
Soul Detox Clean Living In A Contaminated World Craig Groeschel

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Soul Detox Simon and Schuster
In this five-session small group bible study (DVD/digital video sold separately),

pastor and best-selling author Craig Groeschel sheds light on relationships, thoughts, and behaviors that quietly compromise our well-being. Using concise teaching and honest humor, Groeschel provides a source of inspiration and encouragements for a faith-filled lifestyle that will keep you free of spiritual toxins. More than an educated, insightful look at the negative aspects of our day-to-day culture, this grace-based experience will challenge you out of complacency into a life of clean, pure, and focused living based on the standard of God's holiness. This participant's guide provides individual and group activities, between-session personal studies, and

additional background material that enhances the experience of the video sessions. The Soul Detox curriculum can be used in a variety of ways — as a whole church campaign (adult congregation), adult Sunday school, small group study, or individual Bible study. Sessions include: Lethal Language: Experiencing the Power of Life-Giving Words (11:30) Scare Pollution: Unlocking the Chokehold of Fear (11:30) Radioactive Relationships: Loving Unhealthy People without Getting Sick (12:00) Septic Thoughts: Overcoming Our False Beliefs (13:00) Germ Warfare: Cleansing Our Lives of Cultural Toxins (12:00) Designed for use with the Soul Detox Video Study (sold

separately).

The 21-Day Consciousness Cleanse Penguin

If you long for freedom, peace, & joy but often feel like a frustrated & depressed mess then keep reading... Have you ever been so happy but someone (or something) completely stomped your good mood into the mud? That person or situation likely attached its negative energy to your Aura! It's so important to protect yourself from bad energy that lowers your vibration & throws off your goals & dreams! There are several threats that require your utmost

attention. Are you experiencing a period of great stress? Are you having nightmares? You likely need a proper cleansing of yourself & your home. Have you tried smudging, sprays, & candles, & nothing seems to work? Do you finally want to say goodbye to all of your wasted time & see what ACTUALLY works for you? You see, cleansing yourself & home of negative energies & attachments doesn't have to be difficult, even if you've tried every other cleansing book and YouTube video already. In fact, it's easier than you

think. The most powerful tool in your effort to remove these spirits from your home is sage. It has been scientifically proven that by burning sage around your body, you can kill 94% of airborne bacteria (Collins, 2016). A scientific paper 'Medicinal Smokes' was published in 2006 & research from 50 countries concluded that, in addition to health benefits, smudging was a powerful antiseptic. If the positive benefits of sage have been proven then think what the secrets in this guide could do for you! Here's just a tiny fraction of what you'll discover:

A treasure trove of easy, step-by-step exercises you can do at home for a supercharged vibration & powerful cleansing. This quick number secret to seeing your soul's characteristics & what they say about you! The secret gland you can activate to skyrocket your energy & reach the stratosphere of the divine (& it's not the third eye!) How to see (with your own eyes) the energetic movements in your home with just 2 kitchen items. The insiders step-by-step secret DIY spray recipe to dissolve negative energy. Unbeatable Guided Meditations to

<p>Banish Negative Entities, Cleanse Your Aura and Supercharge Your Life (& the items you need to power up your meditations) The easy 'invisible chair' at-home exercise to release a lifetime of trauma Made for you '7 Day Negative Energy Cleanse' Daily (& nighttime) rituals to ENCHANT YOUR HOME WITH ANGELIC POWER (just follow this & see what happens!) Manifesting toolkit download inside! & much more... Take a second to imagine how you'll feel once you can effortlessly cleanse your aura & home of harmful negative entities & energy. Imagine</p>	<p>your friend's & families' faces when they step foot in your beautifully cleansed home! Spiritual cleansing isn't reserved for those that spend hours meditating every day. In fact, anyone can do it. You can spiritually cleanse starting today with the amazing secrets inside, even if nothing has worked for you before. You're holding the key to cleanse & make space for literally anything you have ever dreamed of in life. It's time to take action. Why would you ever settle for anything less than the joyous & blissful life you</p>	<p>deserve? So if you're DONE with allowing negative entities to impose on YOUR auric space & have a burning desire to start fresh on your amazing cleansed journey then scroll up & click "Buy Now". <u>Emotional Detox Now</u> Soul Detox Begin Your Journey to Spirit-Soul-Body Health Today... Beni Johnson received a life-changing revelation about how anyone can start walking in holistic health including you! Jesus died for your spirit, soul, and body. This means you can experience His resurrection</p>
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life in all three areas! Christians should be the healthiest people on Earth because they understand God has made their bodies His temple. Unfortunately, many people focus on one area of health while neglecting another. This can lead to spiritual disconnection, bad eating habits, depression, poor rest, and lack of exercise. In *Healthy and Free*, Beni shows you how to: Find your why: Learn the motivating secret to pursuing a healthy lifestyle as your new normal. Unlock the

