

A close-up photograph of a baby's face, showing the eyes, nose, and mouth. The image is overlaid with a grid of interlocking puzzle pieces. The puzzle pieces are in shades of brown and tan, with some missing, revealing the baby's features. The background is a textured, warm-toned surface.

# WHOLE AGAIN

RESTORING  
GOD'S ORIGINAL  
DESIGN

BODY + MIND + HEART

1 / body

2 / mind

3 / heart

big day / healing prayer

A woman with long dark hair, wearing a pink sports bra, is captured in profile as if running. The background is a soft, out-of-focus landscape. A faint, repeating pattern of puzzle pieces is overlaid across the entire image. The text 'Talk 1:' is positioned in the upper left quadrant.

Talk 1:

# Body

Today, I receive  
all of god's love  
for me.

Today, I open myself  
to the unbounded,  
limitless, overflowing  
abundance of  
god's universe.

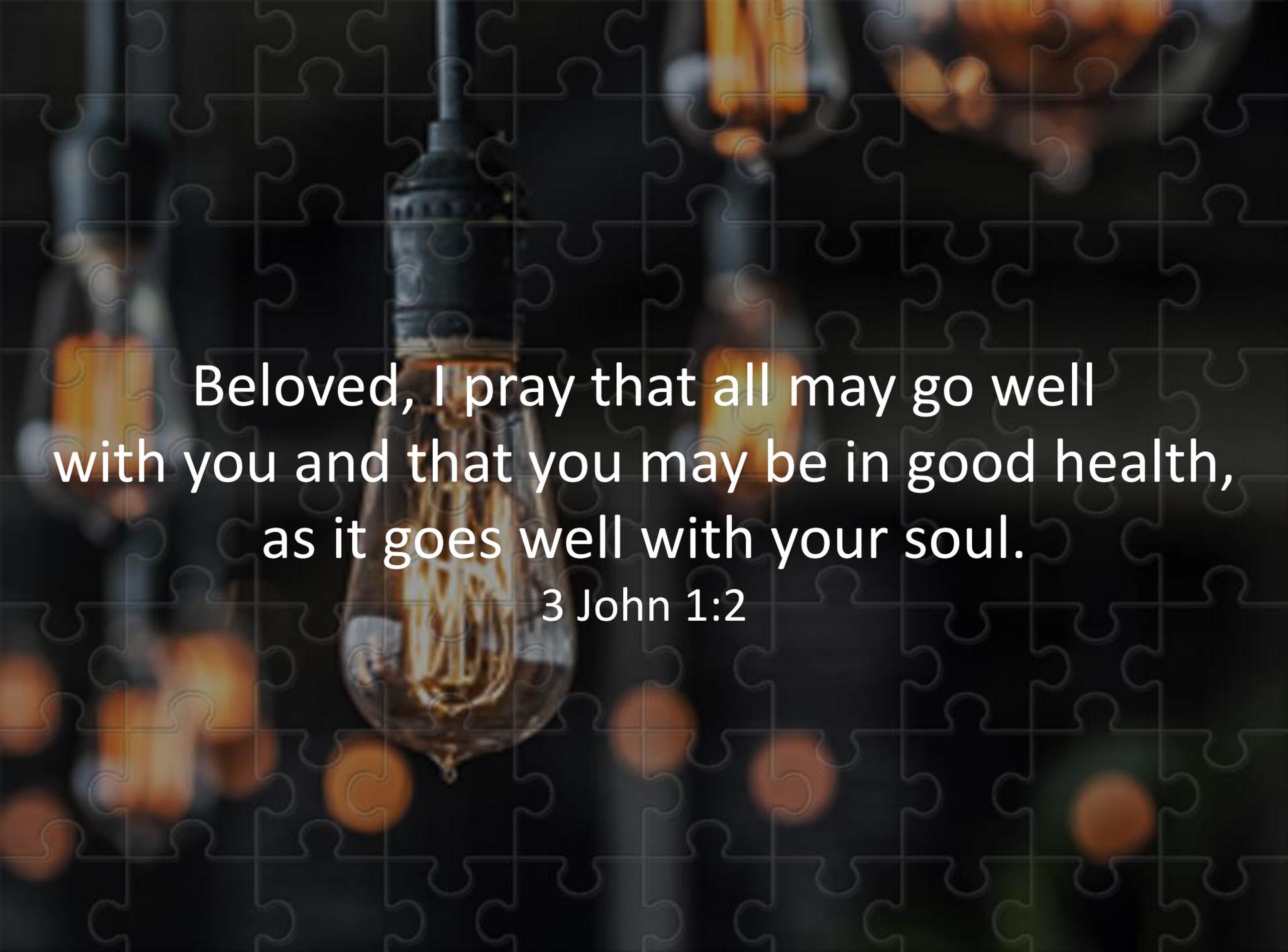
Today, I open myself  
to god's blessings,  
healing, and miracles.

Today, I open myself  
to god's word  
so that I become  
more like jesus  
every day.

Today, I proclaim that  
I am god's beloved.  
I am god's servant.  
I am god's powerful  
champion.

And because  
I am blessed,  
I am blessing  
the world.

In jesus' name. amen.



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

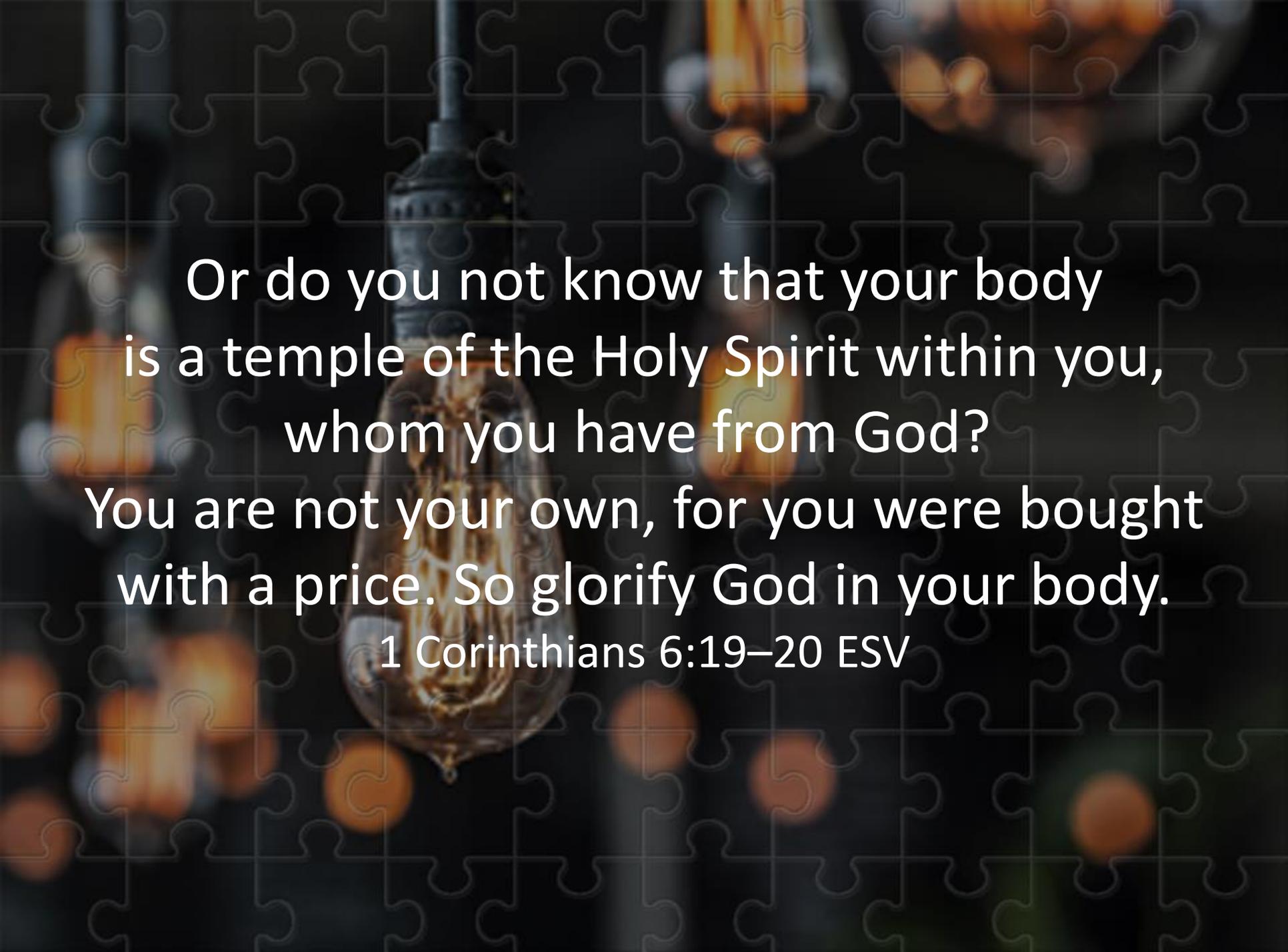
Your body  
can heal  
itself



Sickness is your body  
**shouting**

To you.

