

## 5-Day Program Recommended Pre-Conference Guidelines

Recommendations and reasons :

- ✚ This is the ideal time to intentionally reduce food intake and total dependency on food.
- ✚ Experience the energy of God on the 5-day program. Glimpse at what it means for man to LIVE on the bread of life AND NOT the food that perishes.
- ✚ So that everyone is in tune to the Spirit with a greater dependence and hunger for the WORD.
- ✚ Food tends to numb the body and, especially certain types of food, have very low frequencies.
- ✚ You want to vibrate at a high frequency throughout the program and before the reprogramming is complete.

PARTICIPANTS CAN OPT TO REDUCE FOOD INTAKE OR FAST BUT NOT MANDATORY

ANY FAST IS SUBJECT TO PERSONAL PREFERENCE AND HEALTH GUIDELINES

FOLLOW THE GUIDELINES OF YOUR DOCTOR'S RECOMMENDATIONS

### ❖ **Build up to Program Commencement, Detox (recommendations only and at the discretion of each person)**

#### ➤ **5-7 days before**

- ✓ Begin consciously reducing your food quantities
- ✓ Stop alcohol, cigarettes, recreational drugs - anything that toxifies your system and that you want to overcome
- ✓ Stop all meats, SUGAR, dairy (milk, cheese, chocolate, etc.)
- ✓ Stop tea & coffee
- ✓ Stop pasta, breads, wheat flour
- ✓ Hydrate! Drink water - at least 3 liters per day
- ✓ Gradually reduce food till you only consume a light soup and vegetable/fruit juice

#### ➤ **3 days before**

- ✓ By now you should only be on juice (vegetable or fruit or mix)
- ✓ You may sweeten your juice with pure honey, agave, xylitol - NO SUGAR
- ✓ Hydrate! Drink water

**IMPORTANT TO NOTE:** If anyone is on heavy medication and requires to be on food then they should continue with the food at their usual med time but reduce quantity. *PLEASE INFORM US BEFORE COMMENCEMENT OF CONFERENCE.*

**Diabetics:** Should be mindful that fruit drives up sugar and instead stay on suitable vegetable or green juices/soups.

Diabetics are recommended to monitor their blood sugar carefully and exercise wisdom in going forward.

Wisdom should be exercised, and blood sugar checked regularly. *PLEASE INFORM US BEFORE COMMENCEMENT OF CONFERENCE.*

There is no need to continue taking vitamins during the 5-day program, unless specified by your doctor, with your other medication.

If there are any other questions or concerns specific to individuals, please let us know.

Take communion as often as you like. At least once a day during this period.