

Trinity Broadcasting Network

WELF-TV

January, February, March, 2016

Eastern Time

Leading Community Issues

Health

Family

Seniors

Transportation

Civic

Results of ascertainments from civic leaders, responses by telephone from TBN, viewers, from the printed media, comprising newspapers, magazines, publications, and from television and radio, whenever possible

"The figure designated as Topic Segment Duration is based upon our good faith judgment and may not represent exact time"

March 31, 2016

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town #657-010416R1	30:00	13:43	LCL	PA/O/E	01/04/2016 01/05/2016 01/09/2016 01/16/2016 01/23/2016	06:30 PM 04:30 AM 03:30 AM 02:30 PM 02:00 PM

WELF-TV Host, Dr. David Banks, discusses health issues with Sandy Matheson and Jessica Riggers of Primary Healthcare Centers. Where most physicians' offices try to treat just the symptoms, Primary Healthcare Centers works with a holistic approach. They see the mind, body, and spirit intertwined; the approach is to treat all three instead of just addressing the symptoms. Another big issue with healthcare recipients in this rural area is poverty and lack of health insurance. Primary Healthcare Centers seeks to reach out to under-served areas and are constantly seeking out new areas to open centers. PHC is striving for equal opportunity to receive health care for these underserved people. Primary Healthcare Centers works on a sliding-scale basis; meaning they base co-pays on a person's income. This allows them to reach low/no income persons, to get them the health care they so desperately need at an affordable rate. Primary Healthcare Centers also partners with local agencies to provide food, clothing, dental care, housing, and other necessities to those in need allowing them to continue their holistic approach to family wellness.

Health

Joy In Our Town #658-011116R1	30:00	13:18	LCL	PA/O/E	01/11/2016 01/12/2016 01/16/2016 01/23/2016 01/30/2016	06:30 PM 03:00 AM 03:30 PM 02:30 PM 02:00 PM
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WELF-TV Host, Dr. David Banks, discusses health issues and the benefit of therapy dogs with Ruth Sapp of H.A.B.I.T. H.A.B.I.T stands for Human-Animal Bond in Tennessee. H.A.B.I.T. is comprised of representatives from the University Of Tennessee College Of Veterinary Medicine, volunteers from the community, and private veterinary practitioners. H.A.B.I.T sponsor programs which foster pet visitation to nursing homes, assisted-living residences, retirement centers, and mental health centers, residences for children with special needs, rehabilitation facilities, hospital settings, and other facilities. Established in 1986, H.A.B.I.T, comprised of community volunteers, works to explore the circumstances and consequences of the human-animal bond and to promote this valuable bond between people and animals. The animals can help assist with situations like helping patients to feel more relaxed and secure during medical services and during mental health therapy sessions. Children, in particular, seem to feel the benefits of having a therapy animal present during stressful situations. The animals can also be trained to help assist those who are disabled and unable to do tasks such a turning on lights or as an alert for persons who have a medical disorder such as seizures.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

Joy In Our Town	30:00	13:34	LCL	PA/O/E	01/18/2016	06:30 PM
#659-0118161					01/19/2016	04:30 AM
					01/23/2016	03:30 PM
					01/30/2016	02:30 PM
					02/06/2016	02:00 PM

WELF-TV Host, Dr. David Banks, discusses health issues and the importance of donating blood with Charlie Callari of Blood Assurance. Blood Assurance is a non-profit, full-service regional blood center serving 51 counties and more than 70 health care facilities in Tennessee, Georgia, Alabama, North Carolina and Virginia. Founded in 1972 as a joint effort of the Chattanooga-Hamilton County Medical Society, the Chattanooga Area Hospital Council, and the Chattanooga Jaycees, the mission of Blood Assurance is to provide a safe and adequate supply of blood and blood components in a cost effective manner to every area patient in need. Currently, there are 15 locations and 13 bloodmobiles to collect life-saving blood products, used by area patients. In order to give blood, you must be 17 years old or older, however, 16 year olds can now donate with parental consent. Donors must also weigh a minimum of 110 lbs. You will also be asked a series of questions to determine if you are eligible to donate.

