

Welcome to the “30 Day Jump Start to Health.” Congratulations on taking this first step toward a healthier life—Body, Soul & Spirit.

I hope you will find the 30 days of emails informative and enlightening. I will provide something for each part of you—food tips, juice recipes, affirmations and scriptures. Remember, you are three parts—Body, Soul and Spirit—and you must care for your whole person in order to live a healthy life.

What you believe and how you think is the starting point for moving in the right direction. Please take the scriptures and affirmations to heart and speak them out loud several times throughout your day. You'll be receiving 30 different recipes and food tips which will cover a broad spectrum, but I hope will impart new ways of thinking about nutrition and juicing. There is no end to the combinations you can try depending upon your own personal preferences. These recipes are simply a starting point.

Juicing is a wonderful way to train your children about of health and establish great habits for their future. Most children love helping to make fresh juice. You're not only providing education but you are protecting them with valuable nutrients as they grow. Everyone needs a strong immune system—these days more than ever—and juicing is a great way to accomplish that.

If you read my book *“Life, Cancer and God”* about how I reversed cancer, then you realize that I followed a very strict regimen for the months it took for me to regain my health. In Appendix A in the back of my book I describe precisely the plan I followed.

Some have asked if I still juice as much as I did when I was reversing cancer. In one word, no. However now that I'm healthy... and want to stay that way... and have for over 21 years—I still try to juice regularly. I love the ease and taste of carrot juice but often change over to an organic green juice full of a variety of vegetables. In this way I am feeding my body a wider mix of various foods that meet different needs of my body. Though I personally love the fruit juice, I consider it an extra treat as most of my juicing efforts are put into the high nutrient vegetables which offer more benefit in the health area. And through my experience, juicing fruit adds a lot of sugar and a possibility of undesirable side effects such as weight gain. I find that eating or blending fruits and juicing vegetables is a much better habit to establish.

Besides juicing, I eat a fairly normal (but healthy) diet with very little meat, a lot of veggies and fruits, nuts and seeds, salads, soups, and a little of whatever else I choose to eat that's in season.

If you are currently sick and wanting to regain your health, then you can't play around with your diet. If you have cancer, you must select a protocol that gives you the absolute best scenario and follow it faithfully. Your life may depend upon it. Once you are well there will be plenty of time to try new recipes and eat other foods. Even if you are currently doing well in the health department, it is still a good idea to establish these

habits to maintain your health and proactively prevent disease from ever occurring in your body.

Each time I juice I make enough for several servings and store it in a sealed glass quart jar in the fridge or carry it with me in a small cold pack that accompanies me to the office or wherever I'm going. This allows me to have several servings of juice throughout the day. There is a difference between blending and juicing so check out my blogs to learn more.

Congratulations for taking another step in the right direction and educating yourself with a Body—Soul—Spirit approach. I encourage you to use these small tools each day and add to them as you go. You will begin receiving daily email within 24-72 hours.

To gain additional insights about health and healing, follow my blog on the WinningOverCancer.org website. This will provide you with body, soul and spirit information that supports health and wholeness. I'd love to hear your feed-back and thoughts going forward. Though I can't often respond, I do read EVERY email, so if you have something you are willing to share, I'd love to hear from you.

God bless you!

Paula Black



Paula Black is the Director of “*Winning Over Cancer*” Ministries, where she helps others overcome cancer and other chronic diseases through education, teaching and Christian Cancer Coaching. She is the author of “*Life, Cancer and God*,” and is a speaker and minister.

Paula is married to Dale, her college sweetheart, lives near San Diego, California and has two grown children.