

## **JEHOVAH JAVA DIET - The Coffee Drinker's Healthy Weight Loss Program**

*For those that love coffee and want to lose fat while increasing their muscle mass and regain their health.*

Intermittent fasting is good, but if you really want to lose weight, you might want to try cycling 36 hours of fasting with 12 hours of feasting. Do this for 30 days and you will see greater weight loss and a greater level of health.

**This program is designed for weight loss, health gain, muscle gain, and for overcoming any challenge.**

<b>Coffee and Nitric Oxide Booster Every Day</b>	<b>36-Hour Fasting Alternated with 12-Hour Feasting</b>
<p><b>Why drink organic coffee?</b></p> <ul style="list-style-type: none"> <li>• Less likely to develop heart failure.</li> <li>• Less likely to develop Parkinson's or Alzheimer's.</li> <li>• Improves cognitive function (memory).</li> <li>• Protective of your liver and reduces risk of gallstones.</li> <li>• Dark roast decreases breakage in DNA strands.</li> <li>• Chances of colon cancer significantly decrease.</li> <li>• Men have a lower risk of developing prostate cancer.</li> <li>• Increases physical exercise endurance levels.</li> <li>• Decreases stroke risk and the risk of diabetes.</li> <li>• Improves bowel regularity and improves microbiome diversity.</li> <li>• Helps curb depression.</li> <li>• Helps maintain weight loss and can help curb appetite.</li> </ul> <p><b>Why Nitric Oxide?</b></p> <ul style="list-style-type: none"> <li>• Nitric oxide causes blood vessels to widen thus promoting blood flow into the capillaries.</li> <li>• Protects the lining of the arteries and decreases formation of blood clots.</li> <li>• It stimulates the release of hormones such as insulin and human growth hormone.</li> <li>• Promotes better recovery after exercise.</li> <li>• Improves heart health and lowers high blood pressure.</li> <li>• Fights colds, respiratory issues, and memory loss.</li> <li>• Better exercise performance and enhances weight loss.</li> <li>• Helps erectile dysfunction and lowers bad cholesterol.</li> </ul>	<p><b>Why a cyclic restrictive eating pattern?</b></p> <ul style="list-style-type: none"> <li>• It has a neuroprotective effect on brain and nerves.</li> <li>• People lived significantly longer without memory impairment.</li> <li>• Improves heart health.</li> <li>• Reduces ability of cancer cells to survive.</li> <li>• Promotes pancreatic beta-cell growth.</li> <li>• Improves blood sugar control.</li> <li>• Improves metabolic health and insulin resistance.</li> <li>• It is a proven strategy for losing fat.</li> <li>• A Biblical strategy for denying the impulses of the flesh.</li> <li>• At 13 to 15 hours [of fasting], you start to make ketones, growth hormone increases, and inflammation decreases.</li> <li>• A 15-hour fast can raise testosterone by as much as 1,300%.</li> <li>• At 17 to 18 hours autophagy starts (removal of damaged cells).</li> <li>• At 24 hours stem cells come into the intestinal area.</li> <li>• Dr. Valter Longo (one of the top cancer researchers in the world) claims fasting could replace chemotherapy.</li> <li>• The eating window should not be longer than 10 to 12 hours.</li> <li>• You should not eat after dinner and give your digestion at least 3 to 4 hours before bedtime without food.</li> <li>• The feast-famine cycling has enabled many people to get off their medications, regain energy, improve their memory, and overcome their health challenges.</li> <li>• Fasting denies cravings, thus helping to re-establish a normal appetite.</li> </ul>

