

TRINITY BROADCASTING OF WASHINGTON  
QUARTERLY REPORT  
APRIL, MAY, JUNE 2015

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

FOR

APRIL, MAY, JUNE 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

HOMELESS  
EDUCATION  
CIVIC  
YOUTH  
HEALTH  
MINORITY  
ENVIRONMENT

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 SECOND QUARTER.

APRIL, MAY, JUNE 2015

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HOMELESS	<u>PUBLIC REPORT #041715</u>	28:30	13:15	L	PA/O	4/17/15	10:00 AM
		This segment was repeated on the following dates:				4/18/15	1:00 AM
						4/20/15	8:30 AM
						4/21/15	1:00 AM
						4/23/15	1:00 AM
						4/30/15	1:30 AM
						5/5/15	2:00 AM
						5/7/15	2:00 AM

Tanny Jackson interviews Mary Aongo, Overnight Shelter Counselor, Compass Housing Alliance. Problem: Among developed countries, the U.S. has the highest homeless rate, with more homeless women and children than homeless men. This is primarily due to domestic violence in which women and children are both victims and end up being homeless. Sometimes the government takes children away from homeless mothers. As a result, homeless women are often depressed, numb, don't trust other people, and often just don't talk with others. Solution: There are many shelters that care exclusively for homeless women. But this is temporary. The key is to provide homeless women with affordable housing. Once that type of security is established, then professionals can work with these women in terms of mental illness issues, substance abuse, trauma due to violence, education, and job skills training.

	<u>PUBLIC REPORT #052915</u>	28:30	13:15	L	PA/O	5/29/15	10:00 AM
		This segment was repeated on the following dates:				5/30/15	1:00 AM
						6/1/15	8:30 AM
						6/2/15	1:00 AM
						6/4/15	1:00 AM
						6/11/15	1:30 AM
						6/18/15	2:00 AM

Tina Lombard interviews Marty Hartman, Executive Director; Missquinett Thomas, Homeless Client; and Katherine Morrison, Concierge; with Mary's Place Seattle. Problem: Homeless myths are that the homeless are substance abusers, have mental health issues, and that they even want to be homeless. Regarding homeless women, the truth is that 80% of them have been physically or sexually abused at some point in their life. Most of them are ashamed and try to hide or become invisible. They sleep in cars or ride buses all night or stay in hospital emergency rooms until they are told to leave. Some sleep in parking lots, in parks, or in areas adjacent to a school so their children can get to school on time. Solution: In the Seattle area, homeless women can call 211 to get resources for housing, food, clothing, and other necessities. The police department is always willing to help. There is hope for homeless women and children.

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						6/11/15	1:30 AM
						6/18/15	2:00 AM

Tina Lombard interviews Marty Hartman, Executive Director, and Missquinette Thomas, Homeless Client, Mary's Place Seattle. Problem: There are many causes of homelessness, including steep rent increases, unemployment, and refugee issues. In the Seattle area, every time the rent goes up \$100, 15% of those affected by it become homeless. In rural King County areas, the same rent increase leads to 32% becoming homeless. Refugees leave their countries because they are in danger of their lives. The U.S. says "come here, we'll help you." But when they get here, there is a limited amount of assistance, refugees have 60-90 days to find housing, learn the language, find employment, and fill out the requisite paper work. This isn't enough time for most refugees, and many of them become homeless. Solution: The key to most homeless is affordable housing. Refugees must be given suitable time to become acclimated to their new country.

	<u>PUBLIC REPORT #060515</u>	28:30	13:15	L	PA/O	6/5/15	10:00 AM
		This segment was repeated on the following dates:				6/6/15	1:00 AM
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						6/11/15	1:00 AM
						6/18/15	1:30 AM
						6/25/15	2:00 AM

Cutonja Vann interviews Mike Johnson, Executive Director, Tacoma Mission. Problem: There are layers upon layers of causes for homelessness. For example, child abuse can lead to drug and alcohol problems which can lead to unemployment and housing eviction which can lead to crime which can lead to homelessness. The most frequent element in homelessness is child abuse, neglect, and little or no family relational support. Solution: We must understand that homelessness is not a substance abuse or mental illness problem or even a legislative/economic problem. It is fundamentally a community problem, a relationship problem. Until we truly understand this, none of what we do to combat homelessness will be effective.

