

Christian Study Guide
for
7 Steps to Get Off
Sugar and Carbohydrates

Susan Neal RN, MBA, MHS

Table of Contents

Preface

Introduction

How to Use this Study Guide

Group Guidelines

Session 1: Decide to Improve Your Health

Day 1: Food Addiction Trap

Day 2: King Solomon's Addiction

Day 3: Generational Bondage

Day 4: Sword of the Spirit

Day 5: Temple of the Holy Spirit

Session 2: Harmful Versus Beneficial Foods

Day 1: Candida

Day 2: Humility

Day 3: Pride in the Last Days

Day 4: King Saul's Pride

Day 5: Identity in Christ

Session 3: Clean Out Your Emotions

Day 1: Clean Out the Pantry, Refrigerator, and Freezer

Day 2: Clean Out Your Emotions

Day 3: Access God's Power

Day 4: Stress Eating

Day 5: Forgiveness

Session 4: Purchase Healthy Food

Day 1: Menu Planning

Day 2: Purchase an Anti-Candida Cleanse

Day 3: Daniel's Resolve

Day 4: Daniel's Vegetables

Day 5: Change Your Mind-set

Session 5: Implement the Plan

Day 1: Implement the Seven-Day Eating Plan

Day 2: Implement the Five-Step Binding the Strong Man Plan

Day 3: Use the Lord's Power

Day 4: The Armor of God

Day 5: Offensive Spiritual Weapons

Session 6: Prepare and Eat Foods Differently

Day 1: Create Your Standardized Grocery List

Day 2: Implement Action Steps from Steps 1–2

Day 3: Implement Action Steps from Steps 3–4

Day 4: Implement Action Steps from Steps 5–6

Day 5: Implement Action Steps from Step 7

Session 7: Improve Your Health

Appendix: Sample Grocery List

Leader's Guide

Notes

About the Author

Other Products by Susan U. Neal

Preface

Dear Reader,

I want to help you recover your health and ideal weight by teaching you which foods are beneficial and which ones make you sick. In this study we will mobilize God's power to evoke lifestyle changes you may struggle to implement on your own. You can change your future by changing the types of food you eat.

Will you join me on a journey to obtain the abundant life God wants you to live? I hope you will!

Blessings,

Susan U. Neal

Introduction

When I was fifty I lost my health. I had no idea how precious it was until it was gone. I laid in bed, utterly exhausted, unable to function normally. It all began when an abscessed tooth poisoned my body. Over the next year, I developed ten medical diagnoses, endured two surgeries, and gained an unhealthy amount of weight. The doctors did all they could, but I still was not well.

As a registered nurse with a master's degree in health science, I used my medical knowledge and the Bible to recover my health and weight. Taking a biblical approach to master my palate, I eliminated the foods I knew I should not eat. I want to share what I learned, so you can achieve the extraordinary life God wants you to experience.

I created this Christian study guide for three purposes:

1. To provide an opportunity for individuals to implement the steps in *7 Steps to Get Off Sugar and Carbohydrates* in a small group. Accountability improves a person's chance for success.
2. To apply biblical wisdom to different situations that may hold a person back from making necessary lifestyle changes. This approach will help you grow spiritually and teach you how to access God's mighty power to make the changes you need.
3. So other individuals can benefit from the knowledge I gained when I cured myself of my illnesses. Take this journey to recover your health and achieve all the blessings the Lord has in store for you.

How to Use this Study Guide

The purpose of this Christian study guide is to reinforce the principles from the book [7 Steps to Get Off Sugar and Carbohydrates](#). Therefore, you will need a copy of the book as you work through this guide. In addition, tracking your physical, emotional, and spiritual health in a journal is the best way to gain freedom from any food issues you may experience. You can create your own journal to use with this guide, or purchase the *Healthy Living Bullet Journal* through Amazon.com.

