The
40 Day Soul Fast
Handbook

Suggested Guidelines for Detoxifying
Spirit, Soul, and Body

By Dr. Cindy Trimm

In consultation with
Dr. Paula Walker M.D.
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A PERSONAL WORD FROM DR. CINDY TRIMM

If you are reading this, you are taking part in the 40 Day Soul Fast. Please remember the purpose of the Soul Fast is to eliminate the toxins in your soul, not your body. However, because the body and soul are interconnected, what is good for one is good for the other! I encourage you to take this opportunity to cleanse and detox your body even as you dedicate yourself to cleansing and detoxifying your soul.

The Body of Christ is longing for detoxification on so many levels. That is demonstrated by the large number of people who have asked me for information about detoxifying their entire system as they pursue this 40 Day Soul Fast. That is why I am making this informational booklet available. I pray it will be a useful tool to help you along your “life cleansing” journey.

Remember, Jesus said, “It is not what goes into the mouth of a man that makes him unclean . . . but what comes out of the mouth; this makes a man unclean . . . whatever comes out of the mouth comes from the heart, and this is what makes a man unclean” (Matthew 11:15, 18 AMP).

If you choose to pursue a physical fast along with the soul fast, please don’t become distracted or burdened by the demands of a restrictive fasting regimen. I would encourage you to prayerfully allow God to lead you into laying aside whatever is keeping you from thinking more clearly, having more energy, or pursuing Him more fully. I would suggest along with fasting unhealthy foods, you fast unhealthy thoughts—as you give up toxic eating habits, give up toxic behaviors. It is more destructive to your soul to engage in gossip or complaining, than it is to eat gravy or cupcakes.

The primary aim of the 40 Day Soul Fast is to "lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us" (Hebrews 12:1). The weights of negative thought habits and toxic verbal behaviors tie you down and keep you vulnerable to sin. The debris in your mind and the junk coming out of (not into) your mouth are what keep you stagnated and going around in circles. These are the toxins that prevent you from running with endurance and fulfilling your divine purpose—and cause so many to abort their God-given dreams.

If exercising the discipline of fasting unhealthy foods will help you be more mindful of exercising the discipline of fasting unhealthy thoughts, then let the two work together synergistically to help you bring your spirit, soul, and body into alignment. It is for this reason I am making this guide available—to help you learn to cleanse and renew your body even as you cleanse and renew your mind! May you be Empowered for Life and Empowered to Live Beyond Your Limits!

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1 The goal of the 40 Day Soul Fast is to guide you through the process of discovering who you really are, assist you in the examination of all your objectives and relationships, and thrust you onto a new path of success and prosperity.
SCRIPTURE REFERENCES

When this vision came to me, I, Daniel, had been in mourning for three whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed.

Daniel 10:2-3 NLT

This is the kind of fast day I'm after: to break the chains of injustice, get rid of exploitation in the workplace; free the oppressed; cancel debts. What I'm interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You'll call out for help and I'll say, “Here I am.”

A Full Life in the Emptiest of Places

If you get rid of unfair practices, quit blaming victims, quit gossiping about other people’s sins, if you are generous with the hungry and start giving yourselves to the down-and-out, your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight. I will always show you where to go. I'll give you a full life in the emptiest of places—firm muscles, strong bones. You'll be like a well-watered garden, a gurgling spring that never runs dry. You'll use the old rubble of past lives to build anew, rebuild the foundations from out of your past. You'll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again.

Isaiah 58:6-12 MSG

It’s not what goes into your body that defiles you; you are defiled by what comes from your heart.

Mark 7:15 NLT

Can’t you see that the food you put into your body cannot defile you? Food doesn’t go into your heart, but only passes through the stomach and then goes into the sewer.” (By saying this, he declared that every kind of food is acceptable in God’s eyes.)

And then he added, “It is what comes from inside that defiles you. For from within, out of a person’s heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you.”

Mark 7:18-23 NLT

We work to feed our appetites. Meanwhile our souls go hungry.

Ecclesiastes 6:7 MSG
THE “FAST” WAY TO HEALING & HEALTH

“Some people wear out one set of teeth digging their way to the grave, only to buy a false set of teeth to complete the task of eating themselves to death.”

Author Unknown

Fasting—traditionally seen as a spiritual activity—is increasingly being used as a method to improve physical, mental, and emotional health. It is an ever-increasing belief that fasting not only helps to relieve the body of toxins, but also stimulates and increases spiritual awareness and produces growth hormones, which postpones the aging process. The search for health goes on unceasingly, and fasting has helped many to achieve it.

