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THE
**BIBLE HEALTH
BLUEPRINT**

*The 30-Day Plan That Reveals
What's Making Your Family Sick —
and Removes It*



**Dr. Eric Zielinski &
Sabrina Zielinski**

Founders of Bible Health Academy



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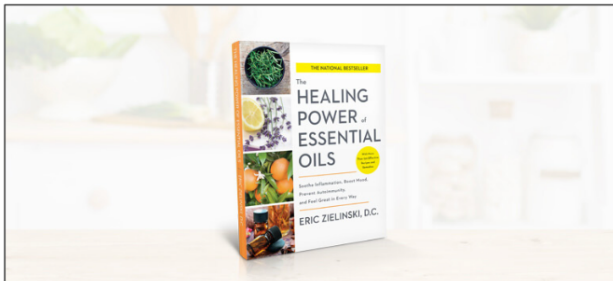
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On Substack?

That's where we bring the Bible Health Blueprint to life in practical steps for your family.

Join the conversation at BibleHealth.substack.com!



The Healing Power of Essential Oils

More than 150,000 copies sold, Dr. Z's national bestseller is the #1 rated essential oils book in the world. This soup-to-nuts guide to mastering essential oils features 150+ recipes and expert formulations, equipping you with the knowledge to build daily rituals that fit your unique needs , and lead to amazing results!

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Essential Oils Recipes: A 52-Card Deck for Healing and Home

From Dr. Z & Mama Z comes the easiest way to bring natural remedies into your daily routine. 52 beautifully designed cards with simple recipes for healing, cleaning, and caring for your entire family. No searching, no overwhelm. Just flip to what you need and get started.

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Introduction

Welcome to Your Bible Health Journey...

If you're holding this book, chances are you already sense that something needs to change. Maybe you've been struggling with fatigue, brain fog, digestive issues, or stubborn weight, and you've been told it's "just aging."

And underneath all of it, there's a feeling you might not say out loud: *I should know how to take care of the body God gave me, but I don't. I feel like I'm failing my family. I pray, I go to church, I love the Lord, and I still can't figure out why I'm so tired, so foggy, so stuck.*

If that's you, we want you to hear this clearly: you're not failing. You've just been given the wrong information by the wrong sources, and that ends today.

Maybe you've scrolled through a thousand health accounts online and ended up more confused than when you started.

Or maybe you recently heard a message that convicted you: your body is a temple, and it's time to start treating it like one.

Whatever brought you here, we're glad you came. And we want you to know something up front: you're not starting from scratch, and you're not starting alone.

We've been exactly where you are. Addictions, medications, a marriage that nearly didn't survive, food stamps, and years of doing everything the world told us would work. We tried every supplement, every protocol, every trending diet. Then God showed us a better way, His way, and it changed everything. Not in five years. In days.

Here's what we know after 23 years of research, 4 bestselling books, and raising 7 kids on this approach: most people start feeling a real difference by Day 3. Not because of a miracle supplement or an expensive protocol, but because they removed the three things that were dragging them down every single day. We're talking about more energy by the end of your first week, clearer thinking, better sleep, and a sense that something in your body finally shifted in the right direction.

You don't need another guru. You don't need another health account to follow. God already gave you His precious Holy Spirit to be your guide, helper and comforter. You have everything you need to live a healthy, abundant life. This Blueprint simply organizes what Scripture already teaches into a practical daily plan that any family can follow, regardless of budget, education, or starting point.

This book will help you feel better TODAY, not five years from now.

Not a fad diet. Not a supplement protocol. Not another overhaul that collects dust.

This is a 30-day, step-by-step plan rooted in Scripture: one simple change per day that produces results you can feel within hours and days, not decades.

And here's what we want you to hear before you turn a single page: this is not a rigid calendar.

“30 days” means 30 decisions, not 30 consecutive dates on your calendar.

If Day 3 takes you a week, good. If you need a month to get through the first ten days, good.

There is no clock. There is no deadline.

The only thing that matters is that you keep going.

Miss a day? Pick it up tomorrow. Miss a week? Pick it up next Monday.

This is a lifelong journey, not a sprint, and every single step forward counts.

“Pray like it all depends on God, work like it all depends on you.” — St. Augustine

HOW TO USE THIS WORKBOOK

Part 1 (Foundations): Six core sections covering theology, science, and preparation.

Part 2 (Days 1–30): One action per day across four themed weeks.

Part 3 (Resources): Shopping lists, recipes, essential oil chart, scientific references, notes pages, and next steps.

Each day includes: a simple checkbox to track your progress, a checklist with your specific actions, a Scripture, a prayer, and tips from Mama Z and Dr. Z.

This is what awaits for you during your 30-Day Bible Health Journey...

Week 1: Reclaim Your Kitchen: swap the worst offenders in your pantry and fridge

Week 2: Reclaim Your Body Care: replace toxic products you put on your skin daily

Week 3: Reclaim Your Home: clean up your environment, air, and sleep

Week 4: Reclaim Your Health & Lifetime Success: easy healthy habits you can stick with, movement, boundaries, and build sustainable routines

This Blueprint is one way to start, and it's a powerful one. But it's not the only way.

Over on our Substack at BibleHealth.substack.com, we publish two new swaps every single week, each with a free Bible health teaching and a bonus resource for our paid subscribers. We give you 104 options a year. You take the ones that fit your family. Even if you only pick up one swap per week, that's 52 areas of your life transformed in a single year. Fifty-two. Without pressure. Without perfection. Just one small, faithful step at a time.

Some people start with this Blueprint and then continue on Substack. Some start on Substack and come back here when they're ready for the full 30-day deep dive. Both roads lead to the same place: a family that feels better today, thinks clearer tomorrow, and honors God with what they put in, on, and around their bodies.

There is no wrong starting point. There is no rush. Just start.

Why This Book Exists

“My people are destroyed for lack of knowledge.” — Hosea 4:6

That verse was written thousands of years ago, but it describes the American church today with painful accuracy.

Christians are sick. Not at a lower rate than everyone else, at the *same* rate as everyone else. Heart disease. Cancer. Obesity. Autoimmune disorders. Type 2 diabetes. The statistics inside the church mirror the statistics outside it. And that should break our hearts, because it doesn't have to be this way.

God's people are not supposed to live like those who have no covenant, no promises, no access to the healing power of a living God. Yet somewhere along the way, we accepted a lie: that sickness is just what happens, that pills are the only tools we have, that our bodies are beyond our control.

We didn't stumble into poor health by accident. We were led there, by an industry that profits from our confusion, by a food system designed to keep us addicted, and by a culture that separated "spiritual health" from physical health as if God only cares about your soul and nothing about the body He designed, redeemed, and called His temple.

This book is an act of resistance. It is a return to what God designed, for your body, your family, and your future. Thirty days. One change at a time. Starting now.



Our Story

Before we go any further, you should know who's writing to you, because we didn't start from a place of health. We started from brokenness.

Dr. Z here...

I grew up in Michigan with social phobias. It was a rough environment. Chronic stuttering from age four. Years of speech therapy. Never breastfed, frequent antibiotics, and by my teens I had severe cystic acne, GI issues, and was put on Accutane, a drug linked to depression and suicidal thoughts. Which is exactly what happened.

By my early twenties I was snorting cocaine, chain-smoking a pack a day, drowning suicidal thoughts in alcohol, and staring down a black hole that got darker every single day. At 22, I was planning to end my own life.

On March 16, 2003, I gave my life to Christ and every addiction was broken overnight. Not managed. Gone. No withdrawals. No detox. Like I was literally born again. But my spirit was free while my body was still broken.

Mama Z here...

I grew up in Michigan too. Allergic to dairy from infancy, diagnosed with IBS, medicated for chronic GI issues, diagnosed with ADD, and by my early twenties I was on ten different medications. I had an eating disorder that controlled my life. Food sensitivities so severe I could only eat four things. I would eat what was served and then make myself throw up because everything made me violently sick. I had no framework for health, no answers, and no hope that things would ever change.

I came to know Christ in 2003. I fasted for ten days as spiritual surrender, and God used that fast to begin freeing me. Once Eric discovered I was reactive to gluten, dairy, sugar, and preservatives, everything changed. One layer at a time.

Together...

We almost lost our marriage. We lived on food stamps. We lost a baby who is in heaven now. And here we are. Married in 2006, moved from Michigan to Georgia in 2009, and started a family that now includes 7 kids.

Along the way, God turned our brokenness into a calling: 4 bestselling books through Penguin Random House, 250,000+ copies in 9 languages, and the privilege of helping more than 2 million families learn what we had to learn the hard way. We're not health influencers. We're stewards sharing what God taught us through our own mess.

“Seek first the kingdom of God and His righteousness, and all these things shall be added to you.”
— Matthew 6:33



We are honored to be your Bible Health Mentors as you seek the abundant life that Jesus promised us in John 10:10. We are here to help in any way that we can, and be sure to join our online community.

Join the conversation at BibleHealth.substack.com and get plugged it.

Let's do this TOGETHER!

As always, praying you experience an abundant life.

~ Dr. Eric & Sabrina Zielinski

(“Dr. Z & Mama Z”)



PART ONE

The Foundation

Before you change a single thing, you need to understand why it matters.



The Lie That's Keeping Christians Sick

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” — John 10:10

Somewhere along the way, the church made peace with sickness. We prayed for healing while filling our pantries with food that was making us sick. When our bodies broke down, we called it aging. We called it genetics. Some of us called it God's will. It wasn't.

“My people are destroyed for lack of knowledge.” — Hosea 4:6

Here's the good news buried inside that hard truth: most chronic disease is lifestyle-driven, which means it's not a sentence. It's something we can actually do something about. And not on some ten-year timeline. When you remove what's making you sick, your body responds fast. That's not a sales pitch. That's physiology. God designed your body to heal the moment you stop poisoning it. But before we get to the solution, we need to name the lies that have been keeping God's people stuck, because you can't fight an enemy you haven't identified.

The “Everything in Moderation” Lie

“A little leaven leavens the whole lump.” — Galatians 5:9

You've heard it a thousand times, and it sounds reasonable until you realize what it actually permits. A “small” amount of something destructive spreads, compounds, and before you know it, it becomes the norm, the baseline, the thing nobody questions anymore because everyone around you eats the same way. Moderation is the permission slip the food industry handed us so we'd keep buying what's making us sick.

The Acceptable Sin

“Whose god is their belly, and whose glory is in their shame, who set their mind on earthly things.” — Philippians 3:19

The enemy doesn't need to destroy believers outright. He just needs to keep us comfortable enough to stay foggy: eating ourselves into exhaustion, medicating ourselves into silence, and scrolling through one more health account instead of opening the Word. Gluttony, laziness, and neglect of the body don't make the sermon rotation, but they sideline more Christians than most of the sins that do.

The Confusion Trap

“God is not a God of confusion but of peace.” – 1 Corinthians 14:33

We believe satan’s strategy to “wear out the saints” (Daniel 7:25) is alive and well, and it looks like information overload, a thousand health accounts saying a thousand different things until you’re so paralyzed you do nothing at all. That paralysis isn’t accidental. If the enemy can keep you confused, he doesn’t need to keep you sinning. He just needs to keep you stuck.

The Spiritual Bypass

“Do not be deceived: God cannot be mocked. A man reaps what he sows.” – Galatians 6:7

Praying for healing while knowingly maintaining the habits that are making you sick is not faith. It’s spiritual bypassing. And your body already knows: it responds to what you put into it, regardless of what you pray over it. This isn’t a lack-of-faith issue. It’s a stewardship issue. And the moment you start treating it like one, everything begins to change.

*“Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”
– Romans 12:1–2*

Here’s what we want you to understand: the cost of doing nothing is not neutral. It’s another year of prescriptions that mask symptoms instead of addressing causes. It’s another decade of fatigue you’ve learned to call normal. It’s watching your kids inherit the same habits, the same confusion, and the same diseases that didn’t have to be your story in the first place.

The lies we just named don’t stay theoretical. They compound, year after year, until the abundant life Jesus promised feels like something meant for other people. It’s not. And it’s time to take it back.

God’s Design for Your Body

“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?” – 1 Corinthians 6:19–20

Here’s why that verse matters so much for what you’re about to do. Without this understanding, every swap you make is just another health trend that will fade by next month. But with it, every change becomes an act of worship, a deliberate decision to honor the God who formed your body, breathed life into it, and called it His dwelling place.

Stewardship, Not Legalism

We need to say this clearly because it's easy to hear "take care of your body" and feel the weight of another obligation. That's not what this is. Stewardship says something simple and profound: God gave me this body, it's not mine, and I'm going to take care of it. Not to earn His love, because I already have it. Not out of guilt, but out of gratitude. There's a world of difference between "I have to eat better or God will be disappointed in me" and "I get to honor the God who gave me this body by treating it well." One is legalism. The other is worship. We're here for the second one.

Truth, Order, Rest, and Routine

Your body was designed to run on what God provides, and it runs best when you align with His design rather than fighting against it.