Resistance Exercise with a High Protein Diet	Speaking Scripture Aloud
<p><b>Why resistance exercise?</b></p> <ul style="list-style-type: none"> <li>• It doesn't take much time.</li> <li>• Just start with some simple weights or bands. A simple routine only has to be about 10 to 15 minutes, and this would be 2 to 3 days a week.</li> <li>• You lose more weight with resistance exercise than with aerobic exercise.</li> <li>• It improves your cardiovascular health and reduces the risk of heart disease.</li> <li>• Start with a 5-minute warm-up with stretches, walking, or something like jumping jacks.</li> <li>• Build up your resistance training slowly over time. Aim to maintain intensity for about 45 to 60 seconds with each exercise with about 60 seconds of rest in between. Do this for 3 to 5 different types of exercises. (Example: bench press, curls, lateral raises, etc.)</li> <li>• End with a cooling down with walking or stretches.</li> <li>• You might also consider doing upper body on Mondays and Fridays and lower body such as squats on Wednesdays.</li> </ul> <p><b>Why high protein?</b></p> <ul style="list-style-type: none"> <li>• In order to gain muscle mass, one also needs to eat enough protein.</li> <li>• For muscle maintenance, you want about 60 grams of protein per day.</li> <li>• Research suggests 30 grams of protein a few times a day is needed to stimulate amino acid receptors in the muscles to build muscle.</li> <li>• A minimum is about 0.5 grams per pound of body weight per day. Thus, if you weigh 200 lbs. that is 100 grams of protein.</li> <li>• Athletes and the elderly could increase that to 0.7 grams per pound. That is 105 grams of protein If you weigh 150 lbs.</li> <li>• When you go from a fasting window to a protein window, you trigger amino acid receptors in the muscles that increase muscle growth.</li> </ul>	<p><b>Why speak scripture out loud?</b></p> <ul style="list-style-type: none"> <li>• <b>It overcomes fleshly impulses and desires.</b> <i>Gal 5:24 And those who are Christ's have crucified the flesh with its passions and desires.</i></li> <li>• <b>Faith comes from hearing.</b> <i>Rom 10:17 So then faith comes by hearing, and hearing by the word of God.</i></li> <li>• <b>The Word of God does not return void.</b> <i>Isa 55:11 So shall My word be that goes forth from My mouth; It shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.</i></li> <li>• <b>Your behavior is a direct result of the words you use.</b> <i>James 3:2 For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body.</i></li> <li>• <b>There is an effect to the words that you speak to yourself – good or bad depending upon the intent of your words.</b> <i>Mt 15:18 "But those things which proceed out of the mouth come from the heart, and they defile a man.</i></li> <li>• <b>Your words have a direct affect upon your body.</b> <i>Ps 109:18 But he clothed himself with cursing (or blessings) as with his garment, and it entered into his body like water and like oil into his bones.</i></li> <li>• <b>Angels and demons await their assignments based upon the words of your mouth.</b> <i>Pr 18:21 Death and life are in the power of the tongue, and those who love it will eat its fruit.</i></li> <li>• <b>Speaking God's Word is healing and deliverance.</b> <i>Ps 107:20 He sent His word and healed them, and delivered them from their destructions.</i></li> <li>• <b>You can use your tongue to bring healing.</b> <i>Prov 12:18 There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.</i></li> </ul>

## **Precautions**

1. You should not do an extended fast if you're underweight, pregnant, breastfeeding, or have an eating disorder.
2. As you lose weight and take nitric oxide supporting supplements, you may see a lowering of high blood pressure. If you are taking blood pressure medications, you will need to adjust accordingly.
3. You should not exercise or attempt high intensity training if your doctor would not approve of such.
4. Please realize that if you are overweight, toxic, have low energy, don't sleep well, and have health issues, that you should implement this program slowly over time. That includes the length of fasting time and the level of strength training.
5. As you are fasting, you may experience some fatigue from low salt intake. That can be resolved with adding high-quality unprocessed salt each day such as pink Himalayan salt. Fasting promotes detoxification, with fatigue naturally being a symptom. Drink plenty of water.
6. The fasting-feasting cycling process will automatically begin to liberate toxins from your fat stores. Ways to offset the symptoms and help the process would be to use an infrared sauna or ionic foot detox or extra vitamin C to help your body rid itself of these toxins.
7. To help maintain your systems and your energy level, some daily supplemental support is recommended such as: Adrenal complex with Rhodiola and ashwagandha, vitamin D3, vitamin C, magnesium, B-Complex, fish oil, green powder, and arginine with citrulline for producing nitric oxide. You can add other supplements, but some might make you feel nauseated if taken during a fasting day, such as taking zinc on an empty stomach. Whey protein concentrate is recommended to boost protein intake on the feasting days.
8. People with cirrhosis or liver scarring should take nitric oxide cautiously as it could have a detrimental effect on liver function. It is recommended that you do not take nitric oxide boosting supplements before undergoing surgery.
9. The statements in this educational article have not been evaluated by the US Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

