



Created  
to be  
**Wonderfully  
Well!**

We have been misled about health and wellness. We are not designed to be ill all the time. Celeste Davis has rediscovered true healing through our 'god-made' bodies.

Be  
**Nourished!**



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# Out of Options...

When standard medicine and health strategies failed to restore my health, I started seeking wisdom. Eventually, I ran out of options and began to sink into a depressed state of mind. So, I asked for divine wisdom and discovered how to harness the healing power of "The God-Made Body".

CERTIFIED HEALTH & WELLNESS COACH  
CELESTE DAVIS



I had a rude awakening in the year 2000, when a corporate wellness test revealed my 42-year-old body was like that of a 67-year-old! In lieu of this, they gave me the advice to see my doctor, count calories, and exercise.

Of course, I followed that advice; but after four(4) years, I was fatter and sicker—not to mention, more depressed than ever.

My health affected everything in my life. Determined to find a solution, I eventually discovered the laws surrounding *true health*, lost 76 lbs., and rediscovered the joy of living.

## "The God-Made Body"

Modern culture has led us to believe that illnesses are not curable, only maintainable. However, this is a terrible fallacy.

- God Created your body to HEAL ITSELF!
- Healing does not have to take years!
- You have purpose and happiness to claim.
- Healing chronic diseases is possible.

*Celeste*



## Celeste, the Professional

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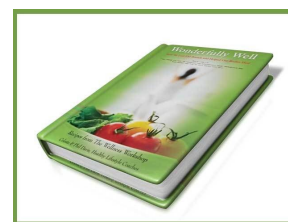
In addition to her personal discovery and spiritual journey, Celeste spent many years obtaining certified health training and is a consultant to large international companies as a wellness consultant.

**Certified Health & Living Well Coach, Author, Course Instructor, Radio Show Host KITC 106.5 FM, & Corporate Wellness Consultant, Professional Cook Instructor at Wholefoods, Inc.**

Celeste has 10+ years of experience helping individuals, organizations and their families to restore energy, reach comfortable body weights, and bring health numbers back to normal.

### Regularly Astounds Doctors

Utilizing her expertly crafted and proven programs, clients experience improved health, more energy, release from pharma dependency, lower weight, and greater happiness. Celeste's students regularly report that their doctors are astounded at the rapid reversal of chronic health conditions. It's all possible, because her programs are carefully crafted to fit real life--so that EVERYONE can 'Be Nourished.'



Celeste hosting her Radio Show on  
KITC 106.5 FM

BODY

Being nourished requires that we feed our  
body, soul, & spirit with substances  
necessary for rejuvenation, healing, and  
good health.

SOUL

SPIRIT



"I Cried Out"

*Then, when I ran out of options, I really cried out to God.  
"Please send me help...I can't do this on my own."*



# God's Design is Good

*By Celeste Davis*

Certified Health & Wellness Coach  
Author, Corporate Wellness Consultant  
Radio Show Host, Mother, Grandmother, Wife,  
Devout Christian.

*Celeste*

**My** personal mission statement is: *"To Incite People to Confidence in God".*

You see, when I was fat, sick and tired; trying all the *standard* modern ways to lose weight and restore my health...you know...count calories, exercise my butt off and take medicine, I lost confidence.



**I lost confidence in myself because I knew I wasn't at my best.** I lost confidence in the standard ways of doing things because they didn't work. I lost confidence in my doctors because it seemed they didn't know what to do and some didn't even seem to really care about me.

*But worst of all I lost confidence in God,* in his love and care for me and His ability to make a difference in my health or even my life!

**Then, when I ran out of options and I REALLY cried out to God...** please send me help...I can't do this on my own"...His answer was right there and I Got Well! Yes, ***I Got Well in 21-days!*** And, I've been well now since 2005! My confidence in God was restored in a way that was very unusual to me.



**Y**ou see, I learned that God created my body Wonderfully Well. **Scripture backs that up...Psalm 139:14** says, "I will praise you, for I am fearfully and wonderfully made."

## A Terrible Fallacy...

That went against everything the media, pharmaceutical and medical communities were saying.

