

TRINITY BROADCASTING NETWORK

WWTO TV
LASALLE, ILLINOIS

QUARTERLY
REPORT

FOURTH QUARTER

OCTOBER, NOVEMBER,
DECEMBER
2015

The Figure designated as SEGMENT DURATION is based on our good faith judgment and may not represent exact time.

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF THE WWTO TV PROGRAMMING ADDRESSING THE ISSUES AND PROBLEMS NAMED ON THE ASCERTAINMENT LIST, AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT, FOLLOWING THE FCC REQUIREMENTS FOR THE QUARTERLY REPORT TO BE KEPT IN THE PUBLIC FILE FOR THE FOURTH QUARTER:

OCTOBER, NOVEMBER, DECEMBER 2015

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE FOURTH QUARTER: OCTOBER, NOVEMBER, DECEMBER REPRESENTING AREA CONCERNS PULLED FROM VARIOUS SOURCES INCLUDING BUT NOT LIMITED TO CIVIC LEADERS, RESPONSES FROM WWTO TV VIEWERS, PRINT MEDIA, INCLUDING: NEWSPAPERS, MAGAZINES AND OTHER PUBLICATIONS, AND FROM TELEVISION AND RADIO WHENEVER POSSIBLE.

PUBLIC SAFETY
SUBSTANCE ABUSE
HEALTH & MENTAL HEALTH
HOMELESSNESS
YOUTH

THE QUARTERLY REPORT
LOCAL PRODUCTION TITLES

JOY IN OUR TOWN
PUBLIC AFFAIRS PROGRAM, "JOY IN OUR TOWN" IS AIRED FRIDAY AT 12 NOON, AND RE-AIRED SATURDAY AT 3:00 AM, MONDAY AT 10:30 AM, AND THURSDAY AT 3:00 AM, 3:30 AM AND 4:00 AM.

PRAISE THE LORD
PUBLIC AFFAIRS PROGRAM, "PRAISE THE LORD" IS AIRED FRIDAY AT 10:30 AM, AND RE-AIRED TUESDAY AT 1:30 AM AND THURSDAY AT 1:30 AM.

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ISSUE

PUBLIC SAFETY

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
PUBLIC SAFETY	Joy In Our Town #080515A	29:48	15:07	LCL	PA

AIR DATE & TIME: 10/1/15 @ 3:00 AM, 10/1/15 @ 4:00 AM, 10/1/15 @ 12:00 PM, 10/2/15 @ 12:00 PM, 10/3/15 @ 3:00 AM, 10/5/15 @ 10:30 AM, 10/8/15 @ 3:00 AM, 10/8/15 @ 4:00 AM, 10/8/15 @ 11:30 AM, 10/9/15 @ 12:00 PM, 10/10/15 @ 3:00 AM, 10/12/15 @ 10:30 AM, 10/15/15 @ 3:00 AM, 10/15/15 @ 4:00 AM, 10/15/15 @ 11:30 AM, 10/22/15 @ 3:30 AM, 10/22/15 @ 12:00 PM

Steve Wilson, a farmer with LaSalle County Farm Bureau, talks about farm safety. He begins the segment stating that Farm Bureau of LaSalle County is a grass-roots organization that was formed to give farmers a voice in the public and political forum. He shares that farming encompasses the raising of any product whether it be plants or animals. Steve states that safety is a big issues for farmers especially during peak seasons where they may have to be on public road ways. Farmers and automobile drivers need to be aware of each other and that the equipment that farmers use is typically very wide and very tall so drivers need to use extra caution when attempting to pass farm equipment on a roadway. He goes on to say that most pieces of farm equipment have many safety features that will benefit the farmer and others on the road. He ends the segment my stating that people can visit the Farm Bureau of LaSalle County's website to find safety information and resources.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
PUBLIC SAFETY	Joy In Our Town #080515A	29:48	14:11	LCL	PA

AIR DATE & TIME: 10/1/15 @ 3:00 AM, 10/1/15 @ 4:00 AM, 10/1/15 @ 12:00 PM, 10/2/15 @ 12:00 PM, 10/3/15 @ 3:00 AM, 10/5/15 @ 10:30 AM, 10/8/15 @ 3:00 AM, 10/8/15 @ 4:00 AM, 10/8/15 @ 11:30 AM, 10/9/15 @ 12:00 PM, 10/10/15 @ 3:00 AM, 10/12/15 @ 10:30 AM, 10/15/15 @ 3:00 AM, 10/15/15 @ 4:00 AM, 10/15/15 @ 11:30 AM, 10/22/15 @ 3:30 AM, 10/22/15 @ 12:00 PM

