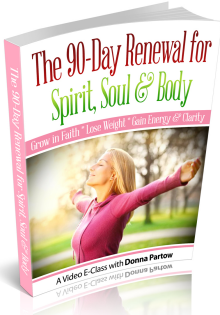


Discover God's Solution ... and FINALLY  
Get Healthy in Spirit, Soul & Body!

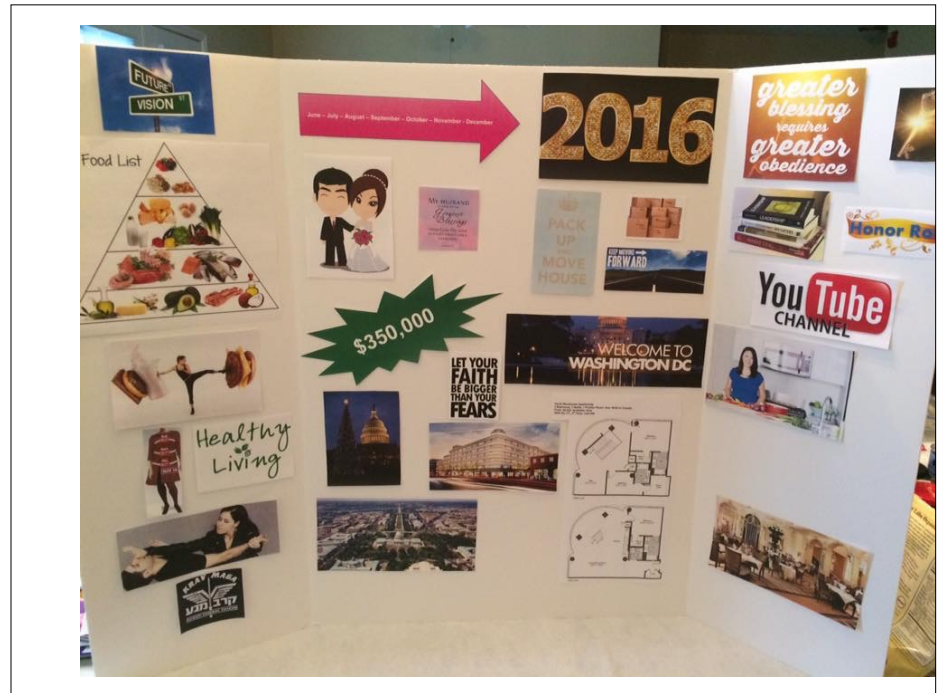
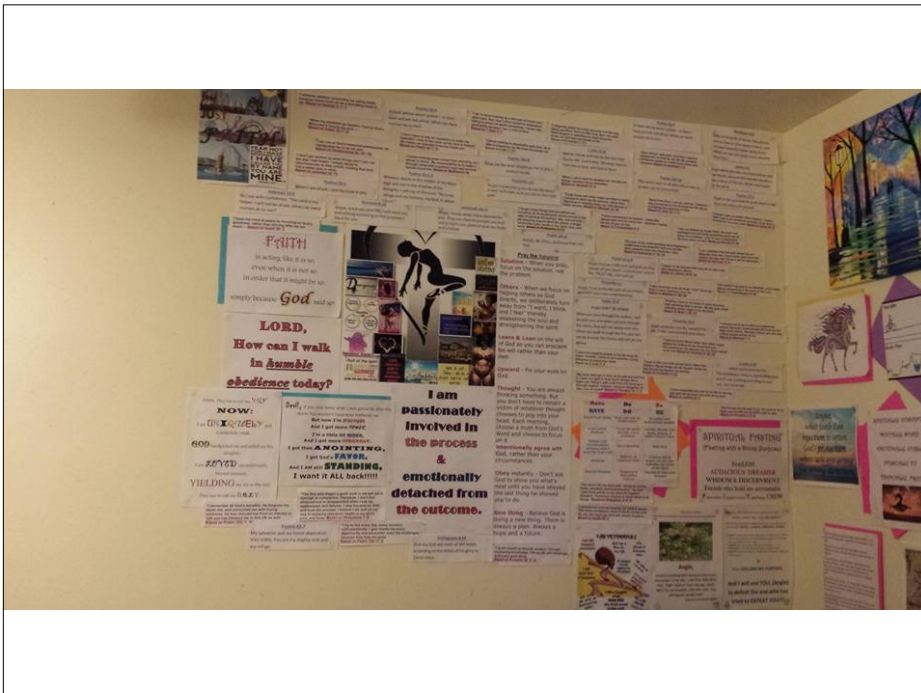


