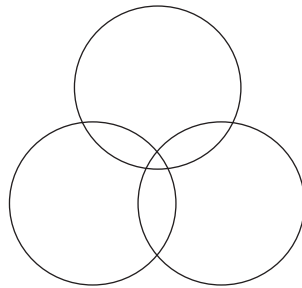


# **THE TRINITY DIET STUDY GUIDE**





# THE TRINITY DIET STUDY GUIDE



TO ACCOMPANY

## THE TRINITY DIET

LIFESTYLE BALANCING –  
BODY, SOUL AND SPIRIT

---

By **Steve Steeves, CCN, CTN**



**LUCID BOOKS**



## The Trinity Diet Study Guide

Copyright © 2013 by Steve Steeves

Published by Lucid Books in Brenham, TX.

[www.LucidBooks.net](http://www.LucidBooks.net)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopy, recording, or otherwise, without the prior permission of the publisher, except as provided for by USA copyright law.

Revision Printed 2013

ISBN-13:

ISBN-10:

Special Sales: Most Lucid Books titles are available in special quantity discounts. Custom imprinting or excerpting can also be done to fit special needs. Contact Lucid Books at [info@lucidbooks.net](mailto:info@lucidbooks.net).



# CONTENTS



<b>INTRODUCTION: My Personal Miracle</b>	<b>1</b>
<b>CHAPTER 1: The New Normal</b>	<b>3</b>
<b>CHAPTER 2: The Trinity Diet</b>	<b>5</b>
<b>CHAPTER 3: Protein: The Father God</b>	<b>7</b>
<b>CHAPTER 4: Carbohydrate: Jesus, the Bread of Life</b>	<b>13</b>
<b>CHAPTER 5: Fat: The Oil of the Holy Spirit</b>	<b>19</b>
<b>CHAPTER 6: The Source of Sickness</b>	<b>23</b>
<b>CHAPTER 7: Cleansing and Detoxification</b>	<b>27</b>
<b>CHAPTER 8: Easy Herbal Remedies</b>	<b>31</b>
<b>CHAPTER 9: The Trinity of Fitness</b>	<b>33</b>
<b>CHAPTER 10: Making It Work for You</b>	<b>35</b>
<b>CHAPTER 11: The Trinity Diet Kitchen</b>	<b>37</b>



# INTRODUCTION: **MY PERSONAL MIRACLE**

"And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death."

REVELATION 12:11 (ESV)

---

“ So how does a man destined for a wheelchair turn a disease-cursed life into an amazing life full of health? “Working out your salvation” is a phrase Paul uses in the New Testament. The word *salvation*, or “*sozo*” in the Greek, means salvation, healing and deliverance. This is a process we work out in life. You do not just wake up one day and find yourself in the state of abundant health. God sets a path before you, but you must take it. It does not come easy—hence the word, ‘work’.

”

“ Before you heed this or any other human advice, I encourage you to pray. Paul suggests that we pray, and pray about everything. Seek out wisdom. The Bible says that if you ask for wisdom, God will give it to you. God has a plan for your life and He will fulfill it as you follow His commands in all things. It is my prayer that you will know freedom from sickness and disease. As you strive to live for God and balance your body, soul and spirit by following the principles of The Trinity Diet, may you be more fully equipped to fulfill the calling that God has placed on your life. If you would like more information please visit our websites: [www.NutritionandHealthCenter.com](http://www.NutritionandHealthCenter.com) or [www.theTrinityDiet.com](http://www.theTrinityDiet.com).

”





# CHAPTER 1

## THE NEW NORMAL

"The thief does not come except to steal, and to kill, and to destroy.  
I have come that they may have life, and that they may have it more abundantly."

JOHN 10:10 (NKJV)

---

### ► The Human Cell

What are the Trinity macronutrients?

---

---

---

### ► Hormone Balance

What 3 powerful hormone regulators can be affected by an unbalanced ratio of macronutrients?

---

---

---

- What do naturopathic physicians consider the leading cause of disease?