Nora Kleckner, PR Officer with Starved Rock Chapter of ABATE of Illinois, Inc talks about motorcycle safety. She begins the segment by defining ABATE, A Brotherhood Aimed Toward Education, she states that they are a motorcycle rights organization. They promote motorcycle safety, awareness, and education. She states that safety is so important and that riders need to get educated and take safety courses to learn how to ride properly and safely. She adds that distracted driving has become a huge problem for riders. She goes on to describe the safety laws in the state of Illinois and laws that they are lobbying to get changed. Nora also explains that ABATE also hands out information and promotional materials to help raise awareness. She ends the segment by talking about the "Ride Smart Program" stating that this programs encourages riders to make wise decisions when getting on their motorcycle. If someone isn't feeling well or is impaired in anyway, they should choose not to get on the motorcycle.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
PUBLIC SAFETY	Joy In Our Town #021814A	29:31	15:08	LCL	PA

AIR DATE & TIME: 10/23/15 @ 12:00 PM, 10/24/15 @ 3:00 AM, 10/26/15 @ 10:30 AM, 10/29/15 @ 3:00 AM, 10/29/15 @ 4:00 AM, 10/29/15 @ 11:30 AM, 11/5/15 @ 3:30 AM, 11/5/15 @ 12:00 PM, 11/12/15 @ 3:30 AM, 11/12/15 @ 11:30 AM, 11/13/15 @ 12:00 PM, 11/14/15 @ 3:00 AM, 11/16/15 @ 10:30 AM, 11/19/15 @ 3:00 AM, 11/19/15 @ 4:00 AM, 11/22/15 @ 3:00 AM

Brian Towne, LaSalle County State's Attorney, talks with Emily Young about identity theft. Identity theft is when someone creates debt under your name or commits crimes using your identity. They use your personal info for their benefit. People need to think about security. Use a paper shredder to destroy documents. Anything with your account or personal info should be locked up. Even your date of birth is important to keep to yourself. Periodically check your accounts for fraudulent activity. If you don't report charges quickly you can be responsible for them. If fraud occurs, close your accounts and report it to the police. A lot of identity theft occurs in the home. Family member or friends could steal your identity.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
PUBLIC SAFETY	Joy In Our Town #111015B	28:46	15:19	LCL	PA

AIR DATE & TIME: 12/17/15 @ 11:00 AM, 12/21/15 @ 10:30 AM, 12/24/15 @ 10:30 AM, 12/28/15 @ 10:30 AM

Trooper Jason Wilson, Illinois State Police, begins the segment by giving tips on how to prevent yourself from becoming a victim of a crime during the holiday season. He states that it is very important to pay attention to your surroundings at all times and adds that criminals target people who are not paying attention. He says it is also important to choose your parking place at stores carefully, he says that people should park as close to the store as possible or to park in a well-lit area and pay attention to cars that you walk past. He states that criminals look for people who appear to be vulnerable. Trooper Wilson suggests having something in your hand to protect yourself in the event that you could possibly become a victim of an attack. He adds that many people have the mindset that they could never become the victim of an attack but they should remember that it could happen to anyone at any time. Trooper Wilson reiterates that the most important thing that you can do to protect yourself is to be aware of your surroundings and adds that it's a good idea to limit the amount of cash that you carry and also to keep a file of credit card numbers so that cards can be cancelled quickly in the event that they are stolen. He also points out that when you are using a credit or debit card in a public place to make sure you cover your pin number when you are using it and cancel lost cards right away. He goes on to talk about home protection during the holiday season when many people are travelling. He states that it's very important to have lights in your home on a timer, have mail and newspapers put on hold and ask a neighbor to check on your house and if there is snow fall during the time that you are away ask them to pull in your drive way to make tracks in the snow. Home invaders will look for dark houses with mail piled up that look like no one is there. He also suggests that people don't put vacation plans on social media sites and wait to post vacation pictures until after you return home from your vacation. Trooper Wilson states that if you do become a victim of a property crime you should alert the police immediately and try not to touch or move anything, in addition if you become the victim of a personal injury crime, do not try to wash up. He says that you should always try to preserve the crime scene.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
PUBLIC SAFETY	700 Club CBN NewsWatch #12162015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 12/16/15 @ 2:00 PM