with  
**DONNA PARTOW**

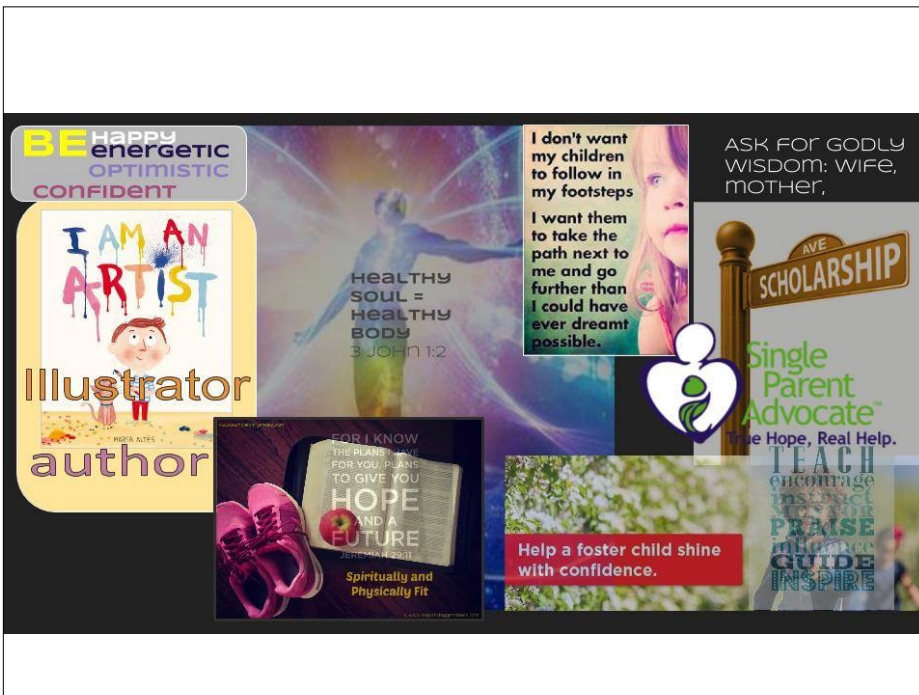
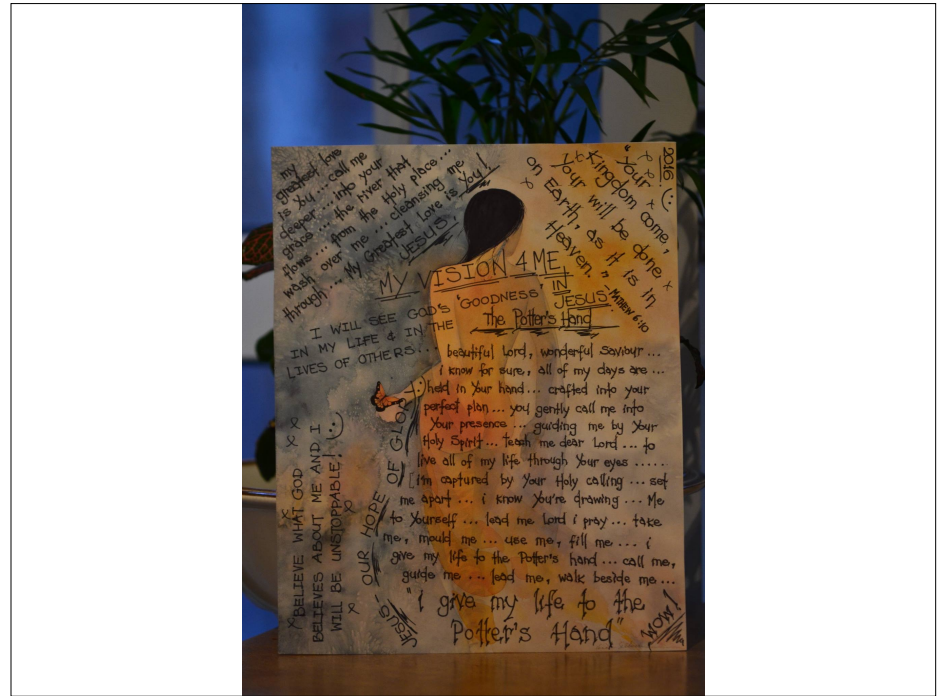
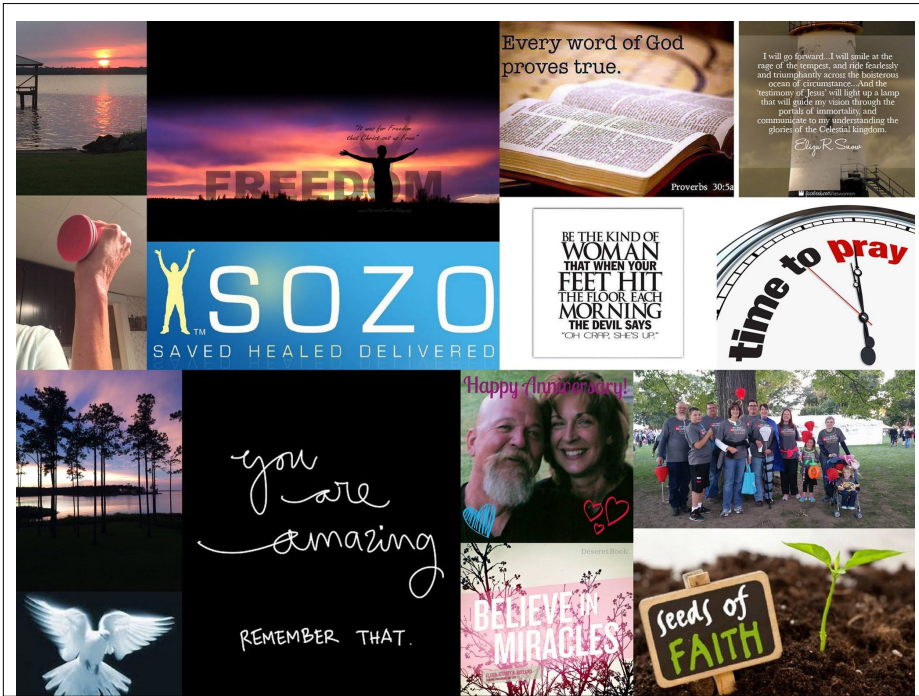


