

TRINITY BROADCASTING  
NETWORK

WWTO TV  
LASALLE, ILLINOIS

QUARTERLY  
REPORT

SECOND QUARTER

APRIL, MAY, JUNE  
2014

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 SECOND QUARTER:

APRIL, MAY, JUNE 2014

WWTO TV- LASALLE, ILLINOIS PROGRAMS PERTAINING TO LEADING COMMUNITY PROBLEMS FOR THE SECOND QUARTER: APRIL, MAY, JUNE, 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.

CRIME  
DRUGS & ALCOHOL  
HEALTH & MENTAL HEALTH  
SAFETY  
FAMILY  
CIVIC AFFAIRS

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 2:30 AM, MONDAY AT 10:30 AM, 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 SATURDAY AT 1:30 AM, TUESDAY AT 1:30 AM AND THURSDAY AT 1:30 AM.

ISSUE

CRIME

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>CRIME</b>	Joy In Our Town #031314A	29:28	14:38	LCL	PA

**AIR DATE & TIME:** 4/7/14 @ 10:30 AM, 5/2/14 @ 12:00 PM, 5/3/14 @ 3:00 AM, 5/5/14 @ 10:30 AM, 5/8/14 @ 3:00 AM, 5/8/14 @ 4:00 AM, 5/15/14 @ 3:30 AM, 5/23/14 @ 12:00 PM, 5/26/14 @ 10:30 AM, 6/5/14 @ 3:00 AM, 6/5/14 @ 4:00 AM, 6/12/14 @ 4:00 AM

Lonn Howarter, Director of GFORCE Development talks with Emily Young about gangs moving from the larger cities out into the rural areas. GForce is a gang enforcement unit. Gangs are everywhere. Even in small communities. Small communities ignore the signs of gangs because they don't want to accept that they have a gang. Gangs range in all races and ages. Hybrid gangs have no leadership and change names to adapt to the situation, which is a change from gangs in the past. A gang's main purpose is to make money and sell drugs. Once a gang gets rooted in a community it's hard to get them out. You need to be proactive to keep gangs out of your community and to keep them from becoming rooted there.

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<b>CRIME</b>	Joy In Our Town #031314A	29:28	14:38	LCL	PA

**AIR DATE & TIME:** 4/7/14 @ 10:30 AM, 5/2/14 @ 12:00 PM, 5/3/14 @ 3:00 AM, 5/5/14 @ 10:30 AM, 5/8/14 @ 3:00 AM, 5/8/14 @ 4:00 AM, 5/15/14 @ 3:30 AM, 5/23/14 @ 12:00 PM, 5/26/14 @ 10:30 AM, 6/5/14 @ 3:00 AM, 6/5/14 @ 4:00 AM, 6/12/14 @ 4:00 AM

Hybrid gangs use social media to communicate with each other. Lonn Howarter, Director of GFORCE Development talks about how gangs use social media and the interstate system to further their activities. Interstate and railways are not monitored for drug trafficking. Students will bring drugs home from the big cities and sell them in their communities. They will sell any type of drug that they think will make them money. Drugs homes will have high traffic. People should report suspicious activity to the police but not try to interfere with the activity they see.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>CRIME</b>	Joy In Our Town #050714A	29:23	13:34	LCL	PA

**AIR DATE & TIME:** 5/16/14 @ 12:00 PM, 5/17/17 @ 3:00 AM, 5/19/14 @ 10:30 AM, 5/22/14 @ 3:00 AM, 5/22/14 @ 4:00 AM, 6/5/14 @ 3:30 AM