Listen to  
Your body



Or do you not know that your body  
is a temple of the Holy Spirit within you,  
whom you have from God?

You are not your own, for you were bought  
with a price. So glorify God in your body.

1 Corinthians 6:19–20 ESV

Am i

glorifying

god

In my body?

A close-up photograph of a doctor's hands in a white lab coat holding a black stethoscope over a patient's chest. The background is a light blue grid of puzzle pieces. The text 'the 7 S Of the body' is overlaid in white.

the  
7 doctor

S Of the body

Dr. sleep

Dr. move

dr. breath

Dr. sun

dr. drink

Dr. green

dr. food

A photograph of a man with a beard and dark hair sleeping peacefully in a bed. He is wearing a light blue t-shirt and is lying on his side with his arms crossed. The background is a light-colored wall. The entire image is overlaid with a faint, repeating pattern of interlocking puzzle pieces. The text 'Dr. sleep' is written in a large, white, sans-serif font across the center of the image, partially overlapping the man's face and arms.

Dr. sleep



low battery



3 important  
t healing  
functions  
of sleep

A bedroom scene with a bed and a nightstand, overlaid with a grid of puzzle pieces. The text is centered over the image.

sleep

removes

stress hormones like adrenaline  
and cortisol, and thus normalizes  
your blood pressure.

A bedroom scene featuring a bed with white linens and a nightstand with a lamp. The entire image is overlaid with a semi-transparent grid of interlocking puzzle pieces. The text is centered over the puzzle grid.

sleep

releases

growth hormones, boost muscle mass  
growth, and repairs cells and tissues.

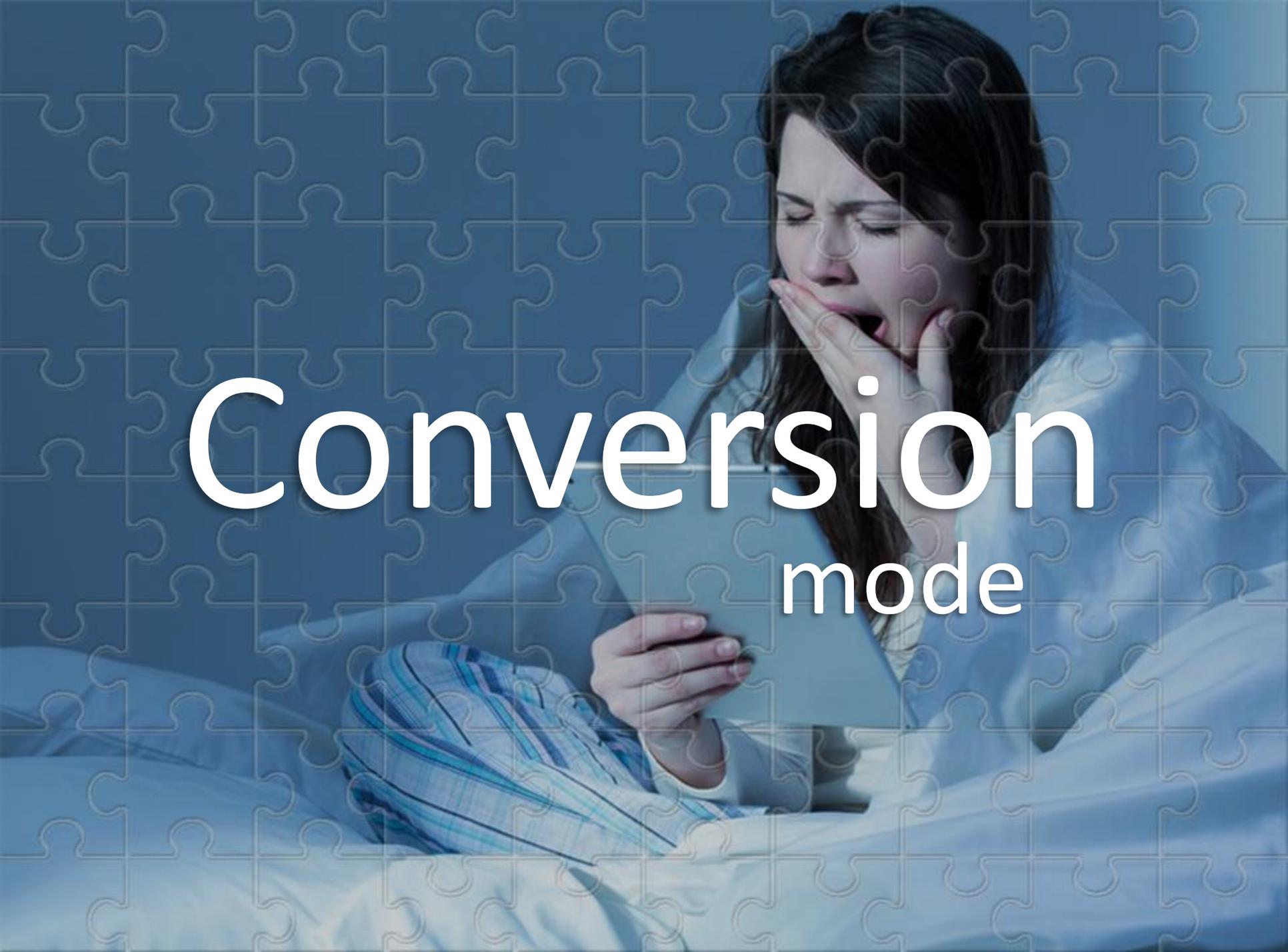
A bedroom scene featuring a bed with white linens and a patterned rug. The text is overlaid on the image.

sleep

regularizes

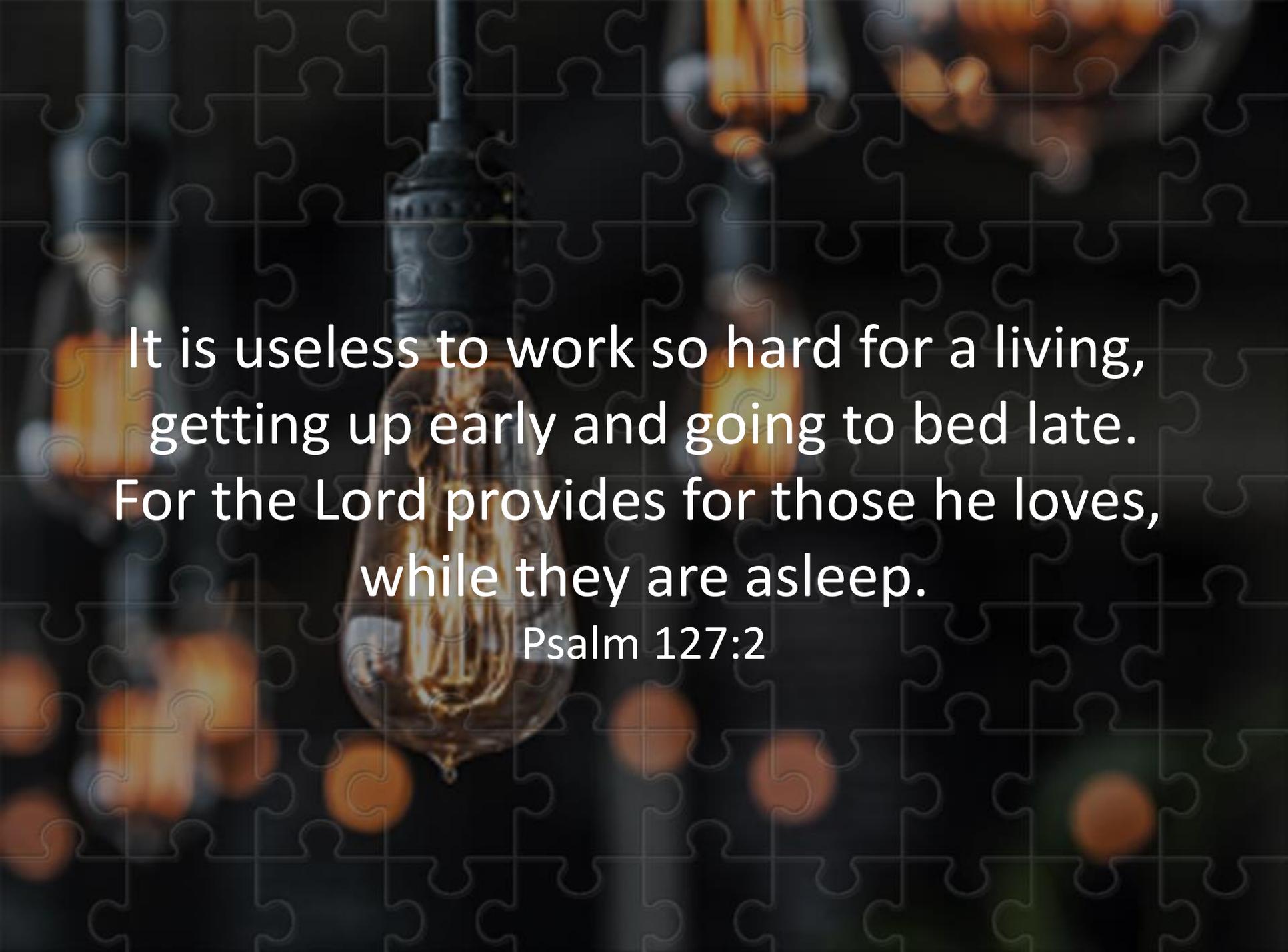
your blood sugar levels.

