

7 Steps to *Amazing* BIBLICAL HEALTH

& 3 Lies that Prevent It



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STEP 1: KNOW WHERE YOU ARE

The Test That Tells All

 **Watch the Video**

Just a reminder, these are the same tools I use with my clients. I use them because they work!

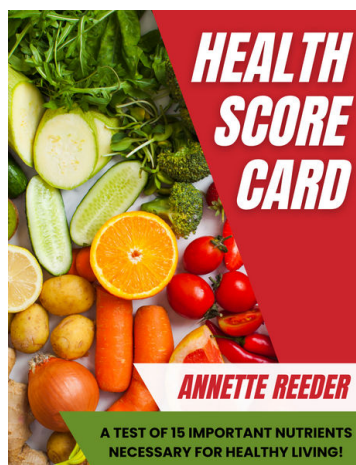
To know where you are there must be a pulse check; no judging, purely an evaluation of where you are right now.

If you don't know where you are, it is hard to improve!

Download this valuable [Health Score Card!](#)

The Health Score Card is a personal test that shows priorities for improvements.

Answers to the questions will reveal the foods and supplements necessary to start feeling better now!



HOW TO USE THE HEALTH SCORE CARD

Print a copy for all family members. Have each person answer the questions. Write the date at the top and use every 6 months for a free health check-up.

The scoring is for you to determine changes. There is no average score. If you score high in a category and the symptoms are bothersome, then refer to the foods or supplements listed on that page to improve symptoms and your health.

BONUS – The Health Score Card now includes a section on Mental Wellness and the importance of Gut Health!

Final Thoughts

This Scorecard may seem elementary yet it can identify undernourishment prior to a blood test! In our [Inner Circle Coaching Group](#) we use other similar tools that are more definitive, yet this scorecard is highly beneficial.

I have traveled this road for many years - most of those years I was fat and ashamed. Healthy living is confusing - the internet is rarely Biblically accurate.

While studying these steps you can ease the confusion by subscribing to my [YouTube Channel](#) - I share recipes, health tips, grocery shopping advice, and more!

Questions?

Join our community group to get your questions answered!

[Facebook: Biblical Nutrition Academy](#)

STEP 2: KNOW WHAT AND WHEN

Small Changes Create Great Results



Watch the Video

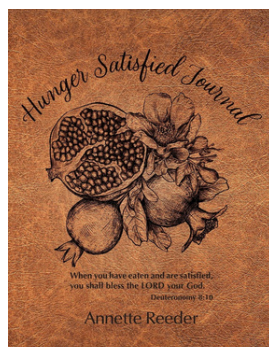
Step 1 revealed interesting facts about your health. This may have been a surprise, or maybe not. Now let us put our learning into action AND discover the next step: The Hunger Satisfied Journal!

Health is an asset while disease is an expensive burden. This journal, when used correctly, can save hundreds of thousands of dollars in future health care expenses.

Seventy percent of all doctor visits could be cancelled if people understood their body, how foods build health, and how to believe in Truth.

This is not just about weight loss – it is about total health transformation. The more aware of what, when, and why you eat, the simpler it is to correct and applaud your choices.

Start now by downloading [The Hunger Satisfied Journal One Week Sample](#). If you prefer extra information, then I highly recommend getting a copy of the [newly released book!](#)



HOW TO USE THE JOURNAL

The first assignment in this journal is to daily write what you eat. Don't change your eating - just write what you eat and how much.

Remember, if you bite it you must write it. There is no judging.

The purpose of this valuable step is to be aware of what, when, and why you eat. That is a pivotal step toward health success.

Awareness brings consciousness and when acted on leads to a total transformation!

Victory has a name and it is Jesus!

Only skip this step if you do not value YOU!

No permanent change or progress will take place until this step is followed. No matter how busy or stressed - this is a VITAL step!

Getting healthy spiritually and physically is not about counting calories or following the latest diet - it is about what you eat - when you eat - and why you eat.

If you GENUINELY want to excel in this area of your life and move on to more important plans - then let's tackle it and conquer!

Delay makes it harder.

I pushed this off for years - decades. Looking back, it would have been so much better if I had done what I teach now back then. Instead, I experienced years of mood swings, sugar cravings, and hormonal chaos!

