

TRINITY BROADCASTING OF WASHINGTON

QUARTERLY REPORT

JULY, AUGUST, SEPTEMBER 2015

KTBW-TV – TACOMA, WASHINGTON
PROGRAMS PERTAINING TO
LEADING COMMUNITY PROBLEMS

FOR

JULY, AUGUST, SEPTEMBER 2015

RESULTS OF ASCERTAINMENTS
FROM CIVIC LEADERS, RESPONSES BY TELEPHONE FROM KTBW-TV VIEWERS,
PERUSAL OF PRINTED MEDIA COMPRISING NEWSPAPERS, MAGAZINES, AND OTHER
PUBLICATIONS, AND FROM TELEVISION AND RADIO, WHENEVER POSSIBLE

FAMILY
EDUCATION
HEALTH
CIVIC
SUBSTANCE ABUSE
PUBLIC SAFETY
YOUTH

THE FOLLOWING PAGES LIST SUMMARIES OF SOME OF KTBW-TV PROGRAMMING ADDRESSING THE
ISSUES/PROBLEMS NAMED ON THE ASCERTAINMENT LIST
AS WELL AS OTHER ISSUES DETERMINED TO BE IMPORTANT,
FOLLOWING FCC REQUIREMENTS FOR THE QUARTERLY REPORT
TO BE KEPT IN THE PUBLIC FILE FOR THE THIRD QUARTER.

JULY, AUGUST, SEPTEMBER 2015

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
FAMILY	<u>PUBLIC REPORT #082115</u>	28:30	13:15	L	PA/O	8/21/15	10:00 AM
	This segment was repeated on the following dates:					8/22/15	1:00 AM
						8/24/15	8:30 AM
						8/25/15	1:00 AM
						8/27/15	1:00 AM
						8/27/15	10:00 AM
						9/3/15	1:30 AM
						9/10/15	2:00 AM

Tanny Jackson interviews Susan Segall and Hilary Bowker of the New Beginnings Center. Problem: Domestic violence does not always mean spousal violence. It can mean teen dating violence as well. Much of the time it starts in the home where it is modeled for children. The cycle then repeats as the children grow into teens and then adults. Society as a whole reinforces violence and what it means to be a man or a woman within relationships. Solution: Try to make sense of any relationship you find yourself in. How to stay as safe as possible, what the options are in case the relationship begins to exhibit emotional and physical control. Options can include divorce, parenting, housing, financial, and legal issues. Usually an abusive relationship will escalate over time in frequency and intensity. Know that there is help when you are ready to ask for help.

	<u>PUBLIC REPORT #082115</u>	28:30	13:15	L	PA/O	8/21/15	10:00 AM
	This segment was repeated on the following dates:					8/22/15	1:00 AM
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						8/27/15	1:00 AM
						8/27/15	10:00 AM
						9/3/15	1:30 AM
						9/10/15	2:00 AM

Tanny Jackson interviews Susan Segall and Hilary Bowker of the New Beginnings Center. Problem: A number of myths surround the issue of domestic violence. One is that it is easy to leave an abusive relationship. Another is that domestic violence is an anger management problem or a drug or mental illness problem. Still another myth is that domestic violence is just a physical abuse problem. Perhaps the most damaging myth of all is that the victim must have done something that caused or triggered the abuse. Solution: Leaving is not that simple. It involves decisions regarding finances, the care of children, and fear of one's life. Domestic violence is more than anger. It is an issue of power and control in an intimate relationship. It involves emotional, psychological, and economic issues. Finally, no one deserves to experience abuse. The "she caused me to do it" excuse is just that – an abuser's excuse.

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
	DURATION	DURATION					
FAMILY	<u>PUBLIC REPORT #091115</u>	28:30	13:15	L	PA/O	9/11/15	10:00 AM
	This segment was repeated on the following dates:					9/12/15	1:00 AM
						9/14/15	8:30 AM
						9/15/15	1:00 AM
						9/17/15	1:00 AM
						9/17/15	10:00 AM
						9/24/15	1:30 AM

Tanny Jackson interviews Kim Triller, Care Net Pregnancy Services. Problem: Washington State is considered "abortion friendly." Over 50% of pregnant girls 11-19 years of age in King County have chosen to have an abortion. Americans United for Life ranks Washington 50th out of the 50 states as the least life affirming state in the U.S. Pro Choice America has given Washington an A+ rating because of the state's lack of abortion laws and ease of access to abortions. Solution: Care Net Pregnancy & Family Services believes that it is up to the woman to decide what to do about her unplanned pregnancy. Care Net has identified three such choices: abortion, adoption, or parenting. Women need to carefully consider which choice is best for them. Regardless of that decision, Care Net offers counseling, medical care, prenatal care, and parenting resources.

