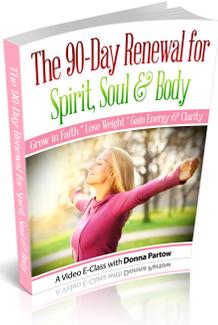


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



Discover God's Solution ... and FINALLY
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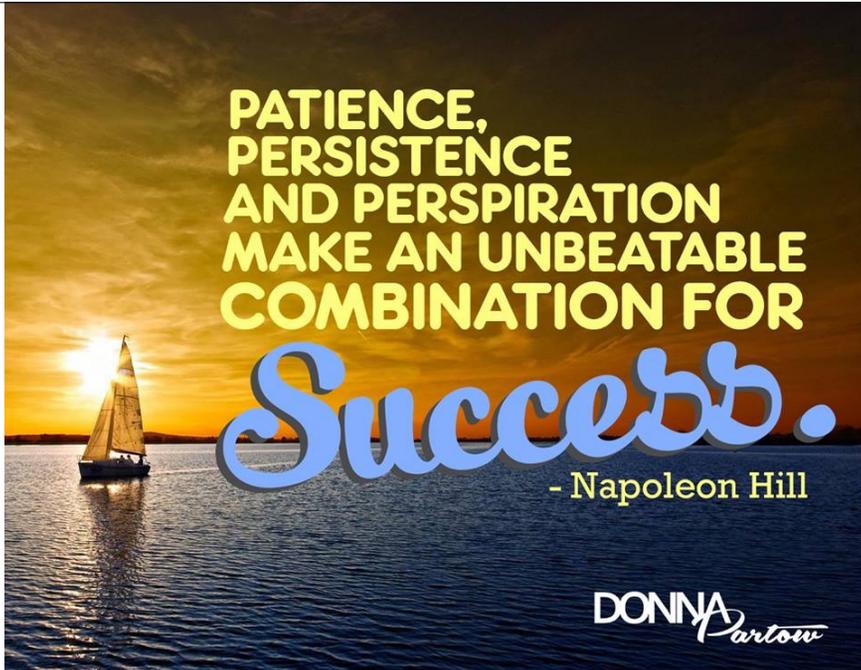
**Welcome
to
Week 10**



**PATIENCE,
PERSISTENCE
AND PERSPIRATION
MAKE AN UNBEATABLE
COMBINATION FOR**

Success.
- Napoleon Hill

DONNA
Partow



**WHEN
ORDER IS
RESTORED,
BLESSING**

**IS
RELEASED.**

DONNA
Partow



21 DAY NO EXCUSES CHALLENGE NOVEMBER 10 - 30

YOUR EXCUSES AREN'T IMPRESSING
ANYONE BUT YOU!



Patricia L Doty Everything Donna spoke over my vision board was true. I also received a lot of revelation from this vision board prayer webinar. Thank you Donna 🙌❤️

Like · Reply · 👍 3 · November 12 at 5:14pm



Judy C Maxim replied · 1 Reply



Cynthia Shelby Not only did I receive clarity and how I should move forward to make the most of my life for Christ through the prayer on my vision board but I received so many things from others words also some would just stick out so clearly, so plainly I knew they were words for me also. God bless you Donna Partow ✕

Like · Reply · 👍 3 · Yesterday at 9:45am · Edited



Judy C Maxim replied · 1 Reply



Rebekah Beckstead Crossgrove

November 12 at 3:55pm

I've been praying about the RLC & asking God what He wanted me to do. Financially we couldn't do a lump payment but talking with my husband about the benefits, it became clear I needed to trust God to provide. I need this group of women in my life. So today my husband suggested instead of buying a new loveseat/couch with his Christmas bonus, we put that money into WEU. Sounded good but I wasn't sold yet. We listened to a teaching today from this week's Vessel class where Donna talked about the live events & one idea was in Philadelphia. I looked at my husband & said I wouldn't have to fly (it's an hour from me) & then heard myself say "that's my answer". So, the furniture will wait until God provides & we invest in me this year for the next 2+ years. Keep working in my heart & life Papa God. Thank you for providing.





Deb Feuring

November 12 at 2:42pm

I love daily visuals! Still need to think of my reward and consequence. I don't like consequences, so I will make sure I accomplish my tasks!



