



Daniel Fast Self-care Guide

***Breakthrough for Spiritual,
Emotional & Physical Health***

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Healing for the Spirit, Mind and Body

This Daniel Fast self-care guide provides health and wellness strategies to help you to rebuild your temple. Commit to use these strategies during and after the fast.

PRAYER

Sit for a moment with your eyes closed. Even just a few moments of prayer can set the tone for the rest of your day. Center your mind on God's word and take deep breaths before jumping into your daily tasks.

LIGHT EXERCISE

Any type of exercise is great for your health. During the fast, avoid strenuous exercises to prevent over-burdening your immune system and/or adrenal glands. Commit to walking, cycling or stretching for 15 to 30 minutes every day.

OIL PULLING

Oil Pulling is an ancient practice that has been used for generations to remove toxins from the body. Use one tablespoon of coconut or extra virgin olive oil and swish it around in your mouth for 5-10 minutes and then spit it out. This practice has proven to kill any oral bacteria in your mouth and pull out toxins from the rest of your body.

LIMIT THE USE OF DIGITAL DEVICES/COMPUTERS

Technology has become a major element in most of our lives. Social networking, email, and web-surfing can occasionally cause our minds to lose focus and wander through hundreds of topics, thoughts and ideas. Consider eliminating all electronic communications to include cell phones, ipads, TV's and computer for a specific time of the day i.e. from 6:00 a.m. to 6:00 p.m. or select one-day out of the week to refrain from all use. To resist the temptation of engaging with your digital devices, silence or mute the ringers and keep them in a different room.

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.



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ENJOY GOD'S CREATION

When time permits – take a 5 to 10-minute break to step outside and breath-in some fresh air. Disconnect from the rest of the world and concentrate on the beauty of nature.

EAT SLOWER

A lot of us tend to speed through meals – missing the chance to appreciate different textures and flavors. Start to chew foods more slowly while trying to distinguish new tastes, aromas and consistencies.

MAKE SLEEP A PRIORITY

Assess how much sleep you need. Experiment by taking 1-2 days during the week to not set your alarm clock. Allow your body to wake up naturally on its own to see how rested you feel. Consider taking an extra-long nap or candlelit bath to give your body the much-needed rest that it deserves.

MASSAGE

Integrate massage into your self-care treatment program at least once a month. Massaging the skin promotes deep muscle and tissue relaxation, detoxification, alleviates stress, relieves pain, improves blood circulation, and is beneficial to your overall health and well-being.

HYDRATE

Hydrate your body with plenty of fresh water. Drinking plenty of clean filtered water removes toxins from your body and keeps your skin naturally moisturized and healthy.

CONNECT WITH FAMILY AND FRIENDS

God created us to be relational beings. We all try to make a considerable amount of time to spend with close friends and family. We discuss life events, exchange stories – but how often do we catch-up while truly listening and connecting? Put away the cell phones and steer clear of noisy environments. Connect on a deeper level.

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MAKE TIME FOR YOURSELF

When's the last time you spent valuable time by yourself? Take a night to find a new book, meditate on God's Word for inner renewal or cook new delicious recipes.

TIME MANAGEMENT

Some of us like to stick to a tight schedule and plan all our daily events. Next time you're jotting down new tasks in your planner, try to factor in a few extra minutes when estimating how long things will take. This will help you not rush through daily tasks.

ESSENTIAL OILS

Diffuse Lavender Oil to help you feel calm just before bed. Place a drop or two of oil on your pillow for a soothing effect. Make a spray by using 5-7 drops of oil with 1 ounce of filtered water and spray lightly into the air, on your pillows and sheets.

REFLECTIVE MOMENTS

Reflect on all of the blessings in your life i.e. family, friends, community, health, life, church etc. and thank God for them in prayer.

REMEMBER YOUR GOALS AND ASPIRATIONS

Each morning when you wake up, take a few moments to think about your life goals and aspirations that God has for you. Try to recall the milestones you've already made in your life, and your drive to achieve new ones. Try doing this for about 5 minutes before getting out of bed to start your day.

DRY BRUSH YOUR SKIN

Dry body brushing helps shed dead skin cells (and encourages new cell renewal), which results in smoother and brighter skin. It assists in improving vascular blood circulation and lymphatic drainage.

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