



CORNERSTONE HEALTH

EMPOWERING THE MIND TO TRANSFORM THE BODY

SECTION 1: FOUNDATIONS OF HEALTH





Principle 9: Spirituality

Discussion points



Spiritual health and Cornerstone



Practicing Cornerstone Health



Identity and food choices



Does Cornerstone Health relate to spirituality?

Genesis 2:

- 7And the LORD God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.8The LORD God planted a garden eastward in Eden, and there He put the man whom He had formed. 9And out of the ground the LORD God made every tree grow that is pleasant to the sight and good for food. The tree of life *was* also in the midst of the garden, and the tree of the knowledge of good and evil.

Teach to speak... Important because????

Proverbs 16:

- 23The heart of the wise teaches his mouth,
And adds learning to his lips.
- 24Pleasant words *are like* a honeycomb,
Sweetness to the soul and health to the bones.

His words + your soul= Healthy flesh

Proverb 4:

- 20My son, give attention to my words;
Incline your ear to my sayings.
- 21Do not let them depart from your eyes;
Keep them in the midst of your heart;
- 22For they *are* life to those who find them,
And health to all their flesh.

Practicing Cornerstone health in this world.

Step 1
Recognize

Step 2
Repent

Step 3
Relearn



Step 1:
Recognize: There are 2 kingdoms



Recognize: There are 2 Kingdoms

Synthetic:

1. Food: Junk, Fast, Fried
<http://www.fastfoodingredients.com/>
2. Fruits: GMO's, Hybrid...
<https://www.fda.gov/food/agricultural-biotechnology/gmo-crops-animal-food-and-beyond>
3. Plants:
<https://www.ecfr.gov/current/title-7/part-205/subpart-g>
4. Vitamins/ Minerals:

Real:

1. Food: Words
2. Fruits: Words
3. Plants: Words
4. Vitamin/Minerals: Words



Step 2:
Repent: Change your mind



Daniel 1:1-16

- Only the best for the best. The king of the world during this time had a system by which he would convert slaves into being loyal to himself. He used:
 1. Isolation
 2. Introduction
 3. Education
 4. Provision
 5. Promotion/ Position
- In doing so, those who were taken captive by him, would consider themselves apart of “his” kingdom, one of “his” citizens, converting the other captives who didn’t, but could see the benefits of being a member, not knowing one day there would be a fiery furnace.

1kings 3:6-
13 / 4:29-34 /

- This is our middle ground. Solomon even though he could have used the fact that he was David's son as a qualification to have the wisdom to be king, he requested spiritual wisdom on how to do what he was called to do. Later on we see him say, "Trust in the lord...in all your ways and he will direct your paths" Pro 3:5-6.

1 Cor 2:6-16

- The world is only able to access so much. Since the world system is undeveloped in all things, it can only offer that which is not mature. God was willing to give His only begotten son, a precious, heavenly valued, only thing he placed above His name, for you. What are you willing to accept???