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		This segment was repeated on the following dates:				6/6/15	1:00 AM
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						6/25/15	2:00 AM

Cutonja Vann interviews Mike Johnson, Executive Director, Tacoma Mission. Problem: The new urban homelessness has only been evident over the last 10-15 years. It makes itself known by cardboard signs at freeway offramps and busy intersections and the pushing of carts down the sidewalk. Usually the local rescue mission is at the center of treating homelessness, yet it is basically an adult orphanage – feeding, clothing, providing shelter, education, and even love to adult "orphans." Solution: There is always going to be homelessness. But we as a society need to minimize it by helping and strengthening families before their abused and neglected children become the new urban homeless.

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

QUARTERLY REPORT

		PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		DURATION	SEGMENT DURATION				
HOMELESS	<u>PUBLIC REPORT #062615</u>	28:30	13:15	L	PA/O	6/26/15	10:00 AM
		This segment was repeated on the following dates:				6/27/15	1:00 AM
						6/29/15	8:30 AM
						6/30/15	1:00 AM

Tina Lombard interviews Paul LeRose, Senior Director of Special Ministries, Seattle's Union Gospel Mission. Problem: People don't choose to become homeless. Homelessness is basically caused by some form of instability, such as suddenly losing a job, being evicted or foreclosed, suffering from post traumatic stress disorder, undiagnosed mental conditions, and developmental of physical ailments. Solution: Organizations such as Seattle's Union Gospel Mission are beginning to understand the complexity of being homeless, and are providing recovery, education, counseling, health, and other programs designed to give the homeless stability.

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QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
EDUCATION	<u>PUBLIC REPORT #041015</u>	28:30	13:15	L	PA/O	4/10/15	10:30 AM
		This segment was repeated on the following dates:				4/11/15	1:00 AM
						4/13/15	8:30 AM
						4/16/15	1:00 AM
						4/21/15	1:30 AM
						4/23/15	1:30 AM
						4/30/15	2:00 AM

Tina Lombard interviews Betty Lochner, Director, and Ryan Betz, Marketing Director, Guaranteed Education Tuition (GET) program. The Guaranteed Education Tuition initiative is Washington State's prepaid college tuition program. Problem: While all states have mutual fund savings types of college tuition programs, only 12 states have a GET program, and Washington is the only state that guarantees the program. Washington State assumes any risks there might be. Attending college is expensive. Many parents begin planning for their children's college much too late. All colleges offer scholarships and student loan programs, but the gap is continuing to increase between what a family can afford and what a college charges. Solution: The GET program fills that gap, giving students the choice of college to attend, even out-of-state colleges.

	<u>PUBLIC REPORT #061215</u>	28:30	13:15	L	PA/O	6/12/15	10:00 AM
		This segment was repeated on the following dates:				6/13/15	1:00 AM
						6/15/15	8:30 AM
						6/16/15	1:00 AM
						6/18/15	1:00 AM
						6/25/15	1:30 AM

Cutonja Vann Interviews Amy Leonard, Board Chair, and Celiane Limes, Board Member, Washington Homeschool Organization (WHO). 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.

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						6/18/15	1:00 AM
						6/25/15	1:30 AM

Cutonja Vann Interviews Amy Leonard, Board Chair, and Celiane Limes, Board Member, Washington Homeschool Organization (WHO). Problem: Homeschooling often is looked down on by the public and private school systems. Solution: Currently there are 30,000 homeschooled children in Washington and 1.7 million nationwide. Homeschooled children are academically equal to those in public schools, with some above average and some below average. Homeschooled children have many resources available to them – tutors, coop programs, specialized clubs, the use of public school labs, and athletic opportunities. Public schools often share their facilities, homeschooled children are involved in Running Start programs, and colleges readily accept homeschool transcripts.

