

STEPS
INVOLVED IN THE
'TWO MONTH HEALING PROGRAM'

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

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 fomentations

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