

7 Steps to Reclaim Your Health and Optimal Weight Course

By Susan U. Neal RN, MBA, MHS

Syllabus

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Course Description and Objectives: This course helps participants identify and resolve root causes for inappropriate eating. Once an issue is resolved, self-control grows. Spiritual tactics to utilize God's power are emphasized to help make changes easier. The physical, emotional, and spiritual components of this course are highly effective for making life-long positive lifestyle changes.

Materials Needed: You need to purchase the mega book [*Healthy Living Series: 3 books in 1*](#) by Susan U. Neal, **separately**. You can purchase the book online at [Barnes & Noble](#) or [Amazon.com](#). If you already have one or two of the books included in this mega book ([*7 Steps to Get Off Sugar and Carbohydrates*](#), [*Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*](#), or the [*Healthy Living Journal*](#)) you only need to purchase the book you do not own. The print book is recommended so you can fill in the blanks inside the book.

INTRODUCTION

Review or Print Course Syllabus. Date completed: _____

Watch the Introductory Video (8 minutes). Date completed: _____

Join the Private Facebook Group [7 Steps to Get Off Sugar, Carbs, and Gluten](#). Susan is available to answer your questions in this group.

QUIZ: Agree with the disclaimer. (**Mandatory** to complete before proceeding with the course.)

STEP 1

Read Before Watching Step 1 Video. Date completed: _____

- Introduction and chapter one (called Step 1) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session I: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- Peruse the first thirty pages of the *Healthy Living Journal*—fill in your goals and measurements. Begin tracking your water intake, steps, and fitness.
- Begin the second half of the *Healthy Living Journal* by tracking your eating in Part 1: Week 1. This week complete Day 1–7.

Review Step 1 Handouts (Healthy Eating Guidelines, Bible Verse Worksheet, Step 1 Action Steps). Date printed or reviewed: _____

Watch Step 1 Video (20 minutes). Date completed: _____

QUIZ: Join the Facebook group 7 Steps to Get Off Sugar, Carbs, and Gluten by clicking [here](#).

STEP 2

Read Before Watching Step 2 Video. Date completed: _____

- Chapter two (called Step 2) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session II: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, track your water intake, steps, and fitness. Write down your challenges in the Temptation/Struggle Log and how you overcome the challenges in the Victory Log. Record what you eat in Part II: Week 2 and complete Day 8–14.

Review Step 2 Handouts (Food Addiction Battle Strategies, Action Steps). Date reviewed: _____

Watch Step 2 Video (14 minutes). Date completed: _____

QUIZ: Take the Candida quiz at CandiQuiz.com.

STEP 3

Read Before Watching Step 3 Video. Date completed: _____

- Chapter three (called Step 3) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session III: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, be sure to record your thoughts and feelings in the last two days, of each week’s journal section (Day 6 and 7, Day 13 and 14, Day 20 and 21, etc.). Record what you eat in Part III: Week 3 and complete Day 15–21.

Review Step 3 Handouts (Foods to Eliminate, 7 Step Plan, Action Steps). Date reviewed: _____

Watch Step 3 Video (15 minutes). Date completed: _____

STEP 4

Read Before Watching Step 4 Video. Date completed: _____

- Chapter four (called Step 4) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session IV: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, track your binge eating in the Binge Eating Tracker. Record what you eat in Part IV: Week 4 and complete Day 22–28.

Review Step 4 Handouts (Food Options, Binge Eating Tracker, Action Steps).

Date reviewed: _____

Watch Step 4 Video (14 minutes). Date completed: _____

QUIZ: Subscribe to the Healthy Living Blog to get recipes and healthy lifestyle tips. Click [here](#) to go to the blog, and fill out the “Sign Up to Receive Updates” form on the right side of the page.

STEP 5

Read Before Watching Step 5 Video. Date completed: _____

- Chapter five (called Step 5) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session V: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, figure out which foods may be causing inflammation in your body. Document those foods in the Issue Tracker. Record what you eat in Part V: Week 5 and complete Day 29–35.

Review Step 5 Handouts (Seven-Day Eating Plan, Five-Step Food Addiction Plan, Action Steps). Date reviewed: _____

Watch Step 5 Video (15 minutes). Date completed: _____

STEP 6

Read Before Watching Step 6 Video. Date completed: _____

- Chapter six (called Step 6) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session VI: Day 1–5 of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.
- In the *Healthy Living Journal*, record things you are grateful for in the Gratitude Log. Record what you eat in Part VI: Week 6 and complete Day 36–42.

Review Step 6 Handouts (Sample Grocery List, Curb the Sweet Tooth, Action Steps). Date reviewed: _____

Watch Step 6 Video (19 minutes). Date completed: _____

STEP 7

Read Before Watching Step 7 Video. Date completed: _____

- Chapter seven (called Step 7) of *7 Steps to Get Off Sugar and Carbohydrates*.
- Session VII of *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*.

Review Step 7 Handout (Action Steps). Date reviewed: _____

Watch Step 7 Video (10 minutes). Date completed: _____