Joel Vargas, Assistant Director of Law Enforcement Operations and Head of Intelligence for International Association of Airport and Seaport Police, talks about human trafficking. Human trafficking is an international crime. Hollywood gives a wrong perception of it. Human trafficking does happen locally. Human trafficking has three major components – 1) Sex 2) Work 3) Home/Servant. Police are receiving training to combat human trafficking. Any age group is susceptible to human trafficking. Over 800,000 children go missing each year. Runaways are a primary target to fall victim of human trafficking. Social media is a place traffickers hunt for people. They get you hooked on drugs and you get stuck. Human traffickers make a living out of this. If you suspect something tell your police chief and form a relationship with people who feel outcast.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CRIME	Joy In Our Town #050714A	29:23	15:19	LCL	PA

**AIR DATE & TIME:** 5/16/14 @ 12:00 PM, 5/17/17 @ 3:00 AM, 5/19/14 @ 10:30 AM, 5/22/14 @ 3:00 AM, 5/22/14 @ 4:00 AM, 6/5/14 @ 3:30 AM

Assistant Director for Law Enforcement Operations and Head of Intelligence for the International Association of Airport and Seaport Police, Joel Vargas talks about child pornography, citing recent incidences in the news with a local politician. Cyber space is a global market for child pornography. People with low morals get involved in child porn. They may have other addictions that are fed from the profit of child pornography. Watch for children that are withdrawn in your community. Perpetrators will keep these children from all outside contact. Child porn is a sub-category of human trafficking. This is a \$30 billion industry. It is everyone's job to look out for these kids. If you suspect something notify the FBI, Department of Homeland Security, or your local Police Department.

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ISSUE

DRUGS  
&  
ALCOHOL

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>DRUGS</b>	Joy In Our Town #021313A	29:46	14:33	LCL	PA

**AIR DATE & TIME:** 6/6/14 @ 12:00 PM, 6/7/14 @ 3:00 AM, 6/9/14 @ 10:30 AM, 6/12/14 @ 3:00 AM, 6/12/14 @ 4:00 AM, 6/19/14 @ 3:30 AM, 6/26/14 @ 3:30 AM

Director of Clinical Operations for North Central Behavioral Health Systems, Diane Farrell, talks about co-dependency in relationships. Co-Dependency is having poor self-awareness and boundaries. She shares bad examples of co-dependency within addictive behaviors such as drug or alcohol abuse. It's not being able to identify where they end and the other person begins. Some dependency is healthy, such as a child's need for parents. Co-Dependency makes you think someone's negative behavior is your own fault. You try to control every aspect of a person. To become healthy you must end unhealthy relationships. Enabling and Co-Dependency are usually hand in hand. An enabler makes excuses or manipulates a situation so they feel a certain way. They feel proud, in control, etc. It's important to remain yourself. Don't change who you are to please someone. Only God can fill the void in your life.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>DRUGS</b>	Joy In Our Town #021313A	29:46	14:43	LCL	PA

**AIR DATE & TIME:** 6/6/14 @ 12:00 PM, 6/7/14 @ 3:00 AM, 6/9/14 @ 10:30 AM, 6/12/14 @ 3:00 AM, 6/12/14 @ 4:00 AM, 6/19/14 @ 3:30 AM, 6/26/14 @ 3:30 AM

Diane Farrell, Director of Clinical Operations for North Central Behavioral Health Systems, talks about how mental illness and drug use go together. About 80% of drug addicts suffer from a mental illness. Most have had a traumatic event in their life. People used to think drugs caused mental illness. Mental illness usually occurs before the drug use. No one wants to think they have a mental illness so the self-medicate with drug use. Most medications for mental illness are not addicting. Treatment only works for people who own it. Family needs to support treatment.

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<b>DRUGS</b>	Joy In Our Town #061214A	29:15	12:35	LCL	PA

**AIR DATE & TIME:** 6/23/14 @ 10:30 AM

Rodney Perez, Public Education Officer and Firefighter with Peru Police Department, talks about educating young people about making good choices. Operation PROM-ise is an awareness campaign for irresponsible choices teens make, such as drinking and driving. Prom time is a time for many parties, end of the school year. Operation PROM-ise started in 2009. They staged a serious car crash with ten victims. It was a very eye opening experience for teens. Each year new schools show Operation PROM-ise. Operation PROM-ise is now going to schools nationwide. Operation PROM-ise shows the consequences if teens make bad choices.

