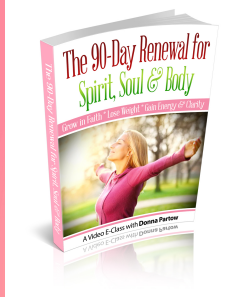


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



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

**Welcome
to
Week 7**



I am
COOPERATING WITH
GOD
AS HE TRANSFORMS ME
DAY BY DAY.
I AM PRESSING ON TOWARD
THE PRIZE GOD HAS IN
STORE FOR ME.
BASED ON PHILIPPIANS 3: 14

DONNA
Partow

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**Introducing
The Weekly Plan**

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WEDNESDAY

Weekly Weigh In Winners



FLING IT
Friday



SHAKE IT
Saturday



SABBATH
Sunday



Weekly Evaluation Worksheet

- Am I listening for and hearing God's voice? What is he saying to me?
- Am I increasingly manifesting the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?
- What did God teach me in my quiet times?
- Which priorities did I live by?
- Which priorities did I neglect?
- What new thing did I learn—about life, God, my family, and the people around me?
- What are my specific priorities for the coming week?



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1

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

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1

Are you starting your day with
God? Continue with your
Morning Routine.

Are you wielding the
weapon of peace?



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1

How is the Decluttering
Process going? Have you
noticed how clutter makes you
feel? How it robs you of
peace...of joy...of strength?

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2

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

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3

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

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4

Stop depleting your limited supply of will power.

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4

Why We Recommend Bone Broth

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4

1. Heals the Gut

- * Treats Leaky Gut Syndrome
- * The gelatin helps seal holes in intestines.
- * Helps heal chronic diarrhea, constipation & food intolerances.

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4

What Is Leaky Gut Syndrome?

“Think of the lining of your digestive tract like a net with extremely small holes in it that only allow specific substances to pass through. Your gut lining works as a barrier keeping out bigger particles that can damage your system.”

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What Is Leaky Gut Syndrome?

“When someone has leaky gut (often referred to as *increased intestinal permeability*), the “net” in your digestive tract gets damaged, which causes even bigger holes to develop in your net, so things that normally can’t pass through, are now be able to.”

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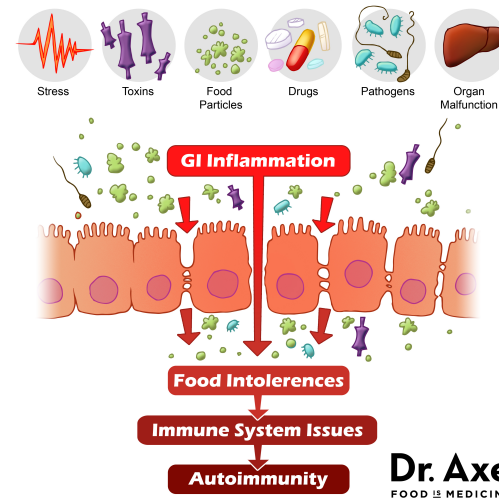
4

What Is Leaky Gut Syndrome?

“Some of the things that can now pass through include proteins like gluten, bad bacteria and undigested foods particles. Toxic waste can also leak from the inside of your intestinal wall into your bloodstream causing an immune reaction.”

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Leaky Gut Progression



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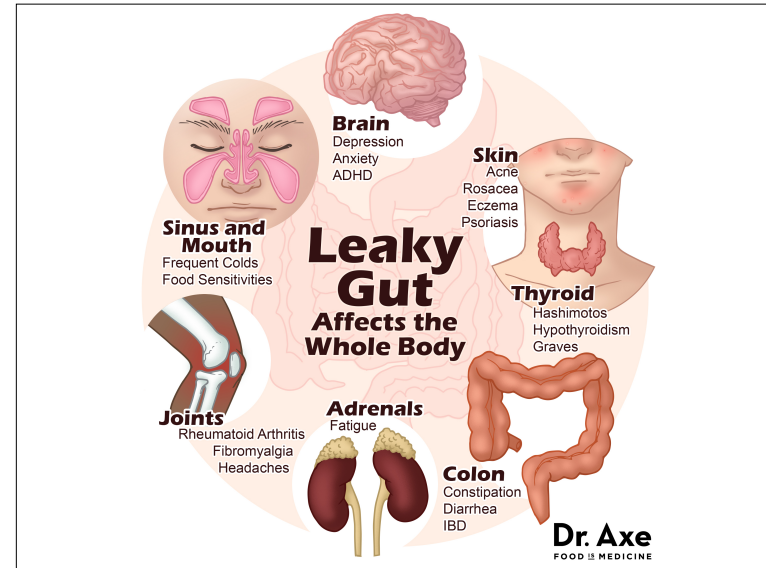
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Leaky Gut Symptoms and Progression

This leads to inflammation throughout your system and can cause symptoms, such as:

- Bloating
- Food sensitivities ****
- Thyroid conditions
- Fatigue
- Joint pain
- Headaches
- Skin issues like rosacea and acne
- Digestive problems
- Weight gain

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2. Protects Your Joints

- * Glucosamine
- * Chondroitin sulfate has been shown to help prevent osteoarthritis.

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3. Good for Hair, Skin & Nails

- * Contains Collagen which strengthens hair and nails
- * Reduces wrinkles
- * Reduces cellulite!

