



Fortify Your Temple

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Hi, there! Thank you for joining me. My name is Dr. Andrea Hazim. A lot of you know my handsome hubby, Dr. Jeff. We're both chiropractors and nutritionists. My passion is really teaching people about their health...as far as keeping their temples healthy and being glorifying to God with your food and how you eat. If you are anything like me you probably at some point have set health goals and you have dreams about what your future health will look like; or, just dreams in general about your future. You might want to take a trip somewhere or achieve something special in your business or whatever it may be. And, if you are anything like me a lot of times you might fall short on those dreams. Oh, man, why couldn't I hit that mark, that goal that I had? I really wanted to achieve that!

Well, I want to encourage you today with a scripture. I love going to the Word of God whenever I have a question or need encouragement. This scripture is one that has always encouraged me. It is my life verse. It is Jeremiah 29:11 where God says, *for I know the plans I have for you declares the Lord; to give you a future and a hope.* I hope if you have never heard that scripture before that it touched your heart. I know that it is true and that He has a future and a hope for my life and my health. That is what we will talk about today, your health.

Now, a lot of times what I have seen in my life and others is one of reasons why we don't necessarily hit our goals and meet the mark that we may have set is sometimes because it's a feeling...and it is not even a conscious thought...of unworthiness. We might not even realize that we don't feel worthy to take the time out of our schedule to exercise. We don't feel worthy to spend the money it might take to go to a seminar and learn more about health. Or, whatever it may. Sometimes I look at my husband as he is so diligent to work out and I will quickly forsake my time to invest in my temple to go do something else. Well, the kids need me for here or there and I just let it slip away and then there it goes. The goal was not reached; and the goal that was glorifying to God by protecting my temple.

So, I like to come back to why are we worthy? Because we are. Why are you worthy? You are worthy because God has plans for you, like I just told you in Jeremiah 29:11. You are a king's kid, which means you are royalty. You have an inheritance of a heavenly kingdom. But that kingdom doesn't just start in heaven one day. He says in His Word that we are able to enjoy that kingdom now, here on earth. Well, what will it take for us to really achieve those goals and stand up in who we are in Christ and achieve that?

Well, I believe that we must design our life. I think God has a design for our life like it says in Jeremiah. He has plans for us. Well, we need to as well to come into agreement with His plans and make our own plans. So if you think about it, when you design your life, you will be making choices; choices about

every aspect. You might make financial goals; you will have to have choices there. And with every choice there is a benefit for a price.

So, if you lay...there is scripture that says, *this day I call the heavens and the earth as a witness against you that I have set before you life and death, blessings and curses; now choose life so that you and your children may live.* That is in Deuteronomy. I love that saying because it helps us to choose wisely and to realize that there is a choice. Every moment presents a choice...every moment. If you relate it back to health every thing you put in your mouth is a choice...unless someone is forcing food down your throat [laughing].

Usually, you go purchase the food, you put it in your cart, you pay for it with your money and you choose at the register what you will buy. You choose to bring it home, prepare or however you get your food ready to eat and feed it your family, or feed it to yourself. So, it is a choice. I want you to remember that every moment presents a choice. Every choice has a benefit or a price. In the future, I would like to hear my voice in the grocery store or while you're cooking and ask yourself, what is the cost or the benefit of what I am choosing to put in my body right now? Now, if you are choosing to eat an apple, good for you, I am proud of you! But if you are choosing on a daily basis to eat things that are denatured and are going to destroy your temple then I would like you to take a look at that and make a better choice.

In the Word, God has exhortations, He has warnings and there is one scripture that I would like to tell you from Ecclesiastes 7:12. It says, *wisdom is a shelter, as money is a shelter; but the advantage of knowledge is that this wisdom preserves the life of its possessor.* So there is the exhortation that says if you get knowledge it will actually preserve your life. God is giving this advice that He wants us to preserve our life by learning like you are learning right now listening to this teaching. There are others that are a warning.