CBN News Anchor/Reporter Wendy Griffith Reports: Imagine your car breaks down in a remote area and you're all alone, or you're hiking and you suddenly become lost and your cell phone isn't working. Would you panic or would you be prepared to survive until rescue comes? With all the hiking she does, CBN's Wendy Griffith decided it was time to take a wilderness survival course to make sure she knows the basics of survival. Hopefully after this -you will too. Welcome to Mountain Shepherd's Wilderness Survival School, located in the beautiful and rugged mountains of southwest Virginia. Here, Reggie and Dina Bennett train military and regular folks how to survive "worst case scenarios" and live to tell about them. The Bennetts focus on seven main survival skills: positive mental attitude, first aid, shelter, fire craft, signaling, water, food. Most people in a wilderness situation think finding food and water is their top priority, but it's actually making a safe and secure shelter that should be your first order of business. Reggie, a former U.S. Air Force survival instructor, showed us how to take a simple plastic sheet you can buy almost anywhere, a piece of sturdy string and in no time, build a shelter. And this time of year (autumn) the forest floor gives you all the "stuffing" you need to make a comfy mattress. CBN videographer Rachel Hooley and I were determined not only to make our own shelter, but to sleep in it. I was very excited about the mattress we made. I thought it looked like it would be better than a hotel mattress. It rained during the night, but our shelter kept us warm and dry - although our "leafy" mattress was not as comfy as we'd hoped. Another vital part of survival, especially in winter, is fire! Fire serves a number of purposes other than simply keeping you warm. It allows you to: Cook, boil water for drinking, keep bugs and predators away, acts as a signaling device, and supports the no. 1 survival skill -keeping a positive mental attitude. Reggie says be careful not to smother your fire. I chose the flint and steel method to make my fire. I used a cotton ball smothered in petroleum jelly as my tinder. Vaseline, hand sanitizer, even chap stick makes a cheap and easy accelerant in an emergency situation. Don't count on matches as they can get wet and won't work. If you're in the woods and don't have an accelerant to start your fire, you can simply take a very sharp knife and scrape a dry piece of wood and get what's called a "fluff," which makes excellent tinder. Sage, a fellow survival classmate, was successful using just fluff from the wood and a fire starter to get her blaze going. Now, we'll look at one of the most important elements of survival: Water! The average person can only survive about three days without water. You can survive three weeks or more without food -so water is always a high priority in a survival situation. If you're in a situation in which you don't have water purification tablets and cannot boil the water -try to find the entry place where the spring is coming out of the mountain. And last on the list but not least for most of us is food! The forest has plenty of wildlife, but catching it takes skill and patience. Reggie showed us how to make a squirrel trap with a simple piece of wire. Also, this time of year, edible plants are scarce except for mushrooms, which Reggie says you should never eat -they're just too risky and some can even kill you. Fortunately, the forest provides plenty of edible bugs, which can be a good source of fat, carbs and protein. For example, termites have 14 grams of protein per 100 grams - that's more than steak! The main rules when it comes to eating bug: No bugs with more than six legs. No bugs that bite, sting or smell bad. No brightly colored bugs. Reggie says the best way to eat any insect is to cook it. Worms, grubs, termites, crickets and beetles are your best bet, although today we went for what we could find: the popular wood roach. The wood roach is found mainly in downed and rotting trees, and according to Reggie, is pretty tasty.

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ISSUE

SUBSTANCE ABUSE

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
Substance Abuse	Joy In Our Town #021814A	29:31	13:53	LCL	PA

AIR DATE & TIME: 10/23/15 @ 12:00 PM, 10/24/15 @ 3:00 AM, 10/26/15 @ 10:30 AM, 10/29/15 @ 3:00 AM, 10/29/15 @ 4:00 AM, 10/29/15 @ 11:30 AM, 11/5/15 @ 3:30 AM, 11/5/15 @ 12:00 PM, 11/12/15 @ 3:30 AM, 11/12/15 @ 11:30 AM, 11/13/15 @ 12:00 PM, 11/14/15 @ 3:00 AM, 11/16/15 @ 10:30 AM, 11/19/15 @ 3:00 AM, 11/19/15 @ 4:00 AM, 11/22/15 @ 3:00 AM

