



What Is Lifestyle education and nutrition counseling?

February 2017



At Life, Health & Foods Ministries, we strive to make lifestyle education and nutrition counseling as enjoyable and helpful as possible. We take the time to listen closely and to understand where you are right now in terms of your lifestyle and diet, and work with you to help achieve your goals. Our sessions are conducted by a trained Medical Missionary and Nutrition Consultant, qualified to create

individual action plans to help you adopt a healthier lifestyle.

Who can benefit from a consultation with a Lifestyle Educator?

Lots of people can benefit from working with a Lifestyle Educator, for many different reasons—whether you need a complete diet overhaul, are looking to manage a medical condition with diet and lifestyle changes, want to fine-tune your food choices, learning about herbal and other natural remedies, or get inspiration for new, healthy recipes. It's best to book a nutrition and lifestyle consultation, after a check-up with your primary care provider. That can help inform whether you have any specific conditions that can be addressed with nutrition and lifestyle changes; such as elevated blood sugar or cholesterol, or blood pressure issues, depression, cancer, weight loss, various skin diseases, etc.

While some clients contact us for a nutrition and lifestyle consultation, to learn more about how their food choices affect their health, others end up calling us because they have been on medication for years and not seeing any improvement in their health. The following are just a few of the conditions that can benefit specifically from dietary interventions:

- Heart disease, High blood pressure, High cholesterol, Allergies
- Diabetes and pre-diabetic conditions, Irritable bowel syndrome (IBS)

- Celiac disease, Obesity or overweight, Fibroids, Poor blood circulation
- Cancer, Auto-immune disease (Lupus, Arthritis, etc)
- Depression and other mental disorders

What to Expect During Your First Appointment

At Life, Health & Foods Ministries, we can do your consultation over the phone, we can link via Skype, Whatsapp, Email, or Messenger, so you don't have to travel to come and see us, but if the need is there, we can travel to see you. We offer many packages, geared to your convenience and needs. During your consultation, we ask you about your goals, objectives, and reasons for wanting to see a Lifestyle Educator. We'll review your medical history, including any medications and supplements you're currently taking. Then we'll delve into your lifestyle to get a sense of your stress levels, sleep patterns, energy levels, exercise, and gastrointestinal function. It will be helpful for you to write down everything you ate in the last 2-3 days prior to the call (or better yet, a food diary of one or two weeks' worth of meals and snacks). With that guidance, we can begin to discuss your dietary preferences and cooking habits, and identify trouble spots, like skipping breakfast, eating and drinking at the same time, eating fruits and vegetables at the same meal, or late-night snacking. From there, we'll develop some initial pointers to help you start eating healthier.

What Happens Next?

Within 24 hours of your first phone consultation, we'll send you a follow-up email that includes a shopping list for the health food store, market &/or supermarket, a 3-7 days detoxification guideline sheet and a 30-days eating plan, a optimum health e-recipe book, reading material relating to your specific health issues and other health related educational guidelines.

You will be required to commence keeping an activity journal documenting your daily dietary and lifestyle activities. In that same email, you'll get a list of recommendations and suggestions for moving forward, based on your initial consult. The **NEW START** programme (Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest and Trust in God), is vital to your overall success as you work on improving your health (both spiritual and physical), and so that document guideline will come to you in the first follow-up email also.

How Many Appointments Will I Need?

Most clients (depending on the package you choose) will receive 3-5 phone follow-up sessions. Email follow-up is unlimited and at no additional cost, so please feel free to email in any questions or concerns you may have. If you're ready to learn and incorporate some simple changes into your diet and lifestyle, that's often enough to set you on the right

course. But some people like the accountability of setting up weekly or monthly consults, until they feel in control of—and comfortable with—their new habits. It's not unusual for clients to schedule a refresher six months to a year after the initial consult to review their goals or for help getting back on track, if they have deviated a bit off the NEW START programme.

How Much Will It Cost?

Lifestyle and Nutrition counseling can be a very cost-effective investment in your long-term health. If better nutrition enables you to lower your blood pressure or cholesterol, avoid developing diabetes, learn about cancer prevention, or get your weight in check, it can potentially save you thousands of dollars in medications and other care down the road. The payment you make to us is never a full cost of the work we will do with and for you; aiming to improve your health and prolong your life. It is really a contribution that you are making to off-set cost, cover administrative efforts, and to help in our ministry outreach programmes (literature evangelism, support to many who are poor, sick and suffering, educational endeavors, travelling, medical missionary evangelism, school visits to educate children on key points of proper nutrition, etc etc).