	<u>PUBLIC REPORT #091115</u>	28:30	13:15	L	PA/O	9/11/15	10:00 AM
	This segment was repeated on the following dates:					9/12/15	1:00 AM
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						9/15/15	1:00 AM
						9/17/15	1:00 AM
						9/17/15	10:00 AM
						9/24/15	1:30 AM

Tanny Jackson interviews Kim Triller, Care Net Pregnancy Services. Problem: Women who find themselves with an unplanned pregnancy face a number of challenges, in addition to the three mentioned above. Those challenges include such questions as How will this affect my college career? What about my scholarship? What do I do if the father doesn't want to be a part of this? What will I tell my parents? How will this affect my income, my job? What will I do with another child? I'm in church leadership – How will I explain this? Solution: A number of programs are in place to help women answer these questions, particularly in Pierce County. Resources include housing, medical, adoption, infant care, parenting, psychological, legal, and financial counseling.

	<u>PUBLIC REPORT #091815</u>	28:30	13:15	L	PA/O	9/18/15	10:00 AM
	This segment was repeated on the following dates:					9/19/15	1:00 AM
						9/21/15	8:30 AM
						9/22/15	1:00 AM
						9/24/15	1:00 AM
						9/24/15	10:00 AM

Debrena Jackson Gandy interviews Melinda Brunson, and Sheri Blumberg, The TEARS Foundation. Problem: In Washington State there are approximately 1,000 baby deaths per year. Almost 50% of them are stillborns, with the next largest category being SIDS. Other reasons include birth defects and accidents. Regardless of the reason, myths abound – "With a still born death, the mother probably did something wrong, like drinking or smoking or over exercising," or "After a year, you should be over it," or "I'm the only one who's lost a baby in this way." Solution: Mothers who have lost a baby must understand that they can do everything right and the baby can still die. They are not alone, they are not crazy for feeling the way they feel. Grieving is not bound by a timeline.

The figure designated as TOPIC SEGMENT DURATION is based on our good faith judgement and may not represent exact time. September 30, 2015.

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	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
	DURATION	DURATION					
FAMILY	<u>PUBLIC REPORT #091815</u> 28:30	13:15	L	PA/O	9/18/15	10:00 AM	
	This segment was repeated on the following dates:				9/19/15	1:00 AM	
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					9/22/15	1:00 AM	
					9/24/15	1:00 AM	
					9/24/15	10:00 AM	

Debrena Jackson Gandy interviews Melinda Brunson and Sheri Blumberg, The TEARS Foundation. Problem: The divorce rate for married couples who have lost a baby is about 50%. The primary reason is that spouses do not recognize that everyone grieves differently. One person's grief can be openly emotional, while another person's grief can be more quiet and subdued. The more emotional person thinks that the quieter person is not grieving or didn't love the baby. Regardless of how emotional or quiet a grieving person is, their emotions can range from grief to denial, guilt, helplessness, depression, and blame throwing. Solution: Spouses have to allow their partner to do their grieving in their own way. At the same time, it's very important to find someone who has been there, who has lost a baby, and who wants to walk alongside through face-to-face contact, phone calls, emails, and support groups.

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QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
		DURATION					
EDUCATION	<u>PUBLIC REPORT #061215</u>	28:30	13:15	L	PA/O	7/2/15	2:00 AM

Cutonja Vann interviews Amy Leonard, Chair, and Celiane Limes, Board Member, Washington Homeschool Organization. Problem: There is concern by the homeschool movement over two current initiatives that could weaken homeschool early education. One is a push for universal pre-school, and the other would establish a lower compulsory age for pre-school. Solution: Homeschooling has established itself over the years as a viable alternative to traditional education. State requirements for homeschooling are consistently met both legally in terms of testing and record keeping, and educationally for certification of parents as teachers. The Board of the Washington Homeschool Organization advocates with the State Legislature regarding matters of interest to homeschoolers, such as the above mentioned pre-school initiatives. While homeschooling of young children often begins formally at the state mandated age of 8, informal homeschooling often begins at birth.

<u>PUBLIC REPORT #062615</u>	28:30	13:15	L	PA/O	7/2/15	1:00 AM
This segment was repeated on the following dates:					7/9/15	1:30 AM
					7/16/15	2:00 AM

Tina Lombard interviews Stephen Heath, Education Specialist, Seattle's Union Gospel Mission. Problem: If a person does not have an education, it's highly likely they won't develop the skills that lead to employment opportunities. Many of the homeless are unqualified to do the things they want to do, and thus perpetuate their homelessness. Especially in today's workplace, if you do not have a high school education, you can't compete. Solution: Seattle's Union Gospel Mission has education programs for homeless youth and adults. In the year long recovery program, each residents spends at least an hour per day in educational programs. Many are studying for their GED, while others are taking more specific classes, like math and language arts, to prepare them for the workplace. After school programs offer tutoring, crafts, economic and cultural immersion, ESL, science classes, and computer labs.

<u>PUBLIC REPORT #072415</u>	28:30	13:15	L	PA/O	7/24/15	10:00 AM
This segment was repeated on the following dates:					7/25/15	1:00 AM
					7/27/15	8:30 AM
					7/28/15	1:00 AM
					7/30/15	1:00 AM
					8/6/15	1:30 AM
					8/13/15	2:00 AM

Tanny Jackson interviews Oles Mironyuk, Principal, and Matthew Hertog, former student, Eastside Academy. Problem: An alternative school takes a non-traditional approach to education. Eastside Academy, for example, offers a full range of academic classes, but is structured to meet the needs of at-risk students, needs that normally cannot be met by traditional schools. There are students who come from traumatic situations, such as poverty, behavioral disorders, and drug/alcohol abuse. Solution: Eastside Academy, a not-for-profit alternative school, offers on site mental health counseling, recovery programs, and mentorship. Class sizes are small to provide more personal teaching. Teachers and counselors make themselves available to students even during after school and evening hours.

