



LIVING A KETO ZONE LIFESTYLE

KENNETH COPELAND AND DR DON COLBERT

Air Date: February 19-23, 2018

DAY 1 – EATING RIGHT IN THE KETO ZONE

Dr. Don Colbert is our guest, and he is giving us information about healthy eating habits. In our country, we choose to eat large amounts of sugars, carbs and starches; and as a result, one in three people is obese. Sugars, carbs and starches are the root cause of so many diseases. Consider a life of fasting to counteract diseases.

STUDY IT

- I. Dr. Don Colbert is our guest, and he is giving us information about healthy eating habits.
 - Dr. Colbert also has a new book, *Keto Zone Diet*.
 - No matter what our diet, we need to stop and think before we eat anything (Proverbs 23:1-3).
 - The Bible mentions the glutton and the drunkard in the same context, because each causes an addiction (Proverbs 23:20-21).
 - You have to eat something to stay alive, so how can you get free from food addiction?
 - The LORD told Kenneth Copeland, *You are particular about what goes into your airplane engine. Be diligent about what you put in your body.*
 - Brother Copeland received a revelation from God of what changes needed to be made in his eating habits.
 - People with huge physical problems go to Dr. Colbert. When they have had a health catastrophe, they are open to receive instruction to change their eating habits. Dr. Colbert wants people to change their diet because they have a revelation of the benefits of eating healthy, before they have a health emergency.

- II. In our country, we choose to eat large amounts of sugars, carbs and starches; and as a result, one in three people is obese.
 - Eating the typical American diet is dangerous to our health, because it invites 35 diseases into our bodies.
 - Sowing the wrong kind of foods into your diet causes you to reap Alzheimer's, sicknesses, and destruction of the brain and body (Galatians 5:6-7).
 - You may not realize what you are inviting into your body when you eat this way.
 - The key foods we get addicted to are sugars, carbs and starches. These foods feed cancer. Sugar is cancer's favorite food.





- Here's how it works. Sugar increases dopamine in the brain.
 - Dopamine is the reward system in the body. When you eat sugar, you get a burst of dopamine, the feel-good chemical. It makes you feel bliss, euphoria and pleasure.
 - As you continually eat sugars, starches and carbs, you get addicted to those foods mainly to feed the dopamine surge. Most people want that surge every three or four hours.
 - Sugar, and foods that form sugar, are very addictive. When tested, rats and mice choose sugar over cocaine —that's how addictive sugar is.
- Sugar increases the output of a powerful hormone in your body—insulin.
 - Insulin programs you for fat storage, particularly in the belly.
 - When you choose to eat sugar, your insulin goes up. After a few hours, your sugar drops and unleashes a ravenous appetite.
 - Now, you're on the cycle of every three to four hours needing another sugar, carb or starch to get your burst of dopamine, to raise your blood sugar so you don't have a hypoglycemic reaction, or low blood sugar.
 - The results are weight gain and sluggishness, becoming insulin resistant, and inviting diabetes into your body.
- Eventually insulin stays high all the time. When insulin creeps up higher and higher, it causes you to have more belly fat, and invites 35 major diseases into your body, especially Type 2 diabetes and obesity. Because sugars and carbs cause plaque buildup in your arteries, you are subject to heart disease.

III. Sugars, carbs and starches are the root cause of so many diseases.

- The No. 1 cause of death in this country is heart disease.
 - This is due to excessive sugars, carbs and starches, creating the plaque that shuts down the arteries and kills you.
- The No. 2 disease that causes death in this country is cancer.
 - Cancer's favorite food is sugar. There is a special test called a PET scan to detect the presence and location of cancer. During the test, radioactive-tagged sugar, called FDG, fluorodeoxy-glucose, is injected into a person's body. Cancer cells gobble up the tagged sugar, and the doctor can pinpoint the location of the cancer.
- Get a revelation of what your eating habits are bringing into your body. Don't wait until you are diagnosed with a heart attack, stroke, cancer, Alzheimer's disease or complications of diabetes.
- Make a decision to lay sugar, excessive carbs and starches on the altar, and follow the plan. Follow that decision with a commitment.
 - It takes three weeks to form a habit; three months to form a lifestyle.
 - Commit to a program for three weeks of eating differently, and detox by refusing to eat sugars, carbs and starches. Get a partner to help you through this.





