

LIVING PHYSICALLY AND SPRITUALLY HEALTHY



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TESTIMONY OF HEALING

About a year-and-half ago, I applied for a job and I was called for physical examination. After the examination, I was told by the doctor who examined me that I have diabetes of which I knew nothing about. During our conversation and instructions that the doctor was giving me about how to handle and control the disease, the doctor told me that if I want to get out of the sickness than the only sacrifice that I will have to make is to fast. This was good news to me, because fasting is one of the things that I love to do.

One day, I checked my blood sugar with a specific instrument given to me by the hospital and when I checked, it was 185. I stopped taking all my medications for three days and then fasted for five days and five nights without any type of food except water. Then I break my fast by eating fruits and vegetables for two days. On the seventh day, I tested my blood sugar again and amazingly, it had gone down to the normal range.

I went back to see my doctor a few months later for further examination. After the examination, the doctor asked “what have you been doing?” I did not know what he meant. Not knowing that after examining me, he found that the diabetes has disappeared from my body; there was no indication of diabetes in my blood so he took me off all my medications. What a miracle! Isn’t God an awesome God? If he did it for me, he can do it for you too.

WHY DO BELIEVERS GET SICK AS UNBELIEVERS?

The cause of disease is mostly because we eat more than we should. Over-eating constitutes to the real cause of diseases. The best way to overcome disease is to fast, pray, and eat right. Fasting literally starves all the root poisons of the source of disease which as a result prevent any disease in the body. In addition to experiencing sicknesses and diseases due to the amount of food we consume, food-fuel also become destructive to the tabernacle of the Holy Ghost which is our body. Disease develops when one fails to keep the tabernacle of God which is the body clean. The result of fasting is a cleansing of the cell tissues and organs of the body. Also, the body prepares itself and rebuilds new materials when the stomach is ready to receive food again after fasting. Much energy is also saved for the wellness of the body.

No one gets too old to fast, the more an individual fast, the healthier he/she becomes and also the longer he/she will live. Moreover, our spiritual walk with God will be firm and consistent (*Ephesians 4:1-32, I Corinthians 11:22*).

Today, about 62% of women and 72% of men are overweight. Why? Because we eat the wrong type of foods that have no benefit to our bodies, rather create problems. God has designed the body to eat fruits and vegetables; that is why He put Adam and Eve in the Garden of Eden (*Genesis 1:29, 2:7-9*).

It wasn't till after the flood of Noah did God tell Noah that "every moving thing that liveth shall be meat" (*Genesis 9:3*), because there was nothing on the face of the earth.

The body is an incredibly unique chemical plant created by God. Everything we consume must be judged by the body as either nourishment to help rebuild our living cells or harmful to the body. Sickness is clearly not of God's plan for men (*III John 2*). God made our bodies to be marvelously self-healing.

God made no mistakes when He created man. In the beginning, everything God made was perfect: from the placing of the earth in proper orbit around the sun—not too close to cause us to burn and not too far to cause us to freeze. The amount of oxygen was just right to sustain life as well as the food supply and other essential things needed to survive; everything is ordered perfectly. After the creation of the earth and everything within, God saw everything that he had made and behold it was good (*Genesis 1:31*).

How Is This Done

By eating regularly, one continues to keep the habit desire. On the other hand by fasting, the bad habit is starved from the body and out of the blood stream. However, we must abstain from medicines three days prior to fasting. Consult with your physician for proper instructions if you are taking medication.

Preparation

- Two or three days before fasting, leave off all heavy food such as beans, meat, etc.
- You can drink water if desired, but abstain from any forms of drinks or liquids.
- Take very warm baths to draw out alcohol and other impurities from the skin during the fast.

In the book of *Mark 9:29*, Jesus said unto his disciples “this kind can come forth by nothing, but by prayer and fasting.” The failure to pray and fast can be great strongholds that will prevent one from doing spiritual work of God. By fasting and praying, we can break down all the strongholds and remove any mountain of evil spirits. For though, we walk in the flesh, we do not war after the flesh (*Matthew 17:20 & II Corinthian 10:3-7*).

Fasting is such a powerful weapon against carnality and unbelief. It is also the quickest method known to produce healing and a way to obtain faith from God. (*Read Jonah 3:5-10*). Even animals fast frequently for their physical welfare and comfort; when they are sick they fast until they get well. Yet, civilized men think it is difficult and dangerous to fast. Men today are too materialistic and feel that food is more essential than Jesus Christ.