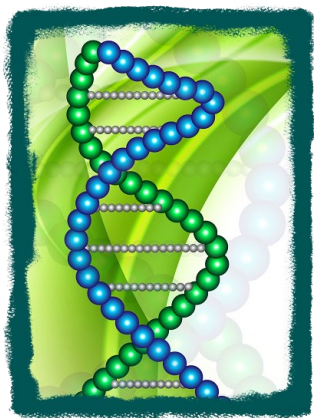
They were saying your body is flawed, your DNA is damaged, your genetics are messed up...you are fat, sick and tired just like your relatives and you don't have a choice! My friend **Shannon Garrett** of [Holistic Thyroid Care](#) put it this way...



### PSALM 139:14

"I will praise you, for I am fearfully and wonderfully made."

*"Your body's ability to heal, is greater than anyone has permitted you to believe".*



**It's true! God made our body to heal itself;** and for anything that the body can't handle, **Isaiah 53:5** tells us that Jesus already provided for our healing **"by His wounds (the beating Jesus took before going to the cross) we are healed."**

**Here's the bottom line; God created your body to heal itself.** You can see that when you cut your arm. Your body on its own, sends blood to cleanse the wound.

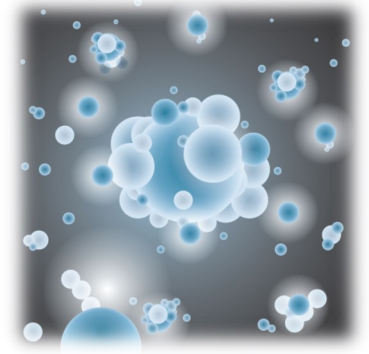
Then, your body without any help from you, creates a scab to protect the wound while your body goes to work under that scab completely repairing the skin and tissue; and when the work is finished your body, again, without any notice from you, releases the scab and your arm is healed.



**Your Body is  
Designed to Heal**

# This is God's design for your entire body!

Research by [Dr. Jonas Frisen](#), a stem cell biologist at the Karolinska Institutet in Stockholm, has now proven that your body, at the cellular level, is only 10-15 years old—regardless of your birth age!



Think of it...you have new blood every 120 days, new skin every 21 days, new bones every ten(10) years. And your liver, the one that is always working to keep you toxin free. **Its cells are replicated 300 to 500 times PER DAY!**

## I experienced this in my own body.

I had degenerating [spinal] discs in 2005 and arthritis in my right hip that was so severe I couldn't even bend my leg fully. After seven(7) years,...yes,...just 7 years of juicing and nourishing my body, soul and spirit the way God intended, **the degeneration in my discs and arthritis in my hips were completely gone** (proven by x-ray). My doctor was jumping up and down with excitement. "Your spine is now textbook perfect!"

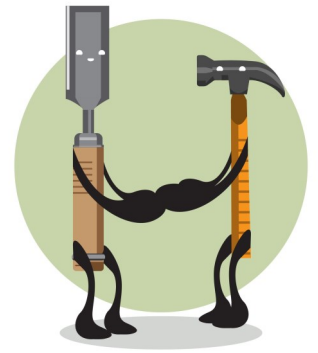


This is great news for you who are experiencing chronic and degenerative diseases. The body is always doing its part to keep you healthy—**our job is to PARTNER with God's design** and give our body the building materials necessary to keep you healthy.

*I liken it to repairing your roof.* Most roofs are designed to last at least 20 years. If your roof has a leak and you don't fix it, you will experience damage throughout the entire house. In order to repair the leak, **you need the correct building materials, tools and a construction crew** to do the work.



**No** one would think of putting tissue paper over a hole in the roof. Nor would they buy all the materials to repair the roof and hire a construction crew that didn't have tools. It would be ridiculous to think that you could just stack up some roofing materials and tools and the roof would repair itself without the construction crew.



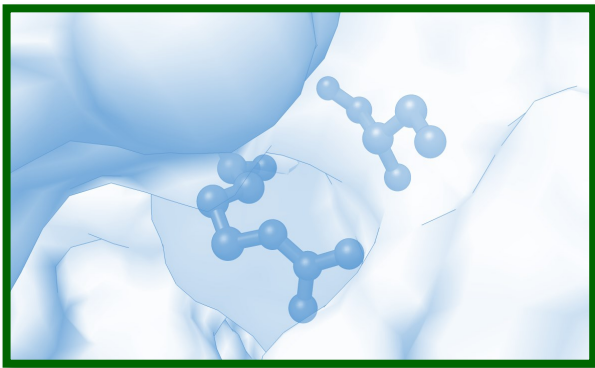
## So it is with our body.