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ISSUE

HEALTH  
&  
MENTAL HEALTH



<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>HEALTH</b>	Joy In Our Town #022614A	29:35	13:36	LCL	PA

**AIR DATE & TIME:** 4/11/14 @ 12:00 PM, 4/14/14 @ 10:30 AM, 5/1/14 @ 3:30 AM, 5/9/14 @ 12:00 PM, 5/10/14 @ 3:00 AM, 5/12/14 @ 10:30 AM, 5/15/14 @ 3:00 AM, 5/15/14 @ 4:00 AM, 5/22/14 @ 3:30 AM

Ben Corey, Communications Program Manager with the American Red Cross, talks with Emily Young about blood donation. Blood donations are important. It can save lives or be used in other medical treatments. Many medical procedures require blood. Every two seconds someone in America needs a blood saving blood transfusion. There are two types of blood donations 1) Whole Blood and 2) Platelets. Blood consists of three parts 1) Red blood cells 2) Platelets 3) Plasma. Each blood donation can potentially save up to three lives. The donation only takes about ten minutes, but those are powerful minutes. Traveling to certain areas, and certain diseases, may temporarily disqualify you from donating. All blood types are needed. Type O- blood is a universal donor and can be used when blood type is unknown or unavailable.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>HEALTH</b>	Joy In Our Town #062414A	29:12	14:40	LCL	PA

**AIR DATE & TIME:** 6/27/14 @ 12:00 PM, 6/28/14 @ 3:00 AM

Shirley Hill, Natural Food Hygienist, talks about how seedless fruit is connected to diabetes. The difference between a fruit and vegetable is the seed, which is found in the meat of the fruit. The seed regulates the sugar in the fruit. Fruit is a cleanser. Seedless is more convenient but it has to be modified to make it seedless. The chemical used to destroy the seed stops cell division, which could prevent healing in the body. They use the same chemical to get rid of seeds as they do in chemotherapy. Convenience can cause trouble.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>HEALTH</b>	Joy In Our Town #062414B	29:30	13:30	LCL	PA

**AIR DATE & TIME:** 6/30/14 @ 10:30 AM

Doris Peters, Registered Nurse with Illinois Valley Community Hospital, talks with Emily Young about cholesterol. Cholesterol is a soft fatty substance that the body needs to keep the cells and membrane walls healthy. There are two sources of cholesterol: the body produces some, and it is found in foods like meat and eggs. LDL is bad cholesterol and HDL is good cholesterol. People should have their levels tested to see if their levels are where they should be as there are no symptoms for high cholesterol. High levels could lead to atherosclerosis or hardening of the arteries. This can lead to heart attack or strokes. LDL levels should be as low as possible, lower than 100. HDL levels for men should be 45 or higher and for women 55 or higher. Total cholesterol levels should be 200 or less. Family history can factor into cholesterol levels along with diet and exercise. If someone is struggling with high levels and changes in diet and exercise are not enough, medication may be prescribed.

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HEALTH	Switch On Your Brain #013	28:30	28:30	REC	PA/O/E

**AIR DATE & TIME:** 4/8/14 @ 11:30 AM

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 nonevent. 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:** 4/29/14 @ 11:30 AM

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. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. 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. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. 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.

