

Total Body Radiance

Prayer and Water

Total Body Radiance Lesson #5



Main Fitness Focus: *Set up your weight loss goal, learn a prayer to get you there, and then, once again, increase your average daily step count by 100 steps.*

This week I wanted to once again challenge you to increase your average daily steps by another 100 steps per day. If last week you averaged 1000 steps, this week you need to shoot for 1100. Check out another idea or two in the special report I gave you last week about how to increase your steps, and see which ones you can incorporate into your daily life. Again, it's not about creating a designated walking habit. It's about making your lifestyle more active in general.

That's it for your Fitness challenge. Next week we step it up more seriously, but you have had a lot of new challenges over these past few weeks, so this week we're keeping it really easy to give you the time you need to master what you already have.

I'm going to give you a motivational challenge this week as well. If you're like most people your attention span is starting to fade a little and you're probably finding you're not jumping at each week's lesson with the same enthusiasm you had when you first started. This is human nature, and we must fight against it!

So, this week I'm offering you two different things to give you a bit of a kick in the butt:

1. Calculate Your Ideal Weight. Many of us suffer under the burden of trying to attain a weight goal that is unrealistic and unhealthy. We might have weighed it once in our lives before other things happened, or it might be a friend's weight who looks great. Whatever, we need to calculate a truly ideal body weight that is based on a number of factors. Here's a fairly simple way to do it so that you get a very accurate result. Find a measuring tape, and then take the "[Home Body Fat Test](#)" (there are about 3 pages to the full test – short, quick pages). When you get to the end you'll find out what percent of your body is fat, and what percent is lean (muscle, bone, body water). If you're a woman, use a calculator to add 12% to your lean number. If you're a man, add 5% (sorry, ladies, we need more fat to be healthy!) The number you end up with is a fairly accurate guide to how much you should weigh.

2. A Daily Prayer. There is more and more [evidence](#) that prayer can help you achieve greater health. Today I am giving you a prayer that I found on the Internet in several places, that I have then slightly modified for the purposes of this course. I am encouraging you to first of all, to fill in the "blank" with the ideal weight you discovered in step one, and then to pray this prayer (or adapt it to your own faith/needs) every day – especially when you're feeling unmotivated and frustrated. You will also find a recording of this prayer and the following declarations in this week's lesson so you can listen and pray as well as read and pray, depending on your personal preferences. You might also try falling asleep to this prayer. The more you work with it, the more evidence you will see of it working in your life.

One important note. This prayer is a prayer of declaration based on the Christian principle of [Spiritual Warfare](#), and as such, it is very powerful. Spiritual Warfare is a complicated subject that cannot be covered here. Suffice it to say that if you are not a so-called "Born-Again Believer" (or don't know what that is) this prayer could be [dangerous for you to pray](#), especially on your own. If that is the case for you, let me simply suggest that you avoid the italicized part of the prayer written between brackets, and simply declare this as an affirmation over yourself. It will still be a very powerful thing.

If you want to explore Spiritual Warfare further, I would encourage you to listen to the audio recording called "[Epic](#)" and follow that up with either "[A Battle to Fight--Spiritual Warfare for Men](#)" or "[Finding Freedom-Spiritual Warfare for Women](#)"

Ok, let's move on to the prayer.

Weight Loss Prayer

I declare in the Name of Jesus, that my body weighs a healthy, lean, energetic, vibrant, glowing, strong _____lbs. calling forth things that are not as though they are, in accordance with [Romans 4:17](#). I command every cell to function in wholeness. Every bio-genetic curse of addiction is broken. My DNA is correct and functions in line with God's word. *(Every generational curse of obesity and all other curses affecting my weight and health are broken.*

I command every spirit of gluttony, sugar addiction, over-indulgence, compulsion, addiction, craving, lack of self control, anxiety, depression, anger, unworthiness, deformity, unbelief, oppression, self hatred, hatred of my body, ugliness, rejection, rebellion, inconsistency, deception, failure, fear, intimidation, loneliness, and all other connected and related spirits not of the Lord Jesus Christ to come out now in the name and by the Blood of Jesus Christ. You are not allowed to dwell in, around or attach to me in any way, shape, form or fashion. It is finished. Be gone, now.)

My body is whole and healthy. I eat healthy food. I exercise physically, mentally, spiritually and emotionally on a level of maximum efficiency. I am not moved by what I see for faith is the substance of things hoped for but not yet seen. I can do all things through Christ who strengthens me. I love and respect my body and call it holy as the Lord my God is holy.

My metabolism, blood sugar levels, respiratory, cardiovascular, glandular, reproductive, digestive, neuro-muscular, and all other systems of my body, and every cell and every organ function as they were created to function, in perfect harmony and balance. I walk in the wholeness of Jesus Christ. I have outward and inward beauty. The beauty of Christ radiates from my very presence. The Jesus that is in me is beautiful and the fragrance of the Lord follows me wherever I go. I am the bride of Christ, pure, spotless and blameless before Him.

