

Reset Yourself: Body, Mind and Spirit

Do you need a reset button? Certified nutrition counselor and wellness expert, Laura Harris Smith, says you can detox your mind, body and spirit in 30 days—and she wrote “The 30-Day Faith Detox: Renew Your Mind, Cleanse Your Body, Heal Your Spirit” to help you do that.

Years ago, Laura had been on the brink of adrenal failure—and didn’t know it. Symptom after symptom began to manifest, she visited doctors and she had lots of tests. Her thyroid was shutting down and her cholesterol was shooting up. Most of her organ systems were showing signs of irregularity. When she was finally diagnosed, Laura was told to make changes or die. “I was in stage three adrenal burnout, and stage four is when your organs shut down entirely,” she explains.

What got Laura into that position was a lack of sleep. “Sleep is so important. I have a king-size life with six kids (and eight grandkids), a vibrant marriage and we pastor a church. Life is busy!” She had sleep-deprived herself to the point of sickness. “Through this I learned if you do not go to sleep, your organs will go to sleep for you.”

Through the care of a master nutritionist, Laura started using food as medicine. She needed this approach because if she were given prescriptions, her failing liver could not have acted as the filter it needed to be. The plan was to use food as medicine—foods good for each specific organ. Laura was told, if you live, it will take 18 to 24 months to turn everything around. For six to eight weeks, she was on total bedrest, and

in six months, she was back up on her feet.

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Laura believed she received a miracle healing because she was able to turn her situation around using the things God created on the third day of creation. "During that time, I was convinced that God has given us the tools to be healthy. We can use wellness to combat illness."

When she was battling through her illness, Laura felt that God was going to require her to write about her experience. She went back to school, became a nutritionist and now teaches others how to become healthy: body, mind and spirit.

Through her studies, Laura learned that God has color-coded our food. "The pigments give us clues to which phytonutrients they contain. Everything that's red, strawberries, red grapes and peppers, contain lycopene, which is super good for your heart. If a food has blue/purple in it, it has anthocyanin in it. Each different phytonutrient in our food does different things for specific organs.

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In 1 Corinthians 3:16, the Bible tells us, Do you not know that your body is the temple of the Holy Spirit? "God is so concerned with how we feed and treat our body," Laura says. "Proof that food is linked to our faith is the practice of fasting. When you remove food, something happens in your spirit, and you go to whole new place because you've denied your flesh."

While "The 30-Day Faith Detox" doesn't prescribe a fast, it accomplishes the same thing. "You're telling your flesh who's boss," Laura says. When you fast, your appetite for God

increases.

You need to say about yourself what God's Word says, without faith it's impossible to please Him. But with faith and a plan, you can do a powerful, successful detox to cleanse you, body, mind and spirit.

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Marilyn Hickey founded Marilyn Hickey Ministries more than 45 years ago with God's vision to cover the earth with the Word. Marilyn co-hosts a daily television program, "Today with Marilyn & Sarah," reaching a potential viewing audience of over 2 billion households worldwide. Marilyn communicates deep biblical truths in a way that is understandable and practical for everyday life.

Sarah Bowling is on a mission to connect every one with the heart of God while loving those who are overlooked, excluded, and ignored. Led by Holy Spirit and anchored in the Word, Sarah seeks to inspire all to know the unconditional and transformational love of God in our daily lives. A Bible teacher, author, international speaker, and a global humanitarian, Sarah also co-hosts a daily television program, "Today with Marilyn & Sarah."

Isabell Bowling's passion is to help people have a transformative experience with the power of God. She brings a fresh anointing of the presence and fire of God wherever she goes. Her faith and ministry was shaped by observation and prayer, watching the Lord work in and through her grandmother, Marilyn Hickey, and her mom, Sarah Bowling. After graduating from Oral Roberts University in 2023, Isabell joined the Marilyn & Sarah Ministries team where she stepped into a powerful teaching ministry with her family.