

THE  
30-DAY  
FAITH  
DETOX

RENEW YOUR MIND, CLEANSE  
YOUR BODY, HEAL YOUR SPIRIT

LAURA HARRIS SMITH



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Laura Harris Smith, *The 30-Day Faith Detox*

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To my father, Arlen, who taught me to eat color-  
fully and to age with a healthy body.

To my mother, Adair, who taught me that a  
decluttered house is a decluttered mind.

And to my husband, Chris, who attentively and  
tenderly guards and cherishes my spirit.

If only everyone could have the three of you in their  
lives this world would be a better place . . .  
*body, mind and spirit.*

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Use this private link for accessing free daily videos and weekly encouraging emails during your detox:

<http://www.lauraharrissmith.com/faithdetox.html>

Read Sections 1 and 2 first, and then go to that link when you are beginning Section 3, which is the actual first day of your detox. On that day, sign up for the free section emails, and they will come to you just as you are starting each new section. Also find your daily videos on that same web page.

Get access to daily support, testimonials and food preparation ideas, and meet faith detoxers from around the world, by joining the free Facebook group for *The 30-Day Faith Detox*:

<https://www.facebook.com/groups/30DayFaithDetox>

# SECTION 1

## Faith and Physics

Faith can be fickle. If it were not for the fact that it is a spiritual gift from God, you might be tempted to think your faith has a mind of its own. One minute it is your biggest supporter, and the next minute it acts as if it does not even know your name. One day you have rallied enough faith to leap off mountains and breathe underwater, and the next day you cannot seem to force one foot in front of the other. And in that moment when it betrays you to the point that you are ready to betray God and abandon the very mission your faith dared you to embark upon, you find yourself having to confront that vanishing faith and say, “Get back here! You got me into this mess and you are going to get me out!”

But real faith does not make messes; it makes miracles. It is the currency of heaven and the means by which you purchase change for your life. Yes, Jesus paid it all, but Jesus cannot force you to want change. He cannot force you to have faith. He can



order the circumstances of your life to cause you to need Him more, which sometimes leads to brushes with hopeless situations. But faith is the way of escape. Faith is Hope all dressed up with somewhere to go. It is Courage's child and Patience's twin.

You and I are here to discuss the current condition of your faith. It is the product of the previous troubles in your life and your response to each one. After each trial you decided either to get up and keep going, or to lie down, lower your expectations and alter your belief system. Each troubling challenge, with which life is teeming, left its residue upon your faith—good or bad—and affected your posture toward the ones to come. This book is about assessing the current condition of your faith and being honest about it with yourself and God to ensure that your faith is in optimal health and ready to greet the greatness He has for you.

Truth is, if you wrote a list of all the things that make you a great person of faith and another list of all your troubles, they would be the same list! Trouble hates faith because it does not get to be center stage anymore. But in between that time when trouble upstages your faith and your faith takes back the spotlight, that is where the real you steps forward. Faith lets you be you and God be God.

## **The Force of Faith**

It has been said by many that faith stiffens you; that it is a mental starch that instantaneously prepares you to face any trial with great resolve. And if you are a believer in Jesus, that stiffening will become part of your everyday life. Faith is a fear stopper, and it will not let you let it die. Faith will nag and filibuster until you let it live again and conquer the trial before you. Faith is a stubborn force.

The title of this section is “Faith and Physics.” What do physics and faith have in common? Physics is the science of

three specific components: matter, energy and the interaction between them. Likewise, faith is the science of three components: spirit, mind and body. The way these three components relate is the foundation for this book. We will address how your spirit, mind and body affect your faith, and how to purge and position all three, resulting in a more forceful faith.

Physics requires matter and motion, but Scripture says that faith does, too. “Faith by itself, if it is not accompanied by action, is dead” (James 2:17 NIV), and “be ye doers of the word, and not hearers only” (James 1:22 KJV). So faith requires motion. Perhaps James was a physicist.

### Count On It

If thinking scientifically about invisible faith is a stretch for you, then let’s come up with a tangible equation for faith that you can see.

Algebra is the mathematical art of working with variables. In algebraic equations, letters represent variables; those letters are actually just numbers in disguise. We call them *variables* for an obvious reason: The numbers they represent may vary.

Even though I did rather well in algebra in high school, I did not enjoy it. So it pains me to tell you that life is just like algebra. (Yes, faith is like physics, and now life is like algebra.) As with algebra, there are countless problems in life that need solutions. We call them *variables* because they vary. Life comes with countless variables that can lead to unpredictable fluctuations in our faith. The terms of life, in fact, are the same as the terms used in algebra: irrational vs. rational, absolute values, intersections, deductive reasoning, common denominators and solutions. I suppose the only difference between algebra and life is that algebra has “constants”—and you do not need me to tell you that there is nothing constant about life except the Giver of it.