Truth means real food, real sunlight, real movement, and real rest, not artificial substitutes manufactured to mimic what God already provides. When you eat food that came from the ground instead of a factory, when you step into sunlight instead of relying on a screen, when you move your body instead of sedating it, you're operating the way you were built to operate. It sounds simple because it is. The hard part is unlearning everything the culture taught you to replace it with.

Order means recognizing that your circadian clock, your hormonal cycles, your digestive patterns, and your sleep-wake signals all function according to a design that was set in motion long before any lab tried to improve on it. When you eat at consistent times, sleep in darkness, and get morning sunlight, you're not following a trend. You're following a blueprint that God wired into your biology from the beginning.

Rest means accepting a truth the hustle culture refuses to acknowledge: constant exhaustion is not faithfulness. God commanded rest, and He wasn't being optional about it.

"In vain you rise early, sit up late, and eat the bread of sorrows; for so He gives His beloved sleep." — Psalm 127:2

And routine means building consistency into the things that matter most: your meals, your sleep, your movement, and your time in the Word. Your body was designed to thrive on predictable patterns, not chaos. When you give it structure, it responds. When you give it chaos, it breaks down. That's not a moral failure. That's physiology.

The Proper Order

1. **The Holy Spirit** , Ask Him first. He lives inside your body.
2. **Scripture** , Principles that align with what science continues to discover.
3. **Wisdom and experience** , Trusted mentors whose lives bear fruit.
4. **Information as a tool** , Valuable, but a servant, not a savior.

“Test all things; hold fast what is good.” — 1 Thessalonians 5:21

What’s Really Making You Sick

“The prudent sees danger and hides himself, but the simple go on and suffer for it.” — Proverbs 27:12

It’s probably not one thing making you feel the way you do. It’s the accumulation of a hundred small exposures, day after day, year after year, that researchers call your toxic load. And most people have no idea how full their bucket already is.

The Bucket Analogy

Think of your body as a bucket. Every day, things pour in: chemicals in food, toxins in products, pollutants in air, stress hormones. Your body’s detox systems (liver, kidneys, gut) are the drain at the bottom. For most people, the bucket is filling faster than it can empty. When it overflows, symptoms show up.



The Four Environments

THE FOUR ENVIRONMENTS OF TOXIC LOAD

KITCHEN (Week 1): Ultra-processed food, seed oils, refined sugar, artificial additives.

BODY CARE (Week 2): Endocrine disruptors in deodorant, toothpaste, lotion, shampoo.

HOME (Week 3): VOCs from air fresheners, candles, cleaners. Blue light. Poor sleep.

DAILY ROUTINES (Week 4): Chronic stress, sedentary lifestyle, gut damage, screen addiction.



The Numbers

Dr. Z's Research Note: The average American is exposed to over 80,000 chemicals, most never tested for long-term safety. Women apply an average of 126 chemical ingredients to their bodies each morning. Indoor air contains 2–5x more pollutants than outdoor air.

Here's the part most people miss: you have far more control over this than you think. You choose what goes in your cart, what goes on your skin, and what comes through your front door. You can't control every chemical you encounter, but you can dramatically reduce the load your body carries, and when you do, your body's own God-given healing systems can finally do what they were designed to do. That's where the 30 days come in.

Fueling Your Body's Detox Systems

Your body already knows how to heal. It just needs you to stop overwhelming it and start giving it what it needs.

A healthy gut is your primary elimination gateway, the front line of your body's detox process. When it's damaged by years of processed food, antibiotics, and stress, the toxins that should be leaving your body recirculate instead, which is why gut health shows up as the first focus in Week 4.

Sleep is when your brain detoxifies through the glymphatic system, a cleanup process that only activates during deep rest, which means every late night scrolling your phone is time your brain isn't healing. Movement keeps your lymphatic system flowing, and since it has no pump of its own, your body literally depends on physical activity to move waste out. Proper hydration flushes toxins through your kidneys and bowels, and most people are walking around

chronically dehydrated without realizing it. And stress reduction matters more than most people think, because chronic stress doesn't just feel bad; it actively suppresses every single one of these detox pathways at once.

The 30 days ahead will address all five of these, one layer at a time.

Regular movement: Lymphatic system has no pump, relies on physical movement.

Hydration: Water flushes toxins through kidneys and bowels.

Stress reduction: Chronic stress suppresses every detox pathway.

The 30 days ahead will address all five of these, one layer at a time.

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

— 3 John 1:2



The Seven R's of Biblical Health

“By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures.” — Proverbs 24:3–4

You need something you can carry for the rest of your life. Not a book you have to keep on your nightstand, not a protocol you have to re-read every January, but a framework so simple you can teach it to your children over dinner and they'll remember it when they're grown and making their own health decisions.

Repent. Renew. Remove. Replenish. Rest. Restore. Revive.

Seven, God's number of completion. Seven days of creation. Seven days in each week of your journey. And seven words that will serve as your compass.



1. Repent

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.” — Acts 3:19

We start here because no other health book will, and that's exactly why most of them fail.

Repentance is not a guilt word. It's a direction word. It means you stop walking one way and start walking another. Before you swap a single product, before you read a single label, you make a decision: I am turning away from the world's pattern and toward God's design. Not because you've been bad, but because you've been going in a direction that wasn't working, and you're ready for a different one.

Every January 1st resolution that dies by January 15th dies because it skipped this step. It tried to change behavior without changing direction. The swaps in this book are not the transformation. They're the fruit of a decision you make right here, right now, to steward what God gave you.

2. Renew

“Do not be conformed to this world, but be transformed by the renewing of your mind.” — Romans 12:2

You cannot change habits without changing your mind. Renewal means replacing lies with truth, the world's voice with God's voice.

This is why every single day of your 30-day journey includes Scripture. Not as decoration. As medicine. As the primary mechanism of transformation.

Dr. Z's Research Note: The Center for Bible Engagement studied over 100,000 people across 21 countries and found that engaging Scripture four or more days per week is the single most powerful predictor of spiritual growth, more than prayer alone, church attendance, small groups, or any other spiritual practice tested.

The threshold effect is striking: one to three days per week shows no significant difference from zero. But at four or more days, the odds of feeling spiritually stagnant drop by 60%, bitterness by 40%, and difficulty forgiving others by 31%.

On the proactive side, those who engage Scripture most days of the week are over 400% more likely to memorize Scripture, over 200% more likely to share their faith, and over 400% more likely to give financially.

The researchers concluded that no other spiritual discipline predicts growth the way consistent Bible engagement does. This is why we built Scripture into every day of this Blueprint, not as a nice addition, but as the foundation the entire transformation rests on.

Think about that. The same God who designed your body to heal also designed a mechanism for your mind to be renewed. And the research confirms it: consistent engagement with Scripture, not occasional reading, but receiving, reflecting on, and responding to God's Word most days of the week, is the single strongest driver of transformation.

This is the Augustine Principle at work: *Pray as if God does everything. Work as if you do everything.* God designed your body to heal. Scripture renews your mind. And the daily swaps in this Blueprint are your faithful participation in both.

3. Remove

"Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." — 2 Corinthians 7:1

Once your mind is renewed, you can see clearly enough to start taking out what doesn't belong. This is where the work gets practical and where most of your 30 days will live.

Removing is not about deprivation, and we want to be clear about that up front. It's about discernment. When you learn that the cooking oil you've been using every night is driving inflammation, removing it isn't restriction. It's wisdom. When you realize the air freshener in your living room is pumping endocrine disruptors into the air your kids breathe, unplugging it

isn't paranoia. It's stewardship. Week by week, you'll remove the chemicals from your kitchen, the toxins from your bathroom, and the pollutants from your home, and you'll feel the difference long before Day 30.

4. Replenish

“So whether you eat or drink or whatever you do, do it all for the glory of God.” — 1 Corinthians 10:31

Removing the harmful is only half the equation. An empty pantry doesn't heal anyone. You have to replace what you took out with what God designed, and that means real food, clean products, and nourishing inputs that your body actually knows what to do with.

This is the part that surprises people. Healthy food doesn't have to taste like sacrifice. Mama Z has spent nearly two decades proving that in our kitchen, and the recipes in the back of this book exist because our kids will actually eat them. When you replenish with what God provided, your taste buds recalibrate faster than you'd believe, and the cravings for the old stuff start fading, usually within the first week.

5. Rest

“In vain you rise early, sit up late, and eat the bread of sorrows; for so He gives His beloved sleep.” — Psalm 127:2

Rest is not optional, and it is not lazy. Rest is obedience. God commanded it in creation, modeled it on the seventh day, and wove it into the fabric of your biology so thoroughly that your brain literally cannot detoxify without it.

Seven to nine hours of sleep is not a luxury for people who don't have responsibilities. It's the minimum your body requires to repair tissue, consolidate memory, regulate hormones, and clear the metabolic waste that accumulated during the day. If you've been running on five or six hours and calling it discipline, we say this with love: that's not faithfulness. That's slow destruction dressed up as productivity. Building margin into your schedule, protecting your sleep, and surrendering the lie that your worth is tied to your output are some of the most radical acts of obedience you'll practice in these 30 days.

6. Restore

“He restores my soul. He leads me in paths of righteousness for His name's sake.” — Psalm 23:3

After years of accumulated damage, sometimes decades, your body needs more than the absence of toxins. It needs active restoration. This is the rebuilding phase, and it's where the long-term transformation takes root.

Gut-healing foods to rebuild the microbiome that years of antibiotics and processed food dismantled. Consistent movement to strengthen a body that's been sedentary. Emotional boundaries to protect the energy you're starting to recover. And sustainable routines that you can maintain without white-knuckling your way through every week.

Restoration is what turns 30 days of effort into a lifetime of health, and it's why Week 4 is structured the way it is, not just as a finish line, but as a launchpad. Here's what most health programs get wrong: they make you choose between feeling better now and preventing disease later. But the same swaps that relieve your symptoms this week are the ones that reduce your risk of chronic disease over the next decade. You don't have to pick. The path to feeling better TODAY is the path to longevity.

7. Revive

"Will You not revive us again, that Your people may rejoice in You?" — Psalm 85:6

This is where it all points. Not revival as a one-time event at a conference, but revival as a daily reality: a life fully alive in every dimension. Spiritually alert. Mentally clear. Physically energized. Emotionally grounded. Present with your family. Effective in your calling. Running the race God set before you with endurance instead of dragging yourself through it on caffeine and willpower.

That's the abundant life Jesus promised in John 10:10, and it's not reserved for the spiritually elite or the genetically gifted. It's available to anyone willing to repent, renew their mind, remove what's destroying them, replenish with what God designed, rest the way He commanded, restore what's been broken, and live revived. That's the journey you just signed up for.



THE SEVEN R'S IN ONE BREATH

REPENT of the world's pattern. **RENEW** your mind with truth. **REMOVE** what doesn't belong. **REPLENISH** with what God designed. **REST** as an act of obedience. **RESTORE** what's been broken. **REVIVE** and live the abundant life.

How to Actually Change

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” — 2 Corinthians 5:17

If you’ve ever started a health program on January 1st and abandoned it by January 15th, this chapter is for you. We’re not going to pretend willpower is enough, because it isn’t, and every abandoned gym membership in America proves it. What we’re going to show you is why this plan works when others didn’t, and it starts with something most health books never talk about.

Identity Before Behavior

Neil Anderson said it best in *Victory Over the Darkness*: “It is not what we do that determines who we are; it is who we are that determines what we do.” If there is one book outside of the Bible that we believe every Christian should read, it’s that one, because Anderson understood something most health programs completely miss: lasting change doesn’t start with willpower. It starts with identity.

There’s a massive difference between “I’m going to try to eat healthier” and “I am a steward of the body God gave me.” The first one is a goal you can abandon when it gets hard. The second one is a statement about who you are, and people don’t abandon their identity when things get inconvenient. They fight for it. Anderson’s whole point is that we don’t serve God to gain His acceptance; we’re already accepted, and we serve Him out of that acceptance. The same principle applies here: you don’t eat well to earn God’s approval. You eat well because you already know whose temple you’re living in.

You already did this when you became a Christian. You didn’t just “try to behave better.” You became a new creation in Christ, and the behavior followed the identity. This is the same principle applied to your health. Before you change a single habit, decide who you are: I am someone who honors God with what I eat, what I put on my body, and how I care for the temple He gave me. The swaps will follow that decision naturally.

The 1% Swap Philosophy

One change per day. One product. One ingredient. One habit. Small enough to feel manageable, significant enough to create momentum. That’s the entire philosophy of this plan.

We didn’t design this as a 30-day overhaul because overhauls don’t work. They spike motivation for a week and then collapse under their own weight. We designed it as 30 individual decisions, each one so small it feels almost too easy, but each one building on the last until the cumulative effect is undeniable. You’ll feel it by Day 3. Your family will notice by Day 7. And by Day 30, you’ll look back and realize that 30 tiny changes added up to a

completely different way of living. That's the beauty of this approach: the changes that help you feel better TODAY are the same ones that protect you for a lifetime. Quick relief isn't a gimmick. It's your body telling you it was designed for this.

