

# Take Charge of Your Health

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## Description:

A thoroughly practical course on how to live in vibrant health in the midst of a sick society. We will examine all aspects of healthy living, discovering the amazing correlations between biblical injunctions on diet and health and the most recent scientific research. You will also learn how you can take charge of your own health, keeping yourself young, vivacious, attractive, and free of degenerative diseases! You will learn how to overcome sickness and degenerative diseases by: 1) detoxifying your body, 2) rebuilding your immune system, and 3) nourishing your body's cells (Deut 7:12,15).

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## Course Objectives:

### Academic:

When you complete this course, you will:

- List the three keys to preventing and overcoming sickness and degenerative disease.
- List at least five things you can do to accomplish each of the three keys.
- Understand and simply state the basics of how your lymphatic system works.
- Quote I Corinthians 6:19, 20.
- Quote I Corinthians 10:31.
- List the main food groups included in the Genesis diet.
- Quote Exodus 15:26.
- Briefly discuss the value of antioxidants and list at least three powerful antioxidants.
- List at least five specific benefits of exercise.
- Name the three categories of exercise.
- Understand and simply state the relationship between your mind and body.

- Know the three key Greek words for “power” and how they relate to ministering divine, supernatural healing.
- Describe at least two “techniques” that can be used to pray for supernatural healing.
- List at least three specific things you can do to increase the flow of the anointing in your daily life.
- List at least five results of a fast as described in Isaiah 58:6 - 12.
- Briefly discuss what happens in a “tissue cleansing” or “healing crisis” and why it may occur.

### Attitudinal:

As a result of your application of the truths you learn in this course, you may recognize certain changes taking place in your attitudes, adjusting them to the following:

- You will worship your Creator for His awesome wisdom in the forming of your amazing body!
- You will recognize more fully than ever before that your body is the temple of the Holy Spirit and that He has a vested interest in how you maintain it.
- You will no longer delegate responsibility for your health to others but will accept the responsibility as your own.
- You will begin to view food as the fuel your body needs to function properly and keep itself in good repair, rather than simply the means of satisfying a fleshly desire.
- You will see exercise as a good thing!
- You will treasure your health and your body's unceasing efforts to maintain and restore it.
- You will honor the biblical commands which prescribe healthful choices and actions, accepting them as instructions from the “Owner’s Manual” which are given for your good.

- You will earnestly desire to live more and more in the positive attitudes of faith, hope, and love.
- You will give praise to the Lord for His mercy expressed through His gifts of supernatural healing.
- You will have increased faith to pray for supernatural healing for yourself and others.
- You will glorify God in your body (I Cor. 6:20).

### Behavioral:

If you apply the teaching of this course to your life, you will be changed. Some of these changes will be as follows:

- You will actively seek to please God by obeying His instructions concerning the care of your body.
- Whether you eat, or drink, you will do all to the glory of God (I Cor. 10:31).
- You will apply the law of purity to your life on a daily basis.
- You will fast whenever the Lord tells you to.
- With joy, you will take every step that God calls you to in the care and restoration of your body.
- You will ultimately trust God for health and healing as He has promised in His Word.

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### Texts:

*Go Natural* by Mark & Patti Virkler

*Vibrant Health* e-book by Mark and Patti Virkler  
(Download from [www.cluonline.com/vhbook](http://www.cluonline.com/vhbook))

*Take Charge of Your Health* CDs or DVDs by Mark Virkler

## Standards for Grading Assignments

As indicated below, “C” or 2.0 level work is considered average. **Leaders are not average people.** You are therefore expected (required) to put forth the effort necessary to demonstrate at least “B” (3.0) level work or higher on all assignments which you submit. Any which do not will be returned to you with input from your instructor on how you can raise your grade to the expected level. **A course grade will not be given until your assignments demonstrate that you have understood the material presented in the course and allowed your life to be transformed by the Spirit and the Word studied** — the requirements for attaining a “B”.

