

SPRING 2021 | VOL. 1

LIV2DAY

Dr. Paula McDonald

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Dr. Paula McDonald
Author + Speaker

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I pray this newsletter finds you swimming upstream in this topsy turvy world. No doubt, life looks different for all of us, but one thing remains constant: our Lord and Savior, Jesus Christ! Despite the unsteadiness around me, knowing this truth has anchored my feet firmly throughout these times.

The message "LIV2DAY" has never been more timely or important. We experience a shutdown world in which we were mandated to remain in our homes, businesses and schools closed and fear spread throughout our cities. The news fed our minds with distressing stories, which diminished hope.

I knew the topic of maintaining balance in our lives was needed in this edition. Our bodies constantly work to maintain temperature, blood sugar, blood pressure and hormone levels, so it is imperative that we seek to find balance in our lives. With the many recent changes, you may benefit from reassessing your life.

Take a moment to read through this newsletter. You may find some helpful strategies to navigate these times. You are worth it, and your life matters! Don't forget to LIV2DAY!

Dr. Paula McDonald



You have a tiny gland in the center of your brain called the pineal gland. This gland is responsible for producing melatonin for sleep and serotonin for mood.

Over time this gland can calcify thus reducing these needed hormones. A poor diet, toxins, fluoride, and many other substances can harm the pineal gland.

Maintaining a proper diet and sleeping in a dark room are two ways you can protect this important part of the brain.



Injuring my ankle sidelined me; however, it forced me to be still and to complete the work the Lord wanted of me. What might appear to be a disaster can often provide us with unexpected blessings.

What interruption in your life might be a potential opportunity?

SEEKING BALANCE IN AN UNBALANCED WORLD

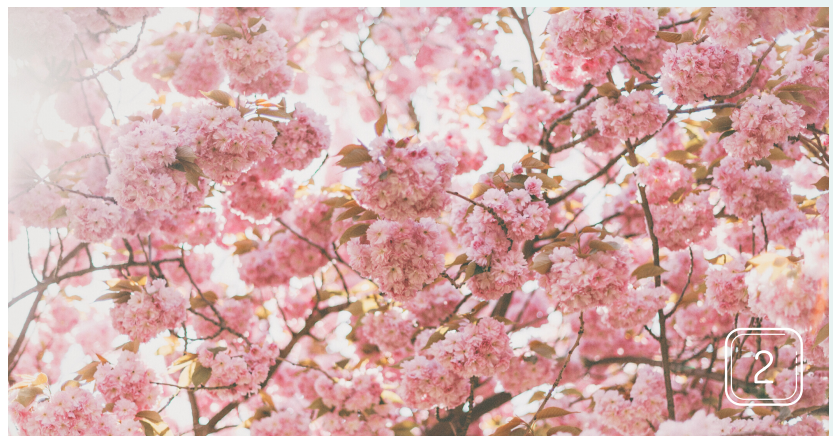
by Dr. Paula McDonald

I don't know about you, but I know I have been "off." Last year when we were told to quarantine in our homes, I stepped off of my back porch without paying attention and dropped like a ton of bricks. Talk about being "off balance!" I heard the horrific sound of my ankle twisting and immediately felt searing pain.

I was lying in dog poop and crying out to the equivalent of a slasher movie. I knew the injury was bad as I could not get up on my own. This millisecond of being off balance would change the trajectory of my next nine months.

Not only was I quarantined at home, I was also confined to a recliner as my ankle ballooned to twice its normal size. The x-rays showed no broken bones, but a trip to the orthopedic surgeon explained that my ligament and tendon damage was extensive. I was to stay off my leg for as long as my ankle needed to heal. My hope was to avoid needing surgery.

This off-balance moment caused me to rethink how I would get around, how my fitness routines would change, and even bathing became a challenge.



As my unfortunate injury demonstrates, maintaining balance is essential to our well-being. An imbalance in our bodies surfaces as discomfort or "dis-ease." The key is to respond to imbalance and take the necessary steps to regain balance.