“Whoever can be trusted with very little can also be trusted with much.” — Luke 16:10

Why This Works: The Science of Spiritual Transformation

Behavior change is hard. Every health program knows this. But there's a factor most programs ignore entirely: what happens in your spirit shapes what happens in your habits.

Dr. Z's Research Note: The Center for Bible Engagement's research across 108,000+ people found that engaging Scripture four or more days per week significantly reduces the odds of giving in to common temptations: excessive drinking drops by 62%, pornography by 59%, lashing out in anger by 31%, overeating or mishandling food by 20%, and overspending by 20%.

These effects held even after controlling for church attendance and prayer, meaning it's not just that “more religious people” behave better. Scripture engagement itself is uniquely and independently driving the change.

Read that again: overeating and mishandling food drops by 20% among those who engage Scripture four or more days a week. This isn't a diet book telling you to white-knuckle your way through cravings. This is a Blueprint that puts God's Word at the center of every day, because the research shows that's where real, lasting behavior change actually comes from.

That's exactly why every day of this 30-day journey includes a Scripture passage and a prayer. Not as filler. As the engine.

Don't Become the Health Police

This one matters more than you think, especially if you're the first person in your household to start making changes. The fastest way to derail your own progress is to make everyone around you feel judged for not being where you are yet.

Make quiet swaps. Cook delicious food that happens to be healthy. Let your energy and your results do the evangelizing. If your spouse isn't on board yet, that's fine. If your kids push back on the new snacks, that's normal. The goal isn't to convert your household overnight. The goal is to become the proof that this works, and let that proof do the talking.

Mama Z's Tip: In our house, I never announced what I was doing. I just started making things taste amazing with better

Grace Over Guilt

We'll say this one more time because it matters: God doesn't call His people to restriction. He calls them to restoration.

Before You Start

“For which of you, desiring to build a tower, does not first sit down and count the cost?” — Luke 14:28

You’ve got the theology, the science, the framework, and the mindset. Now let’s make sure you’re actually set up to succeed when Day 1 arrives.



Your Health Stewardship Assessment

Rate each area on a scale of 1–10. Be honest, this isn’t a test. It’s a mirror. Fill in the “Before” column now. You’ll come back to the “Day 30” column at the end of your journey.

#	Area	1 =	10 =	Before	Day 30
1	Walk with God	<i>Spiritually distant</i>	<i>Spiritually alive</i>		
2	Mental clarity	<i>Constant fog</i>	<i>Clear and focused</i>		
3	Overwhelmed by health	<i>Confused and reactive</i>	<i>Grounded and confident</i>		
4	Food decisions	<i>Mostly convenience & unhealthy</i>	<i>Consistent & nourishing</i>		
5	Body image	<i>Discouraged and avoiding the mirror</i>	<i>Confident and at ease</i>		
6	Sleep quality	<i>Wake exhausted</i>	<i>Wake restored</i>		
7	Daily energy	<i>Frequent crashes</i>	<i>Steady strength all day</i>		
8	Digestive comfort	<i>Bloating or discomfort</i>	<i>Everything works the way it should</i>		
9	Hormonal balance	<i>Unpredictable swings</i>	<i>Stable and steady</i>		
10	Skin health	<i>Irritated or reactive</i>	<i>Clear and resilient</i>		
			TOTAL	/100	/100

Before date: _____

Day 30 date: _____

Keep this page bookmarked.

On Day 30, you’ll retake this assessment and see how far God has brought you.



Set Your Health Vision

Write one sentence that describes what you're working toward. Not a weight goal. A vision.

My health vision:

Examples: "I want to have the energy to serve God fully." "I want to stop feeling sick and start stewarding my body."



Stock Your Starter Supplies

<input type="checkbox"/>	STARTER SUPPLY CHECKLIST
<input type="checkbox"/>	Extra virgin olive oil
<input type="checkbox"/>	Virgin coconut oil (unrefined)
<input type="checkbox"/>	Raw honey (local if possible)
<input type="checkbox"/>	Rolled oats
<input type="checkbox"/>	Almond or sunflower seed butter
<input type="checkbox"/>	Baking soda
<input type="checkbox"/>	Liquid castile soap
<input type="checkbox"/>	Small glass jars (for DIY products)
<input type="checkbox"/>	Essential oil diffuser
<input type="checkbox"/>	Lavender essential oil
<input type="checkbox"/>	Lemon essential oil
<input type="checkbox"/>	Distilled white vinegar
<input type="checkbox"/>	Spray bottles (16 oz)



PART TWO
Your First 30 Days

One day. One swap. One step back toward God's design.



WEEK 1

RECLAIM YOUR KITCHEN

“Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.” — 2 Corinthians 7:1

This week is about opening your eyes. Your kitchen is ground zero, it's where the most important health decisions happen every single day. What oils you cook with. What sweeteners you reach for. What's hiding in the ingredient lists of products you've trusted for years.

The average American gets over 60% of their daily calories from ultra-processed food, products engineered for shelf life and flavor, not for your body. These aren't nourishing you. They're slowly filling your toxic bucket.

This week will be the most eye-opening of the four. You'll audit your pantry and fridge, learn to read labels with confidence, swap your cooking oil and sweeteners, replace a processed snack, and make your first healing recipe. By Day 7, your kitchen will look different, and you'll never see a grocery store the same way again.

You don't need to be perfect. You just need to start.



☐ DAY 1: The Kitchen Audit

Before you throw anything away, you need to see what you’re actually eating. Most of these ingredients are in products you buy every week without a second thought. Once you see them, you can’t un-see them. That’s the point.

☐	KITCHEN AUDIT: CHECK YOUR LABELS FOR THESE INGREDIENTS
☐	High fructose corn syrup (HFCS) <i>Linked to obesity and insulin resistance. In soda, yogurt, bread, ketchup, cereal.</i>
☐	Sugar and its aliases <i>Maltodextrin, dextrose, sucrose, corn syrup solids, check the first 3 ingredients.</i>
☐	Artificial sweeteners (aspartame, sucralose, acesulfame-K) <i>In diet drinks, sugar-free products, gum, protein bars.</i>
☐	Artificial flavors <i>Synthetic chemicals mimicking real food. If it says “artificially flavored,” put it back.</i>
☐	Artificial food coloring (Red 40, Yellow 5, Blue 1) <i>In candy, sports drinks, mac & cheese, flavored yogurt.</i>
☐	Seed oils (canola, soybean, corn, sunflower, safflower) <i>In almost everything packaged. Check dressings, chips, crackers, sauces.</i>
☐	Sodium nitrate / sodium nitrite <i>In deli meats, hot dogs, bacon, sausage. Look for “uncured” alternatives.</i>
☐	Preservatives (sodium benzoate, TBHQ, potassium sorbate) <i>In drinks, snack foods, frozen meals, sauces, condiments.</i>

Dr. Z’s Research Note: The FDA allows over 3,000 additives in our food supply. The European Union bans or restricts the majority of them. Many have never been independently tested for long-term human safety.

Mama Z’s Tip: Don’t panic. Grab a marker and put an X on anything with these ingredients. Awareness is Day 1. Swaps start tomorrow.

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.” – 2 Corinthians 5:17

🙏 Prayer: Lord, open my eyes to what I’ve been putting into my body without knowing. Give me courage to see and wisdom to act. Amen.

📝 My Notes

☐ DAY 2: Swap Your Cooking Oil

Cooking oil is the foundation of nearly every meal. The wrong oil adds inflammatory omega-6 fatty acids to every dish. The right oil nourishes your heart, brain, and gut with every bite.

☐	TODAY'S OIL SWAP
☐	Check your pantry for canola oil <i>One of the most common seed oils. In nearly every processed food and most restaurant kitchens.</i>
☐	Check for soybean oil <i>The #1 most consumed oil in America. Often listed simply as "vegetable oil."</i>
☐	Check for corn oil and sunflower oil <i>Heavily processed, high in inflammatory omega-6 fatty acids.</i>
☐	Replace with extra virgin olive oil <i>Best for low-to-medium heat cooking, salad dressings, and drizzling.</i>
☐	Replace with virgin coconut oil (unrefined) <i>Great for medium-high heat, baking, and sautéing.</i>
☐	Replace with avocado oil <i>High smoke point, best for high-heat cooking, roasting, and grilling.</i>
☐	Check salad dressings and condiments <i>Most contain soybean or canola oil. Read the back label, not the front.</i>
☐	Use up old oils for non-food purposes <i>Lubricating hinges, conditioning cutting boards, don't waste them.</i>

Dr. Z's Research Note: Excessive omega-6 polyunsaturated fatty acids from seed oils contribute to chronic inflammation, a root driver of heart disease, diabetes, and autoimmune conditions.

Mama Z's Tip: Keep three oils on your counter: olive oil for everyday cooking, coconut oil for baking, avocado oil for high heat. That covers everything.

"So whether you eat or drink or whatever you do, do it all for the glory of God." — 1 Corinthians 10:31

Prayer: Father, help me make choices in my kitchen that honor the body You gave me. Amen.

✍ My Notes

☐ DAY 3: Swap Your Sweetener

Refined white sugar goes by over 60 different names on ingredient labels. Today you'll learn to spot them and replace them with sweeteners your body can actually process.

☐	SWEETENER SWAP CHECKLIST
☐	Check for “sugar” in the first 3 ingredients of cereals <i>If sugar is listed early, it's a primary ingredient, not a minor addition.</i>
☐	Look for hidden names: dextrose, maltose, sucrose <i>These are all sugar. Different names, same metabolic effect.</i>
☐	Check for corn syrup and corn syrup solids <i>Cheaper than sugar, just as damaging. Common in kids' snacks and sauces.</i>
☐	Replace with raw honey (local if possible) <i>Antimicrobial, enzyme-rich, and a little goes a long way.</i>
☐	Replace with pure maple syrup <i>Rich in minerals. Use in baking, oatmeal, and dressings.</i>
☐	Replace with coconut sugar <i>Lower glycemic index than white sugar. Works 1:1 in recipes.</i>
☐	Try stevia for drinks <i>Zero-calorie, plant-based. Great in coffee, tea, and smoothies.</i>
☐	Check your peanut butter and bread <i>Many brands add sugar or HFCS. Switch to brands with 1–2 ingredients.</i>

Dr. Z's Research Note: The American Heart Association recommends no more than 25g of added sugar per day for women and 36g for men. The average American consumes over 70g daily, nearly triple the recommended limit.

Mama Z's Tip: Raw honey is our go-to. Start with one jar of local raw honey and use it everywhere you'd normally reach for sugar. Your taste buds recalibrate faster than you think.

“Taste and see that the Lord is good.” — Psalm 34:8

Prayer: Father, help me enjoy sweetness Your way, not the world's way. Amen.

✍ My Notes

☐ DAY 4: Read Your Labels Like a Pro

Yesterday you swapped your sweetener. Today you're building a skill you'll use for the rest of your life: reading ingredient labels with confidence and discernment.

☐ LABEL READING RULES
☐ Ingredients are listed by weight <i>The first ingredient is the most abundant. If sugar or oil is in the top 3, question it.</i>
☐ Shorter ingredient lists are usually better <i>5 ingredients or fewer is a good benchmark for whole foods.</i>
☐ If you can't pronounce it, question it <i>Not every long word is bad, but a label full of them is a red flag.</i>
☐ "Flavors" (natural or artificial) hide unknowns <i>Both can contain dozens of undisclosed chemical compounds.</i>
☐ Ignore the front of the package <i>Marketing claims like "natural" and "healthy" are unregulated. Flip it over.</i>
☐ Compare brands of the same product <i>One bread may have 5 ingredients. Another may have 25. Choose wisely.</i>
☐ Check serving sizes <i>Companies use tiny servings to make sugar and sodium look low.</i>
☐ Practice on 5 items in your pantry right now <i>Pick 5 staples and read the back label. Circle anything suspicious.</i>

Dr. Z's Research Note: The FDA allows companies to list og trans fat on the label if a serving contains less than 0.5g. Multiple servings can add up to significant exposure, another reason serving sizes matter.

Mama Z's Tip: Take photos of labels that surprise you. You'll want to remember which brands to avoid and which ones passed the test.


"The simple believes everything, but the prudent gives thought to his steps." — Proverbs 14:15

🙏 Prayer: God, give me discernment, prudent, not paranoid. Wise, not fearful. Amen.

📝 My Notes

☐ DAY 5: Swap One Processed Snack

Pick one processed snack your household reaches for regularly and replace it with a whole-food alternative. You're not eliminating snacking, you're upgrading it.

