

7 Steps to Get Off

Sugar and Carbohydrates:

Healthy Eating for Healthy Living with a
Low-Carbohydrate, Anti-Inflammatory Diet

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A Free Gift for You

I am excited you decided to take this journey of health and wellness. To help you succeed, I included ten appendices chock-full of plans, strategies, and summarized information. To receive a printable version of the appendices [click here](#).

I created the Healthy Living Series blog to provide you with healthy lifestyle tips and the latest scientific findings regarding foods and health. You can subscribe to the blog at <http://healthylivingseriesblog.com/>.

In addition, I created a Facebook page, “Healthy Living Series,” to keep you up to date with relevant information about maintaining a healthy lifestyle. You can join that page here:

<https://www.facebook.com/HealthyLivingSeries/>

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Introduction

Chronic diseases are an epidemic today, and many of them can be prevented or reversed. Excess weight and health issues may be keeping you from having a life of abundance now and in the future. Weight problems lead to other issues—lack of energy, trouble buying clothes, stress from diets, difficulty moving or keeping up with family members, physical ailments and pain, financial burdens from health-care visits and medications. Not to mention the emotional and spiritual struggles, such as self-consciousness about your appearance and how this affects the activities you choose to be involved in, or feeling you missed out on years of being who God created you to be.

If you relate to any of these struggles, would you like to improve the way you feel and look while increasing your energy level and clarity of mind? How about losing weight naturally without going on a fad diet or buying prepared meals and supplements? You can achieve these results through simply changing the types of food you eat.

As a registered nurse (RN) with a master of health science, I research and study healthy eating lifestyles to determine which foods are best for the human body. Knowing what foods to eat and avoid is essential to prevent food-related illnesses. I also understand the addictive nature of sugar and wheat and what it does to our bodies. When we consume sugar or wheat, dopamine releases in the brain, which drives us to eat more. Therefore, these products are biochemically addictive, and we must understand this so we can make the changes necessary for our health.

If anyone was addicted to sugar, it was my sister. She loved sweets. Doughnuts in the morning, soft drinks throughout the day, bread, pasta, chocolate, and candy—you get the picture. She has been overweight since she was a child. She suffered from joint pain and irritable bowel syndrome. She never knew when a specific food might set her off and she would need to be close to a bathroom for a whole day.

Being physically ill is only one aspect of how food addictions affect people. Not fitting into clothes and feeling unattractive can undermine a person's self-esteem. Then their pocketbooks are gouged, as they need to buy new clothes because the old ones don't fit. Does this sound familiar? Do you crave carbs too? When my sister was forty-nine, she asked me to help her get off sugar and carbohydrates. From my experience, this is difficult to do, so I created a seven-step plan for her to follow:

7 Steps to Get Off Sugar and Carbohydrates

1. **Decide** to improve your health through proper nutrition.
2. **Acquire** a support system and knowledge to help make a lifestyle change.
3. **Clean out** the pantry and refrigerator by removing unhealthy foods and clean out your emotions.
4. **Purchase** healthy foods plus an anti-Candida cleanse.
5. **Plan** for the start date to begin changing your eating habits.
6. **Prepare** and eat foods differently than you did before.
7. **Improve** your health through continuing this new lifestyle, never turning back to your old eating habits.

My sister not only took the seven-step plan to heart but she allowed me to share her story with you, in the hopes it will encourage you to try the plan yourself. The first time my sister tried this plan she was successful with getting off wheat because she'd tested positive for gluten sensitivity, and when she eliminated wheat her irritable bowel symptoms disappeared. This lifestyle change was easier for her because a physical pain disappeared. However, she continued to eat sugary foods, not recognizing their effect on her health. One year later, after another health crisis, she successfully implemented the full plan.

One week after getting off sugars and refined carbohydrates, my sister's energy and rosacea skin condition improved. By the second week, her joints no longer ached, and the craving for sugar subsided. Two months later, she'd lost ten pounds and felt energized. After that, she lost five pounds per month until she got to her ideal weight and her rosacea disappeared.