connection: Discover the many ways your spirit, soul and body are interconnected and how health in one areas directly effects another. Start simple: Receive practical and easy-to-implement steps to begin walking in health right now. The Great Physician desires you to walk in Heavens health. Get aligned with Gods divine design today and experience freedombody, soul and spirit! The Soul Support Book Destiny Image Publishers “ Finding Ultra blends Rich Roll ’ s story of superhuman

personal transformation with an amazingly practical guide to plant-based living. It ’ s also an enlightened manifesto for anyone wanting to transform their life. ” —Dan Buettner, National Geographic Fellow and New York Times bestselling author of the Blue Zones books “ An incredible story of mental, emotional, and physical endurance. ” —Michael Greger, MD, FACLM, New York Times bestselling author of *How Not to Die* On the night before he was to turn forty, Rich Roll experienced a chilling glimpse of his future.

Nearly fifty pounds overweight and unable to climb the stairs without stopping, he could see where his current sedentary life was taking him—and he woke up. Plunging into a new routine that prioritized a plant-based lifestyle and daily training, Rich morphed—in a matter of mere months—from out of shape, mid-life couch potato to endurance machine. Finding Ultra recounts Rich's remarkable journey to the starting line of the elite Ultraman competition, which pits the world's fittest humans in a 320-mile ordeal of swimming, biking, and running. And following that test, Rich conquered an even greater one: the EPIC5—five Ironman-distance triathlons, each on a different Hawaiian island, all completed in less than a week. One of Men's Fitness Magazine's "25 Fittest Men in the World," Rich has become one of the most recognized advocates of plant-based living. In this newly revised and updated edition, he shares the practices, tools, and techniques he uses for optimal performance, longevity, and wellness, including diet and nutrition protocols. Rich reflects on the steps he took to shift his mindset and leverage deep reservoirs of untapped potential to achieve success beyond his wildest imagination, urging each of us to embark on our own journey of self-discovery. The Detox Diet Zondervan Can God be good when life is not? Rediscover faith in the character, power, and presence of God. Even in the questions. Even in the hurt. "I want

to believe, I	that shouts	that had
want to have	the loudest.	overtaken
hope, but . .	In Hope in	him. He can
." Pastor and	the Dark,	do the same
bestselling	Groeschel	for us today.
author Craig	explores the	As Groeschel
Groeschel	story of the	shares his
hears these	father who	pain
words often	brought his d	surrounding
and has asked	emon-	the health
them himself.	possessed son	challenges of
We want to	to Jesus,	his daughter,
know God,	saying, "I	he
feel his	believe! Help	acknowledges
presence, and	my unbelief!"	the questions
trust that he	In the man's	we may ask in
hears our	sincere plea,	our own
prayers, but	Jesus heard	deepest pain:
in the midst	the tension	"Where was
of great	in the man's	God when I
pain, we may	battle-	was being
wonder if he	scarred	abused?" "Why
really cares	heart. He	was my child
about us.	healed not	born with a
Even when we	only the boy	disability?"
have both	but the	"Why did the
hope and	father too,	cancer come
hurt,	driving out	back?" "Why
sometimes	the	are all my
it's the hurt	hopelessness	friends

