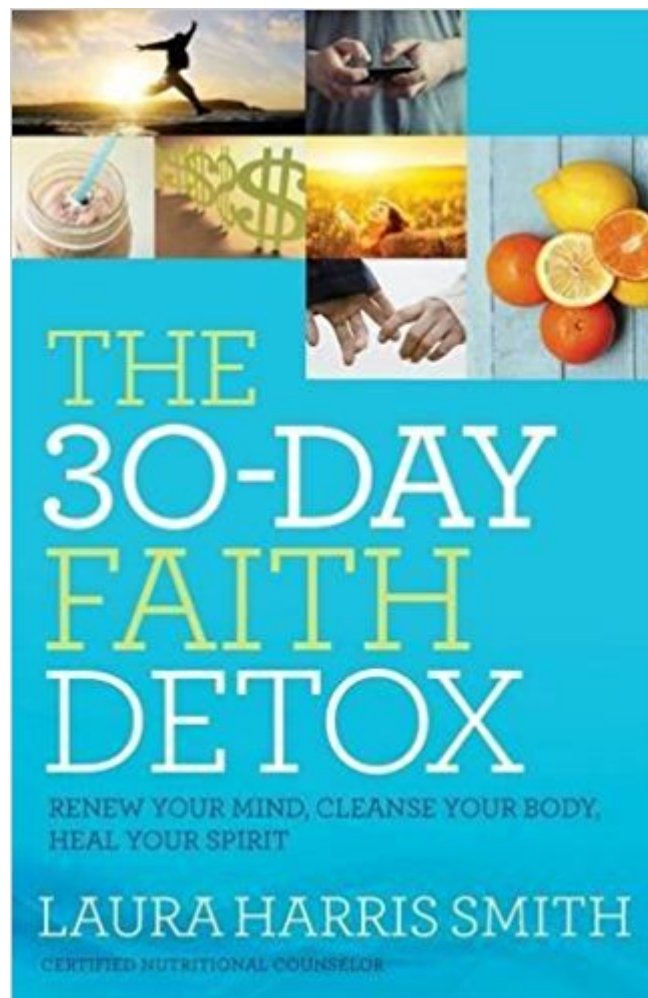




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# The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit



## Synopsis

A Reset Button for Your Body, Mind, and Spirit In our fallen world, invisible toxins like doubt, disappointment, and discouragement can contaminate even the strongest of faiths, leaving behind symptoms that affect our entire being--body, mind, and spirit. Using a one-month detox structure, spiritual wellness expert and certified nutritional counselor Laura Harris Smith uncovers 30 universal faith-toxins that affect us all. Each day you will discover Scripture, prayers, and faith declarations to cleanse yourself spiritually and emotionally with truth and a biblical perspective. In addition, she includes a simple, corresponding nutritional cleanse using detoxifying foods from your own kitchen. Prayer by prayer, thought by thought, day by day, refresh and refuel your faith and bring healing to the whole temple--spirit, mind, and body.

## Book Information

Paperback: 256 pages

Publisher: Chosen Books (January 5, 2016)

Language: English

ISBN-10: 0800797876

ISBN-13: 978-0800797874

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 123 customer reviews

Best Sellers Rank: #87,836 in Books (See Top 100 in Books) #66 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#) #127 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #526 in [Books > Christian Books & Bibles > Christian Living > Self Help](#)

## Customer Reviews

The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit"Smith (Seeing the Voice of God) aims to help the reader renew lost Christian faith by putting "doubt on a diet" through a month-long regimented cleansing and meditation program with a daily three-prong approach: Scripture-based discussions of the troubling challenges in our daily lives that can erode faith, partnered with specific prayer suggestions directed at finding hope and comfort in the midst of difficult emotions, and a juice fast focusing on detoxifying each of the major systems of the body over two days by choosing different colors of fruits and vegetables. She includes five categories of possible "faith toxins," which she explores for six days each: social influence, finance, health,

relationships, and purpose and identity. Smith's nutritional credentials are minimal, but her recipes are simple and easy to follow, and she has an original approach to tough topics; her warm sincerity as a spiritual guide comes through in her writing. This is a highly guided renewal program that addresses mind, body, and spirit." — Publishers Weekly