☐ SNACK SWAP IDEAS
☐ Chips → Nuts, seeds, or homemade trail mix <i>Raw almonds, walnuts, pumpkin seeds with a pinch of sea salt.</i>
☐ Candy bars → Energy bites (recipe below) <i>Satisfy the sweet tooth with real ingredients.</i>
☐ Fruit snacks → Actual fruit <i>Apples with almond butter. Berries with coconut cream. Frozen grapes.</i>
☐ Granola bars → Whole food bars <i>Check labels, most store-bought bars are candy bars in disguise.</i>
☐ Crackers → Veggie sticks with hummus <i>Carrots, celery, cucumber, bell peppers, crunchy and satisfying.</i>
☐ Ice cream → Frozen banana “nice cream” <i>Blend frozen bananas with cocoa powder and a splash of coconut milk.</i>
☐ Soda → Sparkling water with lemon or berries <i>The fizz without the sugar, chemicals, or artificial sweeteners.</i>
<p> Mama Z's 5-Minute Energy Bites</p> <p>Ingredients: 1 cup rolled oats, 1/2 cup raw honey, 1/2 cup almond butter, 1/2 cup dark chocolate chips, 1/4 cup ground flaxseed, 1 tsp vanilla</p> <p>Directions: Mix all ingredients. Refrigerate 30 minutes. Roll into balls. Store in fridge up to 2 weeks.</p>

Dr. Z's Research Note: Ultra-processed snack foods are designed with precise sugar-salt-fat ratios to override your brain's satiety signals, literally engineered to make you overeat.

Mama Z's Tip: Double the energy bites recipe. Keep a batch in the fridge and one in the freezer. Grab-and-go snacks prevent drive-through decisions.


“Whether you eat or drink, do it all for the glory of God.” — 1 Corinthians 10:31

 **Prayer:** Lord, help me replace what harms with what heals, one snack at a time. Amen.

My Notes

☐ DAY 6: Your First Healing Recipe


Tonight, you're making something intentionally healing. Golden milk is one of the most studied anti-inflammatory drinks in natural health, and it takes five minutes.

☐	GOLDEN MILK PREP CHECKLIST
☐	Gather: milk alternative, turmeric, cinnamon, ginger, black pepper <i>Use coconut, almond, or oat milk. Avoid brands with carrageenan.</i>
☐	Add black pepper, this is essential <i>Increases turmeric absorption by up to 2,000%. Just a pinch.</i>
☐	Sweeten with raw honey after heating <i>High heat destroys honey's beneficial enzymes. Add off the stove.</i>
☐	Heat gently, don't boil <i>Warm and frothy is the goal. Boiling degrades active compounds.</i>
☐	Drink 30–60 minutes before bed <i>The warm ritual signals your body it's time to wind down.</i>
☐	Make it a family ritual <i>Kids love it with a little extra honey and cinnamon.</i>
☐	Batch the dry spice mix <i>Pre-mix turmeric, cinnamon, ginger, pepper in a jar for nightly speed.</i>
 Mama Z's Healing Golden Milk Ingredients: 2 cups milk alternative, 1 tsp turmeric, 1/2 tsp cinnamon, 1/4 tsp ginger, pinch black pepper, 1 tbsp raw honey Directions: Heat milk. Whisk in spices. Remove from heat. Stir in honey. Drink warm.	

Dr. Z's Research Note: Curcumin, the active compound in turmeric, is one of the most studied natural anti-inflammatories. Piperine from black pepper increases its bioavailability by up to 2,000%.

Mama Z's Tip: This became our family's nightly ritual. The kids call it "sunshine milk." Make it yours.

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

 **Prayer:** Lord, thank You for the gift of flavor, nourishment, and gathering around something warm. Amen.

My Notes

DAY 7: Sabbath Rest and Reflection

No new swaps today. Six real changes in six days. Rest. Reflect. Pray over your kitchen and everything God revealed this week.

<input type="checkbox"/>	WEEK 1 REFLECTION
<input type="checkbox"/>	What surprised you most this week? _____
<input type="checkbox"/>	What was easier than expected? _____
<input type="checkbox"/>	What felt hardest? _____
<input type="checkbox"/>	Which swap are you most proud of? _____
<input type="checkbox"/>	What do you want to tell someone about? _____
<input type="checkbox"/>	What is God showing you through this process? _____
<input type="checkbox"/>	What's your energy level compared to Day 1? _____

Dr. Z's Research Note: Research consistently shows that weekly rest improves long-term habit adherence. People who build recovery days into behavior change programs are significantly more likely to sustain new habits.

Mama Z's Tip: Take a photo of your cleaned-out pantry. You'll want to remember where you started when you look back at Day 30.

"And on the seventh day God ended His work which He had done, and He rested." — Genesis 2:2

Prayer: Father, thank You for this week. I rest in Your provision and trust Your process. Amen.

My Notes

WEEK 2

RECLAIM YOUR BODY CARE

“Do not be conformed to this world, but be transformed by the renewing of your mind.” — Romans

12:2

Last week you cleaned up what goes into your body. This week you’re cleaning up what goes onto it. Your skin is your largest organ, and it absorbs a significant percentage of what you apply to it. Every lotion, shampoo, deodorant, and soap is a delivery system, for better or worse.

The average person uses 9 personal care products before leaving the house each morning, exposing themselves to over 100 unique chemical compounds. Many of these are endocrine disruptors, chemicals that interfere with your hormones, metabolism, and reproductive system.

The good news: body care swaps are some of the easiest, cheapest, and most satisfying in this entire plan. Many of them you can make yourself in under 10 minutes with ingredients you already have. By the end of this week, your bathroom will be as clean as your kitchen.

Same approach as last week: one swap per day. No overwhelm. Just progress.



☐ DAY 8: The Bathroom Audit

Your skin is your largest organ, and it absorbs much of what you put on it. Today you'll audit every product in your bathroom and check for the most common endocrine disruptors, chemicals that interfere with your hormonal system.

☐	BATHROOM AUDIT: CHECK LABELS FOR THESE INGREDIENTS
☐	"Fragrance" or "Parfum" <i>A legal loophole hiding dozens of undisclosed chemicals. In nearly every conventional product.</i>
☐	Parabens (methylparaben, propylparaben, butylparaben) <i>Preservatives that mimic estrogen. In lotions, shampoos, makeup.</i>
☐	Phthalates (often hidden under "fragrance") <i>Endocrine disruptors linked to hormonal issues. In nail polish, hairspray, deodorant.</i>
☐	Sodium lauryl sulfate (SLS) / SLES <i>Foaming agents that strip natural oils. In shampoo, body wash, toothpaste.</i>
☐	Propylene glycol <i>A penetration enhancer that helps chemicals absorb faster. In deodorant, lotion, baby wipes.</i>
☐	Oxybenzone and octinoxate <i>Chemical sunscreen agents linked to hormone disruption. In sunscreen, moisturizers with SPF.</i>
☐	Triclosan <i>Antibacterial agent linked to thyroid disruption. In hand soaps, toothpaste.</i>
☐	Aluminum compounds <i>In conventional antiperspirants. Blocks sweat glands and accumulates in tissue.</i>

Dr. Z's Research Note: The average woman applies over 126 chemicals to her body before leaving the house each morning. Many are classified as endocrine disruptors that interfere with hormonal signaling at extremely low doses.

Mama Z's Tip: Use the EWG's Skin Deep app or the Think Dirty app to scan barcodes. Don't replace everything at once, we'll swap one product at a time this week.


"Do you not know that your body is the temple of the Holy Spirit?" — 1 Corinthians 6:19

🙏 Prayer: Lord, show me what I've been unknowingly putting on the temple You gave me. Amen.

📝 My Notes

☐ DAY 9: Swap Your Deodorant


Conventional deodorant sits on one of the most absorbent areas of your body, inches from breast tissue and lymph nodes. This is one of the highest-impact swaps you'll make.

☐	DEODORANT SWAP CHECKLIST
☐	Check your current deodorant for aluminum <i>Listed as "aluminum zirconium" or "aluminum chlorohydrate."</i>
☐	Check for "fragrance" or "parfum" <i>Even "unscented" products sometimes contain masking fragrance.</i>
☐	Check for propylene glycol <i>Common in gel and clear stick deodorants.</i>
☐	Make Mama Z's DIY deodorant (recipe below) <i>Takes 10 minutes. Lasts 2–3 months. Actually works.</i>
☐	OR choose a clean store-bought brand <i>Free of aluminum, parabens, phthalates, and synthetic fragrance.</i>
☐	Give your body 1–2 weeks to adjust <i>Your underarms are detoxing from years of aluminum. Temporary increase in sweat is normal.</i>
☐	Apply to clean, dry skin <i>DIY deodorant works best right after showering and drying thoroughly.</i>
☐	Store DIY deodorant in a cool place <i>Coconut oil melts above 76°F. Keep in a cabinet, not a windowsill.</i>
 Mama Z's DIY Deodorant (lasts 2–3 months) Ingredients: 3 tbsp coconut oil, 2 tbsp shea butter (melted), 3 tbsp baking soda, 2 tbsp arrowroot powder, 10 drops essential oil (lavender + tea tree) Directions: Mix all ingredients. Pour into small jar or empty deodorant tube. Let set in fridge.	

Dr. Z's Research Note: Aluminum in antiperspirants has been detected in breast tissue samples. While research is ongoing, the precautionary principle suggests avoiding unnecessary aluminum exposure, especially in this sensitive area.

Mama Z's Tip: If baking soda irritates your skin, substitute with arrowroot powder. Sensitive skin responds well to a higher ratio of arrowroot to baking soda.


*"Your body is a temple of the Holy Spirit. You are not your own; you were bought with a price."
— 1 Corinthians 6:19–20*

 **Prayer:** Father, help me steward even the small daily choices as acts of worship. Amen.

My Notes

☐ DAY 10: Swap Your Toothpaste

You put toothpaste in your mouth twice a day. The tissue inside your mouth is some of the most absorbent in your body. What’s in your toothpaste matters more than you think.

☐ TOOTHPASTE SWAP CHECKLIST	
☐	Check for sodium lauryl sulfate (SLS) <i>Creates foam but irritates gum tissue and can trigger canker sores.</i>
☐	Check for artificial sweeteners (saccharin, aspartame) <i>Common in conventional toothpaste, especially kids’ brands.</i>
☐	Check for artificial colors <i>Blue and green toothpaste gets its color from synthetic dyes.</i>
☐	Check for triclosan <i>An antibacterial linked to thyroid and hormone disruption.</i>
☐	Check for propylene glycol <i>Helps create smooth texture but is also used as an industrial solvent.</i>
☐	Make Mama Z’s DIY toothpaste (recipe below) <i>Simple, effective, takes 5 minutes.</i>
☐	OR choose a clean store-bought brand <i>Free of SLS, artificial sweeteners, and synthetic dyes.</i>
☐	Consider adding xylitol to your routine <i>A natural sweetener that actively fights cavity-causing bacteria.</i>
 Mama Z’s DIY Toothpaste Ingredients: 3 tbsp coconut oil, 2 tbsp baking soda, 10–15 drops peppermint essential oil, 1 tbsp xylitol (optional) Directions: Mix all ingredients. Store in small jar. Use pea-sized amount.	

Dr. Z’s Research Note: Xylitol reduces cavity-causing bacteria (*Streptococcus mutans*) and baking soda effectively cleans teeth while balancing oral pH, without the harsh detergents found in conventional toothpaste.

Mama Z’s Tip: Kids love this toothpaste, especially with a little extra peppermint. Let them help make it, ownership increases buy-in.


“Set a guard, O Lord, over my mouth; keep watch over the door of my lips.” — Psalm 141:3

 **Prayer:** God, even my mouth belongs to You, what goes in and what comes out. Amen.

✍ My Notes

☐ DAY 11: Swap Your Body Lotion

Your skin absorbs a significant percentage of what you apply to it. Lotion covers more surface area than almost any other product you use, so what’s in it matters enormously.

☐ LOTION SWAP CHECKLIST
☐ Check for “fragrance” or “parfum” <i>The #1 offender in body care. Can contain dozens of hidden chemicals.</i>
☐ Check for parabens <i>Methylparaben, propylparaben, estrogen-mimicking preservatives.</i>
☐ Check for mineral oil / petroleum / petrolatum <i>Derived from crude oil. Creates a barrier that traps toxins under skin.</i>
☐ Check for dimethicone (silicone) <i>Creates a false feeling of softness while preventing skin from breathing.</i>
☐ Make Mama Z’s Whipped Body Butter (recipe below) <i>Luxurious, lasts months, costs a fraction of store-bought.</i>
☐ OR choose a clean store-bought brand <i>Recognizable ingredients: shea butter, coconut oil, essential oils.</i>
☐ Apply to damp skin after showering <i>Locks in moisture and improves absorption of beneficial oils.</i>
☐ Make a big batch and give extras as gifts <i>Triple the recipe. Pour into jars. Share the swap.</i>
<p> Mama Z’s Whipped Body Butter</p> <p>Ingredients: 1/2 cup shea butter, 1/4 cup coconut oil, 1/4 cup almond oil, 15–20 drops essential oil (lavender, frankincense, or geranium)</p> <p>Directions: Whip with hand mixer until fluffy. Store in jar at room temperature.</p>

Dr. Z’s Research Note: Parabens have been detected in human breast tissue and urine samples at measurable levels. They mimic estrogen and may contribute to hormonal imbalance over time with daily exposure.