This guide is intended for use in a group setting, along with individual daily lessons (five per week). However, the steps in this guide can be implemented on your own. In the group setting you will:

1. Discuss what you learned and incorporated into your life over the past week.
2. Read the corresponding chapter in *7 Steps to Get Off Sugar and Carbohydrates*.
3. Answer the questions in the study guide.

You can't change your lifestyle overnight. An accountability group can propel you to achieve your healthy living goals. Each week you will be challenged to make new changes. At the end of the seven weeks, your life will be transformed from the inside out!

Leader's Guide

A Leader's Guide is provided at the end of the book. Leader instructions are provided in *italics* throughout the book.

Group Guidelines

During this study we will ask participants to share openly with each other. The following guidelines will establish a healthy group experience.

- Make a commitment together that the group will be a place of safety and confidence. No one will share what they hear, so all information will be kept confidential.
- Commit to support each other through encouragement and prayer.
- Resolve to grow spiritually, physically, mentally, and emotionally.
- Make group attendance a priority. Notify the leader if you will be absent or late.

Session 1

Decide to Improve Your Health

Our society faces an epidemic because over half of Americans live with a chronic illness and forty percent suffer from obesity.¹ What caused this epidemic? I believe it is the foodlike substances that manufacturers entice us to eat. Instead, we need to eat the foods our Creator designed for humans.

God gave you a glorious body that can heal itself if you provide it with the proper nutrition he intended. However, you need to find out what foods are beneficial versus harmful. Through gaining knowledge and using the Lord's spiritual arsenal, this Christian study guide will help you reclaim the abundant life God wants you to live.

When you implement the steps in this study, you will improve the way you feel and look and increase your energy and clarity of mind. You will lose weight naturally without going on a fad diet or buying prepared meals and supplements. These results can be achieved by merely changing the types of food you eat. Through commitment, self-examination, and the Lord's help, you will improve your health.

You may think the Bible doesn't say anything about eating carbohydrates and sugar. True, but our bodies are the temple of the Holy Spirit; therefore, our Creator expects us to take care of our bodies. When you make healthy eating choices, you nurture and support your body so that it can last a lifetime. If you are healthy, you can fulfill the unique purpose God has planned for you. Also you will enjoy being a godly influence in the lives of those you love for a longer period of time, so you can help them reach their God-given potential.

Despite God's desire for his children to enjoy long, abundant lives on earth, the lifespan

of Americans is declining.² I believe a major contributing factor to the decline is the consumption of too much sugar and refined carbohydrates. From my experience, it is difficult to wean oneself off of these addictive substances, therefore, I created the following seven-step plan:

7 Steps to Get Off Sugar and Carbohydrates

1. **Decide** to improve your health through proper nutrition. Biblically we will address addiction, generational bondage, and abuse. To help us on our journey, we will learn the importance of the sword of the Spirit.
2. **Acquire** a support system and knowledge to help make a lifestyle change. We are stronger when Christian friends support us during this transition. Humility versus pride is addressed by studying King Saul's mistakes. To obtain a balanced ego, we need our identity to originate from Christ.
3. **Clean out** the pantry and refrigerator by removing unhealthy foods, and clean out your emotions. Emotional and stress eating may relate to unhealed emotional wounds and unforgiveness. We discuss how to heal the wounds from past.
4. **Purchase** healthy foods plus an anti-Candida cleanse. Sin is compared to yeast (Candida). Also we look at Daniel's resolve in Babylon when he refused to eat the king's food. Like Daniel, we can stand firm by changing our mind-set.
5. **Plan** a start date and begin to change your eating habits. This lesson teaches five steps to obtain freedom from food addiction. We learn how to use the Lord's power as we wear the armor of God.
6. **Prepare** and eat foods differently than you did before. We review and ensure

implementation of all the action steps provided in steps 1–7.

7. **Improve** your health through continuing this new lifestyle, never turning back to your old eating habits. Celebrate your achievements, victories, and transformation.