IV. Consider a life of fasting to counteract diseases.

- Jesus called us to do three things: pray, give and fast.
- There are tremendous health benefits medically from therapeutic fasting.
- When you follow the Keto Zone lifestyle, you are following a fasted lifestyle.
- When you fast for 12 hours or longer (up to 18 hours a day), you unleash a process in the body called autophagy.
 - Your body goes into a state of self-cleaning of the cells on a cellular level. Your body starts to get rid of old, worn-out proteins, mitochondria, organelles and cell membranes.
 - Damaged proteins create damaged cells that can undergo one of three things.
 1. You can keep your damaged cells and feel rotten.
 2. The cells can go through apoptosis, or programmed cell death.
 3. Damaged cells possibly form cancer cells.
 - Therapeutic fasting cleans out these bad cells and helps prevent cancer.
 - Also, cleaning the body starts to clear out those abnormal proteins in the brain that trigger Alzheimer's. It clears out the beta amyloid, the tau protein.
 - The body literally shuttles these abnormal proteins into a structure of the cell called the lysosome, and it breaks it down and reuses the amino acids to form more good proteins.
 - What turns off autophagy, or self-cleaning? Sugars, carbs and starches and high insulin.
- By fasting at least 12 hours, through the night, you are unleashing one of the most wonderful mechanisms in the body to prevent cancer, Alzheimer's disease and other diseases.

MAKE IT PERSONAL

Make a decision to lay sugar, excessive carbs and starches on the altar of sacrifice. Follow that decision with a commitment to change your eating habits for three weeks. Write what foods you will add to your diet, and which ones you will take away.



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DAY 2 – WHY THE KETO ZONE DIET?

Why the Keto Zone diet? Just like engines need proper care, the physical body also requires proper care, which can be accomplished through the Keto Zone diet. Each cell in your body is composed primarily of fat. Put the key combination of foods together—which include healthy fats, protein and veggies—in simple recipes to enter the Keto Zone. We must change our eating habits, and stop eating sugars, starches and too many carbs.

STUDY IT

- I. Just like engines need proper care, the physical body also requires proper care, which can be accomplished through the Keto Zone diet.
 - Sugars, starches and carbs weaken your immune system.
 - If you overeat during the Christmas and New Year's holidays, you will be very susceptible to the flu in January.
 - For a healthy body, you need to be in the Keto Zone, or a state of nutritional ketosis, or keto adaptation where your body shifts from burning sugar as the primary fuel to burning fat.
 - Your heart and your brain prefer fat rather than sugar for fuel.
 - It takes a few days to get into the Keto Zone, to shift from burning sugar to burning fat.
 - For diabetics, it may take one or two weeks.
 - Supplements are available that can move you directly into a state of ketosis.
- II. Each cell in your body is composed primarily of fat.
 - In most of the cells in your body, 55 percent of the fat is composed of mono-unsaturated fats.
 - What foods contain this fat? Olive oil, avocados, almonds, macadamia nuts and other nuts and seeds.
 - Twenty-seven percent of the cell is composed of saturated fats.
 - The last bit of fat that's in that cell is polyunsaturated fats, found mainly in fish oil and some nuts and seeds.
 - In your diet, when you combine saturated fats with about 40 percent of monounsaturated fats, it elevates your HDL, your good cholesterol.



- It lowers your triglycerides, sugars, C-reactive protein, inflammatory mediators and LDL bad pattern B cholesterol tremendously.
- The cholesterol that causes plaque in your arteries is not pattern A. Pattern A is neutral and doesn't cause plaque in your arteries. Pattern B is not good, because it is more susceptible to oxidation.

III. Put the key combination of foods together—which include healthy fats, protein and veggies—in simple recipes to enter the Keto Zone.

- There are recipes in Dr. Colbert's book, *Keto Zone Diet*.
- About 70 percent of your diet should be made up of healthy fats.
 - Eating the right amount of healthy fats satisfies your appetite, and actually helps to burn body fat.
 - The result is that your brain thinks clearer, and your heart has its preferred fuel.
 - Twenty percent of your diet should be saturated fats—grass-fed butter, coconut oil, even organic, free-range heavy whipping cream.
 - Fifty percent should be healthy fish, salmon, fish oil or capsules.
 - In the Keto Zone, you must keep your carb intake down to around 20 to 30 grams a day—which is mainly eating salads, green veggies and berries.
- Protein should make up 15 percent of your calories per day. Don't eat excessive proteins, or else your body will turn it into sugar.
 - You can have a small rib-eye steak as long as it's grass-fed, not grain-fed.
 - In America, our animals are fed corn, which is 90 percent genetically modified, and soybean, which is over 90 percent genetically modified, thereby turning healthy meats into inflammatory meats.
 - You can have chicken salad, but don't use mayonnaise you get from the grocery store. It is made from soybean oil. Use olive oil-based or avocado oil-based mayonnaise. Avocado oil is high in monounsaturated fats, it's really filling and it tastes good. Wrap chicken salad in lettuce wraps instead of bread, or use Dr. Colbert's seed bread.
- About 15 percent of your calorie intake should be carbs in the form of berries, about a quarter cup a day of any berry, or lemons or limes. Add stevia for a sweeter taste, if you want.
- Eat salads, every kind you can think of—romaine, cabbage, arugula, as well as green veggies such as broccoli, green beans and asparagus. Add grass-fed butter and/or olive oil to your green veggies.
- That gives you the right combination to enter the Keto Zone. You will shift your body fuel from sugar to fats. This new way of eating closes the door to most chronic diseases, because it lowers inflammation in the body, and removes insulin swings.
 - When your insulin is low, you are going to burn fat, and you're going to lose weight.
 - As a result, you don't get the highs and lows that sugar and carbs cause.





