

THE HEALTHY LIVING HANDBOOK

SIMPLE, EVERYDAY HABITS
FOR YOUR BODY, MIND AND SPIRIT

LAURA HARRIS SMITH,
C.N.C., B.S.O.M.



Chosen

a division of Baker Publishing Group
Minneapolis, Minnesota

Laura Harris Smith, C.N.C., B.S.O.M., *The Healthy Living Handbook*
Chosen Books, a division of Baker Publishing Group, © 2017. Used by permission.

(Unpublished manuscript—copyright protected Baker Publishing Group)

© 2017 by Laura Harris Smith

Published by Chosen Books
11400 Hampshire Avenue South
Bloomington, Minnesota 55438
www.chosenbooks.com

Chosen Books is a division of
Baker Publishing Group, Grand Rapids, Michigan

Printed in the United States of America

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

Library of Congress Cataloging-in-Publication Data is on file at the Library of Congress, Washington, DC.

ISBN 978-0-8001-9788-1

Unless otherwise indicated, Scripture quotations are from The Holy Bible, English Standard Version® (ESV®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. ESV Text Edition: 2011

Scripture quotations identified *bsb* are from The Holy Bible, Berean Study Bible, BSB. Copyright ©2016 by Bible Hub. Used by Permission. All Rights Reserved Worldwide.

Scripture quotations identified *EASY* taken from the HOLY BIBLE: EASY-TO-READ VERSION © 2014 by Bible League International. Used by permission.

Scripture quotations identified *ERV* are from the English Revised Version.

Scripture quotations identified *HCSB* are from the Holman Christian Standard Bible®, copyright © 1999, 2000, 2002, 2003, 2009 by Holman Bible Publishers. Used by permission by Holman Bible Publishers, Nashville, Tennessee. All rights reserved.

Scripture quotations identified *ISV* are from Scripture taken from the Holy Bible: International Standard Version®. Copyright © 1996–forever by The ISV Foundation. All rights reserved internationally. Used by permission.

Scripture quotations identified *NASB* are from the New American Standard Bible®, copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. (www.Lockman.org)

Scripture quotations identified *NIV* taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. Copyright © 1973, 1978, 1984 Biblica. Used by permission of Zondervan. All rights reserved.

Scripture quotations identified *NIV2011* are from the Holy Bible, New International Version®. NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com

Scripture quotations identified *NKJV* are from the New King James Version®. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture quotations identified *NLT* are from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Quiet Brain® is a registered trademark of Laura Harris Smith.

Cover design by LOOK Design Studio

17 18 19 20 21 22 23 7 6 5 4 3 2 1

Laura Harris Smith, C.N.C., B.S.O.M., *The Healthy Living Handbook*
Chosen Books, a division of Baker Publishing Group, © 2017. Used by permission.

(Unpublished manuscript—copyright protected Baker Publishing Group)

In keeping with biblical principles of creation stewardship, Baker Publishing Group advocates the responsible use of our natural resources. As a member of the Green Press Initiative, our company uses recycled paper when possible. The text paper of this book is composed in part of post-consumer waste.



For Trish, who has mentored me in nutrition for the last two decades, who inspired me to eat what I thought was inedible and love it, who shared with me the latest and greatest miracle minerals and who, most of all, carried my heaviest burdens in privy prayer. Thank you for our sisterhood, Queen Trish, and, when I was fighting for my life, for introducing me to . . .

Elizabeth: Thank you for teaching me that food is indeed medicine and for being the first health professional I knew who was interested in the story of my whole body, mind and spirit. Bless you for every email, handout and discount. Not only would I not be alive without you, but the tens of thousands who have now come to me for help might not be, either.

Ladies, you sowed your seed into the right soil. Behold your bounty!