Mama Z’s Tip: This body butter is the product that converted our friends. When people feel how good it is, and learn it has 4 ingredients, they never go back.

“I praise You, for I am fearfully and wonderfully made.” – Psalm 139:14

 **Prayer:** Lord, thank You for a body that feels. Help me care for it with intention. Amen.

My Notes

☐ DAY 12: Swap Your Shampoo and Conditioner

Your scalp is highly absorbent skin. Shampoo and conditioner sit on it for minutes while pores are open from hot water. Today you're cleaning up your hair care routine.

☐	HAIR CARE SWAP CHECKLIST
☐	Check for sodium lauryl/laureth sulfate <i>Harsh detergents that strip your hair and scalp of natural oils.</i>
☐	Check for "fragrance" <i>The usual suspect. Often the most toxic ingredient in the bottle.</i>
☐	Check for parabens <i>Preservatives in most conventional shampoos and conditioners.</i>
☐	Check for synthetic colors (FD&C or D&C) <i>Your shampoo doesn't need to be neon green.</i>
☐	Check for dimethicone/silicones <i>Coat hair shafts, creating buildup that blocks natural moisture.</i>
☐	Switch to a clean brand or try an ACV rinse <i>1 tbsp apple cider vinegar + 1 cup water as a conditioner rinse.</i>
☐	Expect 1–3 weeks of adjustment <i>Your scalp is learning to regulate oil production without being stripped.</i>
☐	Wash hair less frequently if possible <i>2–3 times per week is sufficient for most hair types.</i>

Dr. Z's Research Note: Sodium lauryl sulfate penetrates skin more deeply than many other surfactants and can remain in tissue for up to five days after a single application, potentially carrying other chemicals with it.

Mama Z's Tip: The adjustment period is real. Your hair may feel different for a couple weeks. Push through, it gets dramatically better, and you'll use fewer products overall.


"But the Lord said to Samuel, 'Do not look at his appearance... the Lord looks at the heart.'" — 1 Samuel 16:7

🙏 Prayer: Father, give me patience with the process, in my hair and in my life. Amen.

📖 My Notes

☐ DAY 13: Swap Your Hand Soap and Face Wash


You wash your hands a dozen times a day and your face twice. These high-frequency products add up fast. The good news: this is one of the easiest and cheapest swaps in the book.

☐ SOAP SWAP CHECKLIST
☐ Check hand soap for triclosan <i>An antibacterial that disrupts thyroid function. Regular soap works just as well.</i>
☐ Check hand soap for “fragrance” <i>Synthetic fragrance in soap you use 10+ times daily adds up fast.</i>
☐ Check face wash for SLS/SLES <i>Harsh on facial skin. Contributes to dryness, irritation, and breakouts.</i>
☐ Check face wash for artificial fragrance and dyes <i>Your face doesn't need purple soap that smells like tropical paradise.</i>
☐ Make Mama Z's DIY Foaming Hand Soap <i>60 seconds. Pennies per refill. Kids love it.</i>
☐ Put one by every sink in the house <i>Kitchen, bathrooms, easy access means consistent use.</i>
☐ For face: try raw honey or diluted castile soap <i>Raw honey is naturally antimicrobial and gentle on all skin types.</i>
☐ Buy foaming soap dispensers in bulk <i>Reusable for years. One-time purchase, ongoing savings.</i>
<p> Mama Z's DIY Foaming Hand Soap (60 seconds)</p> <p>Ingredients: Foaming soap dispenser, water, 2 tbsp liquid castile soap, 10 drops essential oil (lemon, wild orange, or lavender)</p> <p>Directions: Fill dispenser 3/4 with water. Add castile soap and essential oil. Shake gently.</p>

Dr. Z's Research Note: The FDA banned triclosan from consumer hand soaps in 2016 after finding no evidence it was more effective than regular soap and water, yet it persists in many toothpastes and body washes.

Mama Z's Tip: Our family goes through one bottle of castile soap per month for the entire house, hand soap, face wash, and body wash. It's the most versatile product you'll buy.

“Cleanse your hands, you sinners; purify your hearts, you double-minded.” — James 4:8

 **Prayer:** Lord, even washing my hands can be stewardship. Thank You for the simplicity. Amen.

My Notes

DAY 14: Sabbath Rest and Reflection

Your bathroom is now cleaner than 95% of American homes. Every swap removed dozens of toxic chemicals from your daily exposure. Take a breath. You've earned this rest.

<input type="checkbox"/>	WEEK 2 REFLECTION
<input type="checkbox"/>	Which swap was easiest? _____
<input type="checkbox"/>	How does your skin feel differently? _____
<input type="checkbox"/>	Which product surprised you most when you read the label? _____
<input type="checkbox"/>	What do you want to tell a friend about? _____
<input type="checkbox"/>	How are you feeling compared to Day 1? _____
<input type="checkbox"/>	What is God teaching you about stewardship? _____
<input type="checkbox"/>	What are you most looking forward to in Week 3? _____

Dr. Z's Research Note: Your skin's microbiome takes 2–4 weeks to fully adjust to new products. If you're noticing changes in your skin, texture, breakouts, softness, that's your body recalibrating. Be patient with the process.

Mama Z's Tip: Take a "before" photo of your skin, face, hands, anywhere you notice changes. Compare in two weeks. The visual evidence will motivate you.

"Come to me, all who labor and are heavy laden, and I will give you rest." — Matthew 11:28

Prayer: Father, thank You for two weeks of progress. I rest in Your faithfulness. Amen.

My Notes

WEEK 3

RECLAIM YOUR HOME

“In vain you rise early, sit up late, and eat the bread of sorrows; for so He gives His beloved sleep.” — Psalm 127:2

You’ve cleaned up your kitchen and your bathroom. Now it’s time to address the environment you live in, the air you breathe, the products you clean with, the light that hits your eyes before bed, and the digital noise that follows you into every room.

Your home should be a place of restoration. For most families, it’s become a place of low-grade chemical exposure and chronic overstimulation. Synthetic air fresheners pump VOCs into every room. Blue light from screens suppresses melatonin. Conventional cleaners leave toxic residue on every surface your children touch.


This week you’ll swap your cleaning products, purify your air, set up your bedroom for deep sleep, learn essential oil basics, and take your first steps toward digital boundaries. By Day 21, your home will feel noticeably different, calmer, cleaner, and more aligned with the rest God commands.

Your home is your family’s sanctuary. This week, you’re taking it back.



☐ DAY 15: Swap Your All-Purpose Cleaner

Most conventional cleaning products contain chemicals that are more toxic than the messes they clean. One bottle of DIY cleaner replaces nearly everything under your sink.

☐	CLEANING SWAP CHECKLIST
☐	Check cleaners for “fragrance” <i>Synthetic fragrance in cleaners off-gases into your air continuously.</i>
☐	Check for ammonia <i>Irritates lungs and mucous membranes. Common in glass and surface cleaners.</i>
☐	Check for chlorine bleach <i>Produces toxic fumes, especially when mixed with other cleaners.</i>
☐	Check for 2-butoxyethanol <i>In many multipurpose cleaners. Linked to liver and kidney damage.</i>
☐	Remove all conventional surface sprays <i>Move to garage for outdoor use or discard safely.</i>
☐	Make Mama Z’s DIY All-Purpose Cleaner <i>Equal parts vinegar and water + essential oil. Cleans everything.</i>
☐	Label your new spray bottles clearly <i>Keep one in the kitchen, one in each bathroom.</i>
☐	Try it on counters, mirrors, sinks, and stovetops <i>You’ll be surprised how well vinegar + essential oil works.</i>
 Mama Z’s DIY All-Purpose Cleaner Ingredients: 16 oz spray bottle, equal parts water and distilled white vinegar, 15–20 drops lemon or tea tree essential oil Directions: Fill bottle. Add essential oil. Shake before each use. Works on all surfaces except natural stone.	

Dr. Z’s Research Note: A 20-year study found that regular use of conventional cleaning sprays was associated with accelerated lung function decline comparable to smoking up to 20 cigarettes per day.

Mama Z’s Tip: This is the recipe that started it all for our family. One spray bottle replaced an entire cabinet of chemical cleaners. I never went back.

“By wisdom a house is built, and through understanding it is established.” — Proverbs 24:3

 **Prayer:** Lord, help me steward this home You’ve given my family. Amen.

My Notes

☐ DAY 16: Clean Your Air

You can't see indoor air pollution, but your body feels it, headaches, congestion, brain fog, poor sleep. The EPA estimates indoor air contains 2 to 5 times more pollutants than outdoor air, mostly from products we've invited in.

☐ AIR QUALITY AUDIT	
☐	Remove all synthetic air fresheners <i>Plug-ins, sprays, gel beads, all release VOCs continuously.</i>
☐	Remove scented candles <i>Paraffin wax releases toluene and benzene. Switch to beeswax or soy.</i>
☐	Check body care for “fragrance” or “parfum” <i>These off-gas from your skin all day, adding to your indoor air problem.</i>
☐	Check under sinks for chemical cleaners <i>Conventional cleaners off-gas even when sealed.</i>
☐	Open windows for at least 20 minutes <i>Even in winter, brief air exchange dramatically reduces pollutants.</i>
☐	Turn on exhaust fans while cooking <i>Cooking produces particulate matter, especially on gas stoves.</i>
☐	Diffuse essential oils <i>3–4 drops of lemon, lavender, or peppermint in a quality diffuser.</i>
☐	Consider adding a houseplant <i>Spider plants, snake plants, and pothos naturally filter indoor air.</i>

Dr. Z's Research Note: Common air fresheners release over 100 different chemicals, many classified as toxic or hazardous. The term “fragrance” on any label can legally hide over 3,000 undisclosed ingredients.

Mama Z's Tip: Once you switch to essential oil diffusing, your nose recalibrates. Within a week, synthetic fragrances will smell overwhelmingly chemical. That's your body recognizing what doesn't belong.

“The prudent sees danger and hides himself, but the simple go on and suffer for it.” — Proverbs 27:12

🙏 Prayer: Father, help me create a home where my family can breathe freely and rest deeply. Amen.

📝 My Notes

DAY 17: Essential Oils 101

Essential oils aren't a trend, they're concentrated plant compounds used for thousands of years, including throughout Scripture. Today you're learning the five oils every family should start with.

<input type="checkbox"/>	YOUR ESSENTIAL OIL STARTER KIT
<input type="checkbox"/>	Lavender <i>Calming, sleep, skin irritation, burns, stress. Diffuse at bedtime.</i>
<input type="checkbox"/>	Lemon <i>Cleaning, mood boost, digestion. Add to DIY cleaners or diffuse for energy.</i>
<input type="checkbox"/>	Peppermint <i>Energy, headaches, congestion. Inhale directly or apply diluted to temples.</i>
<input type="checkbox"/>	Tea tree (melaleuca) <i>Antimicrobial. Add to DIY body care products or apply diluted to skin.</i>
<input type="checkbox"/>	Frankincense <i>Immune health, inflammation, spiritual practice. Diffuse during prayer.</i>
<input type="checkbox"/>	Buy 100% pure, third-party tested oils <i>Steam-distilled or cold-pressed. Dark glass bottles. No synthetic fillers.</i>
<input type="checkbox"/>	Get a quality ultrasonic diffuser <i>Affordable and effective. One per main room is ideal.</i>
<input type="checkbox"/>	Always dilute before skin application <i>1–2 drops per teaspoon of carrier oil (coconut, almond, jojoba).</i>

Dr. Z's Research Note: Lavender essential oil has been clinically shown to reduce anxiety, improve sleep quality, and lower cortisol levels. Inhaled lavender activates the parasympathetic nervous system within minutes.

Mama Z's Tip: Start simple. One diffuser. Two or three oils. Don't buy a giant starter kit on Day 1. Build as you learn what your family responds to best.


"Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life." — Genesis 2:7

Prayer: Lord, thank You for the plants You created and the healing within them. Amen.

My Notes

☐ DAY 18: Swap Your Laundry Routine

Laundry detergent, fabric softener, and dryer sheets leave chemical residue on every piece of clothing and bedding your family touches. You're sleeping in it. Wearing it against your skin all day.