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	PROGRAM	TOPIC					
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EDUCATION	<u>PUBLIC REPORT #072415</u>	28:30	13:15	L	PA/O	7/24/15	10:00 AM
	This segment was repeated on the following dates:					7/25/15	1:00 AM
						7/27/15	8:30 AM
						7/28/15	1:00 AM
						7/30/15	1:00 AM
						8/6/15	1:30 AM
						8/13/15	2:00 AM

Tanny Jackson interviews Oles Mironyuk and Matthew Hertog, Eastside Academy. Problem: Every student is struggling with something – academic issues, truancy, drug and alcohol abuse, mental health problems, depression, anxiety, social problems. Many of these students have been unsuccessful at traditional schools. At most traditional schools, drugs and alcohol are peer driven, where it is “cool” to experiment and explore. Solution: At alternative schools, literally all students have come from the extreme drug/alcohol culture. These students celebrate sobriety, being clean and sober. It’s a big shift.

	<u>PUBLIC REPORT #09251528:30</u>	13:15	L	PA/O	9/25/15	10:00 AM	
	This segment was repeated on the following dates:					9/26/15	1:00 AM
						9/29/15	1:00 AM

Artonique Nelson interviews Cynthia Tobias, Apple St Applied Learning. Problem: The strong willed child can appear to be unmotivated, misbehaving, rude, and rebellious. His attitude is “You can’t tell me what to do and automatically expect me to do it.” Solution: The upside is that the strong willed child is not easily daunted or discouraged. He is one of society’s greatest challenges, but is also a world changer. Teachers need to shift a lot of the responsibility of learning to this type of child. Try to identify what you want him to do. Tell him, “Here’s what needs to be done. If you want to find another way to do it, that’s okay as long as you can prove it works.” Do not scream, or yell, or point your finger at this child. Instead, keep calm. Ask questions rather than issuing orders. The bottom line is not to let the strong willed child do whatever he wants, but to establish a relationship that encourages communication.

	<u>PUBLIC REPORT #092515</u>	28:30	13:15	L	PA/O	9/25/15	10:00 AM
	This segment was repeated on the following dates:					9/26/15	1:00 AM
						9/29/15	1:00 AM

Artonique Nelson interviews Cynthia Tobias, Apple St Applied Learning. Problem: The middle school age is a difficult time for children and for teachers. In elementary school, teaching is more structured, with the teacher doing almost everything. In middle school, classes are more unstructured, with teachers letting children figure things out for themselves. Middle school is a stage where everything – school, home, peers, society – is happening in a child’s life. It’s like a lot of balloons up in the air at the same time, with the child trying to sort it all out. Solution: Each child is different. Teachers should ask “What do you think is going to help you get to your goal?” Then let the children figure it out for themselves. Teachers, and parents, need to be more in a consultant role rather than a management role.

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
HEALTH	<u>PUBLIC REPORT #070315</u>	28:30	13:15	L	PA/O	7/3/15	10:00 AM
	This segment was repeated on the following dates:					7/6/15	8:30 AM
						7/7/15	1:00 AM
						7/9/15	1:00 AM
						7/16/15	1:30 AM
						7/23/15	2:00 AM

Tanny Jackson interviews Vern Cherewatenko, M.D., Family Practitioner, and Michelle Cherewatenko Certified Massage Specialist. Problem: Stress is the #1 health problem in America. It leads to almost all illnesses and diseases. Stress is a medically specific set of circumstances that affect one's well being, both physically and mentally. Unrelenting chronic stress can be brought on by school, employment, traffic, and other conditions which deplete certain hormones, particularly DHA, the "coping" hormone, as well as estrogen and testosterone hormones. Such hormonal depletions effect behavior changes, such as irritability and short temperedness. Solution: DHA can be administered to the body to balance hormonal levels. Patients claim that almost immediately they feel better and can cope better. Other solutions include exercise, meditation, and yoga – anything that can help slow the body down.

	<u>PUBLIC REPORT #070315</u>	28:30	13:15	L	PA/O	7/3/15	10:00 AM
	This segment was repeated on the following dates:					7/6/15	8:30 AM
						7/7/15	1:00 AM
						7/9/15	1:00 AM
						7/16/15	1:30 AM
						7/23/15	2:00 AM

Cameron Johnson interviews Suprina Ford, Forensic Peer Support Specialist, and Robin Dunning, Program Manager, Valley Cities Counseling. Problem: A statistically high percentage of people across the U.S. experience mental illness at one time or another. Mental illness is a condition that can affect anybody at any time. Some people are born with various psychoses, such as schizophrenia, while others develop symptoms later in life, such as depression, and anxiety. Symptoms include sudden weight gain or loss, sleeping more than usual, and disconnecting oneself from others. Unfortunately, society has stigmatized those exhibiting mental illness symptoms, due to lack of knowledge and fear of the unknown. Solution: Don't be afraid to say that you have mental illness symptoms and that you need help. Seek out a professional, or at least a clergyman, trusted neighbor, or someone you can talk with. Systems of support are vital. Take the first step and let support systems help you.