Brian Towne, LaSalle County State's Attorney, talks with Emily Young about driving under the influence and how the local court system uses an impact panel to help curb repeat offenders. Driving under the influence is having too much alcohol (.08), narcotic drugs, or prescription drugs that it impairs your ability to drive. You endanger not only yourself but those around you. Police use sobriety tests to see if someone is impaired. It's not a crime to drink and drive. It's a crime to drink in excess and drive. Offenders can get court supervision. Recurring offenders pay more. Speakers share their experience with drunk drivers. You affect yourself and other around you.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
Substance Abuse	Joy In Our Town #052515A	29:34	14:25	LCL	PA

AIR DATE & TIME: 10/30/15 @ 12:00 PM, 10/31/15 @ 3:00 AM, 11/2/15 @ 10:30 AM, 11/5/15 @ 3:00 AM, 11/5/15 @ 4:00 AM, 11/5/15 @ 11:30 AM, 11/6/15 @ 12:00 PM, 11/7/15 @ 3:00 AM, 11/9/15 @ 10:30 AM, 11/12/15 @ 3:00 AM, 11/12/15 @ 4:00 AM, 11/12/15 @ 12:00 PM, 11/19/15 @ 3:30 AM

Lori Brown founded Buddy's Purpose after her son died from an overdose. Buddy's Purpose helps addicts or families of addicts. Families can train and receive naloxone to help prevent death from an overdose. Buddy's Purpose also raises awareness of the dangers of drug use. Sherri Countryman's son began Sober Is The New High when he went into recovery. Sober Is The New High is a support page for addicts to get help from each other and another addict's family. Heroin is an instantly addictive drug. Until the addict is truly ready no one can help him. Both women share about warning signs of drug usage and what families go through when dealing with a loved one who has and addiction.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
Substance Abuse	Joy In Our Town #103015B	29:55	14:34	LCL	PA

AIR DATE & TIME: 11/19/15 @ 12:00 PM, 11/24/15 @ 4:00 AM, 11/24/15 @ 4:30 AM, 11/26/15 @ 10:30 AM, 11/24/15 @ 11:30 AM

Tim Ryan, A Man in Recovery Foundation, talks about substance abuse. He shares that A Man in Recovery Foundation is a non for profit organization that help individuals and families that are dealing with substance abuse issues. He states that they help people that are not insured or under insured to get into treatment and they offer counseling and support groups for individuals and families, and they offer continued recovery support for people after they come out of treatment. Tim explains that he started a Man in Recovery after struggling with his own addiction and losing his son to a heroin overdose. He adds that he will help anyone, anywhere, anytime, and there is no charge for services from A Man in Recovery. Tim states that addiction is a chronic illness that will kill and treatment is just the first step. Aftercare is a very important part of the recovery process. He states the "Recovery is a journey, not a race". He describes true recovery as a lifestyle change and it's more than just going to groups and counseling, it's a complete change in your everyday life. Tim adds that the two most important things in his life are God and recovery, he says that he lives for today and if he is successful today he will repeat it tomorrow. He states that in recovery you have to get out of yourself and help others on their recovery journey. He closes the program by sharing that A Man in Recovery Foundation is completely volunteer based and self-funded.

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ISSUE
HEALTH
&
MENTAL HEALTH

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #081015A	28:59	16:28	LCL	PA

AIR DATE & TIME: 10/8/15 @ 3:30 AM, 10/8/15 @ 12:00 PM, 10/15/15 @ 3:30 AM, 10/15/15 @ 12:00 PM

Donna Mac, a Licensed Clinical Therapist, speaks about Selective Mutism, which she describes as an ineffective coping mechanism for children with severe anxiety. She states, that while children with Selective Mutism have the ability to speak, they are unable to because of paralyzing anxiety. She adds that this disorder is often seen in children that have other types of anxiety disorders. Donna reminds viewers that Selective Mutism is real and it is not a form of defiance. She also states that this disorder is very hard to diagnose and that most often it is diagnosed based on the child's history. She ends the segment by advising parents that have a child with this disorder to get therapy for their child so that the child can learn to effectively cope with their anxiety.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #052515A	29:34	14:39	LCL	PA