CONTENTS

Intro: *As Easy as One, Two, Three* 11

Section 1: The Top 10 Healthy Living Habits for Your Spirit 21

1. Be Naturally Supernatural 23
2. Pray Tell 30
3. Let the Spirit Move Ya 38
4. Get the Word Out 48
5. Do the Honors 53
6. Put On Your Sunday Shoes 63
7. Stay Put 71
8. Accept No Substitutes 81
9. Take Leaps of Faith 90
10. Have a Come-to-Jesus Meeting 96

Section 2: The Top 10 Healthy Living Habits for Your Mind 105

1. Get It Together 107
2. Plan Your Work and Work Your Plan 113
3. Have a Heart (and Mind Your Manners) 120
4. Put On a Happy Face 128
5. Laugh Out Loud 134

6. De-stress Your Distress 141
7. Never Be Discouraged Again 149
8. Pick Your Battles 156
9. Keep Good Company 163
10. Bury the Hatchet 170

Section 3: The Top 10 Healthy Living Habits for Your Body 177

1. “Let Food Be Thy Medicine” 179
2. Eat the Rainbow 185
3. Watch Your Mouth 191
4. Don’t Eat and Run! 197
5. Get Your Beauty Sleep 204
6. Get Up and Scale Down 210
7. Strike Oil 218
8. Quench Your Thirst 226
9. Live Life in the Fast Lane 232
10. Know Thy Healer 238

Outro: A Photo Finish 247

INTRO

As Easy as One, Two, Three

If you had a dollar for every time you have thought about getting healthier, losing those extra pounds, brightening your aging complexion, eliminating junk foods, better managing your stress, thinking more positively or becoming more spiritually minded, how many dollars would you have accumulated at this point in your life?

Most of us make personal vows regarding our bodies and weight before major holidays because we want to look our best at upcoming events, or even daily when looking in the mirror with dissatisfaction. Countless more of us set new emotional goals every time things get stressful at work or when a draining relationship depletes our joy. As for those new spiritual commitments we make to ourselves and to God, the vast majority of them occur when crisis hits or when everyday prayers feel unanswered. So if you look in the mirror daily, ever encounter stress or feel like a certain prayer is going unanswered, the answer to my question is a staggering dollar amount because it shows that change is constantly on your mind. If you do these just once a day, by the time you are thirty years of age,

you will have accumulated \$10,950 in well wishes and personal promises. If you are fifty-five, you have racked up \$20,075. And if you are seventy, your grand total is \$25,550. What if this is the year that you cash in all your chips? What if you actually spend your frequent-desire miles on a makeover?

New Year's seems like the best time to start new and really take ground, but according to University of Scranton research cited in *Forbes* magazine,¹ only 8 percent of us actually keep our New Year's resolutions. So make a New Year's vow if you must, but a new you is available any time of year. What you need for your daily dissatisfactions is a simple daily plan. *The Healthy Living Handbook* is about to change the way you think about getting healthy—body, mind and spirit.

This handbook takes a trinitarian approach to embettering your life, meaning that it divides “you” into the three parts in which God created you, offering healthy living habits for each. Every piece of you gets its very own section, so you can think long and hard about the changes you need to make in that area before moving on. God is three in one, and so are you: You are body, mind and spirit. How can you be sure of this when all you can “see” is your body? You need look no further than the very first chapter of the Bible for the most beautiful proof.

In Genesis 1:26 we already see the Trinity hard at work in the Garden of Eden. God said, “Let Us make man in Our image, according to Our likeness” (NASB). Who are the “Us” and “Our”? He is referring to? Whom was God talking to here? None other than the Son and the Holy Spirit. They are three, but one, and so are you. I personally imagine the three of them—still glowing after the ingenious creation of the planets, stars, gravity, mountains, water, clouds, birds, animals, vegetables, minerals

1. Dan Diamond, “Just 8% of People Achieve Their New Year's Resolutions. Here's How They Do It,” *Forbes*, January 1, 2013, <https://www.forbes.com/sites/dandiamond/2013/01/01/just-8-of-people-achieve-their-new-years-resolutions-heres-how-they-did-it/#3b7ac439596b>.

and more—looking down in suspenseful anticipation at the *adamah*,² the patch of dirt about to become the Creator’s great masterpiece, Adam. I imagine them individually wondering, “What will My part in him look like?” Surely their omniscience did not upstage the wonder of the moment.

