



# HealingStrong JUMPSTART 2021

RESOURCE TOOL

# 2021

## CAN BE YOUR GREATEST YEAR...

### YOU CAN DO THIS!

There are never any mistakes when God is involved. He uses people to reach hearts, redirect paths, and change a life. It wasn't until someone I knew from a distance was courageous enough during my own cancer journey to send me a book, some websites, and encouraged me to look at different solutions that made sense to me. That was just the beginning of my healing. As time went on, I realized that I needed to also address areas in my past, unforgiveness and bitterness, and only my deepening love for God and His Word did my healing really begin.

This list of resources is just the tip of the iceberg, and is presented in order of what I believe is most important. HealingStrong has years of a library of webinars and videos provided to you and authored by professionals and experts in their area. We are a thriving community that is stronger together. HealingStrong is a non-profit organization that supports a community of Group Leaders, over 200 strong that includes a growing number of cancer thrivers, practitioners, and those who want to help others prevent disease. Our group leaders each support dozens of individuals in their own communities who attend meetings online or in person. We expect over 1,000 HealingStrong Sojourners meet together each month in small groups all over the U.S., Canada and a few international countries. We all have one thing in common.... we want to heal and stay strong.

Share this resource booklet with people you know, and please support HealingStrong and join our [Membership today](#).

*This resource guide is a compilation of suggestions and opinions to help you jumpstart your 2021 in the best way possible. This information was part of a webinar on January 10, 2021 with HealingStrong Founder and Director, Suzy Griswold. These represent HealingStrong resources and a couple of other favorites that she has found helpful in her own journey to heal and stay strong. This information is for educational purposes only and is not intended to substitute for medical advice.*

Questions can be directed to [help@healingstrong.org](mailto:help@healingstrong.org).

**GOD'S MEDICINE**

**DID YOU KNOW...**

When Job was afflicted by boils, he knew to sit in ashes.  
(Job 2:7-8)


Jeremiah refers to the balm of Gilead which was deemed  
to have medicinal qualities.  
(Jeremiah 8:22; 46:11)

When Hezekiah was seriously ill, Isaiah instructed him  
to make a fig poultice. (2 Kings 20:7)

A joyful heart is good medicine, but a crushed spirit dries up bones.  
(Proverbs 17:22.)

Heart at peace gives life to the body, but bitterness rots the bones.  
(Proverbs 14:30)

Death and life are in the power of the tongue; those who love it will  
eat its fruit. (Proverbs 18:21)



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HealingStrong is a non-profit organization that desires to help others to truly heal and stay strong – BODY, SOUL, and SPIRIT

## **We Do It Best in Community**

Our desire by offering this guide is to help you to truly heal and find hope and meaning in your life, no matter what's happening in the world around you. Regardless of what a doctor says, with God, there is always hope. We need not look any further than to our Creator and the Greatest Physician! He has given us direction in all areas of healing - body, soul and spirit, and when we address each of those areas, you will find healing and wholeness.

**The question is always – where to turn for credible help that is FREE!**

These are our top recommendations for 2021, including free resources, websites, books, etc. Enjoy this gift from HealingStrong to you. Please take time to go through these pages. Connect with information and others. Heal and Stay STRONG! We Believe in You!

– Suzy Griswold, Founder and Director

*“Wisdom is the principal thing; therefore get wisdom:  
and with all thy getting get understanding.” Proverbs 4:7*

# #1

## **REBUILD YOUR BODY:**

### **REBUILD YOUR BODY**

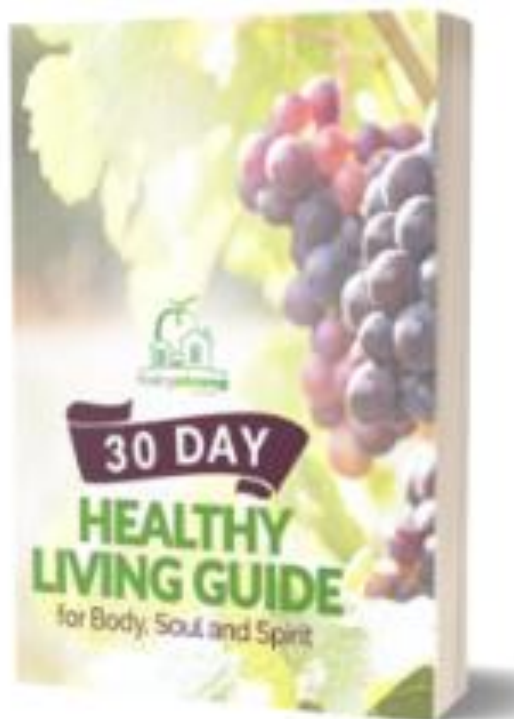
“So whether you eat or drink or whatever  
you do, do it all for the glory of God.”

1 Corinthians 10: 31 (NIV)



There are several areas that we encourage you to address in the new year. Each of these areas, we offer you resources, including tips, recipes, how-to's, etc.

- Fasting, Water and Hydration
- Plant-Based Nutrition
- Detoxification
- Sleep
- Movement



I encourage you to keep your meal planning simple. As a starting point, you can use our [30 Day Healthy Living Guide](#), Kathy Everett, Author. Our goal is to help you to transition from the Standard American Diet to a healthy, SIMPLE way of eating. The recipes are easy to make, with basic

ingredients that most can find at local grocery stores. *(I've included a few sample recipes from this book that you can use to start with!)*

Whenever possible, our motto is to use organic vegetables. If you cannot afford organic, or are resistant to changing to organic, don't fret. We do not want you to get overwhelmed. It is better to start simple and work up than to be too overwhelmed and not start at all. In this new year, if you go from canned green beans to frozen green beans, we celebrate with you!

Remember that your body is the temple of the Holy Spirit. You host the Lord Almighty and He wants us to keep our bodies strong. These are some simple areas you can start and are part of our HealingStrong@Home Curriculum that our Group Leaders have access. You can download the [30 Day Healthy Living Guide](#) with your membership, or access all resources as a [Group Leader](#).

### 🕒 **Fasting, Water and Hydration**

One of the most powerful thing you can do for yourself is to fast. Water fasting is the most powerful tool to reset your metabolism and detoxify your body. It forms a protective barrier around healthy cells and breaks down unhealthy cells. It also helps you to draw closer to God.

Watch this video from Dr. Tony Jimenez, MD from Hope 4 Cancer discussing the different types of fasts that help heal. [Watch here](#), or click below.





- 🕒 Dr. Anja Sonst, MD has also provided a very helpful resource to help you water fast. You can start with a 1-3 day water fast. Dr. Anja gives great resources and help. [Watch here](#) or click below.



🕒 **Nutrition** – Healing requires major lifestyle changes and what you put in your body matters most. Not only do you need to choose nutrient dense foods, when healing from a major disease like cancer, “overdosing” on nutrients is a place to start. Here are a few nutritional focused resources that will help you jumpstart your new year.

- ***JUICE, JUICE, JUICE (Fresh juices)*** – This is one of the easiest ways to get nutrients that are easy to absorb and packed full of vitamins and minerals. Here is an interview this year with my very dear friend and best selling author, Cherie Calbom, The Juice Lady. [Watch here](#) or click the image below.



- **Nutrition** - Plant-based protocols heal the body. Here are two great interviews that help you understand nutrition (Gerson Therapy), and plant-based nutrition as a strategy to support your healing from two medical practitioners that I

have great respect: Dr. Patrick Quillin and Dr. Patrick Vickers.  
[Watch Dr. Quillin here](#) or click image below.

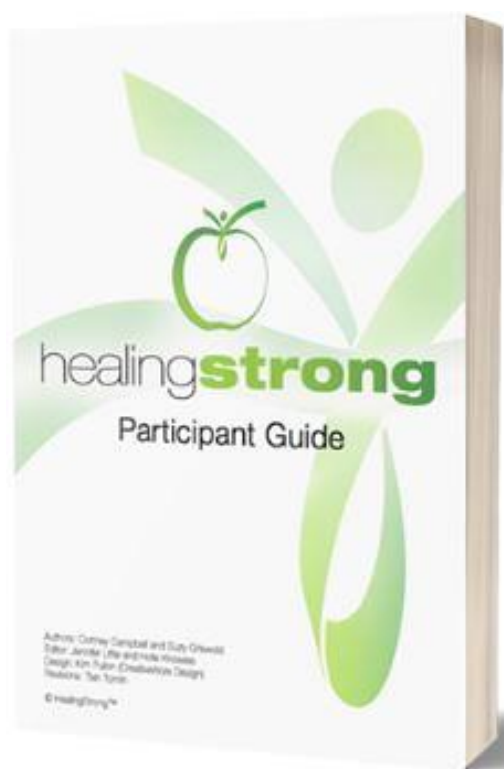


Watch [Dr. Patrick Vickers here](#), or click image below.



- ④ **Detoxification** – Detoxification comes in many different forms and addresses various parts of our bodies. The best resource we have that summarizes detoxification is our Participant Guide,

Lesson 8. We cover more than a dozen easy ways to add this into your routine. You can download the Participant Guide for FREE with any HealingStrong membership. There are over 150 pages of helpful well-researched strategies, recipes, and helpful tips. [Go here to download for free.](#)



[FREE DOWNLOAD](#)