Health

Joy In Our Town	30:00	13:31	LCL	PA/O/E	02/01/2016	06:30 PM
#661-020116					02/02/2016	04:30 AM
					02/06/2016	03:30 PM
					02/13/2016	02:30 PM
					02/20/2016	02:00 PM

WELF-TV Hostess, Darla White, discusses health issues and the suicidal brain with Jimmy Powell of the Suicide Survivors Support Group at CHI Memorial Hospital. Mr. Powell lost a son to suicide, and offers an explanation on how the brain is medically affected in suicidal persons. Suicide is the end result of a malfunction of the Limbic System in the brain. A properly functioning limbic system sustains our ability to survive in the most extreme conditions. When this system malfunctions, it can produce fatal consequences, such as suicide. This Limbic [mood and behavior] Disease afflicts about 121,000,000 people world-wide, and it is fatal to about 850,000 people each year world-wide. The way that Mr. Powell explains this is using the analogy of a house in which the human brain compared to a house, the five lobes are compared to five rooms, the communication system between lobes is compared to a main breaker box, here the limbic system is compared to an unfinished basement, stress in people's lives is compared to a circuit breaker. When the breaker gets turned off, the communication system malfunctions then the person does not have a natural defense for critical life events.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Joy In Our Town	30:00	13:32	LCL	PA/O/E	02/15/2016	06:30 PM
#663-021516					02/16/2016	04:30 AM
					02/20/2016	03:30 PM
					02/27/2016	02:30 PM
					03/05/2016	02:00 PM

WELF-TV Hostess, Tiki Finlayson, discusses health and the effects of eating disorders with Jan Robinson and Emily Collier of MCR Foundation. The organization began after Ms. Robinson lost her daughter Cammy to complications from years of battling eating disorders. After the loss of her daughter, Ms. Robinson wanted a way to help other families detect the signs of an eating disorder early, and to offer education and resources to help those struggling with this debilitating disease. Some of the more obvious signs are not eating or obsessively counting calories. People who are hiding an eating disorder may seem to avoid places where they will be expected to eat or tempted with foods, they may go out of their way to avoid foods they previously enjoyed, or mark foods as "good" or "bad". Those with eating disorders typically weigh themselves several times a day, and seem obsessed with the numbers on the scale. They may also become considerably thinner in a relatively short period of time with no explainable reason, such as a medical cause, or exercise so often that they seem to revolve their lives around it. To help those who have a loved one with an eating disorder, the MCR foundation assists in providing education and resources, promoting awareness and developing prevention strategies, providing support systems, conducting research for community needs, promoting a healthy lifestyle and an appropriate self-image, and serving as a resource for referrals for counseling and treatment.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Family

Joy In Our Town	30:00	13:18	LCL	PA/O/E	01/18/2016	06:30 PM
#659-0118161					01/19/2016	04:30 AM
					01/23/2016	03:30 PM
					01/30/2016	02:30 PM
					02/06/2016	02:00 PM

WELF-TV Host, Dr. David Banks, discusses family issues with Rebecca Whelchel of Metropolitan Ministries. Metropolitan Ministries, also known as Met Min, is a nonprofit that focuses on preventing homelessness and assisting people to self-sufficiency. The face of homelessness is widely misunderstood. Most people seem to think homeless persons end up that way of their own circumstance, or else want to be homeless. Everything from a loss of a job to an injury preventing someone from working can lead to homelessness. Many persons are just a rent or utility payment away from losing the security of shelter. Met Min offers rent and utility assistance, vouchers to the Chattanooga Area Food Bank, HIV/AIDs testing, food hand-outs on premises, prescription assistance, in addition to a variety of other services.

Family

Joy In Our Town	30:00	13:37	LCL	PA/O/E	01/25/2016	06:30 PM
#660-012516R1					01/26/2016	04:30 AM
					01/30/2016	03:30 PM
					02/06/2016	02:30 PM
					02/13/2016	02:00 PM

WELF-TV Host, Dr. David Banks, discusses family issues and Dade Middle School's new anti-bullying campaign with middle school teacher Lisa Bell. Ms. Bell brought some of her students up for the interview in which they discussed the county's experience with bullying. As with most places in this day and age, bullying is a prominent issue in the school system in Dade County, Georgia. To combat this issue, the school administration knew they would need an innovative way to show the students that they were all part of one community. The students followed the lead of a private school in Atlanta that began a process of sorting the students into 'houses' which they would be in from the time they were in sixth grade through the time they graduated. The students would be sorted randomly, insuring a mixture of different socio-economic classes and 'cliques' in a house. The belief is that by showing the students they are part of a community, they could build relationships with students they otherwise would not associate with, give them a large voice to discuss their worries with the administration, and it help combat the bullying in the school system. The school is still in the beginning stages of this new anti-bullying campaign and have promised to return with an update in the future.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Family

Joy In Our Town	30:00	11:51	LCL	PA/O/E	02/01/2016	06:30 PM
#661-020116					02/02/2016	04:30 AM
					02/06/2016	03:30 PM
					02/13/2016	02:30 PM
					02/20/2016	01:00 PM