AIR DATE & TIME: 10/30/15 @ 12:00 PM, 10/31/15 @ 3:00 AM, 11/2/15 @ 10:30 AM, 11/5/15 @ 3:00 AM, 11/5/15 @ 4:00 AM, 11/5/15 @ 11:30 AM, 11/6/15 @ 12:00 PM, 11/7/15 @ 3:00 AM, 11/9/15 @ 10:30 AM, 11/12/15 @ 3:00 AM, 11/12/15 @ 4:00 AM, 11/12/15 @ 12:00 PM, 11/19/15 @ 3:30 AM

Laura Clift, 2016 Relay for Life Chairperson, talks about the challenges people face while going through cancer. The American Cancer Society is a nationwide volunteer health organization dedicated to eliminating cancer. American Cancer Society is headquartered in Atlanta, GA. 1.5 million lives have been saved in the past two decades thanks to the American Cancer Society. Relay for Life started in 1985. Relay for Life helps people join with others to fight cancer or remember loved ones who died from cancer. Relay for Life also helps people learn how to prevent certain types of cancer. Sometimes all a cancer patient needs is normalcy. Laura shares her personal story fighting cancer and the challenges that she as a mother faced. She relied heavily on friends for their support of her and her family during her treatment times.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #103015C	28:21	14:37	LCL	PA

AIR DATE & TIME: 11/28/15 @ 3:00 AM, 11/30/15 @ 10:30 AM, 12/24/15 @ 12:00 PM

Diane Farrell, Chief Clinical Officer for North Central Behavioral Health Systems, talks about the impact of long term illness and how it affects the mental health of the patient and their families. She states that often patients that suffer with long term illness and their families become depressed or anxious. She states that this is often because people dealing with these issues have to change their entire life and also because caregivers rarely get a break from taking care of their loved one. She states that there are support groups for those that have a long term illness and their families, and counseling may also be helpful. Diane also adds that often a medication that a patient takes can add to depression and anxiety and adding another medication for the mental health issue may cause more problems and sometimes you just have to work at fixing the emotional issue. She states that is important to recognize when there is a problem and reminds viewers that caregivers often need to work at taking care of themselves as well. She closes the segment by stating that talking to your medical doctor is a good idea because they can give you a referral to a mental health professional.

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HEALTH	Joy In Our Town #103015C	28:21	13:14	LCL	PA

AIR DATE & TIME: 11/28/15 @ 3:00 AM, 11/30/15 @ 10:30 AM, 12/24/15 @ 12:00 PM

Chief Clinical Officer for North Central Behavioral Health Systems, Diane Farrell speaks about anxiety disorders. She begins by explaining that everyone has some anxiety and that it is normal. She states that anxiety can keep us from doing dangerous thing, when anxiety keeps us from doing things that we want and need to do it becomes a disorder. Diane adds that counseling can help those who deal with anxiety and that it is possible to overcome anxiety. She adds that success will help to overcome anxiety and that therapy and exposure can help to figure out where fears that cause anxiety come from. She adds that most anxiety comes from some sort of trauma. She goes on to explain that having a ritual can also help to overcome anxiety because it helps people to feel safe. Diane adds that there is no quick fix to overcoming anxiety and that it takes a lot of hard work. She states that learning coping skills will teach individuals what to do to reduce anxiety and fears. She adds that children are often afraid when it comes to doing something new and preparing them for new things will help them, also teaching them to recognize what makes them feel better will help them when facing anxiety. She closes by adding that children should be rewarded for their accomplishments in overcoming their fears.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Joy In Our Town #111015B	28:46	12:57	LCL	PA

AIR DATE & TIME: 12/17/15 @ 11:00 AM, 12/21/15 @ 10:30 AM, 12/24/15 @ 10:30 AM, 12/28/15 @ 10:30 AM

Trooper Jason Wilson, Illinois State Police, talks about how to be safe when driving during the winter weather. He states that the best way to stay safe is to slow down and practice patience. He adds that black ice is a big concern for drivers and reminds viewers that it can appear very quickly and you can rarely tell that it is there until you are sliding on it. He states that people should try not to drive during hazardous conditions. Trooper Wilson goes on to talk about what people should do if they are in a crash. He states that it is very important for people to stay with their vehicle and keep their seat belt on if they can. He adds that people should always have an emergency kit in their car that includes blankets, water or Gatorade, something bright to flag down help with, and a cell phone. He also suggests if your car has become covered with snow to clean the snow off, not only will the sun help to heat up the car it will also reflect making it easier to find. In closing the segment out, trooper Wilson states that you should always let someone know where you are going and the route that you are taking so that if you do become stranded, rescue teams will know where to look for you.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #006	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/6/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remolding chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #007	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 10/13/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that; that will start freeing you. That realization that this is not who you are, that you can rewire it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Hebrews 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Genesis 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our

