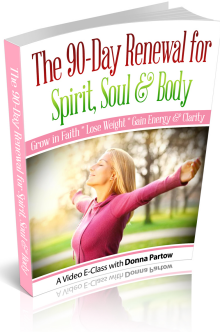


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



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**Welcome
to
Week 9**



7 Secrets for Weight Release

1

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

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.

7 Secrets for Weight Release

5

Overcoming emotional eating triggers is critical to lifelong weight management.

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

7

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

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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

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4. **JOIN** The Weekly Webinar

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

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

What is this week's focus?

* The Special Blessings Prayer

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

POSITIVE ADDITIONS - WEEK 9

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 30 minute walk
6. Add bouncing 15 minutes (*Increased this week*)
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

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,
Mint	Butternut etc)
Ginger	Pumpkin

Fruit!

Avocado
Tomato
Lemon
Lime
Grapefruit
Fresh Coconut
Pomegranate

Nuts & Seeds!

Almonds
Coconut
Flax Seeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds

Sprouts!

Soy Sprouts	Kamut Sprouts
Alfalfa Sprouts	Mung Bean Sprouts
Amaranth Sprouts	Quinoa Sprouts
Broccoli Sprouts	Radish Sprouts
Fenugreek Sprouts	Spelt Sprouts

Breads!

Sprouted Bread
Sprouted Wraps
Gluten/Yeast
Free Breads & Wraps

Grains & Beans!

Amaranth	Lima Beans
Buckwheat	Mung Beans
Brown Rice	Pinto Beans
Chia/Salva	Red Beans
Kamut	Soy Beans
Millet	White Beans
Quinoa	(note: beans
Lentils	are 'neutral
	but can be
	included)

Grasses!

Wheatgrass
Barley Grass
Kamut Grass
Dog Grass
Shave Grass
Oat Grass

Other!

Alkaline Water
Tofu
Goat & Almond Milk
Herbal Tea
Buckwheat Pasta

Oils!

Avocado Oil
Coconut Oil
Flax Oil
Udo's Oil
Olive Oil



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

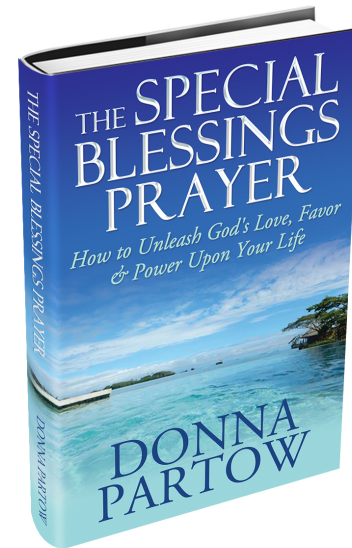
6 Steps To Renewal Success

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



Dear Lord,

If you desire to bless _____ you will do so whether or not I pray for him/her. But you will not bless me unless I obey your command to bless those who have cursed (thought or spoken ill of me) or hurt me.

Therefore, by faith, I choose to bless _____. I cancel the debt s/he owed me to _____. I declare that s/he owes me absolutely nothing.

If s/he cheated me out of anything—whether love, opportunity, money or any other blessing including _____,

I believe you will give me double for my trouble. You will repay me in full and much more. So I release them from the debt.

Besides, I now realize I could have responded differently by _____ and had a very different outcome. I see that s/he is doing noble things in the area of _____. I ask you to bless him/her. I look forward to reaping the blessing I've just sown.

Thank you for setting me free from the curse of unforgiveness. Right now, in the name of Jesus, I declare that the blood of Jesus covers over the offense and all the sin that resulted.

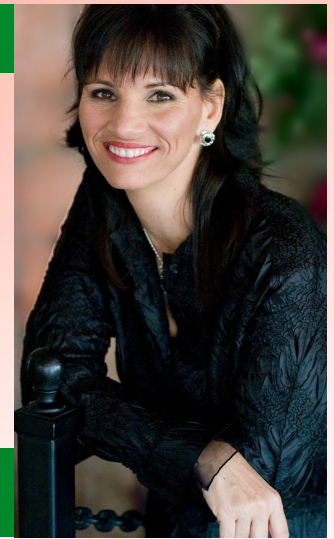
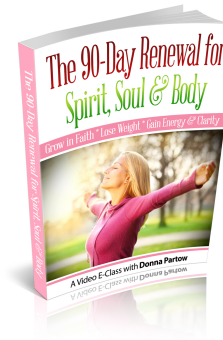
I hereby reclaim any ground given over to the Enemy by my sinful response and I slam the door on his ability to wreak havoc in my life because of it.

I declare that greater is He who is in me than he who has used this garbage to gain access to my life. This sin cannot be used against me from this day forward.

I am free.
Amen

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