Obesity  
diabetes  
infections  
heart disease

A woman with long dark hair is sitting up in bed, looking at a tablet computer. She has a shocked or distressed expression, with her hands covering her mouth. The background is a blue-toned image of a puzzle pattern. The text 'Conversion mode' is overlaid in white.

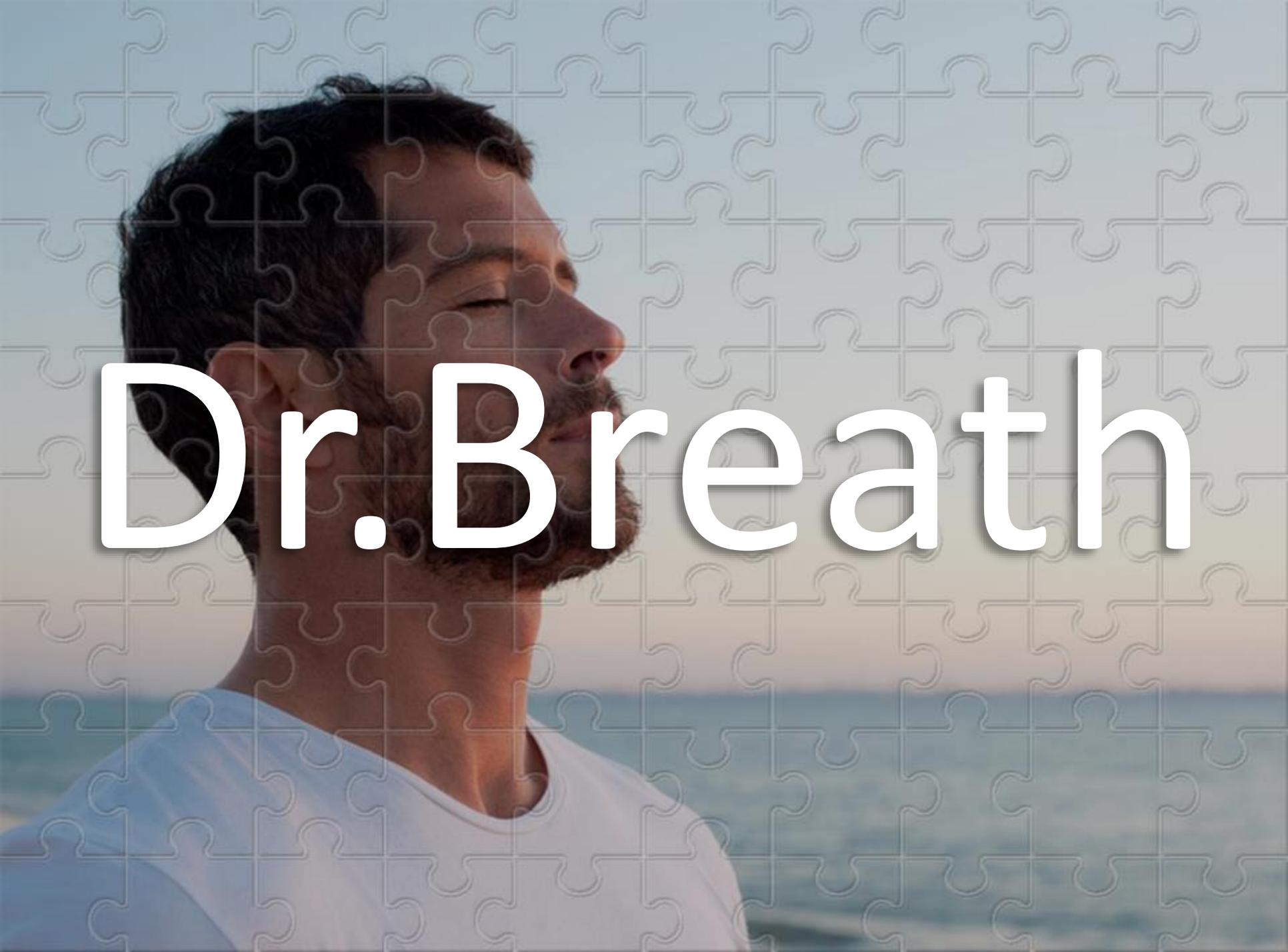
# Conversion mode

real  
rest  
is  
spiritual



It is useless to work so hard for a living,  
getting up early and going to bed late.  
For the Lord provides for those he loves,  
while they are asleep.