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>PUBLIC REPORT #090415</u>	28:30	13:15	L	PA/O	9/4/15	10:00 AM
	This segment was repeated on the following dates:					9/5/15	1:00 AM
						9/7/15	8:30 AM
						9/8/15	1:00 AM
						9/10/15	1:00 AM
						9/10/15	10:00 AM
						9/17/15	1:30 AM
						9/24/15	2:00 AM

Cutonja Vann interviews Karol Brown, Puget Sound Health System. Problem: The terms "overweight" and "obese" are based on the BMI (Body Mass Index) chart, based on height, weight, and gender. Obesity is approximately 30 lbs more than the highest overweight figures. Health problems with being both overweight and obese primarily include diabetes, heart disease, and hypertension. Signs that you are eating too much include tighter clothes, being extra tired, being extra thirsty, and frequent urination. Solution: You can prevent chronic health problems by managing your weight. Be aware of what you are eating and how much. Moderation is the key. You want to balance your intake with calories burned.

	<u>PUBLIC REPORT #090415</u>	28:30	13:15	L	PA/O	9/4/15	10:00 AM
	This segment was repeated on the following dates:					9/5/15	1:00 AM
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						9/10/15	1:00 AM
						9/10/15	10:00 AM
						9/17/15	1:30 AM
						9/24/15	2:00 AM

Cutonja Vann interviews Karol Brown, Puget Sound Health System. Problem: Obesity is an epidemic in the U.S., and is prevalent in the African American culture. African American females suffer from obesity more than anyone else, with 57% of them termed medically obese. Eating problems associated with obesity include eating too much, eating too many fats, and too much junk food. Solution: Eat more black-eyed peas, greens, and green beans, and less fat back, butter, lard, and shortening. You don't have to eat all the prize winning desserts at church. Experiment with new dessert recipes that are not so damaging to your health. Healthy eating doesn't have to be expensive, especially if you eat more at home and less at restaurants.

	<u>SWITCH ON YOUR BRAIN #006</u>	28:30	28:30	REC	PA/O/E	7/7/15	10:00 AM
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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

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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 remodeling 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."

<u>SWITCH ON YOUR BRAIN #007</u>	28:30	28:30	REC	PA/O/E	7/14/15	10:00 AM
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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: with 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

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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 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

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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.

SWITCH ON YOUR BRAIN #008 27:30 27:30 REC PA/O/E 7/21/15 10:00 AM

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.

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #009</u>	27:30	27:30	REC	PA/O/E	7/28/15	10:00 AM

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

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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 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.

SWITCH ON YOUR BRAIN #010 27:30 27:30 REC PA/O/E 8/4/15 10:00 AM

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

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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.

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #011</u>	27:30	27:30	REC	PA/O/E	8/11/15	10:00 AM

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 to reject negativity. So you feel it

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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 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.

<u>SWITCH ON YOUR BRAIN #012</u>	27:30	27:30	REC	PA/O/E	8/18/15	10:00 AM
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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

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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.

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #013</u>	27:30	27:30	REC	PA/O/E	8/25/15	10:00 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, and mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. 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. Science 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.

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #001</u>	28:30	28:30	REC	PA/O/E	9/1/15	10:00 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. 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.

	<u>SWITCH ON YOUR BRAIN #002</u>	28:30	28:30	REC	PA/O/E	9/8/15	10:00 AM
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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

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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.

<u>SWITCH ON YOUR BRAIN #003</u>	28:30	28:30	REC	PA/O/E	9/15/15	10:00 AM
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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.

	PROGRAM	TOPIC		SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HEALTH	<u>SWITCH ON YOUR BRAIN #004</u>	28:30	28:30	REC	PA/O/E	9/22/15	10:00 AM

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

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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.

<u>SWITCH ON YOUR BRAIN #005</u>	28:30	28:30	REC	PA/O/E	9/29/15	10:00 AM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found: that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside