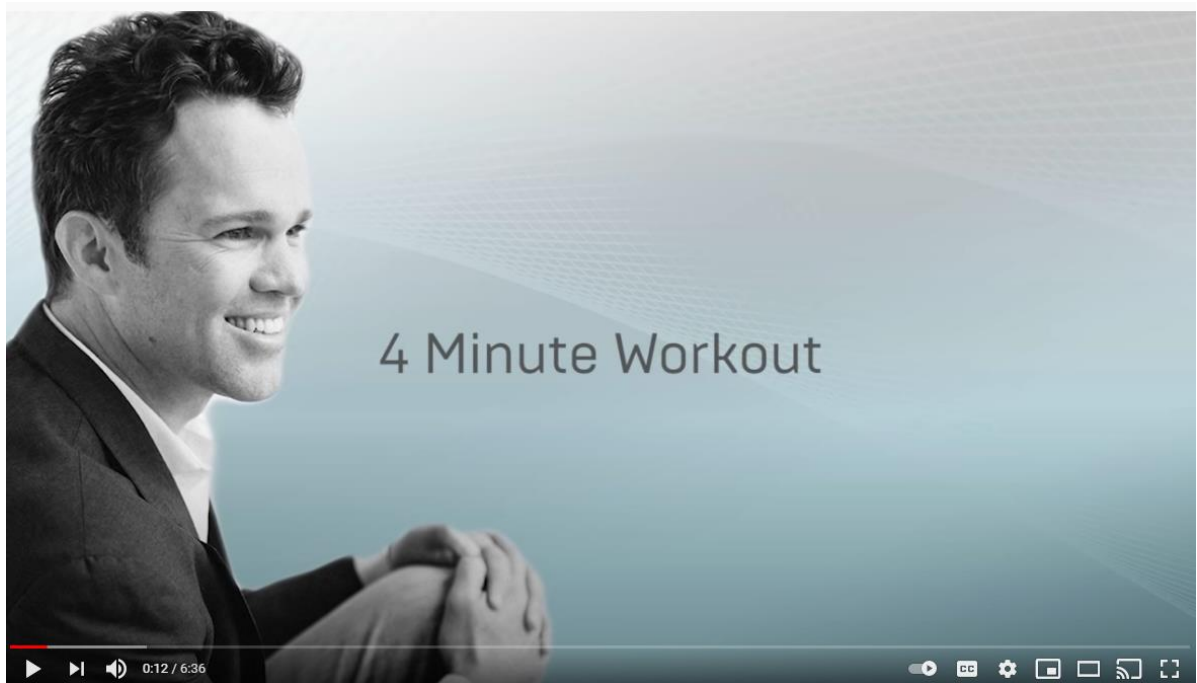
- ④ **Sleep** – An essential healing need in this new year is to maintain a healthy sleep pattern. Special Thanks to Joni Bellew, RN for writing a lesson for our HealingStrong@Home on the importance of sleep. Joni's book: *Nurse, Nurse, I'm Worse! Can You Help Me Sleep?* walks patients through the importance of sleep and very practical tips



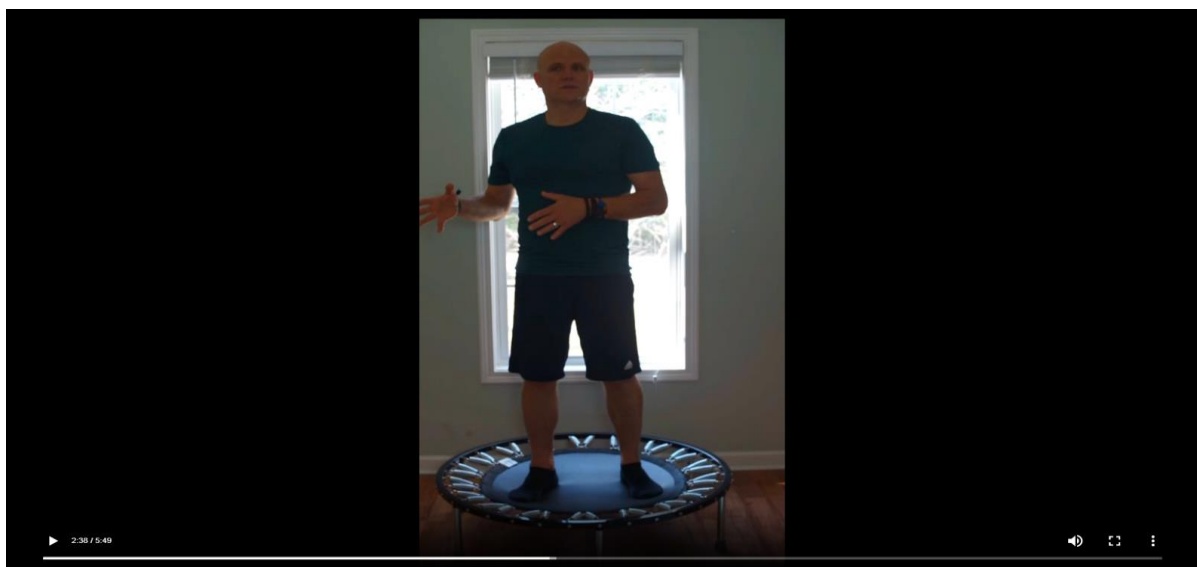
to encourage healing body and soul. Here are a few of the basic tips to follow.



- 🕒 **Movement** – Reducing inflammation through exercise and movement can help reduce the instance o all chronic diseases including cancer. It must be part of your plan this year. Start small. I love the following video. Dr. Bush actually has a series of these he offers. There is no excuse....[Start with 4 minutes a day!](#)



Another great video is offered by our Board Member, Dean Sileo, who helps us understand rebounding, how to do it correctly and its' benefits.



# #2

## **RENEW YOUR SOUL:**

**Balancing Mind,  
Will and Emotions**

### **RENEW YOUR SOUL**

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.” 3 John 1: 2 (NASB)



*“Praise the Lord, O my soul; all my inmost being, praise His Holy name. Praise the Lord, O my soul, and forget not all His benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.” Psalm 103:1-5*

That verse is a reminder of the incredible life-transforming power of God. It represents the fullness of God’s amazing grace. Unfortunately, for most, our lives seem wrapped up in all the things that He sets us free from. We just don’t know how to navigate a wounded life. God has given us simple things, that we neglect, to help our soul to recover, to rebound and restore a balance of mind, will and emotions.