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spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #008	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 10/20/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

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HEALTH	Switch On Your Brain #009	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 10/27/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is

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a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

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HEALTH	Switch On Your Brain #010	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 11/3/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom; it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

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HEALTH	Switch On Your Brain #011	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 11/10/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually, the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension; you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the

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sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #012	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 11/17/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, and not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind; that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	Switch On Your Brain #013	27:30	27:30	REC	PA/O/E

AIR DATE & TIME: 11/24/15 @ 12:00 PM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some non-event. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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HEALTH	Switch On Your Brain #001	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 12/1/15 @ 12:00 PM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

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HEALTH	Switch On Your Brain #002	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 12/8/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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HEALTH	Switch On Your Brain #003	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 12/15/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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HEALTH	Switch On Your Brain #004	28:30	28:30	REC	PA/O/E

AIR DATE & TIME: 12/22/15 @ 12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you

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have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #10232015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 10/23/15 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called Our Journey of Hope. Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. LaWanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HEALTH	700 Club CBN NewsWatch #12102015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 12/10/15 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Not many substances are as widely studied as tea. Now, the verdict is in. The bottom line: if you're not drinking tea on a regular basis, it might be a habit worth starting. That's because when it comes to your health, tea packs a powerful punch. Combined studies examining literally hundreds of thousands of tea drinkers led a vast array of scientists to conclude that a consistent dose of tea is good for the body. Most of the research was conducted in Asian countries, on people drinking hot, green tea. The amount mattered. Usually people only experienced health benefits if they drank at least three cups a day. Dr. Patrick Fratellone is a cardiologist who practices integrative medicine New York City. He advises his patients to make tea a part of their daily life. Green tea comes from the camellia sinensis plant, as do black and white teas. Green tea contains the most EGCG. But with so many types of green tea on the market it can be difficult to choose which is best. Fratellone shares some guidelines. Research shows green tea lowers the risk of type 2 diabetes and liver disease. It also has been shown to improve memory, reduce the risk of Alzheimer's disease, Parkinson's disease, and depression, as well as significantly lowering your chance of having a stroke. In addition to the teas you'd find at the grocery store, there are also lots of other teas that are very effective at treating specific medical conditions in lieu of popping a pill. Fratellone is also a registered herbologist, with a vast knowledge about teas made from various plants, trees, and shrubs. He often prescribes those teas to his patients instead of allergy medicines, antacids, cough suppressants, and more. He points out that many conventional medicines you find at the average pharmacy are actually derived from plants. Dorota Meller needed to overcome chronic fatigue. Fratellone discovered she was anemic. But her problem went even deeper, originating in her intestinal tract. Within a month she felt better. Fratellone says his priority is getting to the root cause of his patients' illnesses, not just treating the symptoms. He said cleavers, mullein, blue violet and lady's mantle are good teas for breast health and premenstrual syndrome. Herbal teas can interact with conventional medicine, so before drinking them, people should check with their doctor or registered herbologist. The growth of these natural treatments has led to a relatively new healthcare provider known as a naturopathic physician. They attend an accredited four-year program focusing on botanical medicine, food as medicine, and other natural remedies. While naturopathic doctors practice in each state, they are only licensed on 19 states, with more on the way. So for overall better health, include three cups of green tea to your daily diet. Research overwhelmingly concludes it's worth the effort. For more specific health concerns, consult a registered herbologist or naturopathic doctor about a natural tea that could take the place of conventional pharmaceuticals.

The Figure designated as SEGMENT DURATION is based on our good faith judgment and may not represent exact time.

