

1  **Eat to Live****Week 4:****Hygiene and Wrap-Up**2  **Hygiene**

- In understanding what to consume, we also must understand what we put onto our body to keep it clear.
- Refer to "The Skin" handout

3  **Wrapping it Up**

- Healthy meal planning – where to begin
- Decide necessary changes to make if any
- Develop lists and plan ahead to avoid the pitfall of eating food that isn't healthy
- Find a diet guideline to follow that works for your needs (i.e., Jordan Rubin, Paleo lifestyle, etc.)
- If compulsive or addictive behaviors exists, it is always a good idea to fast and detox before making major changes.
- Find Accountability Partners or Community Support Groups
- Remember to trust God – He doesn't expect you to do this perfectly, and will help you along this journey!
- Refer to "Resources" list
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