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EDUCATION	<u>PUBLIC REPORT #062615</u>	28:30	L	PA/O	6/26/15	10:00 AM
		This segment was repeated on the following dates:			6/27/15	1:00 AM
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					6/30/15	1:00 AM

Tina Lombard interviews Paul LeRose, Senior Director of Special Ministries, and 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 resident 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 for children and young people offer tutoring, crafts, economic and cultural immersion, ESL, science classes, and computer labs.



QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
CIVIC	<u>PUBLIC REPORT #040315</u>	28:30	13:15	L	PA/O	4/6/15	8:30 AM
		This segment was repeated on the following dates:				4/7/15	1:00 AM
						4/9/15	1:00 AM
						4/14/15	1:30 AM
						4/16/15	1:30 AM
						4/21/15	2:00 AM
						4/23/15	2:00 AM

Tina Lombard interviews Linda Kochmar, Washington State Representative. Problem: Although Federal Way is not known for homelessness, the problem is growing. Several years ago the city conducted a one night count that totaled 25 homeless people. This year a similar one night count totaled 200 homeless. Most of those counted were families living in the woods or in cars. Solution: 300 churches in Federal Way have coalesced to build a day center/hygiene shelter for the homeless to shower, wash clothes, receive health care and medicines, and various social services. Community Caregivers provides meals for the homeless. Fusion provides shelter for women with children escaping domestic violence situations. Other organizations actively helping the homeless include City of Federal Way Human Services, the Police Department, South King County Multi-Service Center, 211 Emergency Referrals, and Seattle Office of Aging.

	<u>PUBLIC REPORT #040315</u>	28:30	13:15	L	PA/O	4/6/15	8:30 AM
		This segment was repeated on the following dates:				4/7/15	1:00 AM
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						4/16/15	1:30 AM
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						4/23/15	2:00 AM

Tina Lombard interviews Linda Kochmar, Washington State Representative. Problem: The Seattle area has the 7<sup>th</sup> worst traffic in the nation. These choke points during peak traffic periods can add up to an hour extra in driving from Federal Way to downtown Seattle. Choke points also slow down the transportation of goods to Tacoma and Seattle ports, the major West Coast ports serving Asia. Solution: Before increasing taxes to fix transportation problems, the Legislature needs to reform current funding issues. For example, sales tax revenue derived from general construction projects could be diverted from the State's general fund to transportation needs. With Seattle eliminating almost all street parking, the State needs to encourage people more than ever to use bus and light rail transit. Once reforms are instituted, then added taxes can help support transportation needs. The public will support a gas tax if they perceive that the State is using that money wisely.

QUARTERLY REPORT

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CIVIC	<u>PUBLIC REPORT #052215</u>	28:30	13:15	L	PA/O	5/22/15	10:00 AM
		This segment was repeated on the following dates:				5/23/15	1:00 AM
						5/25/15	8:30 AM
						5/26/15	1:00 AM
						5/28/15	1:00 AM
						6/4/15	1:30 AM
						6/11/15	2:00 AM

Debrena Jackson-Gandy interviews Pete Lewis, former Mayor of Auburn, WA. Problem: Pete Lewis served as Mayor of Auburn for 12 years. When he first took office in 2002, the city was in the midst of a recession. Auburn had the highest crime rate, lowest per capita income, highest unemployment rate, highest teenage suicide rate, and highest teen pregnancy rate in all of King County. Resident felt disenfranchised and afraid. Solution: Mr. Lewis felt that the city needed a vision, a sense of what the city could become. He solicited ideas in informal neighborhood meetings. He met with organization leaders to find central areas of agreement. He began implementing neighborhood policing, so neighborhoods could know and become familiar with the police. As the population grew from 28,000 to 75,000 over those 12 years, Auburn has attracted new businesses, crime has dropped drastically, and people are proud of their city.