Even after God was finished with this masterpiece, just one creature must not have been sufficient to fully embody this amazing three-in-one mystery, and so He also created woman. Genesis 1:27 says, “God created man in His own image, in the image of God He created him; male and female He created *them*” (NASB, emphasis mine). So they are both made by God in His image and together constitute the full “incarnation” of the Trinity’s DNA.

These two had a strong desire to love one another, become one flesh and create a third who also embodied the three-in-one Trinity blessing. So beautiful. So mysterious and miraculous. And this beautiful, mysterious, miraculous DNA sprang to life for each of the 108 billion people who have ever been born on this earth.³ They were all three in one, with body, mind and spirit. It continues today each time God’s original design is followed.

Think you totally understand the Trinity? Here is a good test: Try to explain it to a five-year-old. Five-year-olds will grasp the father and son part, but then try to explain to them how they are not two, but actually one (and remember, most kids that age do not understand Christianese, so you can only use

**And this beautiful,
mysterious, miraculous
DNA sprang to life for
each of the 108 billion
people who have ever
been born on this earth.**

2. “Lexicon: Strong’s H127—’*adamah*,” Blue Letter Bible, accessed April 20, 2017, <https://www.blueletterbible.org/lang/lexicon/lexicon.cfm?t=kjv&strongs=h127>.

3. Carl Haub, “How Many People Have Ever Lived on Earth?,” Population Reference Bureau, October 2011, <http://www.prb.org/Publications/Articles/2002/HowManyPeopleHaveEverLivedonEarth.aspx>.

25-cent words). Once you succeed at that (if you do), throw in the Holy Spirit and see if you can convince the kindergartner that “it” is actually a “He” and that He is one with the Father and Son. Not three, but one—or, even more astonishingly, three *in* one. If you can do this and see the child’s eyes light up with revelation, then you truly understand the Trinity in its complex simplicity.

Perhaps it would help to use a practical parable that I have used with my grandchildren: H₂O can manifest as either ice, water or steam. They have three distinct forms: One is solid, one is fluid and one is vapor, but they are all H₂O. Likewise the Father, Son and Holy Spirit are all the same but manifest themselves in different forms. And for that very bright (and skeptical) child who points out it is merely the temperature causing these varied manifestations (H₂O freezes at 32 degrees Fahrenheit and boils at 212 degrees, making steam), you could point out that the Bible indicates there are definite temperature differences in hell and heaven!

If you would rather have a more theological debate with your kindergartner (or yourself), a survey of the New Testament will prove that the “Us” and “Our” from the Genesis account of creation still exist. Numerous Scriptures refer to the Trinity. And its members do not seem to be in a battle for top billing, either. Sometimes the Father is mentioned first and sometimes last. Take a look at the variations in these sequences:

- Spirit, Son, Father (1 Corinthians 12:4–6, John 15:26)
- Spirit, Father, Son (John 14:26)
- Son, Father, Spirit (2 Corinthians 13:14, John 14:16)
- Son, Spirit, Father (Ephesians 2:18)
- Father, Spirit, Son (1 Peter 1:2)
- Father, Son, Spirit (Matthew 28:19 [NKJV], “Go therefore and make disciples of all the nations, baptizing them in

the name of the Father and of the Son and of the Holy Spirit.”)

Notice in this Great Commission from Matthew 28 it does not say “in the *names*” of the Father, Son and Holy Spirit, but in the (singular) “name” of them. One name for all three. They are a package deal. Therefore, you cannot come to God without the Son, and you cannot come to Jesus while ignoring His Holy Spirit with whom He wants to invade your life. If you believe in one, you must believe in all. If you disown one, you disown all. And when atheists say there is no God, make no mistake, they are committing the triple sin of also saying there is no Son or Spirit.