If you choose to embark on this seven-step plan, you will radically improve your health and energy by merely removing sugars and refined carbohydrates. However, this plan is not a diet, where once you complete the seven steps, you're done. This is a *lifestyle change*. Typically, diets are unsuccessful because after people lose their desired weight, they go back to old eating habits, which caused them to gain weight in the first place, and find themselves facing the same challenges again and again.

The seven steps provided here are designed to incorporate your entire self—mind, body, and spirit—in making this lifestyle change so you can experience a new future, instead of another yo-

yo diet that sends you back to square one. The specific instructions regarding these seven steps are provided in the next seven chapters. Each chapter begins with the following diagram, with the phase reviewed in that chapter in bold.

Decide—>Acquire—>Clean Out—>Purchase—>Plan—>Prepare—>Improve

I am excited you chose to join me on this path to wellness. God gave you a glorious body that is programmed to heal itself, if we provide it with the proper nutrition he intended. I applaud you for having the courage to take on the challenge to reclaim your body and life. I pray that God will help you and walk beside you during this journey to health.

Step 1

Decide to Improve Your Health

Decide—>Acquire—>Clean Out—>Purchase—>Plan—>Prepare—>Improve

If you are motivated to start making progress toward health and even weight loss, you can't skip this first step. While you may want to get right to a food list or recipes, you can't create a new lifestyle of eating and nutrition without deciding to do what is necessary to make that change. To decide is to make a definitive choice. Make the decision to commit to implementing all seven steps. Your health is worth it.

One reason it is difficult for many to stick to decisions about food is that their bodies betray their mental commitment. That's why this book will explain how addictions affect us physically, so we can be prepared with the mental ammunition needed to stay strong. Sweets and refined carbohydrates are addictive and harmful to the human body. This book provides step-by-step instructions on how to stop the cravings and unwanted symptoms associated with eating a diet loaded with carbs. We will explore the possibility of a food addiction and candida infection of the gut. You will gain an understanding of the types of food to avoid and why. Once you have the knowledge you need to make the right decision for your health, you'll be better equipped to take the next step, and the next, until you've changed your lifestyle. With your lifestyle change, you will live the abundant life Jesus wants you to experience, not a life filled with disease and unwanted, unhealthy symptoms.

The Trouble with Sugar and Carbs

One of the worst carbohydrate culprits is wheat because a polypeptide in wheat crosses the blood-brain barrier, which separates the bloodstream from the brain, and binds to the brain's morphine receptors.¹ Opiate drugs (morphine, codeine, heroin, cocaine) bind to these same receptors. Unbeknownst to us, when we eat a bagel for breakfast, we consume our crack for the day.

Take the time now to watch this five-minute Ted-Ed video, "How Does Sugar Affect the Brain?" by the neuroscientist Nicole Avena, Ph.D.: <https://www.sciencealert.com/watch-this-is-how-sugar-affects-your-brain>.² This video explains how we get hooked on foods with a high sugar content.

As you learned from the video, sugar causes the release of dopamine in the brain, which is part of our bodies' feel-good reward system. We enjoy the feeling of dopamine, so we keep eating carbs. Sugary foods include a food item with greater than ten grams of sugar per serving. Refined carbohydrates include rice, wheat, instant mashed potatoes, instant oatmeal, cereals, potato chips, crackers, etc. At some point, an overconsumption of sugar and refined carbohydrates rewires the brain's neural pathways and causes a person to become addicted. The brain's hijacking triggers binge eating despite its consequences of weight gain and health problems. Therefore, getting off sugar is more complex than it may seem. It is no longer about willpower and self-discipline but a *biochemical addiction*. However, we can untangle the brain's rewiring to reset it back to normal, but we need to implement all the steps outlined in this book.