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

**AIR DATE & TIME:** 5/6/14 @ 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. The hardwire that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. 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 are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. You are wired for loved. 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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<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 #003	28:30	28:30	REC	PA/O/E

**AIR DATE & TIME:** 5/13/14 @ 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. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. 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. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these 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 that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. 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. They're talking about the big five as well as just down to getting a virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm; your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. 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. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs. When doctors are looking for signs of a viral invasion in a body, they look at the C-reactive protein count. If you have a lot of those in the body, there is something going on. Your body physiologically reacts to damage, to viral infections, to physical damage by releasing these C-reactive proteins. 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. Every choice you make has a consequence. You're a thinking being and moment by moment of every day, you are thinking and you are choosing, and those choices that you make become physical realities inside of your brain. This is a scientific fact as well as being a spiritual fact. So when we choose the wrong choices, the toxic choices, the despair, discouragement, irritation, frustration, you name it, we're going to have a physical result inside of our brain because thoughts are real and they take up mental real estate. The toxic choice impacts how you function. 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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<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 #004	28:30	28:30	REC	PA/O/E

**AIR DATE & TIME:** 5/20/14 @ 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 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.

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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:** 6/10/14 @ 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. When we believe a lie that means we have processed it through our brain. Whatever you think about the most will grow. One lie that you constantly think about can grow and grow and influence how you function. We need to catch those lies. We need to be more discerning and be aware of what lies are we actually believing in our brain. 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. Lies are empty until we process them into something. We need to watch the lies that we're believing because people can say things into our lives. They can speak things and things can happen. We process that, and as that information comes, we think about that and it becomes these physical realities inside our brain. The minute they actually become physical realities, we start acting on them, because they become a part of our non-conscious mind and everything you say and do was first a thought inside your head. When someone says something to you or something happens, or a circumstance happens, and we make these assumptions, we are believing the lies of the enemy and we are taking it inside our mind and making it into physical realities. We have love, power, and a sound mind wired into our brain. Our norm is not to make bad choices. Our norm is to make good choices. We have to develop our spirit of discernment. We have to become much more aware of what we are doing with our mind. You are 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. You're in life and life is filled with events and circumstances. You cannot control the events and circumstances of life, but you can control your reaction. 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. Heb 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. Gen 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 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. Whatever negative thing you are saying inside of your head, you've taken a lie, which was nothing, and made it something. 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. We cannot measure a lie. If a lie is put in your soul, and in your mind, and you think, you're going to make proteins, and those proteins are going to become realities. They become physical substance in your body. 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	28:30	28:30	REC	PA/O/E

**AIR DATE & TIME:** 6/17/14 @ 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. Whatever you say and whatever you do, it first comes from a root, and that root is something that you have planted inside the depths of your mind. So it's a bit like we've taken these toxic things and we've put them in this baggage and we try to pull this along with us and we go to bed with it and we've always got this baggage with us and we never let it go and it's heavy and it makes us feel weighed down and that is literally what we're doing when you keep a negative thing in your life. When you keep an unforgiveness, anger, frustration, irritation, a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. This baggage will affect the way that we are perceiving life because this baggage is deep down in our non-conscious mind and the way we perceive life is going to be through these memories in our non-conscious mind. Each time something reminds us of an event or circumstance of life, it reminds us of that piece of baggage. It will move it to the conscious mind and influence how you handle that situation. Until you remove it you're going to continue in your toxic pathway. 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. 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. 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. And that's what happens in life as we're going on, we're building these thoughts. We build thoughts with our thinking, our mind, our intellect, our will and our emotions, the thing in the middle that impacts the spirit and the body. As we think, our brain is housing, and capturing, and building, these thoughts, and then these thoughts impact back into our mind because these thoughts get built and then they get laid down in the non-conscious part of our mind. Your thoughts are real. They occupy mental real estate. You think all day long. You're a thinking being designed in the image of God. At nighttime when you're sleeping you are still thinking, but you're sorting out your thoughts. Your non-conscious mind houses all these thoughts. Your non-conscious mind operates twenty-four hours a day, it's always going at 400 billion actions per second. Your non-conscious mind drives your conscious mind. Your conscious mind is what is awake now. It is through our conscious mind that we process information. Your first build a thought and then you speak. You live out of what you have built. If you have built toxicity in your brain, you are speaking toxicity. If you're not dealing with issues, if you've got unforgiveness, if you've got bitterness, it is toxic inside your non-conscious mind impacting how you are processing the world. Ninety-nine point nine percent of your perceptions are based upon what you have implanted in your non-conscious mind. 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. Everything about your life needs to be given over to God. Left unchecked, baggage will destroy your life. From your conception to your present age you have been building these thought trees. These thought trees are like the root of your words and your actions. So in your non-conscious mind, you've got these trillions and trillions of thoughts. Your conscious mind is driven by your non-conscious mind. So when you're in a situation and you start to have conflict, the conflict are signals that start to come in and you're building these toxic trees. Whenever you are in a similar situation, because you have not gotten rid of those toxic trees, they move into the conscious mind and there is conflict again. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. These thoughts are not isolated. Thoughts are connected. We have the phenomenal ability to stand outside ourselves and to look at ourselves, and when these things occur, we are able to overcome them. When you choose badly you build death into your mind. You build it physically. So though your mind decisions, which is the soul realm, you create a