In your study group, you will learn how to utilize God’s divine power to evoke lifelong changes rather than rely on self-control. This book differs from other healthy living books because we learn to equip ourselves with spiritual weapons to attain victory.

This plan is not a diet but a lifestyle change. However, the guidelines are not so stringent that you feel like you have a noose around your neck. You apply God’s wisdom along with accurate knowledge about today’s food.

For session one, read the introduction and first chapter, titled Step 1: Decide to Improve Your Health, in [*7 Steps to Get Off Sugar and Carbohydrates*](#). You might take turns reading it aloud with each member reading a paragraph. When you get to the section titled, “Make Your Commitment” on page 11, stop reading and finish your session by filling out the information below. Whatever portion of the chapter you are not able to finish should be assigned as homework.

Prepare for Commitment

You may be experiencing a health crisis and need to make a change. This book will walk you through the process to regain your health, so you can feel energetic again and begin to live the purposeful life God intended for you.

To begin this journey, evaluate your current health situation by answering the questions below. The answers will help you set goals for improvement to restore wholeness to your life.

Health Problems

Many health problems can keep you from an abundant life. Place a checkmark by each symptom you experience:

- Overweight
- Lack of energy
- Joint pain
- Ulcer
- Diabetes
- Allergies
- Sinus issues
- Take medication
- High blood pressure
- Autoimmune disease
- Bloating, gas, indigestion
- Constipation, diarrhea, or other gastrointestinal (GI) problem
- Skin problem—eczema, rosacea, rash
- Other _____

Share with the group which symptoms are most problematic for you.

Do you struggle with any of the following issues related to your physical health? Check all that apply:

- Self-consciousness about weight/appearance
- Can't physically keep up with family members
- Clothes don't fit and need to buy more
- Guilt when you overeat
- Low self-esteem
- Moodiness
- Depression
- Other _____

This assessment gives you a picture of your health. The more items you identified with above, the more your body has been negatively affected by harmful foods. As you change the types of food you eat, your health will improve. A reassessment will be provided in session 7, so you can compare the lists to see if your symptoms decreased.

Food Knowledge and Mental Ammunition

Have you ever found yourself eating something you thought was nutritious, only to find out later that it wasn't? In our society it is difficult to navigate diet trends. In the 1980s, low-fat diets were the trend; now the ketogenic diet is popular. These eating methods seem to be the exact opposite. Which one is best?

Lack of knowledge is a key reason people fall into the trap of unintentionally eating the

wrong types of food. When people gain knowledge, they recognize that their previous beliefs were false, and it becomes easier to overcome unhealthy eating habits.

Another reason some people struggle to eat healthy foods is their bodies betray their mental commitment. It may not be just a matter of self-control; you may have a food addiction or overgrowth of Candida in the GI tract that causes you to overeat. We need to recognize how addictions affect us physically, so we can be prepared with the mental ammunition needed to stay strong. Through this study you will learn how to stop the cravings and unwanted symptoms associated with a diet loaded with carbs, and how to arm your mind and spirit with the tools to win this battle.

If you did not watch this five-minute video, please watch it now: Ted-Ed video “How Does Sugar Affect the Brain?” by the neuroscientist Nicole Avena Ph.D., [Sciencealert.com/watch-this-is-how-sugar-affects-your-brain](https://www.sciencealert.com/watch-this-is-how-sugar-affects-your-brain).³

Are you surprised that sugar is an addictive substance like drugs? Discuss this issue with the group.

Science shows that a biochemical addiction occurs in the brain.⁴ The body gets used to the dopamine and craves even more foods high in sugar and refined carbohydrates (processed foods). The person feels an initial “high” from the dopamine release, but soon the body experiences a “crash.” When the sugar rush subsides, they feel tired, foggy brained, and downright ill. Then they regret what they ate. When a person gets stuck in this addiction cycle of euphoria and regret, it ultimately leads to health issues and excess weight.

