

Strategies to Change Your Atmosphere for Better Health

Physical Strategies	Spiritual Strategies
Declutter your home	Be quick to forgive others & yourself
Schedule routine HVAC cleanings	Live a life of repentance
Get more sunlight during each day	Meditate on the word of God daily (<i>Pick a verse</i>)
Set a regular workout schedule 4 to 5 times/week	Guard your ears and eyes against strife
Set a day to food prep	Speak words of life over yourself and others
Conduct a family meeting to set healthy goals	Remove yourself from all forms of gossip
Invest in a mentor/coach in areas you need help	Practice self-control in times of tempting
Remove all health destroying food from your cabinets, freezer and fridge. (<i>See list below</i>)	Consult with the Holy Spirit in all life changing decisions. (Marriage, jobs, children, ministry, etc.)
Discontinue watching fake news	Listen with your whole heart & respond in love
Incorporate food grade vitamins as supplements instead of synthetic vitamins	Treat others the way you want to be treated in public and especially in private.
Start focusing on creative solutions instead of dwelling on problems; ask better questions	Ask the Father or receive the gift of tongues and pray in the spirit daily.
Start listening to podcasters passionate about helping you live your best life.	Judge yourself and other only by the 9 fruits of the spirit.
Intuit Mint is a free money management software to help reveal where money is being wasted.	Ask the Holy Spirit to reveal God's purpose of your life.

Food Ingredients that's Killing you Slowly with Every Bite (Preservatives, GMOs, Pesticide, Herbicides, Food Coloring)

Look for the Adjectives	Bad Oils	Hidden Sugar Names
Enriched	Soybean Oils	Dextrin/Dextrose
Modified	Canola Oils	High Fructose Corn Syrup (<i>HFCS</i>)
Fortified	Sunflower Oil	White/Brown Rice Syrup
Refined	Grapeseed Oil	Maltodextrin
Hydrogenated	Peanut Oils	Corn Syrup
Partially Hydrogenated	Cottonseed Oil	Sucrose
Imitation	Corn Oil	Look for the words Sugar or Syrup
Reduced/Less/Lite/Low	Rice Bran Oil	Caramel
Free (<i>Sugar/Fat</i>)	Safflower Oil	Evaporated Cane Juice
Seedless	Vegetable Oil	Fruit Juice
	Rapeseed Oil	Molasses

Top 20 Foods Containing the Killers Above

Margarine	Baking Goods	Candy	Ice Cream
Coffee Creamer	Dairy-Free Cheese	Oat Milk	Potato & Corn Chips
Fried Foods	Crackers	Vegetables Shortening	Frosting
Salad- Dressing	Mayonnaise	Pre-Made Dough	Pre-Package Nuts/Seed
Pre-Package Snack Food	Baby Formula	Microwave Popcorn	Frozen Dinners

Download the Yuka app from the App Store to avoid buying toxic foods & cosmetics:

