

Long Term Spiritual Warfare

A. Foundational Attacks of the Enemy.

1. Early childhood experiences.

Early childhood trauma, training, relationships, etc, often allow demons into a child's life or body. Once in place they start a lifetime of influence, which gets stronger as the child matures. Fear is the threatening stick.

2. Habits.

Most habits develop from our early years, often under demonic influence. The stronger the habit, the more likely it is, at least in part, to be demonically influenced. Fear of failure and rejection are more examples of demonic influences through the stick; often accompanied by the carrot.

3. Food addictions.

These are particular dangerous because they are not stick driven but carrot driven. There are 3 major food elements, which make your food taste better: fat, sugar and salt. While all three are vital to life, it is very easy to use them in excess; and excess over time is deadly, especially for those who don't bless their food.

B. Defusing the Time Bombs.

1. Living in the Fruit of the Spirit (FOS) will defuse the time bomb but you cannot wait until the bomb goes off before you start walking in the FOS. Get on the escalator of the FOS today and everyday by practicing love and discipline.

2. Walk in love by being a loving forgiving person to counter negative childhood experiences and to recognize or tone down bad habits.

3. Practice self-control and moderation in all areas of your life and especially in the areas of food control. The devil is the master of extremism.

C. Sugar Addiction.

1. The idolatry of sugar.

a) Treat it like a controlled drug. Today FDA would make it controlled.

b) It can be a demonic magnet.

c) It is an easy and acceptable addiction (i.e. comes with pet demons).

2. Major negative effects of sugar.

Five bad things happen when a person uses sugar or over-carbs (i.e. eats unprocessed or excess carbohydrates) without blessing it.

a) The person builds fat; the excess sugar (glucose) is stored in fat cells as triglycerides.

b) It causes a spike in the person's sugar levels and insulin cycle.

c) It suppresses the person's immune system, rendering him/r susceptible to sicknesses and diseases.

d) It removes calcium from the person's bones. It is a major cause of osteoporosis.

e) It destroys brain cells.

Note: Giving up 1 soda per day saves 50,000 calories per year, which equals 25 days of normal eating.

3. Quotations

National Institute of Health: "If we could get Americans to do just three things – stop smoking, stop drinking and not be obese – we could eliminate over 87% of ALL disease in the United States."

What is the most accurate indicator of Health and Aging?

The number one most accurate indicator of how healthy you are and how successfully you are aging is HOW LEAN YOU ARE – YOUR BODY FAT PERCENTAGE' – Biomakers. Irwin H. Rosenberg MD and William Evans PhD (Based on studies by Tufts University).

D. Sugar Video.

1. Video: Sugar is not a treat by Jody Stanislaw youtu.be

2. Added Sugar. (from goodhousekeeping.com)

Aliases: Fruit juice concentrate, agave nectar, evaporated cane juice, corn syrup, caramel, maltose, maple syrup, dextrose, tapioca, glucose syrups, confectioners sugar, barley mat, molasses, turbinado sugar, galactose and treacle.

Note: Check labels even on sauces, condiments, dairy products, breads, crackers, and beverages. I will personally add, "Check breakfast cereals."

Compute: Steps to calculate your recommended daily average sugar intake.

Start with your daily calories (e.g., 2000). Take the first 3 digits for your 10% daily added sugar goal. Divide by 4 to get daily sugar grams. Divide by 4 to get your daily teaspoons.

3. Major medical challenges which can result from diabetes.

Heart disease, stroke, kidney damage, nerve damage, digestive problems, skin problems, sexual dysfunction, teeth and gum problems, circulatory problems, sores and ulcers, difficulty in healing of cuts and wounds, foot swelling, pain and discomfort, and death.

Sugar Measurements

Note: All sugar measurements are for 8 ounces of beverage (1 cup) unless specified otherwise.

Number	Beverage Name	Sugar in Grams
1	Coke (8 oz – 2/3 can)	27 (Can = 40)
2	Orange juice	22
3	Apple	26
4	Cherry	25
5	Grape	39
6	Grapefruit	33
7	Prune	24
8	Carrot	14 *
9	Mango/coconut water	14 *
10	Protein Zone 8 oz (1/2 pint bottle)	28
11	Protein Zone 16 oz bottle (1 pint)	(56)
12	Whey Protein powder (per scoop)	1 *
13	Jello store made	34
14	Jello package (per serving – 1/2 cup)	38
15	Yogurt (fruit)	32
16	Yogurt (plain)	15 *
17	Yogurt (Vanilla)	27
18	Pepsi	27 (can = 41)

28 grams equal **1 ounce** (oz)

4 grams equal 1 teaspoon

7 teaspoons equal **1 ounce**

8 ounces equal 1 cup

2 cups equal 1 pint (16 ounces)

2 pints equal 1 quart

4 quarts equal 1 gallon

Sugar Statistics

Note: The average American eats 3 pounds (48 ounces) per week or **7 ounces** per day (i.e., $7 \times 28 = 196$ grams per day or $7/8$ cup).

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Note: Average American eats 71 grams per day of **added** (i.e., not natural to the food) sugar.

Discretionary calories are those eaten after one's daily needs are met by high nutrient food.

Discretionary sugar should be less than $\frac{1}{2}$ of discretionary calories.

Discretionary sugar: men 38 grams per day (9 teaspoons)
women 25 grams per day (6 teaspoons)

On food labels, added sugar or discretionary sugar should read 50 grams (12 tsp), based on 2000 calories per day.

Weight Statistics

Daily caloric intake is 2000 calories for an average size person.

One pound of fat equals 3500 calories.

To lose one pound takes 7 days of walking at 5 miles per day, which is equal to 10,000 steps per day.

Each pound of fat requires **x** mile of blood vessels to support it.
1 mile (Obesity Action), 7 miles (most documented), 100 miles and 200 miles.

End to end length of blood vessels in the human body is 60,000 to 100,000 miles.