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the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. 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. On day three or day four, most people just stop. When you just stop and give up that is a decision of your mind. You chose to stop and give up. You could have chosen to push through with diligence and perseverance. 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. It takes at least sixty-three days to make a major change in your life. In science what we have found is that in order to build a stable memory, that means that something is there and they're not going to go away unless you change it, which you can do, you have to go through a process of up to twenty-one days to build a basic new little memory. It also takes twenty-one days to break down a memory. You may have been thinking in a negative pattern for the last thirty years. In just twenty-one days, you can get rid of that toxic tree and at the same time rebuild a healthy tree. You have to push through. Awareness is the signal that starts breaking down the toxic tree. You have to push through because the first two days there are a lot of chemicals flowing that will give you a lot of motivation. Day three and day four those chemicals stabilize. You have to push through beyond day three and day four, because even though you may not feel it, major change is occurring in your brain on the nonconscious level. If you think of a tree and you think of the branches on the tree, the branches have to get stuck to the tree. By day seven the branch is stuck with like a little bump. By day fourteen the connection between the branch and the branch that it is growing from has become like a lollipop. It's only on day twenty-one that the connection has become like a mushroom or an umbrella. What that means is that when it is in that shape the protein has become self-sustaining. The memory has become stabilized. It will then move into an unconscious mind and it becomes something that you have worked through. So we need to push through to twenty-one days. Work on one toxic area at a time, one toxic habit at a time, one by one. If you're working twenty-one days; that means in one year you can fix seventeen areas that need fixing in your life. Most people are the same now as they were five years ago. Five times seventeen imagine what you could do! It takes seven to ten minutes a day of the exercise and five steps that are all scientific. You are your own base brain surgeon. This means that you are designed with your mind to change your thoughts. You can get rid of those thoughts. You can wire them out.

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It's a process. It is not going to happen overnight. Most people are very motivated to change and forgive and get rid of a toxic habit in the first couple of days and that's because of chemical reactions and the motivation that occurs around that whole state. But day three, day four, historically, and statistically, people tend to give up. We've got to push through. Science shows us that once we're aware of a toxic thought, we need to focus in on working on one toxic thought, which has a whole lot of branches growing out of it like a tree trunk which is the root with all the toxic branches and manifestations growing out of it. Science shows us that twenty-one days is the minimum that it takes to break down a toxic thought, and as you're popping off those branches and rewiring, you are also building up at the same time a healthy new thought.

<u>700 CLUB CBN #08262015</u>	1:00:00	5:00	REC	PA/O/E	8/26/15	12:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: More than 5 million people struggle with Alzheimer's disease. There is no cure. However, doctors can help some people slow down the disease's progression. It involves exercises for the brain. Alzheimer's patients undergo mind training at Dallas' Carrick Brain Center. For two weeks, they undergo exercises designed to reignite the brain's areas of memory and personality, according to Dr. Andre Fredieu, a neurologist and director of medicine at Carrick Brain Center. For example, a patient focusing on a dot while moving their head can improve connectivity in parts of the brain that have deteriorated. In another exercise called the axis rotation, patients experience different kinds of motion, which stimulates the vestibular area of the brain and reawakens memories. After her Alzheimer's diagnosis, Rosalie Kriesel gave up baking, although she loved it. After spending time at Carrick Brain Center, her husband David said Rosalie regained enough confidence and enthusiasm about life that she baked a cake and cookies. Jean Jones experienced terrible anxiety because she confused her nightmares with reality. According to her daughter Jolynn Hardon, that's gone now. While these stories are encouraging, doctors want families to be realistic about results. Brandon Brock, a clinician at Carrick Brain Center, said they are careful not to promise a cure. After patients leave Carrick Brain Center, Dr. Fredieu instructs the caregivers to make sure the patient keeps their mind working. Dr. Fredieu adds that the right diet can also play a key role in slowing down the progression of Alzheimer's. In addition to grains, patients should steer clear of packaged foods containing trans-fats. Research such as that from the University of Oregon shows that people who consume these hydrogenated oils performed worse on thinking and memory tests, plus had smaller brains, according to lead researcher Dr. Gene Bowman. Scientists discovered that the people with the larger brains ate diets high in vitamins B, C, D, E and fish oil. Some Alzheimer's patients experience symptom reversal by taking coconut oil. This discovery came when Dr. Marv Newport worked with her husband Steve, who has Alzheimer's. Before taking coconut oil, he was asked to draw a picture of a clock. He drew circles and several numbers just in a very random pattern that didn't look anything like a clock. Then Dr. Newport began feeding coconut oil to her husband. Two weeks later he was asked to draw a picture of a clock and demonstrated stunning improvement. And after three weeks came even more improvement. She included this and other research in her book, "The Coconut Oil And Low-Carb Solution For Alzheimer's, Parkinson's, And Other Diseases." Dr. Newport believes some patients have what she calls "Type 3 Diabetes." This entails an insulin problem that prevents brain cells from getting needed glucose. She said coconut oil provides an alternate energy source known as ketone bodies that feed the brain cells. In addition to mental stimulation and a healthy diet, Alzheimer's patients seem to benefit from a stable home life. That means minimizing chaos, keeping household items in the same place and sticking to routines, according to Dr. Fredieu. While lifestyle changes don't cure Alzheimer's, they can slow down the progression of the disease, which means more precious time with loved ones.

