

HEALTH STEWARDSHIP

Take care of your body and your body will take care of you. You did not create yourself. Your body is God's gift to you and His possession. He desires your health, happiness and well-being. Take care of your body for God's sake, your own sake and the sake of others!

FIVE ESSENTIALS

1. PRAY - for good health daily.
2. EAT - the correct quantity & quality of food.
3. SLEEP - an average of 8 hours daily.
4. EXERCISE - at least a half hour per day.
5. AVOID - things harmful (smoking, drug abuse, etc.)

PRAYER

Lord God, heavenly Father, I did not create myself. My body is your gift to me. Enable me to be a good steward of it by pursuing the essentials for good health. Enable me to eat properly, sleep adequately, exercise sufficiently and avoid all things harmful. Empower me to use myself to your glory, the welfare of others and my own good. I ask this in the Name of Jesus, the Divine Healer and Helper. Amen.



**Lose a half pound daily by
coupling the FSSS Diet with
a half hour of daily exercise**

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Developed
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CONTROLLING

FATS SALT SUGAR STARCH

BASIC PRINCIPLE

Lose weight by controlling the intake of Fats, Salt, Sugar and Starch (carbohydrates) and reducing the amount of food intake.

THREE CARDINAL RULES

1. Be selective about food quality and quantity.
2. Eat when hungry; eat less and more often.
3. Exercise

MEAT

Eat $\frac{1}{2}$ normal portions of fish or fowl (skinless, baked or broiled - not fried). Avoid red meats.

VEGETABLES

Eat all you want of vegetables grown above the ground (lettuce, celery, peppers, beans, etc.). Eat $\frac{1}{2}$ normal portions of those grown below the ground (potatoes, carrots, beets, etc.)

FRUITS

2 per day. (your choice).

CEREALS

One portion per day (sugarless). Bread - 3 slices per day.

DAIRY

2 eggs per meal twice per week.

OILS

3 pats of butter per day. Olive oil is best for cooking.

LIQUIDS

Water - Milk (skim) - 100% Pure Fruit Juices (self-squeezed best) - Soft Drinks (diet: no salt/sugar) - Coffee & Tea (with sugar substitute & skim milk).

SNACKS - DESERTS

Dried nuts. Popcorn (dry-popped with limited salt & oil). Diet rice cakes, diet snack bars, light yogurt, etc.

PROCESSED FOODS

Read the labels! Avoid foods high in fat, salt, sugar and starch (carbohydrate) content. Saturated & trans fats raise "bad" (LDL) cholesterol. Avoid hydrogenated & high fructose items.

NO ALCOHOL

NO CALORY RICH CAKES, COOKIES, PASTRIES, ETC.

The above brief outline is intended as a simple guide and should be expanded according to the FSSS Basic Diet Principle. A low metabolism rate in some individuals may slow down weight loss.

HELPFUL HINT

When tempted to cheat, say "FSSS" and obey!

WARNING

The FSSS Diet may be harmful to those with medical problems and certain medications. Consult a physician before undergoing the diet.