

Daniel's Health Challenge Diet: 10 Days To Look And Feel Great



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Starting Date: _____

An Initiative of Northeastern Conference Health Ministries Departments

Purpose:

- 1, To capitalize on the idea of *New Beginnings* at the start of the New Year by encouraging people to follow a simple plant-based diet that will help them feel and look healthier and bring glory to God.
2. To encourage members to build relationships with and meet some of the health needs of their non-Adventist friends.

This 10-Day Daniel's Diet Health Challenge has both physical & spiritual aspects.

Physical



•Use the suggested [Daniel's Diet recipes](#) for 10 days or prepare your own recipes from the four plant-based food groups.

•Participate in 20 — 30 minutes of [moderately intense walking](#) after breakfast and lunch. Having a pedometer and a walking buddy are strongly encouraged.

•Drink 8 — 10 glasses of [water](#) daily.

Spiritual

•Get a prayer partner and meditate on the Daniel's Diet companion booklet: "Deliverance Through Prayer: The Prayers of Daniel by Dr. Daley.

•For each participating church member, invite three non-Adventists friends to participate in the Daniel's Health Challenge Diet.



For free short videos on How to Start the Challenge, A Complete Outline, Dr. Daley's book and recipes, subscribe to our YouTube Channel "Daley Health" or "Daniel Health Challenge". Join us for this exciting event!

"This was a wonderful experience for me. I prayed to God for help in the new year. Since I started the Daniel's diet, I have more energy and I'm not snacking as much.... This was a wonderful experience for me. And I just pray to the Lord that I continue this way." *Veronica*

"I'm not officially on the diet, but through my parents I've begun to eat healthier. I have tried 3 of the recipes, all 3 were good. I tried the almond and sunflower cereal and it went great with my porridge. I've stopped eating sugary cereals and replaced it with fruit and nuts. Finally, it has cleared my head. In school we just started the midterms, and the 1st 2 exams were a breeze." *Andre, 14-years-old*