

Program

Step 1 - Preparation:

- Agree to practice intermittent fasting during this time by having only 2 meals a day 5 hours apart.
- **Please remove anything that may be creating stress during this time.** Please give it to God in prayer and trust that He will take care of you.
- **Forgive others who have hurt you.** If you are not willing to forgive them by the power of the Holy Spirit, you cannot be forgiven and you will not be able to heal (Matthew 6, James 7).
- **Ask for forgiveness from those you have hurt.** This is an important step in making sure your account is clear before God and that you have a clear conscience (Matthew 5:21-26, Exodus 15:26).
- **Forgive yourself for past mistakes,** after you have done things right with God and with others. God only wants you to take it one day at a time. He has forgiven you and made all things new! Do you believe in God? Then live it! (Revelation 21:5, 2 Corinthians 5:17, 1 John 1:9 – 2:6).

Claim and memorize one healing promise per day.

This is important to increase your faith (Rom 10:17).

Step 2 - During the Program...

- **3 days of water fasting.** Taking your water number in oz (w#) at each meal instead of the meal. If you feel dizzy, substitute 8 oz of water for pomegranate juice with 1 tablespoon of ground chia or flaxseed. For chia seeds, let them hydrate in the juice for 5 to 10 minutes before taking them. If you feel constipated, substitute prune juice for the water.
- 27 days of 32oz of "Dr. Sears School Aid Smoothie". This would be 32 oz for each meal. If you're allergic to any of the ingredients, skip them or ask for better alternatives.

Step 3 - After the Program...

- 1 week later: replace your lunch with vegetable-based food (no fruits): 80% green category, 20% yellow category
 - Example: dark green lettuce, broccoli, grated carrots, salad; with rice and beans on top and homemade dressing.
 - Practice chewing hands-free.
 - Rotate vegetables and grains and watch for any reactions in your body. If you find a negative reaction, remove that item from the menu.
- 2 Weeks later: Do the same with your breakfast; Fruit-based (excluding vegetables): 80% green category, 20% yellow category
 - Practice chewing hands-free.
 - Rotate fruits, grains, etc. and observe any reactions in your body. If you find a negative reaction, remove that item from the menu.
- 3 weeks later: It should be ready! Please rotate your options by taking note of any reactions in your body. If you find a negative reaction, remove that item from the menu.

Options: Next, they are presented with two options. The smoothie based on fruits and vegetables. The main plan is fruit-based, but you can make the plant-based smoothie for lunch for a change, if you so choose.

Remember...

- Don't forget to claim the promises in the back as they encourage us to trust more and more in God's ample love and care.
- Follow the Lifestyle Resume Schedule

“Dr Sears School Aid Smoothie”

Upgraded Version – Functional Fruit-Based Smoothie

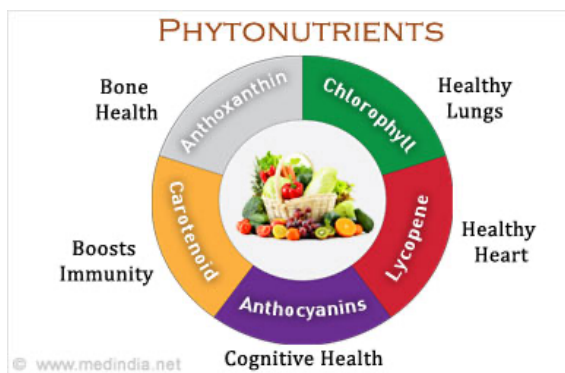
Nutritional Information

Serving Size: 32 oz

Servings Per Recipe: 2

Nutritious	Amount Per Serving	% Daily Value (approx.)*
Calories	783.5 kcal	—
Protein	27.6 g	55%
Total Carbohydrates	99.4 g	33%
Dietary fiber	30.1 g	107%
Total Fat	34.7 g	53%
Omega-3 Fats (ALA)	10.7 g	—
Calcium	358.5 mg	27%
Iron	18.1 mg	100%
Potassium	1688.5 mg	36%
Magnesium	210.5 mg	50%
Folate (B9)	176 mcg	44%

* Percent Daily Values are based on a 2,000 calorie daily diet.