married and	Spanish,	ye that labor
I'm alone?"	Esperanza en	and are heavy
He invites us	la Oscuridad.	laden, and I
to wrestle	<u>The Dark</u>	will give you
with such	<u>Night of the</u>	rest. God's
questions as	<u>Soul</u>	call extends
we ask God to	Zondervan	even to those
honor our	Sounds of	experiencing
faith and	guilt,	panic
heal our	anxiety,	attacks,
unbelief.	anger,	obsessive
Because in	despair, and	thoughts, and
the middle of	even	compulsive
your profound	entertainment	behaviors, as
pain, you	can generate	well as to
long for	overwhelming	those
authentic	noise in our	practicing
words of	souls. The	more overtly
understanding	quiet rest	destructive
and hope. You	and joy	behaviors
long to know	promised by	such as
that even in	the Lord	anorexia,
overwhelming	Jesus can	bulimia,
reality, you	seem elusive,	addiction,
can still	and almost	and self-
believe that	impossible.	mutilation.
God is good.	Yet His words	No problem of
Hope in the	still beckon	the soul is
Dark is also	to us: Come	too
available in	unto Me, all	complicated,

and no personal agony is too overwhelming for the Master. The Quieting a Noisy Soul DVD program provides the roadmap out of the turmoil for the struggling believer. Its biblical truths will bring joy and peace to his soul. An interactive counseling program, aiding individuals in dealing with inner turmoil, unmasking the

source of spiritual unrest, and overcoming behavioral disorders. Includes four DVDs containing twenty-four half-hour video sessions, one MP3 CD of all twenty-four sessions, meditation CD of Scripture, music, and relaxation exercises, and a 304-page syllabus and study guide. Visit Quieting a Noisy Soul.com for videos,

articles, and more information." *Hope in the Dark* Simon and Schuster "An easy reset for feeling and living better." – DEEPAK CHOPRA "Tara makes purposeful self-care easy and enjoyable!" – DAPHNE OZ A life-changing detox for body and mind that will transform your daily routine and your habits, from wellness expert and Strala Yoga founder Tara Stiles. Most of us are constantly plugged in and

stressed easily at home, ancient healing
out-tethered to and that practices
our phones and covers: WEEK 1 adapted for
e-mail, - MENTAL modern living
overworked and CLEANSE - and clean
inactive at our Eliminate toxic living rules
desk jobs, and relationships, for life, Clean
out of touch create a home Mind, Clean
with what our sanctuary, and Body is your
bodies and our unplug from personal
brains really devices. WEEK 2 blueprint for
need. Clean - SPIRITUAL physical and
Mind, Clean CLEANSE - spiritual
Body is the Establish a realignment.
ultimate reset meditation *Healthy and*
button, an practice, slow *Free Random*
immersive down, and live *House India*
experience in with intention. Everyone's
mental and WEEK 3 - CHANGE experience of
physical self- THE WAY YOU EAT life of
care that will - Embrace an unique-but
transform your East Meets West none of us
daily routine diet, eat gets by
and your clean, and love without being
habits. In your body. WEEK hurt or
Clean Mind, 4 - CHANGE THE disappointed
Clean Body, WAY YOU MOVE - somewhere
Tara leads Redefine along the way,
readers on a exercise, get hindering our
4-week detox outside, and relationships
for body, mind, embrace the and progress
and spirit that power of rest. in life. With
can be done Packed with compassion and

humor, author	be more ready	and relied on
Jo Naughton	than ever to	quick fixes to
takes you step-	fulfill your	stay skinny,
by-step to	God-given	all of which
emotional and	destiny.	took a toll on
spiritual	Minimalist	her physical
renewal. Step	Baker's	and emotional
One: Off-	Everyday	health.
load-Lay down	Cooking Hay	Realizing she
your weights	House, Inc	needed to make
and receive	Discover the	a serious
healing and new	safe,	change, she
confidence.	effective,	began to study
Step Two: Clean	delicious	integrative
Out-Clear out	cleanse that	nutrition-and
the clutter in	took Instagram	learned that
your life and	by storm! This	the key to
let go of	5-day detox	weight loss,
guilt. Step	program allows	radiant skin,
Three: Build	you to eat	and overall
Up-Restore your	whole,	well-being is
dreams and be	nutrient-rich	not starving
filled with	foods-and feel	yourself but
strength and	satisfied and	eating. That's
life. As you	energized	right: eating!
move through	while dropping	Sharp created
this process,	pounds! As a	her detox plan
you will	professional	based on the
experience new	model, Nikki	knowledge that
life in your	Sharp traveled	in the right
relationship	constantly,	combinations,
with God, feel	barely slept,	real whole
whole again-and	skipped meals,	foods-grains,

