

Follow Up and Follow Through:

After the ten days, write down your health condition, then compare it with the before-list. Take a new photograph and compared it with the old. Note the changes.

- Vegetarian and raw food classes begins on January 17th. This will be done at the same church that offered the Daniel's Diet, or in major areas of NEC, and over the internet.
- Reports should be given on the conference call scheduled for January 31, 2010.
- Web (Online) testimonials, or email them to ldaley@northeastern.org.
- Weekly health conference calls throughout the quarter to help keep the Daniel's Diet family alive.
- Daniel Seminar at the end of the first quarter.



CONTACT INFORMATION:

Dr. Leroy Daley

Dr. Keicha Gosling

(718) 291-8006, ext. 2240

Email: ldaley@northeastern.org

Email 2: kgosling@northeastern.org

DANIEL'S DIET: 10 DAYS TO LOOK AND FEEL HEALTHIER IN 2010



DATE: SUNDAY, JANUARY 3-13, 2010

A HEALTH INITIATIVE OF THE
NORTHEASTERN CONFERENCE HEALTH MINISTRIES
DEPARTMENT

Dr. Leroy A. Daley, Health Ministries Director



Components of Diet:

- Daniel's Diet experience has physical and spiritual aspects.
- *Physical: You will receive 30-50 vegan recipes for the 10 days, or prepare your own recipes from the 4*
- *vegan food groups - whole grains, legumes, fruits and vegetables.*
- *Participate in 30 minutes of moderately intense walking 5 to 7 days a week. This can be done in 15 minutes (twice) or 10 minutes segments (three times). Having a walking buddy is strongly encouraged.*
- *Spiritual: Get a prayer partner and read through Daniel's prayers during the 10 days. (A study guide will be provided).*
- *Each participating member invites three non-Adventist friends to participate in the Daniel's Diet.*

Preparation For Diet:

- Conference Call for all participants, November 22, 2009 at 8PM. {605-475-6900, code 100516#}
- Second Conference call for participants, December 27, 2009 at 8 PM. {(605)475-6900, code 100516#}
- All participants should start to stock up on vegan products in the last week in December to begin the program on January 3, 2010.
- A Prayer Conference Call on Friday, January 1, 2010, from 9-10pm.
- Write down the condition of your health before you start the Program.
- Please, record your numbers: blood pressure, blood sugar, BMI, waist circumference, weight, cholesterol. Each church should meet together on January 3rd, to do the "Know Your Numbers Program" and have their first meal together.
- Make a note of other health conditions: for example, food allergies and addictions, headaches, hot flashes, insomnia, depression, energy level, menstrual problems, PMS, mind problems, skin problems, stamina, sugar cravings, tiredness.
- Take a picture of yourself.
- Each church must submit a site registration form to NEC Health Ministries Department by November 10, 2009.

