***STEPS***

***INVOLVED IN THE***

***‘TWO MONTH HEALING PROGRAM’***

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**1. Fill out the Complete Lifestyle Assessment form**

then 1 to 2 weeks later, fill out the Detailed Assessment form

**2. Fast 1 day water only** (they may do this x 2 days if they wish)

 **Then 1 day fruit only** (they may do this x 2 days if they wish)

 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 Tapatio; NO Tabasco; NO Crystal; NO ANY HOT STUFF

 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, but start off with what a person can do and work way up

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

 **c. Water**

 Drink 16 oz of water in the morning upon arising; you may add fresh lemon juice to this

 for the rest of the day, drink at least ½ your normal 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 possibly 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 12pm

 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 preventing 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, UNLESS THEY ARE REQUIRED FOR THE SUN

 **e. Temperance**

 Abstain from that which is harmful(tobacco, alcohol, caffeine products, recreational drugs, prescribed and OTC

 Drugs(unless already on them), 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 every evening

 Sit and stand and pray in an upright position

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 **g. Rest**

In bed by 9pm

 9:30pm if you are a student

 Sleep at least 6-8 hours

 **h. Trust in God**

Read the KJV Bible every day

 Why KJV Bible? **🡪** <https://www.youtube.com/watch?v=15sKUdkfNFM>

 Pray every morning, noon, evening

 Trust what the Lord tells you and don’t worry (Matthew 6:31-34)

 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(arms and legs) are to be clothed for good health

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

 Chest and back to be covered at all times

 No low necklines

**4.** **Water Treatments/Hydrotherapy**

 hot fomentations

 cold fomenations

 warm and cold baths

 And more, which we will be covering very soon

**5. Herbal Formulas**

1 Herb for the BLOOD

 1 Herb for the LIVER

 1-2 Herbs for THE DISEASE you are working with

**6. Poultices**

**NOTE: Read the following documents to know what to do for disease**

* 1. PHASE 1 of the Medical Missionary Training
* 2. PHASE 2 of the Medical Missionary Training
* 3. PHASE 3 of the Medical Missionary Training