

# More than Just Weight Loss: The 30-Day Faith Detox That Will Cleanse Your Body and Restore You Spiritually

*The 30-Day Faith Detox:*

*Renew Your Mind, Cleanse Your Body, Heal Your Spirit*  
by Laura Harris Smith

After years spent parenting six kids, planting and co-pastoring a church, writing and speaking, Laura Harris Smith was unknowingly teetering on the edge of adrenal failure. Getting only four or five hours of sleep each night, her health was in a steady decline, her weight was on a steady climb and her organs were competing for what little proper nourishment she provided them. When tests showed some of her body systems had already begun shutting down, she was told to make changes or die.

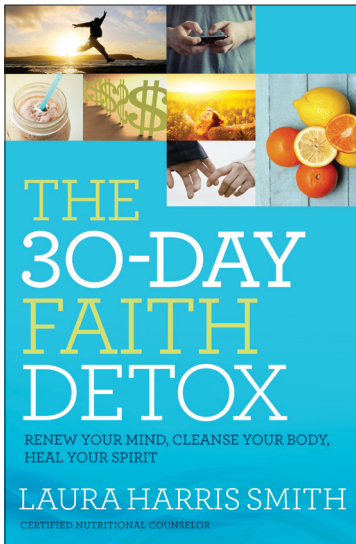
With doctor input, Laura chose to seek the counsel of a Christian nutritionist and underwent a serious body detox using food as medicine while also increasing physical rest time and decreasing emotional demands. Adding to this body-and-mind recovery a spiritual renewal using Scripture and prayer, Laura saw a diagnosis that was said to take up to two years to reverse turned around in only six months, at the end of which she discovered a faith surge unlike any she'd experienced in 25 years of ministry. It was this experience that convinced Laura that God had created spiritual health to be directly related to physical and emotional health.

Now a certified nutritional counselor, Laura is sharing her program in *The 30-Day Faith Detox*. Unlike other detox programs, this one focuses on the spiritual life and a relationship with God as much as the physical life and the body. According to Laura, when our bodies are not working properly, that is a sign our faith isn't either.

Participants of *The 30-Day Faith Detox* will cleanse themselves in these areas using Laura's unique spirit, mind and body method:

- **Spirit:** Each day begins with guided prayer and Scripture to fight that day's listed faith toxin.
- **Mind:** Prayer is followed by a time of self-reflection in which Laura encourages healthy emotional practices such as forgiveness, peace and surrender.
- **Body:** A grocery list and recipes are provided for each week, focusing on a diet of colorful vegetables, fruits, healthy grains and proteins. You will not go hungry on this detox! By the end of the 30 days, all 15 major body systems will be cleansed at the cellular level for a total body detox.

Laura believes it is never too late to start living a toxin-free lifestyle, and the importance of health, especially for believers, cannot be underestimated. Quoting Psalm 139, she says, "We are fearfully and wonderfully made. We should be fearfully and wonderfully taking care of ourselves."



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by Laura Harris Smith  
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## ABOUT THE AUTHOR:

**Laura Harris Smith** is a certified nutritional counselor and the founding co-pastor of Eastgate Creative Christian Fellowship with her husband, Chris. Mentoring young writers all over the world in her online creative writing classes, she is a playwright, poet, actress and media dynamo. She was a TV host on the Shop at Home Network and is the author of multiple books. Laura and Chris have six children and eight grandchildren and reside near Nashville, Tennessee.



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