## **Sources and Resources:**

- Dr. Mindy Pelz, author of " *Fast Like a Girl: A Woman's Guide to Using the Healing Power of Fasting to Burn Fat, Boost Energy, and Balance Hormones*"
- Dr. Joseph Mercola January 30, 2023 - *Can Intermittent Fasting Change How Your DNA Works?*
- Dr. Joseph Mercola January 29, 2023 - *How to Fast for Metabolic Fitness and Hormone Balance*
- Dr. Joseph Mercola January 8, 2023 - *How to Stay Fit for Life*
- <https://www.healthline.com/nutrition/top-evidence-based-health-benefits-of-coffee#4.-May-promote-weight-management>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-reasons-why-the-right-amount-of-coffee-is-good-for-you>
- <https://www.healthline.com/nutrition/l-arginine#benefits-uses>
- <https://draxe.com/nutrition/l-arginine/>
- <https://www.verywellfit.com/what-is-resistance-training-3496094>
- <https://www.hsph.harvard.edu/nutritionsource/high-intensity-interval-training/>
- The Bible

## How to Do the Program

- This program alternates a 12-hour eating window with a 36-hour fasting window (water, tea, and coffee).
- A 36-hour fast means eat dinner **6 pm** / skip breakfast / skip lunch / skip dinner / then eat breakfast **6 am** the following day. Do this 2 to 3 times a week. (Example schedules are below.)
- Most people have breakfast about 8 am and dinner about 6 pm. That would be a 38-hour window.
- Don't forget to drink water. You should start each day with a big glass of water before coffee.
- No late dinners and no snacking after dinner. You need 3 to 4 hours of no eating before bedtime.
- Starting out slow will be easier and is recommended. Consider: First fast day, skip dinner. Second fast day skip breakfast and lunch. Third fast day skip breakfast, lunch, and dinner for the 36-hour window.
- Try to avoid sugar, breads, and pasta (gluten), junk food, and fast food on fast days. Not good for health but exceptions are allowed. The program will still work. Avoid MSG, GMO corn, GMO foods, and artificial sweeteners.
- Drink coffee (stevia and heavy whipping cream in moderation is okay) throughout the day as desired to cut appetite and help with energy. Adding butter or MCT oil to the coffee will help with energy and cravings also.
- Suggested snacks during fast days are apples, grapefruit, avocados, eggs, butter, coconut oil, cheese, pecans, walnuts, almonds, whey concentrate, and peanut butter. Cook with butter or coconut oil. Vegetable oils such as safflower, sunflower, soybean, and canola (due to omega 6 linoleic acid) promote weight gain and the munchies.
- Protein: On fast days, try to consume 30 grams of protein, two or three times a day to promote muscle growth. It is helpful to break your fast with about 30 grams of protein. Vegetable protein and meat is good. But also consider whey concentrate (not whey isolate or caseinate). Whey concentrate is easy to digest and promotes an increase in the antioxidant called glutathione produced by the liver.
- Exercise: walking, biking, weights, bands, etc. Short intense exercise that requires muscle resistance like lifting weights or bands is better for building muscle. If using bands or weights for resistance training, consider using enough resistance to tax the muscle to exhaustion and yet has enough reps to last about 45 to 60 seconds.
- A simple resistance training routine would only last about 10 to 20 minutes, including warm-up and cooling off.
- Exercising on the days that you fast will increase weight loss efforts, promote muscle gain, and promote a greater increase in metabolism. But it can be quite taxing to exercise on fast days. It does take some getting used to.
- You need good sleep. Turn off Wi-Fi at night and don't sleep with cell phone or a cordless phone next to your bed.
- It is not required but helpful to add in an Ionic Foot Detox or Infrared Sauna to accelerate the removal of toxins and promote greater weight loss and health gain. If not available, vitamin C will help.
- After the month has ended you can continue if you haven't lost the weight desired. You can keep it off by doing the weekly schedule once or twice a month or perhaps fasting 36-hours only once per week to maintain.