## ► Disease Process and Regeneration

The body begins to breakdown and the disease process begins when \_\_\_\_\_ and \_\_\_\_\_ levels are in excess and when the \_\_\_\_\_ is not getting the adequate \_\_\_\_\_ and \_\_\_\_\_ it needs.

“ The foundation of The Trinity Diet is not a question of “What?” but “Who?” In whom will we be found? Amy and I arrived at the conclusion that the “Who” and foundation of our lives is Jesus Christ. If we can manage to remember that we no longer live for ourselves, but for Jesus Christ, we will operate out of healthy spirits that in turn lead us to make healthy choices. This is an essential understanding we must have especially when caring for ourselves and our families. From this prayerful position, we can see how a relationship with the Lord affects even our physical bodies, and helps return us to a more focused way of living. ”

## CHAPTER 2

# THE TRINITY DIET

“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.”

I THESSALONIANS 5:23 (ESV)

---

### ► The Trinity

Define Trinity

---

---

---

“

What is the one thing all adults want more than riches, fame and success? In reality, health is truly the greatest of all earthly blessings. Nothing can be fully enjoyed without health, and most things can never be attained without it. The way my family and I have found abundant life and blessings is by following a lifestyle and discipline called The Trinity Diet—a life balance of body, soul (mind, will and emotions) and spirit.

”

“

I have come to realize that the framework of The Trinity Diet has allowed me to heal completely. The name Trinity Diet originated as a way to help people understand the importance of proteins, carbohydrates and fats and their connection to the spiritual. Whatever affects the physical body, then affects the soul (mind, will and emotions) and the spiritual. Think about waking up in the morning. What's the first thing you typically have to do? Most people use the restroom before thinking about anything else. We take care of our bodies before we can do anything else.

”

## ► The Trinity Balance

\_\_\_\_\_ are essential for our bodies to function consistently and to prevent degeneration and disease.

# CHAPTER 3

## PROTEIN THE FATHER GOD

"Yet for us there is but one God, the Father, for whom all things came, and for whom we live."

I CORINTHIANS 8:6

- 
- ▶ Where do we get the term protein, and what is the meaning?

---

---

---

- ▶ The Cross of Christ a connective tissue

How is laminin shaped and what is its use in the body?

---

---

---

---

---

## ► Dietary Laws

What chapters in the bible list clean and unclean animals?

---

---

---

## ► List the unclean and clean animals.

Unclean animals:

---

---

Clean animals:

---

---

What was the conclusion of Dr. Macht's study on clean and unclean animals?

---

---

---

“

Susan battled with her weight for years and finally went in for gastric bypass surgery. She lost some weight initially, but further testing revealed that she had also lost significant levels of lean tissue. Her body fat showed her to be obese at more than 40 percent fat. Susan came to my office complaining of digestive problems, fatigue, brain fog and anxiety. She felt worse than before her gastric bypass surgery. Susan is now balancing her health with The Trinity Diet program. She is losing fat, gaining lean body mass—including muscle tissue, and feeling much better. This is evidence that the body will begin to heal itself if proper nutrients are supplied. The healing power of God is in each of us. The Lord has heard Susan's prayers.

”

## ► Vegetarians and Protein

What are the symptoms that Addison experienced after months of being on a vegetarian diet?

---

---

## ► The Missing Link

It is rare to find an individual who does not have some form of

---

## ► Sarcopenia: Muscle Wasting

What test can help monitor muscle mass loss?

---

## ► The Calcium-Protein Matrix and Bone Health

What do proteins provide for bone health?

---

---

Milk products \_\_\_\_\_ the \_\_\_\_\_  
form of calcium to be adequately absorbed into the body.

Where can more details and research on the effects of milk on the human  
body be found (on the web)?

---

---

## ► Neurotransmitters

All neurotransmitters for the nervous system are formed from

---

## ► Protein Essentials

How many essential amino acids do human beings require in their diet?

---



“

We have helped many hopeless individuals regain optimal thyroid health. For example, Dorothy came into my office on a synthetic thyroid hormone. Her doctor told her, “Your thyroid is dead, and you must stay on this medication for the rest of your life.” Within three months of being off synthetic medication and on restorative nutrients, she lost thirty-five pounds and went back to her doctor for testing. The doctor spoke these words: “It’s a miracle. Now, instead of a dead thyroid yours is very active.”