HOW AND WHY THIS MIGHTY WEAPON

The senses war tremendously against fast that is why many of God’s people are unable to enter into a greater spiritual life of Christ. The senses oppose fasting and fasting opposes the senses; therefore, faith and determination must come in to cause us to move beyond our senses. Faith and fasting are the enemies of the senses that wars against us. When you fast and pray without any hindrances, the flesh becomes arrested and carnality yields and bow to the spirit of God. Faith disregards feeling because feeling is not faith (*Read John 14:12*).

Forced fasting is what God uses sometimes to cause us to fast (*Read Psalm 107:17-20*). The four types of force fasting are: food shortages, famines, illness in which it is difficult or impossible to eat, and appetite failure in which food becomes tasteless. *Deuteronomy 6:11-12* tells us to beware lest we forget the Lord.

PRAYER MIX WITH FASTING

When it comes to anointing and power, prayer produces these by itself. However when combined with fasting, it seems to gain an even higher potency. Prayer and fasting are great companions that work well together in helping believers accomplish their spiritual goals. Please understand that neither one, nor both forces God to do things for us. However, they do prepare us to follow when He moves. Our backsliding from prayer and fasting has left us cold, carnal, worldly, dull of hearing, spiritually blind, complacent, empty, and in desperate need for revival (*John 3:5-7*).

Ezra, one of God's great leaders chose to turn to fasting and seeking God rather than asking the king for help (*Ezra 8:21-23*). Queen Esther, in the midst of a great crisis backed her request with fasting (*Esther 4:16*). Read *Isaiah 58:1-6*, *Acts 14:23*, and *Acts 27:33*.

Give your prayer life a helping hand by adding fasting to it. Allow your spirit to zoom into the presence of God. Nothing brings the flesh under subjection like genuine fasting. When the flesh is down, the spirit rises to its' God ordained position. God said in *Jeremiah 1:12* that he will hasten his words to perform it. Praying according to His word will require our faith to reach His requirement. God's word is already settled in Heaven (*Psalms 119:89*, *Daniel 6:7-10*, *II Corinthians 6:1-10*, *II Corinthians 11:27*, and *Nehemiah 9:1*).

MENU FOR BREAKING A FAST

First day: Three meals of your choice from fresh fruits or vegetables; space five or more hours apart.

Second day: Light vegetable meals, salads or fruits.

After A Short Fast--From Five to Eight Days

In the first two days three or four meals of your choice may be eaten from fresh fruits. Vegetable meals may be eaten in the evening of the second day. Two poached eggs with one piece of toast may be eaten in the evening of the second day. Moderate amount of green salads, vegetables, soups, yogurt, or milk can be consumed for the next few days. When stomach is prepared for heavier menu, one is benefited by going into a protein menu. All meals should be spaced at all times by five or more hours apart.

After Fasting For Eight Days To Two Weeks

First day: first two meals should be fruit juices. Third meal should be chosen from fresh fruits.

Second day: fruit meals or lightly steamed vegetables.

Third day: A half pint of any type of milk at each serving, or light soup, or small finely-chopped green salads.

Fourth day: Raw vegetable meals, natural food, milk, or poached eggs, followed by a vegetable diet for as many days as you fasted, gradually increasing the quantity. Protein food such as nuts, cheese products, eggs, lentils, etc. should be eaten in a proper quantity when fast is broken properly as well as in proper intervals.

After A Fast of Two to Three Weeks

First day: Three meals of fruits in four to six ounce servings diluted approximately with equal amount of water.

Second day: Three or four of the above, but somewhat less diluted and in larger quantity.

Third day: Three or four meals of fresh fruits of your choice.

Fourth day: Fresh fruits, milk and/or yogurt, soup, or light green salad. Cottage cheese, yogurt, fruits, or fruit juices are to be consumed alone and not at the same time with milk and vegetables.

Fifth day: Light vegetable meals, fruits salad, soup, milk or poached eggs, tuna or fish in small quantities.

Proceeding days: Same as day four, but quantity may be gradually increased. Stay with natural vegetables and fruits for regular diet. For example, if you fasted for fourteen days, when you break you should eat fruits and vegetables for fourteen days before going back to your regular diet.

After a Fast of Three Weeks to Forty or More Days

Use the same method as for breaking the two to three weeks fast; however smaller quantities should be consumed and a much longer period of time should be allowed before going back to your regular diet.

