



And look! I have given you the seed-bearing plants throughout the earth and all the fruit trees for your food. Genesis 1:29 (TLB)

Welcome to the Healthy and Well Saints Subscription Membership eLearning Portal

My name is **Steven N. Day, Sr.** and I am your **Certified Biblical Health, Certified Holistic Health and Certified Essential Oils Coach** here to assist you in your journey toward a healthy and well lifestyle. My **mission** is to help every believer in Jesus Christ realize their God-given right to health and wellness with the added benefit of belonging to a family of like-minded saints. My **vision** is to see the saints empowered through crucial holistic health education toward a lifestyle of wellness supported by a firm belief in Christ Jesus as our Healer (**Yehovah-rapha** - Exodus 15:26).

In order to participate in the Healthy and Well saints eLearning Portal you should be a believer in Jesus Christ and must have been invited by me, a participating partner Health Coach or Church administrator. **NOTE:** Everyone has the ability to create a free account in the eLearning Portal to try out a premium selection of my courses in order to realize the value that is presented there. There are two **FREE** courses available for new registrants. 1: **Pandemic Survival Solutions** and 2: **NHI Mindset Reset**. These are jumpstart programs to introduce you to a healthy and well lifestyle. There are also two **FREE** courses that are available to those who choose to participate in my required initial course: **Six Weeks To A Healthy Gut**. 1: **30 Day Essential Oil Detox**. This is a quality course that presents a highly needed area of your health journey – detoxification. 2: **7 Day Ketogenic Jump Start**. This is

also a jumpstart program to introduce you to a healthy weight and immune system using the ketogenic diet. These four free jumpstart programs will be highlighted in the “**Member Dashboard**” of the **Healthy and Well Saints** membership website.

NOTE: Every account member of this site is required to go through the “**Six Weeks To A Healthy Gut**” course (\$33 one-time) as a pre-requisite to my two main physician approved subscription programs: **Natural Health Immersion** (\$33/mo.) and **Healthy Gut** (\$33/mo.). These are 12 month subscription membership programs with a monthly fee. Also, the 30 Day Essential Oil Detox and 7 Day Ketogenic Jump Start courses are free, but you must complete the Six Weeks To A Healthy Gut program before these are available to you...

There are 13 other physician approved wellness courses available in the eLearning Portal which are no-cost programs for those participating in either of the 52 week **NHI** or **HG** monthly subscription programs and are available at specific intervals during your yearly program subscription.

In this document I would like to give you some tips to help you navigate the membership site with ease and gain all the benefits of being a part of this wellness journey. You can use the instructions below as *in-hand* instructions. So here goes...

The **eLearning Portal** membership site is set up with a lot of tools to guide and help you get all the benefits that are built into the site. Once you have [registered](#) to the membership site you will receive an email with an activation link which you must click (if you don't see that email, check your spam folder and if it isn't there [contact me](#)). Once clicked you will have been directed to a webpage that asks you to activate your access. Click the blue link to activate your account and then you are able to log in to the membership site here: [SHAWS Login](#) using the credentials you chose when you signed up. You can then visit the “[Member Dashboard](#)” to begin your wellness journey. Please save your access credentials in a safe place and I appreciate your not sharing them with anyone who is not authorized access.

The membership site is best viewed using the **Mozilla FireFox** browser ([get PC here](#)) ([get MAC here](#)). However, you can use the Chrome or Microsoft Edge browsers and you are able to access the **eLearning Portal** using your smart phone. You will need a [PDF](#) reader to view the module guides and workbooks. The module videos can be viewed right from the eLearning Portal through your browser. If you would like to listen to the courses module guides while away from the member site, you have the ability to download the **mp3** for each module that has them available.

Each course has main **modules** and **topic downloads** for that module in the member area. To navigate each individual course you first need to log into the [eLearning Portal](#). Once logged in you will see a “**My Courses**” link in the left navigation menu (click on the 3 bars at the top left of the page to expand this menu). You can also access your profile, account info, the groups you belong to, notifications from me (see the notifications icon at the top right menu), your Health Coach or Church administrator and more from this left menu. Please click through the various menu items to get familiar with the site. When you first log into the membership site you should click on the **Member Dashboard** from the top menu. I suggest you browse through this page as there are a number of valuable links to assist you. The **Healthy Resources** link from the top menu contains valuable information for further learning. I will be adding to these and will notify you when available. The blog contains some very nicely researched articles with references to validate them. Within the modules you have the ability to take, save and download **NOTES** using the “Notes” link at the bottom of each page.

Membership Agreement

Once you register for the required **Six Weeks To A Healthy Gut** course within the eLearning Port membership, you will be required to complete a **Member Agreement** document that outlines how your membership will be accessed. It will also include a medical disclaimer and will require your e-signature. This document will serve to satisfy your access to all courses in the membership. You will be supplied with a copy of this document for your records.

Group Participation

Each course has an associated discussion group and forum which is comprised of the participants (members) who are taking that course. This isn't Facebook! However, in the discussion groups you are able to write on member's walls and like other member's posts; upload photos and organize them into albums from any device; use activity feeds with threaded commenting, direct posting, @mentions and email notifications; access custom search for posts with private messaging to members; and push notifications on your mobile phone. These groups provide members with access to help from the Health Coach and other members giving you an online classroom experience for support and accountability.