physical reality in your brain and in your body, which is the body realm, and your mind has a foot in the door of the body and a foot in the door of the spirit, so in my mind is chaos, chaotic and confused, I build that physically into the physical nature of my brain and my body. I throw every chemical, every circuit, every part of my body into a negative toxic state. My body becomes vulnerable to illness and disease and seventy-five to ninety-eight percent of current mental, physical illnesses today come from our thought life. This is the death. When we keep negative things inside of us, when we keep the anger reactions, the unforgiveness, the bitterness, the frustrations, the things that people have done to us, when we keep these hurts inside of us, these are physical substance, real physical things, and if you keep enough of them it's like baggage, packing things into luggage, and they get heavier and heavier, and we drag these things with us and it weighs us down, and we feel emotionally weighed down. Inside of your brain that toxic thought looks different, it acts different, it creates inflammation, it sets you up for disease, because that baggage is what throws your body into stage two and three of stress, which is negative stress. It's that accumulation of those toxic negative thoughts that put you in that dangerous range of seventy-five to ninety-eight percent; the baggage of our thought life are the things that are causing the physical illnesses. We need to always remember that we operate from what we're building. So we're carry baggage and that's going to be determining how we perceive and manage life. We need to get rid of the baggage. We've wired it in, we can wire it out. 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. Inside of our brain God has built this whole strip in different parts of our brain of these nerve cells that operate like mirrors. We literally are built in the design of our brain to reflect each other's emotions. We're built for relationship. These mirror neurons help us to cry together, laugh together, empathize with each other, feel each other's pain, and feel each other's joy. We're naturally entangled in each other's lives. These physical structures are just one of these tangible scientific ways of understanding these incredible truths of how we're all connected to each other. God says to cast all your cares upon Him. Your job is to forgive because if you don't forgive you are connected to that person and you have given the curse of cause to land in your life. You have to forgive. Otherwise your body is suffering, your mind is suffering, and your spiritual development is suffering. Quantum physics gives us tangible evidence of God's incredible grace. 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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<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#05202014	1:00:00	5:00	REC	PA/O/E/

**AIR DATE & TIME:** 5/20/14 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Gluten free is a growing trend and perhaps for good reason. Many people avoid gluten because they are allergic to it. But others are kicking the gluten habit for overall better health. To avoid gluten, means no wheat of any kind, not even whole wheat, and no rye, barley, or oats. Many people who suffer from gluten sensitivity are unaware they even have it and so are their doctors. People who experience the most extreme reaction to eating gluten have what's known as celiac disease. So for better health, consider going against the grain by giving up gluten. You could end up losing weight and feeling great.