- You literally become a fat-burning machine, and provide the best fuel for your brain and heart, and for increased energy.

IV. We must change our eating habits and stop eating sugars, starches and too many carbs.

- As we get older, we are not able to eat as much sugar, carbs and starches without gaining weight. Those foods move people into the prediabetic state, which leads to full-blown diabetes; and their bodies become insulin-resistant.
- Clean out sugars and prepackaged foods (ice cream, doughnuts, crackers and cookies) from your refrigerator and cupboards.
 - These were manufactured with precision to entice people to eat them and to eat a lot of them. They cause food addiction.
- The food industry makes a huge profit on the sale of sugars, starches and carbs.
- The medical community makes millions of dollars on the treatment of diseases caused by eating too much sugars, carbs and starches.
- When fat was branded a killer, our country switched to low-fat, and an epidemic of disease is occurring.
- Don't go to the world to get your information. Don't walk in the counsel of the ones who are "un-God-like" (Psalm 1:1). Go to God's WORD.

Additional scriptures: Proverbs 23:1-3, 20-21; Deuteronomy 30:19

MAKE IT PERSONAL

Dr. Colbert has given us information to begin the Keto Zone diet. Write down what you might eat for lunch on this diet.





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DAY 3 - THE KETO ZONE LIFESTYLE

There are foods that nourish your body, and foods that do not nourish your body. God's view of foods is found in the books of Leviticus and Deuteronomy. The Keto Zone diet reduces inflammation in the body and is a possible way to recover from diabetes and cancer. Commit to lay on the altar foods that will harm you, and enjoy a healthy Keto Zone lifestyle.

STUDY IT

- I. There are foods that nourish your body, and foods that do not nourish your body (Proverbs 23:1-3).
 - The natural man needs help concerning food intake.
 - Your flesh (mind, will and emotions) cannot get victory over the flesh, but your born-again spirit will get victory over the flesh.
 - When The WORD of God is in place, you will win over the flesh.

- II. God's view of foods is found in the books of Leviticus and Deuteronomy.
 - Everything God said about food, faith and the renewing of the mind is based on man living 120 years on the earth (Genesis 6:3).
 - Moses and the children of Israel ate manna, which was perfect food. It had the perfect amount of fats, carbohydrates and proteins, and no one was sick.
 - Moses, at the end of his life, was strong and in good health (Deuteronomy 34:7).
 - God wants to satisfy you with long life (Psalm 91:16).

- III. The Keto Zone diet reduces inflammation in the body.
 - Inflammation is the root cause of over 90 percent of diseases.
 - Dr. Colbert has patients who go to him with Type 2 diabetes. They are eating sugar, carbs and starches at every meal and between meals. He gives them information about changing their diet. Some agree and get better, and some refuse.
 - It is possible for Type 2 diabetes to be reversed.
 - Prayer and confession don't change a person's blood sugar levels until the diet changes. The healing power of God has to be received, *and* you must obey.
 - Just like a car's engine, put the wrong things in there, and it will not work.





IV. The ketogenic diet is a key to possible recovery from cancer.

- You must change your choice of foods to take the sugar and inflammation fuel away from cancer cells.
- A cancer cell is genetically modified and becomes immortal. That is, it can't undergo self-destruction because of certain genetic modifications that it does to the body.
 - Instead, the cancer cell continues to grow and reproduce, stealing nutrition from the body.
 - The nutrition in your body that should remove the cancer is actually going to the cancer cells to help them spread.
- Cancer cells are sugar feeders. If you eat with the right balance of fats and proteins, the cancer cells go into survival mode, and your immune system can destroy them.