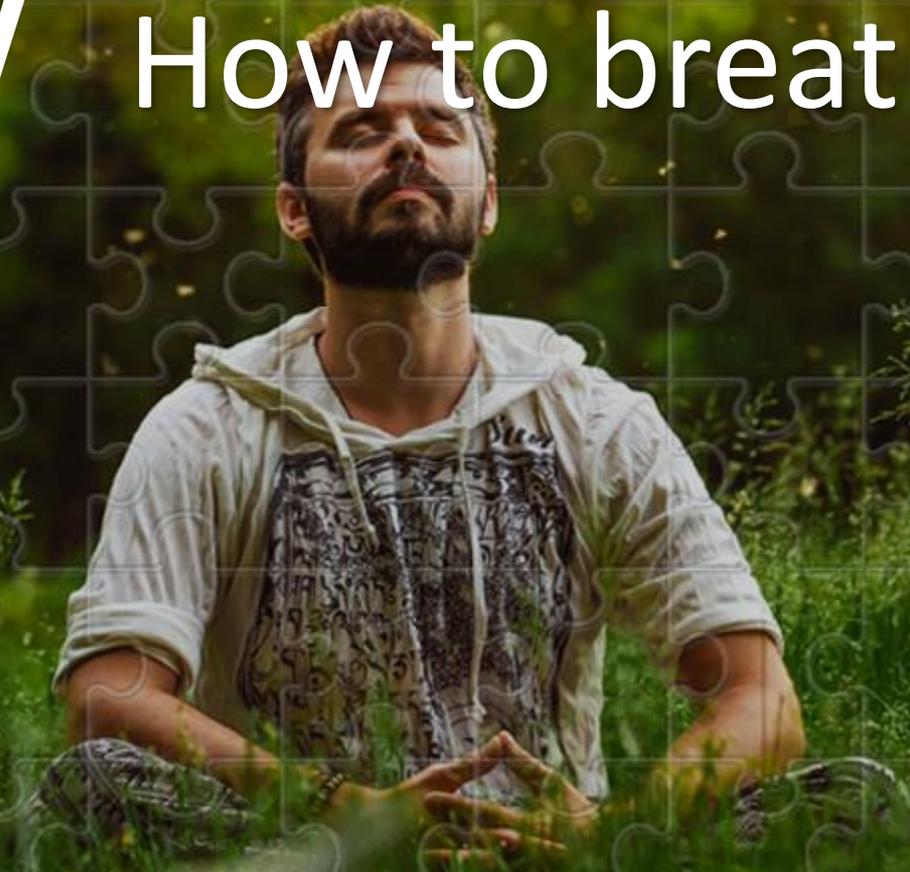
Psalm 127:2

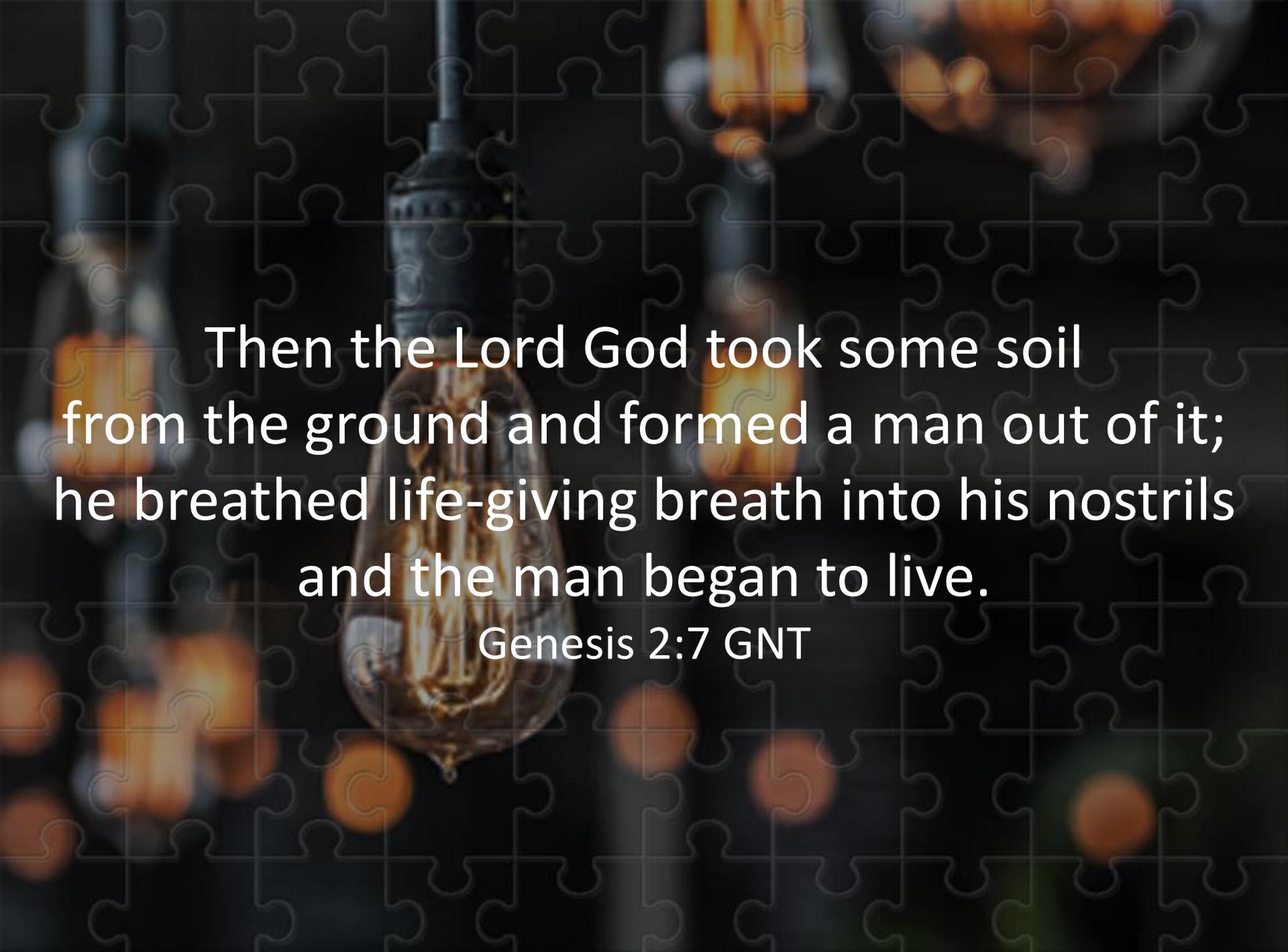


# Dr. Breath

Some people are sick because

**They don't**  
**know** How to breathe.



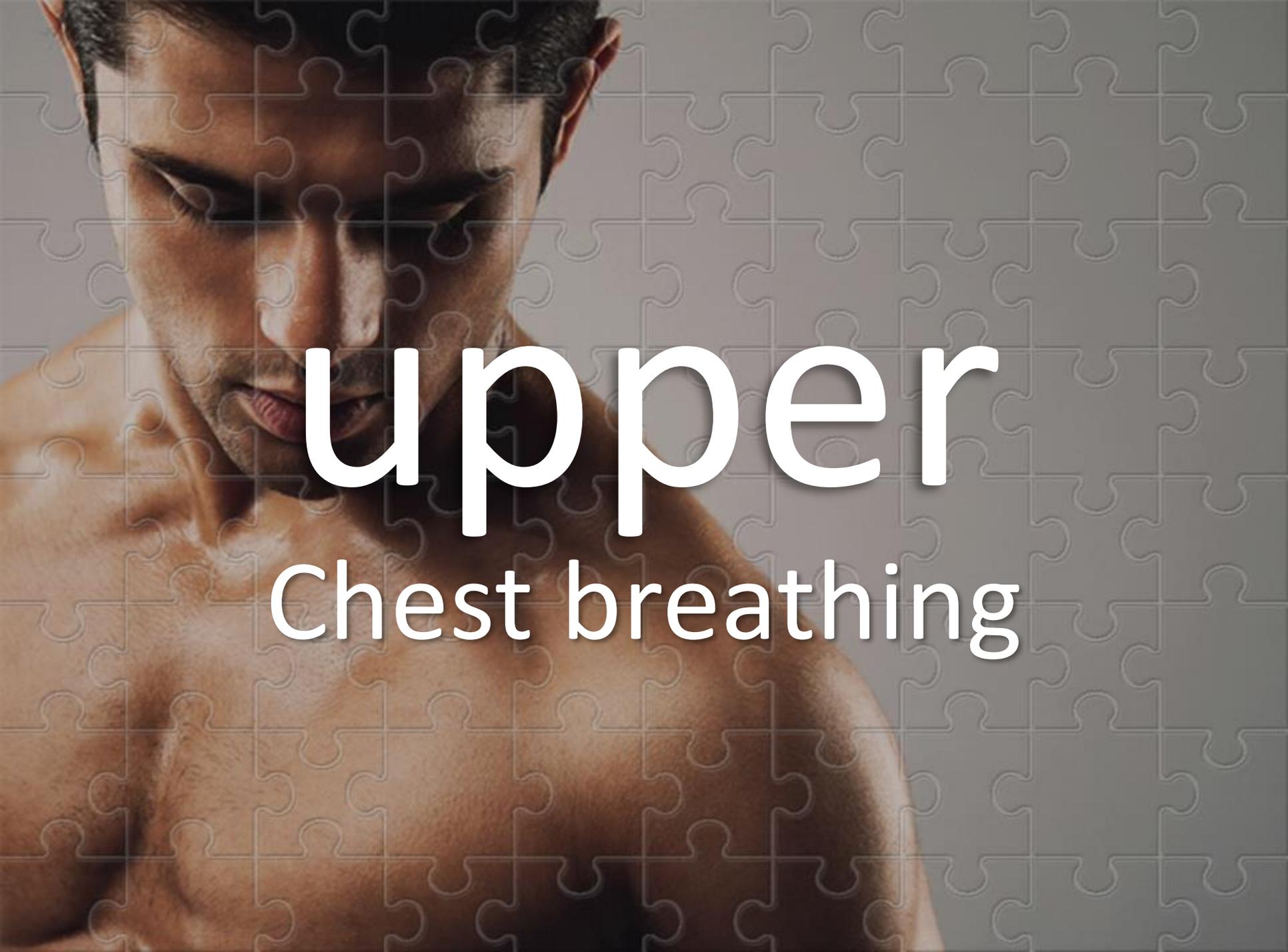


Then the Lord God took some soil  
from the ground and formed a man out of it;  
he breathed life-giving breath into his nostrils  
and the man began to live.