<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#05222014	1:00:00	5:00	REC	PA/O/E/

**AIR DATE & TIME:** 5/22/14 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Out of all the videos viewed on our CBN News website last year, the most popular by far showed how coconut oil helps some Alzheimer's patients. More than 5 million people watched it. Now, some heavy-hitters within the Alzheimer's medical establishment are also taking notice. All these testimonials are turning the Alzheimer's community on its ear. Here's how it appears the coconut oil works. In patients with Alzheimer's, insulin resistance prevents their brain cells from accepting glucose, their primary fuel. Without it, the cells die. But there is an alternate fuel known as ketones, which cells easily accept. Ketones are metabolized in the liver after eating coconut oil. Insulin resistance doesn't just affect people with Alzheimer's but also folks with dementia, multiple sclerosis, diabetes, Parkinson's, ALS, even autism. So can coconut oil help these people, too? It appears so, at least some of them. So while not everyone has experienced great results with coconut oil, there are plenty who have, enough that the medical community will spend time and money learning exactly who it helps and why. Experts within the Alzheimer's community say the government dollars appropriated for the funding for Alzheimer's Disease research is disproportionately small.

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

<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#06162014	1:00:00	5:00	REC	PA/O/E/

**AIR DATE & TIME:** 6/16/14 @ 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat causes inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates and even healthier you. Many people who follow an anti-inflammatory diet also lose weight. The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans-fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out. a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Walking before and after work, and taking several walking breaks throughout the day, can make a huge difference. Better yet, work at a treadmill desk. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.

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ISSUE

SAFETY

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>SAFETY</b>	Joy In Our Town #022614A	29:35	15:29	LCL	PA

**AIR DATE & TIME:** 4/11/14 @ 12:00 PM, 4/14/14 @ 10:30 AM, 5/1/14 @ 3:30 AM, 5/9/14 @ 12:00 PM, 5/10/14 @ 3:00 AM, 5/12/14 @ 10:30 AM, 5/15/14 @ 3:00 AM, 5/15/14 @ 4:00 AM, 5/22/14 @ 3:30 AM

John Atkins, Illinois Concealed Carry Instructor for Down Range Tactical, talks about the new law allowing Illinois residents the opportunity to carry a concealed weapon and the training needed to be legal. Residents can now carry a concealed firearm in public with a permit. To get a permit you must obtain a FOID card, be over 21 years of age, not be convicted of any felonies, and complete the state class. A FOID card is the firearm owner's identification card. It identifies who owns a gun but doesn't allow concealed carry by itself. The state police are in charge of training and enacting the conceal carry law. John discusses the pros and cons of carrying a gun in public and the emotional impact if you use your firearm.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>SAFETY</b>	Joy In Our Town #061214A	29:15	16:10	LCL	PA

**AIR DATE & TIME:** 6/23/14 @ 10:30 AM

July is the busiest month for grilling out. Peru Firefighter, Rodney Perez, talks about fire safety. People need to clean their grills regularly. Grills should be at least five feet from the side of the house with nothing overhead. Water is bad for grease fires. Have a foam fire extinguisher ready or baking soda. Fire pits are fun but children should be kept several feet away. Fireworks are dangerous and should only be operated by professionals. Sparklers are also dangerous. A match burns at 325 degrees, a cake in an oven burns at 350 degrees, you can melt an aluminum can at 1,200 degrees. The tip of a sparkler will burn at 1,800 degrees. Clothing can catch fire quickly. Parents should supervise their children if they have sparklers. Smoke and CO2 detectors should be in every home. You should test them every month and change the batteries regularly.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
<b>SAFETY</b>	Joy In Our Town #062414A	29:12	14:01	LCL	PA

