



@TNMissionsdach

Throgs Neck Mission SDA Ch
www.tneckmissionsda.org



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ID: 898-5465-1323

Passcode: JesusSaves (Uppercase J & S)



It is your responsibility

- Know your body
- Know your health condition
- Consult your doctor
- Pray and ask God
- These seminars/notes are for educational purposes **ONLY**.

The information on this website is **NOT** intended to offer medical advice for medical diagnosis or treatment or legal or financial decisions. Consult professionals.

Tell your doctor/health care professional about **any supplements** you're taking, even if they're natural. That way, your doctor can check on *any potential* side effects or interactions with any medications.



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Wellness Notes

Date: January 2024

Presented by: Pastor Punch



Quick Highlights

Part 1: Why should you detox?

- We live in a polluted world. Detox is giving the body what it **needs** to **assist** in cleansing or healing itself from harmful toxins/substances.
- Stress affects every area of life.
- Free radicals damage all components of cells.
- Oxidative stress destroys cells and leads to disease such as cancer, type 2 diabetes etc.
- Fried foods, food additives leads to free radicals/oxidative stress.
- Better witness for Christ/Health message
- Detox cleanse prepare us for latter rain (outpouring of God's Spirit)
- Helps us to discern God's voice



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Part 2: Phase 1 Detox

- The main function of the detoxification pathway is to transform lipid-soluble toxins into water-soluble molecules that are easily eliminated from the body.
- Main enzyme Cytochrome p450
- Some drugs like stains and antidepressant may destroy this key enzymes.
- Poor diet, alcohol and tobacco destroys the enzyme. Phase 1 is linked **to outer court of the Sanctuary.**

Sample Soup

- Ingredients
- Broccoli Detox Soup
- 2 cups broccoli florets, 2 celery stalks finely diced, 1 onion finely diced
- 2 garlic cloves crushed, 1 cup greens kale spinach, beet greens or any other available,
- 1 carrot peeled and finely chopped
- 2 cups filtered water
- ½ tsp sea salt, ½ lemon juice only



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Part 3: Phase 2 Detox

- There are six types of conjugation in phase 2 liver detox.
- Some key nutrients that are needed for this phase includes:
- Magnesium
- Vit B and C. *Phase two is linked to the holy place in the Sanctuary.*



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Part 4: Phase 3 Detox

- This is the freedom stage. The body is free to function well when toxins are eliminated.
- God has an obsession with detox.
- God is obsessed with purity
- God is obsessed with you and I
- Phase 3 detox is linked to the Most Holy Place of the heavenly Sanctuary



The entire series by clicking the link above or by visiting our various social media platforms.



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Thank You,

Pastor Punch