Bonita Cornelius

15 hrs

#NoExcuses Day 4. My 21 day challenge is to conquer the snooze button. I feel like I'm going around the mountain again. That was part of my spring challenge. I let things get me off track, as well as health issues & the Snooze button has been getting lots of use. Some mornings I didn't even remember my alarm even going off. Health issues are better & I knew it was time to get back to what I know I should be doing so I have time to start my day with time in God's presence. My praise is that since Thursday I've been waking up before my alarm has gone off. God is good.

I decided to use my chart (like in the spring) to keep myself on track with this & other things.

This confirms to me why I joined the Renewal Lifestyle Club, encouragement to get back on track & accountability.

7 Secrets for Weight Release

1

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

7 Secrets for Weight Release

1

- * Morning & Evening Routine
- * Curse-Breaking Prayer
- * Special Blessings Prayer

7 Secrets for Weight Release

2

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

7 Secrets for Weight Release

3

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

7 Secrets for Weight Release

4

Stop depleting your limited supply of will power.

6 Steps To Renewal Success

Alkaline v. Acid

1. You may not have a fat problem. You may have an acid problem. To protect vital organs from acidosis, your body stores acid in fat.
2. Many alternative health practitioners believe that diseases can only survive in an acidic environment

6 Steps To Renewal Success

Alkaline v. Acid

3. Acid is believed to reduce oxygen to the blood, may cause free radical damage to cell walls, irritate and event "eat away" at muscle tissue.
4. Pre-mature aging, eyesight and memory problems, wrinkles, age spots, poor hormone regulation.
5. Plaque build up in the vascular system.

6 Steps To Renewal Success

Alkaline v. Acid

6. There is some controversy concerning claims like acids impact on cancer, etc., however, even the conservative WebMD states that a low-acid, high-alkaline diet
"could help prevent **kidney stones**, keep bones and muscles strong, improve **heart health** and **brain** function, reduce low **back pain**, and lower risk for **type 2 diabetes**"

6 Steps To Renewal Success

Alkaline v. Acid

- Alkaline-forming foods include most fruits, vegetables, herbs, nuts, seeds and herbal teas.
- Acid-forming foods include most grains, beans, meats, dairy products, fish, fast foods and processed foods.

Vegetables!

Asparagus	Coriander
Broccoli	Basil
Chilli	Brussels Sprouts
Capsicum/Pepper	Cauliflower
Courgette/Zucchini	Carrot
Dandelion	Beetroot
Snowpeas	Eggplant/Aubergine
Green Beans	Garlic
String Beans	Onion
Runner Beans	Parsley
Spinach	Celery
Kale	Cucumber
Wakame	Watercress
Kelp	Lettuce
Collards	Peas
Chives	Broad Beans
Endive	New Potato
Chard	Pumpkin
Cabbage	Radish
Sweet Potato	Squashes (Summer, Butternut etc)
Mint	Pumpkin
Ginger	

Fruit!

Avocado
Tomato
Lemon
Lime
Grapefruit
Fresh Coconut
Pomegranate

Nuts & Seeds!

Almonds
Coconut
Flax Seeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds

Sprouts!

Soy Sprouts
Alfalfa Sprouts
Amaranth Sprouts
Broccoli Sprouts
Fenugreek Sprouts

Kamut Sprouts
Mung Bean Sprouts
Quinoa Sprouts
Radish Sprouts
Spelt Sprouts

Breads!

Sprouted Bread
Sprouted Wraps
Gluten/Yeast
Free Breads & Wraps

Grains & Beans!	Grasses!
<ul style="list-style-type: none"> Amaranth Buckwheat Brown Rice Chia/Salba Kamut Millet Quinoa Lentils 	<ul style="list-style-type: none"> Lima Beans Mung Beans Pinto Beans Red Beans Soy Beans White Beans (note: beans are 'neutral' but can be included)
Oils!	Other!
<ul style="list-style-type: none"> Avocado Oil Coconut Oil Flax Oil Udo's Oil Olive Oil 	<ul style="list-style-type: none"> Alkaline Water Tofu Goat & Almond Milk Herbal Tea Buckwheat Pasta



7 Secrets for Weight Release

5 Overcoming emotional eating triggers is critical to lifelong weight management.

© 2016 - Donna Partow

7 Secrets for Weight Release

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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7 Secrets for Weight Release