Unfortunately, processed foods promote diseases such as diabetes, hypertension, obesity, and some types of autoimmune diseases. You may feel the adverse effects in your body and are seeking a solution. I pray you will implement the steps in this guide, because they will help you.

The difficulty in this journey for a Christian is that when we are sick we tend to focus on ourselves instead of serving God. Doctor visits, laboratory tests, medications and their side effects, pain, etc. may consume a person's life if he or she is ill. Are you fed up with the state of your health or weight?

This book will help you break the unhealthy eating cycle. In turn, your health and weight will improve. *When we are healthy, we can serve God better.*

Are you ready to reclaim your health? Then *make the decision* to stop eating sugar and refined carbohydrates. Deciding is the first step of the seven-step plan. I challenge you to take the first step—decide to improve your health.

Baseline Assessment

Before changing your eating habits, obtain a baseline of your current condition. Weigh yourself and measure your waistline. This information is private and not to be shared with other members of your group. *(Leader: this section can be performed in your group or on their own.)*

Date:

Weight:

Waistline:

Symptom Checklist

Put a check by the unhealthy symptoms you experience:

_____ Fatigue

_____ Anxiety

_____ Insomnia

_____ Irritability

_____ Depression

_____ Mood swings

_____ Poor memory

_____ Food allergies

_____ Foggy brained

_____ Decreased sex drive

_____ Hormonal imbalance

_____ Chronic fatigue, fibromyalgia

_____ Vaginal yeast infections, urinary tract infections

_____ Craving sweets and refined carbohydrates or alcohol

_____ Digestive issues (bloating, constipation, diarrhea) or disorders

_____ Skin and nail infections such as toenail fungus, athlete's foot, and ringworm

Share with the group which symptoms are most problematic for you.

Dietary Assessment

Recall what foods you ate last week. How difficult is it for you to remember what you ate?

Difficulties may indicate memory problems. Studies are beginning to show a connection between sugar and dementia and Alzheimer's disease.⁵ We will discuss this further in the study.

Record the foods you ate last week. Please circle the foods that are a refined carbohydrate, or contain wheat or sugar.

Do wheat, sugar, or processed foods comprise a large part of your diet? These are the types of food you want to avoid.

Accountability/Prayer Partner

Obtaining a support system helps address the emotional and spiritual aspects of your physical transformation. As Ecclesiastes 4:12 tells us, “Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken” (NIV). This scripture provides biblical insight about gaining strength through a support system, so you can change your eating habits and break the cycle of unhealthy eating.

Having a friend for accountability who you can call when temptation arises is crucial to your success. It is powerful when a friend speaks the truth in love. Pray with your friend and ask her to pray for you. Prayer is one of our offensive, spiritual weapons (Ephesians 6:18).

Who could be your ally during this lifestyle change? It might be someone in your study group, a good friend, or spouse. Write down the name of someone who you will ask to help you during this journey to improve your health.

Implement the biblical wisdom found in Ecclesiastes 4:12 and obtain a prayer/accountability partner. When you have made a commitment together, sign your names together here:

(Your name)

(Accountability Partner’s Name)

Journal

During the next seven weeks, commit to spend a few minutes each day recording what you ate and drank and how your body reacted to these foods. Food issues you didn't know you had will become apparent. Create a journal of your own using the guidelines provided in appendix 3 of 7 *Steps to Get Off Sugar and Carbohydrates* or purchase the corresponding *Healthy Living Journal* on Amazon.com.

Through recording the information included in a journal, you will begin to solve a puzzle, one you couldn't figure out on your own. You will discover how to make your body feel good again. Each day's entry helps you record water intake, exercise, energy level, daily food intake, and corresponding moods. Through journaling you will learn more about yourself, discover negative health patterns, draw closer to God, and experience better health.

Personal Goals

What type of improvements would you like to see as a result of this study?

Would you like to share with the group what you hope to achieve?