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						6/11/15	2:00 AM

Debrena Jackson Gandy interviews Pete Lewis, former Mayor of Auburn, Washington. Problem: In 2002 Auburn was in horrible condition. Sidewalks were encrusted with dirt, parking areas were choked with weeds. No one seemed to care. Mayor Lewis suggested a downtown cleanup day, hoping that perhaps a hundred people would show up. Solution: To the Mayor's surprise, a thousand people came, initiating an annual event called "Clean Sweep." This event led to the branding of the city, which has led to business and education partnerships.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
YOUTH	<u>PUBLIC REPORT #050815</u>	28:30	13:15	L	PA/O	5/8/15	10:00 AM
		This segment was repeated on the following dates:				5/9/15	1:00 AM
						5/11/15	8:30 AM
						5/12/15	1:00 AM
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						5/19/15	1:30 AM
						5/21/15	1:30 AM
						5/28/15	2:00 AM

Tanny Jackson interviews Starcia Ague, Administrator, Youth & Family Advocate Program, Washington State Department of Social and Health Services. Problem: Nearly 1,000 youth are incarcerated in the State of Washington. 50% of them have come out of the foster care system, over 50% are minorities, and 85% have had some kind of major trauma in their life. For the most part, they don't fit into standard classroom education, they aren't getting their needs met at home, they come from low income communities, they are the product of single parent homes, and too often their parents have been incarcerated, themselves. Solution: The best rehabilitation approach is the use of counselors and mentors. But there aren't enough of them. The Dialectical Behavior Therapy (DBT) model seems to work. It's a 15 week program to teach life skills, relationships, and emotional understanding.

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						5/19/15	1:30 AM
						5/21/15	1:30 AM
						5/28/15	2:00 AM

Tanny Jackson interviews Kelly Dunn, Contract Chaplain with New Song Ministries; Gregory Balden, Volunteer Chaplain with New Song Ministries; and Andrey Potapchuk, formerly incarcerated youth; with the State Of Washington Juvenile Prison System. Problem: 80-90% of incarcerated youth have no father figure or other positive adult role model. Therefore, they seek out friends, usually their own age, looking for acceptance. Often this acceptance is found in gangs. To be part of a gang, a youth has to perform, to do things they would not normally do, such as acts of violence and criminal activities. They learn to wear a mask, to create a facade that is not easily broken. Solution: Those who work with incarcerated youth need to understand this. When they try to peel back the underlying reasons why youth join gangs, why they seemingly don't care what society thinks about them, it's like peeling an onion layer by layer until the youth says, "This is who I am. Work with me." Then there's hope for that child.

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YOUTH	<u>PUBLIC REPORT #061915</u>	28:30	13:15	L	PA/O	6/19/15	10:00 AM
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Tanny Jackson interviews Debbie Patrick, Foster Care Recruitment Specialist; Megan Boyle, Program Director; and Beth Beecher, Foster Home Licensor; Compass Health. Problem: 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, and 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 life styles, 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.

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Tanny Jackson interviews Debbie Patrick, Foster Care Recruitment Specialist; Megan Boyle, Program Director; and Beth Beecher, Foster Home Licensor; Compass Health. Problem: There is a drastic shortage of foster parents in Washington State, where there is just one foster home for every three 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.

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HEALTH	<u>PUBLIC REPORT #041715</u>	28:30	13:15	L	PA/O	4/17/15	10:00 AM
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						5/7/15	2:00 AM

Tanny Jackson interviews Margaret Nalong CNA, Alzheimer's Caregiver, Judson Park Senior Living, and Doris Yatta, CNA, Alzheimer's Caregiver, Stafford Healthcare. Problem: 5.2 million people in the U.S. suffer from Alzheimer's Disease. It basically affects those 40-70 years of age, but primarily those in their late 60s. Symptoms include loss of memory, confusion, frustration, and trouble expressing their thoughts. Any variance in their daily life upsets them for the rest of the day. Solution: Alzheimer's patients are not children, but adults. They need to be treated like adults. Caregivers should never assume, but should involve the patient in decisions, even though it might be stressful to do so. Caregivers should find out as much as they can about Alzheimer's Disease to help them better understand their loved one.

