

## **7 Steps to Get Off Sugar and Carbs Course**

### **Step 5 Handout: Seven-Day Eating Plan**

#### **Day 1 (Start on Wednesday)**

##### **1. Consume Water**

Drink up to two cups of coffee or tea per day, but no more. The only other beverage you should drink is filtered water. I use a filter on my refrigerator water dispenser and a water filter on a pitcher. Before breakfast drink two glasses of water, two before lunch, two midafternoon, and two more before dinner. Do not drink during meals and do not drink anything after dinner. Drink up to ten minutes before eating.

##### **2. Take a Probiotic**

Begin taking a probiotic every day. I usually buy several probiotics from a health food store with at least ten different strains of beneficial bacteria, and I take a different one each day to vary the flora in my gastrointestinal system. I store my probiotics in the refrigerator door. After I take a probiotic, I move the bottle to a different shelf, so I can keep track of the one I took last.

##### **3. Stop Eating High-Sugar Foods**

Stop eating anything containing greater than 10 grams of sugar per serving. Check labels for the number of grams of sugar per serving size.

#### **Day 2**

##### **1. Eliminate Wheat**

Do not eat anything containing wheat. No more bagels, toast, pancakes, biscuits, pasta, pretzels, crackers, cookies, cake, or pie. Eliminating wheat is like going off a drug. Be aware that you may

experience the following symptoms for a few days: irritability, foggy brain, and fatigue. You might even feel fluish. However, within a week your symptoms will subside. After this, never eat wheat or more than 10 grams of sugar in one serving again, or your addiction will start all over again. (Ugh.)

### **Day 3**

#### **1. Eliminate Processed Foods**

Do not eat processed foods from boxes and bags.

#### **2. Implement Healthy Eating Guidelines**

Make 50 percent of your food fresh and raw. Follow the Healthy Eating Guidelines provided in appendix 5.

### **Days 4 and 5 (Saturday and Sunday)**

Continue to implement all the steps listed on day one through three as you proceed.

#### **1. Rest**

Focus on you. Rest, read, pray, and ask God to help you to succeed.

#### **2. Use the Sword of the Spirit**

Now is the time to fight the thief Jesus spoke of in John 10:10, for Satan wants you to fail: “The thief’s purpose is to steal, kill and destroy. My purpose is to give life in all its fullness” (John 10:10 TLB).

Fight the thief with the sword of the Spirit—the Word of God. Write verses on index cards or put them on the notes on your phone. Use verses that will remind you of the help God provides in any struggles you may be facing at this point, such as Philippians 4:13: “For I can do everything

through Christ, who gives me strength.” Every time you get the urge to go back to your old eating habits, speak the verse out loud to cut the demonic influence out of your life. Our spiritual nature needs to be addressed as well as our physical.

## **Day 6**

### **1. Start the Anti-Candida Cleanse**

Now let’s kill the bug in your gut—Candida. Today, start the anti-Candida cleanse you purchased in step 4. If you are not ready to begin this step because you are still experiencing symptoms of withdrawal (headache, exhaustion, irritability, mental foginess, fluish symptoms), wait a few days until you feel better. Read the instructions on the cleanse package for how to administer it. Initially, I recommend taking the cleanse every other day for the first week to minimize lethargy and headaches. You will feel awful if the dead Candida is not quickly expelled from your colon. To avoid becoming constipated, drink plenty of water. During the second week, begin taking the Candida cleanse every day as recommended.

Prevent a headache by increasing the fiber in your diet through a fiber supplement (which usually comes with your Candida cleanse), water, and raw fruits and vegetables. The first three days you are on the cleanse, you may not feel well, but after a week you will begin to feel better than you have in a long time. You are just about to get the life back Jesus wants you to experience—one that is abundant and full.

## **Day 7**

### **1. Get Up and Exercise**

If you are still feeling the symptoms of withdrawal, be gentle with yourself by performing a simple form of exercise such as walking or yoga. It doesn't matter what type of exercise you do just as long as you do it. Walking, jumping rope, lifting weights, or taking a group fitness class like Pilates or water aerobics are a few examples of exercise. After you begin feeling better, try to exercise for twenty minutes three times a week. Record the exercise you perform in your Intentional Wellness Living Journal that you set up in step 2.

Mindfulness exercises such as yoga and meditation train a person to pay attention to cravings without reacting to them. The idea is to ride out the wave of intense desire. As a person becomes more mindful she notices why she wants to indulge. Meditation quiets the part of the brain that can lead to a loop of obsession. Check out my website at [ChristianYoga.com](http://ChristianYoga.com).

### **Day 8 and Beyond**

You are well on your way to changing your lifestyle, but more than that you will change your life for the better. Your health, mood, and energy level will improve. Each week you will lose weight, and the body God gave you will heal itself of many ailments. As your body heals the disease processes, you will be able to reduce or eliminate medications because you will no longer suffer from the maladies these medications were treating. However, before stopping any prescription medication be sure to consult with your physician. Improvement in your vitality will allow you to experience activities you were not able to be involved in before. Overall your well-being and emotional countenance will become revitalized. You are in the process of getting your life back, the one that God wants you to enjoy to its fullest.