vegetables, Hummus, Black how to decode
fruits, and Bean Burgers, food labels •
spices—can aid Cauliflower the secret to
digestion, burn Mash, and Taco great-tasting
body fat, flush Bowl, have been meals—use
out toxins, taste-tested by spices instead
reduce Sharp’s many of of salt •
bloating, 300,000-plus strategies for
banish fatigue, Instagram lowering stress
and clear up followers, who and combating
acne. Unlike have done the insomnia •
other cleanses, plan and seen troubleshooting
The 5-Day Real amazing for food
Food Detox results. In The allergies, mood
allows you to 5-Day Real Food swings,
eat five times Detox, you’ll bloating, and
a day—and shed discover • other detox
a pound a nutrient-dense issues Complete
day—with meals foods that with gorgeous
and snacks encourage full-color
developed by detoxification photos, success
Sharp (and and weight loss stories,
backed by a • the facts on shopping lists,
nutritionist juice, and meal plans,
and a smoothie, tea, The 5-Day Real
registered and raw food Food Detox lays
dietician). cleanses • the groundwork
Even better, yummy foods to for eating well
the recipes, substitute when and feeling
including Love you crave wonderful for
Pancakes, unhealthy ones the rest of
Spinach & • ingredients your life!
Chickpea to avoid and Advance praise

for The 5-Day energized the long after the
Real Food Detox whole way throu five days are
"Nikki is an gh."—Brendan over!"—Megan
amazing Brazier, author Gilmore, author
inspiration. of the Thrive of Everyday
Whether you are book series Detox "Nikki
vegan, "The real power Sharp's style
vegetarian, of this book is is fun,
paleo, or just that it just approachable,
trying to get may transform and innovative,
healthy, this how you think and embodies
book is a must-about your the new way we
read!"—Kristina food, your should be
Carrillo-body, and the eating. The
Bucaram, way your wellness world
founder of the choices shape is fortunate to
FullyRaw brand every aspect of now include her
and author of your brilliant new
The Fully Raw life."—Adam book."—Matthew
Diet "Nikki Rosante, author Kenney, author
Sharp's plant-of The of Cooked Raw:
based detox is 30-Second Body How One
a holistic "I love that Celebrity Chef
approach to Nikki Sharp's Risked
long-term program is full Everything to
wellness. Not of real, Change the Way
only will it satisfying We Eat "A must
help get you foods that have for
lean in a short won't leave you everyone who
amount of time, starving—so you wants to look
it will keep can build gorgeous and
you there, and healthy habits healthy like
feeling that will last Nikki!"—Ani

Phyo, author of	purpose. Ford,	throws at you!
Ani's 15-Day	the New York	Feeling
Fat Blast and	Times	uninspired on a
Ani's Raw Food	bestselling	(every?) Monday
Essentials	author of Why	morning?
The 30-Day	Good People	Cleanse it.
Faith Detox	Do Bad	Fuming after an
Whitaker	Things,	argument...two
House	offers a	days later?
In The 21-Day	unique	Cleanse it.
Consciousness	program	Exhausted by
Cleanse,	designed to	drama at the
Debbie Ford	clear our	office? Cleanse
delivers her	minds and	it. Author
most	hearts from	Sherianna
practical and	the negative	Boyle's simple
prescriptive	thoughts and	cleanse system
book yet -a	feelings that	will help you
21-day, life-	build up over	process
changing	time and too	difficult and
program for	often guide	overwhelming
spiritual	our decisions	emotions, no
renewal,	and	matter what
emotional tra	behaviors.	they may be.
nsformation,	<u>Dangerous</u>	Emotional Detox
and	<u>Prayers</u> Simon	Now gives you
reconnection	and Schuster	the tools to
with the	Quick, easy	take on
soul's	emotional	whatever life
deepest	detoxes for	throws your
	whatever life	way. Covering
		over 135
		different

