

IWC 14-Day Spiritual and Natural Be-In-Health 111 Ministry Mini-Boot Camp

“BELOVED, I WISH ABOVE ALL THINGS THAT THOU **MAYEST PROSPER AND **BE IN HEALTH** EVEN AS THY **SOUL PROSPERETH**” (3 JOHN: 2)**

I. Soul Prospering: (Spiritual Power Building)

Bible Intake: John 15:7

1. Reading and Hearing: (Rev 1:3 Daily read at least one or more chapters of God’s word. If possible, listen to the same chapter or chapters you read thirty minutes daily (Electronic Bible Media).
2. Meditate: (Josh 1:8; Ps 1:1-3) Focus on a pericope or certain passages. Slowly think on each word in the passage. Look up words that you do not understand in a Bible lexicon or concordance to seek meaning and understanding.
3. Memorize: (Ps 119:11) Step1: Take one or two of the passages you focused on and read seven times. Envision a passage or passages until they become memorized. Step 2: Repeat step one until you can memorize the passage (It is better to memorize 1 passage then to fumble and twist 5 passages).

Prayer:

1. Pray the scripture: (1 John 5:15) praying the unadulterated will of God help build your prayer life. Ex. Ps 23:1 states, **“The Lord is my shepherd; I shall not want.”** One might incorporate in their prayer; “Lord, I thank you for being a member of your flock, and I am so glad as being one of your sheep, I have no lack in any area of my life.”
2. Prayer of personal edification - Praying in Tongues: (1 Cor 14:4)
3. Corporate Prayer (Acts 3:1) Presently Prayer Line
4. Private Prayer (Matt 6:6)

Silence and Solitude:

“Be still and know that I am God” (Ps 46:10) Start by taking 10 minutes a day where you listening for God to speak and take you above and beyond to an awesome place of peace and tranquility in the realm of the Spirit. (Pro 16:32). Strive to increase time and expand this study (1 Thess 4:11).

II. Health Prospering: (Temporal Health Building)

In Genesis 1:29, God provided fruit, herbs/vegetables (plant-based consumption). In Leviticus Chapter 11 God listed clean flesh protein to be consumed. Genesis 1 combined with Leviticus 1= Be-In-Health 111.

I. Fasting and Eating Days:

- A. Fasting days are 24 hour fasts.
- B. Eating days are 16 hours of fasting from the night before until the beginning of an **8-hour window of eating of two main meals.**

II. Meals:

Meals consist of protein and vegetables. One fruit dessert per meal. Eat all the vegetables you can or desire at any meal. If you have a desire to snack, **only vegetables** are to be consumed as snacks.

***Important: Use vegetable broth instead of cooking oil.**

Modes of Cooking: Grilling, baking, steaming, broiling, air frying, or sautéing. Use Himalayan or Hawaiian salt and pepper lowest fat, lowest calorie 0% sugar salad dressings at a minimal.

***Recommended list of healthy foods to consume during Boot Camp.** In wisdom, these following foods can possibly provide renewed health and overall continued path to maintaining health and vitality.

Proteins: Bass, beef, bison, buffalo fish, chicken, chicken soup, chili, cod, Cornish-hen, duck, eggs, flounder, goat, halibut, herring, kingfish, lamb, mackerel, perch, quail, redfish, red snapper, salmon, sardines, seabass, skipjack, trout, tuna (albacore, Bluefin, yellowfin,) turkey, white fish, whiting, venison, yellow perch, protein powders. **PROTEINS: 4OZ. - 6OZ. PER MEAL.**

Vegetables: Spinach, romaine lettuce, celery, tomato, green string beans, cucumber, collard greens, cabbage, onions, endive, garlic, ginger, kale, leeks, peppers- (green, red, yellow, orange), jalapenos, asparagus, mustard greens, mushrooms- (portabella & shiitake), zucchini, Swiss chard, Brussels sprouts, radishes, alfalfa sprouts, turnip greens, parsley, parsnip, watercress, Bok choy, veggie soup. **VEGETABLES: UNLIMITED QUANTITY-especially raw.**

Fruits: APPLE (Medium), APRICOT, BLACKBERRY (½ Cup), BLUEBERRY (½ Cup), CHERRY (½ Cup), GRAPEFRUIT (1/2), LEMON, LIME, ORANGE (MEDIUM), PEACH (1/2), PEAR, PLUM, RASBERRY (1/2 Cup), STRAWBERRY (1 CUP).

Water and natural herbal teas are the only beverages to be consumed during the Boot Camp.

5 Effective Appetite Suppressant Teas: Green Tea, Dandelion Tea, Mint Tea, Hibiscus Tea, Ginger Tea.

*Important: No sugar, honey, maple syrup or any other sweetener during Boot Camp, **EXCEPT** Natural Sweetener Liquid Stevia/Stevia Water Drops: Stevia Leaf is one brand. If drinking water enough daily is a challenge, liquid stevia comes in multiple flavors to use in your water to spruce up and add awesome flavors to your water.

Stevia won't raise your blood sugar levels and some forms of this sweetener may actually lower blood sugar levels. A study published in Planta Medica in 2005 found that there was a dose-dependent effect of stevioside on blood sugar levels with stevioside lowering blood glucose levels and decreasing insulin resistance in rats with diabetes.



To enhance your fruit desserts there are all natural zero sugar, zero calorie chocolate and vanilla syrups available sweetened with stevia.

Remember to consume your vitamin supplements and the supplements of wisdom to combat viruses and bacteria such as Vitamin D, Zinc, Elderberry, Silver, Iodine.

Food for thought by Bishop Nathaniel Williams:

“If through God’s Word, we would make our health a 111 urgency, we could greatly decrease our health becoming a premature 911 emergency”