”

## ► Protein and Optimal Thyroid Health

Some causes for an under-active thyroid are not enough \_\_\_\_\_ a high-\_\_\_\_\_ lifestyle, \_\_\_\_\_ digestion, and or nutritional \_\_\_\_\_ of supportive nutrients such as iodine, zinc, selenium, B12 and B6.

## ► Hormone Health and Protein

How many glands require adequate nutrition to produce a hormone?

\_\_\_\_\_

## ► Cancer and Protein Loss

The common denominator in most of my clients with cancer is a very serious \_\_\_\_\_

## ► Critical Testing: Protein and Amino Acid Levels

Diets that are rich in \_\_\_\_\_ have the ability to provide amino acids.

## ► Your Protein Needs

What is the amount of protein a person needs per day based on (What is the formula)?

\_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

“

At the Nutrition and Health Center, our top three supplement companies are Standard Process, Metagenics, and Perque. Together, they have more than one-hundred and forty years of experience and only sell to health care professionals. Once you have selected a quality product, I am confident you will never regret your decision to supplement The Trinity Diet with quality proteins for best absorption. Confirmation of your good decision is sure to follow in the form of improved health.

”

# CHAPTER 4

## **CARBOHYDRATE: JESUS, THE BREAD OF LIFE**

"I am the bread of life. Your fathers ate the manna in the wilderness, and are dead. This is the bread, which comes down from heaven that one may eat of it and not die. I am the living bread, which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is my flesh, which I shall give for the life of the world."

JOHN 6:48-51

---

### ► Blood Sugar Balance and Frequent Eating

How often should you eat, whether you feel hungry or not?

---

---

---

### ► Life Is in the Blood

Blood carries what through the body as primary fuel for all cells?

---

---

---

## ► Carbohydrate Disease: An American Epidemic

The issues of \_\_\_\_\_ and \_\_\_\_\_ are the biggest reason Christians are \_\_\_\_\_ and \_\_\_\_\_ today.

With so much information out there, how do we know what we should eat?

My response:

“Eat foods that \_\_\_\_\_ and \_\_\_\_\_, but be sure to \_\_\_\_\_ them \_\_\_\_\_ they do.”

## ► Fat Loss Made Easy

For best results, select carbohydrates that are \_\_\_\_\_ in glycemic index

## ► Sugar: Cancer’s Favorite Food

Cancer cell activity is increased by excess \_\_\_\_\_ in our diet.

## ► Body Pain and Inflammation

What increases inflammation in the muscles and brain?

---

## ► Attention Deficit and Depression

The brain, which weighs only \_\_\_\_\_ pounds – a small fraction of our body weight – consumes \_\_\_\_\_ of the body's need for carbohydrates as fuel to function.

I believe most mental problems such as \_\_\_\_\_, \_\_\_\_\_, forgetfulness, brain bog and fatigue are primarily caused by \_\_\_\_\_ blood sugar from lack of \_\_\_\_\_ carbohydrates or hypoglycemia.

At breakfast and at every meal, we need a balance of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ in order to enjoy an alert \_\_\_\_\_, steady \_\_\_\_\_, optimal \_\_\_\_\_, sustained \_\_\_\_\_, and so much more.

## ► Carbohydrates Bring Peace

The consumption of \_\_\_\_\_ carbohydrates releases an \_\_\_\_\_-\_\_\_\_\_ hormone called \_\_\_\_\_, a hormone ambassador.

“

Ann came to our office with emotional and physical ailments which she had suffered from for many years. She used food as an emotional tool to help her deal with stress and the struggles of her life. Ann could not imagine living a day without crackers and chips. However, when we prayed together, she immediately knew the Lord would give her the strength to live this new life and she committed to depend on Him and not food. In the following months on The Trinity Diet, she lost nearly fifty pounds and acquired a greater energy, joy and zeal for living.