Discover God's Solution ... and FINALLY  
Get Healthy in Spirit, Soul & Body!

**Welcome  
to  
Week 4**







So I have been having crappy couple of days. I got my wire changed on my braces & that pain coupled with TMJ pain & headache it was causing was draining me. And I skipped the ice cream I would normally turn to for comfort. Today I decided instead of coming home to rest, I would make a vision board & hang it in my bedroom. It completely changed my mood & got me sooo excited!! By the time I finished I was like I think my pain is gone. Lol! Funny how God works. I want to encourage everyone to do it! #vision

**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!**



## 7 Secrets for Weight Release

**1**

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

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## 7 Secrets for Weight Release

**1**

**Remember that Peace is a  
spiritual weapon.**

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

DONNA Partow



## 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

3

Soul at Rest  
Body in Motion

## 7 Secrets for Weight Release

3

Dress for Success.  
Dress for MOTION.



## 7 Secrets for Weight Release

4

**Stop depleting your limited supply of will power.**

## 7 Secrets for Weight Release

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?

## 7 Secrets for Weight Release

5

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

## 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....**

## 7 Secrets for Weight Release

6

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

## 7 Secrets for Weight Release

6

- \* 30 minute walk
- \* Bouncing 5 minutes

## 7 Secrets for Weight Release

6

Either just 5 or add 5



## 7 Secrets for Weight Release

7

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



## 7 Secrets for Weight Release

# 7

### 3 Approaches to Fasting in the 90-Day Renewal

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## 7 Secrets for Weight Release

# 7

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

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## 7 Secrets for Weight Release

# 7

### **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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## 7 Secrets for Weight Release

# 7

### **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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## 7 Secrets for Weight Release

# 7

### **Intermittent Fasting**

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

## 7 Secrets for Weight Release

# 7

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.