QUARTERLY REPORT

	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>700 CLUB CBN #09112015</u>	1:00:00	5:00	REC	PA/O/E	9/11/15 12:00 PM

CBN News Washington Senior Correspondent Paul Strand Reports: Experts are hoping recent national gatherings will help the country as a whole begin to recognize that pornography is -as they put it - a "public health crisis." Warnings from therapists to researchers to social workers focus on how porn takes violence to a frightening new level. And it's coming to America's kids. Dr. Sharon Cooper treats sexually exploited children. The fact that so much pornography is now omnipresent on the Internet severely magnifies the impact and damage porn can do. Dines pointed out how porn is an everyday presence now for many people. Dr. Melissa Farley of the organization Prostitution Research and Education has seen the damage done to children and women used in porn, which is increasingly blending in with the world of prostitution and sex trafficking. Farley told CBN News that pimps often use Internet porn as advertisements, but she considers the porn shoots themselves as acts of prostitution. People often face jail time for doing in private life what pornographers do professionally. These experts then point out the final insult: therapists like Anderson are hearing from more and more users that porn actually makes sex with a real person worse, not better. Organizers came to Capitol Hill for this particular symposium to convince Congress that stronger laws and more financial help can go a long way in fighting porn and illegal aspects of the sex industry. But Hawkins and her allies believe laws aren't enough to win this war. These porn-fighters are trying to spark a massive campaign like those that have stigmatized smoking and drunk driving. They want to shame major businesses that have aided the sex industry to stop that aid. They're encouraging families to put filters on all their computers and not give kids phones with Internet access. And these Americans are intrigued that British Prime Minister David Cameron was able to get United Kingdom Internet service providers to voluntarily take action. These ISPs automatically block all porn-related websites, and only make them available to adults who opt out of this "default filtering."

QUARTERLY REPORT

	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CIVIC	<u>PUBLIC REPORT #073115</u> 28:30	13:15	L	PA/O	7/31/15	10:00 AM
	This segment was repeated on the following dates:				8/1/15	1:00 AM
					8/3/15	8:30 AM
					8/4/15	1:00 AM
					8/6/15	1:00 AM
					8/6/15	10:00 AM
					8/13/15	1:30 AM
					8/20/15	2:00 AM

Tina Lombard interviews Kelly Maloney, Federal Way City Council. Problem: The City of Federal Way is rebounding from the recession, as is the rest of the country. Funding from sales taxes had fallen, greatly affecting the city budget. As a result, the city had to cut staff and streamline services. A number of private businesses had closed down. Solution: Federal Way hired a new Economic & Development Director who has worked on retaining and attracting new business. Housing development has picked up considerably. A new Performing Arts and Conference Center is being planned for the downtown area that will also include a hotel, restaurants, and retail stores. The city is also hoping to attract medical, hi tech, and aerospace businesses.

	<u>PUBLIC REPORT #073115</u> 28:30	3:15	L	PA/O	7/31/15	10:00 AM
	This segment was repeated on the following dates:				8/1/15	1:00 AM
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					8/4/15	1:00 AM
					8/6/15	1:00 AM
					8/6/15	10:00 AM
					8/13/15	1:30 AM
					8/20/15	2:00 AM

Tina Lombard interviews Kelly Maloney, Federal Way City Council. Problem: Federal Way is unique in that it embraces 120 different languages and dialects. The city is just 25 years old and has experienced significant growth, with a current population of almost 100,000. Like most cities, Federal Way has struggled with various diversity issues – culture and race, gay and lesbian, young and old ages. Solution: This diversity has been embraced by the city and the school system. The city has formed a youth commission to help young leaders step up and learn the intricacies of city government. While culture and race diversity is apparent throughout the city, any of the ethnic groups are now into the 3rd and 4th generation where both native languages and English are spoken.

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
		DURATION					
CIVIC	<u>PUBLIC REPORT #080715</u>	28:30	13:15	L	PA/O	8/7/15	10:00 AM
	This segment was repeated on the following dates:					8/8/15	1:00 AM
						8/10/15	8:30 AM
						8/11/15	1:00 AM
						8/13/15	1:00 AM
						8/13/15	10:00 AM
						8/20/15	1:30 AM
						8/27/15	2:00 AM

Debrena Jackson Gandy interviews Kirk Larson, Washington State Public Affairs Specialist for the Social Security Administration. Problems: (1) Social Security is fully funded and protected through 2034. However, the federal program will face a financial challenge at that point. It will only be able to pay 81% of its obligations. (2) With 76 million baby boomers getting ready to retire, SSA needs more offices and phone numbers for people to directly inquire about the program. (3) The typical Social Security retirement age has been 65, but that is not a full retirement age. That might be 66 or 67 or even older depending on the year in which a retiree was born. Solutions: (1) Lawmakers need to plan for keeping SS solvent through the end of the century. The sooner lawmakers prepare for solvency, the less the possibility of a catastrophic change in the program in 2034. (2) The SSA has set up an online website where beneficiaries can find answers to almost all of their questions. (3) The good news is that retirees can file for benefits as early as age 62, but benefits will be reduced accordingly.

	<u>PUBLIC REPORT #080715</u>	28:30	13:15	L	PA/O	8/7/15	10:00 AM
	This segment was repeated on the following dates:					8/8/15	1:00 AM
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						8/13/15	1:00 AM
						8/13/15	10:00 AM
						8/20/15	1:30 AM
						8/27/15	2:00 AM

Debrena Jackson Gandy interviews Kirk Larson, Washington State Public Affairs Specialist for the Social Security Administration. Problems: Social Security misconceptions abound, such as survivor benefits, self-employed payments and benefits, and Medicare enrollment issues. Solutions: Non-working or minimally working spouses are guaranteed at least 50% of the spouse's benefit upon the death of that spouse. If a husband-wife are both self-employed, they must each contribute 12.4% of the business' profits, in order to get full SS benefits upon retirement. While Medicare is a Social Security program, it has its own administration and contact information.