**AIR DATE & TIME:** 6/27/14 @ 12:00 PM, 6/28/14 @ 3:00 AM

Linda Pinn, Registered Nurse with Illinois Valley Community Hospital, talks with Emily Young about summer safety. People need to concentrate on skin protection against the sun and staying hydrated with high temperatures. Apply sunscreen regardless of your age. People should use a minimum of 15 or higher. For strenuous outdoor activities, people should consume at least 8 fluid ounces every 20 minutes to stay hydrated. Water is the best hydration that people can get. Seniors have fewer symptoms than younger adults that they are overheating. Those symptoms can include dizziness, lightheadedness, increase heart rate, nausea and headaches. Get out of the sun or into the shade to help minimize some health risks. Children need to be supervised when swimming; safety issues always exist whenever we're in water. It's important to get children into swim lessons and teach them how to swim. Put up barriers for unfinished landscaping projects. There's no one more curious than children about what is going on and piles of dirt and small yard equipment. Make sure that children are aware that these are no play areas in order to keep them safe. Bicycle safety is huge; you need to know the rules of the road for bicycles. Check on your children even if they are playing in your yard. Supervise children because accidents can happen and the worst things can happen in seconds.

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ISSUE

FAMILY

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #022212A	29:45	13:55	LCL	PA

**AIR DATE & TIME:** 6/13/14 @ 12:00 PM, 6/14/14 @ 3:00 AM, 6/16/14 @ 10:30 AM, 6/19/14 @ 3:00 AM, 6/19/14 @ 4:00 AM, 6/20/14 @ 12:00 PM, 6/21/14 @ 3:00 AM, 6/26/14 @ 3:00 AM, 6/26/14 @ 4:00 AM

Patricia Edwards, Therapist with the Antioch Group, talks with Emily Young about grandparenting. Grandparents are traditionally the parents of the parent of the child. They fulfill a wonderful role in a child's life. If it's handled correctly, those different types of grandparents can be an additional resource for the child. Because parents are often divorced or not in a relationship, the child will have the biological grandparents, they may have adopted grandparents, they may have step grandparents. If all of those grandparents can look at this as a way to be a resource for those children, not a competition with each other, but to provide additional resources again richness, variety, then the child is going to benefit. We don't want to pull the child in any way toward one group or the other and we don't have to compete for that child's love, there is enough love for everybody. As we're all individuals, grandparents are all individuals as well, and they're going to each bring something different and unique into their grandchild's life. One of the things that grandparents in that case can provide is stability. Affection can be shown by one four letter word: time. It's the time, that connection that is more important than all the things. We as grandparents always must respect the grandchild's parents and the rules that they've established. That will be understood if we discuss. We will respect whatever rules they have, whether we agree with them or not except in the case of child safety. If we feel that our grandchildren are in danger in any way shape or form: emotionally, physically or any other way, then as parents of the parents, we need to step in and at least voice our opinion. Things like food that is acceptable to eat, bedtimes, and what's acceptable with interactions between siblings, the parents have to have that priority and grandparents must respect that.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Joy In Our Town #022212A	29:45	14:50	LCL	PA

**AIR DATE & TIME:** 6/13/14 @ 12:00 PM, 6/14/14 @ 3:00 AM, 6/16/14 @ 10:30 AM, 6/19/14 @ 3:00 AM, 6/19/14 @ 4:00 AM, 6/20/14 @ 12:00 PM, 6/21/14 @ 3:00 AM, 6/26/14 @ 3:00 AM, 6/26/14 @ 4:00 AM