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		This segment was repeated on the following dates:				5/16/15	1:00 AM
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						6/4/15	2:00 AM

Tanny Jackson interviews Saul Rivkin M.D.; Joe White, Executive Director; and Katie Van Kessel M.D.; Marsha Rivkin Center for Ovarian Cancer Research. Problem: Ovarian cancer is the 5<sup>th</sup> leading cause of death in women, and the 1<sup>st</sup> among gynecological cancers. Washington State has the 3<sup>rd</sup> highest incidence of ovarian cancer in the U.S., behind New Jersey and Pennsylvania. There seems to be a genetic disposition or gene mutation in one of every 40 Ashkenazi Jewish women, as opposed to one in 800 for non-Ashkenazi women. Symptoms include abdominal bloating, pain, and discomfort; bowel/bladder changes; abnormal vaginal bleeding; diarrhea; and vomiting that persist for more than two weeks. Solution: Other than genetic predisposition, there is no known cause of ovarian cancer at this time. However, it does seem to be associated with colon cancer and somewhat minimally with breast cancer. Early detection is extremely important. Over five years, survivability is just 45%. With early detection, survivability is 92%.

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Tanny Jackson interviews Saul Rivkin M.D.; Joe White, Executive Director; and Katie Van Kessel M.D; Marsha Rivkin Center for Ovarian Cancer Research. Problem: Women are much more aware of breast cancer than they are of ovarian cancer. As such, ovarian cancer is a silent killer. One woman per day in the State of Washington dies from ovarian cancer. Solution: The American Association for Cancer Research, one of the largest organizations of research scientists in the U.S., has asked the Rivkin Center for Ovarian Cancer Research to partner with them in making this cancer better known to the cancer research field around the world. Last year, over 370 scientists attended a biannual symposium sponsored by Rivkin.

	<u>SWITCH ON YOUR BRAIN #006</u>	28:30	28:30	REC	PA/O/E	4/7/15	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 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

	PROGRAM	TOPIC	SOURCE	TYPE	AIR DATE	TIME
		SEGMENT				
	DURATION	DURATION				
HEALTH		"I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remolding chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."				

SWITCH ON YOUR BRAIN #007      28:30      28:30      REC      PA/O/E      4/14/15      10:00 AM

Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually

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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 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.

<u>SWITCH ON YOUR BRAIN #008</u>	27:30	27:30	REC	PA/O/E	4/21/15	10:00 AM
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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



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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.

<u>SWITCH ON YOUR BRAIN #009</u>	27:30	27:30	REC	PA/O/E	4/28/15	10:00 AM
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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

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soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is 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.

<u>SWITCH ON YOUR BRAIN #010</u>	27:30	27:30	REC	PA/O/E	5/5/15	10:00 AM
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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

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not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom; it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #011</u>	27:30	27:30	REC	PA/O/E	5/12/15	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 reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension, you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and

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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	5/19/15	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 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

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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.

<u>SWITCH ON YOUR BRAIN #013</u>	27:30	27:30	REC	PA/O/E	5/26/15	10:00 AM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same

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areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

<u>SWITCH ON YOUR BRAIN #001</u>	28:30	28:30	REC	PA/O/E	6/2/15	10:00 AM
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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

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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	6/9/15	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 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.



QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
HEALTH	<u>SWITCH ON YOUR BRAIN #003</u>	28:30	28:30	REC	PA/O/E	6/16/15	10:00 AM

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.

	<u>SWITCH ON YOUR BRAIN #005</u>	28:30	28:30	REC	PA/O/E	6/30/15	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

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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 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

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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. 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.

