jar.

Balsamic Vinaigrette (This recipe is generous)

3 Tablespoons White Balsamic Vinegar (you can use dark Balsamic, we liked this color better in the salad)
 3 Teaspoons honey
 1 teaspoon salt (or to taste)
 Freshly ground pepper (to taste)
 ½ cup Extra Virgin Olive Oil

Whisk together the vinegar, honey, salt and pepper. Slowly add the olive oil, whisking until the dressing thickens.

Green Bean and Feta Salad In A Jar

7 ½ cups (less than two lbs) of fresh green beans.
 2 cups of halved cherry or grape tomatoes
 4 thinly sliced green onions or shallots
 2 cups of loosely packed basil leaves. Wash and dry them very well.
 5 ounces of crumbled Feta Cheese
 5 one-pint jars

Trim the ends from the green beans, simmer or micro steam them (unsalted) for about 4 minutes until tender-crisp. Immediately transfer beans to an ice water bath for a couple of minutes to stop the cooking process and preserve the bright green color. Dry well. When cool, cut to one inch long pieces.

Slice the well-dried basil leaves into ribbons or chop.

Let's layer! Into each jar (in this order) spoon 1 ½ tablespoons Balsamic Vinaigrette, divide green onions into the dressing. Divide tomatoes, cooled beans, basil leaves and feta cheese into each jar. Seal and refrigerate.



Getting ready for Week 4

Decided on Kale & added red pepper to salad jars this week.
Made some of #kitchenista's Balsamic Pork Loin and ate some with today's lunch...ready for another week.



6 Steps To Renewal Success

MORNING ROUTINE

- * Set alarm 30-60 minutes earlier (6am suggested)
- * NO Snooze Button
- * Make a cup of warm lemon water (coconut oil) or Cranberry-Psyllium Detox drink
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)

FEED YOUR SPIRIT!

Meal Time	Food	Body, Soul or Spirit Activity
Breakfast	Lemon water, eggs	90-Day Renewal reading
Mid-Morning	Protein shake, supplements	Scripture memorization
Lunch	Salad & protein	Bible teaching (audios, podcasts, videos)
Mid-Afternoon	Healthy snack	Affirmations
Dinner	Balanced meal	Quiet praise/worship music
Mid-Evening	Healthy snack	Bible reading

WEEK 3: AUDIO: WILL POWER @DONNAPARTOW #90DAYRENEWAL #WEU

6 Steps To Renewal Success

EVENING ROUTINE: 7-9-10

7pm: **Stop Eating (Intermittent Fasting)**

Cup of warm lemon water
Brush teeth

9pm: Turn off All Electronics (Timer or f.lux)

Turn down the lights

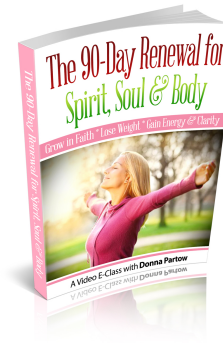
Cleansing bath/worship music or affirmations*

Evaluate the Day

Plan & Prepare for Tomorrow

10pm: In Bed with alarm set for 6am

Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
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