Ingredients (Blend all ingredients in a blender)

- **3 cups of vegetable milk** (almonds, soy; West Soy brand is recommended)
(Provides vitamins, minerals and proteins)
Note: It must be free of gluten, carrageenan, artificial sweeteners, colorings and other additives.
- **1 green banana** (ripe, but without black spots)
(Source of prebiotics)
- **1 ripe banana** (with black dots) (Natural source of energy)
- **1 cup frozen blueberries** (Or you can use blackberry, blackberry)
(Antioxidants)
- **1 cup favorite frozen or chilled fruits** (Examples: papaya, mango, pineapple, cantaloupe)
(Vitamins and minerals)
- **2 tablespoons flaxseed oil or 1/2 cup freshly ground flaxseed meal**
(Omega 3, phytonutrients, fiber)
- **1 cup of cooked lentils without seasoning**
(vegetable proteins, iron, minerals)
- **2 tablespoons unsweetened natural almond butter**
(Proteins and healthy fats)
- **1/2 avocado** (Good fats, phytonutrients, fat-soluble vitamins)
- **1/2 cup of cooked oatmeal** (1 cup of water + oatmeal, covering it for 30m) (Fiber)
- (Optional) **2 tablespoons of ground chia hydrated in 3/4 cup of filtered water** for 15-30m.
(Fiber, additional Omega 3, satiating effect)
- (Optional) **1 tablespoon tahini paste** (Vegetable source of calcium and healthy fats)
- (Optional) A few mint or ginger leaves and 1-3 teaspoons lemon (flavor and digestion)

Note: Store in a cool place or in a thermal container.

Functional Plant-Based Shake

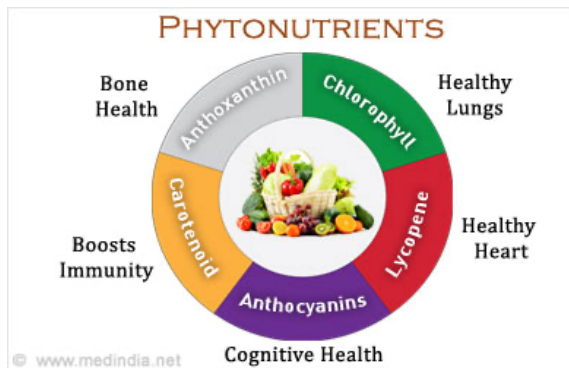
Nutritional Information

Serving Size: 32 oz

Servings Per Recipe: 2

Nutritious	Amount Per Serving	% Daily Value (approx.)*
Calories	280 kcal	—
Protein	11.5 g	23%
Total Carbohydrates	29 g	10%
Dietary fiber	12 g	43%
Total Fat	11 g	17%
Omega-3 Fats (ALA)	2.8 g	—
Calcium	120 mg	9%
Iron	4.9 mg	27%
Potassium	675 mg	14%
Magnesium	80 mg	20%
Folate (B9)	70 mcg	18%

* Percent Daily Values are based on a 2,000 calorie daily diet.



Ingredients (Cook everything for 30m or until soft and beat in the blender)

- 1 cup yellow squash, cubed
- 1 cup sliced carrot
- 1 cup cauliflower or broccoli (in small florets)
- 1/2 cup whole-grain rolled oats
(*Source of fiber, creaminess, and sustained energy*)
- 1 cup cooked lentils or 1/2 cup raw (rinsed)
- 2 tablespoons flaxseed meal or 1/2 cup ground flaxseeds
(*Fiber + omega 3*)
- 1 tablespoon tahini (sesame paste) or sunflower butter
(*Healthy fats + calcium + creaminess*)
- 1 tablespoon extra virgin olive oil (add at the end)
- 2 cloves of garlic
- 1/4 cup chopped red onion
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1 teaspoon sea salt (adjust to taste)
- 4 cups filtered water or unsalted vegetable broth
- Juice of 1/2 lemon (added at the end)
(*improves flavor and absorption of iron*)

Note: Store in a thermal container.

Promises of Healing

"If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." — Exodus 15:26

"Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not." — Jeremiah 33:3

"Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth." — Jeremiah 33:6

"I will heal their backsliding, I will love them freely: for mine anger is turned away from him." — Hosea 14:4

"Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." — 1 Peter 2:24

"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." — Psalm 103:2–5

"For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after." — Jeremiah 30:17

"Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise." — Jeremiah 17:14

"Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much." — James 5:14–16

"I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me. O LORD my God, I cried unto thee, and thou hast healed me. O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit." — Psalm 30:1–3

"By humility and the fear of the LORD are riches, and honour, and life." — Proverbs 22:4

"But thus saith the LORD, Even the captives of the mighty shall be taken away, and the prey of the terrible shall be delivered: for I will contend with him that contendeth with thee, and I will save thy children." — Isaiah 49:25