We live in a culture of entitlement—where we feel we deserve to satisfy ourselves to our heart’s content. Countless varieties of delicious, unhealthy foods are available to us at a whim. Even the commercials on TV entice us to indulge. It is amazing that everyone in our culture has not fallen into the *food addiction trap*. Entitlement leads to indulging, which leads to addiction. It is a slippery slope once you take your first bite of that addictive food. Down the slope you fall as you consume the whole package—which you did not intend to do. If you are addicted, you can’t rely on moderation. You need to understand what is causing you to consume foods in a manner you do not want to. The average American ingests up to a staggering 150 pounds of sugar each year.³ We eat foodlike substances full of sugar and wheat, packaged in colorful, enticing boxes and bags. These so-called foods are frequently inexpensive, as well as quick and easy to prepare. We fill that immediate craving without thinking of its long-term consequences.

However, the actual cost of a steady diet of super-processed, prepackaged foods will eventually show up in chronically poor health, increased medical costs, and use of pharmaceuticals. Doctors treat the symptoms of these chronic diseases with drugs, but they usually do not address the underlying cause. Nutritious foods prevent and even reverse conditions better than expensive medications.

Over 100 million Americans suffer from chronic, painful, expensive, and often debilitating diseases. One of the dominant causes of chronic diseases in the United States is the poor quality of food consumed. When we eat processed foodstuff, we do not provide our bodies with the nutrient-filled foods God created for humans to eat.

Food industries entice consumers to eat more of their products not to improve people's health but to improve the corporations' pocketbooks. These industries put sugar in products to lure us to buy more because they understand its addictive quality. During our seven steps, you will learn about the types of food to avoid to improve your health. You'll be educated to fight back against the food industries' tactics.

Nourish Your Amazing Body

I am intrigued with improving the functioning of the human body. Our bodies work best when we supply them with the proper nutrition God intended. God programmed our bodies to heal themselves—like the natural healing of a cut or sprained ankle.

God gave us glorious bodies that can repair themselves of many ailments if we nourish them well. In turn, *when we are healthy, we can serve God better*. Unfortunately, when tired, foggy brained, or downright ill, we focus on ourselves instead of serving him. If you want to improve the way you feel, *make the decision* to stop eating sugar and refined carbohydrates. This is the first step of the seven-step plan.

If you choose to adopt this lifestyle, you will lose weight, but more importantly, you will improve your health. You won't starve yourself either. Recently, a friend on a cruise told me, "You eat as much as I do. How do you stay slender?" I replied, "The types of food I eat make the difference."

Many times, we do not make positive changes to improve our health until we experience a crisis. For my sister, it was rosacea. While on vacation, she got a rash all over her face. She FaceTimed me and I could see the raised, rough areas of skin. The red bumps came to a head as unsightly pustules. In her high-pitched, stressed voice she asked what I thought it might be. I didn't know, but I suggested she consult her dermatologist as soon as she returned from vacation.

The doctor wasn't sure if it was psoriasis or rosacea. He gave her two creams for her face and an antibiotic to ingest. The creams and antibiotics helped the rash go away, but as soon as she quit taking them, the outbreak came right back. A month later, her dermatologist confirmed the diagnosis of rosacea, which has no cure. Either she stayed on the medications for the rest of her life, or the rosacea reappeared.

She decided to do some research (*acquired* knowledge—step 2) of her own. She discovered sugary foods exacerbate rosacea. When she evaluated what she ate, she realized that sweets and refined carbohydrates made up a large part of her diet. However, she did not like the red, bumpy rash on her face, so she decided to make a change (*decide*—step 1). Throughout this book, we will learn about the steps she took to make a lifestyle change to heal herself of rosacea. If you choose to change your eating habits, your body may heal itself of an ailment too.

My Health Crisis

I combated a health crisis at the age of forty-nine. In November that year, I had a crown placed on a tooth. Little did I know how that would mark the beginning of losing my good health.

Ultimately, over the next nine months, this tooth abscessed and poisoned my body, resulting in ten different medical diagnoses.

One month after the crown, I began having two menstrual cycles every month. The double periods continued, and eventually, fifteen months later, I had surgery to remove two uterine polyps.