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4. Sleep Better

- * Glycine in bone broth has been shown in several studies to help people sleep better and improve memory

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5. Boosts Immune System

- * High concentration of minerals
- * Homemade Chicken Soup WORKS for good reason!

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5. Boosts Immune System

- * Harvard study of people with Autoimmune disorders
- * Relieved symptoms
- * Some even had complete remission

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5. Boosts Immune System

"A study of chicken soup (broth) conducted by the *University of Nebraska Medical Center* wondered what it was in the soup that made it so beneficial for colds and flu. They found that the amino acids that were produced when making chicken stock reduced inflammation in the respiratory system and improved digestion. Also, research is proving it can also boost the immune system and heal disorders like allergies, asthma, and arthritis." - Dr. Axe

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6. Bone Strengthens Bone

- * Contains phosphorus, magnesium, and calcium
- * Preventative for osteoporosis

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7. Probiotics

- * Promotes good bacteria
- * Remember: Bad bacteria causes the brain in our stomach to tell the brain in our head that we are hungry, anxious & depressed

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Bone Broth + Cabbage Soup

Now you know why we tell you to start your cabbage soup with homemade bone broth!

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Overcoming emotional eating triggers is critical to lifelong weight management.

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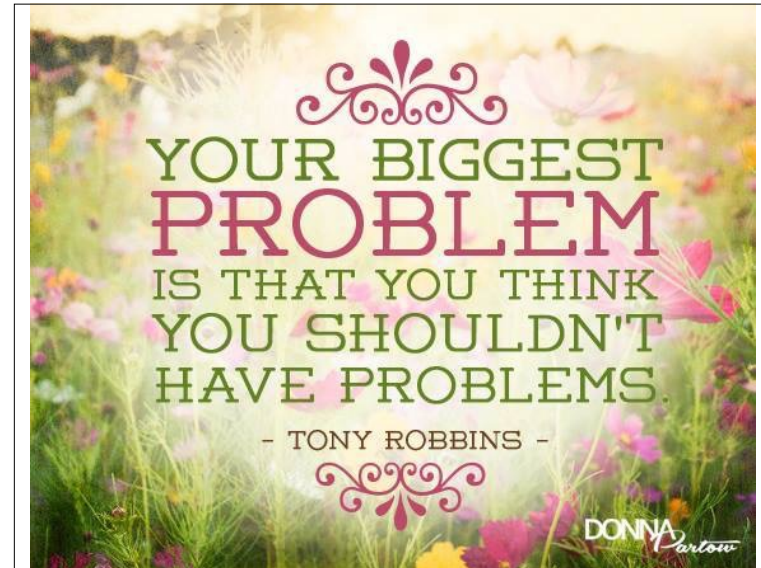
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7x 3 Strategy

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

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5

Cure for Emotional Suffering

- * All Emotional Suffering is caused by focusing on ourselves.
- * Self-absorption is the root of all sin

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Cure for Emotional Suffering

Is it possible to get "*your feelings hurt*" without committing the sin of pride?

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Cure for Emotional Suffering

- * Bait of Satan
- * Picking Up an Offense

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Cure for Emotional Suffering

Would it be better to call it a sin rather than a syndrome?

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Proportion & Perspective

1. Enlarge your territory
2. Connect honestly with others
3. Look for & apply life lessons

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Cure for Emotional Suffering

1. Appreciation - What's good about?
2. Learn & Grow - What can I learn from this?
3. Love & Give - How can I take my eyes off of myself?

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Cure for Emotional Suffering

Decide 3 things:

1. I won't give this/them/that power over me.
2. It's not worth it; life is too short to indulge this emotional pain
3. I'm 100% response-able for my experience. I can free myself right now thru proportion & perspective

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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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- * 30 minute walk
- * Bouncing 10 minutes *
- * 90-Second Pre-Meal
- * Kettle Bell Weight Training

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Pre-Meal Exercise

90 Seconds of:

- * Squats
- * Wall Press
- * Chest pulls

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

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- * Daily Intermittent
- * Weekly
- * Extended

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6 Steps To Renewal Success

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

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

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3. **WATCH** the Daily Video

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4. **JOIN** The Weekly Webinar

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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?

- * Maintain Morning & Evening Routine
- * Eating & Exercise Plan
- * **Weekly Routine**
- * **Bone Broth**
- * **Practice Proportion & Perspective**

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

POSITIVE ADDITIONS - WEEK 7

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
6. Add bouncing 10 minutes (*Increased this week*)
7. Add 64+ ounces of water
8. Add 2 eggs
9. Add a salad to your lunch
10. Add Evening Cranberry-Psyllium Detox
11. Pre-Meal 90-second Exercise
12. Optional: Weight Training w/Kettle bells
13. Add Pro-biotics (food & supplement)
14. Add Healthy Dinner of Protein & Veggies

6 Steps To Renewal Success

MORNING ROUTINE

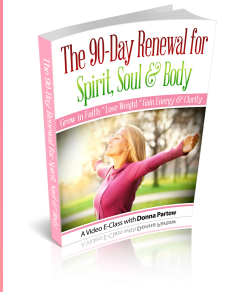
- * Set alarm 30-60 minutes earlier (6am suggested)
- * NO Snooze Button
- * Make a cup of warm lemon water (coconut oil) or Cranberry-Psyllium Detox drink
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)
- * 90-Second Pre-Meal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