☐ LAUNDRY SWAP CHECKLIST
☐ Check detergent for "fragrance" <i>That "fresh linen" scent is synthetic chemicals on every fiber.</i>
☐ Check for optical brighteners <i>Chemicals that coat fabric to make it appear whiter under UV light.</i>
☐ Check for synthetic dyes <i>Blue or green detergent gets its color from artificial dyes your skin doesn't need.</i>
☐ Remove conventional fabric softener <i>Coats fibers with a thin layer of chemical compounds.</i>
☐ Remove dryer sheets <i>One of the most chemically concentrated laundry products available.</i>
☐ Make Mama Z's DIY Laundry Detergent <i>Simple, effective, and costs pennies per load.</i>
☐ Replace dryer sheets with wool dryer balls <i>Reusable, chemical-free. Add essential oil drops for natural scent.</i>
☐ Wash new clothes before wearing <i>New clothing is treated with formaldehyde and other finishing chemicals.</i>
<p> Mama Z's DIY Laundry Detergent</p> <p>Ingredients: 1 bar castile soap (grated), 1 cup washing soda, 1 cup baking soda Directions: Mix all ingredients. Use 2 tbsp per load. Add 5–10 drops essential oil directly to the wash.</p>

Dr. Z's Research Note: Dryer sheet chemicals have been detected in outdoor air vented from residential laundry. Researchers found over 25 volatile organic compounds, including two classified as carcinogenic.

Mama Z's Tip: Wool dryer balls cut drying time by 20–30% and last for years. Add 3–4 drops of lavender oil to each ball before drying for naturally scented clothes.

"She selects wool and flax and works with willing hands." — Proverbs 31:13

 **Prayer:** God, even my laundry can be an act of love for my family. Amen.

My Notes

☐ DAY 19: Fix Your Sleep Environment

Sleep is when your body heals, your brain detoxifies, and your hormones reset. But most bedrooms are working against you, too bright, too warm, too stimulating, and too connected.

☐	SLEEP ENVIRONMENT CHECKLIST
☐	Set a screen curfew: no phones 60 minutes before bed <i>Blue light suppresses melatonin and keeps your brain in “day mode.”</i>
☐	Lower bedroom temperature to 65–68°F <i>Cool rooms trigger deeper sleep cycles and reduce nighttime waking.</i>
☐	Make the room as dark as possible <i>Blackout curtains, sleep mask, or cover LED lights with tape.</i>
☐	Remove or silence your phone <i>Notifications fragment sleep even if you don’t fully wake up.</i>
☐	Diffuse lavender or cedarwood essential oil <i>Both are clinically studied for promoting relaxation and sleep.</i>
☐	Evaluate your mattress and pillow <i>Over 7–8 years old? It may be contributing to poor sleep quality.</i>
☐	Create a consistent bedtime <i>Same time every night, even weekends. Your circadian rhythm rewards consistency.</i>
☐	Replace your evening scroll with reading or prayer <i>The last thing you consume before sleep shapes your rest.</i>

Dr. Z’s Research Note: Even one week of insufficient sleep alters the expression of over 700 genes related to immunity, metabolism, and stress response. Sleep is not optional, it’s foundational.

Mama Z’s Tip: The single biggest change for our family’s sleep? Phones out of the bedroom. We bought a \$10 alarm clock and never looked back.

“In peace I will both lie down and sleep; for You alone, O Lord, make me dwell in safety.” — Psalm 4:8

 **Prayer:** Father, I surrender my evenings to You. Help me rest as an act of trust. Amen.

My Notes

☐ DAY 20: Reduce Your Screen and Stress Load

Your mental environment is as important as your physical one. Constant notifications, doomscrolling, and digital overstimulation keep your nervous system in fight-or-flight mode, even when you're sitting on the couch.

☐	DIGITAL DETOX CHECKLIST
☐	Turn off all non-essential phone notifications <i>Keep calls and texts. Disable social media, news, and app alerts.</i>
☐	Set specific times for email and social media <i>Twice a day is enough. Batching prevents constant context-switching.</i>
☐	Delete or hide your most addictive app for one week <i>You can reinstall it. You just need to break the reflex.</i>
☐	Move your phone charger out of the bedroom <i>If it's not within reach, you won't scroll before bed or first thing.</i>
☐	Take a 15-minute walk outside WITHOUT your phone <i>Sunlight + movement + silence. Your nervous system will thank you.</i>
☐	Replace one scroll session with Scripture or prayer <i>Same amount of time, radically different effect on your mind and spirit.</i>
☐	Notice your stress triggers this week <i>Write down what spikes your anxiety. Awareness precedes change.</i>
☐	Set a "Sabbath from screens" one evening this week <i>No screens after dinner. Books, conversation, games, prayer.</i>

Dr. Z's Research Note: Studies show that the average person checks their phone 96 times per day. Each check triggers a small cortisol spike. Over time, this chronic micro-stress contributes to adrenal fatigue, anxiety, and sleep disruption.

Dr. Z's Research Note: What you replace screen time with matters. The Center for Bible Engagement found that people who engage Scripture four or more days per week have 14% lower odds of experiencing fear or anxiety, 32% lower odds of destructive thinking, and 31% lower odds of discouragement, even after controlling for church attendance and prayer. Swapping one scroll session for Scripture isn't just a nice idea. It's one of the most evidence-based mental health interventions available.

Mama Z's Tip: I started with one screen-free evening per week. Within a month, our whole family looked forward to it. The kids stopped asking for their devices on those nights.

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23

🙏 Prayer: Lord, help me guard my mind as carefully as my pantry. Amen.

📝 My Notes

☐ DAY 21: Sabbath Rest and Reflection

Three weeks done. Your home environment has been transformed, cleaner air, safer products, better sleep, less digital noise. You are living differently than you were 21 days ago.

☐	WEEK 3 REFLECTION
☐	How is your sleep different? _____
☐	What has your family noticed? _____
☐	Where do you feel the most change, body, mind, or spirit? _____
☐	Which swap will you never go back on? _____
☐	What's one thing you want to improve next week? _____
☐	How has your time with God shifted? _____
☐	What are you grateful for right now? _____

Dr. Z's Research Note: Research on habit formation shows that it takes an average of 66 days for a new behavior to become automatic, but the strongest predictor of success is consistency, not perfection. You're building the neural pathways right now.

Mama Z's Tip: Write a letter to yourself. Date it today. Describe how you feel, what you've changed, and what you hope for. Read it on Day 60.

"Be still, and know that I am God." — Psalm 46:10

Prayer: *Father, thank You for a cleaner home and a quieter mind. One more week. Amen.*

📝 My Notes

WEEK 4

RECLAIM YOUR HEALTH & BUILD YOUR ROUTINE

“Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”

— Romans 12:1

The first three weeks were about removing and replacing. This final week is about restoring and sustaining. You’ve taken the toxins out. Now it’s time to put the good stuff in, and build a weekly plan that lasts long after Day 30.

Over 70% of your immune system lives in your gut, and years of processed food, antibiotics, and stress have likely done real damage. This week starts with gut health because when your gut heals, everything downstream improves: energy, mood, skin, hormones, and mental clarity.

You’ll also address movement, emotional boundaries, family dynamics around food, and the weekly structure that turns 30 days of individual swaps into a sustainable lifestyle. Most health programs end with a finish line. This one ends with a foundation.

You’re not just finishing a program. You’re building a way of life.



☐ DAY 22: Gut Health Basics

Over 70% of your immune system lives in your gut. When it's compromised, everything suffers, digestion, immunity, mood, energy, skin. Healing your gut is one of the most impactful things you can do.

☐	GUT HEALTH ACTION PLAN
☐	Add bone broth to your week <i>Rich in collagen, gelatin, and amino acids that repair gut lining.</i>
☐	Add one fermented food daily <i>Sauerkraut, kimchi, or coconut yogurt. Start with 1–2 tablespoons.</i>
☐	Eat more cooked vegetables <i>Sweet potatoes, squash, carrots, rich in soluble fiber that feeds good bacteria.</i>
☐	Reduce or eliminate refined sugar this week <i>Sugar feeds harmful gut bacteria and yeast overgrowth.</i>
☐	Drink half your body weight in ounces of water daily <i>Hydration fuels every digestive process.</i>
☐	Chew your food thoroughly <i>Digestion starts in the mouth. 20–30 chews per bite reduces bloating.</i>
☐	Consider a quality probiotic <i>Multi-strain, refrigerated, at least 10 billion CFU.</i>
☐	Start a simple food journal <i>Note how different foods make you feel. Patterns emerge quickly.</i>

Dr. Z's Research Note: A Stanford study found that a diet rich in fermented foods significantly increases microbiome diversity and decreases inflammatory markers in just 10 weeks, more effectively than a high-fiber diet alone.

Mama Z's Tip: Start with sauerkraut, it's the most accessible fermented food. Just make sure it's in the refrigerated section (shelf-stable versions have been pasteurized and contain no live cultures).


“Beloved, I pray that all may go well with you and that you may be in good health, just as your soul prospers.” — 3 John 1:2

🙏 Prayer: Lord, heal my gut as You heal my spirit. From the inside out. Amen.

📝 My Notes

☐ DAY 23: Anti-Inflammatory Eating

Chronic inflammation is the root of most modern disease. The good news: what you eat is one of the most powerful tools you have to fight it. Today you're building an anti-inflammatory plate.

☐ ANTI-INFLAMMATORY EATING GUIDE
☐ Emphasize leafy greens at every meal <i>Spinach, kale, arugula, romaine, packed with antioxidants and minerals.</i>
☐ Use healthy fats generously <i>Olive oil, avocado, coconut oil, nuts, seeds. Fat is not the enemy.</i>
☐ Add wild-caught fish 2–3x this week <i>Salmon, sardines, mackerel, rich in anti-inflammatory omega-3s.</i>
☐ Choose pasture-raised eggs <i>Higher in omega-3s and vitamins than conventional eggs.</i>
☐ Add turmeric and ginger to meals <i>Two of the most studied anti-inflammatory foods on earth.</i>
☐ Eat berries daily <i>Blueberries, strawberries, raspberries, antioxidant powerhouses.</i>
☐ Minimize packaged foods this week <i>If it has a long ingredient list, skip it. Eat close to the source.</i>
☐ Don't skip meals <i>Consistent blood sugar prevents inflammation spikes and energy crashes.</i>
<p> Anti-Inflammatory Smoothie</p> <p>Ingredients: 1 cup frozen berries, 1 cup coconut milk, 1 scoop collagen powder, 1 tbsp almond butter, 1/2 tsp turmeric, handful of spinach</p> <p>Directions: Blend all ingredients. Serves 1. Perfect for breakfast or post-workout.</p>

Dr. Z's Research Note: The Mediterranean diet pattern, rich in olive oil, vegetables, fish, and nuts, has been shown to reduce C-reactive protein (a key inflammation marker) by up to 20% within weeks of adoption.

Mama Z's Tip: Sample day: Smoothie for breakfast. Big salad with olive oil for lunch. Salmon + roasted vegetables for dinner. Energy bites for snacks. Nobody goes hungry.

“So whether you eat or drink or whatever you do, do it all for the glory of God.” – 1 Corinthians 10:31

 **Prayer:** Father, help me see food as fuel for the mission You've given me. Amen.

📖 My Notes

☐ DAY 24: Movement as Worship

Your lymphatic system, your body’s waste removal system, has no pump. It depends entirely on physical movement. Even 15 minutes a day makes a measurable difference in how you feel.

☐ MOVEMENT CHECKLIST
☐ Commit to 15 minutes of intentional movement today <i>Walking, stretching, bodyweight exercises, anything counts.</i>
☐ Take a morning walk in sunlight <i>Resets your circadian rhythm and boosts vitamin D naturally.</i>
☐ Try 5 minutes of stretching when you wake up <i>Activates your lymphatic system and reduces morning stiffness.</i>
☐ Do bodyweight exercises: squats, push-ups, planks <i>No equipment needed. Start with what you can do today.</i>
☐ Walk after meals <i>Even 10 minutes after eating improves blood sugar regulation dramatically.</i>
☐ Involve your family <i>Make movement a household activity, not an isolated gym session.</i>
☐ Choose stairs over elevators this week <i>Small habits compound over time into significant change.</i>
☐ Focus on consistency, not intensity <i>15 minutes daily beats one 2-hour session per week.</i>

Dr. Z’s Research Note: A post-meal walk of just 15 minutes has been shown to lower blood sugar by up to 22% compared to sitting, making it one of the simplest and most effective health interventions available.

Mama Z’s Tip: Our family does a 15-minute routine together after dinner: walk the block, stretch in the living room, or do a quick bodyweight circuit. Every day. No excuses, no gym required.

“Physical training is of some value, but godliness has value for all things.” — 1 Timothy 4:8

🙏 Prayer: Lord, this body is Yours. Help me move it with gratitude, not guilt. Amen.

📝 My Notes

□ DAY 25: Emotional Health and Boundaries

You can eat perfectly and exercise daily, but if you're carrying unprocessed grief, toxic relationships, or constant overstimulation, your body will still break down. Emotional health is physical health.