### Example Schedule A

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun (repeats)
Nitric oxide booster	x	x	x	x	x	x	x	x
Resistance exercise	Rest	x		x		x		Rest
Walking	Rest	x	x	x	x	x	x	Rest
Biking	Rest		x		x		x	Rest
Protein booster	x		x		x		x	x
<b>8 am BREAKFAST</b>	Eat	Skip	Eat	Skip	Eat	Skip	Eat	Eat
Lunch	Eat	Skip	Eat	Skip	Eat	Skip	Eat	Eat
Protein booster	x		x		x		x	x
<b>6 pm SUPPER</b>	Eat	Skip	Eat	Skip	Eat	Skip	Eat	Eat
<b>10 pm BEDTIME</b>	x	x	x	x	x	x	x	x

### Example Schedule B

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun (repeats)
Nitric oxide booster	x	x	x	x	x	x	x	x
Resistance exercise	Rest	Upper body		Lower Body		Upper body		Rest
Walking	Rest	x	x	x	x	x	x	Rest
Biking	Rest		x		x		x	Rest
Protein booster	x		x		x		x	x
<b>8 am BREAKFAST</b>	Eat	Eat	Skip	Eat	Skip	Eat	Eat	Eat
Lunch	Eat	Eat	Skip	Eat	Skip	Eat	Eat	Eat
Protein booster	x		x		x		x	x
<b>6 pm SUPPER</b>	Eat	Eat	Skip	Eat	Skip	Eat	Eat	Eat
<b>10 pm BEDTIME</b>	x	x	x	x	x	x	x	x

## Twelve Fruits of His Nature and Their Opposites

Gal. 5:22-23, 2 Peter 1:4-8, Rev 22:2

Love vs Rejection/Unwanted	Faith/Faithfulness vs Fear
Joy vs Sorrow/Self-pity	Meekness vs Pride
Peace vs Anxiety/Worry	Self-control vs Anger
Patience/Longsuffering vs Impatient/Intolerant	Brotherly Love vs Unforgiveness/Bitterness
Kindness vs Jealousy/Envy	Knowledge/Truth vs Depression/Hopelessness
Goodness vs Lust/Greed/Covet	Godliness/Honor vs Shame/Disrespect

### To Read Aloud Daily

#### Meekness, Humility, Gentleness vs Pride, Self-absorbed, Arrogant

- **Pr 11:2** *When pride comes, then comes shame; but with the humble is wisdom.*
- **Pr 29:23** *A man's pride will bring him low, but the humble in spirit will retain honor.*
- **2 Ch 7:14** *"if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.*
- **Rom 12:16** *Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.*
- **James 4:6** *But He gives more grace. Therefore He says: "God resists the proud, but gives grace to the humble."*
- **1 Pet 5:6** *Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,*
- **Phil 2:5-8** *Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.*
- **Gal 6:1** *Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.*

Lord, Your word declares that You will exalt me in due season. Therefore, I humble myself before You to be Your bondservant by serving others and being obedient in every situation. With prayer I am seeking Your face to have grace for every situation. I don't want to be wise in my own eyes nor do I want to have a lofty opinion of myself. Therefore, I ask You to show me where I have pride and where I am self-serving and self-absorbed. I choose to associate with the humble, and if my neighbor

or friend is overtaken in a trespass, I ask for wisdom and a spirit of gentleness. I renounce self-serving and pride in Jesus' name.

### **Godliness, Honor, Respect, Reverence vs Shame, Guilt, Condemned, Humiliation**

Lord, I despise and renounce the shame and dishonor that I have allowed to become a part of how I feel and think about myself. Your word declares in 2 Cor 5:21: *“For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.”* And also in Rom 8:1: *there is now no condemnation for those that walk after your Spirit and not after the flesh.* Your word says to give honor to whom honor is due. Therefore, by your grace, I no longer allow words of shaming, blaming, and disrespect to come out of my mouth. Because of the honor you have bestowed on me through your righteousness, I choose to honor You by honoring and respecting my parents, my spouse, my boss, my kids, my neighbor, and myself. I tell shame and dishonor to leave, in Jesus' name.

### **Faith (Trust, Courage) vs Fear (Doubt, Timidity)**

Father God, I declare your word which says:

- **Pr 29:25** The fear of man brings a snare, But he who trusts in the LORD will be exalted.
- **Pr 3:25** Do not be afraid of sudden fear nor of the onslaught of the wicked when it comes;
- **Ps 91:2-3** I will say of the LORD, “He is my refuge and my fortress; My God, in Him I will trust.” Surely He shall deliver you from the snare of the fowler and from the perilous pestilence.
- **2 Tim 1:7** For God has not given us a spirit of timidity, but of power and love and discipline.
- **Isa 41:13** "For I am the LORD your God, who upholds your right hand, Who says to you, ‘Do not fear, I will help you.’
- **Rom 10:17** So then faith comes by hearing, and hearing by the word of God.
- **Heb 10:38-39** Now the just shall live by faith; But if anyone draws back, My soul has no pleasure in him.” But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.
- **Heb 12:2** looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.
- **1 John 4:18** There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.
- **1 John 5:4** For whatever is born of God overcomes the world. And this is the victory that has overcome the world — our faith.