Two months later, I experienced depression and craved chocolate. Do you crave chocolate? Where I used to eat a couple of candy bars per year, now I binged on Ghirardelli chocolate every evening.

In March, I was diagnosed with an ovarian cyst, and two months later, adrenal fatigue. Although exhausted, I had difficulty sleeping. By this point, I should have known something was wrong with my body. Nevertheless, I didn't realize the severity of my physical problems even though as a Christian yoga instructor I taught my clients to be in tune with their bodies.

My doctor prescribed three different adrenal vitamins five times a day for my adrenal fatigue. That's fifteen vitamin pills per day! The physician also prescribed progesterone cream for the ovarian cyst and hormonal imbalance, as I was experiencing perimenopause. That summer I was so exhausted that I could not attend my aunt's funeral because I had no stamina to fly across the country. Even my husband and children did not understand how depleted I felt.

In July I saw flashes of light in my left eye when I quickly turned my head to the left. Two

months later I was diagnosed with a hole in my retina. Retinal tears can lead to blindness if the retina becomes detached.

In August, I began experiencing visual migraines even though I had never suffered from headaches. That month I went to my dentist for a cleaning and told my hygienist I felt a bump above one of my teeth. She informed me that was not a good sign, and the dentist discovered the tooth I had crowned in November had abscessed and drained its putrid fluid into my gastrointestinal system. I still didn't realize that the affects of my abscessed tooth likely caused all the other symptoms.

I had an emergency root canal along with ten days of antibiotics and two weeks of steroids. Afterward, I was so fatigued I could not put away the groceries after shopping. No one understood how depleted my system was because on the outside I looked fine, but on the inside, I was a train wreck.

In September my doctor found I was anemic and low in vitamin D, so he told me to take iron and vitamin D supplements. He also referred me to an optometrist for the flashes of light in my eye. The optometrist performed emergency laser surgery to prevent a detached retina. When I turn my head sharply to the left, I still have a flash of light, and I will never regain that part of my vision.

In the fall, my health further declined. I felt utterly drained and sick all the time, and I could have easily stayed in bed. However, my family needed me. My doctors were unable to do much for me except recommend vitamin D, iron supplements, adrenal vitamins, and progesterone cream.

So I began alternative health-care therapies such as massage, acupuncture, and colonic irrigation.

Through a colonic irrigation, the therapist found a candida infection in my colon. I had never heard of this type of infection before despite being an RN since candidiasis (candida infection from a Candida fungus) of the gut is not taught in mainstream medicine. Even my internal medicine doctor didn't know how to rid me of this yeast infection in my intestine.

A candida infection in your colon is similar to a vaginal yeast infection. Women are prone to getting vaginal yeast infections when they take antibiotics because the drug kills off beneficial flora in a person's body. Well, I had just consumed antibiotics and a steroid.

I turned fifty that August and lost my health. For fifty years, I took my good health for granted. Now I realized it was precious. Ultimately, what occurred in my body was a poisoning from an abscessed tooth resulting in ten different medical diagnoses in the following order:

1. Bimonthly periods caused by uterine polyps
2. Depression
3. Ovarian cyst
4. Adrenal fatigue
5. Hormonal imbalance
6. Retinal tear
7. Visual migraine
8. Anemia

9. Low vitamin D level

10. Candidiasis infection of my colon

My colonic therapist gave me the book *The Body Ecology Diet* by Donna Gates so I could educate myself. The information in this book confirmed I had an overgrowth of Candida in my gastrointestinal system. I followed the steps outlined in *The Body Ecology Diet* to get rid of the infection.

Candida feeds off of carbohydrates. Therefore, a physical component of my craving for sugar and carbs was an overgrowth of this harmful microorganism. Having candidiasis is like having a monster take control of your appetite. However, I fought this culprit and restored my gut flora. The gut flora consists of beneficial microorganisms (also known as probiotics) that strengthen the immune system and help defend against unfriendly bacteria and pathogens that cause disease.⁴

For the following eight months, I struggled to regain my health. To eradicate the Candida, I continued the regimen from the book and stopped eating fruit, rice, flour, sugar, and desserts. I lost a lot of weight. During this time, I took one step forward and two steps back, then three steps forward and one step back. It was a slow process, but after eight months of being on the strict body ecology diet, I finally regained my health.

