

Here's a plan. At the end of 12 months, your life will be changed!

Start with getting the **health checks**. Go to your doctor and get **blood tests** and a check up - **blood pressure**, FBC, E/LFT, thyroid, cholesterol and so forth. **Know your family history**, and then take it before the Lord. Do the right thing naturally with lifestyle, and then take communion over it, doing the right thing spiritually, to remind yourself of the Covenant of Peace you have in Jesus, and that your family history shall not lord it over you. You are of the Family of God now, and your natural family's health problems are no longer a part of you. Plead the Blood of Jesus over your body and your soul. *James 4:7 (Youngs) Subject yourselves to God, stand up to the devil and he will flee from you.*

Then, give yourself 1 month for each habit: (remembering that it takes 21 days to form a new habit):

The first habit we need to either maintain or begin, is the habit of investing time in God ("investing" has a different meaning to "spending" time), taking up meditating, or investing in "quiet time".

1st month: Start your **daily quiet time** – morning, noon or night – just do it! Schedule it in, like a doctor's appointment, because that's what it is. And start to **drink more water** and take a good multi vitamin and other **supplements** – work up to 2 litres of water – or 8 glasses – a day.

2nd month: adding to your quiet time & water habit, start **exercising** – a 20-30 minute walk, and 10-15 minutes with weights.

3rd month: adding to water and exercise, eat more **fruit and vegetables** – you need about 5-9 serves of vegies and 2 fruit a day. Meat is to be the size and thickness of your palm (not your spouse's – that's what *they* eat). Keep rice, pasta, and potatoes to the size of a clenched fist (or ½ cup cooked).

4th month: adding to the others, start eating **fish** – say 2-3 times a week (eg sardines on toast one morning, a tuna salad for lunch one day, and fish and veg one dinner). Fish and chips don't count – sorry.

5th month: add some **legumes** into your diet – a can of brown lentils tossed in with spaghetti bolognese adds fibre, vitamins and phytonutrients – a no fat. A can of red kidney beans to mince with some Mexican spices and chilli – voilà! Chilli con carne.

6th month: when you **brush your teeth** (at least twice a day), **floss as well**. Bad teeth and gums can end up infecting your arteries. And **ditch the junk food!** Use the **19/21 rule** – out of 21 meals (7 days), 19 are healthy, the other 2 can be *less so* (don't go overboard on the junk!).

7th month: add about **10 nuts (no more)** a day to your diet (not peanuts) – almonds, walnuts and macadamias. Try eating them before a meal – the fat fills you up, and the fibre, magnesium and B vitamins are great. Try pumpkin seeds for Zinc. **Cut out other snacks** – like chips, ice cream etc.

8th month: make sure you eat **breakfast!** It keeps you young. And don't drink **tea or coffee** with your meals – they block the absorption of some minerals. Ditch instant coffee and have espresso as a treat. And try green tea with mint or lemon.

9th month: **spend some time helping someone** else. Volunteer with meals on wheels or one of the other charities or mow a neighbor's lawn – doing good boosts your immune system too!

10th month: make sure you're "**eating the rainbow**" – the more colourful the vegetables, the better. **Drink green tea instead of coffee.**

11th month: get your 10-20 minutes of early morning OR late afternoon **sunshine** – a walk in the park, or a dig in the garden.

12th month: **Give thanks** for all the blessings you have been given. **Cultivate the attitude of gratitude.**