Genesis 2:7 GNT



# 3 Types of breathin g



# upper Chest breathing

A woman with dark, curly hair is shown from the chest up, wearing a bright yellow top. She has her hands clasped over her chest, looking down with a slightly pained or distressed expression. The background is a dark grey wall with a faint, repeating pattern of interlocking puzzle pieces. The text 'middle' is overlaid in large white letters across her face and chest.

middle

Chest breathing



abdomina

breathing

# What 'Real' Breathing Can Do for

**YOU**

You increase blood and lymph circulation.

You detoxify your body.

You oxygenate your organs.

You relax.

You release tension.

You remove stress.

You clear your mind.

You increase your vitality.

real  
rest  
is  
spiritual

# practice

Let's do a simple breathing exercise which you can practise throughout the day. It has three simple steps: Inhale-Hold-Exhale.

A woman with long dark hair, wearing a red jacket, is shown in profile from the chest up, looking upwards and to the right. Her hair is blowing in the wind. The background is a light blue-green color with a faint, repeating pattern of interlocking puzzle pieces. The text '5-5-5' is overlaid in large white font, and 'Breathing exercise' is overlaid in a smaller white font below it.

5-5-5

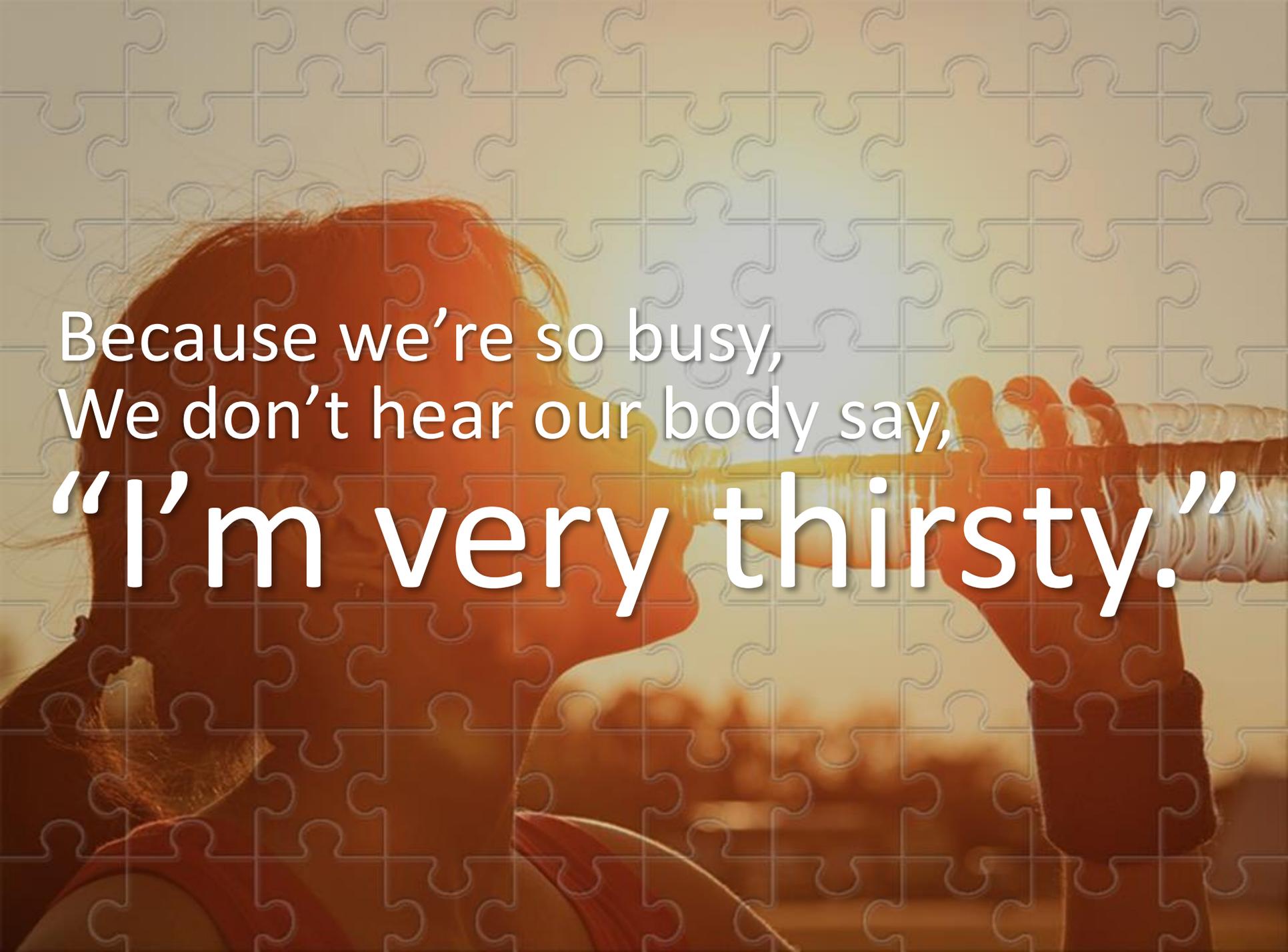
Breathing exercise

A photograph of a person's hands clasped in prayer, resting on a wooden surface. The image is overlaid with a faint, repeating puzzle pattern. The text "Make breathing a prayer" is centered over the hands.

Make breathing a  
prayer

A hand is shown holding a clear glass bottle of beer, tilted to the right. The bottle has a white label on the front. The background is a light green color with a faint, repeating pattern of interlocking puzzle pieces. The text 'Dr. drink' is overlaid in the center of the image in a large, white, sans-serif font.

Dr. drink

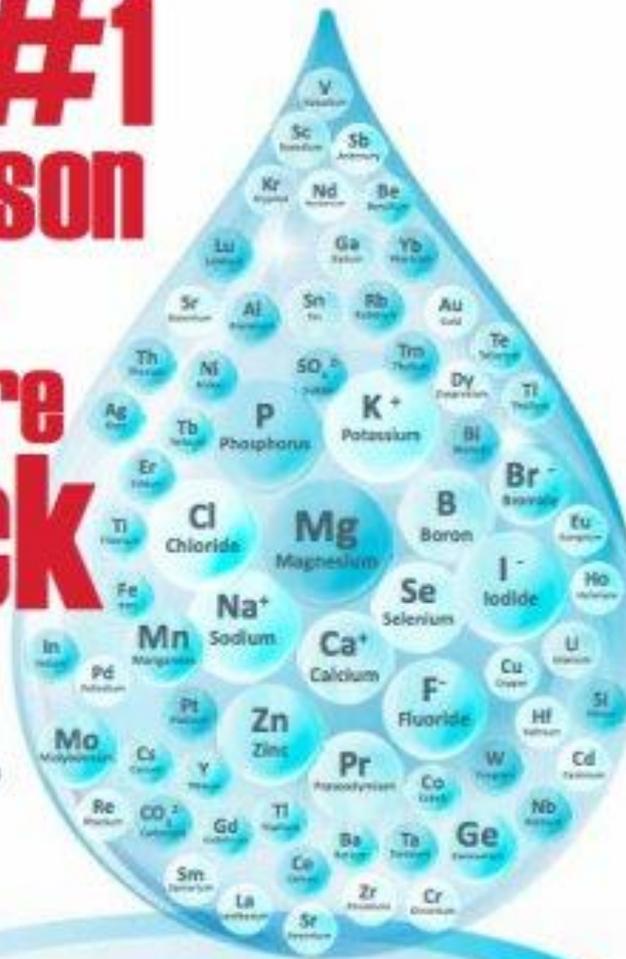
A woman with long brown hair is shown in profile, drinking water from a clear plastic bottle. The image is overlaid with a faint, repeating puzzle pattern. The text is centered over the image.

Because we're so busy,  
We don't hear our body say,  
"I'm very thirsty."