If faith is like physics and life is like algebra, then we can come up with an algebraic equation that makes faith tangible:

$$GP - D(H) + \frac{OC}{T} = PF$$

Can you decipher that? Look at it again carefully. It means “God’s Promises minus Doubt multiplied by Hope plus Optimistic Confessions over Time equals Promises Fulfilled.” Aaaaand . . . somebody out there just fell in love with algebra for the first time. Maybe physics, too.

Just as you have to learn to “speak” algebra or physics, so you have to learn to “speak” life. And to speak life, you have to learn faith. Faith—in its many expressions—is the alphabet of the language of life. By faith you can build words, and the words of that language will build your life. (And if you prefer language arts over science and math like me, this should be very good news to you.)

### **For All Intents and Purposes**

The purpose of the next thirty days is to feed your faith, and to do that, we have to put your doubt on a diet. We have to put your flesh on a fast. You must decrease so He can increase. We are going to nourish your faith so that it can thrive, and starve your doubts so that they will die. Thirty days from now, your faith is going to be leaner, meaner and more intimidating to your enemy.

The purpose of the first two sections—Sections 1 and 2—is to prepare you for the thirty days themselves. They should be read a few days before beginning Section 3 so you can gather your supplies and prepare. These opening pages will prepare your mind, spirit, body, kitchen, faith, schedule and more. All put together, you will achieve a total “temple” cleansing, which will result in a stronger, purer you.

If you are facing the impossible right now in your life, or even just the mundane, you must fully grab hold of faith if you want change. Doubts are splinters in the fingers of your faith; they prevent you from taking a firm grip. My intent is for us to confront thirty common life adversities or setbacks that might, like splinters, interfere with your faith-grip. Thirty familiar trials you might have faced over the course of your lifetime that have put chinks in your faith, some from so long ago that you cannot even remember how they got there. You are going to step back and listen to your faith. It will be honest and tell you what condition it is in.

Why do you need faith? For two important reasons: God’s pleasure and your possibilities: “Now without faith it is impossible to please God” (Hebrews 11:6 HCSB); “All things are possible for the one who has faith” (Mark 9:23 CEB). You see, God knows you want to have faith. It is what made you a Christian in the first place. So then why—if you already had faith in Jesus that resolved your impossible-to-fix eternal separation from God—do you sometimes struggle to believe that the impossible is possible in your everyday life?

When you feel the urge to have faith, it means that you are on God’s mind right at that moment. It means He has a gift or opportunity for you that you must take His hand to go get. It means He believes in you. So faith is not a feeling. It is an offer. A tailor-made proposition. And faith only fails when you fail to have faith.

Nobody wants to live with doubt or fear, yet many Christians do. Nobody wants to be depressed or anxious, yet many Christians are. In our fallen world, the invisible toxins of doubt, disappointment, discouragement—plus the accumulation of what feels like unanswered prayer—can contaminate even the strongest faith, leaving behind symptoms that affect the spirit, mind and body, and leaving *the* Body of Jesus weakened and vulnerable.

## **Spirit, Mind and Body: Topics and Toxins**

The thirty days of faith detoxification are divided into five categories, each receiving six days of focus. The categories are: (1) Social Influence Toxins, (2) Financial Toxins, (3) Health-Related Toxins, (4) Relationship Toxins and (5) Purpose and Identity Toxins.

Why five categories? Because in my near-thirty years of ministry I have found that anytime someone comes forward for prayer, the need falls into one of these five areas: prayers for social concerns, finances, health issues, relationships or a personal identity crisis. In one month's time, then, we will explore thirty universal faith-toxins that can infect you in spirit, mind and body, leaving you struggling.

How will each day look? First, with topics such as "When Healing Will Not Come," "Can't Seem to Get Ahead," "Fatal Faith (Losing Loved Ones)," "When Marriage Fails" and even "Catastrophic World Events," you will face your doubts head on, experience spiritual purging by embracing a biblical perspective on the issue, receive encouragement to keep standing (or to get back up) and learn Scriptures to use in prayer for change and progress.

Next, after each day's spiritual rehabilitation, the emotional pollutants will be addressed. The residues of fear, hopelessness, unforgiveness and more will be unmasked. Prayers and faith-filled declarations are included to bathe your mind and prepare it to sustain lasting change and growth. Emotional healing will follow.