The Trinity is a phenomenon even more mind-boggling than the rarity of identical triplets. It defies all mathematical logic, because it does not “add up,” figuratively or literally. We naturally gravitate toward easy addition over multiplication, but the mere addition of the Trinity’s individual members limits their exponential power when multiplied. They are not $1 + 1 + 1 = 3$, but $1 \times 1 \times 1 = 1$.

So for the five-year-old (or fifty-year-old) who can truly fathom this three-in-one concept of the Trinity, another revelation has instantly been granted him or her: the comprehension of the miraculous design of mankind as a lesser trinity, a three-in-one creature, made in the image of the Father, Son and Holy Spirit. To genuinely understand one trinity is to understand both. But just as I am amazed at how people walk through this world without understanding the delicate triune relationship between the Father, Son and Holy Spirit, I am equally stunned at how many people walk with *themselves* day in and day out and have no clue that they are also made

The Trinity is a phenomenon even greater than the rarity of identical triplets. It defies all mathematical logic. They are not $1 + 1 + 1 = 3$, but $1 \times 1 \times 1 = 1$.

of three parts. How can one ignore his own spirit? And yet, he does. How can one disregard her own emotions? It happens all the time. And how can we pay no attention to our own bodies? This is what we do whenever we ignore a symptom or some other clue that our bodies are crying out for change, or even when we sin with our bodies. We treat ourselves as less than the multilayered miracle that we are.

Likewise, when something goes physically wrong and a diagnosis comes, we often only treat one-third of ourselves. We fill a prescription for our bodies but never address the mind and spirit to learn the disease's origin. Look at that word again: *dis-ease*. When we are not at ease in our minds or spirits, disease often follows in our bodies. Disease is sometimes caused by a "dis-ease." Not that everything in life comes with perfect "ease," but we can walk through the not-so-easy seasons of life with great peace if we truly know the Prince of Peace.

If you do not have peace in your mind, you will not have peace in your body. If you do not have peace in your spirit, you will not have peace of mind. It is the same concept behind what was previously stated: If you disown one member of the Trinity, you disown them all. You cannot segregate the Father, Son and Holy Spirit, and likewise you cannot segregate your body, your mind and your spirit. Not if you want to be whole.

This book will begin with your spirit . . . because! A spiritual foundation is necessary for the rest of the book to bear lasting fruit in your life. There you will get a taste of what it would be like to have me shepherd or "pastor" you. If you were an actual member of the church that my husband and I pastor in Nashville, Tennessee—an interdenominational church we planted in 2004 called Eastgate Creative Christian Fellowship—this shepherding might happen in the hallways or at a church meeting or in a phone call. If you actually attended Eastgate, I would guard over your spirit and encourage you to grow. I would challenge you toward change and ask God to give you a

“holy dissatisfaction” if He sees you are settling for anything less than a clean bill of spiritual health. Ask anyone who goes to Eastgate and he or she will tell you that, as a church, we do not let any grass grow under our spirit feet. We are always reaching and growing and evaluating and accomplishing. As we often say, if you do not want to be free, do not come to Eastgate. As such, to the best of my abilities, I want to offer you that same freedom within the pages of this book.

Section 1, for your spirit, will start with a jolt, may occasionally step on your toes and will confront anything in you that prevents spiritual growth. You will either love me or leave me by the end of it, but I think you will love me (plus the challenges) and stick around 'til the end. The healthy living habits there are meaty and provocative, meaning they are intended to provoke you to action. The bold advice and gutsy guidance in Section 1 has long proven to resonate with those I have pastored and parented and has borne good fruit for many. Mind you, it will come minus the accountability, hugs and shoulder to cry on, but until you come to Eastgate for a visit so that I can actually pray for you (or stick around for good so we can mentor you), it will have to suffice. I want to help you be your best you yet.