Your individual assignments (notebooks, tests, reports) will be graded according to the following standards. These grades will be averaged together to determine your course grade. Remember, we are training leaders and leaders are above-average people. Your work will reflect that.

- “D”
  - Indicates barely passing work that is inferior to the average both in quantity and in quality.
  - Manifests a lack of initiative or sense of responsibility or both.
- “C”
  - Average work; either steady work of an acceptable quality, or work of a high quality which is uneven, irregular or fragmentary.
  - May be mechanically or outwardly correct but shows little reflection upon or personal assimilation of the material.
- “B”
  - Intelligently has fulfilled the requirements of this course.
  - Understands the subject matter presented and has applied it to his life in a limited manner but has not really made the truths his own.
- “A”
  - Grasped the material with thoroughness, industry and correctness of detail.
  - Made the material his own by thinking about it and integrating it, using originality, natural ability, and insight.

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## Course Requirements:

1. Classroom students must attend classes faithfully. Distance students must either view the DVDs or listen to the audio CDs of Dr. Virkler teaching the course.
2. Thoroughly read the book *Go Natural*. Answer all related Exercises found here in your Student Notebook. These will be submitted to your instructor in Lesson 12.
3. Read the *Vibrant Health* e-book as assigned.
4. Demonstrate that your life has been affected by the teachings of this course by personally establishing a quality of health that generates a score of more than 81 points on the “Quality of Life Questionnaire” (pp. 259, 260 of *Go Natural!*). A score of more than 100 points is even more desirable.
5. Earn at least a “B” on all tests (not Self-Tests).
6. Write a report on one of the collateral books listed on page 12 of this syllabus. This must be a minimum of four typewritten pages. Discuss what God said to you through the book and how He is calling you to live. Comment on any new facts you learned and any way your attitudes and actions have been changed as a result of studying the book. This report is due in the final lesson.



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# HEA 102 Take Charge of Your Health

## Course Schedule

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### Lesson 1

#### Assignment to be completed:

Read the Introduction and Chapter One of *Go Natural!* by Virklers.

Listen to CD or view DVD Session One, taking notes.

Complete the Exercises found here in your Student Notebook (beginning on page 13).

Memorize I Corinthians 6:19, 20.

Take the “Quality of Life Questionnaire” on pages 259 and 260 of *Go Natural!* and record your initial score. You will take it again at the completion of the course.

Mark Virkler continues to explore many avenues of healing and living in divine health. His most recent book on the subject is the e-book *Vibrant Health*, which is a series of short articles on a variety of subjects. Download from [www.cluonline.com/vhbook](http://www.cluonline.com/vhbook) and read the “Introduction to This Book” and “Introduction to Vibrant Health,” articles 1 – 8.

Complete and correct Self-Test One.

#### Subjects to be explored:

An Unhealed Nation

#### Related objectives:

- You will list the three keys to preventing and overcoming sickness and degenerative disease.
- You will list at least five things you can do to accomplish each of the three keys.
- You will quote I Corinthians 6:19, 20 NIV (“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”)
- You will no longer delegate responsibility for your health to others but will accept the responsibility as your own.
- You will recognize more fully than ever before that your body is the temple of the Holy Spirit and that He has a vested interest in how you maintain it.

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### Lesson 2

#### Assignment to be completed:

Read Chapter Two of *Go Natural!* by Virklers.

Listen to CD or view DVD Session Two, taking notes.

Read Chapters 1 – 3 under “Gifts of Healings – Additional Ways God Heals” in the *Vibrant Health* book to understand the theological foundation for continuing to pursue health even if you do not receive a miracle healing.

Chapters 9, 11, 13, 21, 23, 24 and 28 under “Gifts of Healings – Additional Ways God Heals” in the *Vibrant Health* book all relate to the importance of healthy food

choices. Take time to read them and hear how the Lord wants to speak to you through them. Record what He says to you.

Complete the Exercises found here in your Student Notebook.

Memorize I Corinthians 10:31.

Complete and correct Self-Test Two.

#### Subjects to be explored:

The Genesis Diet Heals!