V. Commit to lay on the altar the foods that harm you.

- Glorify God in your body, because it belongs to God (1 Corinthians 6:19-20).
 - Your body is not your own (Romans 12:1).
- Kenneth Copeland refused to quit the ministry, even when he was tired and in pain. He called his body his "sacrifice."
- Jesus said to Brother Copeland, *I sacrificed My body for yours. Now, you are sacrificing your body for Mine.* His Body is the Church.
- Now, you have a revelation. Get dedicated. Commit yourself to the program for at least three weeks. If you stay with the program for three months, it will become part of your lifestyle.

Additional scripture: John 3:6

MAKE IT PERSONAL

Make this declaration with us:

My body is not my own. It was bought by the blood of Jesus. Therefore, I choose to glorify God in my body. I refuse to overeat. I reject food addiction. With my will, I choose to eat healthy foods, so my body can be strong and fit for the abundant life God has given me.



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DAY 4 – LET FOOD BE YOUR MEDICINE THROUGH KETO

God's WORD tells us to think before we eat. Let food be your medicine by eating healthy with the Keto Zone diet. Put The WORD of God in your mouth. Getting healthy is a spiritual and physical process, and it works!

STUDY IT

- I. God's WORD tells us to think before we eat.
 - There is deceitful food that looks good and tastes good, but it will kill you (Proverbs 23:1-3).
 - When knowledge comes from the Bible, it's a command—not an option.
 - Anything we do that is not from faith, is sin (Romans 14:23).
 - All of God's promises and instructions are based on His plan for man to live 120 years (Genesis 6:3).
 - You need to get serious about giving God your body as a sacrifice.
 - You don't own your body. If you're a Christian, God owns you. If you're not a Christian, the devil owns you.
 - God will receive your sacrifice of your body. This is your reasonable service (Romans 12:1).
 - Make this declaration: "My body is not my own. Jesus paid a terrible price for it. I belong to Him, spirit, soul and body. I'm His, and He's mine."

- II. Let food be your medicine by eating healthy with the Keto Zone diet.
 - Too many people in the Body of Christ are dealing with sickness.
 - In many cases, there's no need to blame the devil—your words are the problem. There are two things with which you are killing yourself.
 1. Your mouth—you are cursing yourself with your words. The devil doesn't have to do anything, because your own words license your problems. The power of death and life are in the tongue (Proverbs 18:21).
 2. The food on your table—choosing to eat an unhealthy diet.
 - Opera singers were overweight, because they used food to build up their bodies and their vocal cords, so they could sing in full voice for 45 minutes or an hour.



- A famous opera singer, **Plácido Domingo**, built up his body with exercise so he could sing in full voice. He did it without the help of the Lord.
- We have The LORD's help to build up our bodies with diet and exercise. We need to be physically strong to continue in the privilege of sharing the gospel.
- Kenneth Copeland wrote a book called *The Decision Is Yours*, emphasizing the necessity of making a quality decision.
 - Take Communion over your decision.
 - Write down the decision, and know that God and you (not you first and then God) will see it through.
 - Read your decision over and over, and stay with it.
- Brother Copeland said this diet made it possible for him to stay with his decision to eat right, and brought him to a place where he could do it.

III. Put The WORD of God in your mouth. Getting healthy is a spiritual and physical process, and it works!

- Inflammation is the root of arthritis in the hips, knees, back, fingers, hands, toes and neck, along with chronic pain.
 - What feeds inflammation? Eating sugars, starches, carbs, fried foods and fast food, and not drinking enough water.
- When you eat a lot of sugars, carbs and starches, you stir up the insulin hormone that creates inflammation and triggers a tremendous appetite.
 - When you get the insulin lowered and stabilized by the Keto Zone diet by getting 70 percent of your calories as fat, you don't have to hunger. Your appetite hormones come into balance, and you can go five to eight hours with no hunger.
- Inject faith into everything you say about your body, your diet and your life.

Additional scriptures: Psalm 91:16; 1 Corinthians 6:19; John 10:10; Romans 4:17

MAKE IT PERSONAL

Make this declaration with Kenneth Copeland:

Heavenly Father, my body is a living sacrifice. I choose You, Jesus. I choose to serve You. I sacrifice my body to You. I offer it to You. From this day forward, it is not my body. It is my sacrifice. I lay this body on the altar, on the altar of my faith. With Your grace, Your help and Your strength, I can do this, and I will do this; so help me, God. I receive it. I'm strong! And I call myself strong. I call myself well and healthy. I rebuke all inflammation in my body, all sickness and all disease. I say according to Mark 11:23, "I am not hungry." I tell my body when to be hungry and when to eat. Thank You, Father. In Jesus' Name. Amen.