HOW TO USE THE JOURNAL

Today we get to take the next step to put those days behind us.

So - no matter if you are a mother at home, a CEO, a church pastor, or a missionary in a strange land - you can do this.

If you are a banker, janitor, dad, youth, or (you fill in the blank):

You can do this!



Watch the Video

Your second assignment is not about changing your diet.

The results from the Score Card may encourage minor changes and that is fine for now. *The purpose of Step 2 is to make you AWARE.*

Changes happen in Steps 5 and 6.

In our [40 Days to Spiritual and Physical Transformation Course](#), we use this tool quite extensively. Now is the time to ask yourself,

"Am I ready to make this a reality in my health, physically and spiritually?"

If yes, then keep moving forward.

If no, then come back later to continue this victory journey!

And God is able to make all grace abound to you, that always having all sufficiency in everything, you may have abundance for every good deed. 2 Corinthians 9:8



STEP 3: KNOW YOUR WHY

Change is Sticky

 [Watch the Video](#)

Now we get to the sticky part. Change is always sticky. You can do this! I know you can! I believe in YOU! If the journal is completed for 7 days as suggested, then a pattern of eating should surface. Today we change the journal from what to why.

Starting today and for the next 7 days use the Hunger-Satisfied Journal to record on the left side margin:

- Were you hungry when you ate?
- Were you tempted to eat more than needed?
- What foods are calling your name?
- Did you eat alone?
- Did you eat standing up?

I am not concerned if every meal is documented, but I want you to be conscious of why, when, and where.

This is KEY to conquering health. Remember this is not only a weight-loss issue. Many headaches, energy levels, digestion, mood swings, and other problems are revealed through this valuable journal.

We live in a culture where food is reward and addictive. I am trying to softly and carefully get you to release from those two words and eat for God's glory!

Changing eating must be intentional!

3 TIPS FOR MINDFUL EATING

**DO NOT EAT STANDING UP.
DO NOT EAT WHILE WORKING AT YOUR DESK.
DO NOT EAT UNLESS TRULY HUNGRY.**

You can do this!

It is possible!

This same God who brought up the Israelites is here for you today!

When you go out to battle against your enemies and see horses and chariots and people more numerous than you, do not be afraid of them, for the Lord your God who brought you up from the land of Egypt is with you. Deuteronomy 20:1

This free 7 Step gift is all you need to begin the total transformation of your health spiritually and physically.

We offer many courses in the [Biblical Nutrition Academy](#) for greater health ~ encouragement ~ and blessings physically and spiritually.

Remember these are the KEY steps to making health a treasure!

Today is going to be an Amen Day!

STEP 4: THE SECRET SAUCE

Today is a Day of Revelation!



Watch the Video

You waited to know the SECRET sauce to health - spiritually and physically!
Here it is ...

Know What to Believe

This is so simple, yet it unlocks all doors to making this the greatest treasure - ever! This door can be unlocked - anytime!

Anytime you truly want to experience God to His fullest. Anytime you want to live life more abundantly.

The thief comes to steal, kill and destroy - I have come that they may have life and have it more abundantly! John 10:10

Now, take that verse; John 10:10 above, and insert your name!

My Words: The thief comes to steal, kill and destroy the life of Annette - God has come so that Annette can have life and have it more abundantly!

Your Words: The thief comes to steal, kill and destroy the life of _____ - God has come so that _____ can have life and have it more abundantly!



KNOW AND SPEAK WHAT YOU BELIEVE

Speaking God's Word ~ Believing God's Word!

That is the ultimate key to gaining back your health; spiritually and physically. No nutritionist, doctor, nurse, dietitian, etc. can offer more than God's Word.

I suggest reading a verse every morning - personalize it, state it out loud - repeat it all day long.