WELF-TV Hostess, Lizzy Nelson, discusses senior issues with Colleen Combs of Alexian Brothers PACE. PACE is a coordinated health and social services program that enables participants to remain in their own homes and communities rather than moving to nursing homes. This is a huge issue with many families who cannot afford daycare for elderly loved ones or skilled nursing homes. PACE allows the elderly participant to stay in their home and receive care from the family after hours, while providing quality daycare and holistic services for the elderly. It is a unique system of managed care which includes services in the home, at the PACE center, and if necessary, in the hospital or other medical facility. Alexian Brothers Community Services is part of the national Program of All-inclusive Care for the Elderly (PACE.) Started locally in 1998, PACE is a jointly sponsored project of Alexian Brothers and the Tennessee Bureau of TennCare. Once a participant is enrolled in the program, Alexian Brothers Community Services provides all necessary health care services. Most care is delivered in an adult day health care center setting, preserving the participant's community residence, family relationship, and lifestyle. Individuals who are age 55 or older, living in Hamilton County, Tennessee, who have been assessed by the PACE interdisciplinary team as being appropriate for PACE services, and who certified by TennCare as eligible for nursing home level of care are eligible.

Family

Joy In Our Town	30:00	12:07	LCL	PA/O/E	02/08/2016	06:30 PM
#662-020816					02/09/2016	04:30 AM
					02/13/2016	03:30 PM
					02/20/2016	02:30 PM
					02/27/2016	02:00 PM

WELF-TV Hostess, Terri Crider, discusses family issues and the impact of grief on families with Deana Martin-Owens and Ron Kelly of Cry for Me No More. Cry For Me No More is a nonprofit organization founded in 2014 to help families deal with loss after the death of a child. CFMNM's flagship program is a powerful, transformational Healing Family workshop series where adult family members affected by the loss of a child are taught ways to cope with their grief, so they may begin to move forward with their lives. Unresolved grief can be incredibly detrimental to one's health and affect people in many ways not even realized. This type of loss can devastate lives. The symptoms of grief can cause many problems such as loss of jobs due to the inability to concentrate and focus, devastation of relationships, stress related illnesses, financial ruin due to poor choices, etc. The devastating loss can change family members for better or worse. Families can continue to let the grief define who they are and let it run their lives, or they can take back their lives. The choice is up to the individual.

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Family

Joy In Our Town	30:00	12:51	LCL	PA/O/E	02/29/2016	06:30PM
#665-022916					03/01/2016	04:30 AM
					03/05/2016	03:30 PM
					03/12/2016	02:30 PM
					03/19/2016	02:00 PM

WELF-TV Hostess, Tiki Finlayson, discusses family issues and children in at-risk situations with Ellen Cain of Bethel Bible Village. In the early days of Bethel Bible Village they took in children of incarcerated persons and would give the child a foster home. Today, Bethel Bible has gone from long-term foster care of the children of incarcerated individuals to a program for children surrendered by their parents as well as at-risk youth. Bethel Christian Academy is an on-campus school serving middle and high school students living at Bethel Bible Village. The academic program is specialized to meet the needs of tweens and teens whose education has been derailed by difficult circumstances. Pregnant and teen moms also attend the school on campus, so they can complete their education while working through the challenges of single parenthood. The curriculum is compatible with the Hamilton County course of study, with an added focus on individual needs, life skills and spiritual growth. Class sizes range between 3 -12 students per teacher, with a strong focus on individual attention for each student. This helps the students be able to thrive and succeed despite their circumstances.

Family

Joy In Our Town	30:00	13:59	LCL	PA/O/E	03/07/2016	06:30 PM
#666-030716					03/08/2016	04:30 AM
					03/12/2016	03:30 PM
					03/19/2016	02:30 PM
					03/26/2016	02:00 PM

WELF-TV Hostess, Terri Crider, discusses family issues and the impact of grief on families with Deana Martin-Owens and Ron Kelly of Cry for Me No More. Cry For Me No More is a nonprofit organization founded in 2014 to help families deal with loss after the death of a child. CFMNM's flagship program is a powerful, transformational Healing Family workshop series where adult family members affected by the loss of a child are taught ways to cope with their grief to be able to once again live their lives. Unresolved grief can be incredibly detrimental to one's health and affect parents in ways not even realized. This type of loss can devastate lives. The symptoms of grief can cause many problems such as loss of jobs due to the inability to concentrate and focus, devastation of relationships, stress related illnesses, financial ruin due to poor choices, etc. The devastating loss can change people for better or worse. Parents can continue to let the grief define them and let it run their lives, or they can take their life back. The choice is theirs to make.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Family