Then, building upon the spiritual and emotional cleansing that has just occurred, we address the symptoms that oftentimes manifest physically as a result of the spiritual and emotional toxins. By following easy recipes of corresponding nutritional cleanses and using food as medicine, you will achieve a total body detox by the end of the month. Through the intake of

liquid cleanses, smoothies, soups, hearty salads and detoxifying teas, your body will be healed of the toxic physical manifestations triggered by the correlating spiritual or emotional stress.

As we dig into each of the five categories noted above, we will cleanse three corresponding body organ systems. By the end of the thirty days, all fifteen of your major body systems will have been detoxed. Prayer by prayer, thought by thought and organ by organ, total cleansing comes to the whole temple, spirit, mind and body. First Corinthians 3:16 says, “Do you not know that you are God’s temple and that God’s Spirit dwells in you?”

## **Body Systems Detoxed**

We will spend two days each on your fifteen body systems, gently cleansing them using organ-specific vegetables, fruits, liquids and nutrients. Here is the order in which we will cleanse.

- Digestive (mouth, esophagus, stomach, liver, large intestines)
- Excretory (small intestines, colon, rectum)
- Urinary (kidneys, bladder, gallbladder)
- Respiratory (nose, lungs, pharynx, larynx, trachea, bronchi, alveoli)
- Immune (bone marrow, thymus, glands)
- Lymphatic (spleen, lymph nodes, ducts, tonsils)
- Endocrine (hypothalamus, pituitary, thyroid, adrenals, pineal body)
- Nervous (brain, spinal cord, nerves)
- Reproductive (ovaries, testes)
- Cardiovascular (heart, blood vessels: arteries, capillaries, veins)
- Circulatory (blood, all vessels)

- Integumentary (skin, hair, nails, sweat glands)
- Skeletal (bones, bone marrow, joints, teeth, ligaments, cartilage)
- Muscular (muscles)
- Sensory (sight, hearing, feeling, smelling, tasting and balance)

### *Exercise*

As we detox these fifteen body systems, please continue to exercise because it activates the entire lymphatic system, which in turn helps drain the toxins being removed from all the other body systems. It is probably not the time to start a vigorous new routine if you are decreasing your caloric intake, but definitely get moving! Twenty to thirty minutes a day of biking, walking or even time on an elliptical stepper or treadmill will serve you well.

Also, on some cable TV providers you can find free fitness workouts with every level of activity imaginable, from belly dancing to kickboxing and everything in between. Do not wait till Day 3. Get going and set new exercise habits that will stay with you long after the detox is completed! *But* remember to eat more if you move more this month.

### *Weighing In*

Do not forget to weigh yourself at the beginning of the detox. Unless you have serious hormonal imbalances that prevent weight loss, you will see those numbers on the scales drop.

Now let's move on and discuss how we are going to accomplish this. Because the physical detoxification might be the most challenging component of our thirty days together, I want to spend a few minutes focusing on its importance, as well as reminding you of your body's intricate connection with your spirit and soul.

## **Cleaning House**

This would be a good time to acknowledge that God has created several of your key organs to do all your detoxing for you. The liver, kidneys, skin and lungs are already excellent filters, for instance, capable of handling the typical environmental contaminants that throw themselves at your body (or hide in your food). Filters, however, get dirty. Overtaxed. So the purpose of the physical portion of this detox is to baby your body, disinfect your filtration system and free up your organs to do their jobs better.

Perhaps you have been to a doctor or nutritionist who has told you to lose weight. Perhaps you are getting ready for a photo shoot, a red carpet debut or trying to fit into that wedding attire. Maybe you have a high school reunion coming up that you want to look great for or a beauty pageant gown to fit into (been there, done that). Maybe you are an athlete with a nearing sports competition and you need that extra edge of lean, mean muscle. Whatever your reasons, this total body detox is for you.

Cleanses and detoxes reset the organs through tailor-made fasting. Yep, what you are about to embark upon can be considered a fast, even though it will not be an absolute fast (water only). I hope this might even redefine fasting for you.

If, however, at any time in the next thirty days you feel the need to go to the next level and eliminate solid foods for a few days, you can stick to the smoothies and/or juicing recipes, providing your doctor or nutritionist has no objections. Aside from the spiritual benefits, liquid fasting is a tremendous restart button for your body. During fasting, the body rests and then uses recovered energy to begin repairing itself. Because of this, fasting is the most natural way—not to mention the speediest—to reverse disease, except, of course, if the body's cellular integrity has been irreversibly compromised. But even then, disease can be arrested and prevented from advancing.



