

Total Body Radiance

Eat the Rainbow

Total Body Radiance Lesson #7



Main Focus: Your main focus this week is on increasing your walk to 10 minutes, and setting up a challenge!

Here we are at week 7. I am SO PROUD OF YOU! It's tough to hang in there on a course like this for this long. Well done!

How did you enjoy your quick 5 minute walk last week? Were you able to keep up with it daily? I hope so, because this week we're going to increase your daily walk to 10 minutes. You'll continue with the loosening exercises and the warm up/breath prayer segment from last week, and this week you'll add a 5 minute cool-down section that will teach another breathing/meditation exercise. You should be completely finished in about 15 minutes.

Let me talk you through the breathing/meditation exercise first (again, I have recorded some of this in the video, and will talk you through all of this on the accompanying mp3 so you can just head out and walk).

Let's start by practicing this without walking first.

1. Breathe in to the count of four
2. Hold for the count of 16 (it's a good thing you're walking VERY slowly!)
3. Release for a count of 8
4. Repeat the cycle.

When you're familiar with this and can do it well, we'll add the meditation:

1. Breathe in to the count of four and recite (from Psalm 138): ***I will praise you, O LORD, with all my heart;***
2. Hold for the count of 16 and repeat four times: ***The LORD will fulfill his purpose for me; The LORD will fulfill his purpose for me; The LORD will fulfill his purpose for me; The LORD will fulfill his purpose for me;***
3. Exhale for the count of 8 and pray: ***Your love, O LORD, endures forever— do not abandon the works of your hands.***

When you feel comfortable with this, take it to the streets: loosen up, walk 5 minutes with your original set of breath prayers, walk 5 minutes with these breath prayers, and end with your stretching.

Now, let me say something about these meditations for those of you who are getting frustrated with all this memorized/recited stuff.

If you pay attention to your daily thoughts you will probably find that most of them are negative and condemnatory. Often full of *self*-condemnation as well as frustrations expressed towards others. Maybe, like me, you tend to rehearse what you “should have” said or “should have” done, or what you'll say and do the next time. Or you're going over lists of all the things you need to do, and perhaps even all the things you've failed to do. It can be exhausting going over all that stuff! Exhausting, demeaning, and depressing. Certainly this is how my Type A, performance-based mind tends to work.

I had the fortune of marrying a true Irishman, from Belfast. Marrying him opened up a whole different world of Celtic Christianity for me that has been the beginning of a fascinating journey.

One of the things I learned was that the ancient Celts had a prayer for everything. They prayed when then got up, prayed when they got dressed, prayed when they lit the fire, prayed when they prepared their meals, prayed when they went out, prayed when they came in. Now they had set prayers for each of these activities, and while I think that might be a bit of “overkill”, I think the cool thing about it is that it forced them to be constantly

thinking about God. Their minds were not free to roam into dark areas and tell themselves lies about what a failure they are, and how badly they performed, *again!* Instead, their thoughts were on higher things. Their days were constantly being held together by prayers and belief in a God who provided miraculous care. The old Celtic legends are full of wonderful stories of miracles that were simply taken for granted by a people who followed a God who lived what He promised.

The Bible also teaches this principle. In [Philippians 4:8-9](#) it says, *“Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.”*

Also, using these breath tools throughout the day will force your body to lower its stress rate, and burn a high percentage of fat for energy, instead of glucose, and will clear your head, enabling you to make better decisions and cope better with the things going on in your life. Not bad for a quick and simple exercise!

Why does this work?

If I tell you not to think of a purple cow the first thing you're going to see is a purple cow. We all know what we *shouldn't* think about, but it's hard to figure out what we *should* think about. As a Christian, I love to think about the Scripture that affirms who I am in Christ, and how God is watching out for me. My day is completely different when I have that kind of a focus. If you're not a Christian, and don't believe in God the way I do, please, let me encourage you to really take what I offer, and change it to suit yourself. Just make sure you choose phrases and affirmations that build you up. By creating a pattern of affirmations (or a series of Bible verses) you know where to start when your mind starts taking you down negative rabbit holes, and once you start the positive thought pattern, you just keep going until you're where you need to be.

Later in the course as we get into longer walks we'll be doing lots of interesting kinds of walks, not just ones based on Scripture. I just like to start my walk by getting my mind in the right space before I allow it wander a bit. By focusing it first, I set up a kind of perimeter so that I notice quickly when my mind strays into areas I'm not happy with.

Because I have lots of memorized texts in my head, and because I set up certain thought patterns when I walk, I find it easy to re-direct my mind, instead of spending important time floundering around looking for something to anchor my thoughts to.

The Bible has a wonderful verse in Psalm 46:10: “Be still, (let go, cease striving, relax) and know that I am God.” That's the purpose of the texts I choose – to relax in the knowledge that a God greater than I am, and greater than I can imagine, is in charge of my life. The world looks a whole lot different from that perspective.

And remember – walk slowly! The mp3 will guide you to walk at an optimum pace.