In Corinthians 3:16,17, He says, *do you not know that you yourselves are God's temple? And that God's spirit lives in you? If anyone destroys God's temple, God will destroy him...Oh, that is so scary...for God's temple is sacred and you are that temple.* So not only are you a king's kid destined for royalty and an inheritance, but you literally are living in a temple of God where His Holy Spirit is dwelling in you. So, we have to take care of this...it's like a little castle that you're living in here on earth. He really desires for us to protect it.

I already mentioned the scripture in Deuteronomy about *blessings and curses, now choose life so that you and your children may live.* I think that is such a beautiful way that God gives us so clearly in His Word that we have to choose. We are an active part. We have a huge part to play. It doesn't just happen by default. A cloud just doesn't come over us and rains down cancer or arthritis, or any other degenerative process. We have to take a look at that.

Now in life there are two sides to every coin. On one side we can have life and on the other side death; on one side light and on the other side darkness; health and sickness; blessings and curses; benefits and then the cost. So we have to constantly look at both sides of the coin to see which way this coin is going to fall. Now I don't believe it is just a random tossup. I believe we have an active part to play and we will literally choose which side of that coin lands up. And, my prayer for you is that you will choose life, light, health, blessings and benefits and make that a lifestyle.

Now are we always going to be perfect? No, of course not. My husband makes fun of me because I am the queen of turning things into a celebration. But, we still have to maintain a lifestyle of eating that will glorify our temple...not in a way of worshiping our temple like an idol. I am not talking about trying to look like a supermodel or Mr. America with all the muscles. But, having your temple be fit for service to

the king...if he calls you into ministry, if he calls you to the mission field, if he calls you to get up early to get your kids ready for school; or to have enough energy at night to give some time to your family and not falling asleep on the couch. We need to protect our bodies and live in a way that we can have that vitality. We have the consciousness during our waking hours that we have so much energy to pour into other's lives and do the responsibilities that we are supposed to every day.

So, what do you think could be possibly be standing in the way for you in your own personal health revelation? I pray today that you get some health revelation and in all the teachings on Biblical Health. That is what they are; they are revelation. Some of the things you might know but you are always adding layers upon layers of your understanding. I love reading an area of scripture over two, three, four or five, or however many times and I get something new out of it every time. So let me encourage you to go back to archive messages and listen again with a notebook. Take notes.

So, back to what is getting in the way of your health revelation...what hurdle do you need to leap over to revolutionize your health? What would you like your health to look like? Well, I did this talk recently and I asked the audience for input. I said what do you think gets in the way? And a lot of hands went up. The things I heard were things like well, I am just too busy; or, I am too tired; when I get home I don't want to cook I had rather just go through a drive through; or, I don't know how to cook healthy; I don't know how to cook at all let alone cook healthy; or, another one was is it really that important...I mean, come on, I know people who smoked their whole life and didn't get cancer; or they ate junk food every day and they are fine and don't have cancer.

So, how important is it really to care about our temple? Or how about this one: I don't know where to start, it is such a big topic; there is so much to learn and I really don't know where to begin; so forget it am just not even going to start. That is a defeatist mentality right off the bat. You haven't even got to the gate yet and you're saying forget it, it is just too much. And then a lot of people would say well, you know I don't have time now but that is something I know should like at; I will deal with it later, but not now. I have too many things on my plate; maybe a month from now, or maybe next year. I am still young, still healthy; maybe when I hit forty and I am starting to feel like I better do something about my health; maybe then.

Well, what I would like to tell you is all of these little hurdles or obstacles that get in the way of receiving a real revelation that would lead you to stepping into a revolution, to revolutionize your health would be what I call the slime of self sabotage. Have you ever seen the goop that little kids...my boys have a recipe where they make their own homemade slime. It is hysterical. It like borax, Elmer's glue and it is crazy. They literally have this slime that they can play with. It doesn't get on anything or stain anything, it is pretty funny. I want you to imagine that you have your hand out right now and I'm handing you a piece of gooeey, wet, green slime. And you're going to play with it and it will represent to you the slime of self-sabotage. Can you see how it oozes and it is cold and yucky? Well, that is what we want to get out of our life.