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
SUBSTANCE ABUSE	<u>PUBLIC REPORT #081415</u>	28:30	13:15	L	PA/O	8/14/15	10:00 AM
	This segment was repeated on the following dates:					8/15/15	1:00 AM
						8/17/15	8:30 AM
						8/18/15	1:00 AM
						8/20/15	1:00 AM
						8/20/15	10:00 AM
						8/27/15	1:30 AM
						9/3/15	2:00 AM

Tina Lombard interviews Katherine Korich, Director of Chemical Dependency, Science & Management Addictions (SAMA). Problem: Substance abusers can be anyone of any age. Substance abuse ranges from alcoholism to marijuana to designer drugs. The most common substances for those 18-35 are prescription opiates and heroin. For those over 35, alcohol is the drug of choice. Most abusers start off using drugs to lessen the pain of injury or accident, followed by becoming physically addicted. Solution: The treatment process progresses from calling a hot line to assessment to treatment. Treatment can be either inpatient, from approximately 30 days to a year, or outpatient, where the abuser works during the day and goes to a treatment center in the evenings.

	<u>PUBLIC REPORT #081415</u>	28:30	13:15	L	PA/O	8/14/15	10:00 AM
	This segment was repeated on the following dates:					8/15/15	1:00 AM
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						8/27/15	1:30 AM
						9/3/15	2:00 AM

Tina Lombard interviews Kirk Honda, Licensed Marriage & Family Therapist, Science & Management Addictions (SAMA). Problem: 75% to 85% of substance abusers have an underlying mental illness issue. This could be depression, anxiety, or post traumatic stress syndrome. Non-mental illness factors could involve maladjustment to life issues, such as divorce, stress, defiant children, or job loss. Abusers are always running from something and drugs are their coping mechanism. Solution: Families and friends of abusers should be there for them. They should not be judgmental, but caring and understanding.

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
SUBSTANCE ABUSE	<u>PUBLIC REPORT #082815</u>	28:30	13:15	L	PA/O	8/28/15	10:00 AM
	This segment was repeated on the following dates:					8/29/15	1:00 AM
						8/31/15	8:30 AM
						9/1/15	1:00 AM
						9/3/15	1:00 AM
						9/3/15	10:00 AM
						9/10/15	1:30 AM
						9/17/15	2:00 AM

Cutonja Vann interviews Kristie Neklason, Eastside Youth Services. Problem: Perhaps one in ten adults (and teens) experiences serious abuse or addiction at some time in their life. Every substance has some kind of impact on the brain and the brain is always trying to balance itself chemically. When a substance makes you feel good or relaxed or energetic, your brain will try to counter that with opposite emotions or physical stresses. Causes of substance abuse include chronic stresses such as money problems, moving from one city to another, being attacked or abused by another person, anxiety, and depression. Solution: We must look at substances the same way we look at other things. If they are bad for a person's health or well being, we must go alongside the abuser and help them to find alternatives.

	<u>PUBLIC REPORT #082815</u>	28:30	13:15	L	PA/O	8/28/15	10:00 AM
	This segment was repeated on the following dates:					8/29/15	1:00 AM
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						9/3/15	10:00 AM
						9/10/15	1:30 AM
						9/17/15	2:00 AM

Cutonja Vann interviews Kristie Neklason, Eastside Youth Services. Problem: Adolescents are wired to experiment with things, to try new things. At the same time, the judgment center of the brain is not fully developed. Coupled with this is the increasing availability of unhealthy and dangerous substances, and the changing attitude of society that certain substances are okay, such as alcohol, nicotine in e-cigarettes, and marijuana. Signs of substance abuse in teens include abrupt mood swings, angry outbursts, hanging out with a different crowd, grades spiraling downwards, and drug paraphernalia in the teen's room. Solution: Do not be judgmental, but gently guide teens through the issue. Set up firm family boundaries and rules as your child is growing up. Build good relationships with your child, with clear communication.

	<u>700 CLUB CBN #09092015</u>	1:00:00	5:00	REC	PA/O/E	9/9/15	12:00 PM
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CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of

SUBSTANCE ABUSE molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

QUARTERLY REPORT

	PROGRAM	DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
PUBLIC SAFETY	<u>PUBLIC REPORT #071015</u>	28:30	13:15	L	PA/O	7/10/15	10:00 AM
	This segment was repeated on the following dates:					7/11/15	1:00 AM
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						7/14/15	1:00 AM
						7/16/15	1:00 AM
						7/23/15	1:30 AM
						7/30/15	2:00 AM

Tina Lombard interviews Kimberly Terhune, Valley Regional Fire Authority. Problem: Summer is a particularly dangerous time for swimming or boating on this area's rivers and lakes. While the weather is quite warm, the snow fed waters are still extremely cold. There were over 50 drownings across the state last year, with 20 of those in King County alone. Besides the cold water which leads to hypothermia, dangers include strong currents and debris that can push a swimmer under water or upset a raft or kayak. Solution: Know your personal limits, wear a life vest, take someone with you, and enforce posted or family rules.

