

8 Basic Steps to Create a New Mindset and Establish a Plan to Address Any Health Challenge

1. **DEFINE THE PROBLEM.** (Current health challenge based upon blood work, doctor's diagnosis, or symptoms. Example: High blood pressure, Type 2 diabetes, herniated disc, etc.)
2. **ESTABLISH A TEAM.** (Need knowledgeable, positive, and open-minded people on your team)
 - a. Your faith (Pray for wisdom, knowledge, and revelation) James 1:5-7
 - b. Medical doctors (Medical exams, blood work, MRIs, etc.)
 - c. Alternative Health Practitioners (Holistic, Naturopath, Chiropractor, Nutritional Practitioner (Wisdom in the multiple of counselors) Proverbs 11:14
3. **CONTAIN THE PROBLEM.** (Put steps in place IMMEDIATELY to help minimize the health challenge)

Examples

 - Faith (Matthew 9:20-22) and God's grace and mercy (Matthew 9:35 & Luke 17:14)
 - Medication
 - Supplements
 - Surgery
 - Change your environment,
 - Change of eating habits
 - Many others
4. **DETERMINE THE ROOT CAUSE.** (What is the real cause of this health challenge?)

Examples

 - Years of improper eating habits
 - Years of smoking or alcohol abuse.
 - A previous injury that did not heal properly
 - Environmental
 - Exposure to hazardous chemicals at home or work place without proper safety wear (gloves, masks, glasses, etc.)
 - Exposure to high levels of EMF without protection or proper distance from the body (excess cell phone use, wireless routers in bedroom, power lines, etc.)

5. **IMPLEMENT CORRECTIVE ACTION** (Put steps in place to correct the health challenge)

Examples

- Results of your medical report may require a prescription medication
- STOP smoking and alcohol abuse. May require programs to stop abuse.
- Establish a supplement plan to eliminate or reduce prescription meds
- Lifestyle change in eating habits
- Change environmental conditions (wear proper safety protection when using chemicals, move wireless router to area rarely occupied, using EMF reduction headphones for cell phones and keep cell phones away from body as much as possible)

6. **VERIFICATION OF CORRECTIVE ACTION.** (Has your health challenged improved)

Examples

- What do your vital signs say from new medical report?
- How does your body feel since smoking and alcohol abuse has stop?
- Have you reduced or eliminated prescription meds?
- Have you implemented lifestyle change in eating habits?
- Have you change environmental conditions (are you wearing proper safety protection when using chemicals, have you moved the wireless router to area rarely occupied, are you using EMF reduction headphones for cell phones and keeping cell phones away from your body as much as possible)

7. **PREVENT REOCCURREANCE.** (What has been put in place to prevent reoccurrence)

Examples

- Faith
- Established and maintained a team consisting of primary care physician, nutritional therapist practitioner, chiropractor, prayer partner, personal trainer, etc.
- Attend AA sessions and have a sponsor.
- Lifestyle eating habits have minimize sugar intake, eating NON-GMO and organic foods
- Change environmental conditions
 - Always wear proper safety protection when using chemicals
 - Wireless router should be in an area rarely occupied
 - Purchased EMF reduction headphones for cell phones
 - Never place laptop on your lap and keep cell phones away from your body as much as possible and keep it airplane mode when not in use.

8. **CELEBRATE THE VICTORY. PRAISE FOR YOUR HEALING.** (Let others know of your healing)

- Your testimony of your healing, tell your doctor, family, friends, church members, tell those who have been battling the same health challenges.