Over the next thirty days you are going to refuel each organ with healthy nutrients that act like claws, literally digging out toxins and eliminating them from your body. This process will promote weight loss and advance elimination through the intestines, kidneys and skin, prompting your liver to expel toxins from your entire body. Fast! Have you lost your cheekbones and hipbones? Let's go find them!

There are some people who will buy this book solely for the thirty days of total body cleansing. The cleanses are non-intimidating and mentally stimulating. Ever perused those cookbooks that define "easy recipes" as "Lamb Haggis with Tarragon Turnips and Flambéed Aubergines"? Forget it! The mere title makes me want to shut the book and quit. I give you my word you will be able to pronounce everything in these recipes and find what you need at your local grocer.

I do encourage you to buy organic. Why? Think of it: It is no secret now that produce is typically sprayed with pesticides to keep the critters out and yield a better return. So what good does it do to detoxify your body while adding more toxins back in? Buy organic as often as possible. It seems more expensive until you count the money spent on doctor visits, medicine, home cures and work missed due to illnesses caused by eating poorly over time. Eat organic, eat local or grow it yourself. Your belly, budget and boss will thank you.

Every evening, if you feel you absolutely must, you have the option of eating three ounces of organic poultry or fish as long as it is free from all breeding and bad oils. (I advocate the use of only olive, coconut, flaxseed or grapeseed oil for this detox program.) But you will be eating or drinking six times a day and will not be hungry, so do not give another thought to starvation.

According to a recent interview with Dr. Woodson Merrell on the *Dr. Oz Show*, the U.S. Centers for Disease Control reports that we each have approximately 140 toxic chemicals residing

in us, and that these toxins are implicated in 70 percent of all chronic illness.<sup>1</sup> So, detoxing is beneficial.

### **Living Foods vs. Dead Foods**

My father was a farmer, as was his father before him. From the time I was a little girl I have always remembered his having a garden, and I learned to eat every vegetable there was—a full rainbow variety of every color God puts into our fruits and vegetables. Daddy would come in from his garden with some new breed I had never heard of and say, “Baby, try it once and if you don’t like it, you don’t ever have to eat it again.” So I would try. And I would like. Now, I eat the rainbow.

But years came, when I had small children of my own, when I opted for processed foods. They were quicker, easier and cheaper. They were the “dead foods” that sit in boxes, bags or cans in the middle of your grocery store, as opposed to living foods that line the walls and have to be refrigerated, such as produce, meats and dairy. If we would all shop along the periphery of our stores where the plug sockets are, we would be healthier.

*Mark my words . . .* processed foods are the new smoking. One day we will look back and wonder why we ever consumed them.

Not only did I begin eating a lot of processed foods, but I began working harder and demanding more from my body, including giving birth to six children. Plus, as I shared in my book, *Seeing the Voice of God: What God Is Telling You Through Dreams and Visions* (Chosen, 2014), I fell into an inherited habit of getting only four or five hours sleep a night. I accumulated a sleep debt that landed me on the brink of adrenal failure. And guess what? I *was* eating vegetables *and* exercising *and* avoiding bad fats. But I sort of dabbled at good health. It was not a daily priority anymore.

Sadly I think this describes most people. And we somehow expect our few good choices to outweigh all our bad ones. But that is like sewing a quilt with ripped fabric and not foreseeing the unraveling. And quilts do not have to undergo a fraction of the demands we put on our physical bodies in a single day. We are fearfully and wonderfully made. We should be fearfully and wonderfully taking care of ourselves.

### **Dying to Live**

So there I was, in stage 3 adrenal burnout, and stage 4 is where all your organs shut down. Most of my body systems were already going awry. I had always been the picture of health. Slim, trim, vibrant, energetic. I was told regularly that I looked ten or fifteen years younger than I was. Now I felt old, haggard and in need of answers, fast. Whereas some people prefer blood tests, and others, saliva or urine tests, I got all three. And while some people prefer holistic nutritionists and others conventional doctors, I employed both. Call me a skeptic. Call me desperate.

Well, blood tests revealed my levels of TSH (thyroid stimulating hormone) were well into the hypothyroid range, confirmed by my body temperatures, which dipped down as low as 94.47 at times (normal being 98.6). This meant a sluggish metabolism, which eventually came to a screeching halt and resulted in weight gain. My reproductive system went crazy in my mid-thirties right after the birth of our sixth child. By my early forties it had shut down entirely. This led quickly to bone loss and two chipped teeth (after a lifetime with no cavities) and a broken rib in a freak accident.