ISSUE

HOMELESSNESS

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #103015A	29:49	14:39	LCL	PA

AIR DATE & TIME: 11/19/15 @ 11:30 AM, 11/20/15 @ 10:30 AM, 11/24/15 @ 3:30 AM, 11/24/15 @ 4:30 AM, 11/26/15 @ 11:30 AM, 12/24/15 @ 11:00 AM

Marilyn Farmer, Executive Director of MorningStar Mission, begins the program by speaking about the history of the mission, stating that the program began in 1909 to meet the needs of homeless men that were typically ages 50 to 60 years old, and started as a faith based organization and still is today. She goes on to add that although the mission has never changed the homeless population has. Marilyn goes on to explain that the organization now helps many people from different walks of life. She states that single mothers are currently leading the homeless population but they still see many men walk through their door, including single fathers, younger men, as well as older men. When she is asked how people end up homeless, she states that there is no one type of homeless person, everyone has their own story, and they see people that had lost jobs, people with substance abuse problems, and mental illnesses, there is no easy answer as to why people become homeless. She explains that when people come to MorningStar Mission, the first step is to meet their basic needs of food, shelter, or clothing. After that they go through an assessment and are given referrals, and someone always shares the Gospel with them. She states that the ultimate goal of the mission is to help people get back on their feet and become independent again. Marilyn also speaks about helping those who are not homeless by providing meals, service referrals, school supplies, and help for families during the holiday season.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #103015A	29:49	14:40	LCL	PA

AIR DATE & TIME: 11/19/15 @ 11:30 AM, 11/20/15 @ 12:00 PM, 11/24/15 @ 3:30 AM, 11/26/15 @ 11:30 AM, 11/26/15 @ 12:00 PM, 12/24/15 @ 11:00 AM

Marilyn Farmer, Executive Director of MorningStar Mission, shares about Beth House. She states that Beth House is a home for pregnant women as an alternative to abortion. She explains that when a woman enters Beth House they are there during their pregnancy and can stay for up to a year after their child is born. During their stay, a mother will decide if she wants to keep her child or give it up for adoption. She adds that Beth House has a 24 hour staff that help the women to become ready for whatever decision they make and also to minister to them spiritually. She goes on to speak more about the programs that MorningStar Mission offers, including permanent supportive housing for families, transitional housing for men, veterans homes, men's emergency shelter, long term recovery programs, and a women and family center. When asked what the face of the homeless population looks like, she is quick to state that most people think that homeless people are only older men because they don't want to acknowledge that mothers and their children make up a large part of the homeless population.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
HOMELESS	Joy In Our Town #103015B	29:55	14:51	LCL	PA

AIR DATE & TIME: 11/19/15 @ 12:00 PM, 11/24/15 @ 4:00 AM, 11/26/15 @ 10:30 AM, 11/26/15 @ 12:00 PM, 12/17/15 @ 11:30 AM, 12/24/15 @ 11:30 AM

John Henning, Vice President of A Servants Heart, shares about homelessness. John Henning begins the segment by stating that, A Servants Heart was started in 2002 as a non for profit, non-denominational Christian ministry to work with underprivileged people in LaSalle County. He goes on to add that there are many type of people that they work with, including single parents and "intact" families that are struggling to make ends meet, people with substance abuse issues, individuals with mental illness, and people with health issues. He states that A Servants Heart works with many local agencies to meet the needs of families and individuals that they serve. He also adds that they don't just want to be a "band aid" so the agency works with people to set goals to help them to become independent. John also states that the agency does not receive any government funding and that they are supported solely by income from their thrift store and local donations.

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ISSUE

YOUTH

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #021315A	29:48	12:15	LCL	PA

AIR DATE & TIME: 10/1/15 @ 3:30 AM, 10/1/15 @ 11:30 AM, 10/16/15 @ 12:00 PM, 10/17/15 @ 3:00 AM, 10/19/15 @ 10:30 AM, 10/22/15 @ 3:00 AM, 10/22/15 @ 4:00 AM, 10/22/15 @ 11:30 AM, 10/29/15 @ 3:30 AM, 10/29/15 @ 12:00 PM