The enemy of our soul is prowling around like a lion. He wants to steal, kill and destroy and he knows exactly what cascade of emotions, memories, thought processes and misguided perceptions to use to keep us from living the life God intends.

In my personal experience with HealingStrong, I know this part of healing to be the most challenging, yet this is so critical to address. It takes intentionality and focus. Our battle scars from life have a way of impacting the health of our soul. Do we allow our emotions to get the best of us? Does our mind wander on things that are past or fear of the present?

**This year, please take time to focus on renewing your soul and getting rid of the wounds, forgiving others, and shaking off the mud and muck that keep you from living a life of freedom and healing.**

Here are some resources and videos, in order of what I believe to be excellent support and help:

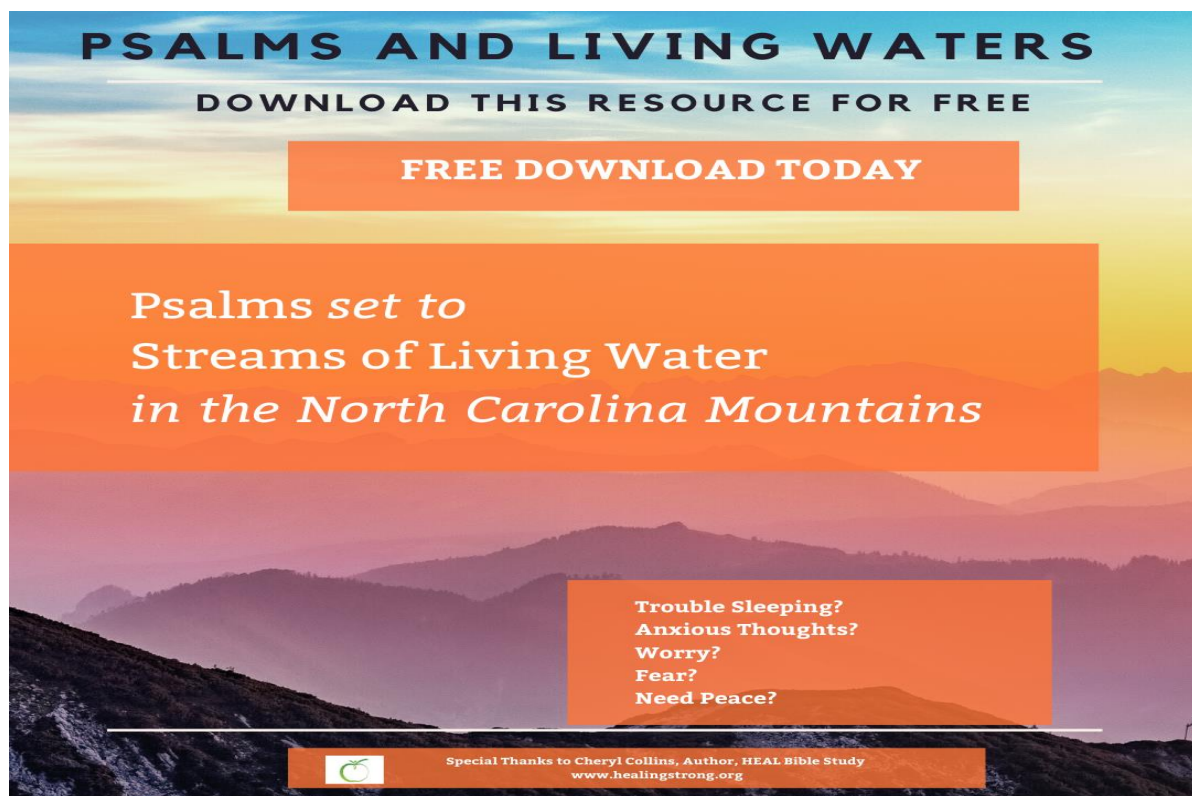
- 🕒 **RAK MINISTRIES** – They offer FREE one on one emotional healing sessions that help address the root causes. Many of our own HealingStrong leaders have been through the personal sessions and trainings and all agree... RAK Ministries is one of the most powerful personal healing tools. To setup a session, go to: [rakministry.com](http://rakministry.com) This is a FREE service.



### Do you know anyone suffering from depression, anxiety, worry, or pain in their lives?

RAK desires to help set people free from these emotional hurts and pains in order that they will be able to walk in love and in power to Advance God's Kingdom. James 5:16 says: "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." and in the first part of Ephesians 4:31 it says: "Get rid of all bitterness, rage, and anger..." We have witnessed the Lord heal many people from emotional hurts and pains rooted in depression, anxiety, anorexia, stress, relationship issues, sexual addictions, and more simply because of the power of prayer. As marriages and relationships are restored, people begin experiencing God's presence in powerful ways. RAK's purpose is to equip every believer to help others be set free from the things that hold them back from walking in righteousness, peace, joy, love, and power.