Joy In Our Town	30:00	13:42	LCL	PA/O/E	03/28/2016	06:30 PM
#669-032816					03/29/2016	04:30 AM

WELF-TV Hostess, Angie McGregor, discusses family issues with Mark Carpenter, counselor from the Transformation and Lighthouse Counseling Center. The center has fifteen different counselors serving all ages. Mr. Carpenter discussed Seasonal Affective Disorder, which is a depressive disorder that relates to changes in the seasons. Generally the person with Seasonal Affective Disorder will begin to show signs in the early-mid fall, and will become more depressed as the seasons change. Though sadness is the most commonly thought-of symptom when it comes to depressive disorders, there is actually a wide-range of symptoms that affect not only the mind but the whole body. Persons suffering from depression feel hopeless, flat, empty, and powerless, they may withdraw from social situations, or they can feel sad and moody. Another big, and often overlooked, symptom of depression is the physical toll it takes on the body. Many persons suffering from depression report that they feel achy, have no energy, and feel physically exhausted. Therapy is the first step in treating any form of mental distress, and finding the right therapist is key to a pleasant, learning experience.

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Seniors

Joy In Our Town	30:00	11:32	LCL	PA/O/E	01/04/2016	06:30 PM
#657-010416R1					01/05/2016	04:30 AM
					01/09/2016	03:30 AM
					01/16/2016	02:30 PM
					01/23/2016	02:00 PM

WELF-TV Hostess, Lizzy Nelson, discusses senior issues with Debby Lazarine of the Alzheimer's Association of North Georgia. Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases. Alzheimer's is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. There are ten early signs of Alzheimer's Disease that individuals and their families can watch for; Memory loss that disrupts daily life, challenges in planning or solving problems, difficulty completing familiar tasks at home, at work or at leisure, confusion with time or place, trouble understanding visual images and spatial relationships, new problems with words in speaking or writing, misplacing things and losing the ability to retrace steps, decreased or poor judgment, withdrawal from work or social activities, and changes in mood and personality.

Seniors

Joy In Our Town	30:00	13:37	LCL	PA/O/E	01/25/2016	06:30 PM
#660-012516R1					01/26/2016	04:30 AM
					01/30/2016	03:30 PM
					02/06/2016	02:30 PM
					02/13/2016	02:00 PM

WELF-TV Host, Dr. David Banks, discusses family issues with Rebecca Whelchel of Metropolitan Ministries. Metropolitan Ministries, also known as Met Min, is a nonprofit that focuses on preventing homelessness and assisting people to self-sufficiency. Many persons are just a rent or utility payment away from losing the security of shelter. The face of Senior Citizen homelessness is widely misunderstood. Most people seem to think homeless persons end up that way of their own circumstance, or else want to be homeless. Everything from a loss of a job to an injury preventing someone from working can lead to homelessness. Seniors however have the unique problem of having to choose between paying for medication or groceries. Met Min offers rent and utility assistance, vouchers to the Chattanooga Area Food Bank, HIV/AIDs testing, food hand-outs on premises, and prescription assistance to keep these folks in their homes. There are a great number of seniors Met-min helps each month. Most of them volunteer at Met-Min in order to "give back" to the organization for help they have received.

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Seniors

Joy In Our Town	30:00	11:51	LCL	PA/O/E	02/01/2016	06:30 PM
#661-020116					02/02/2016	04:30 AM
					02/06/2016	03:30 PM
					02/13/2016	02:30 PM
					02/20/2016	01:00 PM

WELF-TV Hostess, Lizzy Nelson, discusses senior issues with Colleen Combs of Alexian Brothers PACE. PACE is a coordinated health and social services program that enables participants to remain in their own homes and communities rather than moving to nursing homes. This is a huge issue with many families who cannot afford daycare for elderly loved ones or skilled nursing homes. PACE allows the elderly participant to stay in their home and receive care from the family after hours, while providing quality daycare and holistic services for the elderly. It is a unique system of managed care which includes services in the home, at the PACE center, and if necessary, in the hospital or other medical facility. Alexian Brothers Community Services is part of the national Program of All-inclusive Care for the Elderly (PACE.) Started locally in 1998, PACE is a jointly sponsored project of Alexian Brothers and the Tennessee Bureau of TennCare. Once a participant is enrolled in the program, Alexian Brothers Community Services provides all necessary health care services. Most care is delivered in an adult day health care center setting, preserving the participant's community residence, family relationship, and lifestyle. Individuals who are age 55 or older, living in Hamilton County, Tennessee, who have been assessed by the PACE interdisciplinary team as being appropriate for PACE services, and who certified by TennCare as eligible for nursing home level of care are eligible.