700 CLUB CBN #04092015                      1:00:00                      5:00      REC      PA/O/E      4/9/15      12:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress. Therefore, it's no surprise Seventh Day Adventists live an average of 10 years longer than most Americans. They don't do any of that. Take for example Benita Welebir. At age 100 she still enjoys a healthy mind, body, and spirit. She's not alone. There is an unusually high concentration of centenarians in her hometown of Loma Linda, California. It's one of only five "blue zones" worldwide. Researcher Dan Buettner found these zones when he searched for where people live the longest. The others are Okinawa, Japan; Kria, Greece; Sardinia, Italy; and Nicoya, Costa Rica. Loma Linda is an hour east of Los Angeles where about a quarter-million people live. The reason they're so healthy is because most of them are Seventh Day Adventists. On average they live 10 years longer than most Americans. Dr. Larry Beeson, an epidemiologist at Loma Linda University, has been involved in researching the health of Seventh Day Adventists for the last 50 years. They strongly adhere to the belief of respecting the human body as the temple of the Holy Spirit. That means no alcohol, no tobacco, and following a plant-based diet. Many Loma Linda residents, like Welebir, are total vegetarians. Others will eat eggs and some have dairy such as cheese and milk. There is a group that eats fish, and there are those who eat small amounts of poultry and beef. Beeson said different dietary choices result in varying health outcomes. Diet isn't the only factor in these longer lives. Seventh Day Adventists strictly observe the Sabbath. Every week, beginning with sundown on Friday, they rest for an entire day. This allows them to recuperate from the week and recharge for the one ahead. They also use it to spend time with friends, family, and God. Stuart Harty is one of the pastors of Loma Linda University Church of Seventh Day Adventists, one of the largest Adventist congregations. He said resting on the Sabbath includes abstaining from electronics. Likewise, when Welebir is asked what she feels are the keys to her longevity she emphasizes down-time. Medical research confirms one of greatest killers is stress. Observing the Sabbath is a way to de-stress. Exercise is also a priority. Throughout her life, Welebir was extremely active, running and horseback riding. These days she makes it a point to walk every day. She does what she can, even though her strength isn't what it used to be. Seventh Day Adventists are able to stick to their healthy lifestyle because they're surrounded by other living the same way. Science proved her right. Studies show that if your three best friends are obese, you have a fifty-percent likelihood of also being obese. Seventh Day Adventists place a high priority of treating the human body as the temple of the Holy Spirit, which means on the whole, they don't drink, don't smoke, eat very little meat, exercise, and observe the Sabbath. As a result they live an average of 10 years longer than most Americans.

700 CLUB CBN #05192015                      1:00:00                      5:00      REC      PA/O/E      5/19/15      12:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Millions of Americans live with and hide eating disorders that threaten their physical and mental health. Doctors estimate almost 5 percent of teenage girls suffer from this problem, and their families often have no idea. For 15 years, McCall Dempsey appeared to be the picture of success. But she was hiding a dangerous eating disorder. Eating disorders are things like starving yourself, making yourself vomit after eating, over-exercising, and abusing laxatives and diet pills. McCall did all of the above. She finally decided she needed help and checked into Carolina House, an in-patient eating

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disorders treatment center. Executive Director Tammy Holcomb said among psychiatric illnesses, eating disorders are the most fatal. Eating disorders can also lead to kidney and liver problems, hair loss, insomnia, stomach problems, and more. In addition to tooth damage, there are other warning signs, such as a preoccupation with weight. McCall remembered what it was like for her. Other signals to watch for include going to the bathroom immediately after eating, large amounts of food missing and excuses not to eat. McCall devised a way of hiding her secret from her friends and relatives. Even though people with eating disorders usually try to conceal their problem, oftentimes family members discover their secret and recommend the person get treatment. The first step usually is the family doctor, who often advises getting treatment from a professional eating disorders counselor, either out-patient, or if the situation warrants, a more intensive therapeutic avenue like Carolina House, where guests stay around-the-clock. Most people stay at Carolina House for about 45 days. The first phase involves eating the right amount of nutritious food until they're healthy enough to move on to phase two. Many of the people who are treated at Carolina House are malnourished when they arrive. Therefore, it takes some time to get their bodies and minds strong again. Residents are closely monitored to make sure they don't bring any food, laxatives, or diet pills into the center. Once inside, they are forbidden from over-exercising. Also, staffers accompany them to the restroom to prevent the guests from purging. Holcomb says the longer people have been engaging in eating disorder behavior, the more crucial it is for them to have 24/7 help breaking their bad habits. Once the Carolina House residents are healthy enough, mind and body, they deal with the root cause of their problem. Jennifer Burnell, an eating disorders specialist at Carolina House, said eating disorders often center on control. Mental health professionals are available at Carolina House around-the-clock to help patients learn appropriate ways to cope with the trials in their lives. McCall said one of the coping mechanisms she learned at Carolina House was to simply understand that it's okay to occasionally fail at things and that it's okay to just feel bad sometimes. She went on to say she's grateful for what she learned at Carolina House and wished more people who suffer the way she did would have similar breakthroughs. Part of the treatment at Carolina House involves relating to food in a completely new way. The dieticians teach the residents which foods strengthen the body and mind. They also instruct about what normal portions look like. They give lessons on cooking and preparing meals so when people leave Carolina House, they are equipped to deal with food appropriately on their own. Burnell said this is not an easy task. Most of all, residents learn how to free their minds from their food obsession and to start thinking about other things. McCall said overcoming her eating disorder gave her a chance to discover her true personality, which had been overshadowed by her eating disorder. Like many other mental conditions, people with eating disorders face the risk of relapse. The key is learning to recognize those dangerous behaviors early enough to correct them before losing control.

