

7 Steps to Get Off Sugar and Carbs Course

Step 3 Handout: 7 Step Plan

7 Steps to Get Off Sugar and Carbohydrates:

Step 1. Decide to improve your health through proper nutrition.

Step 2. Acquire a support system and knowledge to help make a lifestyle change.

Step 3. Clean out your pantry and refrigerator by removing unhealthy foods and clean out your emotions.

Step 4. Purchase healthy foods and an anti-Candida cleanse.

Step 5. Plan for the start date to begin changing your eating habits.

Step 6. Prepare and eat foods differently than you did before.

Step 7. Improve your health through continuing this new lifestyle never turning back to your old eating habits.

Seven-Day Eating Plan (Implement in Step 5)

Day 1: Drink eight glasses of water per day. Stop eating sugar. Take a probiotic.

Day 2: Stop eating wheat.

Day 3: Do not eat processed foods out of boxes and bags. Make 50 percent of your food be fresh and raw. Follow the Healthy Eating Guidelines provided in appendix 5.

Day 4 and 5: Focus on you. Rest, read, pray, and ask God to give you the will power to succeed.

Day 6: Begin the anti-Candida cleanse.

Day 7: Get up and exercise.

Five-Step Plan for Binding the Strong Man of addiction in your life (Implement in Step 5)

1. Name your addiction and declare (out loud) that Jesus Christ is your Lord in its place!
2. Submit yourself completely to God.
3. Bind the strong man with the name of Jesus.
4. Use the Word of God to bind the strong man (evil spirit of addiction).
5. Punish the strong man by praising God and being grateful.