In my book *Theosynthesis®~LIV2DAY*, I explore the balance of the mind, body and spirit. These areas are equally important to our overall health and wellness.

Your mind needs good nutrition and rest. Constant noise or sleep deprivation does not allow for the brain to reset. Your mindset is paramount. Negativity is damaging. The statement "you are what you think" is true.

Your body needs care in order to perform and serve you for a lifetime. What you eat and how you move are influential to your body's health. An out-of-balance body will exhibit problems when illness, neglect and poor habits are made.

Your spiritual life is also essential to wellness. Finding time to slow down and spend time with God will help to keep you in balance with Him. Connecting to the Almighty will fill the God gap that He created within you.

As you seek to balance your mind, body and spirit, I know you will experience peace, health and well-being. I pray you will begin today living your life in abundance and balance as you were designed!



LIV2DAY

Balanced Breakfast

One of my all-time favorite breakfast choices!

AVOCADO TOAST

Take one slice of bread & place in a pan with heated butter. I like to use Ezekiel Sprouted Bread. Allow the bread to heat & soak up the butter for a few minutes.

Remove the bread and either scramble or cook sunny side up, one or two eggs. Scoop out half of a ripe avocado & smash it with a fork on the toast.

Place the cooked eggs on top of the avocado. Top eggs with Himalayan sea salt, cracked pepper and crumbled goat cheese. A side of fruit compliments this dish perfectly!

Now, go and enjoy your day!

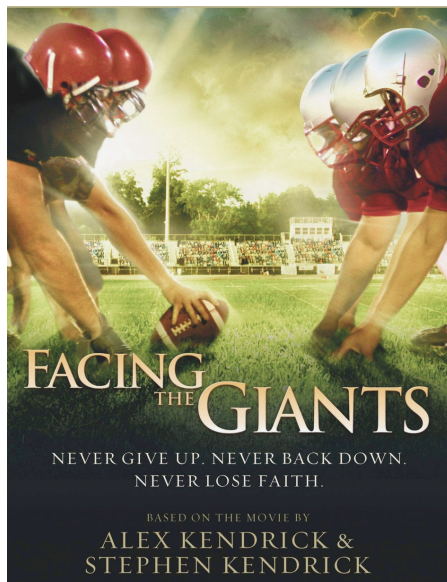
A Touching Interview with Acclaimed Actress Shannen Fields

By Katie Johnson

I was instantly drawn to Shannen Fields when I met her in Destin, Florida. She has a quiet, powerful spirit that pulls you in. During this retreat, Fields was processing so much more than a simple get-a-way with a fellow Christian woman.

In March of 2020, the world was reeling from the shutdown, and Shannen was grappling with her husband's diagnosis of ALS. Her best friend and partner in life was now facing his most difficult challenge of all.

If you attend our first LIV2DAY Summit in October 2021, you will be blessed to hear Shannen speak in person. This brief interview will help you anticipate her message.



How and when did you and Jimmy meet?

I was 18 years old, and Jimmy walked into my life at church. He was 8 years older than me and my daddy was not happy. Mom, however, said she had been praying weekly for someone to sweep me off my feet. The rest as they say is history! I am thankful for a praying mother.

As you processed the diagnosis, as a believer, how did you navigate the next year?

It has been a day-by-day, second-by-second experience. Jimmy was diagnosed on March 6, 2020 just as the world was facing the pandemic. I knew the disease was 100% fatal, yet I was believing in his

complete healing. For Jimmy, God chose to heal him on the other side heaven. The grief actually began immediately after the diagnosis and continues in random waves today. The grief hit me like a ton of bricks the first time he could no longer hug me as the disease affected the muscles in his arms.

What helps you make it through your days and nights?

I've really had to realize that self-care is paramount. Anxiety is not good for my health, so I have been seeking God and exploring natural methods along with exercise. I have also been digging into work as my work has purpose and meaning in the Kingdom of God. Recently, I was cast in the role of helping widows in the reality show called, "Rebuild & Restore". How amazing is our God that this show would be placed in my life! It begins streaming August 1, 2021 on Pure Flix.