This is what the enemy loves. He loves for us to destroy our health with our own hands. I don't know about you, but I am not willing to give him any joy. And to not shirk my responsibility to my king to be the best me I can be; and to shine and be able to serve the king...if it is helping someone. Or, like I said before, being able to go; if He says go I want to say, Yes, Lord, where, when and how and have the vitality to do it. So let's get rid of the slime of self-sabotage. That slime grows and just oozes into every area of your life. The next thing you know you are becoming a couch potato and you have no interests. If someone talks about health you might leave the room and you don't want to hear it. You really know in the back of your mind this is an important issue that you can't just ignore for forever. It is something that really deserves your attention.

Like I said, you are royalty. You are a daughter or son of a king. I know that royalty don't live in poverty. They are not eating junk food every day. They are eating the food of kings and I don't mean that literally on this earth you should be eating fine cheeses and desserts and wines. Think about Daniel, he refused the king's food. I just mean for you to have a mentality of abundance; that you deserve to have health in your life. You deserve to have vitality, you deserve to have healthy food; you deserve to have energy. So that is my goal today; to help you get rid of that slime of self sabotage so it isn't destroying your goals.

Now, we need things that are going to back up our desire to reach these goals. For me I have been able to identify what it is that I am passionate about in my life. So, I would like you to think about that right now. What are your passions? Some people might say, oh, my faith! I am passionate about my walk with the Lord. That is awesome. I love it when that is the first answer. How about family? My husband, I am passionate about my kids, I am passionate about my extended family; my parents and my nieces and nephews. I just love my family. How about are you passionate about ministry; about helping orphans and widows and jail ministry, or missions overseas; helping youth, helping elderly? What kind of ministry are you passionate about? How about health? Are you passionate about health? Are you passionate about feeling great, having that energy? Or maybe it is a hobby? Maybe you are passionate about golf. For me it is dancing. I love Zumba. I am a Sumba instructor.

Everyone has something different that they are passionate about. Why am I bringing up passion? Because passions get you excited and they are "the why" that drive your life. So if you can identify the why in your life, why is it that you want to have health? Why is it that you want to have abundance, whether it is financial or spiritual or any way? It is because of the passions in your life. You want to be able to pour into those passions to have them be the main thing of your life. It doesn't just have to be a side thing. Oh, I have my job and I have my passions on the side. It would be such a blessing to be passionate about every thing we do in life.

And so when you have identified those maybe one, two or three and if you have more, great...if it is only just that much more motivating...once you have figured out what your passions are...and if you can write this down. If you can have a journal while we're talking here today, that is even better. Write down your passions. Look at them. Pray about them. And then, you are going to know what your obstacles are and what your passions are that will fuel your goals. Then and only then will you be ready to learn how to reclaim your health. And that how is a big topic. It is a big topic. It is a topic that we discuss fully in every aspect of the spectrum on Biblical Health TV. You get so much teaching on how to reclaim your health.

But, first I want you to identify what your obstacles are, where you are having the slime of self sabotage, set about to remove it and then identify your passions. With all those tools, hopefully written down in your journal where you can see them on paper...that makes it so powerful...then you can take a look at what is going to happen next. How you will reclaim your temple and get some tools for help.

You know, God desires that you take an active part in protecting your temple. Yes, it is His desire. If you read Proverbs 4:7, it says, *wisdom is supreme; get wisdom*. Get is not a passive word. Get is an active word. Get is you actually have to get out of your chair. You have to get some energy, some momentum and reach for it; strive for it and desire to have it. It is out of your way in other words. It doesn't just come to you and fall into your lap. You have to go get it. What is he telling you? Get wisdom. *Though it costs all you have, get understanding*. Those are two huge words: wisdom and understanding.