Private Sessions and Notes

The eLearning Portal gives the Health Coach the ability to have private communication sessions with individual members. It is something like Skype and allows members one-on-one contact with the Health Coach. It's easy to access your private sessions through the “**MY**

MESSAGES THREADS” banner which is always located on the right side of every eLearning Portal page...

Members have the ability to easily take real-time course notes. You can jot down reminders and key points as you go through your course(s) – you can even export and print your notes for offline reference. Notes are available for exporting to MS Word and can be printed at any time. If you don’t have MS Word on your Windows computer or if you have a MAC computer, you have two choices. You can use the free [Doc Viewer](#) for Windows or you can use the Pages, Numbers, and Keynote apps in your MAC computer to open documents that were created with Microsoft Office. There will always be a “TAKE NOTES” banner at the bottom of the content on every eLearning Portal course page...

Course Navigation

To organize and keep track of your progress I suggest you create a folder on your computer (can label it the name of the course) and set up folders to house the downloads for each module (giving you quick access to these during the course).

Course Access – Overview

1. To access the course modules click on the “**All Courses**” link from the top menu or the “**My Courses**” link from the left side menu for your enrolled courses (You can also see your enrolled course in your *Profile*). On the “**All Courses**” page you will see little boxes at the top left of each course that tells you “**START COURSE**” if you are enrolled or “**NOT ENROLLED**” if you have not enrolled in the course. Simply click the course graphic or the link below the course you want to access with your mouse to access that course...
2. From the page you land on you will see the course logo and overview. Scrolling down you will see a list of all the modules for the course. **NOTE:** If you are registered for a course, you will see a blue progress bar and you will see when the next modules are available for you to access by date. You can start or continue the course by clicking the “**Start or Continue Course**” on the right below the course graphic. You will notice a progress bar near the top after you have started completing the modules. If you scroll down you will be able to mouse over the specific module you want to view and left click on it. The subscription courses are set up to progress at a module-per-week...
3. On the page you land on, after you have clicked the “**Start or Continue Course**” link, you will see the welcome screen for that module. On the right you will see “**Start Course**” to begin. If you have already completed modules for the course, you will see a

“IN PROGRESS” and a “CONTINUE” button below it to continue the course where you left off. When you first access the course you will be taken to content for the **first module** which may include a video and a link below it to download the materials required for that module. You can also click on the “**Take Notes**” banner at the bottom of the page to take notes as you progress on that page. The important thing to remember is that the course is set up according to a logical progression. Read the information on the page and view the video, if present...

4. After you have completed the **Module** you must click the blue “**Mark Complete**” button at the bottom. The page will automatically refresh and you will then see the **Topic Module Download** link at the bottom of the page near the notes. Once you click on it you will be directed to a separate page with the download materials. You may see .pdf documents, mp3 audio files, .zip files, spreadsheet documents (which you can view online from your browser here if you don’t have MS Excel: [View spreadsheet documents here](#) and URL links to other pages. Download each item in the download list and click through to any URLs (these always open in a separate page – so you can easily return to the module page to continue).
5. Once you have downloaded **ALL** of the items on that page (and clicked through to any URLs), you will see a “**Mark Complete**” button at the bottom of the downloads page. The page will refresh to the main module page and you must again click the “**Mark Complete**” button at the bottom of that page to complete that module.
6. You will then be re-directed to a page where you will see a note at the top telling you when your next module will be available). You can then log out of the eLearning Portal and can start the process again for the next module on that date and time. You will see your progress in the left menu of the module page and can progress forward or backward using the buttons at the top right (or by simply using your left mouse to click the module link in the left menu).
7. **NOTE:** Some modules have an assignment, a workbook, check list, assessment or some other document as a download list item on the **main module** page. Download, open and complete these documents and upload that document back using the “**Assignment Upload Box**” at the bottom of the page. I suggest you create a folder labeled “Uploads” and download your assignments to this folder. Then you can upload from this folder by keeping all these files in one place. Once you see the document in the box click the “**Upload**” button. Use this file upload block to upload the completed document from your computer for my review before that module is complete. This document will have to be manually approved. Once that document has been approved you will then be able to go back to that module and you will then see the **COMPLETED**” button at the top. You can then click the forward button at the top right and you will be re-directed to the next module.

8. You should always see a “Forward” and “Back” button link at the top right of the page and you can hover your mouse over these buttons – if they are available they will highlight for you to click on them. If you don’t see these buttons for some reason, then simply refresh the page (or you can click the next module from the left menu)...
9. My suggestion is to just click around to get familiar with how the site is set.
10. A special Note: When you are within a course lesson you have the ability to put the lesson in “Dark Mode” which makes it a bit easier on your eyes. There is circular icon to the left of your profile picture (top right of the page) that you can click to enter the Dark Mode. Click it again to exit Dark Mode...
11. If you do have any questions, first make sure you have completely read this Readme-First.pdf document. If you can’t find the answer there, please do contact me at support@healthyandwellsaints.com or by clicking the “Support” link from the left menu within the course online.

Note: A very good book that will enhance your wellness journey is “**The Miracle of Healing In Our Church Today**” by Jim Lynn ([Amazon link](#))...

“Worship the LORD your God, and His blessing will be on your food and water. I will take away sickness from among you.” ~ Exodus 23:25

Here’s to your health,



Steven N. Day, Sr.

An Awesome Person

Dashen Chay Enterprises, LLC

<https://HealthyAndWellSaints.com>

healthcoach@healthyandwellsaints.com