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Biblical Health
TELEVISION

Spring Cleaning

for
BODY,
SOUL, and
SPIRIT



Spring Cleaning for Body, Soul, and Spirit

Do you have one of those closets in your home that makes you afraid to open the door?

Or maybe it's that "junk drawer" in the kitchen with everything in it and nothing you can find?

No closets or drawers you claim? Then it's surely your garage or your office desk!

What it all amounts to is clutter and congestion. And this same "toss it in and deal with it later" model is what you've probably done with your body and mind over the years.

The result is the same too: You are congested with toxins and pollution, built-up from a lifetime of bad habits and false beliefs.

But...

You know how great it feels to do a thorough "spring cleaning"; how light and unburdened you feel when those cluttered spaces in your life are cleared out and organized. Well, it's the same when you rid yourself of the physical, emotional, and spiritual "clutter".

Today we are getting to work on your temple with a "Spring Cleaning - For Body, Soul and Spirit"!

Let's start by "clearing the rubble"...

CLEARING THE RUBBLE

When you survey the condition of your life, it doesn't take long to notice the "rubble" that has been tripping you up.

Cleaning up and planning the remodel and rebuilding of your life is a royal job, for sure.

So, "Where do I begin?" you ask.

Take a look around at your environment... and know that God is with you to help. He wants us all to take an active part in the spring cleaning of our lives!

ASSESS THE SITUATION

- Inspect the gates, doors, walls – what is broken?
- Because of your unfortified condition, are there regular attacks from the enemy on your heart, mind, and emotions?
- How is the health of your spirit? (Do you have low morale or are you "just not into it"?)
- Is there any rubble in your way?
 - How have you dealt with it?
 - Tried to remove it
 - Easier to ignore or avoid dealing with the mess
 - Become blind to the rubble so you expertly step around it

SO MUCH RUBBLE

What are some examples of "rubble" in your life?

- **Rubble of the BODY:**
 - Extra weight
 - Low energy
 - Dis-ease
 - Weakness
- **Rubble of the SOUL (heart, mind, and emotions)**
 - Hurts/wounds from the past
 - Easily offended
 - Unforgiveness, bitterness
 - Insecure, self-conscious, compare yourself to others

- Scarcity (not enough...time, money, love, know how, etc.)
- Overactive mind/no peace
- Fleeting or few moments of happiness and inner joy

- **Rubble of the SPIRIT:**
 - Unbelief (just don't have faith in what God says in the Bible)
 - Unworthy view of self (feel like you have done too much wrong to come to God)
 - Fear (many ways this can show up)
 - Don't know how to connect with or hear from God

"Oh, that is a lot of work!" you say? YES — but growth happens by change and change does not happen by sitting on the sidelines!

Don't worry; you'll have the Holy Spirit's help, of course.

And remember: any plans or goals that you courageously **set and intend to reach** WILL happen when you get in the game.

"I can do all things through Christ who strengthens me." ~ Philippians 4:13

REBUILD BY RENEWING YOUR MIND

Truly the only way to take destructive thoughts captive is by spending time in God's presence.

You can come to the table of the King, an intimate table set for two, ANY time of the day or night.

- Did you know you have a standing invitation to enjoy fine dining with God?
- Now that you know, will you continue to stand Him up?!
- He is waiting and delights in your enjoyment of what He has prepared

"He prepares a table before me in the presence of my enemies." ~ Psalm 23:5

So nourish your soul and spirit with the heavenly “food” lavishly prepared with you in mind:

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control
- Faith
- Understanding
- Wisdom
- Security
- Abundance
- Identity
- God’s nature!

For the rest, brethren, whatever is true, whatever is worthy of reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them].
~Philippians 4:8 (Amplified Bible)

Do you think you can benefit from this kind of “diet”?

Consider all the potential in just one piece of fruit.

It contains many seeds, each holding the promise of a completely new tree that when matured will bear its own fruit containing seeds, and so on and so on...

Spending time with God, who is your Heavenly Father, Lord and King of the Universe, must be paramount over everything else we invest in, because we are called to be a tree bearing much fruit!

PROTECT AND ADVANCE

Once you have cleared rubble and repaired walls, you must secure your gates!

