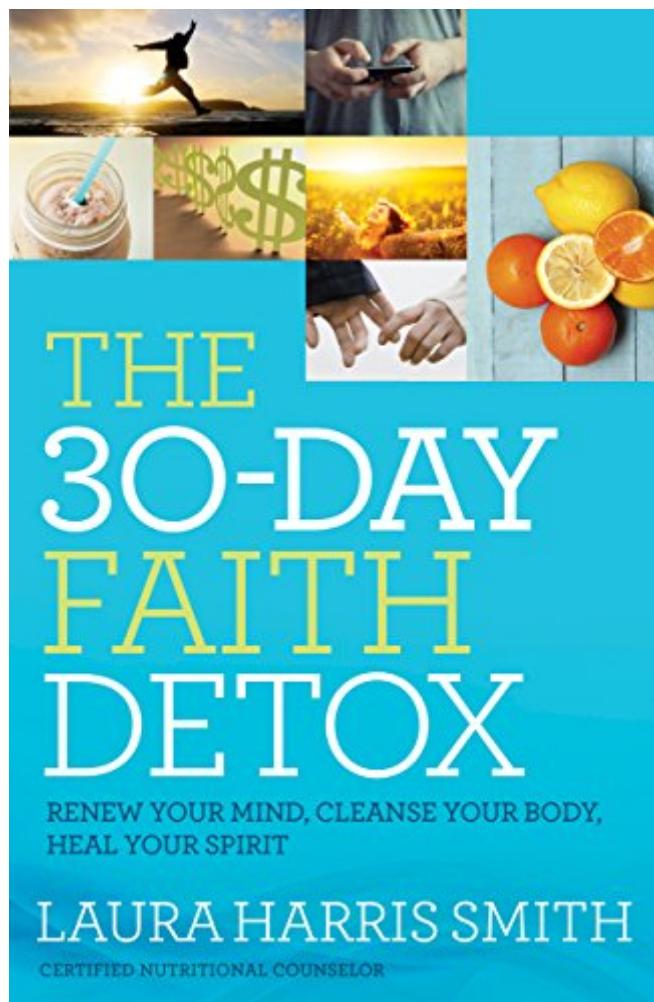


The book was found

The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit



Synopsis

A Reset Button for Your Body, Mind, and SpiritIn 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.

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Customer Reviews

Today marks day 30 of my faith detox journey. I've lost weight, but gained much faith. Transformed my body, mind, and spirit. The physical and spiritual changes are amazing. It feels good to be eating all healthy foods of fruits and veggies, no gluten, and using olive oil to do stir fries or instead of salad dressings doing olive oil and apple cider vinegar for salads. I did not use a

microwave due to all the radiation and how it makes your living food dead. If I needed to heat up anything it was always over the stove. I changed the products I used on my skin for showering, washing my hands, and deodorant without aluminum or harmful chemicals. I didn't use make up due to all the chemicals and toxins, but I sometimes used powder. I enjoyed the Epsom salt baths. I was getting more sleep each night and trying to aim for 8-9 hours if possible. I didn't use any medicine either and instead food was my medicine. Those were just some of the physical changes. There were several spiritual toxins that I was able to focus upon which included social, financial, health, relationship, and identity toxins. There were so many things I learned and I will just mention the main things I learned from each section or else this will be too long. In regards to social/media toxins I deleted the facebook app off my phone to use my time with God and it doesn't matter if people let you down in life. We are all human and remember to keep your focus on the Lord. Financially I realized I was needing to give more to God and get rid of extra stuff. In the health section I got to look at the difference of healing and miracles plus believing in God during those times of sickness. The relationship section showed me how to pray for unsaved loved ones and how to respond to others in various situations.

Laura Harris Smith, Certified Nutritional Counselor, has written a thoroughly cleansing read, no pun intended. This book combines a safe, not radical dietary detox combined with spiritual insight. The author lays out a 30 day plan which includes specific scriptures and prayers for each day as well as a meal plan. Ms. Smith speaks from her own experience in writing this book. She was raised eating homegrown vegetables and fruits. She did not grow up on processed foods. Her father always told her to "eat the rainbow" of vegetables and fruits. She tells her story of having children and in her busy life, she more and more chose processed foods. The foods that are in "boxes, bags or cans that sit in the middle of your grocery store." "Dead food" as opposed living foods which line the walls of the store. She advises that if we would eat more of these foods, mainly produce, meats and dairy, we would be healthier. She found herself in the habit of not getting enough sleep, eating poorly, not exercising and not being well. She accumulated a sleep deficit that landed her on the brink of adrenal failure. She was dabbling at good health, not making it a priority. This describes many of us; we keep going with lack of sleep, fast food, less exercise than we should and being basically not well as our "new normal." The author has outlined a way for us to change all of that with a change to the way we look at food and our health in general. In this book she outlines a 30-day plan to detox safely and sanely which will put us on the right path to physical and spiritual health. Have you ever thought you really need to get some exercise, make wiser choices for dinner, and read your Bible

more?

Let's face it. We all want to lose weight unless of course you were born with six pack abs and burn every calorie you take in on a daily basis. One thing is also certain. There are a plethora and I mean plethora of dieting fads, self-help books, infomercials with celebrities declaring that if you just eat this brand of meal you will look like them in a jiffy. Certainly some of those approaches might work and on the other hand, many will not or at least they will not have a lasting total body impact on your life. I have long thumbed my nose at such things for a variety of reasons, foremost being I recognized the faddish nature they were built upon. I recently became aware of a much different approach to health by watching a good friend of mine begin a 30 day journey towards better overall health – physical, mental, and spiritual health. After watching his results, I decided to embark on this journey myself. What journey is this you might ask? It is one that is found in Laura Harris Smith's book The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit. If you are concerned this is some new age approach to life or just another fad, let me ease your worries. Smith's approach is rooted in sound biblical teaching, lasting nutritional well-being, and with a distinct focus on not just being some 30 day something – you do and then return to your previous negative eating, spiritual, and emotional habits. Smith's desire is to show the reader how to make a change, a lasting impactful change towards total body health. She does this by providing a daily regimen of food choices and devotions that address specific parts of your body and your spiritual health.

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