Some of the healthy living habits are longer than others because some are more complex than others (e.g., it takes fewer words to convince someone to eat his vegetables than it does to get him to forgive the person who broke his heart). For this reason, Section 1—on your spirit—is a little longer overall. And even though the advice in it is not meant to replace your pastor’s counsel, as I said, it will be very pastoral in nature because I love sheep (white, black and shorn) and am a shepherdess at heart.

Then, in Section 2, for your mind, I shift from pastor to counselor and teacher, pulling from my decades of experience as both. There I will be an honest friend to you (you have my word). Finally, in Section 3, for your body, I will put to use my certification as a nutritionist and my degree in original medicine

to become your nutritionist! Be smart with this advice, but do not let it replace the counsel of your personal nutritionist or doctor; rather incorporate it with their blessing, explaining to them that you are pursuing a body, mind and spirit makeover. Each of your three parts has its own real estate in this handbook so that you can focus on them one at a time and then incorporate them in your day-to-day life.

Many of you have read my last book, *The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit* (Chosen Books, 2016), and completed the thirty-day challenge. You lost weight (one man in Tennessee lost 49 pounds in thirty days), brightened your skin and found your hip bones and cheekbones again. A great number of you were even able to lay down your medications afterward for ailments

Many of you goal setters are going to treat this book like another thirty-day challenge and focus on incorporating one of the thirty simple habits at a time into your everyday life.

like diabetes, high blood pressure, depression, allergies and more, under your doctors' supervision. The results that poured in from all over the world surprised even me. Countless numbers of you experienced healing in your relationships—with parents, children, difficult friendships, mar-

riages—and thousands more released emotions of bitterness, grief, anger, fear, etc., and found joy and faith again. You wrote me from continents near and far asking for help for your next step in keeping your body, mind and spirit healthy for good this time. Well, this book is the answer to that request. Many of you goal setters are going to treat this book like another thirty-day challenge and focus on incorporating one of the thirty simple habits at a time into your everyday life. You will spend ten days on your spirit in Section 1, ten days on your mind in Section 2 and ten days on your body in Section 3.

Others of you are going to consume the information like you are cramming for a test, then leave the book on your nightstand to stare you down and challenge you toward a lifestyle of wholeness each new day. Whichever describes the way you read this book, afterward you will be the healthiest version of yourself ever! Are you ready to cash in your frequent-desire miles and wishing dollars and get to work? It is as easy as one, two, three, so let's start with number one: your spirit.

Section 1

The Top 10
Healthy Living Habits
for Your *Spirit*

1

Be Naturally Supernatural

Something in you longs for the supernatural because a supernatural God created you. You will never be content with your life if it is devoid of supernatural activity—or if you dismiss its authenticity, period. You will never fully look like Jesus, as you are praying to do, if you do not include the supernatural in your life, for the supernatural was and still is a part of His everyday experience. So what is the “supernatural”? According to *Merriam-Webster’s*, it is “departing from what is usual or normal especially so as to appear to transcend the laws of nature.” So if you never like to depart from the norm, then you will never experience the supernatural. It transcends the law. It is “above the law.”

To be more blunt, the supernatural is a law-breaking blessing. By law a leg should not grow as you hold it, allowing the man you are praying for to stand up straight after living for decades with one leg inches shorter than the other. But it happened to me. That afternoon in 1993, the supernatural broke the laws of nature and, frankly, blew my mind. The man returned to his longtime tailor, who could not figure out

why his legs were measuring the same length for the first time since he had known him. Months later, the man invited us to his home—and into his closet—to show off all his new pants with matching leg lengths. He was grinning from ear to ear! I, of course, was crying.