Tell us the most important message you can tell people today?

This is not our home; God has called believers to love as big as we can by spreading the gospel. Jimmy always said, "Don't miss today!" Never get so busy to miss this moment! Listen to the Holy Spirit and what He is telling you. Make it your life's mission to take as many people as you can into heaven!

For more information about Shannen, visit: ShannenFields.com



SAVE THE DATE



Cherise & Dr. Gordon Selley
Authors, Speakers, Entrepreneurs
Better living despite chronic pain!



Wendie Pett
Author, Speaker,
National Fitness & Nutrition Expert

Thursday, October 14, 2021

5 p.m. ~ 9:30 p.m. ~ TBD in Granbury

IMAGINE: Four packed sessions & dynamic speakers: Balance of the Mind, Body, & Spirit, Nutrition, Wellness, Emotional Health, Fitness, Handling Pain, all presented in a Christian perspective!

Pre-registration price of \$35 per person now through June 30, 2021

Prices increase after 6/30/21 to \$45 per person

Group pricing available - Call Ann 817-579-0015

Register at www.DrPaulaMcDonald.com



Dr. Paula McDonald - Host
Author, Speaker, Entrepreneur

Meet the speakers & autograph sessions!

Shannen Fields
Acclaimed Actress ~ Facing the Giants

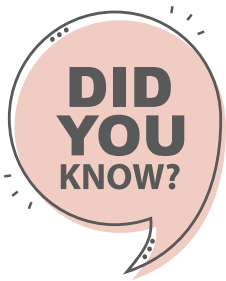


Early Bird Registration

Use this link to grab your seat! Prices go up after June 30, 2021

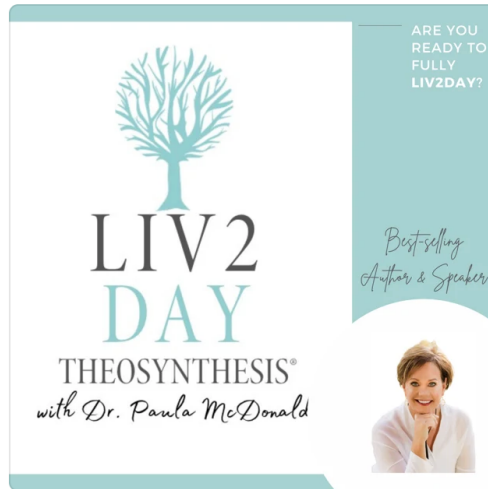


Don't miss out! It will be the best \$35 you've ever spent on your own well-being!



You can listen to Dr. Paula's Podcast! A new topic each week!

