

PART I

HealingStrong™ Essentials

The HealingStrong™ Mission Statement:

Our mission is to connect, support, and educate individuals in community who are facing cancer and other diseases by focusing on strategies that help to rebuild the body, renew the soul and refresh the spirit through God's Word.

The HealingStrong™ Purpose:

To help others heal by creating a network of community groups online and in person that help to address the needs of body, soul and spirit in order to find true healing and wholeness.

Three Pillars:

HealingStrong™ focuses on three pillars to accomplish its mission and purpose:

- 1) **Rebuilding the Body** - We support a growing network of online and in-person community groups with a curriculum that offers a holistic approach to wellness.
 - a) By implementing the Anti-Cancer diet
 - b) By practicing detoxification methods such as fasting and juicing
 - c) By identifying and addressing nutrient deficiencies
 - d) By gaining confidence through safe exercise
 - e) By believing that God's design for healing also includes renewing your soul and refreshing your spirit
- 2) **Renewing the Soul** - We connect individuals to groups in their local area and online, who are learning to find hope and healing.
 - a) By reframing our negative thought patterns
 - b) By forgiving ourselves and others
 - c) By practicing de-stressing techniques
 - d) By incorporating gratitude into our daily routines
 - e) By believing that God's design for healing also includes rebuilding the body and refreshing the spirit
- 3) **Refreshing the Spirit** - We offer faith-based encouragement through our many offerings on the Refresh page at <https://healingstrong.org/refresh>.
 - a) By connecting with our Father in Heaven through community prayer and Bible study
 - b) By learning to discern, hear and obey the voice of God
 - c) By trusting God's promises found in His Word
 - d) By discipling people into Truth
 - e) By believing that God's design for healing also includes rebuilding the body and renewing the soul