



DR.CALLY SEYMOUR

WARRIOR'S WEIGHT LOSS

**Video Sessions Outline,
Listening Guides, and
Discussion Questions**

Toxins Part 2

Reversing and Preventing Toxic Damage

In today's session we are going to help you discover 3 keys to strategically and aggressively eliminate toxins from your body and begin to reverse the damage done. Toxicity creates disease and inhibits your weight loss.

All healing comes from the Lord. These strategies are simply ways you can cooperate with the way He designed our bodies to function and heal. Regular fasting and detoxification help strengthen our immune system, and rejuvenate us physically, mentally, and spiritually. Regular detoxification also strengthens your metabolism by creating cellular efficiency in your organs.

The 3 key detoxification strategies are:

- Intermittent Fasting
- Trio Cleansing
- Daily Detoxifying- (by sprouting, juicing, clean cooking, and specific supplementation)

BENEFITS OF SPIRITUAL FASTING:

There are many benefits of various forms of fasting mentioned in the Bible, but the ones we will focus on for the purpose of this program are: healing, deliverance (from addictions or habits), and spiritual breakthrough

- Detoxification is a form of fasting
- Detoxification fasting is not earning your healing, or starving yourself...in fact, quite the opposite

When reading Old Testament, read for historical context & inspiration only, because the promises in the Old Testament are from God to Israel, not from God to you. As a New Testament follower of Jesus Christ, God's promises to you are found in the New Covenant (New Testament).

*The Lord has declared that He will restore me to health, and heal my wounds.
Adapted from Jeremiah 30:17*

Rather, is this not the fast which I choose, to undo the bonds of wickedness, to tear to pieces the ropes of the yoke, to let the oppressed go free and break apart every enslaving yoke? Isaiah 58:6 AMP

Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. Isaiah 58:8

Then, after fasting and praying, they laid their hands on them (in approval and dedication), and sent them away (on their first journey). Acts 13:3

DETOXIFICATION- THE SPIRAL STAIRCASE

1. Regular detoxification, the second most important strategic advantage -
2. Prayer, the most important strategic advantage -
3. Your work is only a response to His finished work. Keep this at the forefront of your mind! -

DETOXIFICATION STRATEGY #1- INTERMITTENT FASTING

Benefits of Intermittent fasting:

Can assist in weight loss, body fat loss, blood sugar stability, and cellular repair, reduction of growth factors that promote obesity and certain cancers, improved brain health, improved ability to shift from growth mode to repair mode.

What is intermittent fasting?

We suggest a 17-7 IF ratio, one to two times per week. (Eat during a 7 hour window, fast during the 17 hour window). For example: 11:00 am - 6:00 pm is your eating window, 6:00 pm to 11:00 am is your fasting window- one to two times per week. (20-4 and 16-8 ratios can also be used)-

Autophagy (getting rid of old things) - critical, but difficult to kick into gear!
Fasting initiates autophagy. -

The role of DNA-

Hormone profile of food-

Physiology not physics-

DETOXIFICATION STRATEGY #2- TRIO CLEANSING

Benefits of Trio Cleansing:

Improves long term metabolism and weight loss success by helping your body enter deeper levels of healing and cellular repair, improves many degenerative conditions such as; diabetes type II, liver health, hypertension, skin problems, GI problems, menstrual cycle abnormalities, mood disorders, libido problems, fatigue, chronic pain, headaches, and certain cancers.

A healthy liver is a major KEY to weight loss success!

Trio Cleansing can be accomplished by adding longer durations (3- 5 day cycles) of detoxification fasting, 1 time every 4-6 weeks until desired weight is expressed, and 1-3 times per year for maintenance. -

Trio Cleansing can be done using any one of our three detoxification options: the Lemon Maple mixture, the Power Greens, or the Modified Trio Cleanse. (See manual “detoxification options” section for details.) -

DETOXIFICATION STRATEGY #3- DAILY DETOXIFYING

Why is daily detoxification important for improving health, and optimizing weight? -

How do you accomplish daily detoxification? -

DNA mutations and specific health and immune challenges -

Who should NOT fast or use detoxification strategies? (pregnant or nursing women, children under the age of 16, those suffering with eating disorders, in some cases- elderly or chronic disease sufferers respond well to detoxification, and in other cases, you should not detoxify under these conditions). Always check with your trusted health care provider for specific recommendations for you.

**A HEALTHY BODY NATURALLY REACHES
A HEALTHY WEIGHT!**

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Your healing is His priority- Embrace and personalize the truth of these scriptures...choose 2-3 to study, meditate on, and discuss..

Isaiah 58:6, Isaiah 58:8, Acts 13:3, John 10:10, Psalm 139:14, John 14:24, Daniel 1:12, Genesis 1:29, John 6:35, Matthew 4:23

Have you ever practiced any type of fasting for spiritual or health reasons? If yes, what was your experience with this? Do you have any apprehensions about trying these methods for your good health and weight loss?

God's Word promises mental, physical and spiritual refreshing during times of fasting. In what areas of your life specifically do you need refreshing right now?

Expect the benefits of fasting. What benefits are you specifically expecting through your 3 detoxification methods?

Are there any specific food or chemical addictions, or emotional attachments to food that you desire to break free from? Talk to the Lord specifically about these and ask for His help and the guidance of the Holy Spirit.

What obstacles might you experience when you implement (any of the three) detoxification fasting strategies? (some examples might be: judgement or misunderstanding from others, fear, planning or scheduling conflicts, healing crisis symptoms etc.)

How will you overcome those potential obstacles and stay focused on your health and weight loss goals?