- 🕒 **Listen to the Psalms:** Reading and listening to the Psalms has a profound impact on our souls. Here is a professional audio recording of Psalms being read to streams of water. You can access the [file here](#):



[FREE DOWNLOAD](#)

- 🕒 **FORGIVE Those Who Have Hurt You and Seek Forgiveness from Others** – Forgiveness is a gift you give yourself and it frees your soul to love again. Here are some resources to help you learn how to forgive from others. Best Selling Author of Chris Beat Cancer and Emcee and Speaker at our HealingStrong Conferences, Chris Wark speaks to our HealingStrong audience and helps walk us all through a forgiveness exercise. Listen in as he shares a very important message about forgiveness. [Watch here](#)



### 🕒 **Worship – Heal through worship.**

*"When we worship, there is a place we can find ourselves in where we are more aware of the spiritual world than our physical one. It's as though our present world temporarily fades away. Have you ever been to a concert or performance where you are momentarily transported by the sheer beauty that you are experiencing? As we worship, THIS is our goal - to become so aware of God's Presence and His love that nothing else matters but being with Him. We are SO aware of God's goodness and love that our troubles and fears are enveloped in His peace."* Rebekah Van Tinteren, Louise Mandl [HealingStrong Lesson on Worship is part of the Group Leader Curriculum. [Become a Group Leader Today.](#)] Below is a video of Rebekah Van Tinteren leading worship at our HealingStrong Conference. [Watch here.](#)

Or click image:





🕒 **Learn from The Bag Lady** – Get rid of the bags you have carried around all of your life! It will free your soul, and alter your perception of your past, present, and how you will see it in the future. Watch these [short video clips](#) of the very talented Jeneen Hammond, a Christian actress, author and speaker. This was originally presented at the HealingStrong Conference.



### 🕒 PRINT the FIYAA AFFIRMATION:

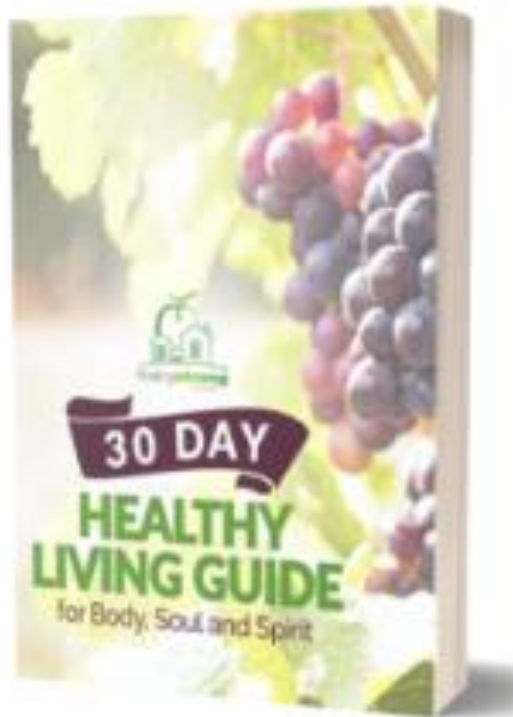
Below is an image you can print from your computer and keep close (on your bathroom mirror, in your car, next to your bed, on your computer.) It's an important acronym to help remind you of areas that you need to daily review and walk out your healing with strength. The affirmation is original to the HealingStrong Group Curriculum and is also part of the Participant Guide that is [free with any HealingStrong membership](#).



FIYAA Affirmation is part of the HealingStrong Groups Launch, as well as the Group Leader and Participant Guides.

### ④ Download your copy of 30 Day Healthy Living Guide

Get your copy through the Membership portal. It provides excellent resources to help you address healing your body, soul and spirit in a step-by-step 30-day jumpstart journal. (Kathy Everett, Author HealingStrong@Home) It includes daily devotionals, detoxification and recipes