One morning she received a phone call from her child's school and the voice on the other end said, "Your daughter is having a seizure." This was not the first time this had happened, and in the past, her response to the situation was one of sheer panic. In fear, she would race to the school, speeding and running traffic lights. However, this time she calmly got into her car and drove to the school. Full of peace in her mind, body, and spirit, she prayed to the Lord as she went. Later, when telling the story, she was amazed at how calmly she responded to this very stressful situation. She attributed her ability to remain sound, to the lifestyle changes she was making as she followed The Trinity Diet.

”

## ► Carbohydrate Sensitivity Test

The survey on the following page is designed to evaluate a person's sensitivity to carbohydrates and their resistance to insulin and hormones in the working cells of the body. See page 41 for further information.

If you score high on this survey, you will want to strictly adhere to a balanced Trinity Diet program. It is also important that you seek further evaluation and intake of quality nutrients for optimizing cellular absorption of insulin and glucose. You can contact your local health professional to evaluate your BMR and then determine your specific calorie intake and supplement needs.

## Carbohydrate Sensitivity Test

Place a check next to each statement that holds true for you.

- (5) \_\_\_\_\_ I have a tendency to higher blood pressure.
- (5) \_\_\_\_\_ I gain weight easily, especially around my waist and have difficulty losing it.
- (5) \_\_\_\_\_ I often experience mental confusion.
- (5) \_\_\_\_\_ I often experience fatigue and generalized weakness.
- (10) \_\_\_\_\_ I have diabetic tendencies.
- (4) \_\_\_\_\_ I get tired and/or hungry in the mid-afternoon.
- (5) \_\_\_\_\_ About an hour or two after eating a full meal that includes dessert, I want more of the dessert.
- (3) \_\_\_\_\_ It is harder for me to control my eating for the rest of the day if I have a breakfast containing carbohydrates than it would be if I had only coffee or nothing at all.
- (4) \_\_\_\_\_ When I want to lose weight, I find it easier not to eat for most of the day than to try to eat several small diet meals.
- (3) \_\_\_\_\_ Once I start eating sweets, starches, or snack foods, I often have a difficult time stopping.
- (3) \_\_\_\_\_ I would rather have an ordinary meal that included dessert than a gourmet meal that did not include dessert.
- (5) \_\_\_\_\_ After finishing a full meal, I sometimes feel as if I could go back and eat the whole meal again.
- (3) \_\_\_\_\_ A meal of only meat and vegetables leaves me feeling unsatisfied.
- (3) \_\_\_\_\_ If I'm feeling down, a snack of cake or cookies makes me feel better.
- (3) \_\_\_\_\_ If potatoes, bread, pasta, or dessert are on the table, I will often skip eating vegetables or salad.
- (4) \_\_\_\_\_ I get a sleepy, almost "drugged" feeling after eating a large meal containing bread or pasta or potatoes and dessert, whereas I feel more energetic after a meal of only meat or fish and salad.
- (3) \_\_\_\_\_ I have a hard time going to sleep at times without a bedtime snack.

- (3) \_\_\_\_\_ At times I wake in the middle of the night and can't go back to sleep unless I eat something.
- (5) \_\_\_\_\_ I get irritable if I miss a meal or mealtime is delayed.
- (2) \_\_\_\_\_ At a restaurant, I almost always eat too much bread, even before the meal is served.

Now add up the numbers to the left of the statements by which you placed a check, write in your total, and check your results below.

\_\_\_\_\_ Total

- 1 to 10      You have a mild carbohydrate sensitivity. You have more freedom to eat a higher carbohydrate diet, but you still will want to follow The Trinity Diet.
- 11 to 20    You have a moderate carbohydrate sensitivity and should follow the Trinity Diet closely to return to optimal health.
- 25 or more   You have a severe carbohydrate sensitivity and should follow a strict Trinity Diet balance to reduce disease risk. You should also consider serious supplementation support to allow for repair of depleted body systems.