Hi all! I'm Laura Harris Smith, author of *The 30-Day Faith Detox* and I wanted to let you know that while there are plenty of great detox books on the market right now, I've worked hard to jam-pack extra daily online help into mine because you need more than paper and ink to help you with a life transformation! So, to give you an extra winning advantage, I've included a link on the final page of the book that directs you to the free 30-Day Faith Detox CHALLENGE which provides you with: 30 daily videos shot right from my own kitchen where I make one of the daily recipes for you and prepare you for that day's devotional from the book. a place to sign up for free encouraging emails from me during your 30-day detox. access to free detox recipe cards from my personal website (there are already 150 recipe combinations within the book itself). prayer for you while on your faith detox journey. I want to invest in you... body, mind and spirit. What other detox book out there helps you body, mind and spirit for a whole transformation, while also providing you daily help and inspiration right from the author's kitchen? Plus encouraging emails from her. Listen, when you buy *The 30-Day Faith Detox* book, you know who I am, but when you sign up for the 30-Day Faith Detox CHALLENGE, I will know who YOU are! As a certified nutritional counselor, author and minister, I can help you body, mind and spirit. It's what I do. Are you ready to invest 30 days into your spiritual, emotional and physical health? Let's get going! *The 30-Day Faith Detox* is a reset button for your body, mind and spirit! ~laura LauraHarrisSmith.com

Today marks day 30 of my faith detox journey. I've lost weight, but gained much faith. Transformed my body, mind, and spirit. The physical and spiritual changes are amazing. It feels good to be eating all healthy foods of fruits and veggies, no gluten, and using olive oil to do stir fries or instead of salad dressings doing olive oil and apple cider vinegar for salads. I did not use a microwave due to all the radiation and how it makes your living food dead. If I needed to heat up anything it was always over the stove. I changed the products I used on my skin for showering, washing my hands, and deodorant without aluminum or harmful chemicals. I didn't use make up due to all the chemicals and toxins, but I sometimes used powder. I enjoyed the Epsom salt baths. I was getting more sleep each night and trying to aim for 8-9 hours if possible. I

didn't use any medicine either and instead food was my medicine. Those were just some of the physical changes. There were several spiritual toxins that I was able to focus upon which included social, financial, health, relationship, and identity toxins. There were so many things I learned and I will just mention the main things I learned from each section or else this will be too long. In regards to social/media toxins I deleted the facebook app off my phone to use my time with God and it doesn't matter if people let you down in life. We are all human and remember to keep your focus on the Lord. Financially I realized I was needing to give more to God and get rid of extra stuff. In the health section I got to look at the difference of healing and miracles plus believing in God during those times of sickness. The relationship section showed me how to pray for unsaved loved ones and how to respond to others in various situations. The identity section really helped me. It made me realize I don't have to be perfect in everyone else's eyes. I just need to be who I am in Christ and please Him. Plus make sure that you wait on God and that He is not waiting on you. Also, we will all face persecution. I know that to be true in life and especially after doing this faith detox. I had some encouraging people and others who thought I was crazy and said you don't need to be on a diet or lose weight, but it was not a diet and that's not what this was about. I want to continue eating healthy even though several think I should go back to my old habits after this faith detox is finished. Our bodies are the temple of God and I hope to keep my temple clean, pure, and holy. I can't wait to read section 8 in the book, start day 31 tomorrow, and see what God has in store for my future.

I'm so excited to get started on The 30-Faith Detox. God's timing is perfect in bringing this into my life. Going to the grocery today so I will be able to start tomorrow. Have read the 1st three chapters so that I will know what I'm getting into. So amazing to find something that includes renewing your mind, cleanse your body and heal my spirit. I've been on every diet out there, lost a bunch of weight but never gotten to the root of my food issues. So looking forward to healing and wholeness.