**Our body needs the correct building materials...**these of course, are the vitamins, minerals, proteins, fats, carbohydrates and sugars we get from our food.

It [the body] needs **REAL** building materials, **the ones God made, to provide proper repairs.** Processed foods and junk food may provide calories, but they are the same as repairing your roof with tissue paper, it doesn't work.

## Our body also needs a construction crew.

**God gave us three types of construction crews.** They are called enzymes: food enzymes, digestive enzymes, and metabolic enzymes.



Ubiquitin-activating enzyme —Wikipedia

- **Food enzymes**, active only in raw, uncooked foods, break the foods you eat into nutrients so they can be put to work in the body.
- **Digestive enzymes** are excreted by the body to digest cooked foods and finish the job started by food enzymes in raw foods. The digestive process makes the nutrients available to the body for use.

**Metabolic enzymes**—[Laura Fucci](#) and her team, at the *Biochemistry National Heart, Lung, and Blood Institute*, National Institutes of Health, Bethesda, Maryland 20205, submitted research to the *US National Academy of Sciences* is stating that metabolic enzymes affect the aging and degeneration process of your body. They keep you young by stimulating your DNA to respond to the right foods and the right environment.



he tools for repair are your glands and organs. These must function correctly for the enzymes and the vitamins, minerals, proteins, fats, carbohydrates and sugars to be used correctly.

Here's the truth I am confident in.

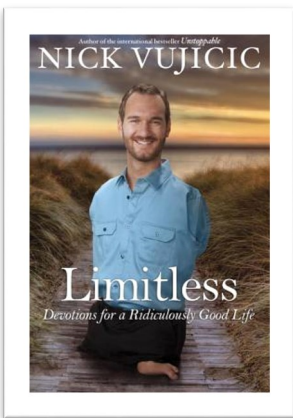
—God wants you to be well.

"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers" (NAS) 2 John 3.



There are very few people in this world God has asked to suffer physically. I can think of two examples in the Christian world; **Joni Erickson Tada**, a quadriplegic

after a diving accident, has used her physical pain and trauma for the glory of God, with a worldwide ministry of compassion to both fully functional and the disabled and physically challenged.



**Nick Vujicic** was born without arms and legs and travels the world encouraging young people that God loves them and has a plan for their lives. These people have used their sickness and infirmity as a platform to help others. **Most of us who are chronically ill, use our illness as an excuse to be angry, inactive and self-absorbed.** *This, is not from God.*

"I encourage you to put confidence in God's design and Partner with Him for your own physical health and wellbeing."

I have full confidence in working with my clients that they will radically improve their health and wellbeing because of God's design.

Celeste



2 JOHN 3 (NAS)

"Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers"

# God's Design is Good

*By Celeste Davis*

Certified Health & Wellness Coach  
Author, Corporate Wellness Consultant  
Radio Show Host, Mother, Grandmother, Wife,  
Devote Christian.



**I**n closing, I want to leave you with this encouragement: I have seen my *Wonderfully Well Program* work in people who are terminally ill, people in their late 80s, and in people who have had a chronic disease for decades. *If you give the body what it needs,...IF, you nourish your body, your soul, and your spirit —It will do its job of healing!*

*After all, you have been created Wonderfully Well!*

I'll help you do this by teaching you how to choose, prepare and enjoy God-Made foods that will provide your body the building materials, tools and the construction crew to keep you Wonderfully Well.

Together we will learn to nourish your body, soul, and spirit. So your body can accomplish all your heart and mind dreams.



Celeste and Phil Davis at their Wholefood's Healthy Cooking Show.

*Celeste*



BODY

Being nourished requires that we feed our  
body, soul, & spirit with substances  
necessary for rejuvenation, healing, and  
good health.

SOUL

SPIRIT

Want to hear more?



Join us for a LIVE webinar presentation  
by Celeste Davis

*Tuesday, August 30th at 11am PST (1pm EST)*

***“You are Created Wonderfully Well”***

**Please take me to Registration**

Other times are available and recordings will be  
sent to those who cannot attend in person.





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