

Tips and Ideas for the 21-Day Daniel Fast

From the Health and Wellness Ministry

- Drink a cup of hot or warm water with lemon first thing in the morning because it's good for cleansing the liver. It's also great to drink after each meal. Lemons are a good source of citric acid, potassium, calcium, phosphorous and magnesium. I found a list of other benefits of lemon water that you should know about.
 - (a) It helps prevent the growth of pathogenic bacteria and the decomposition of tissue
 - (b) It assists in “cleansing the system of impurities” and will help prevent diseases
 - (c) It is effective at dissolving uric acid (often the cause of pain and inflammation in joints) and other poisons in the body. It can help reduce symptoms of malaria, rheumatism, gout, rickets and tuberculosis.
 - (d) Helps purify the blood and will also control a tendency to bleed
 - (e) Assists in lowering high blood pressure
 - (f) Reduces the amount of phlegm in the body
 - (g) Relieves symptoms of asthma, allergies and other respiratory problems
 - (h) Nourishes brain and nerve cells due to its potassium content
 - (i) Helps dissolve gallstones, calcium deposits, kidney stones and pancreatic stones
 - (j) One warning, too many fresh lemons (acidic content) can be harsh on the enamel of your teeth
- Peel and slice a sweet potato and sauté the slices in olive oil. Absolutely delicious as part of a meal or as a snack.
- Sauté sliced onions in olive oil and add sliced cabbage and cook to the level that you enjoy. Great with those sweet potato slices.
- For breakfast, I love cooked oatmeal with raisins, a dash of cinnamon, walnuts and a little honey or agave nectar. I also add fresh blueberries or strawberries.
- A great fruit salad is a combination of kiwi, blueberries, pineapple, mandarin or regular oranges, apples with a touch of honey. Very healthy for you.
- I also make trail mix of cashews, walnuts, raisins. Great filling snack but has fat (healthy fat) so don't go overboard.

There's a wonderful Chinese philosophy about eating (with my comments in parenthesis) that goes like this:

- Eat like a king at breakfast (heavy meal as an energy builder for the day's activities)
- Eat like a prince at lunch (moderate meal at mid-day to get you through the afternoon)
- Eat like a pauper at dinner (light meal at dinner when you're preparing for a night's rest)