“

As another member of the Triune God, Jesus—the bread of life, is represented by carbohydrates in The Trinity Diet. Jesus plays a vital role in our lives as Christians, as do carbohydrates in our health. In the beginning, Jesus was present with the Father, speaking all life into existence (see John 1). Through faith in Him and by grace alone, our bodies, souls and spirits have been saved from eternal separation from God. We have been given life! Thanks be to God!

”



## CHAPTER 5

# FATS: THE OIL OF THE HOLY SPIRIT

"You love what is right and hate what is wrong. Therefore God, your God, has anointed you, pouring out the oil of joy on you more than on anyone else."

HEBREWS 1:9

---

- ▶ Essential fats are \_\_\_\_\_ for every cell membrane in the body for the purpose of \_\_\_\_\_ between the cells.

### ▶ Jesus Feeds Fish to Thousands

What is one of the best sources for healthy fats and oils?

---



---

The benefits of EFAs include aiding in \_\_\_\_\_ function, support for \_\_\_\_\_ and \_\_\_\_\_, and the control of \_\_\_\_\_ and \_\_\_\_\_.

## ▶ Trinity of Essential Oils

Name the 3 healthiest oils.

---

---

---

## ▶ Good Fat vs. Bad Fat

Every cell in the human body requires \_\_\_\_\_ to perform more than \_\_\_\_\_ chemical reactions.

## ▶ The Danger of Toxic Refined Oils

What fat was God referring to in Lev 3:17?

---

What provided protection of the genetic material in our cells from damage cause by toxic chemicals?

---

## ▶ Adequate Fat and Weight Loss

Increasing oils to \_\_\_\_\_ or more in your Trinity Diet will cause your \_\_\_\_\_ to increase and burn more calories.

## ► Cholesterol: Bad Guy or Lie?

Your body is able to make how much I. U. of Vitamin D from Cholesterol due to sun exposure?

---



---



---

\_\_\_\_\_ is needed to create steroid hormones for repair and rebuilding of cellular tissue.

## ► Meds vs. EFAs

Because medications \_\_\_\_\_ the very symptoms God designed to initiate healing and repair, further \_\_\_\_\_ to the body is \_\_\_\_\_.

## ► Sources of Essential Fats

How many Omega 6 fats are consumed each year by the average American?

---



---



---

## ► Your Body: A Temple

What scripture tells where God's temple is today? (Fill in the blanks - see page 59)

"Or do you not know that \_\_\_\_\_ is a temple of the \_\_\_\_\_ who is in you, whom you have from God, and that \_\_\_\_\_ ? For you have been \_\_\_\_\_ a \_\_\_\_\_ : therefore \_\_\_\_\_ God \_\_\_\_\_."

“

The third member of The Trinity Diet is fats and oils. We cannot live a life of abundance in our bodies without the proper fats and oils in our choice of foods. The scriptures about the oil of joy, or the Holy Spirit, can be related to the role oil has in our health and well-being. Romans 14:17 says, "For the kingdom of God is... righteousness, and peace, and joy in the Holy Ghost."

”

“

As I've studied the Holy Spirit over the years, I've learned He is a sort of transmitter too. He transmits a signal from the Father to us, equipping us to respond and perform the many acts that are part of our daily walk with Him. The Lord desires us to communicate with Him, to receive His Word through the Holy Spirit, and to know His perfect will for our lives. Jesus said, "My sheep hear my voice, and I know them, and they follow me" (John 10:27). Jesus is referring to hearing His voice through the Holy Spirit that lives in us. Likewise, oils enable our cells to receive the information they need in order to do what they're supposed to do.

”

## CHAPTER 6

# THE SOURCE OF SICKNESS

"If you will listen carefully to the voice of the LORD your God and do what is right in his sight, obeying his commands and laws, then I will not make you suffer the diseases I sent on the Egyptians; for I am the LORD who heals you."

EXODUS 15:26 (NLT)

---

### ► Trauma

There are 3 different types of trauma. List them.

---

---

---

Disease is often linked to \_\_\_\_\_

### ► Toxicity

What is one common agreement between Clinical Nutritionists and Naturopaths?

---

- An average American has how many toxic chemicals in their blood at any time?