□	BOUNDARY-SETTING CHECKLIST
□	Identify one draining relationship or commitment <i>Not to end it, but to set a limit on its access to your energy.</i>
□	Set one boundary with social media or screens <i>A time limit, a no-phone zone, or an app removal.</i>
□	Say no to one thing this week <i>Over-commitment, even at church, is poor stewardship of your health.</i>
□	Identify your top stress trigger <i>What consistently spikes your anxiety? Name it. Write it down.</i>
□	Practice a 2-minute breathing exercise <i>Inhale 4 counts, hold 4, exhale 6. Activates your parasympathetic system.</i>
□	Tell someone about the boundary you're setting <i>Accountability makes it real and helps you follow through.</i>
□	Give yourself permission to rest without guilt <i>Rest is not laziness. It's obedience to the God who commands it.</i>
□	Forgive one thing you've been holding onto <i>Unforgiveness is a toxin. Release it for your own healing.</i>

Dr. Z's Research Note: Chronic emotional stress elevates cortisol, which directly suppresses immune function, increases gut permeability ("leaky gut"), promotes fat storage around the midsection, and disrupts sleep architecture.

Dr. Z's Research Note: Here's why the daily Scripture in this Blueprint matters for emotional health specifically: the Center for Bible Engagement found that people who engage Scripture four or more days per week have 40% lower odds of feeling bitter, 31% lower odds of difficulty forgiving others, 30% lower odds of loneliness, and 26% lower odds of difficulty forgiving themselves. Boundaries protect your peace. Scripture actually heals what's broken inside it.

Mama Z's Tip: The hardest boundary I ever set was saying no to a good thing that was draining me. It freed up energy for the great things God had waiting. Not every open door is from God.

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23

Prayer: God, give me courage to protect my peace and wisdom to set boundaries that honor You. Amen.

✍ My Notes

☐ DAY 26: Feeding Your Family Without the Fight


Whether you're feeding a spouse, kids, roommates, or just yourself, transitioning to healthier food doesn't have to be a battle. Today is about strategy, not confrontation.

☐	FAMILY TRANSITION TIPS
☐	Make quiet swaps, don't announce a revolution <i>Change the ingredients, not the menu. Same meals, better inputs.</i>
☐	Involve others in cooking <i>People eat what they help make, especially kids.</i>
☐	Don't make separate meals <i>One household, one table, one standard of food.</i>
☐	Present new foods alongside familiar favorites <i>New + familiar = less resistance at the table.</i>
☐	Be patient: 10–15 exposures before acceptance <i>Don't give up after one rejected bite. Persistence is normal.</i>
☐	Never shame anyone at the table <i>Food should be associated with joy and gratitude, not judgment.</i>
☐	Make healthy versions of foods they love <i>Almond flour chicken nuggets. Cauliflower crust pizza. Energy bites.</i>
☐	Let your results do the talking <i>When they see your energy change, they'll ask what you're doing.</i>

Dr. Z's Research Note: Research on children's food acceptance shows that repeated, low-pressure exposure is the single most effective strategy for expanding dietary preferences, far more effective than rewards, pressure, or restriction.

Mama Z's Tip: My biggest secret? Making things taste amazing. Nobody feels deprived when the food is delicious. Healthy doesn't mean bland.

"Whoever can be trusted with very little can also be trusted with much." — Luke 16:10

 **Prayer:** Lord, let our table be a place of joy, not conflict. Amen.

✍ My Notes

☐ DAY 27: Building Your Weekly Plan


Sustainable health isn't about willpower. It's about building a weekly structure that makes the healthy choice the default choice, so you don't have to decide every single time.

☐ BUILD YOUR WEEKLY ROUTINE
☐ Choose a meal prep day (we recommend Sunday) <i>Batch cook: energy bites, wash vegetables, start bone broth, prep snacks.</i>
☐ Set a consistent wake-up time <i>Same time daily, including weekends. Your circadian rhythm will reward you.</i>
☐ Schedule movement like an appointment <i>15 minutes daily. On your calendar. Non-negotiable.</i>
☐ Set a screen curfew every night <i>Same time, every night. Your sleep and relationships depend on it.</i>
☐ Choose a grocery day <i>Consistent shopping prevents impulse purchases and convenience food traps.</i>
☐ Designate a DIY product refill day <i>Once a month: restock soap, deodorant, cleaner, laundry detergent.</i>
☐ Protect your Sabbath <i>One day per week: no productivity pressure. Church, family, rest.</i>
☐ Review your wins weekly <i>Every Sunday evening, review what went well. Celebrate your progress.</i>

Dr. Z's Research Note: Behavioral research shows that habits are most effectively built through environmental design and consistent cues, not willpower. Making the healthy choice the easiest choice is the key to long-term success.

Mama Z's Tip: The structure doesn't have to look like ours. It has to work for YOUR life. Start with 2–3 anchors and build from there. Perfection isn't the goal, consistency is.

“For everything there is a season, and a time for every matter under heaven.” — Ecclesiastes 3:1

 **Prayer:** Father, help me build a weekly plan that honors You in the ordinary moments. Amen.

✍ My Notes

☐ DAY 28: What to Do When You Fall Off

You will fall off. Everyone does. A vacation, a stressful week, a holiday, and suddenly you're back to old habits. This day is about building the muscle of returning, not the illusion of perfection.

☐	YOUR COMEBACK PLAN
☐	Remember: falling off doesn't erase your progress <i>Every swap is still in your knowledge. You can't un-learn what you know.</i>
☐	Start with one swap, not all of them <i>Don't restart everything at once. Pick one thing and do it today.</i>
☐	Restock your kitchen first <i>Good food in the house makes good choices effortless.</i>
☐	Turn on your diffuser <i>It's a sensory anchor that signals "we're back on track."</i>
☐	Revisit your health vision from Chapter 6 <i>Reconnect with your "why." It's still true.</i>
☐	Don't punish yourself <i>Guilt is not from God. Conviction moves forward. Guilt keeps you stuck.</i>
☐	Tell someone you're restarting <i>Text a friend. Post in a community. Accountability is powerful.</i>
☐	Re-read the Seven R's (Chapter 4) <i>The framework is always there. Return to it anytime.</i>

Dr. Z's Research Note: Studies on behavior change show that the ability to recover from lapses, not the absence of lapses, is the strongest predictor of long-term habit maintenance. Falling off is normal. Getting back on is the skill.

Dr. Z's Research Note: When you fall off, here's the most important thing to restart: your time in the Word. The Center for Bible Engagement found a striking threshold effect, engaging Scripture one to three days per week shows no statistically significant difference from not engaging at all. But at four or more days, every measured outcome shifts dramatically. The lesson: consistency matters more than intensity. Don't try to restart everything at once. Just open your Bible four days this week.

Mama Z's Tip: Every January and every vacation, we fall off a little. And every time, we come back faster because the knowledge is permanent. The swaps get easier, not harder.

"The righteous falls seven times and rises again." — Proverbs 24:16

Prayer: Lord, when I stumble, remind me Your mercies are new every morning. Amen.

✍ My Notes

☐ DAY 29: Pray Over Your Family’s Health


Today isn’t about a swap. It’s about speaking life. Walk through your home, kitchen, bathroom, bedroom, living room, and declare Scripture over your household.

☐ PRAYER WALK THROUGH YOUR HOME
☐ Stand in your kitchen <i>Pray: “This kitchen will be a place of nourishment, not poison.”</i>
☐ Stand in your bathroom <i>Pray: “Every product here will honor the temple of the Holy Spirit.”</i>
☐ Stand in your bedroom <i>Pray: “This room will be a place of deep rest and restoration.”</i>
☐ Stand in your living room <i>Pray: “This home will be filled with peace, not overstimulation.”</i>
☐ Pray over your family by name <i>Speak health, clarity, energy, and vitality over each person.</i>
☐ Pray over your own body <i>Thank God for what it does. Ask Him to continue healing what’s broken.</i>
☐ Declare: “As for me and my house, we will serve the Lord” <i>Joshua 24:15, over your health, your habits, and your home.</i>
☐ Write down one thing God speaks to you _____

Dr. Z’s Research Note: Research on prayer and meditation shows measurable reductions in cortisol, blood pressure, and inflammatory markers. Prayer is not just spiritual, it physically changes your body’s stress chemistry.

Mama Z’s Tip: We do this prayer walk every season, not just once. Walking through your home and speaking life over it changes the atmosphere. Your kids will remember this.

“He sent His word and healed them, and delivered them from their destructions.” — Psalm 107:20

 **Prayer:** Father, I speak life over this home. I speak health over these bodies. We are Yours. Amen.

My Notes

□ DAY 30: Your Next Step

You did it. Thirty days. Dozens of swaps. A kitchen cleaned out. A bathroom transformed. A home renewed. A structure established. You are not the same person who opened this book.

Retake your Health Stewardship Assessment. Fill in the “Day 30” column and compare.

#	Area	1 =	10 =	Before	Day 30
1	Walk with God	<i>Spiritually distant</i>	<i>Spiritually alive</i>		
2	Mental clarity	<i>Constant fog</i>	<i>Clear and focused</i>		
3	Overwhelmed by health	<i>Confused and reactive</i>	<i>Grounded and confident</i>		
4	Food decisions	<i>Convenience & unhealthy</i>	<i>Consistent & nourishing</i>		
5	Body image	<i>Discouraged</i>	<i>Confident and at ease</i>		
6	Sleep quality	<i>Wake exhausted</i>	<i>Wake restored</i>		
7	Daily energy	<i>Frequent crashes</i>	<i>Steady strength all day</i>		
8	Digestive comfort	<i>Bloating or discomfort</i>	<i>Works as it should</i>		
9	Hormonal balance	<i>Unpredictable swings</i>	<i>Stable and steady</i>		
10	Skin health	<i>Irritated or reactive</i>	<i>Clear and resilient</i>		
			TOTAL	/100	/100

Day 30 date: _____ Improvement: + _____

Dr. Z's Research Note: Studies on self-assessment consistently show that the act of measuring progress, not just experiencing it, significantly increases long-term behavior change and self-efficacy.

If you want to go deeper, we'd love to walk with you inside **Bible Health Academy** at **BibleHealth.com**.

Dr. Z's Research Note: A 2018 study in the Journal of Translational Medicine found that dietary interventions removing processed foods, refined sugars, and inflammatory agents produced measurable reductions in inflammatory markers within 30 days. The body's capacity to heal, when the obstacles are removed, is not theoretical. It's documented. What you just completed is backed by real science and grounded in God's design.

Mama Z's Tip: Take a moment today and look back at where you started. I remember when our family first made these changes: I cried when I realized how much better I felt. You did something most people never do. You followed through. And your family is better for it. Keep going, not because you have to, but because now you know what's possible.

“I can do all things through Christ who strengthens me.” – Philippians 4:13

Prayer: Lord, this is just the beginning. Lead me forward. In Jesus' name, Amen.

PART THREE
Resources

Everything you need to keep going.



Mama Z's Pantry Swap Chart

Adapted from Mama Z's Non-Toxic Kitchen Guide. All substitutions are 1:1 unless noted.

Swap This	With This
Cooking Oil	Extra virgin olive oil, virgin coconut oil, avocado oil
Vegetable / Canola Oil	Avocado oil (high heat) or coconut oil (baking)
White Sugar	Raw honey, coconut sugar, or liquid stevia
Brown Sugar	Coconut crystals, maple sugar, or honey crystals
Confectioner's Sugar	Blend honey granules + 1–2 tsp arrowroot powder
Flour (all-purpose)	Gluten-free all-purpose (Bob's Red Mill or Trader Joe's)
Bread	Gluten-free bread (check ingredient list for seed oils)
Pasta	Brown rice pasta or gluten-free alternative
Bread Crumbs	Brown rice bread crumbs or almond meal
Cocoa Powder	Raw organic cacao powder
Chocolate Chips	Stevia-sweetened dark chocolate chips (Lily's)
Ketchup	Organic brand (no HFCS) or homemade
Salt	Pink Himalayan salt or smoked sea salt
Vinegar	Bragg apple cider vinegar (with the mother)
Worcestershire Sauce	Bragg's Liquid Aminos
Cornstarch	Organic non-GMO cornstarch or arrowroot powder
Peanut Butter	1–2 ingredient only (peanuts, salt). No added sugar or oil.
Coffee	Organic, mold-free. Or matcha tea, carob, Teecino
Snack Bars	Check labels: under 5 ingredients, no seed oils or sugar
Spice Blends	Single-ingredient spices. Avoid blends with "natural flavors."

Mama Z's Tip: Start with the top 3: swap your cooking oil, sweetener, and salt. Those three changes alone affect nearly every meal you make.

Mama Z's Refrigerator Swap Chart

Focus on quality sourcing. Read every label, even "healthy" brands hide seed oils and added sugars.