By Your power I will not fear what man would do to me or what man will not do for me. My faith is in You, in Your word, in Your blood, and in the name of Jesus. Jesus rose from the grave and has given me authority. All my enemies are defeated. I

tell fear to leave In Jesus' name. I declare Your word which says "do not fear" for You will help me and You will uphold me. I speak trust and courage to myself in Jesus' name.

### **Patience, Perseverance, Longsuffering vs Impatient, Intolerant**

By your patience possess your souls.

- **Rom 12:12** *rejoicing in hope, patient in tribulation, continuing steadfastly in prayer;*
- **James 5:7-8** *Therefore be patient, brethren, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. You also be patient. Establish your hearts, for the coming of the Lord is at hand.*
- **2 Pet 3:9** *The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.*
- **Heb 10:36** *For you have need of endurance, so that after you have done the will of God, you may receive the promise:*
- **Heb 12:1** *Therefore we also, since we are surrounded by so great a cloud of witnesses, let us 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,*
- **Heb 12:3** *For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.*
- **Gal 6:9** *And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*

Lord, your word tells me to not grow weary, to endure as a good soldier, and to be patient in tribulation. When I am becoming weary, impatient, and intolerant, please show me what to say "no" to so that I have time to sit at your feet to be refreshed. Right now, I lay aside every weight, I let go of tension and I rejoice in my relationship with you. In Jesus' name I declare that I will not lose heart but endure until I receive Your promises because You are faithful.

### **Goodness, Virtue, Morality vs Lust, Greed, Covet, Immoral**

Lord, I thank You that I can overcome covetousness and the lust for money by being content, tithing, and by helping others.

- **Luke 6:35a** *"But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High.*
- **Luke 6:38** *"Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."*
- **Rom 12:21** *Do not be overcome by evil, but overcome evil with good.*
- **Php 4:11** *Not that I speak in regard to need, for I have learned in whatever state I am, to be content:*
- **1 Tim 6:8** *And having food and clothing, with these we shall be content.*



- **Heb 13:5** *Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."*

Lord by Your grace my needs are met, and I bring the appetites of my body into subjection.

- **Col 3:5** *Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.*
- **1 Cor 6:13** *Foods for the stomach and the stomach for foods, but God will destroy both it and them. Now the body is not for sexual immorality but for the Lord, and the Lord for the body.*
- **1 Cor 7:1-3** *Now concerning the things of which you wrote to me: It is good for a man not to touch a woman. Nevertheless, because of sexual immorality, let each man have his own wife, and let each woman have her own husband. Let the husband render to his wife the affection due her, and likewise also the wife to her husband.*
- **1 Cor 9:27** *But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.*

I put to death lust, greed, unnatural appetites, and immoral desires in Jesus' name. I fill my mouth with good things and bring my body unto subjection with the words of my mouth, in Jesus' name.

### Peace (Tranquility) vs Anxiety, Worry

Father God, I declare your word which says:

- **Isa 26:3** *You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.*
- **Matt 6:31-34** *"Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*
- **Philippians 4:6-7** *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*
- **John 14:1** *"Do not let your heart be troubled; believe in God, believe also in Me.*
- **John 14:27** *"Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.*

Lord, I take my mind off my problems by putting my mind upon You. I bring every thought and imagination captive to the obedience of your word. I lean not upon my own understanding, but with thanksgiving I ask you to meet my needs and resolve this problem before me. I tell worry and anxious thoughts to leave in Jesus' name. I put on peace, and I speak peace

to my body and my mind in Jesus' name. I thank you for sweet sleep, for your word says in Ps 4:8 *I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.*

### **Kindness (Caring) vs Jealousy, Envy, Selfish Ambition**

Lord, sometimes I am unkind because I am envious of what someone else has, particularly when I look at the lack in my life. Sometimes I am competitive and contentious with others because of my ambition to be better than someone else. Sometimes I think that I am inadequate and inferior, and I am envious to be like them. Lord, I don't want to be jealous of others or my mate because they are better at some things than I am. Lord I don't want to be jealous and afraid that my mate will want someone else over my feelings of not being good enough.