Contrary to what our minds may tell us, the body can function for seven days without water and forty days without food. I am not asking you to go forty days without food, but I do encourage you to practice one of the fasting options offered below for the duration of the 40 Day Soul Fast. I believe your soul will benefit from any cleansing taking place in your body—and vice versa! “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” (3 John 1:2).

The following information is intended to give you a variety of options you can pursue, some general guidelines to follow, an array of basic information to consider, and other helpful tools you can use to cleanse your life—body, soul, and spirit.

Cleanse and nourish your body by avoiding all toxic products and unwholesome foods and hydrating sufficiently—no less than 8 glasses of water per day!

Cleanse and nourish your soul by avoiding all toxic media and unwholesome entertainment—hydrate your soul by drinking from the fountain of the Word daily!

Cleanse and nourish your spirit by avoiding toxic places and unwholesome people—hydrate your spirit by praising and worshipping God whenever possible.

Be good to yourself—your true, authentic self—your soul.

Read The Creed provided at the back of this booklet everyday for the next 40 days.

*For the next 40 days, set aside 40 minutes each day to invest in the life of your soul.

**WEEKLY:**
1. Read each week’s article post available for download at www.soulsfast.com.
2. Listen to each week’s video-lesson.

**DAILY:**
3. Set aside a designated time and place to read the daily entry in the book and respond to the action steps in the companion journal as well as the phone app.
4. Pray that the Lord will reveal to you the specific toxins cluttering your own soul.
5. Praise God for the answers, solutions, and guidance He has promised.
6. Recite The Creed at the start of each day.
DETOX YOUR WHOLE SELF

Any good health program should include a system for detoxifying—or cleansing—the body of toxins. Detoxing is the process of removing harmful toxins from the body—the whole body—including the heart and mind.

You haven’t completely detoxed until you’ve detoxed in the following ways:

Psychologically
An individual’s psychological state of being will be a determining factor in overall physical health. People who are constantly under stress from career, lifestyle, financial, or marital pressures need to take time out to give not only the body a rest, but also the mind. Create space for “down-time” to relieve the mind of anything that causes undue stress and meditate on positive things.

It has been found that psychological and emotional symptoms are directly associated with excess toxins in the body. Create a peaceful atmosphere for yourself while focusing on detoxifying your system. Here are some pointers:

- Be aware of internal dialogue
- Refuse negativity
- Think positive thoughts
- Change the things you can
- Accept the things you cannot change

Emotionally
The heavy demands that we are all subject to in today’s world may give rise to stress, anxiety, mood swings, depression, tension, poor memory, forgetfulness, irritability, negativity, mental exhaustion, etc. and may render us less objective and effective in handling the affairs of the day. As you detox your body, detox your thoughts:

- Create a peaceful environment—incorporate fresh flowers
- Clear your home and work environment of unnecessary clutter
- Give away whatever you haven’t used or worn in the past year
- Play uplifting music in lieu of turning on the television
- Just play! Play with your pet, play games, play an instrument
- Be creative. Be adventurous. Explore a new craft or hobby
- Watch a life affirming movie
- Exercise everyday (ride a bike, take a brisk walk outdoors)
- Focus on fresh air! Get outside whenever you can!
- Take steam baths/saunas twice weekly
- Take a bath in Epsom salts or baking soda to draw out impurities
- Drink a minimum of eight glasses of water each day
- Take time to rest and reflect daily
- Smile at others and laugh at yourself
- Hug your loved ones
- Give thanks
A NOTE FROM DR. PAULA WALKER

After prayer and consideration of the various factors involved in regards to the unique circumstances of the many individuals participating in the cleansing program (such as their health status, medication regimens, high-demand work schedules, rigorous lifestyles, personal fasting history, and so on), here are my suggestions for undergoing a long-term cleansing-type fast.

I do not recommend total fasting from food and liquid, especially water. The body needs at least two quarts of water each day to sustain life. The body can only go a few days without water. That being said, total fasting would be unsafe.

For the purpose of a 40-day fast, I do not recommend limiting intake to water-only. While water only fasting has therapeutic benefits in certain cases where there is inflammation in the body (such as in cases of Osteoarthritis, Lupus, Rheumatoid Arthritis, Fibromyalgia, etc.), in general, water-only fasts are not well tolerated for extended periods of time and the liver (the detoxifying organ of the body) is mostly unsupported during a water-only fast. Also, water-only fasts are often associated with an unpleasant weakness that is counterproductive for active individuals. Furthermore, water-only fasts may lead to low potassium levels. Low potassium can cause life threatening cardiac arrhythmias or abnormal heart rhythms. For these reasons, I would suggest eliminating this type of fast as an option.