Conclusion

You are about to embark on a journey to improve the stewardship of your body. You only have one body, and it needs to last a lifetime. During the next week, please complete days 1–5. When you return for session 2, you will discuss this material.

As a group, decide whether you want to read the second chapter of *7 Steps to Get Off Sugar and Carbohydrates*, Step 2: Acquire a Support System and Knowledge, on your own or during session 2.

Day 1

Food Addiction Trap

Food addiction is quite prevalent in our society today. It is a biochemical disorder that cannot be controlled through self-control. An addiction causes a person to repeat the same type of behavior despite life-damaging consequences. That is why we need to learn to use God’s spiritual weapons.

Read the first four pages of the second chapter, Step 2: Acquire a Support System and Knowledge in *7 Steps to Get Off Sugar and Carbohydrates*. Were you surprised to learn that at some point, an overconsumption of sugar and refined carbohydrates rewires the brain’s neural pathways and causes a person to become addicted? No wonder so many people have fallen into the *food addiction trap*. Entitlement leads to indulging, which leads to addiction. It is a slippery slope once you take your first bite of that addictive food. Down the slope you fall as you consume the whole package—which you never intended to do.

In your main small group session, you learned about food addiction in the Ted-Ed video, “How Does Sugar Affect the Brain?”: [Sciencealert.com/watch-this-is-how-sugar-affects-your-brain](https://www.sciencealert.com/watch-this-is-how-sugar-affects-your-brain). Since dopamine releases when you eat sugar, it makes a person feel so good that it leads to an addiction.

Do you think you have a food addiction? Journal your thoughts here:

If you think you have a food addiction, do not feel shame. It is not your fault. Your body has fallen prey to the accumulative effects of the standard American diet.

Take a food addiction test at one of these online food addiction programs:

oa.org/ (OA is Overeater's Anonymous)

foodaddicts.org/

foodaddictsanonymous.org/

Record the results of your food addiction test:

The foods we eat also affect our brain function. A diet high in sugar is linked to dementia and Alzheimer's. Scientific studies revealed a low-glycemic, low-carbohydrate diet helps prevent and improve these prevalent, devastating diseases.⁶

If you are concerned about your brain health, you can take an online cognitive test to determine the health of your brain. For a free test go to to ElderGuru.com and click on the Sage Alzheimer's Exam on the right lower panel. Record your results here:

Day 2

King Solomon's Addiction

An addiction is a compulsion to engage in an activity whether the person truly wants to or not. Many addictions ruin a person's life. Today we will look at a biblical character whose royal lineage was ruined due to an addiction. Similarly, a food addiction can cause diseases that decrease a person's lifespan, and it may reduce their quality of life too.

King Solomon was a wise king who had an addiction. First Kings 11:3 states, "He had 700 wives of royal birth and 300 three concubines. And in fact, they did turn his heart away from the LORD." Can you imagine having seven hundred royal weddings? He ruled Israel for forty years; that means he got married an average of every three weeks! And this does not include the time it would take to fit three hundred concubines into his life.

Weren't seven hundred wives enough for him? Why did he acquire three hundred concubines too? That would mean that he had a new woman every ten days during his forty-year reign as king. That is a lot of women.

Why do you think King Solomon did this?

Was it the excitement from having sex? Dopamine, a feel-good neurohormone, releases when we enjoy sex, eat foods high in sugar, take opiate drugs, smoke cigarettes, drink alcohol,

cuddle with our kids, or pet a dog.⁷ Addictions can be related to physical things like food, sex, and drugs, or emotional connections like TV/media, pornography, gaming, and gambling. Some addictions are to things that are good in themselves. For instance, exercise is beneficial, but excessive exercise can become an addiction.

As a person becomes addicted, the dopamine rush rewires the brain to desire more of whatever causes its release. Therefore, when an addict sees the item he desires, dopamine releases and causes his focus to narrow.⁸ He can think only about the item of addiction so he can experience the euphoria it brings.