- Secure your gates (heart, mind, will, emotions)
- Ensure the health of your soul and spirit
- Prepare for spiritual battles

Sometimes the enemy lurks close by to discourage you; it sounds something like this:

“You really think God called YOU for THAT? Who do you think you are? You are not worthy of that work. You are certainly no one important. Think of all the things you have done wrong. What if people knew? You go sit back down; that’s for someone else. Besides, it’s way too hard. You need to focus on doing things that are easy.”

Sound familiar? The enemy’s goal is for you to deny, or even never discover, **WHO** and **WHOSE** you are.

The enemy loves to tempt us through our senses so he can slip in and wreak havoc in our “inner city,” but God has equipped us with His Spirit, His Word, and other supernatural weapons.

Gird yourself in the Spirit with these wonderful lyrics based on Ephesians 6:10-18 that remind us how to put on the **full armor of God**, so that you will be ready for victory in spiritual battles when they arise:

*“I’ve got my feet shod with the preparation of peace;
I’ve got the sword of the Spirit, the shield of faith;
I’ve got my breastplate of righteousness, helmet of salvation;
I put on my armor and I am ready for the battle!”*

GO BIG – GOD CAN HANDLE IT!

Design your “dream blueprints” to achieve the level of “Kingdom” living you’ve always wanted to... and know you were called to!

The Bible is the “blueprint” for life!

- Discover God’s ultimate plan by spending time in His Word in His presence
- Learn all the things that He wants and desires to give you
- Biblical wisdom and understanding serve as a plumb line in knowing what to do and how to follow God’s Spirit

In the pursuit of God’s plan for your life, lack of intention, as well as failing to plan, create fertile soil for future. “Fake it till you make it” and “smile and wave” techniques will only take you so far!

SETTING YOUR INTENTION

Since overall health (body, soul, and spirit) is such a big area of life, it needs to be managed, so let's look at setting an "intention".

In what areas that need planning do you invest mental and/or physical energy?

- Education
- Career
- Family (marriage, children, parents)
- Finances (earning, tithing/giving)
- Travel, Missions
- Health (prevention, longevity)

What will make it to the top of your priorities list? Health is very important, but is often an area where goals are grossly neglected.

If you don't have good health, how will the rest of your life be maintained? Will all you have worked for profit you nothing?

STAND IN YOUR PURPOSE!

When you know your purpose it drives you!

Here are examples of a written statement of purpose:

- To wholeheartedly live a life of excellence; passionately sharing the gifts and spiritual fruit God has given me with those He places in my path.
- I desire to let God use me in both my personal and professional life to serve others by helping them recognize their true identity in Christ.
- I feel called to use my business to advance the Kingdom by supporting missions, ministries and other businesses that equip God's people to live holy lives.

Write your purpose! Remember God designed you with a unique purpose and longs for you to seek it:

- Use specific words to describe your purpose (try to keep around 20 - 30 words)
- Ask, "What has He put in my heart or what have I been specifically called to do?"
- Practice standing in your purpose by reading it aloud each day and it will become your new identity

When you understand and focus on walking out your purpose, you will no longer be satisfied with a life of sitting on the sidelines, or being a tree with "immature fruit!"

FAILING TO PLAN IS PLANNING TO FAIL

Make a written plan!

Before you write, meditate on the following questions:

- Am I living to my full potential with peace and joy, or just getting by each day?
- Have I discovered God's plan for my life? How do I know if I have? Am I following His plan?
- Is the path clear to follow His leading? Where are the breaches in the walls or gates?

Then... PRAY specifically about what you intend and about God's plan for you to fulfill it.

Then... Write three action steps you can take starting TODAY toward fulfilling your purpose.

You have now placed yourself in alignment with God's revealed plan, so GET TO IT!

NOW YOU'RE READY...

Now that you've cleared the rubble, been built up, protected your gates, and are ready to both stand your ground and advance with your plan... it's time for some spring cleaning of your physical temple so it is completely free for service!

DR. JEFF'S SPRING CLEANING CHALLENGE

When your body takes out the trash it's called DETOXIFICATION. At Biblical Health TV we like to use the phrase Detox or Die because, quite literally, if you don't... you will!

WHAT IS DETOXIFICATION?

- Detox = Elimination: The continual process by which toxins or poisons are eliminated from your body

You can't live without detoxing every at moment of every day. If you don't remove the waste products, you will develop a condition called toxemia (an old phrase from the science of Natural Hygiene meaning the excess build-up of toxins in the blood.)