Step 3 Relearn

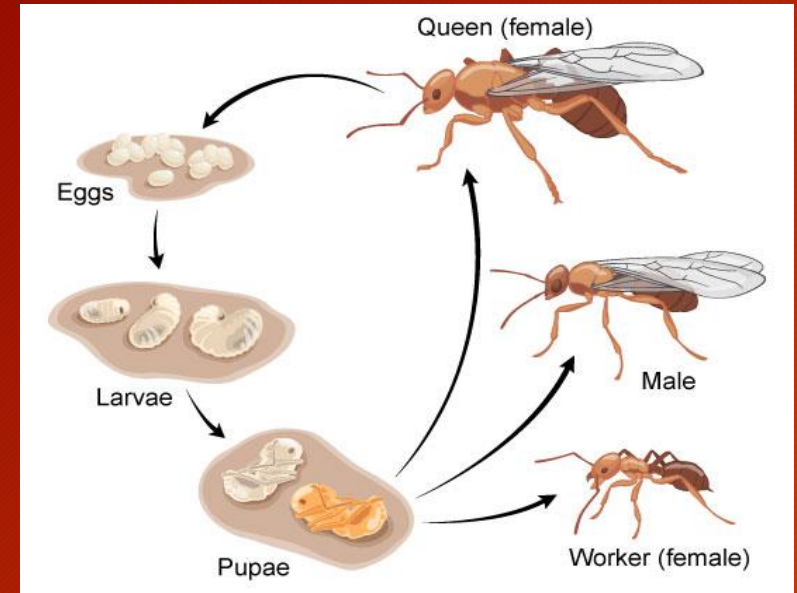
Tradition



Transition



Transformation





Step 3 Relearn: Tradition



Step 3 Relearn: Tradition

- Tradition: learning begins in the womb. Foods are introduced to the child there creating many advantageous or detrimental effects on the placenta and child. Your hormones affect the development of the child.
- This “pre” natal conditioning makes the child more likely to choose the food that was prenatally introduced to it... There are many different diets that are introduced to us but they are solidified through tradition.--
- Culture creates beliefs, beliefs create emotions, emotions create moods, moods create actions, actions creates habits, habits create traditions. This process is retaught.



Step 3 Relearn: Transition

Step 3 Relearn: Transition

This is the most important phase of practicing CornerStone Health P.O.P.S

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graph TD; A[This is the most important phase of practicing CornerStone Health P.O.P.S] --> B[Patience: Be patient with Thyself]; B --> C[Observation: Be "real" with Thyself]; C --> D[Persistent: Don't give up on Thyself]; D --> E[Spirit led: Josh 1: 7-9/ Pro 3: 5-6/];
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Patience: Be patient with Thyself

Observation: Be “real” with Thyself

Persistent: Don’t give up on Thyself

Spirit led: Josh 1: 7-9/ Pro 3: 5-6/

Transition: In with the NEW....

Sugar

Agave nectar
Maple syrup grade B
Monk fruit sweetener
Zuka sugar
Honey (local)
Date syrup