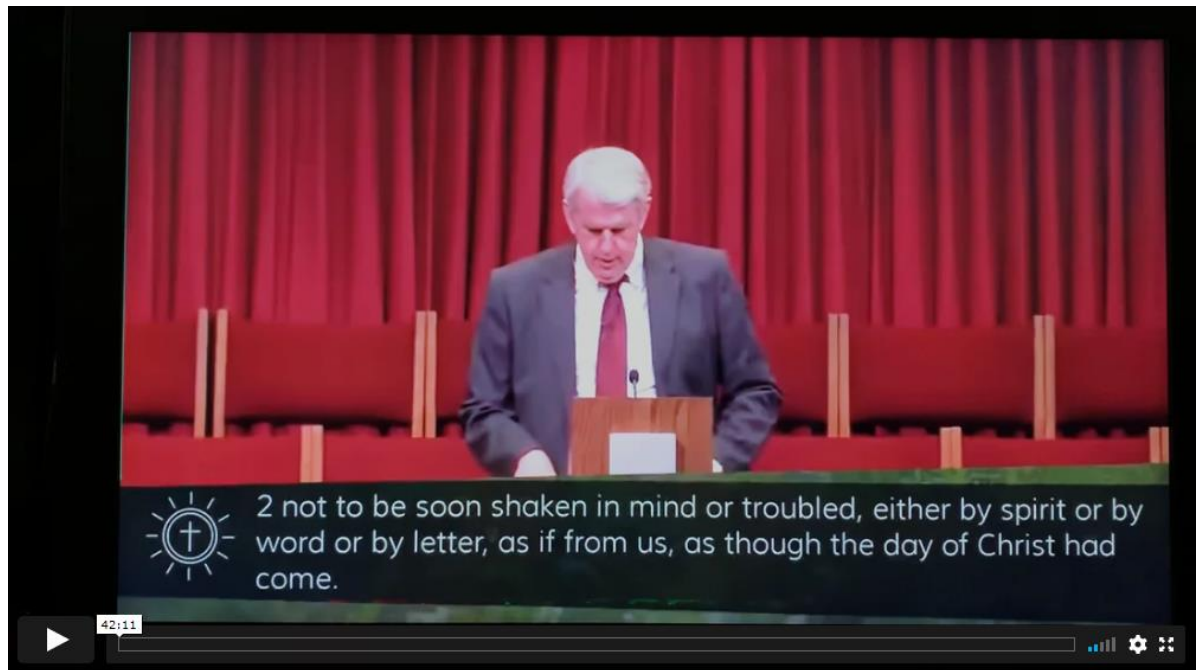


### ④ Turn off the News and Filter everything through God's Word

If you haven't figured it out by now, the news media is a propaganda machine. Turn it off. You will free up time for healing and loving yourself and others. If this past year has shown us anything, it's that we can quickly take our eyes off of God's promises in His Word and His Sovereignty and place it on individuals or institutions – this includes our health. When 2020 was just rearing its ugly head, there was a pastor who spoke out



truth. This was the first one that I saw from a pastor that had a lot to say and it really helped remind me to keep my eyes and ears focused on God's Truth. This video originally went viral and we downloaded it because of the censorship of the media that was going on then and is really ramped up now. It is Reverend Danny Jones from a very small church in Georgia. [Watch here.](#)



Limit your news. Spend time in prayer. Ask God for Healing and cleansing that only HE can bring. TRUST HIM and HIM alone!

# #3

## **REFRESH YOUR SPIRIT:** **Drawing Closer to God**

**REFRESH YOUR SPIRIT**

“I will give you a new heart  
and put a new spirit within you...”

Ezekiel 36: 26 (NIV)

This year, the most important thing to start with is to begin or strengthen your connection and relationship to our Heavenly Father. We are made in the image of God [Gen 1:27, James 3:9]. We are a spirit being, clothed in a body, and we have a soul (a mind, will and emotions). We are not a body with a spirit. *The very breath of God is what gave us life.* Genesis 2:7

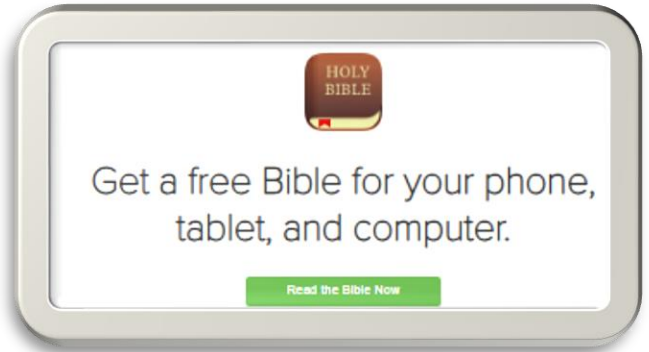
This completes our whole being. Healing one without healing the other will always lead to disappointment, and often-times self-destruction.

There are many resources that HealingStrong offers to help you find the hope you are looking for and to deepen your connection with our Creator and Savior. Accepting His gifts and using them in our lives will ultimately impact everything about us and who we are.

HealingStrong offers you resources based on the Word of God, which we believe is the BREAD of Life. It is the Living Water. It is a lamp to our feet and a light to our path. Without direction from God and aligning our actions to Him, we will just be throwing darts into space, hoping that something sticks and makes sense. Why not go to THE Source of life to help you find the will of God for your personal life? He has a way of helping everything to make sense. Ask Him to give you wisdom and understanding as you spend time in His Word and in prayer. He promises us that we will find Him when we seek Him with all of our hearts. *Jeremiah 29:13*. There is no better place to understand our Heavenly Father's heart in healing than to study the Word of God. His Word tells us in *Psalms 107:20* that *"He sent out his word and healed them; he rescued them from the grave."*

## Get connected through one of these many resources that are free to you

**1 HEAL Bible Study and other Devotions** (Focus on the healing ministry of Jesus and His Words, His messages and His actions. How did He heal? What was said? This study helps you to dive deeper into questions you may have never thought about before.



You can also download them on the Bible App at bible.com, or download the app on your smart phone/device. The icon looks like this:

*Join today on the Bible App (Bible.com) Search Plans [Keyword: HealingStrong]  
Invite Your Friends or Family to Study Along With You*




These are also available free with all [HealingStrong memberships](#). Download and share with your friends. Start your own Bible Study with these FREE Resources.

**[FREE DOWNLOADS](#)**


Plans that you can find on the Bible App from HealingStrong include:

**Remember Me, Lord!**  
7 Days




Have you ever felt forgotten by God? Need encouragement that He'll help you with your greatest need? This 7-day study spotlights the stories of Bible heroes who begged God to remember them with favor, mercy, healing, forgiveness and more. Each prayed, "Remember me, Lord!" And He acted on their behalf.