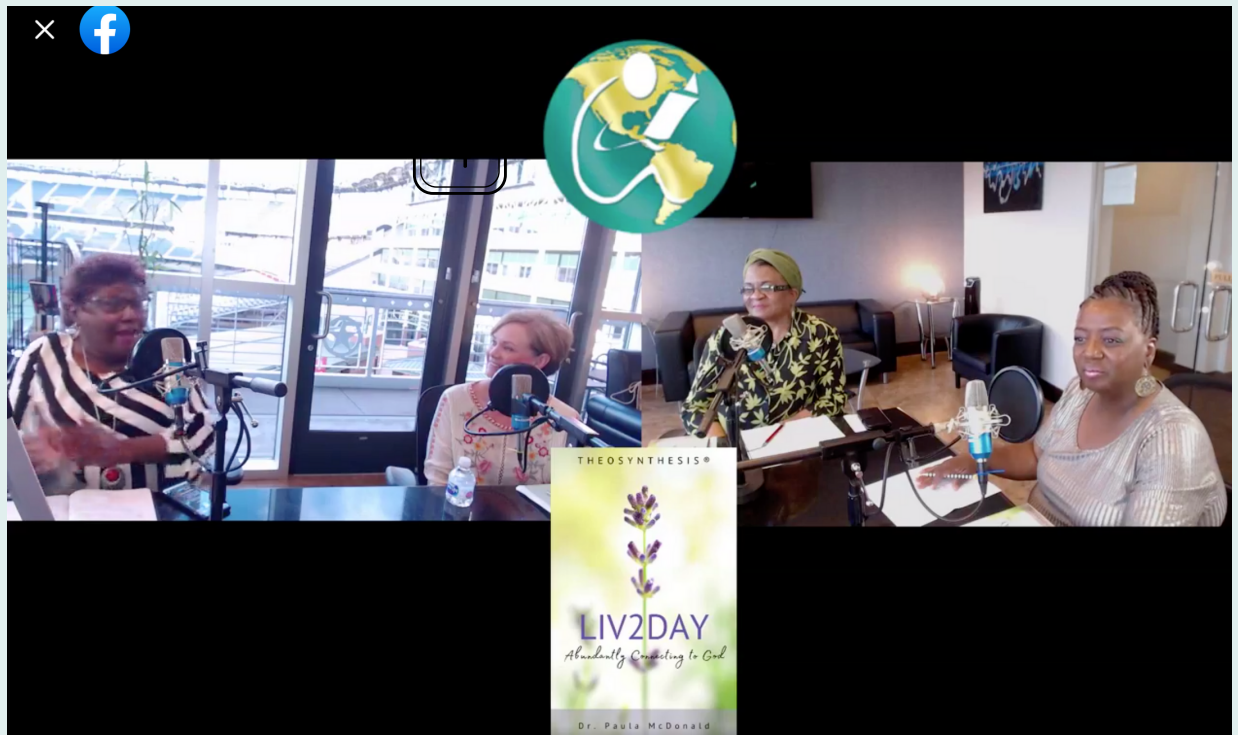
Subscribe and Rate or Review us to help spread the podcast to others!



Click on the icons for a direct link.

Future topics coming up: May 17 - Created to Work, May 24 - Collaborating with God and May 31 - Vibrational Energy God Created

What's Dr. Paula been up to lately?



I had the pleasure of being interviewed by three amazing women on the Joy & Company Radio Show. These dynamic ladies review authors on a regular basis on their radio show, and let me tell you, they are fun! We had the best time, and I was energized by this trio. Give them some love and follow their Facebook Page.

Joy A. Lewis, Founder, Executive Director

Rosemary Legrand, Director of Operations, Radio Show Co-Host

Rose Lewis, Director of Awards and Stage Manager, The CLA's, Radio Show Co-Host



Exhale Bible Discovery is a weekly Bible study written and led by Dr. Paula. We take a book of the Bible and dissect it line-by-line, chapter-by-chapter.

We meet in person each Sunday evening and we offer a Zoom option to join from anywhere.

If you would like to be added to our private EXHALE Facebook page, send me a private message through Facebook and let me know you wish to be added.

The method is simple:

1. Download the lesson each week and work on it throughout the week.
2. Attend the class on Sunday evenings 6:30pm - 8:00pm CST
3. Re-read the notes provided on Monday via the Facebook Page



EXHALE BIBLE DISCOVERY MINI-LESSON ~ EPHESIANS 3

by Dr. Paula McDonald

- I. Paul Preaches to Believers (verses 1-13)
- II. Paul Prays for Believers (verses 14-21)

Chapter 3 brings us to a beautiful reminder of how Paul truly loved his fellow believers. He opens by saying, "For this reason," which tells us why he is so adamant in preaching the gospel. His preaching is for us, his fellow believers. His passion to teach others about Jesus is evident. He goes on to explain the "mystery of Christ," which is to bring the Gentile, the Jew and ALL believers together through Jesus! What great news!

Paul leaves us with a beautiful prayer and provides us with a prayer template. What a privilege it is to pray for one another. Is there a fellow believer that God is calling you to pray for?

Truth Bomb:

Believers are called to pray for one another.

Call to Action:

What fellow believer in your life needs your prayers today?

Reflection:

How can you personally be filled and strengthened by the full measure of God?