<u>700 CLUB CBN #06122015</u>	1:00:00	5:00	REC	PA/O/E	6/12/15	12:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. He was thrown 40 feet from the vehicle and landed on his head. Black's grandmother, Mary Orr, said even the doctors had given up hope. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Insurance and Medicare sometimes offer coverage, depending on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include:

- Autism
- Burns
- Cerebral Palsy

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC	SOURCE	TYPE	AIR DATE	TIME
			SEGMENT DURATION				
HEALTH	<ul style="list-style-type: none"> <li>• Chronic Fatigue Syndrome</li> <li>• Closed Head Injury</li> <li>• Fibromyalgia</li> <li>• Migraine Headaches</li> <li>• Multiple Sclerosis</li> <li>• Near Drowning</li> <li>• Parkinson's Syndrome</li> <li>• Post Traumatic Stress Disorder</li> <li>• Reflex Sympathetic Dystrophy</li> <li>• Rheumatoid Arthritis</li> <li>• Sports Injury</li> <li>• Stroke</li> <li>• Traumatic Brain Injury</li> </ul>						

Johnson said stroke patients can have improved quality of life. He said he's witnessed progress for people with autism, as well. Hyperbaric oxygen therapy may not be for everyone. But today, Michael Black is in far better shape than he or his family ever dreamed possible since his near-fatal car accident. They believe this therapy has a lot to do with his recovery, so they plan to stick with it and hopefully see even more improvement.

QUARTERLY REPORT

		PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
MINORITY	<u>PUBLIC REPORT #041015</u>	28:30	13:15	L	PA/O	4/10/15	10:30 AM
		This segment was repeated on the following dates:				4/11/15	1:00 AM
						4/13/15	8:30 AM
						4/16/15	1:00 AM
						4/21/15	1:30 AM
						4/23/15	1:30 AM
						4/30/15	2:00 AM

Tina Lombard interviews Keeley Brown, President, and Kellen Cole, Marketing Chairperson, Seattle Urban League Young Professionals. Problem: As in every community, there are education, health, economic, employment, home ownership, civic engagement, and civil rights/racial justice disparities in the Seattle area. Solution: The Seattle Urban League Young Professionals promotes services and programs to meet the needs and challenges of the community. Leadership is a key component to solving these disparities. You don't need a title to be a leader, but you do need communication skills and vision. Leaders are always visionaries, people who can stand up and say, "I am a leader."