Mouth thirst  
body thirst

# The #1 Reason Why You're Sick

The Simplest Solution to Healing Yourself



**RENATO U. PARAGAS, M.D.**

Your Weight  
in Kilos x  
50 milliliters



# Drfood

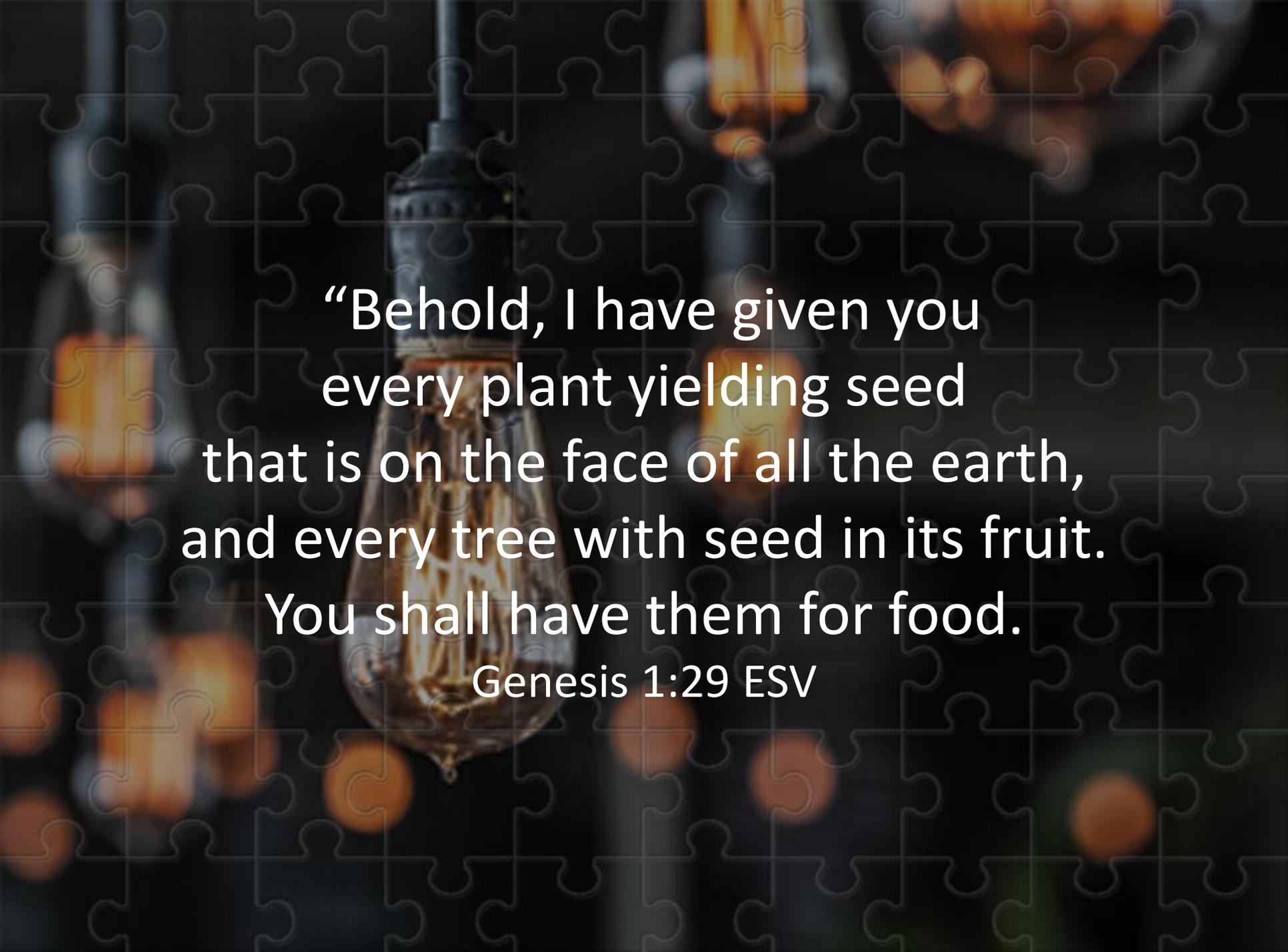


fruitify

Your breakfast.

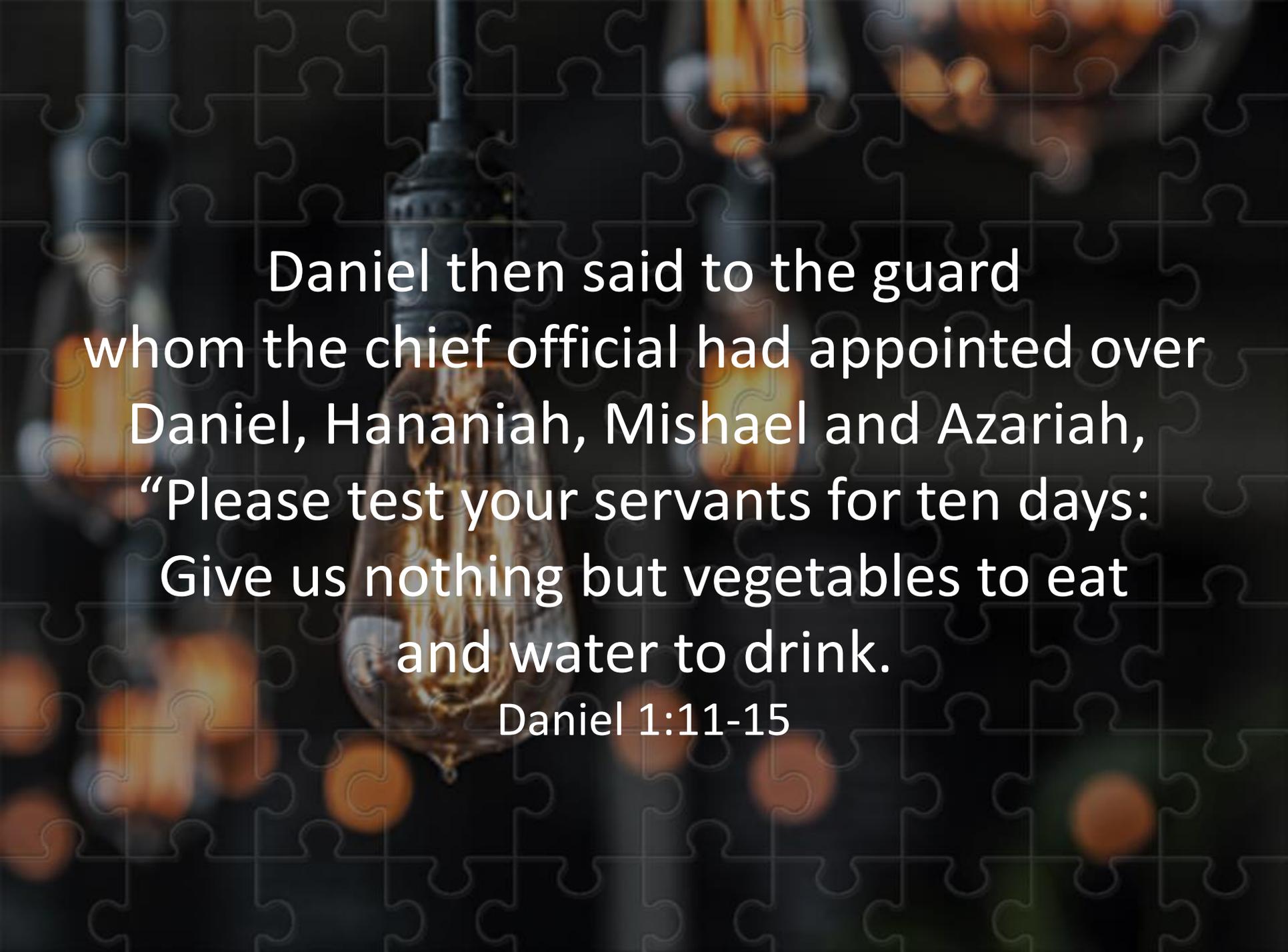
veggify

Your lunch &  
dinner.