What do you think King Solomon was addicted to?

It must have been a time-consuming job to find King Solomon a new wife or concubine every ten days. We know from scripture that Solomon married many foreign women: “Now King Solomon loved many foreign women. Besides Pharaoh’s daughter, he married women from Moab, Ammon, Edom, Sidon, and from among the Hittites” (1 Kings 11:1, NLT).

However, God strictly forbid the Israelites to marry non-Israelites: “The LORD had clearly instructed the people of Israel, ‘You must not marry them, because they will turn your hearts to their gods.’ Yet Solomon insisted on loving them anyway” (1 Kings 11:2, NLT).

Why would this wise king marry women from other nations when the Lord forbid it?

Did Solomon have a habit that he couldn't stop? Do you have an overeating problem that you can't stop? Addiction is a compulsive repetition of an activity despite life-damaging consequences. For King Solomon, the results were monumental because his foreign wives turned his heart away from God: "As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the LORD his God, as the heart of David his father had been. He followed Ashtoreth the goddess of the Sidonians, and Molek the detestable god of the Ammonites" (1 Kings 11:4–5, NIV).

If you have a food addiction, what have the consequences been for you?

Ultimately, Solomon's addiction to women resulted in him worshiping other gods. Because of his idolatry, God took the kingdom of Israel away from his descendants:

The LORD was very angry with Solomon, for his heart had turned away from the LORD, the God of Israel, who had appeared to him twice. He had warned Solomon specifically about worshiping other gods, but Solomon did not listen to the LORD's command. So now the LORD said to him, "Since you have not kept my covenant and have disobeyed my decrees, I will surely tear the kingdom away from you and give it to one of your servants."

1 Kings 11:9–11 (NLT)

King Solomon had wealth, wisdom, and a great kingdom. Yet his addiction led him to disobey God.

Do you have something you are addicted to? What is it?

If you want to be released from this addiction, ask the Lord to help you by writing your prayer below.

Step 5 in *7 Steps to Get Off Sugar and Carbohydrates* provides a spiritual plan to release you from bondage through addiction.

Day 3

Generational Bondage

Have you ever noticed that some bad habits or addictions seem to run in families? Alcoholism, smoking, racism, and abuse, to name a few. The skeletons in the closet (sins of the past) play out

all over again in another generation. Consequently, an inclination toward a specific type of sin can be passed on from generation to generation because the child learns the behavioral or attitudinal problem.

If you would like to purchase this book [click here](#).

Medical Disclaimer: This book offers health and nutritional information, which is for educational purposes only. The information provided in this book is designed to help individuals make informed decisions about their health; it is intended to supplement, not replace, the professional medical advice, diagnosis, or treatment of health conditions from a trained medical professional. Please consult your physician or healthcare provider before beginning or changing any health or eating habits to make sure that it is appropriate for you. If you have any concerns or questions about your health, you should always ask a physician or other healthcare provider. Please do not disregard, avoid, or delay obtaining medical or health-related advice from your healthcare professional because of something you may have read in this book. The author and publisher assume no responsibility for any injury that may result from changing your health or eating habits.

Disclaimer and Terms of Use: Every effort has been made to ensure the information in this book is accurate and complete. However, the author and publisher do not warrant the accuracy or completeness of the material, text, and graphics contained in this book. The author and publisher do not hold any responsibility for errors, omissions, or contrary interpretation of the subject matter contained herein. This book is presented for motivational, educational, and informational purposes only. This book is sold with the understanding that the author and publisher are not engaged in rendering medical, legal, or other professional advice or services. Neither the publisher nor the author shall be liable for damages arising herein.

Copyright © 2018 by Susan U. Neal

Published by Christian Yoga, LLC

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any way or by any means—electronic, mechanical, recording, photocopy, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

Unless otherwise indicated, all scripture quotations are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2007, 2013 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Printed in the United States of America