Here are our present packages and contribution request associated (**as at February 1st, 2017**):

1. Basic Health Consultation via phone or skype to discuss health concerns and make recommendation for nutritional changes, implementing the NEW START programme, and use of herbs– 30 minutes – **cost J\$6,000/US\$47**
2. Distance Health Consultation Programme : educational documents for your particular illness (cancer, diabetes, hypertension, high cholesterol, fibroids, Osteoporosis, Sinus trouble, Viral and bacterial infections, obesity, HIV, heart disease, depression, chronic constipation, etc, etc), detoxification, nutrition planning for optimum health, and general guidelines for healthy lifestyle, shopping list for changing over to healthy lifestyle, NEW START (**nutrition, exercise, water, sunshine, temperance, air, rest and trust in God**) programme guidelines, daily eating plan, herbal remedies, personalized programme sheet, and my two optimum health recipe e-book with over 200 healthy vegetarian recipes - **Package Cost J\$16,125 - J\$35,000/ US\$125 -US\$275** (the higher range **includes 30 days of monitoring** via email, phone (whatsapp #1-876-3780053) or skype). After 30 days new consultation fee will be applied, as required. The cost will be determined on a case-by-case basis.
3. Home-visit Health Consultation – Minimum of 2 days in-home (this package is for home visits within Jamaica – overseas consultations can be arranged by special request) consultation **to include all of the above at #1**, plus one-on-one health lectures, shopping trip to health food store and market, vegan cooking demonstrations etc etc. **Cost J\$20,000/US\$160 per day plus transportation** (Return trip to Montego-bay from any location on Knutsford Express Bus, plus taxi fare). **Meals and accommodation to be organized by client.** – All payments to be made upfront before leaving Montego-bay to come to location of client. This package will **cover 14 days follow up distance phone consultation.** After 14 days new consultation fee will be applied, as required. The cost will be determined on a case-by-case basis.
4. E-books for reversal and/or prevention of :Cancer , Diabetes, Vegan Recipes, Dealing with daily health issues using natural remedies – ranging from **J\$3,000/US\$25 to J\$5,000/US\$41** – see more at www.lhfministries.org

5. Home visit optimum health cooking classes – **J\$2,500** per hour plus travelling expenses (vegan/vegetarian meals – all material will be provided by client, under our guidance and selected recipes prepared for demonstrations of breakfast, lunch and dinner ideas)
6. Cleansing and Detoxification Programme with Nutrition Counseling, 30-days structured nutrition personalized health programme and detoxification instructions package for cleansing blood, kidneys, cells and your liver (you can remove kidney stones, gall stones safely and easily without the use of drugs or surgery) to include Recipe e-book – **U\$100/J\$12,500**

Will I Have to Stop Eating Everything I Love?

You will be required to stop eating any and every thing that is harmful to your health and well-being. We take nothing from you that is nutritionally good!! A Lifestyle Educator doesn't just tell you what to do to improve your diet; she/he can also help you set and achieve your health goals. We work flexibly, starting with changes that will have the most impact, and incorporating the principles that make the most sense for your lifestyle. The idea is to create a plan that puts you back in the driver's seat and on the road to better health.

Ecclesiastes 7:17 "*Be not over much wicked, neither be thou foolish: why shouldest thou die before thy time?*"

My personal experience

God sent a prophet/his servant, to teach his people how to obtain full and complete spiritual and physical health. Her writings, along with the Bible, have been my teacher, instructor and guide for the past nine years (I got baptized in the Seventh-Day Adventist Church February 17, 2007), and I will reference her much in my consultation with you. I will also recommend that you read many of her books on health: *Ministry of Healing, Counsels on Diet and Foods, Counsels on Health, Mind, Character, Personality Vol 1 & 2, Temperance, Healthful Living, Steps to Christ, Desire of Ages..to name a few* – Sis Ellen G. White (born in Gorham, Maine, November 26, 1827 and died 1915)

"Man's methods of treating disease are truly complicated and mystifying, but God's ways are so simple that anyone can understand them without a medical education. Here are the simple means that Mrs. White, with the aid of her helpers and many others, used: pure air, sunshine, properly prepared food, nonpoisonous herbs, water treatments, pure water to drink, abstemiousness (moderation and self-control), foods not robbed of their life-giving properties during manufacture, and cleanliness of body and premises. When we heed these things, God will do for us what we cannot do for ourselves."

I am presently completing my Doctorate in Naturopathy with the International Institute of Original Medicine (IIOM) in Virginia, USA. The naturopath is a Doctor of Natural Healing and an expert on optimum lifestyle issues. The naturopath is able to educate and recommend a course of action that usually results in restoring a healthy, normal body and mind. Education, prevention, and a natural lifestyle are at the core of naturopathy. I have heard many health lectures and have read a great deal on diseases, their causes, and the use of both conventional medicines and natural remedies. But it was the books of Mrs. Ellen G. White that first opened my eyes to God's clear instructions on the

use of natural remedies for healing of both body and soul. God's remedies can be used safely and at minimum expenses.