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

© 2016 - Donna Partow

7 Secrets for Weight Release

6

- * Daily Walk
- * Bouncing
- * Pre-Meal 90 seconds
- * Weight Training

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7 Secrets for Weight Release

7

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

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7 Secrets for Weight Release

7

- * Daily Intermittent
- * Weekly
- * Extended

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Weight Loss Plateau

- 1. Eliminate all fruit. Fruit juice, in particular, is a big no-no, even if it's fresh.**
- 2. Eliminate all white foods.**
- 3. Add lentils, black beans and other legumes. These are slow-burning carbs that don't spike your blood sugar, but give energy over time.**

Weight Loss Plateau

4. Be sure you are having a high-protein, high-healthy-fat breakfast. Coconut oil is my favorite.

In general, get your calories from protein, fat and legumes.

Weight Loss Plateau

5. Eat in a shorter window (Intermittent fasting) but be SURE you are getting enough calories. Some of you may be under-eating. MyFitnessPal will warn you if you are under-eating. Almond butter and other healthy fats can quickly boost your caloric intake for those of you who are under-eating.

Weight Loss Plateau

6. Simplify your meals.

**Soups & Salads in a Jar
Slow-Cooker Meals
Green Smoothies
Chicken
Grass-fed organic beef (trader joes)
Eggs
Lentils, black beans, pinto beans
Green Veggies**

Weight Loss Plateau

7. Take pictures of everything before you put it in your mouth.

This has been proven even more effective than a food journal, which in turn has been proven the single most effective weight loss tool.

I encourage you to use your book as a mood-food journal.

Weight Loss Plateau

8. Use MyFitnessPal for at least a month -- just long enough to get a handle on any hidden calories you may be consuming.

Get a reality check on portion distortion.

Or conversely (as mentioned in #5) you may be under-eating.

Weight Loss Plateau

9. Eliminate all dairy other than cottage cheese, which is actually good for fat reduction.

10. Don't DRINK calories other than Green Smoothies. The worst offender is gourmet coffees ala Starbucks that pack a ton of calories and no nutrition

Weight Loss Plateau

11. Have your Free Day/Cheat Day.

Write down all week long what you want to eat, everything you crave. Have it on your free day. So you are not "deprived" Not only that, there's scientific evidence that it's GOOD FOR you to spike your calories one day per week. It let's your body know you are not starving to death.

Weight Loss Plateau

12. Think about adding some weight training to build muscle.

Muscle burns more calories than fat.

Weight Loss Plateau

13. When you do cardio, mix in bursts of intensity. Low slow cardio, which I've done since high school as a long distance runner, makes you FLABBY. I can testify to that. And you can see the proof with your own eyes. Go watch a local marathon. Most people crossing the finish line after 5 hours are flabby. Eliminate all white foods.

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

6 Steps To Renewal Success

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?

REWARD YOURSELF!

The 21 Day No Excuses Campaign

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

POSITIVE ADDITIONS - WEEK 10

1. Add Time with God to your schedule
2. Add ACV & Local Honey (can add to lemon)
3. Add a Whole Food supplement
4. Add as many veggies as you can
5. Add 45 minute walk (*occasional longer walks*)
6. Add bouncing 15 minutes
7. Add 64+ ounces of water
8. Add 2 eggs
9. Add a salad to your lunch
10. Add Evening Detox (*lemon or cranberry*)
11. Pre-Meal 90-second Exercise
12. Optional: Weight Training w/Kettle bells
13. Add Pro-biotics & Bone Broth
14. Add Healthy Dinner of Protein & Veggies

6 Steps To Renewal Success

MORNING ROUTINE

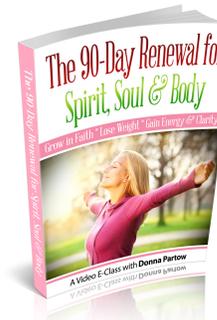
- * Set alarm 30-60 minutes earlier (6am suggested)
- * NO Snooze Button
- * Cleansing Tonic
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)
- * 90-Second Pre-Meal Exercise
- * Eggs or Green Smoothie

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 (Daily Plan Form)
- 10pm: In Bed with alarm set for 6am

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