emotions and situations, from decision making and disappointment to homesickness and heartbreak, whatever the book includes a cleanse for every situation and scenario. It takes only a few minutes to move through the cleanse process, but you will find that the practice transforms your attitude. By checking in with your body and allowing your emotions to fully manifest instead of brushing them aside, you will be able to process what you are feeling and step back into your life refreshed and empowered to confront whatever challenge you may be facing. *Total Life Cleanse* Zondervan A Reset Button for Your Body, Mind, and Spirit In our fallen world, invisible toxins like doubt, disappointment, and discouragement can contaminate even the strongest of faiths, leaving behind symptoms that affect our entire being--body, mind, and spirit. Using a one-month detox structure, spiritual wellness expert and certified nutritional counselor Laura Harris Smith uncovers 30 universal faith-toxins that affect us all. Each day you will discover Scripture, prayers, and faith declarations to cleanse yourself spiritually

and emotionally with truth and a biblical perspective. In addition, she includes a simple, corresponding nutritional cleanse using detoxifying foods from your own kitchen. Prayer by prayer, thought by thought, day by day, refresh and refuel your faith and bring healing to the whole temple--spirit, mind, and body.

10-Day Green

Smoothie Cleanse BJU Press
From award-winning author Rebecca Clio Gould comes this flexible, accessible, streamlined approach to cleaning up and clearing out your body, mind, home, and relationships so that you can feel your best! "This book is easy to follow and digest, and it isn't preachy or shamey-which is refreshing for a detox plan!" -Bethany Webb, Mindset Coach and Author of My Guru Cancer
We all dream

of living a happy, healthy life, with enough energy to live life to the fullest. In this holistic approach to detoxing your life, you'll discover how to make that dream a reality. In addition to receiving practical, straightforward information and advice, you'll be guided through a variety of simple processes and techniques to help you lighten up and let go of whatever is weighing you down or draining your energy. While

most inspired to methods
traditional maintain it. By resulting in
detoxes focus taking simple more energy and
primarily on steps to create better health
diet, this book healthy change, Recognize and
goes further. you'll free up transform toxic
Although space for more thought
changing our magic to flow patterns and
diets can in your life. relationship
change our You'll feel a dynamics Ditch
lives, and this refreshing material and
book will show sense of non-material
you simple, freedom, clutter so that
sustainable authenticity, you feel
methods to and lightness lighter and
detox your of being. brighter
body, Detox You'll Develop healthy
Your Life also experience more boundaries and
shows you key ease, clarity, stop saying yes
changes you can and joy. And when you really
make in other all your relati mean no
areas of your ons-including Experience a
life. When you your sense of joy
detox your relationship and freedom
mind, your with yourself- like never
home, your will feel before In
relationships, healthier and addition to the
and your energy more practical
field, you'll fulfilling. advice and
understand what Detox Your Life simple
optimal well- will help you: activities
being feels Learn safe and shared in the
like and be effective detox book, readers

also receive aid provider, Destiny Image
audio and video and meditation Publishers
book bonuses and qigong As seen on the
that will teacher. Detox TODAY show! A
support them in Your Life dazzling debut
their transform developed from from an artist
ational journey a chapter in with a great
of fulfillment, Rebecca's first sense of
wellness, and book, The Multi-humor, The
nontoxic Orgasmic Diet, Soul Support
living. Bonus when she Book is a wise
material realized the and reassuring
includes guided topic needed meditation on
meditation, its own book! getting
practices for Rebecca's unstuck in
energy delightfully your creative
cultivation and conversational projects, your
"energy writing style, relationships,
hygiene," and and her and your life.
sample plans dedication to Full of
that setting you up encouragement
demonstrate how for success and reminders
to detox your without getting that everyone
life at your overwhelmed, could use a
own pace. will make you little help
Rebecca Clio feel as if she now and then,
Gould draws on is right there Deb Koffman's
her experience in the room cartoons pair
as a holistic with you as a colorful and
health and trusted advisor whimsical
resilience and friend. illustrations
coach, mental **Clean Mind,** with joyful
health first **Clean Body** and inspiring

