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Healing by Design

Weight Loss

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. **Your body is a factory.** We cannot put more raw materials into the body than needed and expect it to function properly. If we are active, we need more fuel. If we are inactive, we need less. These are simple laws of chemistry. In today's world, heavy fats, starches and grains in the form of breads, pasta, pizza, muffins, baked goods, etc. and complex sugars are way more than the body needs for energy.
2. **Eat simply.** To lose weight, we should be eating whole fruits (except too many bananas, dates and dried fruit), all vegetables (except too many potatoes and corn), and greens as 80% of our diets and the other 20% should be nuts, seeds, healthy fats and lean meats.
3. **Avoid the rest.** This means to avoid dairy, grains, carbs and complex sugars. We complicate nutrition, making weight loss and health difficult by trying to eat "healthy" versions of these foods. If your goal is weight loss, keep it simple. We don't need breads, pasta, crackers, pizza, chips, muffins, cakes and sweets. Make whole fruits your sweet. There is no need to fear fruit for weight loss.
4. **Practice fasting.** If you want to learn your relationship with food, start intermittent fasting. It is a MYTH that we need or should eat 5-7 meals daily. This is from poor blood sugars and comes from over-eating sugars and carbs in the first place. You can try eating 2 meals daily instead of 3. Even better would be to eat one meal per day and fast the rest of the day. For example, you could have a juice for breakfast, a fairly large lunch, and snack on fruit the rest of the day. Think of excessive weight as "storage for later." When you fast, you tell your body, NOW is the time to burn this for fuel!
5. **Heal your thyroid naturally to boost thermogenesis and metabolism.** Here is basic thyroid support that all thyroids can benefit from. Our favorite two products for this are *Xodine by Cedar Bear and Thyroid Thrive by Ridgecrest*. Take 6 drops daily of the *Xodine*, but work up to 10 drops 3x daily and do this for a month, called iodine loading. 6 drops daily would be your long-term maintenance dose. Iodine protects against radiation, it crucial for the thyroid to make hormones and increase metabolism.
6. **Stop calorie counting and weight loss programs.** If you are overweight, sadly you are a commodity to many gimmicks and programs out there. People see money in people who are desperate to lose weight. The problem with fat, calorie, and carb counting is that it consumes the mind and creates more stress. If we follow simple guidelines for eating, thyroid support and cleansing we can avoid this.

7. **Cleanse your kidneys, lymph and liver.** Try the Spirit of Health cleanses They work and they will help you lose weight! Cleansing is key to health and longevity. It helps the body get rid of all that excess it is holding on to. Go to Programs and Cleanses at www.spiritofhealthkc.com We recommend starting with the kidney cleanse to remove excessive water weight and fluid retention. The lymph cleanse will remove that unwanted cellulite. That's what cellulite is, lymph fluid that needs drained! The liver is your main detoxification work horse in your body, take care of it.

8. **Reduce Stress.** Constant stress and excessive cortisol will weaken your adrenal glands and throw off your thyroid numbers. Constant stress will increase cortisol which created weight gain around the middle. To reduce stress spend time in nature, pray more, listen to relaxing music, take **Holy Basil by Cedar Bear, CBD Oil by Elixinol or for a nice blend try Anxiety Free by Ridgecrest.**

9. **The Mind is the Battleground.** Poor health in our bodies, regardless of what it is, comes from the choices we make with our mind. If you are struggling with yo-yo diets, food cravings, etc. we must learn to fight by renewing our minds. The enemy wants us overweight, because that leads to feelings of guilt, shame, inadequacy, low self-esteem and keeps us from focusing on the heavenly. See Romans 12:1-2.

10. **Get heated up!** Toxins are lipophilic. This means that HEAT LIBERATES TOXINS from FAT in our body. This is why you want a strong thyroid. This is why you want strong digestion. This is why a fever is a GOOD thing! Exercise is great for this. Even better is to get a Far Infrared Sauna. We encourage the Sunlighten brand because not all saunas are created equal. Get **GI Broom by Dr Morse** and take this before each sauna session. The clay and charcoal will bind and remove toxins from your body.

1,2,3 steps to EASY WEIGHT LOSS

1) Eat high water containing fruits on empty stomach, eat all veggies but potatoes and corn, eat lots of GREENS as 80% of your diet. Eat nuts, seeds, healthy fats and lean meats as 20% of your diet. FORGET THE REST!

2) Support your hormones and thyroid as described above

3) Get HEATED UP! Exercise, sweat, lay in the sun, get in a far infrared sauna daily. This will liberate toxins from your body!

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Romans 12:2