The next time the supernatural broke the law in my world was later that year when I prayed for a man diagnosed with HIV and he was healed, later confirmed by blood work. It was the first time I had been asked to be on the healing prayer team, and the night before I had knelt in my closet to pray, telling God I did not know what to pray or do to get a miracle. I had my faith and the healing Scriptures, but I did not know if I needed to take any steps to activate the supernatural. All I heard God say was, *Heal the lepers*. I told God I did not know any lepers, and I wondered if I was off the hook, since surely no lepers

If you settle for only that which is natural and logical, your life will eventually become dull and unfulfilling.

would come to church in the morning. But when the first man in my line told me he had HIV, I *knew* this was the “leper” to whom God referred. So I took a chance. I broke out of my norm. With an authority that came from God’s directive to me the night before, my husband and I laid our hands on this man, and the supernatural

transcended the laws of nature in his body. He was healed. I had walked with Jesus for seventeen years before experiencing the law-breaking blessing of the supernatural like this, but I have never been the same. That was many miracles ago, but I will never forget those first few because of how they convinced me there was more to Christianity than just receiving grace to live a natural life.

Because you are made in the image of this supernatural God, if you settle for only that which is natural and logical, your life will eventually become dull and unfulfilling, even though you may not be able to put your finger on why.

If you never take risks, you are never using your faith, because faith involves risk. Not irresponsible risk, God-inspired risk. You took a risk when you chose to become a Christian. You take a risk every time you choose to give someone the fifty dollars you are going to need next week. I guess you could say I even took a risk by laying my hands on a man with HIV because in the early nineties people still had a lot of fear that they could catch HIV by just being near someone. It is reputationally risky every time you choose to test God's power and ask people if you can pray over them. The supernatural is not "safe" to your flesh, but your spirit is right at home with it. If you would rather live a comfortable, predictable life that excludes risk and faith, you will never tap in to the supernatural side of God. If, on the other hand, you want to believe (and behave) in the supernatural but are not sure how to get rid of your flesh that prefers its comfort zone, I find that it only takes one good total food fast. You must decrease so He can increase (John 3:30), and fasting accomplishes this. I will say more about that in our Top 10 list for the body, under number 9, "Live Life in the Fast Lane."

There is never a dull moment with the supernatural. The Holy Spirit will whisper things to you like *Your boss needs healing prayer and I need your hands. Are you willing to look foolish so I can draw him to Myself and answer his prayers?* Or He may say, *Do you really want to marry someone who does not share your life values, or can you trust Me to take care of you and lead you to someone who deserves you?* Or maybe, *You were created for more than this hamster wheel you are on. Want to step outside of your comfort zone and find a better life?* God can make the supernatural manifest itself in many different ways in your life, but the key is to learn what it is (and what it is not) so that you never miss it—Him—when He calls your name.

Sid Roth is the creator and host of *It's Supernatural!*, a show that focuses entirely on being "naturally supernatural" (his

opening quote in each episode) in everyday life. He goes into 2.2 billion homes around the planet on various secular and Christian networks. Sid and his staff have invited me on twice, once with my book on dreams, *Seeing the Voice of God: What God Is Telling You through Dreams and Visions* (Chosen Books, 2014), and once for *The 30-Day Faith Detox*. Both times I was blown away by my experience.

Turns out this wildly popular anchor desk–guest interview show, which soundly educates billions of people about the supernatural, is just the outside wrapper for Sid’s amazing ministry, called Messianic Vision. Sid is a Jewish believer in Yeshua and funnels much of the proceeds from *It’s Supernatural!* back into Israel and the ministry he has established there to accomplish the great end-time harvest of Jews (Romans 11:26, “All Israel will be saved”). He holds rallies in Israel and the Jews come to Jesus—by the thousands, they come to Jesus—*because of the supernatural*. With his gentle and meek demeanor, Sid, now in his eighties, takes the stage and asks those who need physical healing to stand, and he prays one prayer for them all. He takes a faith risk, as I described before, knowing that God will back him up, and God always does. Then he asks for a show of hands for those who just experienced a healing change in their bodies, and the hands fly in the air. He then tells them it is Yeshua who has done this for them and invites them forward to receive Him as their Messiah. The thousands of Jews who have been saved through Messianic Vision have done so largely based on an encounter with the supernatural. It is *exactly* the same risk-taking miracle ministry Jesus had when He was on this earth—employing the supernatural to transcend the laws of nature as a means of fostering faith. This is evidenced in John 10:38 (NLT), when Jesus says, “But if I do his work, believe in the evidence of the miraculous works I have done, even if you don’t believe me. Then you will know and understand that the Father is in me, and I am in the Father.” In other words, “If you