text. Funny and though we	of visible
poignant, this believed in	spiritual
delightful book God, we	fruit. Others
will brighten didn't know	boldly claim
your outlook his word,	Christ is
and help you didn't	Lord while
approach life's understand	living lives
challenges with the gospel,	diametrically
a healthy dose and didn't	opposed to
of laughter. pursue his	the teachings
<i>Fight Penguin</i> will. We	in
Growing up, believed in	scripture. The
all my God, but we	more I
friends would lived as if	looked, the
have he didn't	more I found
described my exist. After	Christian
family as a pastoring for	Atheists
Christian eighteen	everywhere.
family. I years, I've	While it is
assumed all noticed a	often easy to
my friends large	spot the
were percentage of	hypocrisy in
Christians as people in my	others, it is
well. We all church living	generally
believed in similar	more
God. We lives. Some	difficult to
occasionally seem to be	see in the
attended Christian in	mirror. One
church. We name only	day in an
were good without a lot	honest
people. Even	

moment, I	I still lived	our faith, and
painfully	as if	our witness
admitted that	everything	to others.
although I	was up to	Without even
unquestionabl	me.The book	knowing it,
y believed in	Christian	people
God, I was	Atheism	willingly
leading the	reflects my	inhale second-
church as if	personal	hand toxins
he didn't	journey	poisoning
exist. I	toward a more	their
wrongly	authentic God-	relationship
depended more	honoring	with God and
on my own	life.	stunting
abilities	<u>The</u>	their
than on his	<u>Heartfulness</u>	spiritual
Spirit.	<u>Way</u> St.	growth. Soul
Sadly, I	Martin's	Detox
dangerously	Essentials	examines the
cared more	As standards	toxins that
what people	of conduct	assault us
thought about	continue to	daily
me than what	erode in our	including:
God thought	shock-proof	toxic
about me. And	world, we	influences,
although I	must fight	toxic
preached	the soul	emotions, and
about putting	pollution	toxic
your whole	threatening	behaviors. By
faith in God,	our health,	examining the

toxins that assault us daily, this book offers the ultimate spiritual intervention with ways to remain clean, pure, and focused on the standard of God's holiness	and personalized approach to detox that helps you heal your unique physical challenges and overcome the life obstacles holding you back from total health and wellness.	or chemicals that prevent us from achieving total health. While some people respond well, others find the benefits are short lived and do not result in transformational change.
<i>Detox 101</i>		
Elemental		
Harmony Press	Most detox	researcher
Combining her	programs—from	and
experience as	fasts,	practitioner
scientist,	cleanses and	Dr. Deanna
researcher,	supplements,	Minich
and	to	discovered
clinician, in	elimination	that to
ternationally	diets,	achieve true
recognized	organic	health and
health expert	diets, and	wellness, we
Deanna Minich	saunas—focus	must address
offers a comp	on ridding	all of the
rehensive,	our bodies of	toxic
integrative,	the bad foods	elements in

our lives.	balance, and	energy,
Going beyond	provides a	improve
previous	personalized	relationships
programs,	prescription	, and find
Whole Detox	for diet,	purpose and
offers a	activity, and	passion. Dr.
proven plan	lifestyle	Deanna
to uncover	changes that	Minich's
all the	will make you	methods have
obstacles	feel better.	resulted in
that prevent	Following her	jaw-dropping
you from	systematic,	results. By
feeling your	step-by-step	ridding
best. Using	twenty-one-	yourself of
Dr. Minich's	day journey	all types of
integrative,	through all	toxins, your
color-coded	seven	body will
system that	systems,	change
has	filled with	dramatically
successfully	helpful	. . . and so
helped	questionnaire	will your
thousands,	s and charts,	life.
Whole Detox	you can	<u>The Conscious</u>
teaches you	remove	<u>Cleanse, 2E</u>
how to	toxins, lose	New Harbinger
identify	weight,	Publications
which of your	repair	Get ready to
seven "health	existing	experience
systems" are	health	the best 40
out of	issues, boost	days of your