My adrenals had all but quit producing cortisol (necessary to reduce stress) and adrenaline (necessary for energy). My digestive tract was not in great shape either, showing the presence of bad bacteria in my small intestines. My pancreas was

throwing a temper tantrum, and my blood sugar, which had always been categorized as hypo-glycemic or low, suddenly pushed upward. Blood tests now revealed I was pre-diabetic. A multidecade battle with neurological misfiring in the form of small seizures, which had gotten better and better, had a sudden setback. Now I was having MRIs to test for pituitary tumors and hypothalamus malfunctions.

Most urgent of all, my liver and gallbladder appeared stressed. I was told they needed detoxing quickly, for with those filters clogged, my body could not benefit from the medicinal or supplemental regimens I needed for all of those other ailing body systems! I had a strange brain fog, my eyesight was failing, my skin was thinning and my hair was falling out. My calcium, vitamin D and antioxidant levels were dangerously low, and my morale and creative energy were plummeting right along with it.

My body's pH levels were very acidic (*pH* stands for "the power of hydrogen"), which could have been an indicator of all sorts of things, including kidney stones. And my kidneys definitely seemed stressed, based on a high specific gravity test that revealed abnormal leukocytes in my urine. The pH scale runs from 0 to 14, with a perfect balance being a neutral 7. Dipping below 7 indicates an acidic body and rising above 7 indicates an alkaline body. Most illnesses have a hard time thriving in a more alkaline body, while all sorts of illnesses are said to thrive in acidic bodies, including cancers. Some research indicates that the pH inside a tumor can be as low as 6. My pH registered down into the 5s, so I was definitely acidic, and at risk.

Multiple targeted stress tests showed that my body would not even stay in an alkalized (safer) condition. In other words, my physical body was in what health professionals call a "hyper-vigilant state," which is an unending state of trying to fix itself. Healing was always just out of reach for my stressed body (not to mention my mind). Both were constantly busy. Imagine now

the added danger from sleep deprivation. An immune system needs you to rest to be able to focus its entire attention on healing your body, and if you are busy all day and most of the night, too, your body will never, ever, *ever* heal properly. Sleep is the immune system's best friend.

## **Inflammation**

What is inflammation? First of all, it is both good and bad; a necessary nuisance. Sort of like a headache is a nuisance, but its inflammation is necessary because it is a symptom that something is wrong elsewhere (even with migraines). Thereby, the headache becomes a clue—a gift—that sends us on the hunt to uncover the root reason for the inflammation, unless we just keep popping anti-inflammatories like ibuprofen (or any other pain killers) to mask the pain.

So that is the blessing and bother of inflammation, and my body was full of it, but if you need a more scientific definition, here it is: *Inflammation is the body's effort at self-protection.* Its goal is to rush healing to the scene of infirmity or injury and begin removing harmful irritants, stimuli and even unhealthy, damaged cells. It is our body's immune system in action. Whenever harm or sickness comes, inside or out, inflammation is the biological reaction to remove that harm and begin the process of repair. My entire body was full of inflammation, working desperately toward healing.

You might have thought of inflammation as the sore, swollen redness that follows stubbing your toe, which it is, but more. True, when you stub your toe it becomes red, sore and perhaps swollen, but that is because your immune system is rushing blood to the scene of the injury in an attempt to mend it. The soreness has a source and the redness has a reason. Healing is on the way!

But now imagine that an injury or infirmity has occurred on the inside of your body. Maybe the “stubbed toe” is in one of your internal organs through the form of illness or an internal injury. Though unseen, it is still present, and your divinely discerning immune system will not rest until it sees healing come.

The trouble with chronic illnesses is that the body lives in a constant state of inflammation, which makes the immune system work overtime; thus, it is in a constant state of reaction. This can actually be measured by a blood test called the C-reactive protein test (CRP). Most often administered to determine the risk of heart disease or stroke, it can also be used to measure inflammation since this special protein increases in the bloodstream when any type of bodily inflammation is present. A very low pH, which I had, is also a measure of acute inflammation.

If you are interested in testing your own pH levels, you can buy pHDrion strips at most drugstores (or order them online) and test your urine and saliva, comparing the color change on the strip to the enclosed results chart. Waking urine and saliva are best since the body is more acidic the earlier you measure, and you want to get a snapshot of what your most acidic (and dangerous) levels are. Totally neutral is a level of 7 in both, with ideal urine readings being between 6.5–7.0 and ideal saliva results being between 7.0–7.5. And remember, the cure for acidic pH levels is to consume more vegetables and fruits, which you are about to do!

## **What I Took Out**

With the help of skilled nutritionist (and degreed scientist) Anne Reed, M.S., N.C., I first addressed my diet. With my body working so hard to heal, I had to give it less to do digestively, which meant ridding my diet of hard-to-process foods. Namely,

wheat. As of late 2012 I have removed all gluten from my diet. Of course, gluten is in just about everything (even some lip glosses), and so it is impossible to say I have had none at all. But it is no longer on the menu of my life. Why so extreme for someone who does not have celiac disease?