The favor of the Lord rests upon me and is unconditionally abounding toward me in every situation and circumstance. Jesus has plans and a hope for my future, and I will fulfill every inch, every centimeter of what he has for me. Satan is bound from interfering with the divine path of destiny the Lord Jesus Christ has called me to. I will no longer let fear, intimidation, rejection or any other thing stand in my way. I run the race with a victor's

crown on my head and feet that are swift to reach the high calling God has placed upon my life. I walk on high places in the power of the Holy Spirit who resides big in me.

(I am violently and forcefully taking back everything the enemy has stolen from me. All of Satan's plans and assignments are canceled. I am fully equipped and equipping others in the art of warfare. The high praises of God are upon my lips. I stand with a two-edged sword in my hand slicing into and pushing back the forces of darkness. The weapons of my warfare are not carnal but mighty through God to the pulling down of strongholds. I am sharpened as iron sharpens iron.)

I have the mind of Christ and the thoughts, feelings and intentions of His heart. I take every thought captive to the obedience of Christ Jesus my Lord. Every fiery dart directed at my mind is quenched by the shield of faith. I do not entertain vain imaginations. I think only on glorious and lovely things. All God's promises are yes and amen!¹

To this prayer, add the following scriptural declarations:

According to [Psalm 34:10](#) I declare that though the lions may grow weak and hungry, I, who seek the LORD, will lack no good thing.

According to [Psalm 42:11](#) I declare that I will put my hope in God, for I will yet praise him, my Savior and my God.

According to [Psalm 55:18](#) I declare that God ransoms me unharmed from the battle waged against me, even though many oppose me.

According to [Psalm 97:10](#) I declare that as one who loves the LORD, I hate evil, and so God will guard my life as His faithful one, and deliver me from the hand of the wicked.

According to [Psalm 103:5](#) I declare that God satisfies my desires with good things so that my youth is renewed like the eagle's.

According to [Psalm 145:18](#) I declare that the LORD is near to to me as one who calls on Him, as one who calls on him in truth.

¹ Modified prayer that I found on the Internet. Author unknown. If you are, or know the author, please let me know so I can properly credit him/her.

According to [Proverbs 18:20](#) I declare that my stomach is filled from the fruit of His mouth; with the harvest from His lips I am satisfied.

According to [Proverbs 25:27-28](#) I declare that I will NOT be like a city whose walls are broken down because I lack self-control.

According to [Proverbs 30:8](#) I declare that I want neither poverty or riches, but simply my daily bread.

According to [Isaiah 26:3](#) I declare that You will keep me in perfect peace, because I choose to focus my mind on You.

According to [Isaiah 40:29](#) I declare that You give strength to me when I am weary and You increase the power of the weak.

According to [Philippians 4:7](#) I declare that the peace of God, which transcends all understanding, will guard my heart and my mind in Christ Jesus.

According to [Hebrews 10:35](#) I declare that I will not throw away my confidence; it will be richly rewarded.²

Now, on to our Nutritional Focus:



Main Nutritional Focus: *Drink water*

We all know that we need to drink enough water, yet few of us actually do. It is estimated that the majority of North Americans are chronically dehydrated. This likely applies to half the world's population. When a person is even mildly chronically dehydrated, their thirst mechanism is often mistaken for hunger, and we know what that means—we're eating when we should be drinking a glass of water!

² This list of verses is from "Scripture Keys for Kingdom Living" by June Newman Davis. I have reworded them and based them on the Scripture taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. Copyright © 1973, 1978, 1984 Biblica. Used by permission of Zondervan. All rights reserved. The "NIV" and "New International Version" trademarks are registered in the United States Patent and Trademark Office by Biblica. Use of either trademark requires the permission of Biblica.

The human body is made up of over 70% water. Our blood is more than 80%, our brains contain over 75%, and the human liver is an amazing 96% water! It has been said that if we completely removed all of the water from a human body, we would be left with a small amount of dry ash that could fit into a coffee cup!

The human body is designed to primarily run on water and minerals. Every living and healing process that happens inside the body depends on water—including weight loss and improved energy. Water is what our liver uses to metabolize fat into useable energy. Your body's metabolism will become depressed if you don't drink enough water each day. Even MILD dehydration will slow down your metabolism by as much as 3%. When your metabolism slows down, food has a tendency to turn into fat and you become much more fatigued. It has been medically proven that just a 5% drop in body fluids will cause a 25% to 30% loss of energy in the average person.

Adults lose about 6 pints (12 cups) water every day. This water needs to be replaced! If you're not drinking enough water, your body starts retaining water to compensate for the shortage. To eliminate fluid retention, drink more water, not less. If you don't drink enough water to maintain your body's fluid balance, you can impair every aspect of your body's physiological function.

As our bodies try to adjust to being deprived of water, our thirst mechanism becomes disabled. The only time we receive the "dry mouth" or "I feel thirsty" signal is as the last outward sign of extreme dehydration. In addition, the thirst sensation gradually decreases with age. The result is increasing dehydration. As we start to give our bodies more water, the thirst mechanism begins to work again, but doesn't become fully apparent until our bodies are fully hydrated. When we are getting sufficient water, we always WANT to drink more water.