Some options I would suggest for a 40 day fasting period would be the following:

For the Experienced FASTER: The Master Cleanser Fast. Only consume water and the Master Cleanser beverage (recipe provided below) throughout the entire 40-day process. If an individual is on medication, he or she MUST consult his or her physician and follow the medication recommendations put forth by his or her doctor. Physician consultation is necessary because some medications will preempt one’s ability to fast while other medications can be safely taken during a fast.

For the Intermediate FASTER: A Partial Fast. This option can include a sun up to sun down alternative—the faster can eat from 6:00 a.m. to 6:00 p.m. and then do a water-only fast from 6:00 p.m. to 6:00 a.m. With this model, eating is done during the day when the faster is actively engaged in activities and can use the additional dietary fuel and burn the excess calories, but this option can also be implemented vice versa with fasting occurring from 6:00 a.m. to 6:00 p.m. with eating beginning after 6:00 p.m.

Or, otherwise on this partial fast, the individual may eat only fruits and vegetables (during a specified time window) and drink water only during the entire 40 day fast; Organic fruits and vegetables should be used when possible. The fruits and vegetables that are consumed should be consumed from 8:00 a.m. to 12:00 noon only. The individual can eat any variety or version of fruits and vegetables. After 12:00 noon, the individual should abstain from all whole fruit and vegetable intake. During the remaining 20 hours of the day (12:00 p.m. to 8:00 a.m.), preferably only water should be consumed.
The Master Cleanser beverage may also be consumed, if the faster desires a cleansing, healthful beverage as an alternative to water. During the 20 hour water-only fasting period of each day, if the faster experiences overwhelming cravings that are unsatisfied by water or the Master Cleanser beverage, he or she should go ahead and have a serving of fruit and/or vegetables at that time and as needed.

Again, if an individual is on medication, he or she should consult his or her physician and follow the medication recommendations put forth by his or her doctor. Physician consultation is necessary because some medications will preempt one’s ability to fast while other medications can be safely taken during a fast.

During this partial fast, it is suggested that no other food items be consumed besides any variety or version of fresh fruits and vegetables. No other beverages, other than those stated, should be consumed. All sodas, fruit juices, sweet tea, lemonade, coffee, lattes, and other drinks are to be avoided.

For the Beginner Faster: The Daniel Fast. The individual would eat no meat, no sweets and no bread. Throughout the 40 days, the individual would eat any variety or version of fruits, vegetables, legumes (peas, beans, nuts, etc) and certain dietary fibers, such as brown rice, steel-cut oatmeal (without butter, sugar, or other condiments), and drink water only as desired throughout the day. Meal variation may include a vegetable/legume plate with several servings of vegetables constituting one meal (e.g. squash, green beans, cabbage, and black eye peas, etc.), salads, vegetable soups, whole fruits, grilled vegetables, bean soup, vegetable and bean casserole, etc.

If an individual is on medication, he or she should continue to take them, unless directed otherwise by a physician. Physician consultation is necessary because some medications will preempt one’s ability to fast while other medications can be safely taken during a fast.

This fast is recommended for the beginning faster as well as for type II Diabetics, who have received medical clearance from their doctors to participate in the fast. Type II Diabetics should consult their physician about possible adjustments to their blood-sugar lowering medication regimen during the fasting season to avoid episodes of hypoglycemia or low blood sugar.

For Fasters of All Levels: The Juice Fast. For this type of fast, the individual will need a juicer and a variety of fresh fruits and vegetables. Juice fasting is beneficial for the body. It supports the liver and the detoxification process. It’s less strenuous and it doesn’t produce any undesirable weakness or fatigue. No solid foods will be consumed on this fast, just the juice of fresh fruits and vegetables and water. Organic produce is preferable and should be used whenever possible. Again, juices should be prepared freshly. No commercial fruit or vegetable juices should be used during the fast such as V-8, Tropicana, Snapple, etc.
If an individual is on medications, he or she should consult his or her physician and follow the medication recommendations put forth by his or her doctor. Physician consultation is necessary because some medications will preempt one’s ability to fast while other medications can be safely taken during a fast.

For fresh fruit and vegetable juice recipes, I recommend Dr. Don Colbert’s book entitled *Toxic Relief*. The book may be purchased at any book retailer.

All of the above fasts are easy on the digestive system and will give the gastrointestinal system a Sabbath from the work and energy of digesting food. Since energy will not be expended by digesting dense foods, more energy will be available for other activities. In essence, the faster will feel energized! More importantly, all of the above fasts represent a sacrifice of some kind so the fasting option choice is a personal one, based on health status and the divine guidance of the Holy Spirit. God will honor the sacrifice!