If one is unable to secure fresh fruits for breaking the fast, canned goods will be satisfactory. Raw fruits and vegetables are preferred when stomach is prepared for some. All three meals should be spaced four-and-half hours or more apart. Tomatoes, ripe melons, and berries may be classified the same as fruits if agreeable. The more you eat vegetable meals right after fasting, the more benefits you will derive from the fast. Nuts, cheese, and whole seed foods (grains, lentils, etc.) are good body builders after fast. *Read Jonah 3:6-10, Matthew 4:4, and II Corinthians 1:27.*

TEN STEPS TO A BETTER HEALTH

These steps are not easy, especially if you have traditionally followed the standard of American diet; however the following steps will help you transition to a better health and help stop health crises.

1) **Reprogram your mind to learn how to eat right**

Toxicities and deficiencies cause the most physical problems. Unknowingly, many people fill their bodies with toxic poisons simply by not paying attention to what they eat. In fact, most people consume foods that have little nutritional values so they are not receiving sufficient or proper nutrients needed for their body to function properly.

2) **Eat more Living foods**

Living foods are in a raw form—fresh fruits and vegetables. I recommend that you eat five to ten servings of these each day, and that you eat them uncooked. Why? Because cooking destroys virtually all the life force in food (vegetables)---the vital enzymes and nutrients needed to achieve excellent health. I recommend that you consume more vegetables than fruits and that you put emphasis on eating a lot of green vegetables.

3) **Start drinking live vegetable juices**

Live vegetable juices are loaded with the most abundant source of nutrients used by our bodies.

4) **Begin to drink a lot of distilled or clean water**

Water regulates, flows through, cleanses, and helps nourish every part of our bodies. 80% of our bodies are composed of water, so it is important to drink water frequently (about 8 glasses a day). However, most of the water that we drink is filled with contaminants so I recommend distilled water. Distillation is nature's way of purifying water.

5) **Start some exercises and obtain some sunshine**

Exercising does not have to be difficult. Just simply start moving and be physically active. One technique is to start walking and work to complete a fifteen-minute walk with a long-term goal of walking two-three miles a day.

Sunshine is an excellent way to lower blood pressure, blood sugar, balance hormones, and restore a positive attitude. Sunshine also helps the body to synthesize vitamin D. Vitamin D increases intestinal absorption of calcium and promotes ossification of bones and teeth. Try to get at least ten to fifteen minutes exposure of sunshine twice a week.

6) **Eat more fiber**

Fiber is found in all raw foods; it acts as a broom to sweep things along the colon of the intestines. It lowers blood cholesterol, regulates sugar levels, reduces cancer risk, promotes regularity, curbs appetite, and makes you feel full. It also decreases the incidence of digestive diseases and colorectal cancer. It is needed for optimal bowel movements and to ensure proper elimination of toxins from the body.

During the first 90 days of diet change, I recommend using fiber cleanse, a combination of herbs and fiber to help cleanse the colon and restore normal bowel activity or use three table spoon full of olive oil and mix it with lemon and drink it continuously for three days.

7) **Reduce all animal products from your diet**

Yes that includes all meat, dairy products, and fish. I know it may not be easy for many of you, but consider the fact that these animal products are the cause of approximately 90% of all the health problems in the world today; this is a fact backed up by many scientific studies. You can receive an abundant amount of proteins, vitamins, and minerals from plant sources. I strongly recommend that you begin to reduce your consumption of meat and dairy products.

8) **Eliminated processed foods**

Refined sugar and flour, table salt, caffeine, and fast foods are ruining our health. Refined flour has virtually no nutritional value and sugar is an immune system depressant. Did you know that one can of soda contain 9-12 teaspoons of sugar? Junk foods cause significant health problems and it's amazing how better you will feel once you stop eating those types of foods.

9) **Get adequate rest and resolve spiritual and emotional stresses**

The best sleep occurs in the hours before midnight, so try to go to bed early. Continual thoughts and feelings of anxiety, stress, fear, bitterness, and envy trigger improper release of hormones and neuro-transmitters which can cause physical diseases. Focus on Godly thoughts of love, joy, peace, etc. and faith to assure proper hormone secretions and to keep your body balanced (*Proverbs 4:20-22*).

10) **The mind-body connection to disease and health**

Try to guard what goes in your mouth; however that is not the whole picture. God want wholeness for his people in spirit, soul and body (*1 Thessalonians 5:23*). To be whole in spirit, soul, and body, we must also guard what goes in our mind (*Philippians 4:6-8*).

I hope this pamphlet has inspired you to make a change in your physical and spiritual living.