Basically gluten is the “glue” that makes bread doughy, and it is a mixture of two proteins found in certain grains, especially wheat. I remember thinking, *What is so bad about wheat? Jesus spoke well of wheat. He even compared Christians to it, right?* But the truth is, today’s wheat ain’t your grandma’s wheat—and it certainly is not Jesus’. It is not the wheat from a thousand, a hundred or even sixty years ago.

In an effort to create massive amounts of wheat for lower costs and greater profits, modern grain processors have figured out a way to separate the nutritious components of grain (the germ and bran) from the endosperm where most of the carbs are found. This genetic modification has resulted in a marked reduction in nutrient density—not to mention the fact that today’s refined bread can contain multiple times more gluten than former bread, a level our bodies were never designed by God to digest.

So they do not digest. Yes, sometimes the gluten in your breads and pastas just sits in your gut and rots. As a result, today’s refined wheat breads are super-inflammatory.

This “refining” also causes today’s wheat to make blood sugar levels spike very quickly. Such spikes wreak havoc on the body. Enormous internal energy has to be focused on calming down this reaction, even in the healthiest bodies. In my case, with my pancreas and liver already working overtime to heal their inflammation, giving them one more thing to do was like Pharaoh demanding the Hebrew slaves make more bricks out of less straw. So I gave my body a gift and gave up wheat. It has thanked me repeatedly ever since. Weight loss. More energy. And the obliteration of my bloat.

I also gave up sugar. My nutritionist told me it was vital. That makes sense because if wheat converts to sugar and causes sharp blood sugar spikes, it would not do any good to give up wheat and still eat sugar, which obviously causes sugar spikes!

### **What I Put Back In**

There is practically no recipe or dish I had before that I cannot enjoy now; it just means substituting the wheat and sugar with simple ingredients of my choice. I enjoy the natural sweetness of stevia, honey, coconut crystals and natural xylitol, and I do not feel I am missing a single, solitary thing. I still eat bread, too, but in place of wheat flour I use almond, rice and other flours.

Now that I know what to buy, those items are on my beaten path at my local grocery store. And even though the bodily crisis is over and my immune system is not working overtime to stop inflammation, I have chosen not to go back to wheat and sugar. Why would I? I am not going back to Egypt.

I also began taking some wonderful supplements as I rebuilt my diet to once again eat the rainbow, as my father taught me to do. And most importantly, I changed my sleep health. I was actually put on strict bed rest at one point. In fact I wrote *Seeing the Voice of God* on total bed rest, so its success can only be attributed to the grace and goodness of God, trust me. I could feel the point at which my inflammation brain fog began to lift in my recovery. I knew I was writing that book in the middle of a miracle. I was right. And now I am humbled when I read online reviews from readers who say that miracles came to them too while reading it. The miracles are even finding their way into our ministry conferences. Only God can do that! He took my mess and turned it into a message!

Within six months my adrenals, no longer exhausted, were helping fuel the rest of my body toward healing. Within a little



more than a year, a C-reactive protein test showed that there was no more inflammation left in my system! An added surprise was that a lifetime of seasonal and animal allergies vanished. Whereas cats and dogs used to send me to the ER with hives, breathing difficulties and more, now all four-footed creatures are my friends. For the first time in my life I can pet a cat, pat a dog and touch a live Christmas tree. This happened as a result of removing inflammatory foods from my diet, replacing them with better ones, and detoxing my system. Organ by organ, I detoxed my entire body. Day by day, week by week and month by month, I am now experiencing the healthiest years of my life as I enter my fifties.

### **Why I Can Help You**

*Spiritually:* It is true that I am an ordained pastor, but you can call me a shepherdess like Rachel or Zipporah if it better agrees with your theology. I am not a “titles” person; it does not matter one bit to me as long as I get to keep herding sheep. Counting the time before and since my ordination as a shepherd, I have spent the last 25 years of my life making myself available to people for spiritual support. If you count the fact that I was spiritually advising schoolmates in organized settings since junior high school, the figure jumps to more than 35 years. I have prayed with, fasted for, prophesied over and cried alongside daughters, sons, fathers, mothers, husbands and wives about their daughters, sons, fathers, mothers, husbands and wives.

I have seen sin patterns promptly halted, addictions broken, marriages mended, generational curses reversed, families restored, sad hearts encouraged, financial matters resolved, the Holy Spirit poured out and lives rebuilt.