**HEAL – God's Heart for Healing in Mark**  
20 Days




This 20-day study examines the healing accounts of Jesus in the Gospel of Mark. How did He heal, who, when, why and what can you learn from Him? Jesus' healing ministry addresses body, soul and spirit. This study may change the way you view healing, and most importantly, draw you closer to our Heavenly Father.

**HEAL - God's Heart for Healing in Matthew**  
30 Days




This 30-day study examines the healing accounts of Jesus in the Gospel of Matthew. How did He heal, who, when, why and what can you learn from Him? Jesus' healing ministry addresses body, soul and spirit. This study may change the way you view healing, and most importantly draw you closer to our Heavenly Father.

**HEAL - God's Heart for Healing in Luke**  
27 Days




This 27-day study examines the healing accounts of Jesus in the Gospel of Luke. How did He heal, who, when, why and what can you learn from Him? Jesus' healing ministry addresses body, soul and spirit. This study may change the way you view healing, and most importantly draw you closer to our Heavenly Father.

**HEAL - God's Heart for Healing in John**  
28 Days



This 28-day study examines the healing accounts of Jesus in the Gospel of John. How did He heal, who, when, why and what can you learn from Him? Jesus' healing ministry addresses body, soul and spirit. This study may change the way you view healing, and most importantly draw you closer to our Heavenly Father.

**From Rubble To Restoration**  
13 Days



Have you had something in your life that left you picking up the pieces - an illness, divorce or the loss of a loved one? Is there a pile of rubble that leaves you wondering how God could ever redeem it? From Rubble to Restoration is a 13-day devotional written to encourage people going through a healing journey. It brings together words of encouragement and wisdom from the book of Nehemiah.

**[FREE DOWNLOADS](#)**



**2 Read Through the Bible** – It is the inspired Word of God and our LIFE MANUAL. But the Word of God is more than that. *In the beginning was the Word, and the Word was with God, and the Word was God. Jn 1:1 [and as you keep reading] In John 1:14... “The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.” That’s Jesus!*

It is the inspired Word of God and every part of the Bible points to the story of salvation through Jesus. From Genesis to Revelation, the scriptures bare witness to Jesus. He is our forever hope. Listen in to our final reading (Day 80) of God’s Word where we share testimony to true healing as a result of being in God’s Word together! Click the image below, or [go here](#).



*Day 80 readings with testimonies - HealingStrong October 20, 2020*

The Bible is the most read book in all of time. There is a reason for it. One of my favorite verses: *Taste and see that the Lord is good; blessed is the one who takes refuge in him.* Psalm 34:8 If you have never read the scriptures all the way through, I want to invite you to do so this year. Don't just do devotions if you've never read the Bible all the way through. Make it a point this year, to read from Genesis to Revelation. I promise you, whether you are a believer or not, it will change your life, radically. [Go here](#) to get connected to a Bible reading group. We are committed this year to continue reading through the Bible daily, together. [There is a group reading through it right now](#) by going to: [www.aroundthewordin80days.org](http://www.aroundthewordin80days.org)



### 3 Connect with others in Prayer, Bible Study, Testimonies of Faith and Hope

Personal Prayer, Bible Study, Testimonies of Faith and HOPE, Encouragement and Support – these are the words that describe what happens every **Monday morning at 9:00 a.m.-11:00 a.m. EST / 8:00 a.m. – 10:00 a.m. CST** with the HealingStrong family from all around the country and some even from other countries join



us. It's a precious time to come together right where you are. Our team's hearts are to minister to each other in encouragement and hope, strengthening an intimate and personal relationship with Jesus. Join each Monday on Zoom by [clicking here](#).



**MONDAY MORNINGS  
PRAYER AND BIBLE STUDY**

JOIN HEALINGSTRONG EACH MONDAY DURING APRIL

Instructions emailed every Monday morning. All invited.  
[www.healingstrong.org](http://www.healingstrong.org)

Prayer Time 9:00 a.m. EST ..... Bible Study: 10:00 a.m. EST	Understanding God's Heart in Healing <b>HEAL - Matthew, Mark, Luke and John</b> Discussions Each Month With Others on a Healing Journey	Register for updates on our home page: <a href="http://www.healingstrong.org">www.healingstrong.org</a> .
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## In addition to the resources above, here are some others to help you this year:

- ④ Do you own a Bible? If not, please get your copy today. These are my recommended versions of the Bible (buy one with tabs!) NIV, NIVr, NASB, ESV, or NLT. If you need a copy of God's Word, please email us at [prayerrequest@healingstrong.org](mailto:prayerrequest@healingstrong.org). We will help find you a copy!
- ④ Along with reading through the Bible, sometimes it helps to have a good summary. Here is a great resource: <https://bibleproject.com/>
- ④ Great ministry for preaching and teaching: In Touch Ministries – [www.intouch.org](http://www.intouch.org)
- ④ Need prayer, let HealingStrong pray for you. You can email us your prayer requests at: [prayerrequest@healingstrong.org](mailto:prayerrequest@healingstrong.org)

- 🕒 **Lord, Teach Me to Pray** – Miraculous testimony of God's Faithfulness in Prayer as a mother to a critically ill little boy changed the way that she prayed and they experienced a miracle. This is such a beautiful story of HOPE. Listen [here](#) to Aster Mullins testimony from the HealingStrong Conference.