Lastly, as part of the guidelines, please be advised that if you have questions or concerns about anything related to your health, you must consult your physician prior to beginning any type of fast. **If any individual who has health issues or concerns in general about his or her physical ability to fast, should consult his or her physician before beginning the fast.**

*The above fasting options are offered solely as suggestions. Anyone who follows them does so voluntarily and is advised to consult their physician beforehand. Since each individual will react differently to each fasting option, each person must use his or her own judgment as to its use and continuation throughout the proposed forty-day period.*
FASTING GUIDELINES

Prior to beginning any type of fast, each participant should consult with his or her doctor.

As wonderful of a tool as fasting is for health and cleansing and detoxification purposes, there are some individuals who have certain conditions where fasting is contraindicated or prohibited.

Please keep the following in mind if you are considering the pursuit of a fast:

- Do not fast if you are pregnant or nursing.
- Do not fast if you have a serious illness like cancer, AIDS, Anorexia Nervosa, Leukemia, severe anemia, or if you are emaciated or malnourished as the result of another illness.
- Do not fast if you are a Type I Diabetic or Insulin-Dependent Diabetic.
- All Type II Diabetics (and some Type II Diabetics on insulin) should especially inquire of his or her physician about the feasibility of fasting and about any possible adjustments to the insulin/blood sugar-lowering medication regimen during the fasting period since the blood sugars tend to be lower during a fast. If diabetics receive medical clearance to do the fast, they should continue home monitoring of blood sugars throughout the fast as directed by their physician.
  
  Note: Of the options listed, The Daniel Fast is the most suitable option for Type II Diabetics, who have received medical clearance.
- Do not fast if you are taking a diuretic (or “water pill”). Diuretics precipitate loss of water and electrolytes like potassium. Do not fast if you have liver or kidney disease; the liver is the detoxifying organ of the body and the kidneys aid in the elimination of waste via the urine. If either of these organs is impaired, it will be difficult to obtain the usual benefits from fasting, and you may exacerbate your medical condition.
- Do not fast if you have congestive heart failure or a diagnosed cardiac arrhythmia.
- Do not fast if you are on certain medications like prednisone, narcotics, antidepressants, or diuretics. You should refrain from fasting if you are taking any of these medications. However, there are other medications that can be safely taken during a fast. Please consult your health care provider when considering a fast to determine if fasting is right for you.
• Medications should not be discontinued abruptly. If a fasting participant is on medicine, he or she should consult his or her physician regarding possible adjustments to the medication regimen during the fasting regimen.

• If the participant develops exacerbation of an existing medical illness or begins to develop adverse reactions or worrisome symptoms of any kind, he or she should discontinue the fast immediately and consult his or her physician immediately.

• Distilled water is used for the Master Cleanser recipe; otherwise, if the faster is consuming water for hydration purposes with the other fasting options, spring or filtered water may be consumed.

• Organic produce should be used whenever possible where fruits and vegetables are listed in the fasting options.

• Fasters should be compassionate and gentle with themselves. During the fast, if they fall off the wagon and consume a restricted food or dietary item, they should acknowledge the detour (and enjoy it) and get back on the fast as soon as possible.

• How you end a fast is just as important as how you start and conduct one. A typical post-fasting regimen, for breaking a fast, would look like the following. Starting with the first day after the fast:

**Day 1:** Eat fresh fruit, especially fruits with the highest water content because these are the easiest to digest and assimilate. Note: On Day 1, avoid tropical fruits, such as pineapples and papayas, since these contain strong enzymes that might upset your stomach.

**Day 2:** You may have a combination of fresh fruits and vegetables throughout the day. For instance, you might choose to have fresh fruit for breakfast followed by vegetable soup for lunch and dinner.

**Day 3:** You will follow a similar diet as outlined for Day 2.

**Day 4:** You may add to the various fruits and vegetable soups a salad and/or a baked potato.

**Day 5:** Building on the diet from the previous four days, you may now introduce a small serving of lean (preferably organic) meat, such as chicken, turkey or fish.
MASTER CLEANSER RECIPE*

The most convenient way to make the Master Cleanser beverage is by the gallon—that way it will last throughout the day.

You will need:
- The juice of 10 fresh organic lemons
- 1/8 tsp to 1/4 tsp of cayenne pepper
- 1 1/3 cup of grade B maple syrup
- 1 gallon of distilled, purified, or spring water [distilled water tends to yield a deeper cleanse and is often preferred for this reason]

Take the gallon of water and remove two cups of the water and place it aside in a separate, clean pitcher. To the remaining water in the gallon of distilled/spring water add the lemon juice, grade B maple syrup, and cayenne pepper. Afterwards, reintroduce the two cups of water to the gallon of distilled/spring water until the gallon bottle is full; lastly shake the gallon bottle to thoroughly mix the contents. The Master Cleanser beverage is now ready to be consumed. Additional grade B maple syrup may be added to taste. Refrigerate the unused portion of the Master Cleanser beverage to maintain its freshness.