I have seen miracles manifest before my very eyes. To God’s glory I have laid my hands on people and had physical vision

restored, deaf ears opened, cancers eradicated, HIV reversed, chronic pain disappear, barren wombs open, medical diagnoses reversed and much more. I have watched a leg grow by inches into my hands; I heard the bones popping from the spine to the hip as it happened. It is true. I have no reason to lie to you or try to impress you, and I have God to answer to if I attempt either.

It is my life's work, as thankless as it sometimes may be. My husband and I are bi-vocational pastors and individually receive small stipends from our church. We do what we do because God has "brainwashed" us to love and help people whether or not they love or help us back. Thank God, most do. They see our hearts. They know that we feel failure when they fail and feel like winners when they win. We love "doing life" with people. So I want you to feel that I am doing life with you while you are reading this book and following this faith detox. I am praying for you.

*Emotionally:* Because of the countless souls I have knelt with, I have learned how to counsel, confront and care for just about every personality type. I have learned to employ the spiritual gift of discernment of spirits quickly to expedite any session. I do not like mincing words. I disdain wasting time. I like seeing people changed, and I can tell in the first few minutes if they really want change. If they do not, I have been known to tell them to come back when they are ready. Not much happens until they are serious about change, so I had rather clear the time for someone who really is. Your purchasing this book shows you are.

*Physically:* As for helping you in your body, my second chance at life with better nutrition led to me back to school to become a C.N.C. (certified nutrition counselor). It was a natural extension of my new appreciation for biblical nutrition. That decision was not so I could become a practicing nutritionist,

but rather to help educate you, my readers, on the importance of “original medicine.”

If you had told me back when I was detoxing my organs and fighting for my life that I would one day become certified to use that same information to help others, I would not have believed you. I was too busy trying to live, learn, unlearn and pray for God’s intervention so that my husband did not have to finish raising our children alone. I certainly could not have recognized that I was stockpiling culinary revelations that would one day help others. In fact, someone once prophesied over me that I would one day write a cookbook. Seeing as how I hate to cook, I literally laughed out loud. Now here I am. I cannot remember who that person was, but perhaps the first recipe here should have something to do with eating crow.

Here is what I know: Medicine did not heal me; food healed me. God’s food. I had no prescriptions that brought me back from the brink of death. Not that conventional medicine is bad; I assure you I am *not* anti-medicine. Nor do I want you to be. But even if there had been prescriptions that could have cured my failing organ systems, my body still would have been depleted of the nutrients it needed—nutrients that would not have been found in those prescriptions. The result would have been an endless cycle of medicating new symptoms. Only the nutrients God made on the third day of creation and placed in plants, herbs, minerals, fruits and vitamins brought me total wholeness, which is broader than healing.

As I was praying for the supernatural to appear, God instead decided to add His super to my natural and let me participate in my recovery. He required me to cooperate with Him by discovering and partaking in the health He had placed in foods thousands of years before I ever needed them. That way I could maintain my miracle.

And I have.

## **Double-Check**

First, I expect you to check with your doctor or nutritionist before beginning this detox. Especially if you

- are pregnant or nursing
- have active cancer
- have food allergies
- have a mental illness
- are under eighteen
- have liver disease or hepatitis
- have type 1 diabetes
- are on medications for bipolar disorder
- have an allergy to any food or ingredient listed here

If you have a medical condition, see your physician or nutritionist before starting this program.

This detox program is not intended, of course, to diagnose, treat, cure or prevent any disease. Tell your doctor that you will be using detoxifying foods to nourish your body for thirty days. I think he or she will be happy that you are improving your nutrition. If your doctor has any concerns about preexisting conditions, make sure to take those into consideration. Tell your doctor you will *not* be coming off any of your medications, and tell your nutritionist that you will remain on all of your supplements.

And check your medications carefully for interactions. Grapefruit, for instance, can sometimes interfere with cholesterol statin medications, as well as HIV medications, calcium channel blockers (blood pressure drugs), antihistamines, pain medications and psychiatric drugs. If you are on any of those (or other drugs) you probably already know which foods to avoid, but just double-check with your doctor. He or she is well versed in

the Hippocratic oath and will know that it was Hippocrates himself who said, “Let food be thy medicine and medicine be thy food”!

### **The Gut-Brain Link**

Did you know there is a link between your stomach and your thoughts? Have you ever had a “gut reaction” or a “gut feeling”? What about all those other idioms such as “hating someone’s guts,” “spilling your guts” or “going with your gut”? How about the simple feeling of having “a nervous stomach” or “butterflies in your stomach” or experiencing such severe anxiety with stage fright that you want to throw up? Do you think there is any link between your stomach and brain? Science says yes.

