

Daily Seven



1) Upon awakening, drink 2 glasses of pure water at room temperature, one with a lemon after exercising. Drink 8 glasses in total each day.



2) Practice BRT*1 or BXT*2 and rehearse gratitude list at least 3 times daily.



3) Exercise within the first hour of waking and 60 seconds every 30 minutes by stretching, walking, lifting, and or core building.



4) Break the fast within 60-90 minutes of waking. Use 100% whole grains, fruits, nuts and seeds (free from refined flour, sugar, high salt, saturated fat, cholesterol and processing).

5) Prepare a large afternoon meal of legumes, whole grains, and nuts with a large salad in a tasty, heart-healthy manner. Fifty percent of the plate should be a raw salad. (Continue to collect healthy recipes.)



6) Start extended fast by 5:00 p.m. or before. Supper is not advised except for children, pregnant women, construction workers, athletes, the underweight or those with physical barriers. Fruit for supper if necessary.



7) Be in bed by 10:00 p.m. on an empty stomach.

*1 BRT- Biblical Rumination Therapy

*2 BXT- Biblical Exegesis