One may drink as much of the Master Cleanser beverage as desired.

**Here is the recipe for one 16oz glass or mug (may be consumed cold or hot):**

2 TBS fresh lemon juice (approx. 1/2 lemon)
2 TBS genuine grade B maple syrup
1/10 tsp cayenne pepper (red pepper)
10-16 oz distilled, spring, or purified water

Combine the lemon juice, maple syrup, and cayenne pepper in a large glass or mug and fill with cold or hot water.

**How to Break the Master Cleanser Fast:**

Day 1 & Day 2: Drink several 8oz. glasses of fresh orange juice as desired throughout the day. The orange juice prepares the digestive system to properly digest and assimilate regular food. Drink it slowly. If there has been any digestive difficulty prior to or during the change over, extra water may be taken with the orange juice.

Day 3: Orange juice in the morning. Raw fruit should be consumed for lunch. Fruit or vegetable salad at night. You are now ready to eat normally.*

POWERSFUL JUICE COMBINATIONS

By Paul C. Bragg

1. Beet, Celery, and Alfalfa Sprouts
2. Cabbage, Celery, and Apple
3. Cabbage, Cucumber, Celery, Tomato, Spinach, and Basil
4. Tomato, Carrot, and Mint
5. Carrot, Celery, Watercress, Garlic, and Wheatgrass
6. Grapefruit, Orange, and Lemon
7. Beet, Parsley, Celery, Carrot, Mustard Greens, and Garlic
8. Beet, Celery, Dulse, and Carrot
9. Cucumber, Carrot, and Mint
10. Carrot, Celery, Parsley, Onion, Cabbage, and Sweet Basil
11. Carrot and Coconut Milk
12. Carrot, Broccoli, Lemon, and Cayenne
13. Carrot, Cauliflower, and Rosemary
14. Apple, Carrot, Radish, and Ginger
15. Apple, Pineapple, and Mint
16. Apple, Papaya, and Grapes
17. Papaya, Cranberries, and Apple
18. Grape, Cherry, and Apple
19. Watermelon (include seeds)
20. Leafy Greens, Broccoli, and Apple
21. Beets, Celery, and Carrots
22. Asparagus, Carrot, and Mint
23. Watercress, Cucumber, and Garlic
24. Mission Figs and Water
25. Your own favorite combinations

Note: During your juice fast, in addition to the above drinks, you may add the following beverages:

• Hot Water, Honey, Lemon and Cayenne Pepper
• Herbal Teas
• Aloe Vera (look for the fasting or detox formula)
• Noni Juice
CONSECRATION SHOPPING LIST

Please read all labels before purchasing. Do not purchase foods containing refined sugars, artificial sweeteners, excessive salt and/or additives. Please consult your doctor (especially those on medication) before you alter your diet or initiate a fast.

VEGETABLES
Avocados, Leeks, Carrots, Yams, Bean Sprouts, Cabbage, Broccoli, Radishes, Beets, Peppers, Cucumber, Watercress, Potatoes, Squashes, Plantain, Egg Plant, Celery, Kohlrabi, Cauliflower, Zucchini, Peas, Turnips, Pumpkin, Brussels Sprouts, Onions, Sweet Potatoes, Parsnips, Artichokes, Asparagus, Tomatoes

SALAD/GREEN LEAFY VEGETABLES
Romaine Lettuce, Chives, Lamb’s Lettuce, Curly Endive, Oak Leaf, Butter Head Lettuce, Boston Lettuce, Radicchio, Watercress, Coriander, Spinach, Swiss Chard, Kale, Spinach Beet, Mixed Swiss Chard, Collard Greens, Chicory

FRUIT
Apples, Tangerines, Apricots, Grapes, Blackberries, Cherries, Lemons, Cranberries, Strawberries, Grapefruit, Pears, Plums, Greengages, Guavas, Pineapples, Melons (eat alone), Kiwi Fruit, Peaches, Mangos, Star Fruit, Limes, Papaya, Currents, Cranberries, Gooseberries

BREADS/CEREAL
Spelt, Ezekiel (Bread and Pita), Pumpernickel, Sprouted Wheat/Grains (unbleached), Rye, Oat, Millet, Quinoa, Amaranth, Buckwheat, Wheat Germ

NUTS/GRAINS/SEEDS
Brown Rice, Basmati Rice, Almond, Sunflower, Pumpkin Seeds, Cashew, Sesame Seeds, Pistachio, Walnut, Brazil, Filbert (Hazel Nut), Macadamia, Pecan, Pine Nut