	<u>PUBLIC REPORT #071015</u>	28:30	13:15	L	PA/O	7/10/15	10:00 AM
	This segment was repeated on the following dates:					7/11/15	1:00 AM
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						7/14/15	1:00 AM
						7/16/15	1:00 AM
						7/23/15	1:30 AM
						7/30/15	2:00 AM

Tina Lombard interviews Kimberly Terhune, Valley Regional Fire Authority. Problem: Most kids are curious about fire. Studies show that 80% of boys have experimented with fire or fire starters by the age of 14. The number one fire danger is the use of flammable liquids, such as body spray and cologne, in starting fires. Solution: Parents should begin teaching their children about fire safety at an early age. Gradually increase their involvement with fire as they get older, perhaps starting with lighting a birthday cake and gradually moving up to starting outdoor campfires in their early teens. The basic rule for parents is to keep matches and lighters out of reach or locked up.

	<u>PUBLIC REPORT #071715</u>	28:30	13:15	L	PA/O	7/17/15	10:00 AM
	This segment was repeated on the following dates:					7/18/15	1:00 AM
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						7/23/15	1:00 AM
						7/30/15	1:30 AM
						8/6/15	2:00 AM

Tina Lombard interviews Andy Hwang, Chief, Federal Way Police Department. Problem: Traffic accidents pose a risk far greater than crime. While 16,000 people are murdered each year in the U.S., 35,000 people die in auto accidents. Locally, impaired driving (alcohol, drugs) and distracted driving (cell phone talking/texting, eating, drinking coffee, applying make-up) are growing problems, with 200-250 collision accidents occurring monthly. Another problem concerns gun safety. About 70% of the time when a gun is discharged it concerns domestic violence or suicide or an accidental discharge, rather than directed towards an assailant. Solution: Following the deaths of two local high school students by a DUI driver, the Federal Way Police Department instituted the "Nick and Derek Project." This was a public awareness campaign, designed to reduce the number of auto collisions. It is working, with the police writing more tickets and making more arrests than ever before. Regarding gun safety, firearms should be kept either on your person or locked up. Always keep a gun out of the reach of children and other persons who shouldn't have access to the gun.

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
	DURATION	DURATION					
PUBLIC SAFETY	<u>PUBLIC REPORT #071715</u>	28:30	13:15	L	PA/O	7/17/15	10:00 AM
		This segment was repeated on the following dates:				7/18/15	1:00 AM
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					7/23/15	1:00 AM	
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					8/6/15	2:00 AM	

Tina Lombard interviews Andy Hwang, Chief, Federal Way Police Department. Problem: The only way a police department is going to be effective is to have the trust of the community it is policing. Solution: Today there is more police accountability than ever before. Police departments must hire the best people, give them reality-based training, teach the ethics and impartiality, and encourage them to get involved in the community. At the end of the day it comes down to trust. The police must trust the community; the community must trust the police.

QUARTERLY REPORT

	PROGRAM	TOPIC					
	DURATION	SEGMENT	SOURCE	TYPE	AIR DATE	TIME	
	DURATION	DURATION					

YOUTH

<u>PUBLIC REPORT #061915</u>	28:30	13:15	L	PA/O	7/2/15	1:30 AM	
This segment was repeated on the following dates:					7/9/15	2:00 AM	

Tanny Jackson interviews Debbie Patrick, Foster Care Recruitment Specialist; Megan Boyle, Program Director; and Beth Beecher, Foster Home Licensor; of Compass Health. Over 400,000 children nationwide are in foster care. Approximately 10,000 are in Washington State. Children are in the foster care system for a variety of reasons: physical or sexual abuse, incarcerated or drug abusing parents, or parents with severe physical illnesses. In all cases, there is no extended family to care for the children. Foster children often feel a lack of permanency, a lack of connection with supportive adults, uprooted from their communities and their schools, living with strange people with different lifestyles, traditions, and cultures. Solution: The number one priority of foster care in Washington State is to keep foster children together, although that is not always possible, and to reunite children with their biological parents.

<u>PUBLIC REPORT #061915</u>	28:30	13:15	L	PA/O	7/2/15	1:30 AM	
This segment was repeated on the following dates:					7/9/15	2:00 AM	

Tanny Jackson interviews Debbie Patrick, Foster Care Recruitment Specialist; Megan Boyle, Program Director; and Beth Beecher, Foster Home Licensor; of Compass Health. There is a drastic shortage of foster parents in Washington State, where there is just one foster home for every three foster children. Foster parents often have difficulties working with biological parents who are often grieving for the children that have been taken away from them. Aging Out is also a problem, where over 50% of foster children over 18 become homeless or incarcerated and suffer from significant mental health issues. Solution: The state is having a great deal of success with a co-parenting model, where foster parents work alongside biological parents. Also successful is Extended Foster Care, where an 18 year old child can continue in foster care if he/she is enrolled in an educational program