BENEFITS OF DETOXIFICATION

What wonderful results do people experience from physical detox?

- More Energy
- Weight Loss
- Better Sleep
- Better Digestion
- More Mental Clarity
- Less Pain and Inflammation
- Better Function (of organs or system targeted in detox)
- Less Anxiety and Agitation
- More Peace and Calm
- More Self-Control
- Fewer Addictions

And the list goes on....

SOURCES OF TOXINS IN YOUR BODY

- All normal processes in the body cause toxins/waste products to form (at manageable rates)
- Bad food choices: unnatural, processed, filled with “ingredients” you can’t pronounce
- Water supplies: municipalities put toxic waste like fluoride in the water
- Personal care products: poisons get absorbed through your skin
- The environment: 83,000 manmade chemicals floating around in our environment
- Drugs: all drugs are toxic
- Toxic Chemicals: added to everything
- Exposure to molds, fungus, parasites, bacteria, viruses

BIOLOGICAL TERRAIN: THE NEIGHBORHOOD YOUR CELLS LIVE IN

- Your cells float around in a liquid environment called “interstitial fluid”
- Interstitial fluid passes nutrients into the cell and receives toxins out
- These toxins are whisked away in the lymph fluid and filtered by lymph glands

Note: Unlike the blood, which is pumped by the heart, the lymph system has no pump. Instead, **exercise** and anything else that causes the large muscles in your body to move will help lymph fluid move efficiently.

HOW’S YOUR TERRAIN?

- Is it putrid or pure?
- Is it toxic or tranquil?
- Your health depends on the environment in which your cells live
- Toxins In vs. Toxins Out: if you start losing the balance, you become toxemic

ALWAYS DETOXING

Your body is performing natural detox all the time through your:

1. Bowels/Liver
2. Kidneys/Bladder
3. Skin
4. Lungs
5. Mucous membranes

If any of these areas are clogged or broken down, or if you merely expose yourself to too many toxins so these normal mechanisms can't keep up, you start losing the "Toxins In vs. Toxins Out" battle.

EXTRAORDINARY DETOXIFICATION

When ordinary just won't cut it (when you're losing the battle), your body can do something extraordinary, which is extra-ordinary! You've experienced these symptoms before:

- Diarrhea
- Rashes
- Eruptions
- Coughing
- Sneezing
- Fever
- Vomiting
- Mucous discharge...

These uncomfortable bodily functions may cause you to believe that you're sick, but you're not!

They are conducted intelligently by your body to optimize the "toxins in" and "toxins out." exchange.

In fact, you're actually sick if your body CANNOT employ these measures!

Help your body by encouraging the process of natural detox; they are signals that your organs and glands are doing their jobs.

For example, think of a **fever as a self-cleaning oven**; that's all it is! The body elevates the temperature to kill the bad buggies, and then the temperature goes back down.

WARNING: Any time you fight these symptoms with drugs (like aspirin to lower fever), you limit your body's ability to eliminate toxins.

ACUTE VS. CHRONIC SYMPTOMS

Acute symptoms represent the healing process; they are signs of detox.

Chronic symptoms are always a sign of degeneration because you have stopped the detox process far too often for far too long. **STOP DOING THAT!**

WAYS TO PROMOTE EXTRAORDINARY DETOX:

1. **Fasting:** No food at all, water only.
2. **Juicing:** Just putting fresh fruits and vegetable through a juicer and drinking.
3. **Limited Diets:** Stop eating certain things. (e.g. If you just give up sugar you will detox!)
4. **System Specific Detoxes:** Kidney cleanse, liver cleanse, gallbladder flush, etc.
5. **Cellular Detox:** Cleanse down to the cellular level.
6. **Environmental Detox:** Your endocrine system (hormone system), thyroid, and reproductive organs are being attacked by environmental toxins. You can't get rid of your environment, but you can rid yourself of many of the negative effects of your environment.
7. **Heavy Metal Detox:** These toxins destroy the immune system, causing nervous system problems, dementia, and so on.
8. **Lymphatic Drainage:** The lymph system is a sewer system of the body.
9. **Intestinal Detox:** You can cleanse the colon, stomach, and small intestine.
10. **Parasite Detox:** Parasites can live inside the tissues and organs for years, causing a wide variety of often very confusing health issues.