Remember, faith comes by hearing and hearing from the Word of God!
(Romans 10:17)

- Your cells respond to the Maker's name. God Loves Me!
 - Your cells respond and are open to nutrition when they hear God's name and praises from your mouth!
 - Your cells close and restrict when you are dealing with anger, unforgiveness, stress, etc. To unlock that cell membrane to health and healing, you must forgive and let God.
 - Your cells - live and feed in a more vigorous way when you are open and believing in God's love!
-
- What you think becomes what you believe.
 - What you think is what you say - to yourself and to others.
 - What is spoken is believed.
 - What you believe is what you speak.
 - What you speak is what your mind determines important.
 - What you speak is what your cells respond to.

When you speak words of fear, stress, shame, doubt and worry then the cells will respond by closing, become overly stimulated beyond health and just unable to respond in a healthy manner.

KNOW AND SPEAK WHAT YOU BELIEVE

John 3:16

For God so loved the world that He gave us only begotten son, that whosoever believes in Him shall not perish but have everlasting life.

Your words: For God so loved the world _____, He gave his only son, that if anyone _____ believes on Him, He _____ may have everlasting life.

Psalm 16:11

You will make known to me the path of life: in your presence is fullness of joy, in your right hand there are pleasures forever.

Your words: You will make known to me _____ the path of life; in your presence is fullness of joy _____, in your right hand there are pleasures forever _____.

Psalm 112:1

Praise the Lord! How blessed is the man who fears the Lord, who greatly delights in His commandments.

Your words: Lord I praise you! Lord I am blessed because I fear you (which means stand in awe), I am delighting in Your commandments.

Colossians 3:15

And let the peace of God rule in your hearts.

Your words: Lord, you have given me the peace that only comes from You as my heart is focused on You and gaining back my health.

STEP 5: KNOW THE PRINCIPLES

Timeless - Simple - Comforting



Watch the Video

This step takes us into the timeless simple principles that bring comfort. No more confusion, disappointment, guilt, or shame.

Remember - the media and internet feed on news and hype!

Old principles do not sell. Therefore, you will not hear solid principles from the latest doctors on YouTube or TV. Solid principles rarely sell.

Years ago, Dr Rex Russell, author of the book [*What the Bible Says About Healthy Living*](#), shared his story of diabetes and death. Here is his story:

I was diagnosed with juvenile diabetes when I was thirteen years old. At that time, I was told I could expect to live about twenty more years before serious complications would shorten my life. I immediately had two thoughts.

The first was, "Why me?"

The next was, "God, use this to help people come to know You."

Then, at the predicted age of thirty-three, the two big D's—Diabetes and Death—contributed to my kidneys, arteries, and eyesight deteriorating.

Desperate, I searched for anything that might alleviate my health crisis. One evening, I was sprawled out on the couch in a funk—but still with a Bible in hand. I read Psalm 139:4. The psalmist, in praise, lifted his voice to God and said, "I am fearfully and wonderfully made." Uncomforted and angry, I said, "God, if I am so wonderfully made, why am I so sick? Why didn't you give us a way to be healthy?"



And then, like a feather making a gentle descent, the question dropped into my mind: “Have you read my Instruction Book?” No longer the one asking the questions, I felt compelled to answer the one God posed to me. I began a journey to discover what the Bible says about healthy living.

The first thing that caught my attention was that God wanted his people to be healthy. Exodus 15:26 and other verses cemented the idea that there was a relationship between God’s ordinances and the health of His people. I began to learn that God had laws and commands relating to health.

But I was a scientist. Would science speak to the adverse effects of eating pork or shellfish? God’s health plan slowly began to fit together. Each time, I looked at what the Bible said and then found confirmation in science. I would shake my head in amusement and smile with a grateful heart. We are fearfully and wonderfully made.

I faithfully lived out what I learned, and I experienced enormous positive health changes from applying the Three Principles to my life. One might say at age sixty-seven, I have lived on borrowed time. I would not put it that way. I live each day as a gift—a gift wrapped in the wisdom of God’s Instruction Book.

Dr. Rex Russell was the first to compose these principles, which have been shared with millions around the world. They are simple and timeless. No new nutrition or food discovery will change the value of these principles.

Principle 1 - Eat the foods God called good.

We cover this in detail in the [Treasures of Healthy Living Bible Study](#).

Foods God called good and clean - are all going to be found by scientist as SUPER foods! These will include: Whole Grains, Fruit, Vegetables, Meats (see Leviticus for suggestions) and Dairy - remember Abraham fed the angels yogurt.