Now, on to our Nutritional Focus



Main Nutritional Focus: Eat the Rainbow

Now that we've got you eating a serving of raw foods each day, make sure that the foods you are selecting are varied in color. This will ensure that you get a variety of nutrients, as well as expanding your horizons with foods. It is the biologically active substances in foods, called *phytochemicals*, that give them their color, flavor, and natural disease resistance abilities. Each of the different colors represents the vast array of nutrients our bodies need for optimal health and weight loss. You can make your own multivitamin by including the colors of the rainbow in your selection of foods each day.

Green foods like salad greens, spinach, kale, and broccoli have more calcium than any dairy products. Green is also an indicator of chlorophyll, which is one of the most healing nutrients on the planet. Green foods are high in antioxidants known to prevent many types of cancers.

Yellow foods like summer squash, bananas, and yellow bell peppers also contain calcium, as well as iron, copper, magnesium, phosphorus, potassium, zinc, and vitamins A, B complex, C and E.

Red foods contain a powerful nutrient called lycopene, which is known to prevent cancers. The red color also signifies vitamin A, which improves our body's resistance to colds and flues, and also promotes the feeling of well being. The vitamin B in red foods aids in absorption and normalizes the brain and nervous system by increasing metabolic processes. Red foods include tomatoes, red peppers, beets, cherries, pomegranates, cranberries, grapes, watermelon, and strawberries. Red peppers have up to six times more vitamin C than oranges.

Orange foods are excellent detoxifiers. The best orange foods to eat raw are carrots. They help cleanse, nourish, and stimulate almost every system in the body. Orange foods are high in beta-carotene, an important nutrient for improving the immune system. Beta-carotene is converted to vitamin A in the body and is important for healthy eyes, hair, skin, and teeth. Carrots help balance the endocrine system and the adrenal system—two important systems for healthy weight loss. Eat carrots raw as a snack, in a salad, or freshly juiced.

Blue is for blueberries, which help improve bowel function, cleanse the blood, improve circulation, and improve night vision. Blueberries also contain high amount of antioxidants, vitamin C, vitamin E, and fiber.

Here are some easy ways to eat the rainbow:

- Eat at least 2 different colors in each meal, more if possible
- Add broccoli, carrots, and yellow peppers to your salad greens
- Grate both red and golden beets into your salad
- Mix strawberries, blueberries and bananas into yogurt
- Snack on green and red grapes
- Juice 2 fresh carrots along with some of the carrot greens and 1 apple for a deliciously sweet beverage¹

¹Dee McCaffrey, CDC ©2009 Tips adapted from *Plan-D: The Amazing Anti-Diet That Will Change Your Life Forever*. www.plandee.org Used with permission



Life Transformation Group: Ok, this is going to be fun. If you completed your last LTG assignment, you have an idea of things people want to do to change and grow. Well, this week, you're going to help each other do just that.

I am a HUGE fan of the library, and I'm always checking out wild and crazy books on a number of different topics. The other day I found a book called "[The Game On! Diet: Kick Your Friend's Butt While Shrinking Your Own](#)" It's a hilarious concept and a great idea. I would love to recommend the book itself, but it is so full of truly foul language, that I simply can't bring myself to do it. However, a person can find wisdom in many unexpected places. You can check out the website at: www.thegameondiet.com for more ideas and input, if you like.

So, starting with that as my base, here's this week's challenge:

1. Call up your group of friends and ask them if they'd like to participate in a challenge. If they're interested invite them all over for coffee/dinner to set the scene.
2. Each person picks their goal and decides a few habits they need to create in their life to achieve it – 3-5 habits is an ideal number. Total Body Radiance people have it easy because the habits are already decided for you!
3. Put the habits you've decided on in the order of their difficulty for you.
4. Score those habits such that the most difficult ones are worth the most points and the least difficult ones are worth the least points. The total should add up to 100.
5. The challenge will run for 4 weeks, so come up with some fun ways to celebrate your victories each week, and spur each other on to greater things where you struggled.
6. Now decide on a prize that's worth it to everyone. You can find some ideas [here](#). This is for the grand prize at the end to the team who is ahead at the end of the four weeks.

Now that you have all the information you need, let's review this week's assignments and habits:



This week's assignments:

Remember to keep up with the habits that “disappear” from this list as well! They should be firmly ingrained in your mind now, so not so hard to keep track of!

1. Keep up with a 10 minute designated walking routine
2. Eat the “rainbow”
3. Get some friends together for your challenge
4. Eat “resistant starch” - a ½ cup or more per day.
5. Eat something raw at every meal
6. Pray your weight-loss prayer daily
7. Add a third glass of water to your daily tonics until you meet your daily requirement
8. Write in your journal daily.

Now, see, isn't that simple? I told you you could do *THAT!*



Disclaimer:

To the best of our knowledge, understanding and ability, the information presented in this program is true and accurate as of its publishing date.

However, this plan is educational only and is not intended to replace a consultation with a qualified healthcare professional regarding your own specific situation and medical history. For this reason it is strongly recommended that you consult with your physician before starting this or any other diet or weight loss program.

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As always, my thanks to "[TemplatesWise](#)" for providing the music for the recording!