"How wide and long and high and deep is the love of Christ!"

Ephesians 3:8

DrPaulaMcDonald.com

Paul's Prayer Template:

- Purpose (v. 14-15)
- Petitions (v. 16-19)
- Praise (v. 20-21)

WHAT'S DR. PAULA WORKING ON?

God continues to impress upon me that I have a lot to do. Therefore, I continually seek His direction, guidance and sustainability to complete the work He has for me.

Here are a few exciting things happening behind the scenes:

LIV2LEARN will be my teaching outlet and will be added to my website.



There will be a variety of courses including: "How to Study the Bible," "Heath & Wellness Living," "Using Essential Oils in Your Daily Living," "Re-activating Your Pineal Gland" and "Writing Workshops."

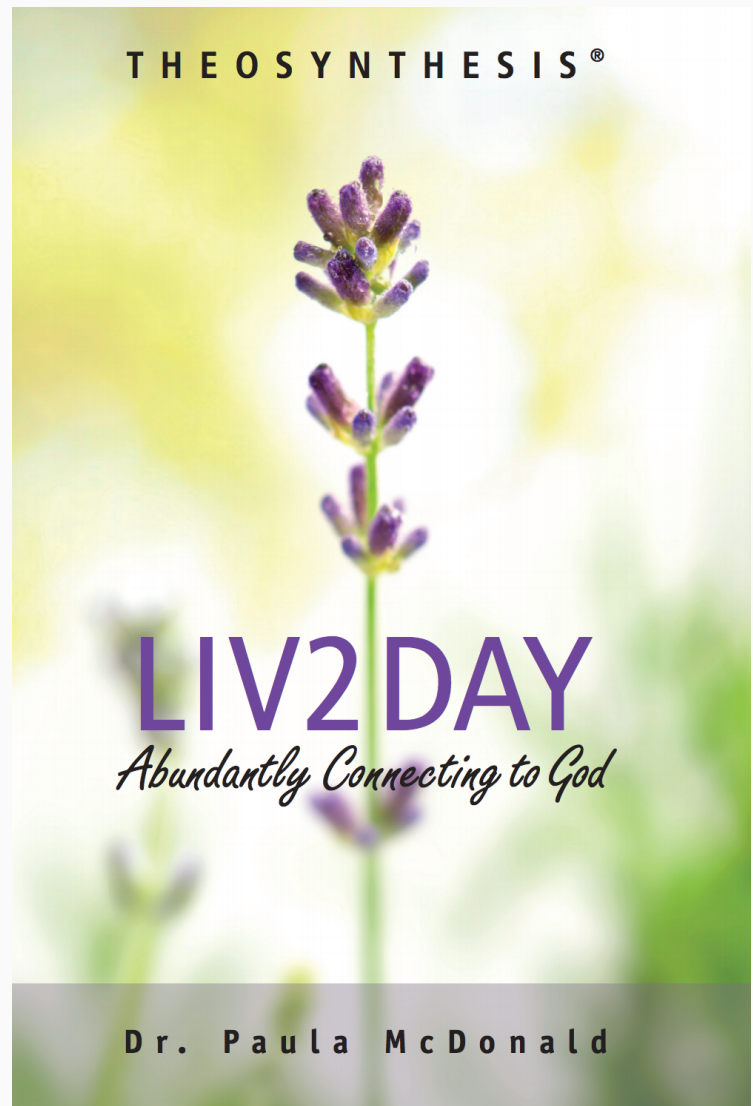
Each course will be recorded and accessible through my website. I can't wait to unveil them soon, so stay tuned!



Re-Parenting 2DAY is a project that has been ruminating for years. Now is the time to get it going, and I am super excited.

I am creating a Podcast on grandparents adopting their grandchild. I will discuss the emotional challenges, financial realities, stress and support. If you know someone who might benefit from this show, please share it when the first episode airs. I'll keep you posted.

Stay tuned and follow my Facebook page!



Order your signed copy today at
www.DrPaulaMcDonald.com



Watch for the next issue
Summer of 2021!