I felt healed. The diet required great self-control, but I was determined to succeed because I desperately wanted my health back. Ultimately I beat the candida infection in my colon and

restored my adrenal glands. God gave us glorious bodies that will heal themselves if we give them the right building blocks.

Make a Decision about Your Health

Do you want your health back too? You may be experiencing a health crisis and need to make a change. Are you overweight or experiencing problematic symptoms such as depression, moodiness, low energy, achy joints, diabetes, hypertension, or other health problems? Do you crave unhealthy foods? Do you need guidance regarding how to improve your health and lose weight? If you want to make a change, this book will walk you through the process to regain your health through a lifestyle change so you can feel energetic again and begin to live the purposeful and fulfilled life God intended for you.

The first step to getting off sugar and carbohydrates is to decide—decide to make necessary modifications. No one can make this decision for you; it is your choice. However, the next steps will help you maintain your commitment to this life-saving decision. Several other critical components to the process of getting off sugar and carbs include acquiring the right information, obtaining a support system, and praying and asking God to give you the willpower to overcome.

If you accepted Christ as your Savior, you have the Holy Spirit inside you, as 1 Corinthians 6:19–20 states, “Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.” When you make healthy eating choices,

you take care of the temple God gave you. You only have one body, and it needs to last a lifetime.

Gluttony, which is overeating, is a sin, as implied in Proverbs 23:1–3, “When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony. Do not crave his delicacies, for that food is deceptive” (NIV), and Proverbs 23:20–21, “Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags” (NIV).

Proverbs 23:1–3 is quite grave when it states, “put a knife to your throat.” The truth is, if you overeat like a king, your lifespan shortens. Many chronic diseases such as diabetes and hypertension can be improved, or even cured, by changing eating habits and losing weight. For example, my aunt stopped taking blood pressure medication when she lost ten pounds, because her high blood pressure went away.

The delicacies and deceptive foods mentioned in Proverbs 23:3 are similar to the super-rich and processed foods so accessible today. Neither is nutritious for the body. A person feels awful after consuming them. These delicacies remind me of the desserts I ate on the cruise. During my cruise, I ate like a queen with three-course meals. I tried to eat more fruits and vegetables and lean meats, but I couldn’t resist the desserts. After I returned home, it took a month to get my usual energy level back. Being clothed in drowsiness (Proverbs 23:21) accurately describes how people feel after consuming a heavy meal. Sleepiness descends upon them.

Overindulging to our heart's content leads to slavery over the item our flesh desires. This slavery becomes more restrictive than following healthy guidelines. Eating healthy foods gives us the boundaries we need.

Food Addiction

In our society, the overabundance of delicacies is hard to resist. At first, it seems fun to eat whatever we desire. However, that momentary pleasure is fleeting. It is unhealthy to overeat, and when that becomes a habit, eventually we become addicted to food and can't stop eating. Therefore, we binge.

Regrettably, people become addicted to sugar and carbs. In fact, their brain's circuitry goes haywire when they come into contact with these addictive foods, and their mind assigns supreme value to that food. Magnetic resonance imaging (MRI) of the brain found that addicts' neural circuitry kicks into high gear when the brain lusts for the product of addiction.⁵

Therefore, from a physical perspective, we can become addicted to sugar, wheat, and refined carbohydrates through a biochemical addiction in the brain, or through the cravings caused by Candida, or both. However, we are more than physical beings; we are spiritual as well. The struggle to get off carbs may not be only a physical battle but a spiritual one too. One of the ways we can fight food addiction is through scripture. Appendix 1 includes Bible verses to recite to tap into God's power and strength. If you are addicted to sugar and carbohydrates, like my sister,

you will need God's superpower. Paul tells us in Philippians 4:13, "For I can do everything through Christ, who gives me strength."