I am also **Brest Cancer survivor**, who used God's NEWSTART health plan, comprising of the 8 Laws of Health as the integral part of the cure process!! That was 2011-2012; today in 2016 I thrive knowing that by God's grace and mercy, I have been saved to serve!

MEDICAL DISCLAIMER: The information provided in this programme is designed for educational purposes only and reflects the Biblical life-style designed by God for our health and happiness. The information presented herein is not to be used as medical advice or to diagnose or treat disease. Rather, it reflects the convictions, of Bible-believing Christians in regard to our Biblical understanding of how to cooperate with God in the work of healing-which He promised to do. Therefore, the use or misuse of any information contained herein is at the sole risk and discretion of the user and the Medical Missionary from Life, Health & Foods Ministries is not liable for any negative effects, or worthy of praise for any positive results. For diagnosis, treatment or any other procedures including surgical medical advice, see your primary health care provider. For healing, contact the Great Physician. (Psalm 103:1-3, Exodus 15:26).

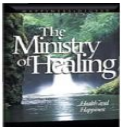


At Life, Health & Foods Ministries (www.lhfmministries.org) we specialize in teaching you how to care for your body and mind, by adhering to the eight laws of health given to us by God - Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest and Trust in God - helping you to understanding all the systems of the body and how they work together for optimum health!

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Williams Debra, ND candidate
Medical Missionary and Lifestyle Educator
HEALTH DIRECTOR – Life, Health & Foods Ministries
1 (876)-3780053
EMAIL: lhfm2015@gmail.com
Website: www.lhfmministries.org
Address: P.O. Box 3227, Constant Spring P.O., Kingston 8, Jamaica W.I.

LET'S LEARN HEALTH with Debra Williams



The Lord will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well watered garden like an ever-flowing spring. Isaiah 58:11 (NLT)

“Jesus was not satisfied to attract attention to Himself merely as a wonder-worker or as a healer of physical disease. He was seeking to draw men to Him as their Saviour” MH pg. 6



Hi everyone, **2017** will see our team coming to visit you in your homes, schools, places of work, churches etc.....we are taking 'Life, Health & Foods' on the road – by popular request, we are now available to come to you and educate, educate, educate..... where you can see live how we prepare healthful meals, we can discuss with you proper meal planning and food preparations and we will demonstrate all the healthy vegan recipes that I have been emailing to you over the past three years. We will discuss life style



diseases 'cause and effect' and focus on prevention and recovery using natural remedies straight from the hand of our loving Creator God. What is the cost? – give me a call and we can discuss!

Lectures

1. Science of health
2. Christian temperance



Diet and nutrition

1. Meal preparation made easy
2. Menu planning 1, 2 and 3
3. Proper food combining for optimum health
4. Lunch hour demo – how to prepare a vegetarian breakfast, lunch and dinner
5. Healthy cooking for busy people
6. Healthy Bread making made easy...no: eggs, milk, white four, lard or baking soda!

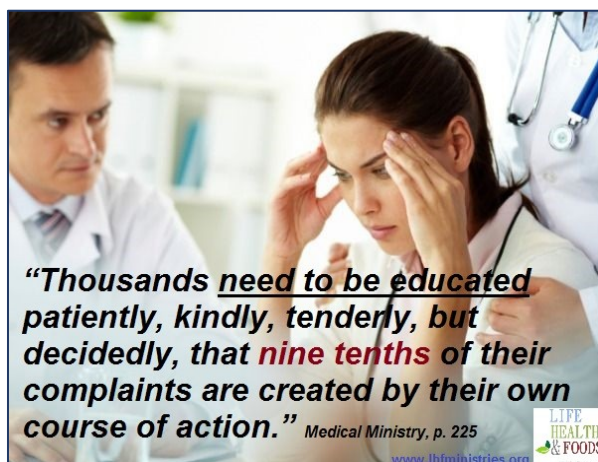


Life style diseases health talks

1. Cancer prevention and recovery with natural remedies
2. Diabetes
3. High blood pressure
4. Healthy Aging tips
5. High cholesterol
6. Heart Disease
7. Children's health issues
8. Obesity
9. Aging gracefully
10. Allergies, sinusitis
11. Colon care
12. Mental Health and Nutrition
13. Detoxification



And much, much, much more.....!!!!!!



"Thousands need to be educated patiently, kindly, tenderly, but decidedly, that nine tenths of their complaints are created by their own course of action." Medical Ministry, p. 225