

100 Days Reset BodyTemple Detox Cleanse

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PRAY & WORSHIP

Seek first the KOH and His righteousness, and all these things will be added to you. Matthew 6:33

GOD FIRST

READ YOUR BIBLE: take notes, journal, seek wisdom and understanding

CREATE A PRAYER CLOSET, a designated secret space for bible study and prayer

PLAY YOUTUBE VIDEO of scripture in your home 24/7, level up to sanctuary status

PRAY IN TONGUES, FIRE pray for family, friends, pastors, church, community, coworkers, businesses

WORSHIP THE LORD WITH SONGS

PERSONAL RELATIONSHIP W/HOLY SPIRIT

HONOR GOD'S DIVINE APPTS Holy Feasts,

Honor Shabbat/Sabbath, Friday sunset to Saturday sunset

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MEMORIZE Scripture

DECLARE DECREE OUTLOUD who you are in Christ Jesus
walking around in your home, car, community, Cast Out devils

SANCTIFY your Body Temple, your Environment (home, car, office)

CONNECT with other Prayer Warriors

SHOW UP weekly church services, Attend weekly bible studies, Attend Revival
church events,

EVANGELIZE WIN SOULS carry business cards with you at all
times, when the Holy Spirit says GO, GO!

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PREPARE YOUR ENVIRONMENT

COMMIT to create healthy, productive habits, focus on conquering devils, SUGAR & CARBS cause inflammation.

DOWNLOAD Simple App for Intermittent Fasting. Choose a fasting window.

REMOVE the temptations off the premises

WAKE UP

ELIMINATE: EVICT devils (BATHROOM)

DRINK WATER/GREEN DRINK spirulina

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DETOX THE KITCHEN, fridge/freezer, cabinets

DON'T EAT THESE THINGS

NO SUGARS of any kind, white sugar, brown sugar, cane sugar, fructose, honey, etc

NO Chocolate

NO Desserts

NO Candy

NO Bottled Fruit Juice, NO sodas, NO energy drinks, NO

NO processed foods, chips, boxed cereal

NO Oranges

NO Mangos

NO Pineapples

NO Melons

NO White Flour

NO Wheat Flour

NO Alcohol, NO Beer, NO White Wine

NO pork, bacon, shrimp, crabs, lobster (Eat KOSHER meats)

NO Leftovers cooked made from scratch or from a restaurant after 24 hours, this causes a trigger reaction in the body. When you have a leftover, put it directly into the FREEZER labeled with the date, not in the refrigerator.

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EAT THESE FOODS

YES Monk Fruit, Stevia, raw honey, raw dates in very small amounts 1 teaspoon

YES eat fruit as a whole piece of fruit or blended in a smoothie

YES Grapes

YES Lemons and Limes

YES Bananas but not brown or spotted

YES Apples, green apples or low sugar apples best

YES Berries

YES Strawberries

YES Blueberries

YES Raspberries

YES Blackberries

YES Anti-Candida Supplements, Parasite Supplements

YES Gluten Free breads, wraps, flours

YES RAW Fruits

YES RAW Vegetables YES Greens

YES Cooked Vegetables

YES Kosher Meats

YES Kosher Fish with tails and scales

YES Kimchi raw cabbage good probiotics

YES Tofu, Tempeh

YES coconut yogurt (low sugar 5g or less)

YES Kombucha teas (with low sugar 5g or less)

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SUPPLEMENTS

YES Probiotics 30 billion per day

YES Magnesium

YES Taurine 3000mg daily

YES Zinc

YES Potassium

YES B Vitamins

YES Liver Cleanse (with milk thistle)

YES Colon Cleanse

YES Parasite Cleanse

Other supplements are recommended based on blood work and particular health issues

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HEALING DRINKS

YES Green Smoothies (1T spirulina + frozen blueberries + water or coconut milk, blend)

YES Green Juices

YES Vegetable Juices

YES Warm Water and Lemon Juice (am and pm)

YES Turmeric + Ginger + Black Pepper + Raw Honey (am and pm)

YES Apple Cider Vinegar + Lemon + Cinnamon + Honey (pm)

YES Lemon + Flaxseed + water (sit 15 min then drink) (pm)

YES Chamomile Tea + Mint Tea (pm)

YES Cucumber + Parsley + Lemon (removes excess water helps liver function) (pm)

YES Purified Water

YES Herbal Teas

YES Fresh Ginger in Smoothies and Drinks

Drink Fresh Juices and Smoothies Immediately

Fresh Juice can be stored for only 24 Hours!!!

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EATING WINDOW

YES Intermittent Fasting

YES Water

YES Herbal Tea (no sugar, no milk, no sugar or sweeteners)

Example EAT 10 am to 4 pm, FAST all other hours

Example EAT 12 pm to 4 pm, FAST all other hours

Example EAT 2 pm to 6 pm, FAST all other hours

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COMMON DETOX SYMPTOMS

Fatigue

Headaches

Mood Changes

Anxiety

Skin Irritations, zits, pimples on face and body

Flu-like symptoms

Vomiting

Diarhea

Extra going to the bathroom, more peeing, more pooping

Muscle achiness

Pain and Soreness in the body

Restless sleep

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EXERCISE, STRETCHING & MOVEMENT

BREATHE: inhale 6 counts, exhale 6 counts

WALK Barefoot, Walk outside on the ground barefoot, earthing

Wear Barefoot Tennis Shoes

STRETCH your body

WALK in your neighborhood

WALK in a park

WALK on a trail in the woods

WALK on beach sand barefoot

VIBRATE on Bouncing Machine

USE PROPS, thick yoga fitness mat, yoga blocks, yoga straps, Pilates bar

PILATES BAR exercises

PILATES MAT exercises

BATHS Epsom Salt baths with essential oils

OIL UP WITH AROMATHERAPY Essential Oils

SKIN SCRAPE scraping tools

CASTOR OIL Packs and heating pads

ENEMA BAG and buy a Bidet with hot and cold water for your toilet, professional Colon irrigation sessions

ICE PACKS, HEATING PAD: alternate

PT Professional Physical Therapy, Stretching, PT Professional Massage Therapy

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SERVE & GIVE I am willing to SERVE the RIVER CHURCH BALTIMORE.

GRAB your FREE 30-minute Health Coaching/Life Coaching session. Book an appointment here:

<https://calendly.com/ahlc/free-30min-life-coaching-clone-1>

PRAY Praying that the entire church Levels Up with more Health, Wellness & Fitness so we can GO further and IMPACT more souls!