Milk

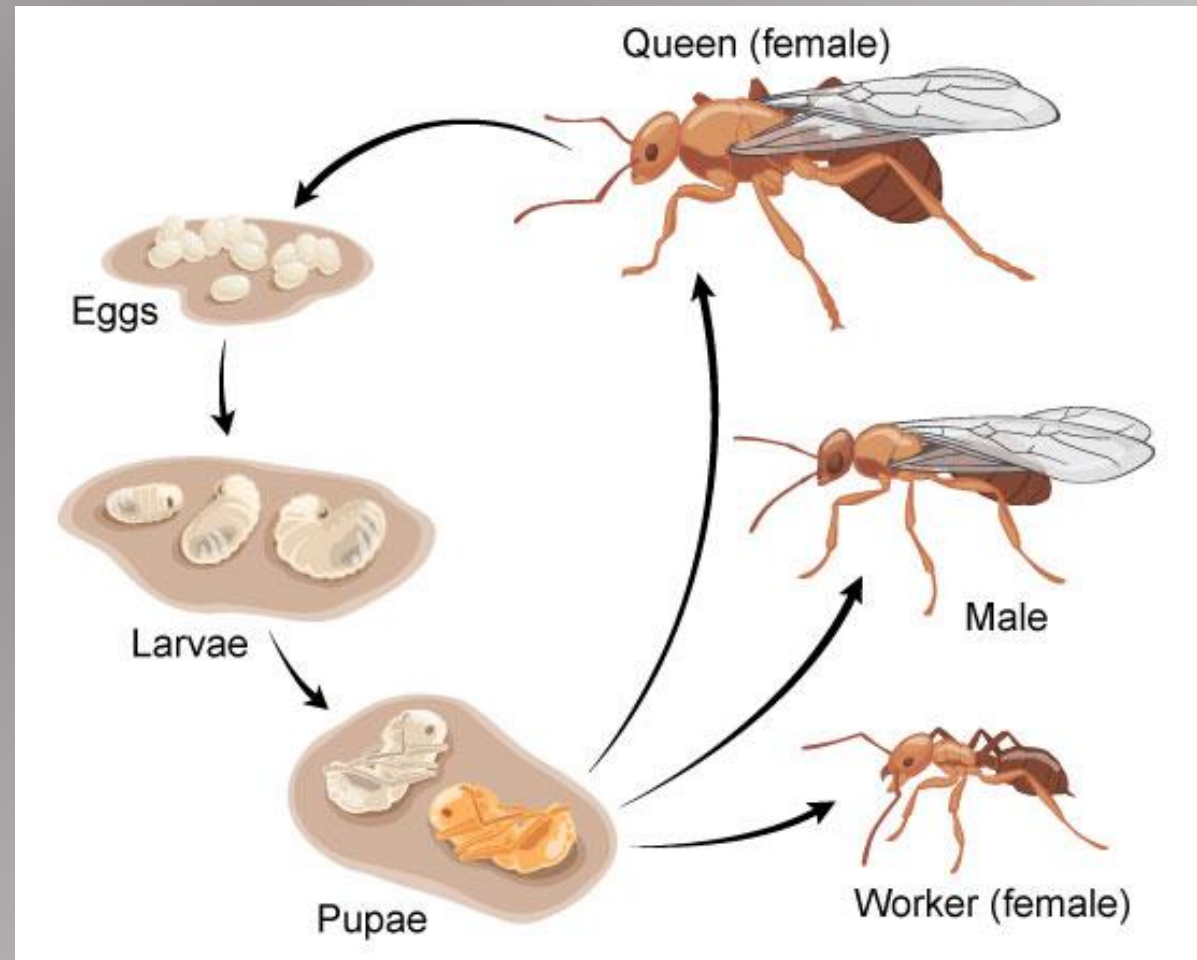
Almond
Cashew
Oat
Coconut
Hemp

Etc.....

Cheese
Water
Soda
70/20/10 rule
Soul food substitution

Step 3 Relearn: Transformation

- **Queens:** are females that were fed more as larvae. They are larger than workers and lay all the eggs in a colony – up to millions in some species! Queens initially have wings and fly to find a mate(s), but they tear them off before starting a new colony. A queen can live for decades under the right conditions.
- **Workers:** are females that were fed less as larvae. They do not reproduce, but perform other jobs, such as taking care of the brood, building and cleaning the nest, and gathering food. Workers are wingless and typically survive for several months.
- **Males:** have wings and fly to mate with queens. They live for only a few weeks and never help with the chores of the colony.



Romans 12:1-2 & Romans 8:29

Transformation



Conformation



What does the Bible say????

- Where there is no vision...Pro 29:18 Vision & Law
- Eye has no seen... 1 Cor 2:9 God Prepared & Preferred
- The Holy Spirit searches the deep things of god.. 1 Cor 2:10 Seek and find
- God will give you the desires of your heart.. Ps 37:4
- Write the vision, make it plain... Hab 2:2
- Commit and follow through... Ps 37:5