There are many more ways to detox, but let's focus on the one that is spoken about in the Bible and is absolutely FREE!

FASTING

- Fasting is the king of all physical detoxes and great for your spiritual life too! It is the only “detox” to which God specifically refers. (Joel 2:12, Matthew 17:21) Fasting is abstinence from food.
- Fasting means rest, but not just for your organs and body. To be really effective, you want to rest mentally and emotionally as well.
- Symptoms during a fast come from two places:
 - Detox – often mistaken as signs of “sickness”
 - Defective fat-burning mechanisms in your body (can be fixed!)
- End a fast slowly with natural foods (fruits, veggies, fresh juices)
 - Hint: choose food that you would **want to use** to rebuild your body

There is no such thing as a “Daniel fast”. Daniel didn’t fast, he ate fruits and vegetables. This is not a fast; it is a limited diet.

WARNING: Lack of desire for food when symptomatic equals lack of digestive ability, so if you have no desire: DON’T EAT!

HOW FASTING WORKS

About 24–36 hours into a fast your body shifts into a catabolic process:

- It needs calories and nutrients from somewhere, and so will look to draw them from your internal storehouse.
- It will need to change directions like a train “changing tracks” to find what it needs.
- If the track is “rusted stuck” you may feel symptomatic as your body struggles to loosen the switch that changes tracks
 - You might get those uncomfortable feelings like exhaustion and low blood sugar. But, if you practice this a few times with regular fasting, the track will clear and you will have a nice smooth transition from food to no food.
 - You also might not feel so good because you have symptoms of detox. Sometimes when you support detox, the symptoms actually increase as toxins head for the door. Are you okay being uncomfortable for a little while? The Bible does say you’re going to suffer some! Suffering is not bad. It is just part of life. (Acts 14:22)

OK, once you have done that, the scavenger hunt begins as the body looks for things to “burn” for fuel.

And what does it burn?

It draws from your storehouse of “internal treasures” from places of least valuable tissue. You literally digest stuff that is stored, such as unhealthy and useless tissue. (Don’t Worry: Your body will not digest its vital tissues; that only happens in starvation — and you are 40 to 80 days before that process even begins!)

Fasting is literally a built-in-by-God mechanism for your body to get rid of all the bad stuff. And it’s not only FREE, it even saves money from your food budget!

Just stop eating and your body will DETOX!

WRAP UP

We know that the body detoxifies daily. It is happening all the time. If it didn’t, you would be dead.

There are ordinary and extraordinary detox methods, but it is the extraordinary ones that really get your attention AND bring out the pharmaceutical companies offering drugs to suppress the process.

But now you know that these extraordinary actions are for your body’s natural protection, placed in you by your Creator. So, help your body by taking Dr. Jeff’s Spring Cleaning Challenge...

YOUR PHYSICAL DETOX CHALLENGE

We call this the “Detox 24”

- 2 days of **fasting**
- 2 days of **juicing**
- 2 days of **raw foods** only
- **2 weeks** in a row!

(take the 7th day each week and enjoy some healthy foods that may not be raw)

Look for signs of personally experiencing many or all of the following detox benefits:

- More Energy
- Weight Loss
- Better Sleep
- Better Digestion
- More Mental Clarity
- Less Pain and Inflammation
- Better Function (of organs or system targeted in detox)
- Less Anxiety and Agitation
- More Peace and Calm
- More Self-Control
- Fewer Addictions

YOU CAN DO THIS! REMEMBER...

1. The task ahead of you is never as great as God's power behind you! (Ephesians 1:19)
2. He will NEVER call you to something for which He doesn't equip you. (2 Timothy 3:17)
3. He has given us His Holy Spirit to be the wind beneath our wings. (2 Corinthians 1:20-23)

YOUR LIFE AS A BOLD PROCLAMATION

STAND FIRM in your newly fortified temple of
His Holy Spirit!

Every trace of rubble has been removed!

GOD'S PURPOSE FOR YOUR LIFE
has been engraved on the gates of your heart!

The heavenly realms take notice
that YOU ARE AN HEIR OF THE KING
as you stand in His authority
KNOWING THAT ALL THINGS ARE POSSIBLE!