- **2 Cor 10:12** *For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.*
- **Pr 3:30** *Do not strive with a man without cause, If he has done you no harm.*
- **Php 2:3** *Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.*
- **1 Cor 13:4** *Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up;*

Therefore Father, by Your grace I will not compare myself as to who is superior or inferior. I will be kind and speak kind words to everyone around me whether they are or under my authority, or I am under their authority. I let go of my ambition to be promoted in the eyes of man. I ask for your forgiveness and to be cleansed of this. I declare in Jesus' name, that I am free of envy and jealousy. I speak to my body and the pericardium of my heart to be full of lovingkindness.

### **Knowledge, Truth, Hope vs Depression, Despair, Hopeless**

Lord the journey has been long and sometimes the situation looks bleak. Father God, I confess that at times I am confused, depressed, and at times I am in despair without much hope. But 1 Peter 1:13 says: *Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; Also, David said in Ps 27:13: I would have despaired unless I had believed that I would see the goodness of the LORD In the land of the living.* And your word says in Matt 19:26: *But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible."* So, Lord, I ask you to reveal to me truth about You and Your ways so that I can go forward with hope and a knowing that I will see Your goodness. Father, I ask you to bring me to my senses and to remove the snares of deception that have led me to depression and hopelessness. Therefore, in Jesus' name, I tell depression, suicide, confusion, and hopelessness to leave. I give no right to depression or confusion to influence my mind. I put on the helmet of salvation to protect me from the darts of the enemy. I say aloud that I believe that my God will rescue me and that I will see the goodness of the Lord in my life.

### **Self-control, Self-restraint vs Anger, Wrath, Malice**

Lord, I have been angry. Angry over being offended, angry over my unfulfilled expectations, angry over my needs not being met, angry over feeling controlled, angry over my loneliness, and angry over an inability to communicate my hurts and needs with the ones I want to have relationship with. *Ecc 7:9 says: Do not hasten in your spirit to be angry, for anger rests in the bosom of fools. Prov 19:1 says: The discretion of a man makes him slow to anger, and his glory is to overlook a transgression. And Eph 4:26-27 says: "Be angry, and do not sin": do not let the sun go down on your wrath, nor give place to the devil.* I have been quick to anger, and I have let it build up rather than resolve it. *Col 3:8 says: But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.* So Lord, with Your help I put off anger and angry words out of my mouth. I choose to let go of my offenses and expectations, and I choose to forgive those that have offended me. I choose to have mercy on them, as You have had mercy on me. I ask You to help me communicate with them to resolve my issues. In Jesus' name I declare that anger is not allowed to stay. In Jesus name, I put on and declare self-control, discretion, and the ability to overlook a transgression.

### **Brotherly love (Forgiving, Brotherly Affection) vs Unforgiveness (Bitterness, Malice, Hate, Resentment)**

Lord, I renounce and put away malice, hate, resentment, bitterness, judgements, and any desire to punish or hurt anyone. Your word says in Heb 10:30 *For we know Him who said, "Vengeance is Mine, I will repay," says the Lord. And again, "The LORD will judge His people."* Therefore as a means to punish, I relinquish my right for unforgiveness, and the withholding of affection, brotherly love, tenderheartedness, and lovingkindness. *Rom 14:13 says: Therefore let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in our brother's way. Matt 7:1 says, "Judge not, that you be not judged. James 5:9 says: Do not grumble against one another, brethren, lest you be condemned. Behold, the Judge is standing at the door!* Lord, I confess that I have let words of judgement, resentment, and bitterness come out of my mouth. I ask You to forgive me and cleanse me of this. Lord, I ask you to soften my heart. Lord, I pray Ps 40:11 *Do not withhold Your tender mercies from me, O LORD; Let Your lovingkindness and Your truth continually preserve me.* Therefore, I also will not withhold tender mercies and lovingkindness from those that have hurt, offended, or disappointed me. In Jesus' name, *I put off unforgiveness, bitterness, and hate. I decree and release brotherly love and tender mercies to those I have hated and judged.*

### **Love vs Rejection, Unwanted, Neglected**

- **Deut 31:8** *"And the LORD, He is the one who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed."*
- **Matt 28:20** *"teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.*