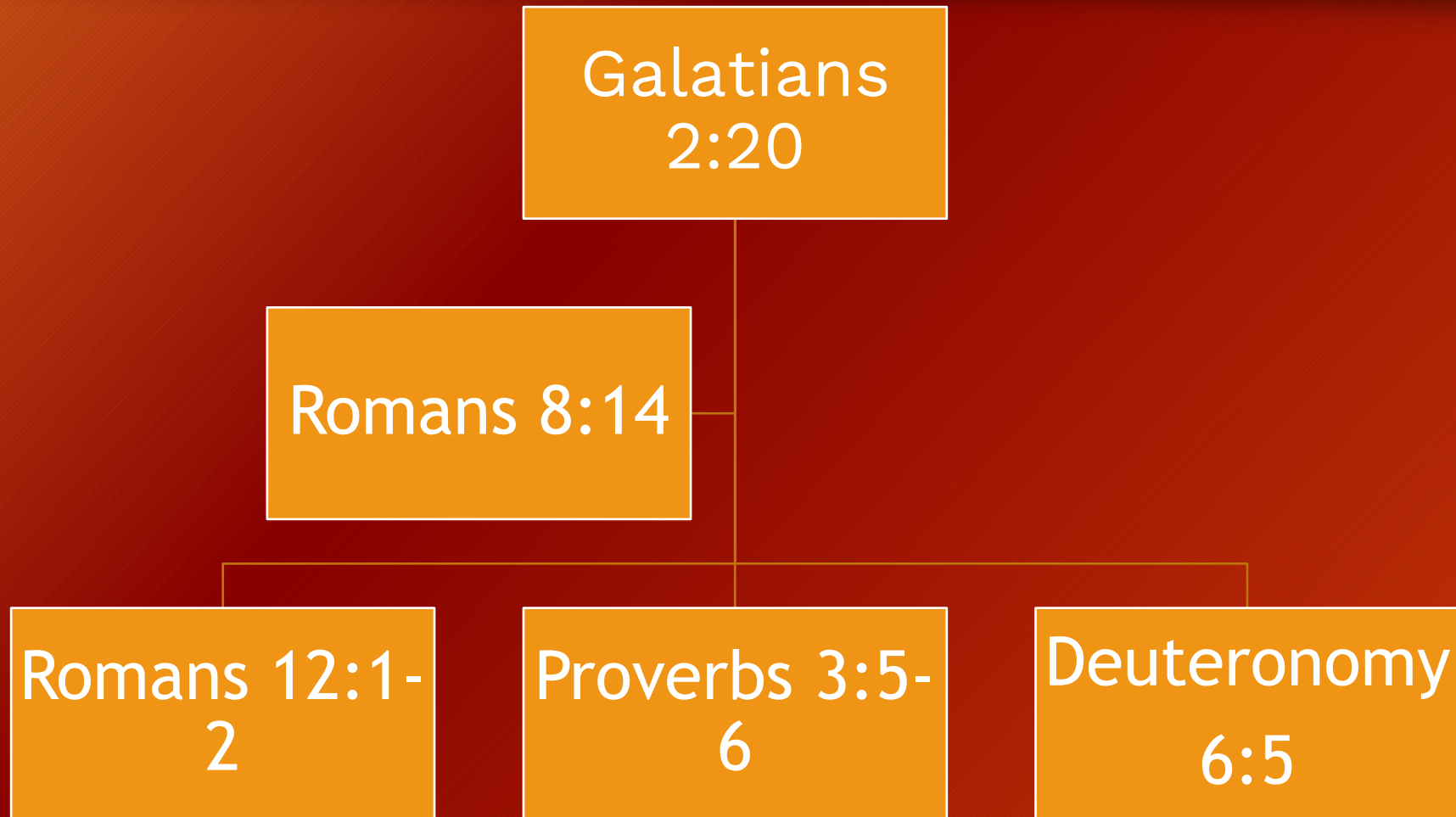
ABIDING IN CHRIST

I am the vine, you are the branches. John 15:1

Identity & Food choices



Identity and Food choices



Food affects....

Emotions

Moods

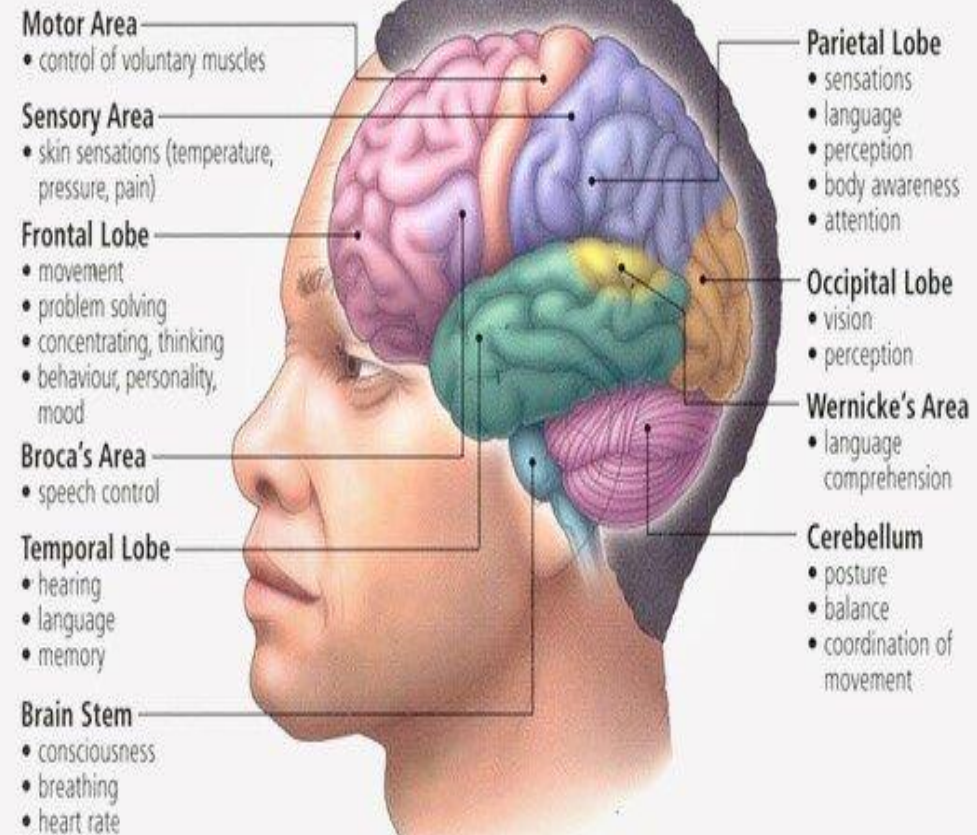
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Temperament