HERBS/SPICES
Fresh Ginger, Garlic, Cilantro, Dill, Chives, Bay Leaves, Basil, Coriander, Oregano, Thyme, Parsley, Marjoram, Tarragon, Mint, Rosemary, Sage

LEGUMES/BEANS/SPROUTS

DRIED FRUITS
Dates, Figs, Prunes, Raisins
DAIRY OPTIONS
Almond Milk, Rice Milk, Goat Cheese, Natural Yogurt

DRINK LIST
Purified/Distilled Water (8 glasses), Herbal Teas, Fresh Vegetable Juices, Fresh Fruit Juices, Green Drinks, Hot Water & Lemon (upon rising)

SWEETNERS
Honey, Molasses, Stevia (natural sweetener from the Stevia flower)

OTHER
Free Roaming Hen Eggs, Sea Vegetables, Nori, Wakame, TVP (Texturized Vegetable Protein), Seitan, Tofu, Hummus, Veggie Cheese, Olive Oil, Agar, Safflower Oil, Sesame Oil, Apple Cider Vinegar, Natural Mayonnaise, Fish, Ryvita Crackers, Ghee, Miso, Tempeh, Natto, Tahini, Roasted Barley (Coffee alternative), Sesame Butter, Smart Balance, Shoyo, Postum (Coffee alternative), Chicory (Coffee alternative)

SEASONING/CONDIMENTS
Miso                  Tamari
Soy Sauce             Vege-Sal
Braggs Liquid Aminos  Allspice
Cayenne Pepper        Cinnamon
Ginger                Cloves
Tofu Spreads          Mustard
Saffron               Sea Salt
Turmeric              Paprika
Balsamic Vinegar/Oil  (makes a delicious salad dressing)
Other Natural Herbs and Spices

SUPPLEMENTS
Kelp                  A Good Multivitamin
Garlic Tabs           Cayenne
Enzymes (consume with every meal) Chromium Picolinate
Spectrobiotics (upon rising) Olive Leaf
Grape Seed Extract    Noni Juice
Colloidal Minerals    Olive Oil (one tablespoon twice daily)
Oxy-Charge (add 7 drops to water 3 times a day)

LIVER TONIC
Black Grapes
Fresh Garlic/Garlic Tablets
Pure Carrot/Beet/Celery Juice (3 times per week)

KIDNEY TONIC
Cranberry Tablet Supplement
Hot Water/Honey/Braggs Apple Cider Vinegar (sip slowly)
Hot Water/Lemon/Braggs Apple Cider Vinegar/Cayenne/Honey (sip slowly)
**FOODS TO AVOID** (do **not** eat!!!)

Salt
Refined Sugar
Refined or Prepackaged Foods (frozen dinners or prepared dinners from a box)
Wheat/Wheat Product (including refined breads)
Most Snack Foods
Dairy Products/Cow’s Milk (full of steroids/growth hormones)
Fried Foods
Fast Foods
Red Meats
Processed Luncheon Meats
Chicken
Pork
Shell Fish
Mushrooms (full of fungus)
Oranges (too acidic)
Peanuts
Chocolates
Baked Goods (cakes/cookies/pies)
Candy
Sodas
Ocean Spray Juices (they are not all 100%)
Carbonated Water
Coffee
SAMPLE OF DAILY ACTIVITIES

Eat six times daily instead of three.
Eat Enzymes with each meal.

UPON RISING
Drink Hot Water & Lemon accompanied by Spectrobiotics, Noni or Green Drink ½ hour later

BREAKFAST (6:00 A.M. – 9:00 A.M.)
Oatmeal/Rice Cereal, Herbal Tea
Eggs & Toast, Herbal Tea
Fresh Fruit with Natural Yogurt, Herbal Tea

MID MORNING SNACK
Fresh Fruit
Rice Cake with Almond Butter
Hand-full of Nuts & Raisins (no peanuts)
Baked Sweet Potato or Yam

LUNCH (12:00 P.M. – 2:00 P.M.)
Fresh Green Salad, Fish, Fresh Vegetables
Rice & Beans, Fresh Vegetables, Lean Protein
Fresh Vegetables Salad
Sardine Salad with Toast
Soup & Salad

MID AFTERNOON SNACK
Fresh Fruit
Green Salad
Brown Rice with Edamame
Nuts & Raisins
Rice Cake

DINNER (5:00 P.M. – 7:00P.M.)
Brown Rice or Casserole with Fresh Steamed Vegetable & Fresh Green Salad
Tofu or Fish, Baked Yam, Fresh Vegetables

NIGHT SNACK
Melon
Warm Rice or Almond Milk (my favorite is almond milk)

