



12 Changes A Year: the recipe book to the Number Crunch Diet - you have to crunch the numbers to see what you're really eating (Volume 3)

Jumper Publications and Media

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Health Independence - this is volume three of building your recipe repertoire. You are by now well-on-your-way to Health Independence. Congratulations winner.

But you're not done yet. Body is only step one. It's the first step of the journey - Body Mind Soul

And that is the correct order. The "world" will sometimes mix it up, mind body soul, soul mind and body. But, it's a deception to get you to think you can achieve the next higher levels without mastering the body. That has to come first. Read *The 5 Points of Posture*. It's mostly about posture, but I explain this order more in Chapter 10 of this book. Surely you've noticed that the "diet books" weren't all about diet. There were "keys" here-and-there along the way. So, Body then Mind then Soul. Those three, the trinity of your being, will allow the Spirit to Shine through.

Many people "believe" and "say" they have the Spirit, the Holy Spirit. Well, News Flash - if you have it, you don't have to tell people. They can see it from twenty-feet across the room when you walk in.

Recently, science has proclaimed that cholesterol is actually needed and not the "bad guy". Medicine is furious. There are billions at risk if the public buys into this.

Jumper Publications is 95% answers and only 5% do we pay any attention to the mainstream broadcasting of "information". That's the devil. JPM looks to the light. If it's inside you, then it will show you the way, the truth.

In John 18.37, Jesus dying on the cross used the word "truth" twice. "I/Jesus bear witness to the truth" and "Everyone that is of truth hears my voice." Hm, so in Jesus's last moments, he seems to be harping on that truth thing.

In John 14.6, Jesus says he is "the way, the truth, and the life." **Jesus is "The Truth"**, about things.

Getting caught up in cholesterol and heart disease or vaccines and autism, well, learn about them yes, but don't let them distract you from the truth. Find the truth and you'll find your answers.

So your next step of the journey is Mind and Soul, on your way to Spirit. Body Mind Soul => Spirit

Your number-one number-one top-of-the-list goal, should not be your kids, or your spouse, or your career, job, or money. Believe me, your kids and your spouse don't want to be your "gods", your "number-one" in your life. That's why they push you away. You're too attached to them. And they can feel it.

Your #1 #1 top goal in your life should be - **That when Jesus comes back, He recognizes you.** That means, He sees the Truth in you. That means that you will have to go through your "closet" and clean out all the lies. That closet is your mind. The next step after this book on your JPM journey. God Bless and Have a Wonderful Day.

John 14.3, **"I will come again"** per Jesus.

Jumper Publications and Media - *Light Years Beyond The "Diet and Exercise" Advice*

The NCD - A numbers-based plan you can work in any direction you want to go, fat loss, size gain, or weight maintenance.

TCY "Reality-Show Recipes" for the person who wants real-life cooking.

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