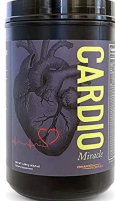








- **Luke 6:27** *"But I say to you who hear: Love your enemies, do good to those who hate you,*
- **Luke 10:27** *So he answered and said, " 'You shall love the LORD your God with all your heart, with all your soul, with all your strength, and with all your mind,' and 'your neighbor as yourself.' "*
- **John 14:16** *"And I will pray the Father, and He will give you another Helper, that He may abide with you forever*
- **Eph 3:19** *to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.*
- **1 John 4:9** *In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.*
- **1 John 4:18** *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.*

Father God, Your word declares that You love me. That You gave Your son Jesus so that I could be with You, and that You will never leave me or forsake me. Thank You for giving me the Holy Spirit as my helper to abide with me forever. Your commandment is that I obey by loving You with all that I am. I pray to know the love of Christ, which is beyond knowledge, that I might be filled with Your love. There is no fear in love and perfect love casts out fear. Therefore, I tell rejection, abandonment, loneliness, feeling unwanted and neglected to leave in Jesus' name. In obedience I choose to love my neighbor as myself and to love my enemies with Your love.

#### **Joy, Gladness vs Sorrow, Self-pity, Sadness**

*Ps 69:20 says: Reproach has broken my heart, and I am full of heaviness; I looked for someone to take pity, but there was none; and for comforters, but I found none.* Father God, the loss and sorrows of this life has moved me to heaviness, self-pity, and at times a feeling of barrenness. I have been robbed of joy and gladness of heart. But your word says: *"Sing, O barren, You who have not borne! Break forth into singing, and cry aloud, you who have not labored with child! For more are the children of the desolate than the children of the married woman," says the LORD.* Lord, through my tears I will shout, and sing, and dance, and delight myself before You; because of who You are. I ask You to restore to me the joy of my salvation. I ask You to remove my barrenness and to uphold me by Your generous Spirit. In Jesus' name I ask You to restore that which has been robbed and withheld. No longer will I bemoan my losses with words of sorrow; but with thanksgiving, I will rejoice with shouting over the restoring of my barren places. I tell sorrow and self-pity and heaviness to leave in Jesus' name. I fill my mouth with rejoicing, and I will be glad in the Lord, for the joy of the Lord is my strength.

## Supplemental Support for The Coffee Diet

<p><b>Café' Altura Organic coffee</b></p>			
	<p style="text-align: center;">Dark Roast</p>	<p style="text-align: center;">French Roast</p>	<p style="text-align: center;">Medium Roast</p>
<p><b>Nitric oxide booster</b></p>			
	<p style="text-align: center;">Fenix Nutrition L-Arginine Complete, Mixed Berry</p>	<p style="text-align: center;">Cardio Miracle (TM) - The Complete Nitric Oxide Solution</p>	<p style="text-align: center;">Bluebonnet L-Arginine 1000 mg</p>
<p><b>Whey concentrate / or Veggie Protein</b></p>			
	<p style="text-align: center;">Vanilla - by Natural Factors, Grass Fed Whey Protein Concentrate</p>	<p style="text-align: center;">Strawberry - by Natural Factors, Grass Fed Whey Protein Concentrate</p>	<p style="text-align: center;">Veggie Protein Van w Superfoods – 22gms protein/seerving</p>
<p><b>Adrenal support</b></p>			
	<p style="text-align: center;">Adrenal Response by INNATE Response</p>	<p style="text-align: center;">Phyto-ADR by Pure Encapsulations</p>	<p style="text-align: center;">Adrenal Complex by Designs for Health</p>
<p><b>Magnesium</b></p>			
	<p style="text-align: center;">Mag 300 – pwd or pills (citrate, malate complex, glycinate complex)</p>	<p style="text-align: center;">Magnesium Complex (citrate, glycinate, malate, Malic acid) by Professional Formulas</p>	<p style="text-align: center;">Magnesium (citrate) pills by Pure Encapsulations</p>
<p><b>B-Complex</b></p>			
	<p style="text-align: center;">Life Extension Bio-Active Complete B-Complex</p>	<p style="text-align: center;">Bluebonnet Nutrition B Complex 50</p>	<p style="text-align: center;">Bluebonnet Nutrition B Complex 100</p>