EAT THE FOODS GOD CALLED GOOD

Today the assignment is to use the Hunger-Satisfied Journal from Step 2 and highlight all the foods written down in agreement to Principle 1.

These verses will help you discover God's list of foods:

Genesis 1:29

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

Genesis 3:17-19

Cursed is the ground because of you;
In toil you will eat of it all the days of your life.
Both thorns and thistles it shall grow for you;
And you will eat the plants of the field;
By the sweat of your face. You will eat bread,
till you return to the ground,
Because from it you were taken;
For you are dust, And to dust you shall return.

Genesis 9:3-4

Every moving thing that is alive shall be food for you; I give all to you, as I gave the green plant. Only you shall not eat flesh with its life, that is, its blood.

Leviticus 11

This is a lengthy chapter so I will let you read it in your Bible.

WHAT FOODS DID JESUS EAT?

As you ponder this question, use that answer to add to or subtract from your grocery list.

Plus, even to this day, the Mediterranean Diet continues to be the healthiest diet for centuries. Jesus and his followers would have eaten a diet similar to the current Mediterranean cuisine.

So far, you have learned how to recognize genuine hunger and true satisfied. I must admit there are times I wish I wasn't satisfied so early in a meal. Have you noticed that as well?

I want to finish a good tasting meal or get dessert, but my body says - you are satisfied. If I choose to eat past that point, then I am just packing my saddlebags on my hips to be burned later - if ever.

Eating beyond satisfied is a sin.

Let me encourage you -

Do not pack food away in your body for later burning!

Pack foods away **outside** your body for later eating!

Those words remind me of what my mom used to say: *A moment on your lips, forever on your hips.* If only I would have listened - I heard her loud and clear. I just didn't want to give up my favorite sugary snacks.

These steps and tools make all weight loss very possible and all mind set changes necessary!

STEP 6: KNOW THE PRINCIPLES

Parts 2 & 3



Watch the Video

Principle 2: Eat foods as close to the way as God designed them.

In our compulsive and pleasure-seeking culture, companies have additives and processing that take us away from our Creator's perfect design for nutrition.

Altering foods has caused an alarming rate of obesity and diabetes. Many experts believe today's children will live shorter lives than their parents.

To follow **Principle 2**, eat vegetables raw, steamed or lightly cooked. Enjoy the delight of baking a fresh loaf of bread by following along with my [Bread Class Video](#) or the [Satisfied: Baking with Whole Grain Goodness](#) cookbook!

Circle the food that is closer to the way God designed it!

Apple Slices

Apple Fritter

Boxed Cheese Crackers

Cubed Cheese

Frozen Breakfast Sandwich

Eggs and Toast

Green Bean Stir-Fry

Canned Green Beans



Principle 3: Do not let any food become your god.

This is where it gets tough. If there is a food that you cannot go without - that is an addiction.

If you are addicted to food:

- You can't focus without thinking of food or your next meal.
- You can't go without a certain food.
- You can't pass up your favorite restaurant or drive thru.
- You crave salt or sugar.
- You can't fast for at least 12 hours.
- You make every get-together focused around the food.

If you crave salt or sugar - then your digestion is out of balance. I recommend doing the [40 Day Spiritual/ Physical Transformation](#).

What we hunger for we worship.

Ask yourself "Is there any food that I cannot or refuse to give up, even for a short time?"

Until we are willing and able to place all foods - on the altar and walk away, we will be forever bound by the addiction. This is not easy on your own but with God all things are possible - and God shall make it happen. If you ask. Remember Step 4!

This is the simplicity of the three Principles. These 3 principles alone are what I used to lose 60 pounds! No counting calories, no pills, no supplements, none of man's interference.

STEP 7: GO WITHOUT TO GAIN WITHIN

But this kind does not go out except by prayer and fasting.

Matthew 17 :21



Watch the Video

Today we go without! Yes – we learned how to eat - when to eat - what to eat and now - DON'T eat!

