

Plant Based Cooking Seminar



October 16, 2018

Plant Based Cooking incorporating the 12 step program and CREATION Health!



Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Scripture Text: "So, if you think you are standing firm, be careful that you don't fall."

(1 CORINTHIANS 10:12)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





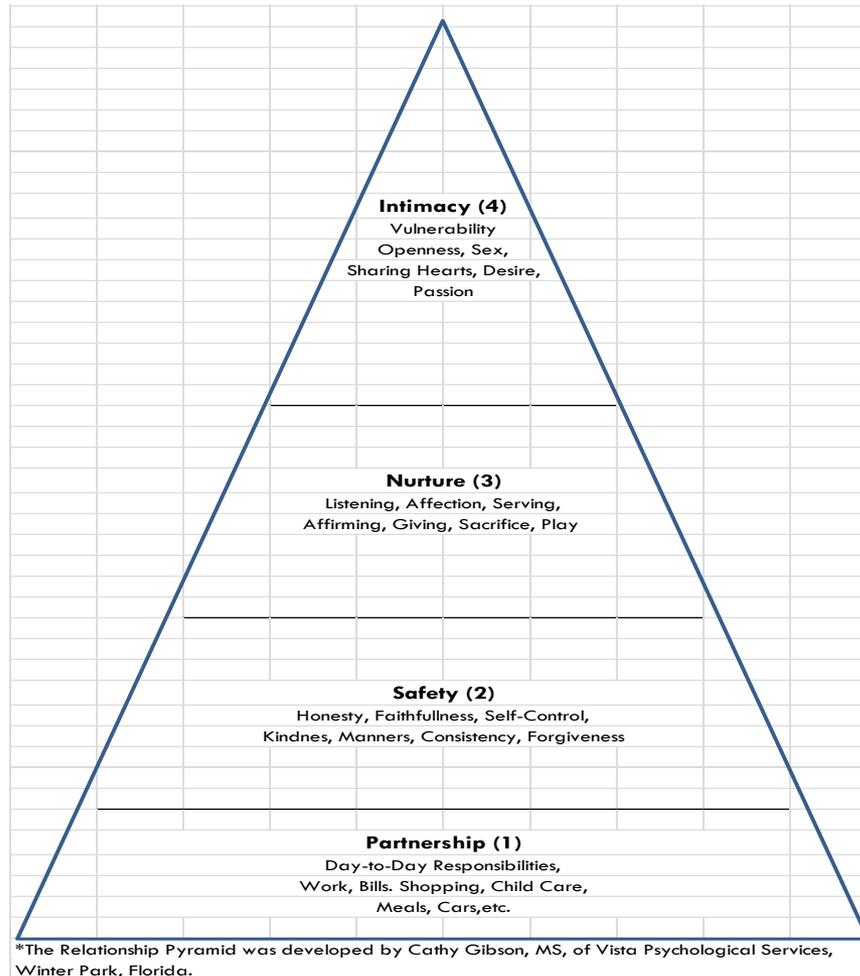
Interpersonal Relationships* –

Overcoming Loneliness:

1. Understand yourself first.
2. Find a hobby or explore something new.
3. Serve. Consider volunteering or giving of yourself in service to others.
4. Trust in Divine Power.
5. Join a community of faith.
6. Try exercising.
7. Get professional assistance.

*Excerpt from “The Creation Health Breakthrough”, by Monica Reed, MD. Page 146





PUTTING IT ALL TOGETHER

Intimacy is a relational continuum reaching from basic partnerships to finding the freedom of embracing another without inhibition or fear. What we may have accomplished in one relationship we may not yet have in another. There is no better time than the present to grow healthier in our interpersonal relationships.

Eden was indeed Paradise, not merely because of its beauty and bounty, but because it was a supremely safe place for relationships to grow. The first man and woman felt no fear or inhibitions. They enjoyed an amazing relationship with God, themselves, and each other. You don't need to wait passively to see what becomes of your relationships. You can actively engage in knowing yourself, God, and others starting today with the 3 M's.

Maximize

Make the most of the moments you spend with people you care deeply about. Listen, laugh, play, and hug up! Remember that safety is the soil in which intimacy grows. Listen, affirm, and “do unto others as you would have them do unto you.”

Moderate

Watch for feelings of loneliness. Start a new hobby, volunteer, take a class. If you feel alone more than is comfortable, take the time to discover why. Talk with a trusted family member, friend, or professional.

Minimize

Don't hold on to unresolved hurt and pain in your life. Forgive yourself and others. It's a choice you can make and a skill you can learn with practice.

Page excerpted from: Page 163 of “The Creation Health Breakthrough”, By Monica Reed, MD.



2018 SERIES OVERVIEW

JANUARY – DESSERTS

FEBRUARY – SOUPS

MARCH – SAUCES, GRAVIES, DRESSINGS

APRIL – SNACKS

MAY – SALADS

JUNE – SANDWICHES

JULY – PICNIC FARE

AUGUST – ENTREES

SEPTEMBER – INTERNATIONAL FARE

OCTOBER – BREAKFAST ITEMS

NOVEMBER – HOLIDAYS

DECEMBER – DRINKS, SMOOTHIES



Natural Healing:
Cayenne Pepper:
Charcoal:



**“Therefore what God has joined together,
let man not separate.”**

Matthew 19:6