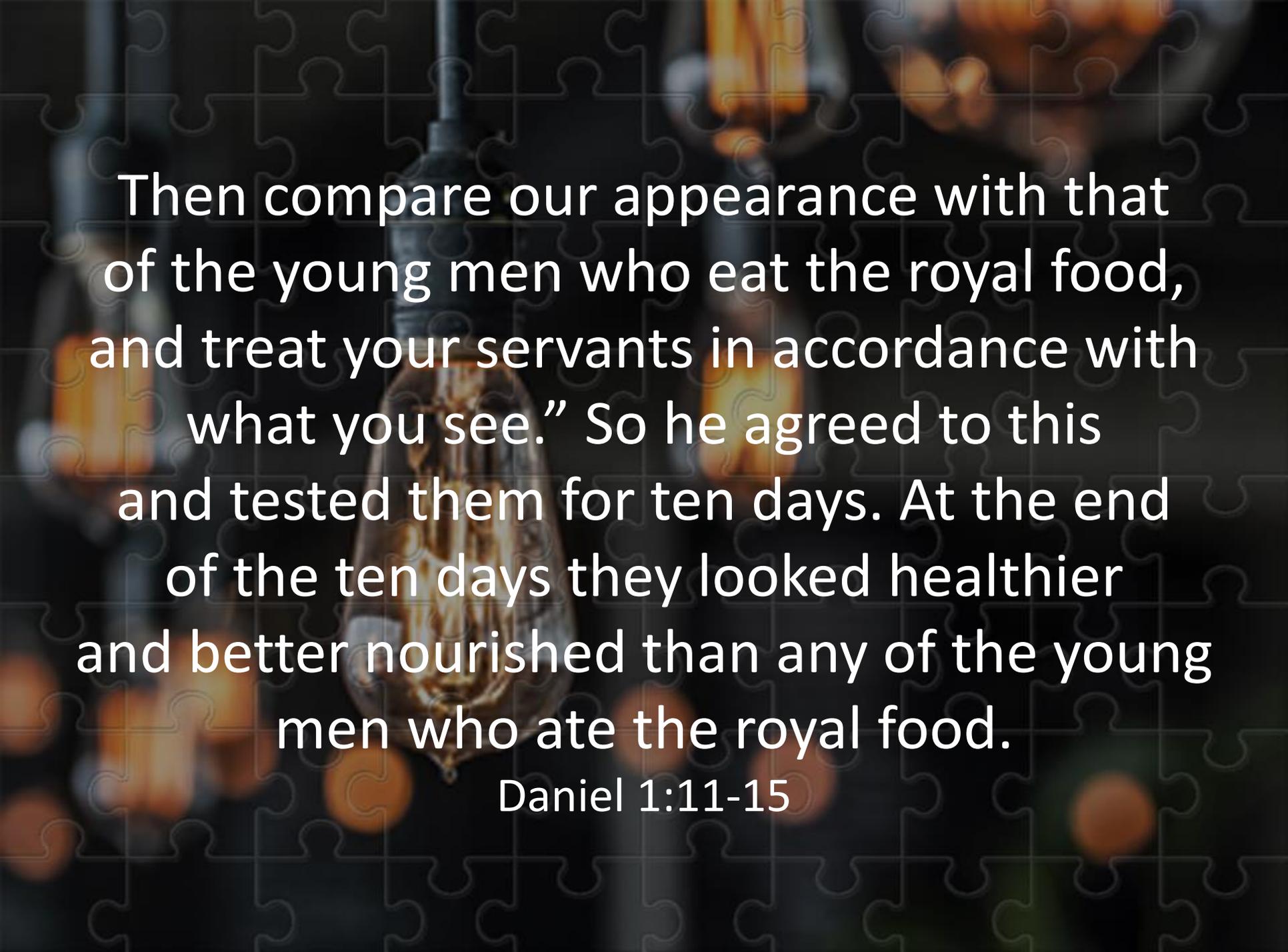
“Behold, I have given you  
every plant yielding seed  
that is on the face of all the earth,  
and every tree with seed in its fruit.  
You shall have them for food.

Genesis 1:29 ESV



Daniel then said to the guard  
whom the chief official had appointed over  
Daniel, Hananiah, Mishael and Azariah,  
“Please test your servants for ten days:  
Give us nothing but vegetables to eat  
and water to drink.

Daniel 1:11-15



Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.” So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

Daniel 1:11-15



Dr.sun





The light is pleasant,  
and it is good for the eyes  
to see the sun.

