

## 10 Steps to Better Health

1. Begin to reprogram your mind with knowledge about how the body really works.
2. Increase your intake of living foods.
3. Start drinking live vegetable juices.
4. Begin drinking lots of purified water.
5. Start some exercise and get some sunshine.
6. Eat more fiber.
7. Reduce or eliminate all animal products from your diet.
8. Begin to eliminate processed foods.
9. Get adequate rest and resolve spiritual and emotional stresses.
10. Reach out for support.



## Clients

West Eastland Church of Christ  
Gallatin, TN

Lawrence Avenue Church of Christ  
Nashville, TN

Scott Avenue Church of Christ  
Nashville, TN

Hadley Park Community Center  
Nashville, TN

The Destiny Center  
Springfield, TN

- Seminars
- Workshops
- Customized Classes
- Personalized Sessions

To bring these programs to your group or organization, call

**Alwanda Carothers**  
Certified Health Coach

**615-944-5086**

[www.fitforthemastersuse.com](http://www.fitforthemastersuse.com)



## Body, Mind, and Spirit



**Alwanda Carothers**  
Certified Health Coach

“Coaching you to better health and healing”

**Free 20-Minute  
Consultation**

Call for more information

**615-944-5086**

# Available Courses Offered

## Body, Mind, and Spirit

### Get Healthy! Stay Balanced! Take a Life Changing Course

This course is for people who desire to seriously acclimate themselves to the Hallelujah Diet & Lifestyle. In each of the nine Get Healthy! Stay Balanced! lessons, you will learn what it takes to be truly healthy.

#### What will you learn?

- **Living Foods and Dead Foods**

Consider that eating certain kinds of foods is like digging your grave with a fork. See why living foods are our only complete foods. Learn how to drop the “grave-digging fork” and get healthy for life.

- **Cleansing**

Understand your body’s incredible system of elimination—your lungs, skin, colon, kidney, and secondary organs of elimination—it is critical to your having excellent health.

- **Pure Air and Exercise**

Learn how pure air helps all of your body’s functions, why exercise is necessary for more than just weight loss, and why getting both are critical to your good health.

- **Water & Sunshine**

Learn how each works individually and together, as well as with air, exercise, etc., to promote life and health in your body.

- **Stress & Rest**

Differentiate “good stress” from “bad stress,” and see the critical importance of rest in a healthy lifestyle.

- **Emotions**

Discover the effects that various foods have on our brain, and the resulting impact on our emotional state. See the importance of positive emotional responses to the challenges God has for us each day.

- **Biblical Foundation**

Delve into your relationship with God, get inspired by the Biblical teachings, and learn why spiritual health is just as important as physical, mental and emotional health.

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### “Fit for the Master’s Use”

Learn that healthy eating is a lifestyle - not a diet!

"Fit for the Master's Use" is a customized study that focuses on the Body, Mind, and Spirit.

It is designed to coach you to better health and healing through nutrition, exercise, water and rest as you become more and more fit for the Master’s use. This is pre-requisite to the Get Healthy! Stay Balanced! Course.

We can maintain a healthy body, along with a young body and a sharp mind, if we so desire. It is within our power because God has placed that power in our own hands. And when we take care of God’s creation (our physical bodies) as God intended, the potential for not being sick or dying young, will be greatly increased!

“. . . I have set before you life and death, blessing and cursing; therefore CHOOSE LIFE, that both thou and thy seed may live.” (Deuteronomy 30:19)



### Certified Health Coach

Christian Wife, Mother,  
Grandmother, Author, Inspirational Speaker,  
and the Owner of “The Flavor of Eden”