## 7 Secrets for Weight Release

# 7

### **Intermittent Fasting**

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

## 7 Secrets for Weight Release

# 7

### **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.



## 7 Secrets for Weight Release

# 7

### 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.

## 7 Secrets for Weight Release

# 7

### Weekly Fasts

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

## 7 Secrets for Weight Release

# 7

### 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

## 7 Secrets for Weight Release

# 7

### 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

## 7 Secrets for Weight Release

# 7

### 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

## 7 Secrets for Weight Release

# 7

### Can you combine Daily & Weekly Fasts?

## 7 Secrets for Weight Release

# 7

### 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.

## 7 Secrets for Weight Release

# 7

### Extended Fasts

\* The goal is The Fasting Zone

\* "The things of earth grow  
strangely dim; spiritually more  
alive"



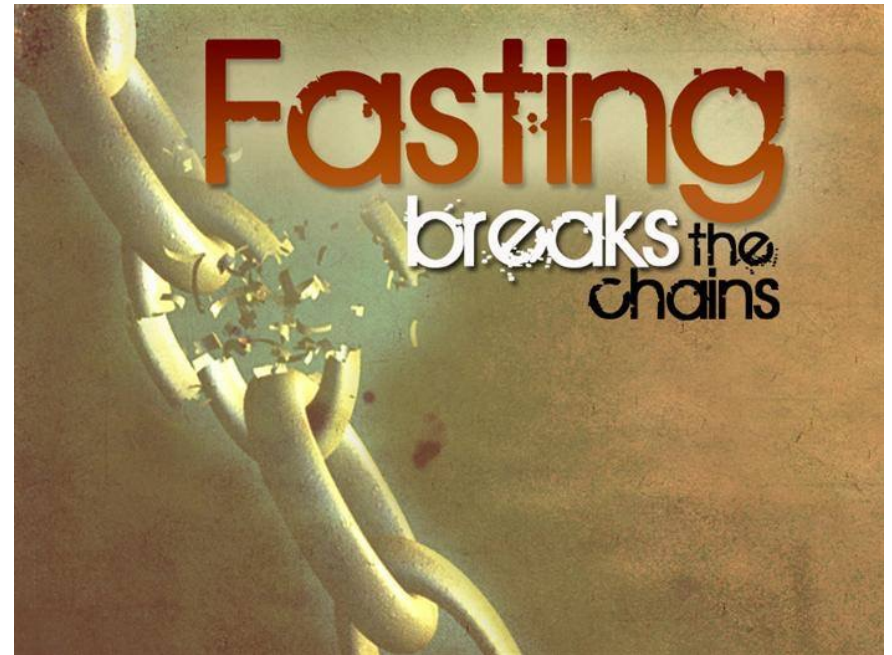
## 7 Secrets for Weight Release

# 7

### 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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## 7 Secrets for Weight Release

# 7

### 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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## 7 Secrets for Weight Release

# 7

### 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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## 7 Secrets for Weight Release

# 7

### *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.

## 7 Secrets for Weight Release

# 7

### *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.

## 7 Secrets for Weight Release

# 7

### *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.

## 7 Secrets for Weight Release

# 7

### *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.



## 7 Secrets for Weight Release

7

### 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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## 7 Secrets for Weight Release

7

### 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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## 7 Secrets for Weight Release

7

### 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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## 7 Secrets for Weight Release

7

### 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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## 7 Secrets for Weight Release

7

**There is a 5th Phase**

Mourning the fast.

## 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 Power of Fasting,  
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? **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

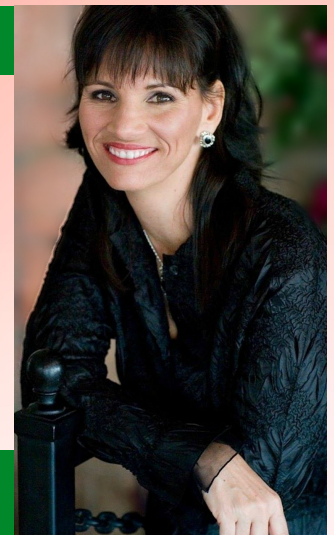
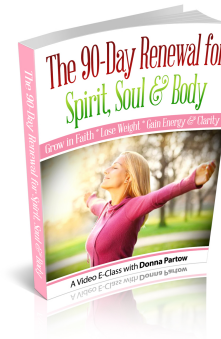
- \* Set alarm 30-60 minutes earlier (6am suggested)
- \* NO Snooze Button
- \* Make a cup of warm lemon water (coconut oil) or Cranberry-Psyllium Detox drink
- \* Go to your prayer place
- \* Complete the day's reading in your book
- \* Morning walk (if schedule allows, if not walk later)

## 6 Steps To Renewal Success

### BEGIN YOUR EVENING ROUTINE: 7-9-10

7pm: **Stop Eating (Intermittent Fasting)**  
Cup of warm lemon water  
Brush teeth

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



with  
**DONNA PARTOW**