\_\_\_\_\_

We are particularly susceptible to these pathogens due to the \_\_\_\_\_  
\_\_\_\_\_ of \_\_\_\_\_ that damage and  
reduce the \_\_\_\_\_ in the intestines.

## ► Insufficiency

The lack of nutrients or insufficiency in our diets today comes from what?

\_\_\_\_\_

What scripture refers to the reason for our lack?

\_\_\_\_\_

Inadequate sleep can cause \_\_\_\_\_ fatigue, \_\_\_\_\_  
under the eyes, blood sugar \_\_\_\_\_, and \_\_\_\_\_  
and \_\_\_\_\_ in the body.

Sleeping less than \_\_\_\_\_ hours per night increases  
the risk of \_\_\_\_\_ in both men and women.

## ► The Trinity of the Disease Process

When the body can't remove the incoming toxins at a quick enough rate, what happens? \_\_\_\_\_

\_\_\_\_\_

God has designed our bodies to what? \_\_\_\_\_

\_\_\_\_\_

## ► Medical Doctor: Different Perspective

What is the name of the doctor mentioned in this segment?

\_\_\_\_\_

What makes this doctor different than the traditional doctors of today?

\_\_\_\_\_

## ► Sorcery

What scripture refers to "For the merchants were great men of the earth;  
For by their sorcery were all nations deceived?"

\_\_\_\_\_

- What Greek word is the definition of sorcery? \_\_\_\_\_

\_\_\_\_\_

Where does the word pharmacy come from? \_\_\_\_\_

## ► Godliness without Power

Because of the stronghold of “pharmakeia” or \_\_\_\_\_,

those dependent upon it do not feel \_\_\_\_\_.

## ► The Woman with the Issue of Blood

The woman with the issue of blood was healed because of her \_\_\_\_\_

\_\_\_\_\_.

## ► A New Thing

You are called to this promise of \_\_\_\_\_.

This is found on page 76.



# CHAPTER 7

## CLEANSING AND DETOXIFICATION

“Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.”

PSALM 51:7

---

- ▶ What kind of symptoms can exist when the body is exposed to excess toxins?

---

---

---

- ▶ The Importance of Hydration

What nutrient is one of the most important to enable cleansing of the internal organs?

---

---

---

## ► Water for Cleansing

Cleansing may appear to be a \_\_\_\_\_ among those seeking better health, but it is as ancient as \_\_\_\_\_ times.

The modern process that gently and safely irrigates the colon is called \_\_\_\_\_.

## ► Toxin Overload

What organ is the largest for excreting toxins? \_\_\_\_\_

## ► Water to Wash and Refresh

What is a good rule to use in determining how much water a person should consume? \_\_\_\_\_

## ► Herbal and Nutritional Support for Detoxification

What organ helps to convert fat-soluble toxins to a more water-soluble state? \_\_\_\_\_

When in the hospital the doctors requested the removal of what organ from Cathy's body? \_\_\_\_\_

- What did Cathy do instead of having this organ removed?

---

---

---

## ► Cleansing in the Wilderness

What mineral provides cleansing for internal organ systems?

---

Where in scripture did the Lord try to get the Israelites to consume this mineral? \_\_\_\_\_

## ► Daily Cleansing Habits

List five simple cleansing habits that you can use on a continuous basis to safely cleanse your body?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## ► Detoxification Shopping List

What are the top detoxification products recommended by professional health care providers such as those at the Nutrition and Health Center?

---

---

---

## ► Food Sensitivity Testing

When is the best time to consider performing a food sensitivity test?

---

---

---

“

How many times recently have you heard of someone going through a cleansing or detoxification program? It seems as though this is the latest health craze, and everyone seems to be jumping on board. While there are many approaches that claim to support this natural process, “detoxification” is nothing more than a normal process your body performs throughout the day. The Trinity Diet focuses on providing an adequate balance of the nutrients your body needs to optimize its ongoing detoxification process.

”

## CHAPTER 8

# EASY HERBAL REMEDIES

“And God said, ‘See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.’”

GENESIS 1:29 (NLT)

---

### ► Herbs for Everyday Consumption

What very important truth did Hippocrates state: that there is no distinction between \_\_\_\_\_ and \_\_\_\_\_.