Several years ago, my family was looking for answers to many health problems. Specifically, my husband Steve was dealing with a cholesterol count of 300, a triglyceride count of 940, high blood pressure, pre-diabetes, weight problems, early signs of glaucoma, irritable bowel syndrome, and continuous heartburn/indigestion. He was not a happy camper, to say the least.

Steve began a partial fast, which included eliminating all animal products for one month, starting in July. Everyone knows July 4th is the biggest barbecue day of the year! So, the question was, “Will Steve maintain his fast through this big holiday?”

Not only did he make it through the holiday, he made it the entire month! After just three days he started feeling remarkably better and stopped taking his heartburn medication. That was a wonderful relief after six years of taking a medicine his doctors had said he would need for the rest of his life!

At the end of the month, Steve to the doctor for repeat lab tests. We were pleasantly surprised to find his triglycerides at 140, his blood pressure normal, and his cholesterol at 160. He had also lost fifteen pounds! Praise be to God!



BENEFITS OF FASTING

Have you ever considered fasting to obtain total health?
What concerns do you have about fasting?

Take a moment now to pray about any concerns and ask God to open your heart to His response regarding fasting.

Just as journaling food and hunger helps bring awareness of changes needed, journaling feelings regarding a fast can reveal concerns and answers.

Fasting for physical health is very evident with intermittent fasting (IF), one meal a day fasting (OMAD), plus more. Before you go surfing please just settle this with God. Let Him be your source of guidance. Fasting has physical benefits but first look to the spiritual benefits.

Spiritual Benefits of Fasting

A fast is to lose the bonds of wickedness, to undo the heavy burdens, to set the oppressed free and break every yoke. A well-known author and pastor, offers his insight into fasting:

- Fasting has a long and righteous history with Christians.
- Fasting can reveal things that are in our hearts and that control us.
- Fasting is an important spiritual discipline that draws us closer to God and glorifies Him.
- Fasting is one of the most effective ways of showing God our 'hunger' for Him.
- Fasting for the right reasons will bring us immeasurable gifts from our Father.
- Wrong reason - to bring glory to ourselves.

HOW TO FAST

Fast one meal three times per week.

It could be a breakfast on Monday, a lunch on Wednesday and a dinner on Thursday. Choose the days and meals that work best for you.

Fasting Schedule

Day:

Day:

Day:

Meal:

Meal:

Meal:

While fasting enjoy water or flavored waters (not sweetened).

Embrace what God is going to teach you.

As hunger sets in - let God speak to you. Let God fill you.

The first time may be difficult, with more practice it becomes simpler.

Remember fasting prepares us for the future assignments. Going without to gain within is one the greatest blessing ever encountered in the spiritual journey.

To learn more about fasting and it's amazing benefits take one of my online courses: [Fasting for Spiritual and Physical Freedom](#) and [The Daniel Fast!](#)

PART 2

Three Lies that Prevent Biblical Health

Have you ever told a lie? Have you ever believed a lie? Yes, we all have.

Did you know lies can keep you sick?

Lies can keep you trapped.

Lies can prevent your dreams from coming true.

Lies are powerful!

Lies are overpowered and silenced by God's Word!

Every day we confront lies. Our subconscious and unconscious direct our influence when lies are believed. We either believe them as truth and let them interrupt the great things God has planned or we take them captive and send them away.

Our mind is a battlefield! Lies are the tool of the enemy.

2 Corinthians 10:5

We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ

2 Corinthians 11:3

But I am afraid that, as the serpent deceived Eve by his craftiness, your minds will be led astray from the simplicity and purity of devotion to Christ.

LIE #1

We are saved by grace so we can eat what we want.

Or: God doesn't care what we eat.

I continue to be awestruck by this comment coming from devoted Christians. I hear bragging of overeating at a party, complaints of drunkenness, sickness, obesity all coming from the belief that God does not care about our eating. It is a lie!

Whether, then, you eat or drink or whatever you do, do all to the glory of God. 2 Corinthians 10:31

When this verse says – ‘whether’ and ‘whatever you do’ is referring to ALL areas of our life. This is not just about food sacrificed to idols, it is about all areas of our life. God cares about what you eat. There is no aspect to your life He does not know or care.