On Biblical Health TV this is what we are all about. We are about providing you with wisdom and understanding. Today we are talking about the wisdom of knowing your obstacles, knowing what gets in your way; the understanding of what fuels you, what are your passions? What are your goals? Let's set

some goals, some short-term goals, some little action steps to achieve them and then some long-term goals with your health. Maybe a short-term goal might be to do like maybe a two-day detox, a little cleanse; two days of liquid, like you're drinking water for two days. There is something called the Master Cleanse. You can put lemon juice and cayenne...you can look up that recipe or something like that. That could be a very small short-term goal to help you get to some long-term goals in your health.

But whatever you do, remember God is encouraging you to get wisdom, get understanding. Though it costs all you have, okay? Now with all of that knowledge that we just talked about, you are going to be able to fortify yourself. And what is your self? Like we said earlier in the scripture, like God said, your temple. You are the temple of the Holy Spirit. You are holy.

Your temple is literally a holy place where God dwells inside of you. I see it kind of like a little castle. A castle to me is something that is fortified, right? I think of the Old City of Jerusalem with King Solomon's temple and how beautiful it was, this fortified, beautiful temple on a hill with walls around it; that beautiful imagery of that place where God dwells. Now you have to see yourself the same way. You are a small version of that. And what is it going to take to fortify you? Well, you are going to have to protect yourself and put boundaries around yourself and help yourself.

So here are a few tips of what I think will help you. First, is the Word of God. Definitely, first and foremost, I provided you with a lot of good scriptures today from Corinthians, Proverbs. I would like you to write all those down on index cards and tape them around your house. You will think of me. I have done this. This is where I got these Scriptures from. God has given me these in my health journey when I was learning. So, number one you will fortify yourself with the Word of God; memorizing it, posting it, looking at it, meditating on it and just knowing it. Knowing it is...specifically in the area of health, because that is what we are talking about here today.

Now another one could be prayer, and, of course, the power of the Holy Spirit. You are dead in the water if you don't have the Holy Spirit. God cares about every aspect of your health. Don't think that it is a silly thing to pray about. I love telling this story: we had a woman once who attended a seminar who literally told me that she couldn't eat a vegetable because she would gag. And she was too embarrassed that the vegetable might go flying. So, we prayed for her taste buds. We prayed for the gag reflex. Literally! And, you know, she was laughing. Some people would say, oh, come on...why would you pray about that? I believe God cares about everything that affects your health. Everything! So we prayed.

Anyway, I forgot about that prayer and a couple of weeks or months later this woman invited us over for dinner. We came and she was so proud and excited to point out the fact that she had cooked a vegetable stir-fry and she was happily eating it. I had forgotten about that prayer. She said, don't you remember you prayed for my taste buds and my gag reflex? I can eat every vegetable now. God healed me! So He cares. And let me just encourage you, maybe that will speak to you in some way. Maybe you just don't like fruits and vegetables. But, you know what God desires for you to like them. He put them in the Garden of Eden for us. They are life giving. The life in that fruit and vegetable will provide life for your body. So, we need to start getting those into our diet more and more.

Another one is get wisdom like we saw in the scripture earlier. And how will you get that wisdom? Remember it is active not passive, it is not just going to fall on your lap? It is not just going to download into your brain like you're syncing your iPod or something. You have to get it, you have to go out and get it. And with that you will gain health tools, tips, things that you will learn that you can put in your tool belt of health. They will help you get through this journey of the crazy food culture world that we live in, okay?

What else? You need like-minded friends. People who will stand beside you and be your undergirding and hold up your arms. When you are in a battle, when you are tempted to go down, give in and eat those things that are going to destroy your health...I am not saying that once in a while you shouldn't do that. Of course there are times when it is appropriate such as birthdays, anniversaries, or parties. However, things like that can seem to string together and become one big lifestyle. If it is your children you are allowing to eat like that then they literally are living on a birthday party diet. That is not a lifestyle of life in your food. That is all dead food and that is not something you want.