don't believe in Me, at least believe the miracles! Then you will understand who I am and believe it all!"

I have very high regard for Sid as a visionary pioneer who expresses the supernatural in the earth. He does it with humility and uncanny excellence in a day when the supernatural is scoffed at, misused or forsaken. He does it through his show, which educates billions, and through the "treasure inside the wrapper" (Messianic Vision)—and now through the It's Supernatural! Network (ISN), which, in case you are interested in growing in the supernatural in your life, is available *free* on every iPhone, Android phone, iPad, tablet and computer in the world. (Just go to an app store and type *Sid Roth*, then download the ISN app.)

Hence, I knew exactly whom I wanted to survey for this section of *The Healthy Living Handbook*—none other than Mr. Supernatural himself. So I interviewed him. He was gracious enough to answer my two gnawing questions: first, "What is the supernatural's greatest enemy?"

We know *who* its greatest enemy is: Satan. The enemy does not want you to experience the supernatural, because he knows that once you taste it, you will never settle for normal again. But the question was not *who*, but *what*, and here was Sid's response: "The supernatural's greatest enemy is lack of knowledge and operating by previous bad experience instead of the Word of God."

I concur with this answer. For years I avoided the supernatural because my opinion of it had soured, both through bad experiences of praying for miracles that did not manifest due to spiritual warfare (which I did not know how to engage in) and through poor media representations of the supernatural. I equated miracles and "miracle workers" with dishonesty and

The enemy does not want you to experience the supernatural, because he knows that once you taste it, you will never settle for normal again.

lack of character. How sad, now knowing what I know and having seen the miracles and healings I have! I cannot believe how many years I allowed a few poor representatives of the supernatural to outweigh all the pure ones throughout history and Scripture. Once I resolved my lack of knowledge by learning what the Word of God says about it (versus what others, the enemy or my own experiences shouted at me), my faith was finally able to match the power available to us through our mighty and generous God.

My second question for Sid was, “What is the supernatural’s greatest *friend*?”

Again, we know *who* is its best friend: the Holy Spirit. But *what* is its greatest ally? Sid’s response was unexpected, and yet I wholeheartedly agreed with it! Conveniently, it was also the topic of our next healthy living habit, “Pray Tell,” so I am going to wait and give you Sid’s answer there.

Perhaps by now you are asking, “Why begin a health handbook with a lesson in the supernatural?” The short answer is that spiritually healthy people believe in the supernatural. The fuller reason, however, is still very simple: If I can get you to believe in the supernatural and to become a naturally supernatural person, then every other life-changing healthy living habit in this handbook will be a piece of cake for you. You know—a mouthwatering piece of double-chocolate chip cake made with almond flour and stevia dark chocolate.

Healthy Habit Helpers

1. Name one way you are going to bring the supernatural into your workplace and home:

Now put your hand over your heart and pray this aloud with me:

Father God, I want to see more of the supernatural than I currently do in my life. I want to see it at work, at home and everywhere I go. I want to be available to You, O God, to let the supernatural flow through me. I am done with the normal, natural, ordinary life. I want the supernaturally extraordinary life. Right now I trade my life for Yours. My plans for Yours. My temporal mindset for Your eternal one. I welcome the supernatural into my world. Use me to spread it everywhere. In Jesus' name, Amen.