

# THE DANIEL PLAN

40 Days to a Healthier Life

*A holistic wellness program co-authored by Pastor Rick Warren, Dr. Mark Hyman, and Dr. Daniel Amen, focusing on spiritual stewardship as the engine for physical health.*

## The 5 Essentials

### 1. Faith

Relying on God's power rather than mere willpower. This essential frames the body as a sacred gift and uses spiritual strength to overcome emotional eating and perfectionism.

### 2. Food

Focusing on "foods that love you back." The plan emphasizes whole, unmanufactured foods and a 70/30 plate ratio (70% non-starchy vegetables, 30% lean protein and healthy fats).

### 3. Fitness

The concept of "Daniel Strong." Instead of grueling gym routines, it encourages accessible, enjoyable physical movements incorporated into daily life to sustain metabolic health.

### 4. Focus

Renewing the mind to eliminate Automatic Negative Thoughts (ANTs). Aligning mental clarity and purpose with physical behavior to build resilience and long-term success.

### 5. Friends

The "secret sauce" of the plan. Community support and small groups provide the accountability and encouragement necessary to double the success rate of health goals.

## Context & Application

Inspired by the biblical Prophet Daniel's refusal of the King's rich foods, the plan combines sound functional medicine with behavioral psychology. It was famously tested by the Saddleback Church congregation, where 15,000 members lost a combined 260,000 pounds in one year.

**The Ultimate Takeaway:** Lasting physical wellness is a byproduct of holistic health—where physical fitness and nutrition are deeply connected to a person's mental focus, spiritual faith, and supportive human relationships.