So get with like-minded friends. Get with like-minded moms. I know a lot of what I call pure moms who don't allow their children to eat food coloring, hydrogenated oils, artificial sweeteners, white flours and things like that is just not in their homes. I love when my kids go there because I don't have to be worried about what they are eating over there. It is just pure and they are like-minded. So it is a great environment for your kids to also have other friends and family that eat the same way. Your husband or your wife...get them on board with you with your health journey. It is so much more powerful when two join together and you have God...you know the scripture about the three-corded strand and how it is not easily broken. Well, that is what you need. Fortify yourself, link yourself up with other like-minded friends and believers and family members who can go on this journey with you.

And don't discount your children! Your children are great accountability. I know I have taught my kids how to be label detectives and now they will literally say, why did you buy this, Mom? Did you see the ingredient in this? Maybe I didn't have my magnifying glasses that day to read the ingredient or whatever it is...or we're at a party. They know that they are going to come and ask. They know and they don't want it to eat those things that make them feel sick and sluggish, and get runny noses and sore throats or whatever it is.

And, lastly, set yourself up with an accountability buddy. At least one person that you can say I am committing to...for example...not eat sugar for the next thirty days and detox that from taste buds and every cell of my body. And have someone who will check in with you. Maybe you text them every day or maybe they text you, how is it going today? And you are not alone and you help them with a goal in their life. So if you have someone who is in it with you, helping you with your goals along this journey of health you will be that much more successful. And you will have fortified yourself.

You know, I have had people ask me in the past, what do I do if I don't have any one in my life who is really into health? How do I bring it to them? It is one thing to have my new friends, it is another thing to have a community of friends where you are the first one learning these truths. So, what can you do? Well, I want to give you some encouragement and maybe a little insight...I was there too at one point. It was actually difficult with my own family. After I started to learn these things and went to Grandma's house for dinner and didn't want to eat her white pasta and didn't want to eat her this, that and the other...and it was difficult; it was a difficult environment.

So, what can you do? Well, I think the best thing you can do...and it is kind of like sharing our faith. The best thing you can do is to lead by example and be a light in front of them. You don't want to bowl anyone over with how you know it all and they don't, or I have the right answers and you're wrong. That will turn people off in a hurry. People love yummy food. So what I would encourage you to do is find some great recipes.

Recently I have been making this white bean cake. Now, people say, oh my gosh! You made a cake out of beans? And they don't even want to try it. But if I don't say this is bean cake and they eat it, it is like the moistest, it seems like a box mix of some mainstream brand you would find on the supermarket shelf. It is moist, yummy, yellow cake. It is made out of beans, literally beans with coconut flour, coconut oil, and

some eggs. You can't believe how delicious this cake is. Well, you bring that to a party and people say, oh my gosh, what is this? And then you can say, oh I am so glad you like it. Guess what there is no sugar in that! And guess what, there is no white flour in that (beached with Clorox). And guess what, the icing is healthy it is not full of sugar. And they really can't believe it and will ask you for the recipe. That gives you the lead in and you can continue on with other things.

Well, you know what I found this and I really don't need the food coloring because there is this version instead. And so on and so forth. You will have such delight as people come to you now as the expert on the block [laughing]. That is a lot of fun because they are open to you saying anything. If they have a question they will say, did you read anything or do you know anything about this? You can say, no, but I will look it up for you. That is a great way to lead in.

Oh, another one that I like to do at parties is to make a big batch of herbal ice tea. Now most people are going to drink that sugary sweet corn syrup food coloring typical tea. But, I make the most delicious tea that is herbal tea (Celestial Seasonings is the brand, I love them; they have so many flavors like blueberry or cherry or peppermint or just the traditional tea flavor) and then I sweeten it with stevia. Stevia is zero calories and is made from a leaf. People go oh my gosh. Kids go crazy. They love it and can't drink enough of the tea. And when I get to oh, here's the tea and I put the box on the counter and here's the sweetener...just touch your finger to this, it is six hundred times sweeter than sugar with no calories and no harmful chemicals. It is not aspartame. And then you have their attention. You have their attention because it is something they can do in their house. It didn't cost any extra. They can buy it at the same supermarket where they always shop and do this for their family. My kids make the tea. I don't even have to do it. So it is a win-win. And you become the expert. I hope that will give you some good ideas.