“ The miracle of plants is summed up in Revelation 22:2, which says, “...the leaves of the tree were for the healing of the nations.” Since the beginning of recorded history, plants have been the main source of medicine for people all over the world. So what exactly is an herb? An herb is a plant valued for its medicinal properties, flavor, scent, or the like. It may include the bark, flower, fruit, leaf, stem, or root of a plant. The vast and continuous science of using plants for healing is called herbology.

”

## ► Pain and Inflammation Support

What disease was Frances diagnosed with, that after following The Trinity Diet and a natural anti-inflammation support program, she became free of both pain and medication?

---

## ► Immune System Support

\_\_\_\_\_ angustifolia and \_\_\_\_\_ purpurea are two powerful herbs that assist the body's natural defenses and enhance the immune system.

“

In this chapter, we have covered the majority of the body's systems and their supportive herbs. Herbal remedies are available for just about any ailment today, but you have to be careful to choose quality products in order to avoid pesticide and chemical residues that can cause more health problems. Professional pharmaceutical-grade products are available through many natural health care providers.

When taking herbs, you will want to test your body for functional needs on a regular basis in order to determine your specific needs. This can be done by testing your saliva hormones, blood, and urine. Functional health need testing can be done through our clinic or any other comparative natural health care organization.

”

# CHAPTER 9

## THE TRINITY OF FITNESS

"For bodily exercise is profitable..."

I TIMOTHY 4:8 (ASV)

---

- The trinity of fitness includes: \_\_\_\_\_ (cardiovascular), \_\_\_\_\_, and \_\_\_\_\_.

### ► Aerobic Exercise

To reap the benefits of aerobic exercise, you must \_\_\_\_\_ your \_\_\_\_\_ heart rate for at least \_\_\_\_\_ minutes.

### ► Strength or Resistance Training

When we increase our strength with resistance or weight training, we are increasing our skeletal \_\_\_\_\_.

## ► No Excuses

Being physically active enables you to \_\_\_\_\_ and get more \_\_\_\_\_ out of life.

It also prolongs \_\_\_\_\_, improves \_\_\_\_\_, achieves metabolic \_\_\_\_\_, promotes \_\_\_\_\_ loss, strengthens \_\_\_\_\_ and blood vessels, increases \_\_\_\_\_, decreases the incidences of \_\_\_\_\_ and improves the \_\_\_\_\_ system.

## ► Flexibility

\_\_\_\_\_ on a daily basis will help to reduce muscle tension, prevent injuries, and increase your range of motion.

“

Today at age fifty, I continue to set goals to help me maintain the strength of my youth. I believe we should always have a goal before us whether it concerns our walk with the Lord, exercise, menu planning, marriage, relationships, or business. Goals are important in all areas of our lives! We know our bodies will die, but a healthy and fit body while still alive, will yield the greatest return, helping us to fulfill God's callings throughout a lifetime.

”



# CHAPTER 10

## MAKING IT WORK FOR YOU

"Or don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body."

I CORINTHIANS 6:19-20 (NLT)

---

### ► Ten Steps for Making the Transition

Name the three steps you feel are most important for you and your family in making this transition to health.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ► Other Suggestions

Name three of the other suggestions you feel are crucial for you to implement.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ► Trinity Cycles of the Body

What are the Trinity Cycles of the body that occur each twenty-four hour period?

---

---

---

## ► Store Up Treasure

Hosea 4:6 says, “My people are destroyed from lack of \_\_\_\_\_.”

Having received education and understanding regarding health...

1 Samuel 15:22 says, “To \_\_\_\_\_ is better than \_\_\_\_\_.”

## ► Temporary Afflictions

What are some temporary symptoms that may occur as your body begins flushing out toxins? Name four.

---

---

---

---

# CHAPTER 11

## THE TRINITY DIET KITCHEN

"Let me prepare some food to refresh you. Please stay awhile before continuing on your journey."