	<u>PUBLIC REPORT #042415</u>	28:30	13:15	L	PA/O	4/24/15	10:30 AM
		This segment was repeated on the following dates:				4/25/15	1:00 AM
						4/30/15	1:00 AM
						5/5/15	1:30 AM
						5/7/15	1:30 AM
						5/12/15	2:00 AM
						5/14/15	2:00 AM

Cutonja Vann interviews Pat and Gary Walker of Firestarters for the Nations. Pat is Muskogee Creek and Gary is Cherokee. Problem: One problem relates to State vs Federal regulations of Native American rights and privileges. For example, federally recognized tribes have unique rights concerning hunting, fishing, water use, and gaming operations. Non-Indians and the State of Washington have tried to make local tribes subject to State hunting and fishing regulations. Another problem is the concept of sovereignty. Sovereignty refers to a tribe's right to govern themselves, defining their membership, management of tribal property, and regulation of tribal business. In Washington State, 29 tribes have such sovereignty. Solution: Indian tribes are the only ethnic group acknowledged in the U.S. Constitution, having nationhood status retaining the inherent powers of self government. As such, Native tribes are subject only to the Federal government and not to State governments.

	<u>PUBLIC REPORT #042415</u>	28:30	13:15	L	PA/O	4/24/15	10:30 AM
		This segment was repeated on the following dates:				4/25/15	1:00 AM
						4/30/15	1:00 AM
						5/5/15	1:30 AM
						5/7/15	1:30 AM
						5/12/15	2:00 AM
						5/14/15	2:00 AM

Cutonja Vann interviews Pat and Gary Walker, Firestarters for the Nations. Problem: In the past, it has not been popular to be Native American. They are a people who have been treated as being of no worth or value. For example, many tribes were relocated via the Removal Act of 1830. Children were taken away to federally operated boarding schools where native language, dress, and customs were minimized. Treaties were not honored. Similar discrimination has continued into modern times. Solution: Tribal leaders are trying to instill a sense of Native Pride – honoring the elders, instilling a sense of culture and history, of value and identity. This is being done through pow-wows, potlatches, social programs, and self-governance programs.

QUARTERLY REPORT

	PROGRAM DURATION	TOPIC SEGMENT DURATION	SOURCE	TYPE	AIR DATE	TIME
ENVIRONMENT <u>PUBLIC REPORT #050115</u>	28:30	13:15	L	PA/O	5/1/15	10:00 AM
	This segment was repeated on the following dates:				5/4/15	8:30 AM
					5/5/15	8:30 AM
					5/7/15	1:00 AM
					5/12/15	1:30 AM
					5/14/15	1:30 AM
					5/19/15	2:00 AM
					5/21/15	2:00 AM

Debrena Jackson Gandy interviews Tom Watson, Eco Consumer Program Manager, King County. Problem: Why should we be concerned about our environment? Weather events are more extreme, glaciers are melting, there is reduced snow pack in the mountains, droughts are occurring more frequently and are more extreme. These are all linked to human-caused climate change. Solution: We need to be caretakers of our environment and not just stressors. While "the rich will adapt and the poor will suffer," rich countries like the U.S. need to take care of our fellow humans around the world. Seattle is at sea level. We have the money to build sea walls, for example. But we still need to be concerned about climate change on a personal level – buying energy efficient appliances, using reusable water bottles and grocery bags, and thinking in terms of hydropower and solar energy.

<u>PUBLIC REPORT #050115</u>	28:30	13:15	L	PA/O	4/24/15	10:30 AM
	This segment was repeated on the following dates:				4/25/15	1:00 AM
					4/30/15	1:00 AM
					5/5/15	1:30 AM
					5/7/15	1:30 AM
					5/12/15	2:00 AM
					5/14/15	2:00 AM

Debrena Jackson Gandy interviews Tom Watson, Eco Consumer Program Manager, King County. Problem: The earth's carbon footprint is the impact of fossil fuels that affect our climate. Fossil fuels – oil, coal, gas – produce green house gases such as carbon dioxide that pollute the atmosphere. Many everyday items are made out of oil, for example, such as plastic bottles, kitchen storage items, even polyester clothing. Solution: We need to reduce our dependence on carbon based products. Organizations that are emphasizing environmental issues include The Sierra Club, the Natural Resources Defense Council, 350.org, church-related Creation Care, and the Washington Toxics Coalition.