Swap This	With This
Butter	Organic butter, coconut oil, or ghee
Cheese	Dairy-free: Violife, Kite Hill, or So Delicious (soy-free)
Milk	Unsweetened almond milk or coconut milk
Milk (for cooking)	Full-fat canned coconut milk
Yogurt	Unsweetened coconut milk yogurt (So Delicious)
Sour Cream	Coconut cream or cashew-based sour cream
Eggs	Local, organic, pasture-raised
Ground Meat	Organic, 100% grass-fed beef (local is best)
Deli Meat	Organic, nitrate- and nitrite-free (Applegate Farms)
Bacon	Nitrate- and nitrite-free turkey or pork bacon
Chicken	Organic, pasture-raised, air-chilled
Salmon / Tuna	Wild-caught, never farmed
Mayonnaise	Avocado oil mayo (Primal Kitchen or similar)
Salad Dressing	Olive oil + ACV based, or homemade
Whipped Cream	Full-fat canned coconut milk (chilled, whipped)
Juice / Soda	Sparkling water with lemon, berries, or cucumber
Jelly / Jam	100% fruit spread, no added sugar

Mama Z's Tip: Buy one new swap per grocery trip instead of overhauling everything at once. Your budget and your family will thank you.

The No-No List: If You See It, Skip It

Every item below is something you'll find printed on actual product labels. If it's on the label, put it back on the shelf.

On Food Labels

High fructose corn syrup (HFCS) , Listed by name on sodas, bread, yogurt, ketchup, cereal, granola bars

Corn syrup / corn syrup solids , Cheaper sugar substitute in snacks, sauces, and kids' foods

Maltodextrin / dextrose / sucrose , Sugar aliases; check the first 3–5 ingredients

Aspartame / sucralose / acesulfame potassium , Listed by name in diet drinks, sugar-free products, gum

“Artificial flavors” , Printed exactly this way on the label; means synthetic chemicals

Red 40 / Yellow 5 / Yellow 6 / Blue 1 , Listed by name and number in candy, drinks, yogurt, cereals

Canola oil / soybean oil / corn oil / sunflower oil , Listed by name in dressings, chips, crackers, sauces

“Vegetable oil” , Usually soybean oil; always listed on the label

Sodium nitrate / sodium nitrite , Listed by name on bacon, deli meat, hot dogs, sausage

MSG (monosodium glutamate) , Listed by name or as “yeast extract” / “hydrolyzed protein”

Sodium benzoate / potassium sorbate / TBHQ , Listed by name in drinks, sauces, snack foods

On Body Care & Cleaning Labels

“Fragrance” or “Parfum” , Printed exactly this way; legally hides dozens of undisclosed chemicals

Methylparaben / propylparaben / butylparaben , Listed by name in lotions, shampoos, makeup

Sodium lauryl sulfate (SLS) / sodium laureth sulfate (SLES) , Listed by name in shampoo, body wash, toothpaste

Propylene glycol , Listed by name in deodorant, lotion, baby wipes, toothpaste

Aluminum zirconium / aluminum chlorohydrate , Listed by name in antiperspirant deodorants

“Antibacterial” products , The word on the front label is your cue; regular soap works just as well

Oxybenzone / octinoxate , Listed by name in sunscreens and SPF moisturizers

Dimethicone , Listed by name in conditioners, lotions, and primers (silicone coating)

DIY Body Care & Home Supplies

Everything you need to make every recipe in this book.

<input type="checkbox"/>	DIY SUPPLY MASTER LIST
<input type="checkbox"/>	Coconut oil, unrefined (body care + cooking)
<input type="checkbox"/>	Shea butter (deodorant + body butter)
<input type="checkbox"/>	Baking soda (toothpaste + deodorant + laundry)
<input type="checkbox"/>	Arrowroot powder (deodorant)
<input type="checkbox"/>	Almond oil (body butter + carrier oil)
<input type="checkbox"/>	Liquid castile soap (hand soap + laundry)
<input type="checkbox"/>	Distilled white vinegar (cleaner + laundry)
<input type="checkbox"/>	Washing soda (laundry detergent)
<input type="checkbox"/>	Xylitol (toothpaste, optional)
<input type="checkbox"/>	Foaming soap dispensers (3–4 for each sink)
<input type="checkbox"/>	16 oz spray bottles (2–3 for cleaners)
<input type="checkbox"/>	Small glass jars (for storing DIY products)
<input type="checkbox"/>	Wool dryer balls (replace dryer sheets)
<input type="checkbox"/>	Essential oil diffuser (1 per main room)
<input type="checkbox"/>	Essential oils: lavender, lemon, peppermint, tea tree, frankincense

Essential Oil Quick-Reference

Sourced from Dr. Z's *The Healing Power of Essential Oils*, Ch. 3 & 6 (Penguin Random House). Always dilute before skin use.

Oil	Best Uses	Safety
Lavender	Sleep, calming, stress, skin, burns, headaches. Diffuse at bedtime or apply diluted to wrists.	<i>Safest oil. OK for all ages at proper dilution.</i>
Peppermint	Energy, headaches, congestion, digestion, focus, fever. Inhale or apply to temples.	<i>0.5% for kids under 6. Avoid face on infants.</i>
Eucalyptus	Respiratory, sinus, colds, cleaning, scalp tonic. Diffuse or steam-inhale.	<i>Avoid face on children under 10.</i>
Lemon	Cleaning, mood, digestion, grease removal, DIY cleaners. Diffuse for energy.	<i>Cold-pressed is phototoxic. Avoid sun 12–18 hrs.</i>
Frankincense	Immune health, inflammation, prayer, skin, joint pain. Apply to feet.	<i>Very safe. Don't over-apply internally.</i>
Rosemary	Memory, focus, hair growth, blood pressure, pain relief. Diffuse or massage.	<i>Avoid face on children under 10 (1,8-cineole).</i>
Tea Tree	Antimicrobial, acne, fungal infections, cuts, cleaning. Add to DIY products.	<i>Low sensitization risk. Discard old/oxidized oils.</i>
Ylang Ylang	Hormonal balance, mood, stress, blood pressure. Diffuse or add to body care.	<i>Max 0.8% dermal. Avoid on damaged skin.</i>
Orange	Anxiety relief, mood, cancer research, cleaning, cooking. Diffuse or ingest.	<i>Cold-pressed is mildly phototoxic.</i>
Clove	Dental pain, immune boost, antioxidant, cooking. Apply diluted to gums.	<i>Strong oil. Always dilute well. Max 0.5% dermal.</i>

Dilution: Infants & children: 0.5–1% (3–6 drops/oz). Adults daily: 2–3% (12–18 drops/oz). Acute/short-term: 5–10%.

Carrier oils: Coconut oil (all-purpose), almond oil (body care), jojoba oil (face).

Methods: Aromatic (diffuser, 3–5 drops). Topical (diluted on skin). Internal (1–2 drops in food/drink, select oils only).

For 150+ recipes and protocols for 25+ health conditions, read *The Healing Power of Essential Oils* at BibleHealth.com.

Mama Z's Top 10 Starter Recipes

All recipes are featured in Part 2 on the day listed.

#	Recipe	Find It	Time
1	Energy Bites	Day 5	5 min
2	Healing Golden Milk	Day 6	5 min
3	DIY Deodorant	Day 9	10 min
4	DIY Toothpaste	Day 10	5 min
5	Whipped Body Butter	Day 11	10 min
6	DIY Foaming Hand Soap	Day 13	60 sec
7	All-Purpose Cleaner	Day 15	2 min
8	DIY Laundry Detergent	Day 18	10 min
9	Simple Bone Broth	Day 22	24 hrs
10	Anti-Inflammatory Smoothie	Day 23	5 min

For hundreds more recipes, visit NaturalLivingFamily.com/recipes.

Scriptures for the Journey

A 7 R's Devotional & Declaration Guide

These Scriptures are organized around the Seven R's of Biblical Health. Read them slowly. Meditate on them. Speak the declarations aloud over your home, your body, and your family.

This section isn't optional. Research on over 100,000 people across 21 countries found that engaging Scripture four or more days per week is the single most powerful predictor of spiritual growth, stronger than prayer alone, church attendance, small groups, or any other spiritual discipline measured. At that threshold, the odds of feeling spiritually stagnant drop by 60%, and proactive faith behaviors like generosity, Scripture memorization, and sharing your faith increase by 200–400%. The swaps in this Blueprint address your body. These Scriptures address your mind and spirit. Both are essential. Both are by design.

All Scripture quotations are from the English Standard Version.



REPENT

Turn from the world's pattern toward God's design.

“And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.”

Ezekiel 36:26

“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it?”

Isaiah 43:18–19

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

2 Corinthians 5:17

“Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created after the likeness of God in true righteousness and holiness.”

Ephesians 4:22–24

DECLARE: I am not who I was. God is giving me a new heart and a new way of thinking about my body, my health, and my family. The old patterns are passing away. Something new is already springing up. I choose to walk in it.

RENEW

Transform your mind with truth.

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind.”

Romans 12:1–2

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

Philippians 4:8

“For God gave us a spirit not of fear but of power and love and self-control.”

2 Timothy 1:7

DECLARE: I am presenting my body as a living sacrifice and renewing my mind daily with truth. I reject confusion, fear, and the world’s noise. The Spirit within me brings clarity, power, and peace, not overwhelm.

REMOVE

Eliminate what doesn’t belong.

“Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.”

2 Corinthians 7:1

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.”

Hebrews 12:1

“A little leaven leavens the whole lump.”

Galatians 5:9

DECLARE: I am removing what doesn’t belong, from my pantry, my bathroom, my home, and my habits. I will not allow “a little” of what harms to remain, because I serve a God of wholeness, not compromise.

REPLENISH

Fill your life with what God designed.

“So, whether you eat or drink, or whatever you do, do all to the glory of God.”

1 Corinthians 10:31

“Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!”

Psalms 34:8

“And God said, ‘Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.’”

Genesis 1:29

DECLARE: I am filling my body, my home, and my life with what God created for our good. Real food. Clean products. Life-giving routines. I choose abundance over deprivation, and stewardship over neglect.

REST

Obey God’s command to be still.

“In vain you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.”

Psalms 127:2

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”

Matthew 11:28–29

“And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.”

Genesis 2:2

DECLARE: I will rest without guilt. My worth is not measured by my productivity. God commanded rest, and I receive it as an act of obedience and trust.

RESTORE

Heal what has been broken.

“He restores my soul. He leads me in paths of righteousness for his name’s sake.”

Psalms 23:3

“He heals the brokenhearted and binds up their wounds.”

Psalms 147:3

“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”

3 John 1:2

DECLARE: God is restoring what years of damage, neglect, and ignorance have broken. My gut is healing. My hormones are rebalancing. My energy is returning. I trust the God who made my body to repair it as I give it what it needs.

REVIVE

Live the abundant life God promises.

“Will you not revive us again, that your people may rejoice in you?”

Psalm 85:6

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

John 10:10

“I can do all things through him who strengthens me.”

Philippians 4:13

“I have set before you today life and death, blessing and cursing. Therefore choose life, that you and your offspring may live.”

Deuteronomy 30:19

DECLARE: I am choosing life. I am choosing revival, not as an event, but as a daily reality. My body, my mind, and my spirit are coming alive again. This transformation will overflow from me to my household, my church, and my community. In Jesus' name, Amen.



Print this section. Tape it to your fridge. Read it aloud over your home.

These words carry the authority of the God who breathed them.

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All scientific claims made in Dr. Z's Research Notes throughout this book are supported by the following peer-reviewed studies and authoritative sources.



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Your Next Step:

You've laid the foundation. Your kitchen is cleaner. Your home is safer.
Your body has had 30 days of relief from what was working against it.
Now it's time to go deeper...



Want to go further with us?

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About Dr. Z & Mama Z

We're Dr. Eric and Sabrina Zielinski , known to our Bible Health community as Dr. Z and Mama Z , happily married since 2006, parents of seven, and living proof that God's blueprint for health actually works.

Dr. Z grew up outside Detroit, plagued by addiction, depression, gut disorders, and skin conditions. In 2003, he became a Christian, and everything changed. He began to understand that healthy living was a spiritual act of worship, and that transformation became a calling. Trained as a chiropractor, public health researcher, and aromatherapist, Dr. Z wrote *The Healing Power of Essential Oils* , a #1 national bestseller and the world's top-rated aromatherapy book.

Mama Z left corporate America to follow her dream of being a SAHM, but she never left her roots in pageantry, herbalism and all the fun things that makes her "Mama Z "to thousands of women in our Bible Health community. She specializes in allergy-friendly cooking, converting family favorites into gluten-free, dairy-free, and sugar-free delicacies that are not free of flavor and creating DIY home & formulations from her experience of using essential oils for 30 years. Along with Dr. Z, she is the co-author of the bestsellers, *The Essential Oils Diet*, *The Essential Oils Apothecary*, and *Essential Oils Recipes: 52-Card Deck*.

Since 2014, Dr. Z and Mama Z have authored 4 bestselling books with more than 250,000 copies in print across 9 languages, and have helped millions of families discover that the abundant life Jesus promised in John 10:10 includes your health , in EVERY area of your life.

This eBook is your starting point. We're glad you took the first step.

As always, praying you experience the abundant life.

~ Dr. Z & Mama Z

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On Substack?

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