

Your Heart's Desire™

21-day Programs

Weight Management

Education

What Shall We Eat
Fiber Facts
Understanding Protein
What About Sweets?
Help For Arthritis
Home Hydrotherapy
Lifestyle Physiology
Diabetes

- Health Education
- Structured Exercise
- Vegetarian Diet
- Menu Planning
- Cooking Instruction
- Spiritual Revival

BIBLICAL
SCIENTIFIC
PERMANENT

Motivation

The Weight Gain Process
Finding Your Ideal Weight
Fad Diets
Eating Disorders
Obesity & Lifestyle Diseases
Junk Food Junkie
Metabolic Syndrome

Planning

Exercise & Sunlight
Boosting The Immune System
Battling Inflammation
Lowering Cholesterol
The Food Pharmacy
Energy Without Caffeine
Peaceful Sleep
Menu Planning

Commitment

Overcoming Stress
Restoring The Frontal Lobe
Decision Making
God's Plan For Health
Problem Solving
Trading Habits
Take It Off, Keep It Off