I knew I needed to make some health related changes in 2016, so I decided to give The 30-Day Faith Detox a try. My Faith Detox journey began back on January 10, 2016. On day one I weighed in at 248.8 pounds. Over the course of the 30 days I lost 25 pounds. At the time of writing this review I'm nearing the 4 month mark from when I began the detox. My weight loss has continued and I'm now 42 pounds down from where I first started. What I especially liked about The 30-Day

Faith Detox is it's not just another diet book. In addition to changing how you eat, you're also doing daily readings and prayers that help you bring healing and renewal to your whole being-body, mind and spirit. This book has literally transformed my life. I don't ever want to go back to how unhealthy I was before. My rating is 5 out of 5 stars. Highly recommended!

We started our 30 Day Faith Detox about 2 1/2 weeks ago and have lost 14 pounds and am feeling a lot better and I have more energy. I also bought 2 more books for friends.

This journey has been amazing. I like that she hits important aspects hard right from the start. it is well worth the 30 days and I feel great!

The 30 Day Faith Detox Is an incredible way to reset your body, mind and spirit in just 30 days. You eat all live foods from the choices Laura Harris Smith offers in each week's section. It's basically fruits, veggies, beans, brown rice, quinoa, nuts, decaf (detox) teas, snack shakes, & water all in the form of smoothies, juicing, salads, stir fry, soups, etc. Each week as you detox a specific area of the body with specific color fruits and veggies, you read and study God's word through devotions right in the book that guide you to detox your mind and spirit by targeting the negative corresponding emotions that are common when that area of the body is toxic. Laura has also made videos for each of the 30 days that show you how to make a food on the menu for that day and she shares nuggets from that day's devotion. This has been tremendous for our family! We are amazed at how many veggies we love that we thought we didn't even like. We were never hungry and sometimes could not even eat all the food suggested. We are so excited at how much clearer we are hearing God's voice and are able to target enemy attacks and go to battle without the negativity/discouragement that would have resulted in the past. We have a restored confidence in who we are in Him!! Our bodies weigh less and are free of toxins. We no longer rely on caffeine to survive the day and are going to decaf herbal teas when we'd like something warm to drink. Food addictions no longer have a hold on us! Who'd a thunk something so simple could be so life-changing!! YOU should get Laura Harris Smith 's book and take your family on a journey that could bring tremendous impact and forever change!

I have read many, many devotionals, and this is hands down the best one I've ever read. As the title suggests, it's a detox, but it's a detox for your body, soul, and spirit. We are tri-part beings, and if any one part is out of balance, it can affect the others. Think of this book more as a rehab instead of just

a devotional. I was personally challenged to face things that I didn't even realize were issues. The reason I purchased the book was I had heard the author on a television program, and she was speaking specifically about unanswered prayers, which had become a stumbling block for me. This devotional addresses that, and so much more. Highly recommend.

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The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) THE COMPLETE CANCER CLEANSE: A Proven Program to Detoxify and Renew Body, Mind, and Spirit Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Addicted To Pain: Renew Your Mind & Heal Your Spirit From A Toxic Relationship In 30 Days Fatty Liver: The Ultimate Step-by-Step Guide To Understanding and Reversing Fatty Liver Disease (Liver Cleanse, Nutrition, Liver Cleanse, Healthy Living, Revitalise Health, Detox Body, Weight) Detox (3rd Edition): 3-Day Rapid Weight Loss Detox Cleanse - Lose Up to 10 Pounds! 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Detox Cleanse & Juice Cleanse Recipes Made Easy: Smoothies and Juicing Recipes Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Detox Smoothies: Detox, Cleanse, Boost Metabolism & Burn Fat Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body Juicing (5th Edition): 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body Battlefield of the Mind Bible: Renew Your Mind Through the Power of God's Word Clean Green Drinks: 100+ Cleansing Recipes to Renew & Restore Your Body and Mind

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