An article entitled “The Gut-Brain Connection” in a Harvard Medical School health publication explains the following:

The brain has a direct effect on the stomach. For example, the very thought of eating can release the stomach’s juices before food gets there. This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person’s stomach or intestinal distress can be the cause *or* the product of anxiety, stress, or depression. That is because the brain and the gastrointestinal (GI) system are intimately connected—so intimately that they should be viewed as one system.<sup>2</sup>

Did you catch that? “Intestinal distress can be the cause *or* the product of anxiety, stress, or depression.” So if we could put an end to your intestinal distress, could we possibly eradicate your anxieties, stress symptoms and depressions? Could we at least improve them? Conversely, could we improve or even eradicate many GI conditions by reducing stress? Listen to the Harvard article’s thoughts on the matter:

Based on these observations, you might expect that at least some patients with functional GI conditions might improve with therapy to reduce stress or treat anxiety or depression. And sure enough, a review of 13 studies showed that patients who tried psychologically based approaches had greater improvement in their digestive symptoms compared with patients who received conventional medical treatment.

If science is confirming the intimate link between stomach and brain, then surely what goes into the stomach (food and drink) can affect what goes on in the brain (thought and personality). This means that what you eat affects what you think and what you think affects what you eat. Simply put, your food impacts your thoughts.

### **The Food-Faith Link**

So, then, consider this question: Is it possible that your thoughts can affect your faith? Because if so, then we can take it to the next step and make the case that your food affects your faith. Let me unpack that for you. Harvard has stated that “the brain and the gastrointestinal (GI) system are intimately connected—so intimately that they should be viewed as one system.” This means that what happens in one affects the other. One processes food and one processes thoughts. Thus, it is easy to see how foods and thoughts can impact one another. So if it has been suggested that what you eat affects what you think, and if it can be proven biblically that what you think affects your faith, then it can be said that what you are eating is currently affecting your faith.

Think of it. You could—at this very moment—be chemically driving yourself toward doubt. Having a bad day? Thinking negative thoughts? Having a hard time mustering up a mustard seed? What if it is something you ate last night? Spiritual food poisoning.

This is not to minimize the influence of demonic interference with our faith. Sometimes we wrestle against evil spirits to maintain our faith on a daily basis. But remember, we are three parts—spirit, mind and body—and so we should not be surprised at how they are interdependent upon each other for total temple health.

So let's listen to what the Bible says about the connection between faith and thoughts. James 1:3–8 defines doubt as “double-mindedness,” indicating that the mind can affect our faith: “But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord” (James 1:6–7).

And Philippians 3:15 shows that maturing faith and thoughts are intertwined: “Whoever has a mature faith should think this way. And if you think differently, God will show you how to think” (GWT).

And finally, Isaiah 26:3 seems to link trust in God with thoughts: “You [God] keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

It is no surprise to me that science is proving “the brain and the gastrointestinal (GI) system are intimately connected—so intimately that they should be viewed as one system.” Think of how fasting affects your faith as evidence of this. True fasting involves the removal of some or all foods from the diet—accompanied by prayer—and anytime I have ever fasted I have gone to a new place in my faith. Perhaps there is a physiological reason for this deepening of faith: Detoxing and cleansing the stomach results in clearer thinking and sharper faith. Again, that is not to undermine the spiritual miracle of fasting. It is just to confirm that the gut-brain link might also provide a food-faith link.

Look at these closing Scriptures in a new light and see if perhaps they link food with faith, or with doubt for that matter:

“Whoever has doubts is condemned if he eats, because the eating is not from faith. For whatever does not proceed from faith is sin” (Romans 14:23); “Man shall not live by bread alone, but by every word that proceeds from the mouth of God” (Matthew 4:4 NKJV).

So as you can see, the physical detoxes we will be undertaking are not just an addendum to the corresponding spiritual and emotional cleansing you will complete each of the thirty days. We are focusing on the physical aspect because what you eat could be affecting your thoughts and faith, and, thus, could be chemically propelling you toward doubt. If so, in thirty days, we are going to change the chemistry of your body and—along with spiritual and emotional cleansing—detox your faith!

When I sit with individuals pastorally at Eastgate Creative Christian Fellowship, where my husband and I minister in Nashville, Tennessee, I ask them the hard questions about spirit, mind and body. I help them set goals. In my decades of spiritually counseling others, I have seen marriages restored, peace reclaimed, children come home, depression end, weight lost, bodies healed, new careers birthed and much more. I want to do the same for you as if I am sitting with you and pastoring you.

Are you ready to get to work?