REFRESHING/INVIGORATING BEVERAGES
Water, Lemon, Maple Syrup, and Pinch of Cayenne (see Master Cleanser recipe)
Herbal Teas
BE SURE TO CONSUME THE FOLLOWING ON A DAILY BASIS:

- HOT WATER & LEMON UPON RISING (alternate with Noni)
- RAW VEGETABLES X3
- WATER X8
- FRESH FRUIT X3
- FRESH GREEN SALAD X3
- WHOLE GRAIN X2
- BEANS/SEEDS/NUTS/GRAINS X2
- PROTEIN X3
- KELP SUPPLEMENT X1
- MULTIVITMIN READ LABEL
- GARLIC TABS READ LABEL
- SPECTORBIOTICS X2
- OLIVE LEAF X3
- COLOIDAL MINERALS X2
- CAYENNE X3
- CHROMIUM PICOLINATE X2
- FLAXSEED X3
- NONI X2

(upon rising/before retiring - alternate with hot water & lemon)
WHAT TO EXPECT

You may experience some of the following symptoms as the body rids itself of toxins:

• Fuzzy/Coated Tongue
• Headache
• Irritability
• Increase Bowel Movement
• Constipation
• Change In Skin Tone
• Nausea
• Break-Outs
• Change in Body Scent
• Bad Breath

DO’S FOR BODY MAINTENANCE

Take Cold Showers/Baths Twice Daily
Dry Skin Brushing With Loofa Brush (exfoliates skin & increases circulation)
Self Massage
Maintain Peaceful Environment
Exercise (brisk walking outdoors)
Steam Baths/Sauna (twice weekly)
Bathe Twice Weekly in Epsom Salts or Baking Soda (draws out impurities)

DO’S FOR SPIRITUAL MAINTENANCE

Daily Scripture Reading
Prayer
Journaling
Personal Devotions/Meditations

Most importantly, throughout the fasting process, be reminded of the following benefits:

• Spiritual rejuvenation
• Vital energies are liberated from the laborious task of digestion and redirected to healing and repairing the body’s tissues.
• Mental alertness and centeredness
• Physical healing, emotional wellbeing
• Can be used as a preventive/curative measure for a chronic condition
• Alleviates chronic fatigue
• Increases energy, endurance, and longevity
• Regulates bowel movements and sleep patterns
MAKE A DECISION TO LEAD A HEALTHY LIFE-STYLE

A decision to lead a healthy life-style requires a change of mindset and a commitment on your part.

Look at the statement of commitment below and check off the steps that you will take on the road to wellness and healthful living.

I will change my diet and lifestyle in the following ways:

- Eliminate red meat
- Eliminate dairy and fried foods
- Reduce salt, sugar, and alcohol
- Eliminate nicotine and caffeine
- Increase intake of beans and grains
- Increase intake of fruits and salads
- Increase intake of steamed, stir-fried, baked, and grilled vegetables
- Eliminate re-fried foods
- Substitute high fat, sugary, and salty snacks with healthy alternatives
- Detox at least twice a year
- Fast at least once a month
- Rid my life and environment of all waste and clutter
- Spend 30 minutes everyday walking outdoors
- Invest quality time each day in something that brings me joy
- Show the people I love how much they mean to me daily
- Let the Lord know how much I appreciate all He’s doing in my life
TAKE THE CREED

Read this creed aloud for the next 40 days. You will gain confidence and courage, and you will see marvelous things beginning to happen to you, in you, and around you. Dare to live the life of your dreams!

I have the courage and personal integrity to:

• Be myself
• Dream about a better life
• Wake up and live the life of my dreams
• Enjoy today and believe that tomorrow will be better than today
• Voice my opinions
• Pursue my goals
• Change my mind
• Break self-destructive activities, thoughts, and cycles of failure
• Set clear boundaries for myself and help others to respect them
• Change for the best
• Be my best
• Give my best
• Do my best
• Put my best foot forward
• Enjoy giving and receiving live
• Face and transform my fears with courage
• Seek and ask for support when I need it
• Spring free from the super-person trap
• Stop being all things to everyone
• Trust myself to know what is right for me
• Make my own decisions based on my perceptions of options
• Befriend myself
• Be kind to myself
• Be totally honest with myself
• Respect my vulnerabilities
• Heal old and current wounds
• Acquire new, good, and useful habits and eliminate the bad
• Complete unfinished business
• View my failures as life lessons
• Turn my losses into gain
• Realize that I have emotional and practical rights
• Honor my commitments
• Keep my promises
• Give myself credit for my accomplishments
• Love the little girl/boy in me
• Overcome my addictions and need for approval
• Grant myself permission to laugh out loud
• Live life out loud
• Play as hard as I can
• Dance like no one is watching
• Sing at the top of my voice
• Color outside of the lines
• Watch Mother Nature as she tucks the sun in for a good night’s sleep and then turns the nightlights on for my enjoyment, security, and pleasure
• Witness the dawning of a new day as the sun rubs lingering sleepiness from its eyes
• Choose life over death
• Choose success over failure
• Live with an attitude of gratitude
• Quit being a trash receptacle and dumping bin
• Rid myself of toxic relationships
• Pursue and develop healthy and supportive relationships
• Renegotiate the terms of all relationships
• Nurture myself like I nurture others
• Take “me moments”
• Be alone without feeling lonely
• Demand that people give to me as much as I give them
• Manage my time
• Value the time that God has given me by using it wisely
• Demand others to value my time
• Be more objective about my feelings and subjective about my thoughts
• Detoxify all areas of my life
• Take an emotional enema when necessary
• Nurture others because I want to not because I have to
• Choose what is right for me
• Insist on being paid fairly for what I do
• Know when enough is enough
• Say “No” and mean it
• Put an end to toxic cycles
• Set limits and boundaries
• Say “Yes” only when I really mean it
• Have realistic expectations
• Take risks and accept change
• Live morally
• Conduct my affairs ethically
• Grow through change
• Grow through challenges
• Give others permissions to grow and be themselves
• Break glass ceilings
• Live beyond the limits
• Set new goals
• Savor the mystery of the Holy Spirit
• Pray and expect an exceptional and favorable outcome
• Meditate in order to un-clutter my mind
• Wave good-bye to guilt, self-doubt, rejection, and insecurity
• De-weed the flower bed of my thought life
• Treat myself with respect and teach others to do the same
• Fill my own cup first, and then refresh others from the overflow
• Demand excellence from others and myself
• Plan for the future but live in the present
• Value my insight, intelligence, and wisdom
• Know that I am loveable
• Celebrate the differences in others
• Make forgiveness a priority
• Accept myself just as I am now and forever
• Live within my means
• Manifest His divinity
• Breathe beyond innate fears by living in the realm of faith
• Embrace His Spirit, which is stronger and wiser than mine
• Prosper beyond my imagination
• Give more than I receive
• Give to those who can never return the favor
• Love unconditionally
• Live consciously

Therefore, I will:
• Give God the time He needs
• Give my mind the order and peace it needs
• Give my life the discipline it needs
• Give my spirit the freedom it needs
• Give my soul the love it needs
• Give my body the nourishment and exercise it needs
• Give my voice the platform it needs
• Take a stand for what I believe
• Give myself the love and attention I need
• Pursue my dreams and accomplish my goals
• Pursue my purpose and maximize my potential
• Stand on truth and take a stand for truth
• Positively impact my generation
• Positively influence a system and/or an institution
• Live, learn, love, serve, and then leave a legacy
I am on a collision course with destiny:
I am at the Intersection of Truth; the Avenue of Opportunity; the Boulevard of Passion; and on a Street named Courage.
All lights are green. I choose to proceed.
Today, I crash and walk away with purpose, success, and nobility.

Today and always:
I alone accept and own full and total responsibility for being my genuine and true self.

Therefore,
I vow to live authentically, to grow and care for my best and nobler self that I may reflect the shimmer of God’s glory and divinity.

Today, I shall be blessed with all good things.
My day shall be good.
I will have good success.

My joy, peace, prosperity, and success shall be as abundant as the stars at night.
Friendship, favor, affluence, influence, health, happiness, support, beauty, and abundant living shall be my constant companion.

I am unconditionally loved, celebrated, revered, appreciated, and honored beyond measure and human comprehension.

I make a difference in this world.

This is my contract with self.

And today, I give myself permission to push until I succeed.

____________________________
Signed

________________________________
Dated
FOR MORE INFORMATION

For information about other resources and the work of
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Please visit www.trimminternational.com

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Dr. Cindy Trimm has dedicated her life to serving God and humanity. A former senator and best-selling author, Dr. Trimm is a sought-after empowerment specialist, revolutionary thinker, and transformational leader. She has garnered a distinguished reputation as a catalyst for change and voice of hope to the nations. Dr. Trimm travels worldwide, partnering with social, spiritual and civic leaders, equipping millions to discover purpose, maximize potential, and leave a positive footprint through their lives. Viewing this world as a global village, she continues to initiate strategic interdisciplinary forums, as well as host conferences and summits designed to develop practical solutions toward healing humanity of its deeply rooted social and spiritual ills. Her best-selling books include: *The 40 Day Soul Fast, The Prayer Warrior’s Way, The Art of War for Spiritual Battle, Commanding Your Morning,* and *Rules of Engagement.*
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