Intelligence

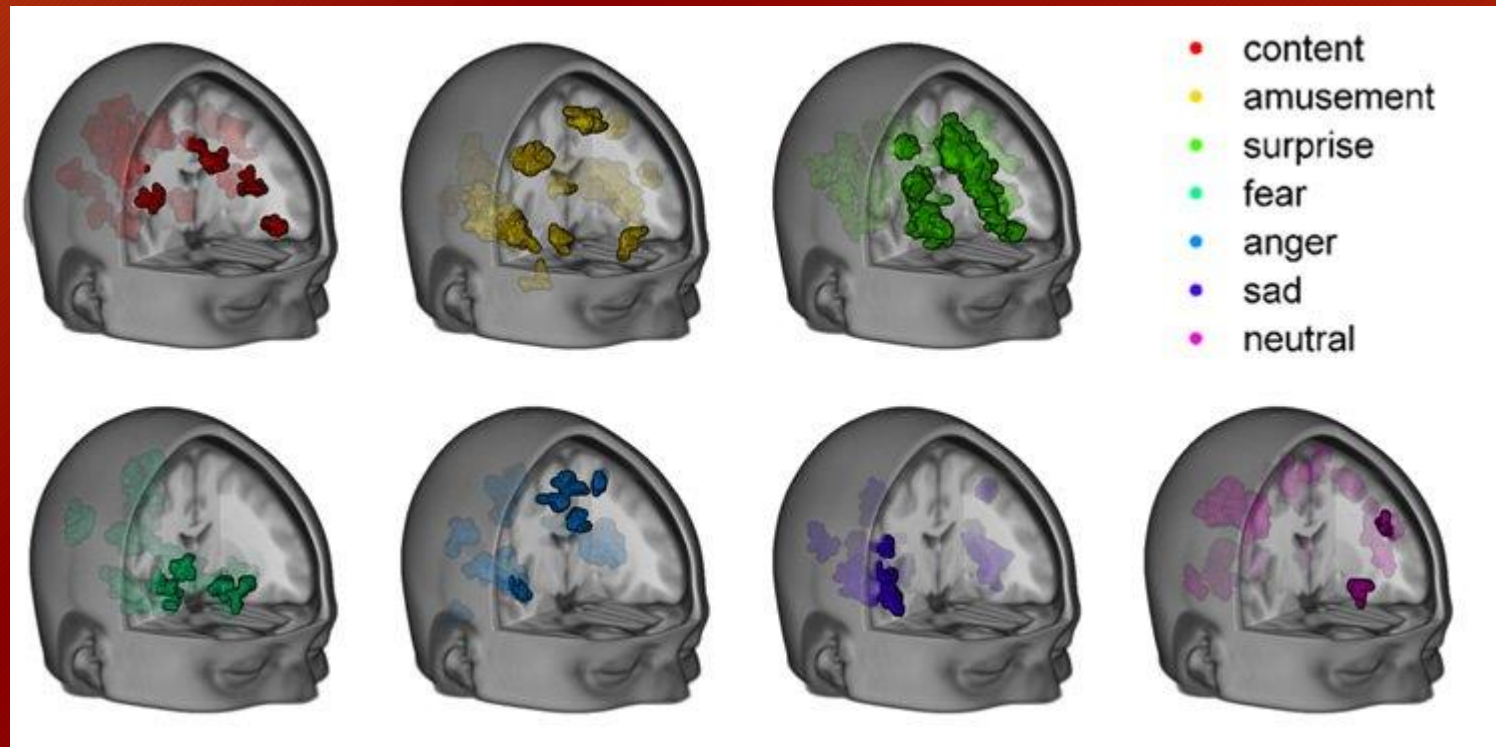
Otcome

Nervous system



Fruit of the spirit/ Fruit of the world

- Love
- Joy
- Peace
- Meek
- Gentle
- Longsuffering
- Goodness
- Faith
- Temperance



Identity: According to God's Word.