GENESIS 18:5 (NLT)

### ► Getting Equipped in the Kitchen

Part of making The Trinity Diet work for you is to stock up your \_\_\_\_\_ and \_\_\_\_\_ with the right \_\_\_\_\_ and \_\_\_\_\_.

You also need to have the right \_\_\_\_\_ to simplify food \_\_\_\_\_ and cooking.

What tools would you like to add to your kitchen?

---




---



---

## My Favorite Recipes



---

---

---

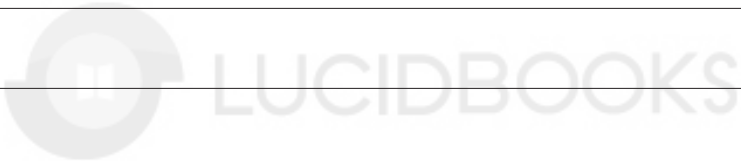
---

---

---

---

---



## Final Thoughts

You get to choose! You can choose to be an overcomer by following the Lord's pattern for healthy living. Allow His wisdom to transform what you believe and walk by faith in the newness of life that He provides. We have done our best to make the steps in this book simple. The following "Checklist of a Healthy Human" should motivate you to run the race of health leading to a strong and disease-free lifestyle. We really do know from experience that implementing the simple truths of The Trinity Diet will allow you to live the abundant life Jesus promised.

Years from now, you too will look back and see how the hand of God has delivered you and your family from disease just as He has proclaimed, "I will put none of the diseases upon you" (Ex. 15:26 NKJV). As you are obedient to care for the temple and live The Trinity Diet, He will reward you as He has us.

## CHECKLIST OF A HEALTHY HUMAN

Check each item below that applies to you to determine your current level of health. Total the number of checks at the bottom to find out where you stand as a healthy human.

1. \_\_\_\_\_ Ideal body weight for height
2. \_\_\_\_\_ Solid, lean muscle with optimal fat ratio
3. \_\_\_\_\_ No weakness or fatigue
4. \_\_\_\_\_ Bright eyes; whites not blood shot
5. \_\_\_\_\_ Absence of disease or illness
6. \_\_\_\_\_ Quick-healing injuries and sickness
7. \_\_\_\_\_ Clear, soft, and smooth skin
8. \_\_\_\_\_ Absence of body odor
9. \_\_\_\_\_ Cravings only for nature's food
10. \_\_\_\_\_ Lack of desire for toxic foods and substances
11. \_\_\_\_\_ Cleansing reactions such as vomiting, diarrhea and fever, etc.  
when toxic foods are consumed
12. \_\_\_\_\_ Regular bowel movements daily (three or more per day)
13. \_\_\_\_\_ Fruity or no stool odor
14. \_\_\_\_\_ Stool floats and is soft and easy to eliminate
15. \_\_\_\_\_ Urine not too strong in odor with a golden sunshine yellow color

16. \_\_\_\_\_ Saliva pH of 7.0 or higher
17. \_\_\_\_\_ No fatigue, only drowsiness at bedtime
18. \_\_\_\_\_ Rest and sleep peacefully
19. \_\_\_\_\_ Awaken with energy, feeling refreshed
20. \_\_\_\_\_ Enthusiastic about life
21. \_\_\_\_\_ Able to handle stress in proper perspective without losing your cool
22. \_\_\_\_\_ A sense of fulfillment and accomplishment at the end of each day
23. \_\_\_\_\_ Love, forgiveness, and acceptance of self and others
24. \_\_\_\_\_ Living in righteousness, peace, and joy each day
25. \_\_\_\_\_ Exercise four times per week for forty minutes without feeling of fatigued
- \_\_\_\_\_ Total numbers checked

Find your score below to see how you rate.

- |           |   |
|-----------|---|
| 5 or less | You need to consider serious lifestyle changes.         |
| 5 to 10   | You are trying to stay out of trouble most of the time. |
| 10 to 15  | You are on your way to living the dream.                |
| 15 to 20  | You are a seriously committed health advocate.          |
| 20 to 25  | You are living an abundant healthy life for God.        |

# NOTES



# NOTES



LUCIDBOOKS



LUCIDBOOKS



LUCIDBOOKS