Physically: Overeating leads to cellular over-stimulation. The pancreas over time of sugar indulgence begins to wear out and releases less insulin. Eating foods laden with pesticides creates over burden in the liver. Artificial sweeteners create an addictive behavior that is difficult to end.

At Christmas time my daughter was baking cookies and let the triplets join in. They were only 20 months old and loved playing in the cookie dough. When the fresh cookies cooled each baby was allowed one frosted sugar cookie.

Soon it was naptime and those 2 hours which are normally my daughters’ respite, was a shaking and jumping circus in the bedroom. All three babies were very over stimulated from the sugar.

LIE #1

We are saved by grace so we can eat what we want.

Or: God doesn't care what we eat.

We can easily see the harm from sugar in kids, but the harm is still evident in adults – just more subdued and accumulative.

When the babies were in their hyper state there was no calming them down and that evening, they were unusually crabby.

Now consider the question again: Does God care about what we eat?

God wants to be in continual communication with us. Eating foods that hyper sensitize our brains, cause anxiety, destroy our organs, burden our system – all this interrupts our communication with God.

The parents could not fully communicate with the babies over the effect of the sugar. We cannot fully be present with the Lord when our cells are in a crisis!

In Leviticus 11, God outlines a complete eating plan for the Israelites and ties it all in with the reason for His menu:

God says – Be holy because I am holy.

LIE #2

It's hereditary, I can't do anything about my health.

My husband was being threatened by his physician with 3 more medications. One was for cholesterol. Steve's dad had passed away with heart disease and Steve's numbers were high – actually very high; 300. The doctor explained since it ran in the family he needed to be on the medication. Steve chose not to take his advice. Instead we changed our diet and added supplements. That was over 20 years ago, and Steve is still doing well. But his family members are not drug free.

There are familial instances that need to be addressed but it does not determine every family member's outcome.

My grandfather lived to be 98 and was very cognizant of everything in his life. He farmed and used chemicals such as Agent Orange and DDT. He was up before dawn and worked till the 'cows came home'. If we only considered his lifespan, one would believe all his children are going to live a long life into their late 90's.

Today life is different. Since the early 90's GMO has infiltrated our processed foods, environmental sprays are used 70% more on fields, exercise as part of a daily routine is unusual, politics is causing incredible stress, etc. Lifestyle, environment and beliefs can trump DNA.

Although heredity is an important component it not does override care for our body in a glorying way.

We are walking - talking examples of our love for the Lord. Using heredity as an example to ignore better care can be wrong. Using hereditary to our advantage to build on would be wise.

LIE #3

I've tried before and it doesn't work.

First, agree with me this is a lie. Second, agree with me God loves you and will show you a way.

What is called for in creating new habits and weakening old ones is NEW ACTION. Sometimes that first change of direction is fiercely contested by our own inner workings. We have convinced ourselves this is the only way I CAN be! I can't be different; I can't do differently. What we need is proof that we can. We need to convince ourselves that we can be and do whatever we set our minds to be and do.

An overweight person who has never passed up a candy bar in their lives may firmly believe he can't pass one up. He tells himself by some perverse will of God or twist of fate he is genetically disposed to an addiction for sweets. The same holds true for people who continually smoke, duck responsibility, blame others or never, never dream of what can be.

But the first time, the very first time that obese individual says, "no!" to some fattening food, a whole new world has opened to him. What he has done is begin to change his character. He has given himself evidence that there are no predetermined conditions of life that he is helpless to combat. "If I can say 'no' once I can do it again" he thinks. Now, he KNOWS he can!

A million missed sweets later he has lost the desired weight and gained the desired confidence. He is a new person because he has acquired new skills, which have become habits, which have given him a whole new outlook on life and who he is.

*Staying in God's Word,
while believing and trusting Him
will keep these new actions permanent!*

IT'S NEVER THE END!

What's the next step?

I suggest joining the [40 Transformation Course!](#)

- Biblical journal your way to success as Annette takes you through the Hunger Satisfied Journal
- Movement practices and guides to launch an active lifestyle
- Videos to help you begin the discipline of fasting
- Videos that help you shift from negative thinking patterns to believing how beautiful you are and learn how much God loves you
- Trainings on how to live the Abundant Health Recipe given to you in His Word



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