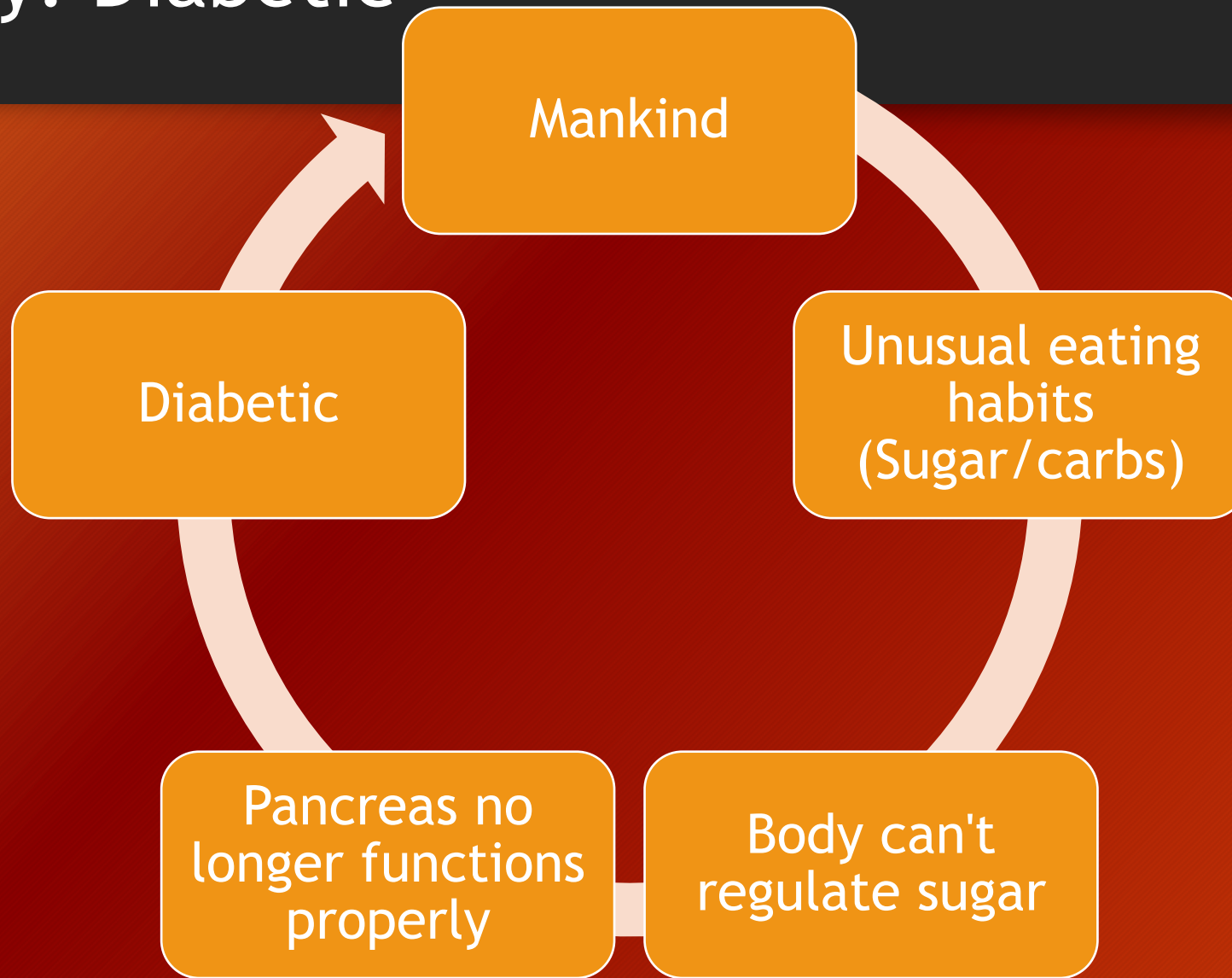
Identity: Obese



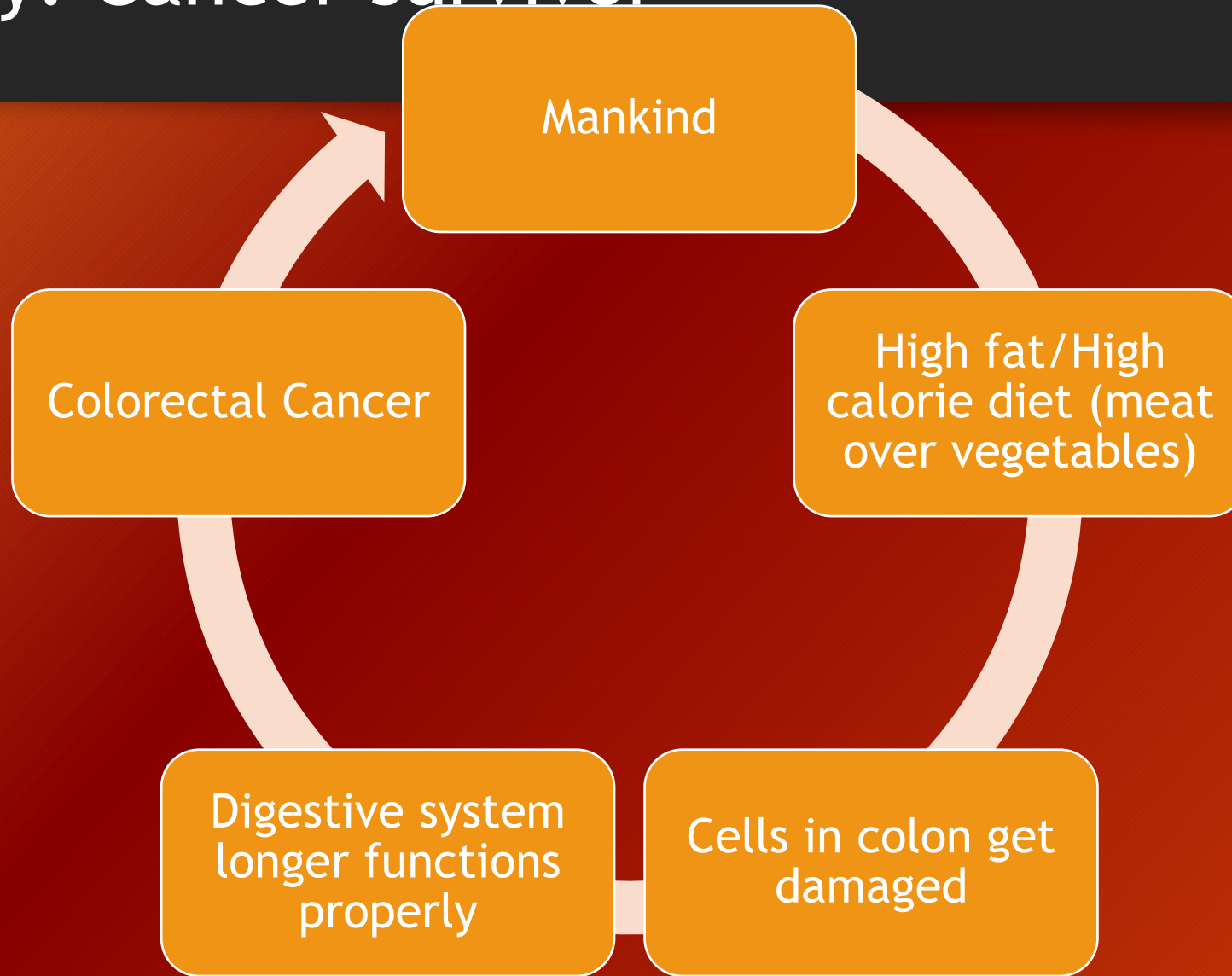
Identity: Alcoholic



Identity: Diabetic



Identity: Cancer survivor





Thank You!

CornerStone Health

Sources

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