Officer Brenden Donahue, School Resource Officer with the Ottawa Police Department, appears on Joy in Our Town to talk about the topic of bullying. He defines bullying as a repeated pattern or cycle that displays power and control over another person. He points out that not all cases of teasing or picking on of someone is necessarily a case of bullying. He also states that there is no prototype of a bully, anyone can be a bully. He says that most kids that are bullied don't want to talk about the situation. He goes on to say that the expansion of social media has made it easier to bully someone he adds that approximately 75% of children from sixth grade to eighth grade are connected to social media. He maintains that kids should speak up about bullying and not just be a bystander. Officer Donahue says that parents need to stay involved and be proactive in dealing with a situation whether their child is the bully or the one being bullied. He states that parents should check their child's social media activity, watch for changes in behavior patterns, and stay in contact with the schools to keep them informed if there is a problem. He says that schools are now starting to take a more active role on the bullying issue and have policies in place to handle such problems and parents need to be willing to work with the schools to deal with the situation.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	Joy In Our Town #021315A	29:48	17:03	LCL	PA

AIR DATE & TIME: 10/1/15 @ 3:30 AM, 10/1/15 @ 11:30 AM, 10/16/15 @ 12:00 PM, 10/17/15 @ 3:00 AM, 10/19/15 @ 10:30 AM, 10/22/15 @ 3:00 AM, 10/22/15 @ 4:00 AM, 10/22/15 @ 11:30 AM, 10/29/15 @ 3:30 AM, 10/29/15 @ 12:00 PM

Officer Brendan Donahue and Corporal Kyle Booras, of the Ottawa Police Department, appear on Joy in Our Town to talk about the "Peer Jury" system that is used in the local community. Corporal Booras describes Peer Jury as a different type of punishment for youth offenders that are under the age of 18 and have not committed a felony or a violent crime. He states that Peer Jury gives the youth being charged the opportunity to stay out of the judicial system and the keep their minor offence off of their permanent criminal record. Officer Donahue states that jurors are seventh grade to twelfth grade that are "handpicked" to serve on the jury and on occasion a past offender is on the jury. To qualify to appear before the peer jury the youth offender must admit to their wrong-doing and agree to take their case before the peer jury. In most cases the offender is sentenced to community service, writing apology letters and probation. If they do not complete their assigned sentence then the case is sent to the states attorney to go before a judge.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
YOUTH	700 Club CBN NewsWatch #10142015	1:00:00	5:00	REC	PA/O/E

AIR DATE & TIME: 10/14/15 @ 2:00 PM

CBN News Reporter Charlene Aaron Reports: Jennifer Sellers likes to surround herself with memories and pictures of her daughter Sydney. The mother and daughter appeared to be as close as any could be. But Sydney had secrets that she kept from her mom. Those secrets eventually led to tragedy on December 7, 2014. That was the day Sellers found her teen daughter hanging from a belt in her bedroom. Only it wasn't a joke. It was real. But it was too late. Fourteen-year-old Sydney Sellers was dead. Sellers, who works as a child advocacy attorney, struggles to understand why her daughter committed such a drastic act, especially since she had shown no signs of depression or trouble. Even the morning of her death, Sydney had gladly attended church with her family. As word spread of Sydney's death, her family learned from friends that she had been bullied at school. And the funeral home found cuts on her body, indicating that she had been cutting herself. But nothing prepared the family for an online conversation they discovered on Sydney's smartphone. At the time of her death, Sydney and a stranger had been messaging one another on an app called "KIK." The subject was "erotic asphyxiation," or breath control play, which is the intentional restriction of oxygen to the brain for the purposes of sexual arousal. Sellers said she's been married for 17 years and had never had a conversation with her husband like the one her daughter was having with a perfect stranger. Many teens log onto the Internet from the privacy of their bedrooms via mobile devices like a cell phone or tablet, and they often connect with people they don't even know while their parents are completely unaware. Experts say it's the perfect environment for sexual predators. Smartphone apps are often the weapons used to target kids. CBN Technology Contributor Caleb Kinchlow said parents need to realize that their teens are living in an entirely different world through social media. He said there are several popular apps that teens use to connect on the internet, often with strangers. He said teens are more willing to share information via these apps that they normally wouldn't be comfortable sharing, including nude pictures and mature content. Sellers said the man that Sydney was chatting with the night she hanged herself could not be traced because the "Kik" app allows users to connect anonymously. Still grieving, Sellers now spends a lot of time talking to troubled teenagers and encourages parents to keep up with their kids' lives, something she said she regrets not doing with her own child. Mintle said parents also need to monitor their kids' Internet activity on a regular basis. It's a move that, while unpopular, may just save a life.

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