So, what is one more thing that you could possibly do? Keep learning on Biblical Health TV and gaining the wisdom and knowledge through this tool that God has provided in your life. Look up on the internet to find healthy recipes to cook. Anything that you want to cook in your kitchen you can swap out the bad ingredients and replace them with good ingredients. You can also fortify with yourself with being creative in the kitchen; and just having a standard. That standard will help you because you will not settle for less than what you feel God is showing you is a standard for your family.

I can share with you what the standards are for my family and you might want to implement those in your home. But that is something that I really would like for you to learn and get the wisdom here and then take it to the Lord and have Him confirm that to you. If you are not really getting that backup from Him then it is not going to be as real to you.

So I am excited for you and I can't wait to hear. Maybe you can send me an email or let me know how you are doing or if you have any questions. This is an area that I think you are going to be so successful once you have fortified yourself. You will have those passions in your life that are going to fuel it. So you will have your backup, your fortified castle, your passions...you are ready to go. There is no more slime of self-sabotage. You will take that slime and throw it as far as the east is from the west, like God does with our sins, right?

So, thank you so much for joining me here today and I want to encourage you on your journey. I look forward to our times together in the future where I will get to teach you some more on the how to like we talked about today. So stay tuned and just keep on keeping on. I am excited for you. I look forward to sharing with you again in the future. May God go with you as you continue to learn. God bless you. Bye bye.

White Bean Cake

Process together wet ingredients well in mixer, food processor, or strong blender:

- 2 cups Cooked White Beans (cooled)
- 6 Eggs
- 3/4 tsp Liquid Stevia (plain or vanilla)
- 1 tsp Vanilla Extract
- 1/3 cup Honey

Then add dry ingredients and puree well:

- 1/4 cup Coconut Oil (liquid)
- 1/3 cup Coconut Flour, sifted
- 1/2 tsp Sea Salt
- 1 tsp Baking Soda
- 1.5 tsp Baking Powder



Pour into greased and floured pan (if preparing a sheet pan – 2x the recipe)

Bake at 325 degrees for about 30 minutes (about 20 minutes for cupcakes); check by inserting a toothpick into the middle, if it's clean stop baking



Dr. Andrea Hazim has always had a passion for health. She started her wellness career at 19 while living in England. After attending massage school in London, she practiced in the U.S. for more than 13 years. Andrea soon learned the value whole food nutrition plays in helping patients reclaim their health. Dissatisfied with today's woefully deficient dietary habits, especially that of children, she turned her attention to studying nutrition and natural health. After receiving her first bachelors degree in Nutritional Sciences from Life University in Atlanta, Georgia, she went on to earn a second in Dietetics, as well as a Doctorate in Chiropractic.

While on a Chiropractic mission trip close to graduation, God led her to met her husband Dr. Jeff Hazim. They were married shortly afterward and moved to South Florida. Together, they opened a chiropractic practice, which developed into a diversified wellness center resulting in many lives changed!

Together they have produced not only 3 sons, but a powerful DVD wellness series titled "Lessons for Healthy Living" . This five-part seminar reveals what "True Nutrition", "Prevention", "Healing", and "Optimal Health," really mean. Those who watch and apply these teachings consider "Lessons for Healthy Living" to be a life-changing tool producing real life, long term benefits for their entire family! For more info: www.LessonsForHealthyLiving.com

When Andrea is not busy wearing her Wife or Homeschooling Mom hats, you will find her hosting cooking shows, educating with a passion for health and motivation, and even enjoying Zumba Fitness with anyone who will join her!

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