Ecclesiastes 11:7 NASB

# Diseases when we lack Vitamin D

heart disease

osteoporosis

prostate cancer

breast cancer

depression

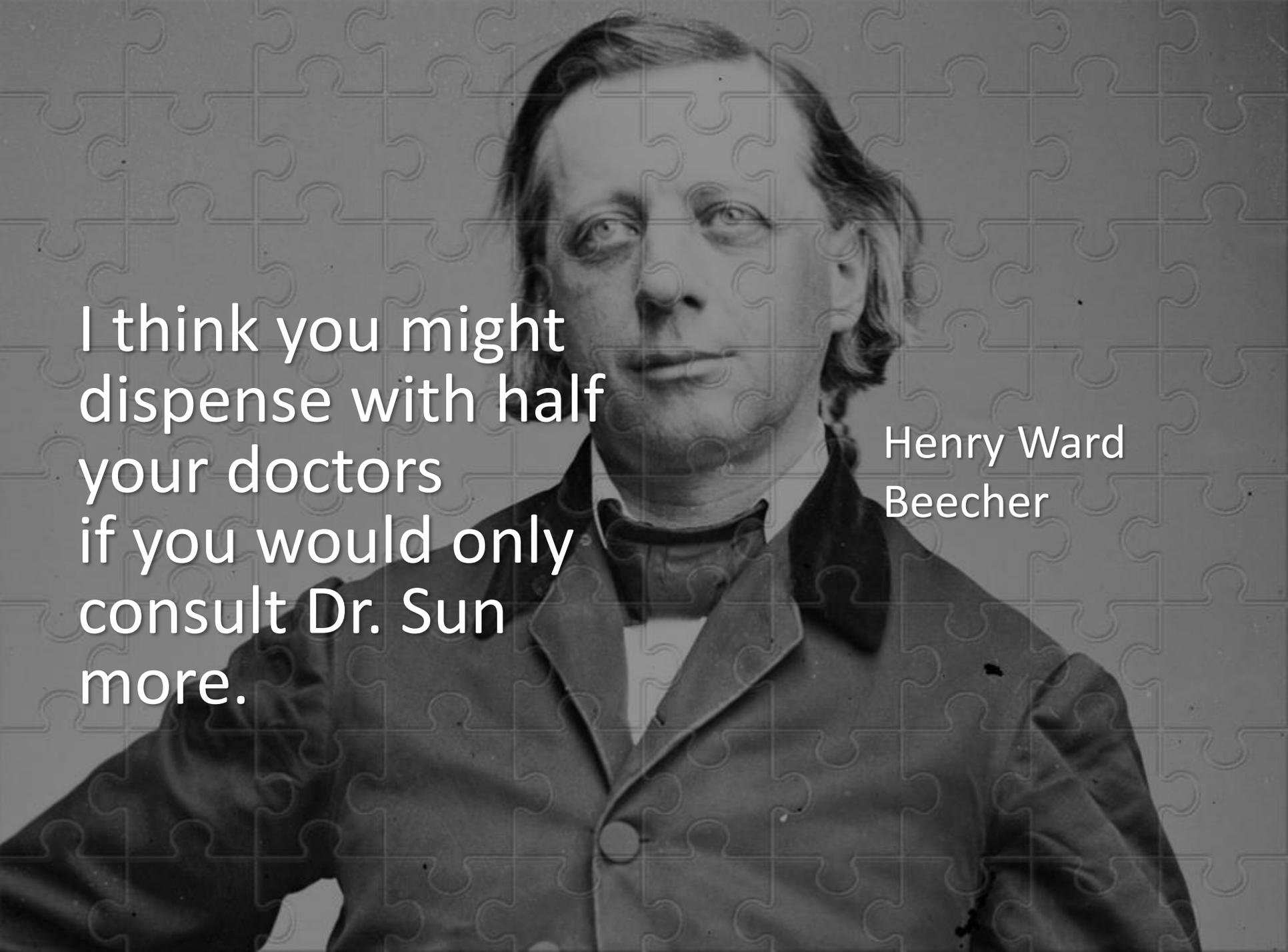
diabetes

obesity



15  
get

minutes  
Of morning sun everyday



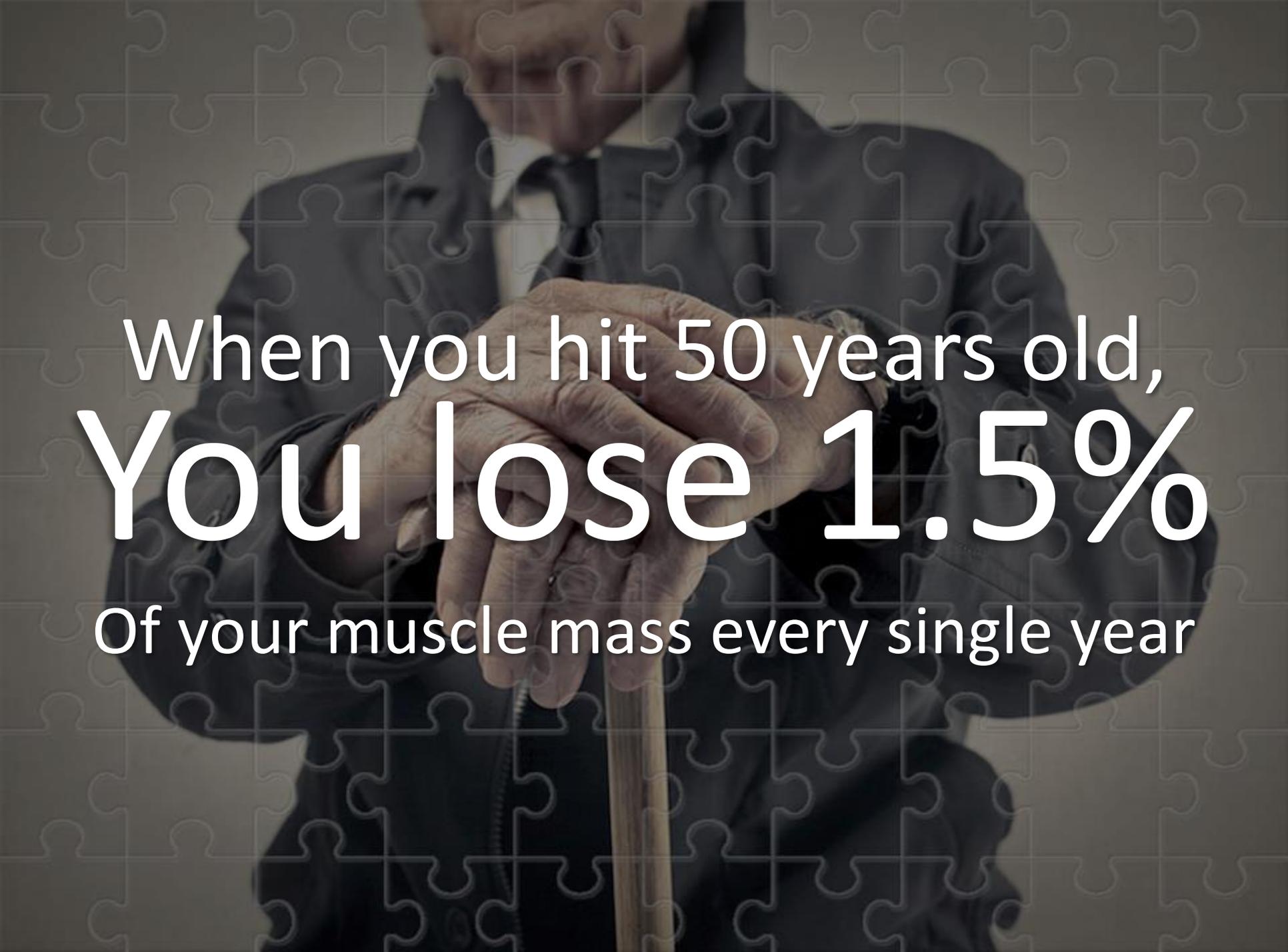
I think you might  
dispense with half  
your doctors  
if you would only  
consult Dr. Sun  
more.

Henry Ward  
Beecher



DR.move

What you  
don't use,  
You lose

A man in a dark suit and tie is shown from the chest up, looking down. He is holding a wooden cane with both hands. The image is overlaid with a faint, repeating pattern of interlocking puzzle pieces. The text is centered over the image.

When you hit 50 years old,  
**You lose 1.5%**  
Of your muscle mass every single year



Be strong at 90



Physical training is good...  
1 Timothy 4:8 NLT

You lack  
glucose  
storage sites.

A vibrant green field with tall grass and trees under a bright sun, overlaid with a puzzle piece pattern.

Dr.green

First,

look

At green

second,

hear

green

Every sound  
Has an effect  
On your body

The sounds  
of nature  
impacts  
your body  
chemistry.

Third,

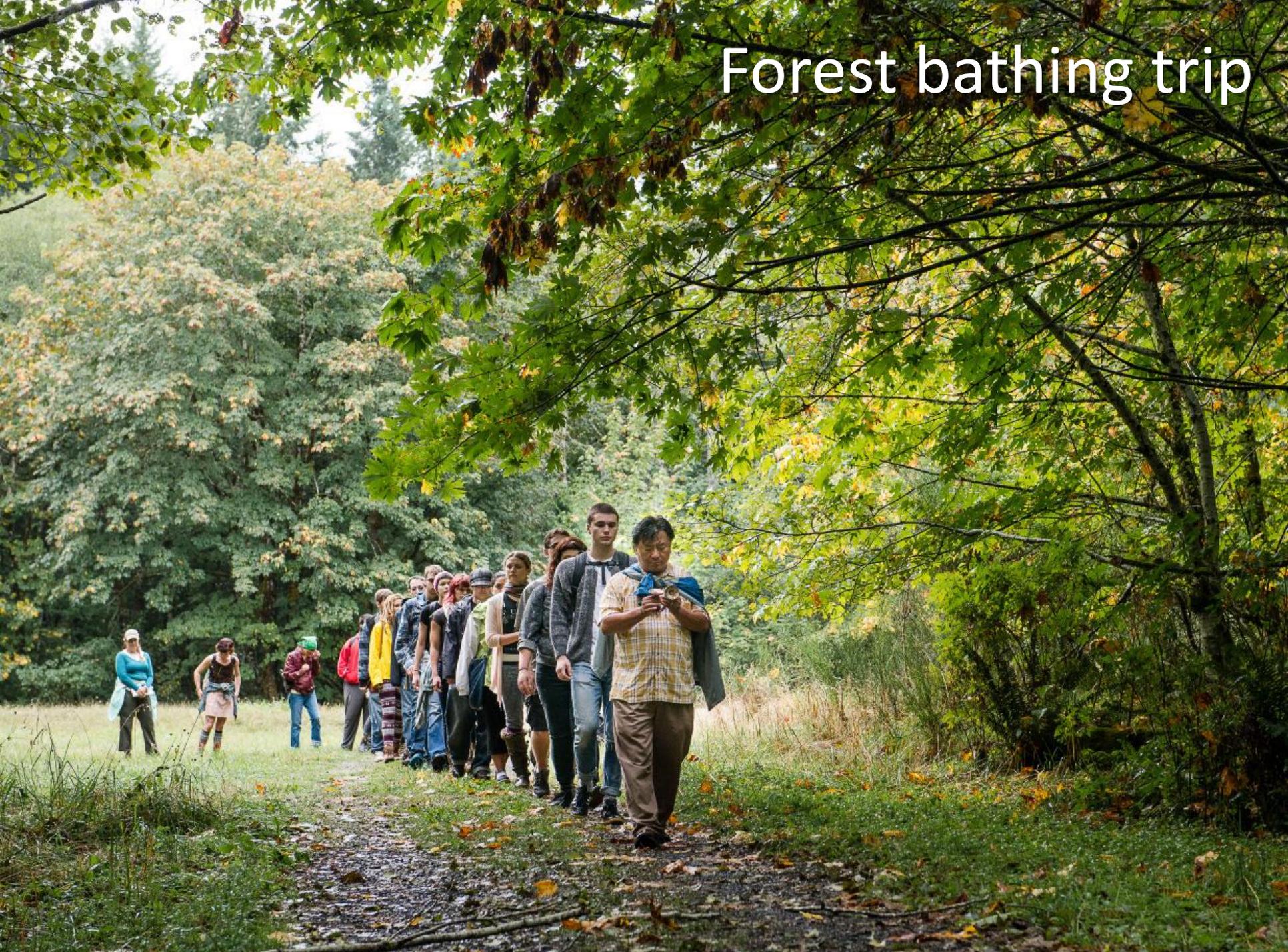
smell

green

# Shinrin-yoku

A photograph of a person walking on a dirt path in a forest. The image is overlaid with a semi-transparent grid of puzzle pieces. The text 'Shinrin-yoku' is written in large white letters across the center of the image.

# Forest bathing trip



listen

To your body  
And go back to

nature