Since we all have different body sizes, we all require different amounts of water. To determine how much water your body needs, divide your current weight by two. The resulting number is the number of ounces of water you need to drink daily.

For example, if you weigh 150 pounds:

Current weight in pounds ÷ 2 = ounces of water per day you need to drink

150 lbs. ÷ 2 = 75 ounces of water per day

You may notice that this amount of water exceeds the typical recommendation of 64 ounces per day for adults. Unless you weigh 128 pounds, 64 ounces of water will not be adequate for proper hydration. If you are an adult and weigh less than 128 pounds, 64 ounces is recommended as the minimum amount of water. If you live in a dry climate or if you are extremely athletic, you will probably need more than half your body weight in ounces of water. The good news is, as you lose weight, you will need to adjust your water intake according to your reduced weight!

YOUR TOTAL DAILY WATER INTAKE: Thirty-two ounces of your daily requirement will come from a combination of the morning lemon tea and the Vitality Vinegar Tonics. You would then add enough pure water to make your optimal daily water requirement.

If for example you weigh 150 pounds, your required 75 ounces of water will include 8 ounces of warm lemon tea, 24 ounces of Vitality Vinegar Tonic, and 43 ounces of pure water.

NOTE: If you are not currently drinking your optimal amount of water per day, you must add water gradually. Your body can only absorb so much water at one time; therefore, you should add 8 ounces more water per day for one week. The next week add another 8 ounces of water per day. Do this each week until you reach your optimal amount of water per day.

Here are a few tips for adding more water to your life:

1. Keep a supply of water containers full in the fridge. That way, water is always on hand as an alternative to other less healthful drinks and conveniently available when you're on the go.
2. Carry a bottle of water with you at all times, that way you're never without water.
3. Upon arriving at the office, fill up a big jug of water. You'll get plenty of water to drink throughout your workday.
4. Caffeinated beverages act as diuretics and increase fluid loss, so they don't count toward your daily water needs. Try substituting water for your second cup of coffee or that mid- afternoon soda.

5. Don't wait for your body to signal it's thirsty. By that time, you're already starting to be dehydrated.

Some other things to note:

Beverages that contain water do not count for pure water. Juices, soft drinks, tea, coffee, etc. contain substances that are not healthy and take away from the benefits of added water.

Caffeinated beverages like coffee, tea, and soft drinks stimulate the adrenal glands and act as diuretics, robbing your body of necessary water. Soft drinks contain phosphorus which can lead to depletion of bone calcium. Soft drinks actually mask your body's desire and taste for water, leading to a reduction in water intake.³

I'm also going to add my 2 cents to this if you don't mind...

Dr. [Fereydoon Batmanghelidj, M.D.](#) (and no, I'm not going to try and pronounce that!) made water the subject of a lifetime of study. According to his research, just drinking water can cure many of the things that cause us pain, or make us ill. His books, "[The Body's Many Cries for Water](#)" and "[Water: for Health, for Healing, for Life](#)" talk about the important role that water plays in our health and healing. I would highly recommend you getting a copy of these books if you have chronic illness, pain, or fatigue.

Also note that, according to the [MomsTalkNetwork health tips](#), *Water is good for your "outside", too. A healthy intake of water helps maintain the collagen in your skin, allowing it to retain elasticity as you age (i.e. a cheap way to keep looking young!)*"

One Caution: In our enthusiasm to drink enough water we can sometimes go the other way, drinking too much water, and then develop [hyponatremia](#). This occurs when the overabundance of water in our systems flushes out the electrolytes our bodies need to function properly. If you are afraid of drinking too much water, simply make sure to add a pinch of pure celtic sea salt (NOT regular table salt or purified white sea salt) to every second glass or so.

³Dee 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 Challenge: This week I'm also going to challenge you regarding your Life Transformation Group. Try and contact the same people you met with last time, and invite them on some kind of outing – visit a museum, meet at a coffee shop, take your kids to the park.

During the conversation, as naturally as possible, challenge them with the following question: “If you could change one thing about yourself, what would it be?”

And that's it for this week. See? I told you this would be easy!

Let's condense those points quickly into your tasks and habits for the week:



This week's assignments:

Note: we have dropped your first habits from this list. That doesn't mean you should stop doing them, it just means that you probably no longer need to be reminded.

1. Continue to drink your lemon tea every morning and three glasses of Vitality Vinegar Tonic daily.
2. Increase your daily average steps again by 100 steps per day
3. Practice “breath prayers” daily when you get up
4. Eat something raw at every meal
5. After you calculate your ideal weight, pray your weight-loss prayer daily
6. Add a glass of water to your daily tonics
7. Meet with your Life Transformation Group (LGT) to ask your question.
8. Write in your journal daily.

Now, see, isn't that simple for this week? 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.

Neither the publisher nor the author is engaged in rendering professional advice or services to the individual reader. The ideas, procedures, and suggestions in this program are not intended to replace a consultation with a physician or other qualified healthcare professional. All matters regarding your health require medical supervision. The authors shall have neither liability nor responsibility to any person or entity that incurs any loss, damage, or injury caused directly, or indirectly from any information or suggestion in this program.

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