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DAY 5 – MIX FAITH WITH RIGHT EATING THE KETO WAY

God has provided His WORD and the faith to receive all good things. Join in as Dr. Colbert answers questions from the studio audience. Use your faith in God to receive His blessings, healing and a long, healthy life!

STUDY IT

- I. God has provided His WORD and the faith to receive all good things.
 - It is not an abundant life to have a body full of sickness, joints full of pain, hurting, aching, losing and gaining weight (John 10:10).
 - God said in His WORD that you should serve The LORD your God. He will bless your bread and water, take sickness away from you and the length of your days He will fulfill—120 years (Exodus 23:25-26; Genesis 6:3).
 - It's a serious thing to eat food that is not good for your body, and to have and nourish a food addiction (Proverbs 23:1-3, 20-21).

- II. Question: Why the Keto Zone diet?
 - Most diets cause you to burn sugar for fuel. The Keto Zone diet moves you to the place where you burn fat for fuel. This reduces fat in your body, removes your belly fat, and turns off an unhealthy appetite.

- III. Question: What's the difference between the Atkins diet and the Keto Zone diet?
 - The Atkins diet is a keto-generic diet, but he allows a lot of meat and every form of fat.
 - The Keto Zone diet is healthier. It restricts the meat you eat to small amounts of only grass-fed animals and no processed meat or fried foods. It majors on the healthy fats.

- IV. Question: How long does it take to lose belly fat once you are on the Keto Zone diet?
 - Women should limit their calories to 1,500 a day and follow the Keto Zone recipes to lose one to two pounds a week.
 - Men should limit their calories to 2,000 a day, and should see weight loss of two to three pounds a week.



- If you want to speed up the loss of weight, add exercise to your program. Also, use Keto Zone coffee or tea in the morning and afternoon. There are other products from Dr. Colbert you can add, and you'll be burning fat for hours. Your appetite will decrease, and you'll lose weight and inches.
 - Some people can skip breakfast and fast for 12 to 18 hours a day. Your body will be in a fasted state and will be cleaning out bad proteins.
- V. Question: Is the Keto Zone diet beneficial for couples trying to conceive, or women who are breast-feeding?
- Couples who are trying to conceive can and should use the Keto Zone diet.
 - Women, if you are pregnant, you need to eat more calories than this diet provides. Try to eat around 2,000 to 3,000 calories a day.
 - You may need to get your thyroid checked, especially your free T3 level, particularly if you have cold hands, or cold feet, or your metabolism is off. If you're tired all the time, most likely your metabolism is low and your thyroid is low. Symptoms of low thyroid include losing a third of your eyebrows, dry skin, hair loss, or constipation. Find a doctor who can prescribe a natural thyroid supplement.
 - Women who are breast-feeding can use the Keto Zone diet, if they increase their calorie intake to around 2,000.
- VI. Question: How do you educate medical doctors to be open to the things you are discussing when they have been trained differently?
- Spirit-filled doctors should be open to information about diet.
 - Give the doctor Dr. Colbert's book, share that he is a Christian and ask his/her opinion.
 - Most doctors are trained by the pharmaceutical industry, and they want to medicate you. There are medicines that are needed, but generally speaking, there's a better way with diet change and exercise.
 - Some doctors are focused on the profit they make from patients who have diseases. They are not interested in healing the patient, just treating the symptoms.
 - If you change some key lifestyle habits, you can often reverse some of these diseases.
 - Healing is in The WORD of God. If you correct something with food, by your obedience, you've unleashed the healing power of God in your body.
 - Healing is not in the food, but food can correct the situation, and the healing power of God can work.
 - Healing always comes. When someone who has faith lays hands on you, you are healed. But if you follow up divine healing by eating excessive amounts of sugar, carbs and starches, you will not get any better.
 - By Jesus' stripes you were healed 2,000 years ago. Receive it (1 Peter 2:24).



VII. Question: What if you're not in ketosis, and you're still eating high fats but hardly any carbs, how will that affect your cholesterol?

- Usually your HDL good cholesterol goes up, and your LDL bad cholesterol goes down. Your neutral cholesterol, which is the LDL pattern A, may go up, but it doesn't cause plaque.
- There's a special test for that called the NMR lipoprofile.
- For more information and to answer other questions go to ketozone.com. We will help with menus and articles, and we can become your accountability partner.

Additional scriptures: Mark 16:18; James 1:5

MAKE IT PERSONAL

Ready to commit to the Keto Zone diet? Please let us know how it's going. [Click here to share your experiences](#), or [contact us on Facebook](#).

We invite you to become a Partner with Kenneth Copeland Ministries as we preach the gospel of Jesus Christ on every available voice. Click here to go to kcm.org/partner, or call us today at 1-800-600-7395.