Congratulations!
Spring has sprung and so have YOU!

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Drs. Jeff and Andrea Hazim are NOT medical doctors, they are Chiropractic Physicians who engage in the practice of natural health restoration and maintenance. Dr. Jeff's professional license does not allow him to give direction as to whether you should or should not engage in medical treatments. Therefore, this report does not intend to diagnose or treat any medical condition. However, because this report does contain information about health, it is a statutory requirement in the United States of America to include the following statement:

If you are ill, or have been diagnosed with any disease, please seek the advice of a trained health professional in your area with any questions you may have regarding a medical condition, and before attempting any of the all-natural methods presented on this report.

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MEET DRs. HAZIM



Drs. Jeff and Andrea Hazim have been teaching and ministering together since they were married in 1999. They recorded the original **Lessons for Healthy Living** series in 2001.

Dr. Andrea's passion for health was sparked in her teenage years. One of her fondest memories is attending a Juice Man seminar at the age of 16, where she caught the vision for how true health changes lives! Andrea quickly learned the

value that whole food nutrition plays in reclaiming and maintaining health. At 19, she moved to London and became a certified Massage Therapist.

Andrea moved back to the U.S. and practiced massage for 13 years. During that time she became increasingly dissatisfied with the woefully deficient diet of Americans, especially youth. This led her to study nutrition and natural health at Life University in Atlanta. After earning bachelor degrees in both Nutritional Sciences and Nutritional Dietetics, she also completed a Doctorate in Chiropractic.

During her studies, missions work became Andrea's passion. While serving in Panama, she met her husband Dr. Jeff, who also has a love for missions, and who shares so many other common interests! They were married shortly after they met and moved to South Florida, where they opened their dream wellness center, and saw many lives transformed!

For more than two decades, Dr. Jeff has helped patients with chiropractic, nutrition, exercise, cleansing, and detoxification. Jeff is also dedicated to counseling clients and friends through life's greatest challenges by integrating God's Word into all he advises. This naturally led to the development of Full Stature Consulting, in which Drs. Jeff and Andrea act as "Extreme Life Coaches," directing individuals and companies to realize their full potential.

Jeff also loves to teach God's Word in a way that fuels a passion for Biblical truth. His inspirational book *The Heart of David: Building the Spiritual Temple* will profoundly impact your faith.

Drs. Jeff and Andrea are blessed with the privilege of shepherding their three sons—Isaiah, Cyrus and Shiloh—whom they homeschool as they travel and speak. The Hazim family's sincere prayer is that the 24 modules of **Lessons for Healthy Living 2.0** provide you with many "pearls" of health wisdom, and enable you and your loved ones to reach, and even exceed, your goals—body, soul, and spirit!



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www.BiblicalHealth.tv

What is Biblical Health Television (BHtv)?

BHtv is the only TV network dedicated entirely to Biblical Health, and was created to educate, equip, empower, and emancipate you, your family, and the entire global Christian community from the systems of this world! Our cry is, “Come out of her my people!” (Rev. 18:4)

Mission & Vision

BHtv’s mission is to reach the worldwide Church with a Biblical Health message. We teach Believers how to make natural, God-honoring choices that lead to Biblically-consistent decision-making, rather than taking approaches that look similar to the conduct of non-believers. We have a dream in which one day ALL followers of Christ will embrace a Biblical worldview for every facet of their lives, leaving behind humanistic philosophies in health, finance, relationships, and more!

Our Goal is to Nourish Your Body, Soul and Spirit

Christians should trust in God’s plan alone to nourish their body, soul, and spirit (1 Thess. 5:23). All Believers should consider what the Bible says about health as part of our call to personal and corporate holiness.

Our Experts

Where there is no counsel, the people fall; but in the multitude of counselors there is safety. (Prov. 11:14) Our ever-growing faculty of Biblical Health authorities adheres to the four pillars of the BHtv mandate. BHtv Experts must: be Born-again Believers; teach a Biblically-consistent message; take a natural approach; and give all the glory to God!

Nourish the Nations Charity Initiative

BHtv travels past our borders to nourish the body, soul and spirit of the nations. Inspired and guided by Isaiah 58, Nourish the Nations’ mission is to feed the poor with: nutritious meals that strengthen, wellness education that equips, and Scriptural messages that uplift.

Join The Revolution!