Patricia Edwards, Therapist with the Antioch Group talks with Emily Young about grandparents raising their grandchildren on a daily basis. Several circumstances can occur, what we've noticed through the research, one of them is unfortunately with drug abuse, alcoholism, and those types of issues, parents sometimes end up incarcerated. That means that they cannot raise their children so their parents must step in and provide stability for the grandchild. Unfortunately sometimes there are medical issues that prevent parents from parenting their children, fatal illnesses, unexpected accidents, industrial accidents, those kinds of things. There is often resentment because the parents feel they've paid their due. It's not that they don't love their grandchild but depending on the age of the grandparent when they go back into the parental role, that can impact as well. They may not have as much energy. Their own physical health may not be what it was twenty or thirty years ago. They may still be working and anticipating retirement and now with the added expense, which children create. They can be very expensive. Retirement plans may need to be put on hold or postponed. All of these things can create an emotional environment that is difficult for the grandparents who are now parents. It's very important for the parents of young children to have a last will and testament so they've at least given indication of whom they would like to become parents in case something happens to them. In all of those instances the grandparents should seek legal counsel from someone who is familiar with family law and all of these issues. The children are impacted greatly because born in each of us as infants, there is a desire and need to bond with our parents with the people who created us. That is a bond that is different than any other. Depending on the age of the child when the grandparent steps into the parental role, that is going to impact the child and they may ask all kinds of questions relating to their parents. Don't they love me, did I do something wrong. All of these things need to be addressed for the child so they know that they were not the problem. Children need help and the grandparents at least in the initial stages of this would benefit from counseling as well. The worst thing for the grandparents to do is to deny their own grief, if that means that they set aside time to go to a grief support group or to talk to a therapist about their own feelings, they need to be validated. Not only have the children lost their parent, you've lost a child. Grief is real, it can be scary but we may need to talk with our grandchildren and let them express whatever feelings they are having including anger. Grief deals with loss of some kind whether it's the loss of someone important in your life, the loss of a job, the loss of plans and dreams, all of those are very real and they need to be acknowledged and not shoved aside.

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<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	Praise the Lord #061911	1:30:00	1:05:43	LCL	PA/O/E

**AIR DATE & TIME:** 6/13/14 @ 10:30 AM, 6/17/14 @ 1:30 AM, 6/19/14 @ 1:30 AM

Pastor E. James Logan talks about children as prized possession. If we understand that children really don't come from us but God, we might treat them better. Your children are a reward for being fruitful and multiplying the earth. The children are your future. We have to train our children using the bible as our tool: aiming them in the direction that they are to go. Don't aim them at other people. We need to aim them towards their future. Children are weapons against our enemies; they can prevent some of the mistreatment from the world. Spend your time training your children and when they grow up they will not depart from it. Release your children; don't hover over them all the time. Release them slowly to where if they get into trouble you can pull them back, but don't hold onto them or when they get into the world, there will be problems. Teach your children by telling them and by your actions, living your life the way you want them to live theirs. Encourage them in the things they do exceptionally. Fathers become ashamed when their children fail to achieve, children fail to achieve when they are not trained. If you train them, they will flourish. Our children's success is a testimony to our righteous, productive, healthy lifestyle.

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
FAMILY	700 Club CBN Newswatch#05062014	1:00:00	5:00	REC	PA/O/E

**AIR DATE & TIME:** 5/6/14 @ 2:00 PM

CBN News Washington Senior Correspondent Paul Strand Reports: Most people believe only half of U.S. marriages make it. But a leading researcher is announcing the true divorce rate is much lower and always has been. And it's even lower among churchgoers, where a couple's chance of divorcing is more likely in the single digits or teens. More shocking research: four out of five marriages are happy. That number flies in the face of the popular belief that only about 30 percent of marriages are happy. Not knowing the true statistics often leads couples to avoid marriage and just shack up instead. Other research proves most of the unhappily married can turn it around.

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ISSUE

CIVIC

<u>ISSUE</u>	<u>PROGRAM</u>	<u>PROGRAM DURATION</u>	<u>SEGMENT DURATION</u>	<u>SOURCE</u>	<u>TYPE</u>
CIVIC	Joy In Our Town #062414B	29:30	15:15	LCL	PA

**AIR DATE & TIME:** 6/30/14 @ 10:30 AM

Grace Community Church wanted to go further with outreach in the local community. They decided to honor their police and fire departments. Most people don't even think about dialing 911. The police and firemen stand watch over us to keep us safe. Professionals are very calm and alert. They know what needs to be done and get it done. There are not many events that honor our emergency responders. Communities should do something. This is where you live. Show your appreciation for what they do. All you need to do is represent God be interacting with the community. Anyone can do it, not only pastors or missionaries. You'd be amazed at what God has given you. Footage of the ceremony was shown with plaques given to the departments honoring their service.

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