life! The 40	out—as we are	world around
Day Soul	told by Jesus	you—you will
Fast: Your	in the book	become the
Journey To	of Matthew:	change you
Authentic	"Ignite the	are hoping to
Living is an	kingdom life	see.
eight-week	within you, a	Churches,
study of the	fire within	organizations
life of the	you . . .	, small
soul, the	changing you	groups, and
practice of	from the	families are
fasting, and	inside out .	encouraged to
the process	. . make a	travel
of living	clean sweep	together on
more	of your	this 40-day
authentically	lives"	journey to
. It is a tra	(Matthew	greater
nsformational	3:11). When	mental,
expedition	all is well	emotional,
that will	with the	and spiritual
lead you on	souls of	health. If
an inward	humanity, all	everyone who
journey to	will be well	picks up this
greater	in the world.	book takes it
health,	When you have	upon him or
happiness,	peace in your	herself to
and success	soul, you	encourage
as you learn	will bring	others to
to live from	that peace to	participate,
the inside	bear on the	we would

create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can. Join the Soul Fast Movement by going to www.soulfast.com. There you will find soul-empowering resources and tools to not only transform your life, but the world! The 40 Day Soul Fast promises to bring the best out of you so that you can

impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life! **The Blessed Church** Zondervan Shonali Sabherwal is a celebrity nutritionist who specializes in improving immunity, removing toxins, managing weight, reversing

‘leaky-gut’ syndrome and other autoimmune ailments by first altering the biodiversity of the gut. In her new book *The Detox Diet*, she sheds light on how the root of everything connected to our health lies in the inner ecosystem. She helps unravel the secrets of weight loss, anti-ageing, beauty and autoimmune diseases, and teaches us

how to reverse	no answers. It	people would
the health	will now not	say
issues she	only get you	"fine"--but
believes	into the best	is that the
arises when	shape you	truth? Do
bad bacteria	have ever	you suffer
outdo the	been in but	from
good ones in	also help you	fatigue? Low
our system,	maintain and	energy?
causing an	sustain a	Insomnia?
imbalance.	healthier	You might
With three	lifestyle.	not realize
fantastic	<u>The Miracle</u>	how much how
detox diet	<u>Kidney</u>	and what you
plans,	<u>Cleanse</u>	eat impacts
numerous	Crossway	your
recipes and	Cleanse your	everyday
an abundance	body in 14	health and
of health	days and	energy
tips, this	live the	levels. It
book will	vibrant life	just might
help you	you were	be time for
finally	always meant	you to
understand	to! How well	discover the
the reasons	do you	healing
behind many	really feel?	power of
of the	If stopped	food and add
problems for	on the	some
which you	street, most	
earlier had		

vitality backknown. Take	it from the	recipes for
to your	life! The	beverages,
Conscious	experts! Jo	breakfasts,
Cleanse	Schaalman	salads,
gives you a	and Jules	soups, grain
simple, no-	Pelaez have	dishes, meat
nonsense	been helping	dishes, and
program that	thousands of	even snacks
eliminates	people	and
harmful	achieve real	appetizers!
foods,	results over	In this
flushes	the last	revised
toxins from	decade with	edition,
your body,	this life-	you'll find:
and kick-	changing	A practical
starts	program.	approach to
weight loss.	Change your	a 14-day
The result	life in just	diet reset
is lifelong	14 days and	The tools to
freedom from	chart a path	practice
aches and	just for you	mindful
illness, a	with recipes	eating and
renewed	for any	eliminate
vibrancy,	appetite.	problem
and more	This	foods A
energy than	invigorating	guide to a
you've ever	plan	new and
	includes	improved

80:20 plan
Over 100
delicious,
clean
recipes for
any eater