

Steps Involved In The 'Two Month Healing Program'

Website: [Healthy Christian Living - Living by the Blueprint](#)

1. FILL OUT THE BASIC ASSESSMENT FORM

Then 1 to 2 weeks later, fill out the Detailed Assessment Form

2. FAST 1-2 DAYS WATER ONLY

Then 1-2 days fruit only

Grapes and apples are best for the fruit fast. Have grapes at one meal and apples at another

3. FOLLOW ALL THE "LAWS OF HEALTH"

- a. DIET** – No white products, oil, MSG, aspartame, additives, preservatives, food coloring, vinegar, spices, condiments, baking soda, baking powder, black, white, or cayenne pepper, all hot peppers like jalapenos and habanero, etc.

No eating fermented or under ripe food

Eat 2-3 meals a day, fruit and grain for 3rd meal if one is eaten

Don't eat between meals. Wait at least 5-6 hours from last meal finished to start of next meal

b. EXERCISE

Walking is best with gardening as next best

Do one or both combined for at least 2 hours a day

Goal is to walk at least 3-4 miles a day

c. WATER

Drink 16 oz. of water in the morning upon arising. For the rest of the day, drink at least ½ your weight in ounces see 'Two Month Healing Program' for water calculation/formula soft (filtered) water is best

d. SUNSHINE

Get all the sunshine through the day that you can get, at least an hour a day before noon is best but do what you can if your job limits you from doing it before 12

Darker-skinned people need more than fairer skinned persons due to the melanin

Stay covered with thin cotton material to stay protected from skin cancer

Do not wear sun screen as this has been proven to have cancer causing ingredients as well as prevent the skin from making Vitamin D from the sun

Do not wear eye or sun glasses so you can get the UV rays through the eye to help with the hormonal system

e. TEMPERANCE

Abstain from that which is harmful (tobacco, alcohol, caffeine products, recreational drugs, prescribed and OTC drugs, etc.) and be moderate in that which is good

f. AIR

Open your windows all day and night to let the fresh air (negative ions) kill the harmful air in your home

In the winter, keep your windows cracked at least a hair breadth

Do 5 sets of 'Deep Breathing Exercises' every morning and evening

Sit and stand in an upright position

g. REST

In bed by 9pm – 9:30pm if you are a student

Sleep at least 7-8 hours

h. TRUST IN GOD

Read the KJV Bible every day

Why KJV Bible? **Watch this:** <https://www.youtube.com/watch?v=UHfE3nzx5p0>

Pray every morning, noon, evening

Trust what the Lord tells you and don't worry (Matthew 6:31-33)

Read a Proverb a day.

If it's the 3rd of the month, read chapter 3.

If it's the 4th of the month, read chapter 4, etc.

Get a 'God's book of Bible Promises' and look those up every day

i. DRESS

Extremities are to be clothed for good health

Waists and chest should not be compressed with tight clothing and under clothing

4. WATER TREATMENTS/HYDROTHERAPY

Hot fomentations – Warm and cold baths

5. HERBAL FORMULAS

6. POULTICES

READ THE FOLLOWING DOCUMENTS TO KNOW WHAT TO DO FOR DISEASE

1. 'Promises to the Sick Regarding Restoration of Health'
2. 'The True Medical Missionary Work'
3. 'Combatting Disease'
4. 'Getting to the Root of Disease'
5. 'Basic Principles for the Healing Program'
6. 'Key Things to Remember When Teaching Our Health Message'
7. 'Why Not Juicing'
8. 'Supplementation: Is it Necessary?'
9. 'Water Treatments'
10. 'Why Not Drugs'
11. 'What to Eat for Two Meals'
12. 'Two Month Healing Program'