

Program

Step 1 - Preparation:

- Commit to intermittent fasting: eat only 2 meals a day, 5 hours apart.
- **Remove anything creating stress in your life.** Give it to God in prayer and trust He will care for you.
- **Forgive those who have hurt you.** If you're unwilling to forgive them through the Holy Spirit's power, you cannot be forgiven and will not heal (Matthew 6, James 7).
- **Ask forgiveness from those you've hurt.** This ensures your account is clear before God and you have a clear conscience (Matthew 5:21-26, Exodus 15:26).
- **Forgive yourself for past mistakes** after making things right with God and 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 to build your faith (Romans 10:17).

Step 2 - During the Program...

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

Step 3 - After the Program...

- 1 week later: replace 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 reactions. If you notice a negative reaction, remove that item from your menu.
- 2 weeks later: Do the same with breakfast; Fruit-based (excluding vegetables): 80% green category, 20% yellow category
 - Practice chewing hands-free.
 - Rotate fruits, grains, etc. and observe any reactions. If you notice a negative reaction, remove that item from your menu.
- 3 weeks later: You should be ready!

Keep rotating your options and pay attention to how your body responds. If you notice a negative reaction, remove that item.

Options: You have two choices. Make a smoothie based on fruits and vegetables. The main plan is fruit-based, but you can also make the plant-based smoothie for lunch as a change of pace.

Remember...

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

Functional Plant Based Smoothie (Fruit Based)

(Originally developed by Dr Sears)

Ingredients (Blend all ingredients in a blender)

- **5 cups of filtered water** (H₂O, trace minerals)
- **1/4 cup of Organic Sprouted Brown Rice Powder** (Complex carbohydrates, protein, fiber, manganese, selenium, magnesium, and vitamin B-complex)
- **1 green banana** (Resistant starch, pectin, potassium, vitamin B6, and vitamin C)
- **1 ripe banana** (Fructose, glucose, potassium, vitamin B6, vitamin C, and magnesium)
- **1 cup frozen blueberries** (Anthocyanins, quercetin, vitamin C, vitamin K, manganese, and fiber)
- **1 cup favorite frozen or chilled fruits** (Varies by fruit, but generally high in vitamin C, potassium, fiber, and diverse antioxidants)
- **1/2 cup organic sacha inchi, pea, or soy protein powder** (Complete protein, omega-3 alpha-linolenic acid, omega-6, vitamin E, and iron)
- **1/2 cup freshly ground flaxseed meal** (Lignans, omega-3 alpha-linolenic acid, soluble and insoluble fiber, thiamine, and magnesium)
- **1/2 avocado** (Oleic acid, potassium, vitamin K, folate, vitamin E, vitamin C, and lutein)
- **1-inch knob of peeled fresh ginger** (Gingerol, shogaol, potassium, magnesium, and vitamin B6)
- **Optional & Power-ups** (Add as available)
 - **1 tablespoon Sunflower Lecithin powder or liquid (Optional)** (Phosphatidylcholine, choline, phospholipids, and linoleic acid)
 - **4 tablespoons of Hemp Hearts (Optional power-up)** (Complete protein, omega-3 and omega-6 fatty acids, magnesium, phosphorus, zinc, and iron)
 - **2 tablespoons of Slippery Elm Bark Powder (Optional power-up)** (Mucilage polysaccharides, calcium, iron, magnesium, and manganese)
 - **1 tablespoon Turmeric powder (Optional power-up)** (Curcumin, iron, manganese, vitamin B6, and potassium)
 - **2 tablespoons raw pumpkin seeds / pepitas (Optional power-up)** (Zinc, magnesium, iron, copper, protein, and phytosterols)

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

Nutritional Information

(Based on all ingredients)

Serving Size: 32oz / Servings Per Recipe: 2

Nutrient	Amount Per Serving	% Daily Value (RDA)*
Calories	690 kcal	—
Total Protein	32.5 g	65%
Total Carbohydrates	84 g	31%
Dietary Fiber	24.5 g	88%
Total Sugars (Natural)	31.5 g	—
Total Fat	28.7 g	37%
Omega-3 Fats (ALA)	7.5 g	—
Vitamin C	45 mg	50%

Nutrient	Amount Per Serving	% Daily Value (RDA)*
Vitamin K	35 mcg	29%
Folate (Vitamin B9)	130 mcg	33%
Phosphorus	540 mg	43%
Magnesium	250 mg	60%
Potassium	975 mg	21%
Iron	4.7 mg	26%
Zinc	4.2 mg	38%
Copper	0.6 mg	66%
Calcium	120 mg	9%

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

Functional Plant Based Smoothie (Vegetable Based)

Ingredients (Boil the first 8 ingredients (base) for 25-30m until soft, then blend with the last 4 raw ingredients in a high-speed blender)

Base

- **1 cup peeled parsnips (cubed)** (Vitamin C, vitamin K, folate, potassium, and dietary fiber)
- **1 cup sliced carrots** (Beta-carotene/vitamin A, vitamin K1, potassium, fiber, and antioxidant compounds like falcarinol)
- **1 cup peeled sweet potato (cubed)** (Complex carbohydrates, beta-carotene/vitamin A, vitamin C, potassium, and fiber)
- **1/2 cup chopped celery (or fresh fennel bulb)** (Vitamin K, vitamin A, potassium, folate, and antioxidant flavonoids like apigenin and luteolin)
- **4 cups filtered water (or zero-additive vegetable broth)** (H₂O and trace minerals; broth provides additional sodium and potassium)
- **1/2 teaspoon turmeric** (Curcumin, iron, manganese, vitamin B6, and potassium)
- **1/2 teaspoon ground cumin** (Iron, magnesium, calcium, phosphorus, and antioxidant phenols/terpenes)
- **1 to 1.5 teaspoons fine Himalayan Pink Salt (adjust to taste)** (Sodium chloride and trace minerals including potassium, magnesium, and calcium)

Raw Ingredients

- **1/2 cup organic sacha inchi, pea, or soy protein powder (added raw to blender)** (Complete protein, omega-3 alpha-linolenic acid, omega-6, vitamin E, and iron)
- **5 tablespoons Hemp Hearts (added raw to blender)** (Complete protein, omega-3 and omega-6 fatty acids, magnesium, phosphorus, zinc, and iron)
- **2 tablespoons freshly ground flaxseed meal (added raw to blender)** (Lignans, omega-3 alpha-linolenic acid, soluble and insoluble fiber, thiamine, and magnesium)
- **Juice of 1/2 lemon (added raw to blender at the end)** (Vitamin C, citric acid, potassium, and flavonoids like hesperidin)

Note: Store your second serving in a thermal container.

Nutritional Information

(Based on all ingredients)

Serving Size: 32oz / **Servings Per Recipe:** 2

Nutrient	Amount Per Serving	% Daily Value (RDA)*
Calories	425 kcal	—
Total Protein	28.5 g	57%
Total Carbohydrates	39.5 g	14%
Dietary Fiber	12.5 g	45%
Total Sugars (Natural)	9.5 g	—
Total Fat	17.5 g	22%
Omega-3 Fats (ALA)	4.5 g	—

Nutrient	Amount Per Serving	% Daily Value (RDA)*
Vitamin A	1,850 mcg	205%
Vitamin C	22 mg	24%
Magnesium	200 mg	48%
Potassium	800 mg	17%
Iron	3.5 mg	19%
Sodium	1,150 mg	50%

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

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