#4

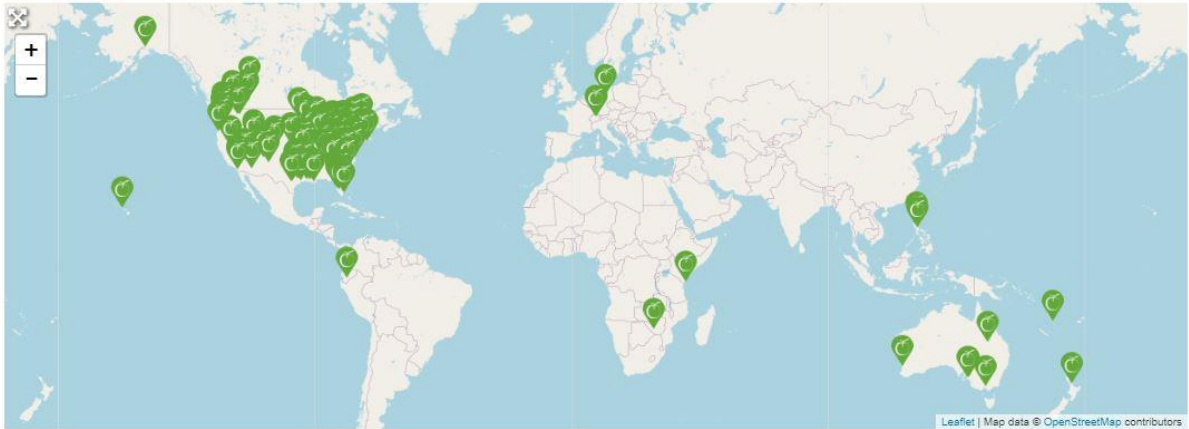
**FIND THE ONES  
WHO HEAL STRONG and  
CONNECT WITH THEM!**

Finally, if you are on a cancer healing journey, CONNECT with others who have been successful or are on a similar path and share your heart to heal and stay strong. This is what we are all about...We help people wipe away the FEAR, and support healing strong and staying strong! [Watch the video](#) below and be encouraged.



③ **Connect with a Local Group:** *"A person standing alone can be attached and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."*  
*Ecclesiastes 4:12 NLT*

That's what we are all about! We heal better in Community! If you can't find a local HealingStrong Group near you, then join an online group today.

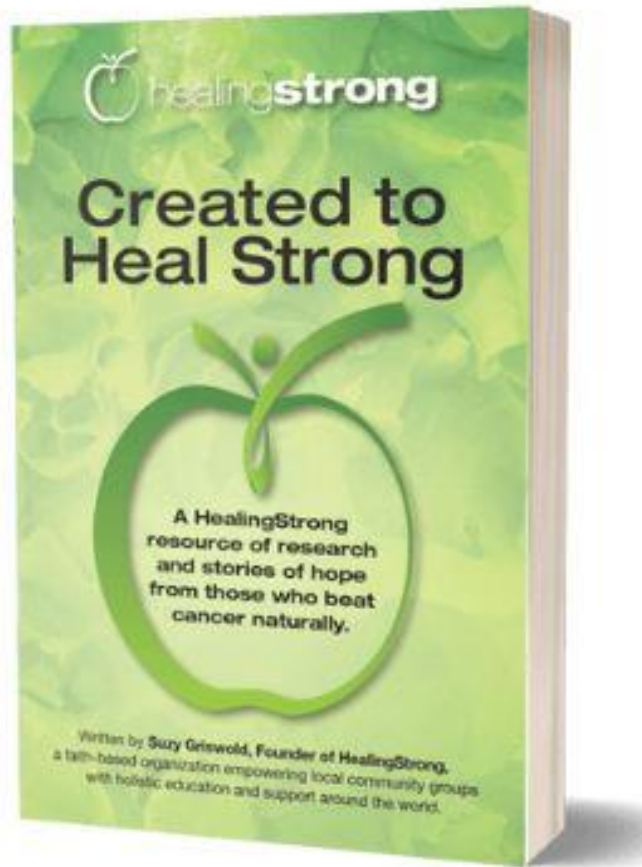


## **Groups are always free!**

- ③ **Start a Group:** Join an amazing group of people from all over the world whose personal mission is to help others to heal. It's the greatest gift to us that we GET TO be a part of so many people's life mission. We offer training, mentorship, curriculum, conferences, monthly support for Group Leaders. You won't find a better group to come alongside you. We make it super easy. Questions or for more information, email us: [groups@healingstrong.org](mailto:groups@healingstrong.org), or....

## **Become a Group Leader Today**

- ③ **TESTIMONIES make all the difference.** I want to share a little resource near to my own heart. It's a little book I wrote that is a compilation of our very first website content. I share my top Aha Moments about my own cancer journey, along with success stories, websites, resources, etc. It will help you to fill your mind and heart with success stories of people who have had the most advanced cases and healed. How did they heal? What did they do?



[FREE DOWNLOAD](#)