Diet Affects Brain Health

Once you've decided to make this lifestyle change, the dietary changes outlined in step 4 may benefit not only yourself but your family members as well. A diet high in sugar is linked to dementia and Alzheimer's. Scientific studies revealed a low-glycemic, low-carbohydrate diet helps prevent and improve these prevalent, devastating diseases. If you would like more information on how to prevent these diseases, check out my pamphlet "How to Prevent, Improve, and Reverse Alzheimer's and Dementia" by clicking the following link:

<https://gumroad.com/l/mQNTE>. This pamphlet lists twenty-four interventions to fight these diseases of the brain.

To prevent Alzheimer's and dementia, start interventions early before symptoms begin. If you contract one of these diseases, can someone in your family take care of you? I understand this situation, as my ninety-year-old mother has vascular dementia (from a stroke) and my father-in-law died of Alzheimer's disease.

Brain Testing

Take an online cognitive test to determine the health of your brain. Amazingly, the foods we eat affect our brain function. Access a free online cognitive test, the Self-Administered Gerocognitive Exam (SAGE), at <http://www.elderguru.com/download-the-self-administered->

geocognitive-exam-sage-alzheimers-test/.

Cognitive Assessment Results

Write down the results from your cognitive assessments here.

Make Your Commitment

Now that you have decided to take this seven-step plan to improving your health and your future, the following actions will help you stay accountable to your commitment and give you a baseline to measure against once you have made progress on your journey to wholeness.

Contract

Take the first step to get off sugar and carbohydrates by deciding to make a lifestyle change.

Begin by writing a contract between you and God on the lines below. Include the measurable goals you would like to achieve. Ask God to help you and place your success in his loving hands.

Baseline Assessment

Now that you have decided to conquer sugar and carbs, you'll need to take a few measurements before moving on. First, before changing your eating habits, obtain a baseline of your current condition. Weigh yourself and measure your waistline.

Date to implement changes:

Baseline measurement date:

Weight:

Waistline:

Symptom Checklist

Put a check by the following unhealthy symptoms you experience.

_____ Fatigue

- _____ Anxiety
- _____ Insomnia
- _____ Irritability
- _____ Depression
- _____ Mood swings
- _____ Poor memory
- _____ Food allergies
- _____ Foggy brained
- _____ Decreased sex drive
- _____ Hormonal imbalance
- _____ Chronic fatigue, fibromyalgia
- _____ Vaginal yeast infections, urinary tract infections
- _____ Craving sweets and refined carbohydrates or alcohol
- _____ Digestive issues (bloating, constipation, diarrhea) or disorders
- _____ Skin and nail infections such as toenail fungus, athlete's foot, and ringworm

Dietary Assessment

Record the foods you ate last week. Recalling these foods will test your memory as well as help you realize the kind of foods you typically consume. How well does your memory recall? Do wheat and sugar comprise a large part of your diet?

After six months of changing your eating habits, you will objectively measure your cognitive abilities by retaking the online cognitive test, recheck your weight and waistline measurements, and note whether any unhealthy symptoms subsided. A reassessment survey is provided at the end of step 7.

Taking Step 1: Decide

Making the decision to commit to a lifestyle change, particularly if you struggle with food addiction is crucial. While it may be difficult to commit, once you have, you can look back on your contract with God when things get tough. Remember, no matter if and when you make a

mistake, you can get back on track. Each chapter will end with a list of action steps to help you accomplish that step. In step 1, complete the following action steps:

1. If you haven't already, watch the Ted-Ed video, "How Does Sugar Affect the Brain?" by the neuroscientist Nicole Avena, Ph.D.: <https://www.sciencealert.com/watch-this-is-how-sugar-affects-your-brain>.
2. Check labels to make sure you don't consume sugary foods with greater than ten grams of sugar per serving.
3. Write and sign your contract between you and God.
4. Complete your assessments.

7 Steps to Get Off Sugar and Carbohydrates:

STEP 1: Decide to improve your health through proper nutrition.

To purchase this book [click here](#).

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