

Churches Across Nation Broadcasting 'Daniel Plan' Messages

Saddleback Church will host a live Daniel Plan Outreach Event on Saturday, Jan. 10, 2015, based on the teachings of *New York Times* No. 1 best-seller, *The Daniel Plan: 40 Days to a Healthier Life* (ISBN: 9780310344292, \$) by Pastor Rick Warren, best-selling author and senior pastor of Saddleback Church; Dr. Daniel Amen, physician, double-board certified psychiatrist and best-selling author; and Dr. Mark Hyman, a practicing family physician, best-selling author and functional medicine expert.

Led by "The Daniel Plan" authors and the Daniel Plan Wellness faculty, the simulcast will air in participating churches across the nation, teaching individuals that improved physical and spiritual health has a life-giving impact within churches, ministries, small groups and families.

"I started thinking a couple of years ago, if we could raise the physical health of our church, would that also not help us to be sharper mentally, sharper spiritually, sharper relationally and sharper to do the worship, ministry and evangelism that God has called the church to do?" Warren said. "Since the implementation of the Daniel Plan, our church has seen a significant increase in these areas."

The simulcast provides a revolutionary plan for turning healthy New Year's resolutions into lasting habitual lifestyles by combining the essential elements of the five F's of *The Daniel Plan*: faith, friends and focus with food and fitness. Additional speakers to address the five F's include Dr. John Townsend, best-selling author; Miles McPherson, senior pastor of The Rock Church; Joel Kahn, interventional

cardiologist; Sean Foy, exercise physiologist and Daniel Plan behavioral coach; and Dee Eastman, director of The Daniel Plan at Saddleback Church.

Conceptualized from the Old Testament biblical account of Daniel, who refused to eat the rich foods from the king's table and challenged the ruler to a 10-day health contest, *The Daniel Plan* details a proven healthy lifestyle program developed and originated at Saddleback Church in 2011. Within the first year of implementation, more than 15,000 individuals collectively lost more than 250,000 pounds while experiencing decreases in health issues and stress and increases in spiritual growth and energy. While weight loss can be a benefit of living a healthy lifestyle, "The Daniel Plan" is not a diet program, but rather focuses on improving overall spiritual, mental and physical health through the five essentials.

Each essential within *The Daniel Plan* is intended to hold up one's life, enliven one's body, enrich one's mind and fill one's heart. Warren dives into spiritual health and the importance of building a foundation on God for all other areas of life. Hyman, a family physician and Functional Medicine expert, discusses the power of food as medicine and a source of abundance, noting that eating real, whole food can be a doorway to reverse chronic disease, create resilient health and easy weight loss and a clear mind. And Amen, a physician and double-board certified psychiatrist, helps readers boost their brain's physical health to turn their minds into a powerful tools to fight off cravings, bad decisions and toxic thoughts.

"The Daniel Plan has impacted the overall health of our church as individuals have learned how to live a healthier life—physically, emotionally and spiritually," said Eastman. "We know how The Daniel Plan can change lives and can't wait to share it with other congregations who can benefit from the plan."

To sign up to participate in the simulcast or for more information, visit .