Seniors

Joy In Our Town	30:00	12:44	LCL	PA/O/E	03/14/2016	06:30 PM
#667-031416R1					03/15/2016	04:30 AM
					03/19/2016	03:30 PM
					03/22/2016	04:30 AM
					03/26/2016	02:30 PM

WELF-TV Hostess, Lizzy Nelson, discusses senior issues and the importance of foster grandparents with Angela Hayes, Elizabeth Adams, and Susan Kroll of the Foster Grandparents Program. Since 1980, the Foster Grandparent Program (FGP) has provided valuable resources to the community. Their mission is to encourage and engage senior citizens in helping to enrich the community and the lives of children. Foster Grandparents serve as mentors, tutors, and caregivers for children and youth with special needs. This organization helps senior citizens get out and engage in the community and in the process helps the marginalized sector of the school population rise to their fullest potential. Becoming a Foster Grandparent is easy, but there are requirements for the program. To be eligible for the Foster Grandparent Program you must be 55 years of age or older, reside in Hamilton, Bradley or McMinn Counties, your household income may not exceed 200% of DHS Poverty Guidelines, you must pass a physical exam, pass a clear criminal background check, and most importantly, care about children and want to help them reach their maximum potential.

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Seniors

Joy In Our Town	30:00	14:00	LCL	PA/O/E	03/28/2016	06:30 PM
#669-032816					03/29/2016	04:30 AM

WELF-TV Host, Dr. David Banks, discusses senior issues with Charleena Angwin of the Chattanooga-Hamilton County Health Department. According to Ms. Angwin a third of seniors will fall in their home each year. While most of those who fall will not have a serious injury, there is always the potential for broken bones and injuries with any fall. It is important for seniors to remain independent in their own homes for as long as possible, so taking a few proactive steps can assist in keeping seniors safe and healthy. First, Ms. Angwin says that a hand rail should be installed for all outside steps. Steps can prove to be difficult for seniors, and their balance is diminished with age. By having a hand-rail, you give the senior something to hold onto while navigating steps to help them keep their balance. Second is to check the home for throw rugs and cords, both of which can cause a senior to trip and fall. Bathrooms are another major fall zone for seniors, so it is important to check the bathroom carefully for risks. The easiest way to help combat seniors falling in the bathroom is to install a grab bar in the bathtub and place down a rug with sticky grips on the bottom as opposed to a throw rug. By making sure your senior is safe in their own home you can increase their quality of life and help them stay healthy.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Transportation

Joy In Our Town	30:00	13:57	LCL	PA/O/E	01/11/2016	06:30 PM
#658-011116R1					01/12/2016	03:00 AM
					01/16/2016	03:30 PM
					01/23/2016	02:30 PM
					01/30/2016	02:00 PM

WELF-TV Host, Dr. Davis Banks, discusses transportation issues and alternative modes of transportation with Jonathan Gibbons and Amy Morris of GreenTrips. GreenTrips began as a three-year pilot through the federal Congestion Mitigation and Air Quality Improvement (CMAQ) Program. With Chattanooga being a large, tourist city there is a lot more congestion and pollution from traffic than smaller cities in the area. The Chattanooga-Hamilton County/North Georgia Transportation Planning Organization (TPO) began GreenTrips as a way to get people to lessen the environmental impact of traveling alone by offering incentives to those who choose sustainable, alternative forms of travel such as riding the bus, biking to work, and carpooling. When taking a green trip, you can boost your health by improving air quality and building physical activity into daily trips, save money spent on fuel and car maintenance, build community through shared rides, reduce stress from time spent behind the wheel in traffic, and have fun exploring new ways of getting around.

Transportation

Joy In Our Town	30:00	13:22	LCL	PA/O/E	02/15/2016	06:30 PM
#663-021516					02/16/2016	04:30 AM
					02/20/2016	03:30 PM
					02/27/2016	02:30 PM
					03/05/2016	02:00 PM

WELF-TV Hostess, Tiki Finlayson, discusses transportation with Caroline Johnson of the Chattanooga Department of Transportation's Driver Education. The driver's education program itself was dropped from Chattanooga-area schools almost twenty-five years ago, but the program recently made a comeback in 2009. During the time where there was no driver's education classes offered to students, the department of transportation saw a boom in teen-related crashes. This was a big reason for the program coming back to the area. Parents and teens both understand how stressful it can be to learn how to drive, but driver's education is there to help families work through the stress of this milestone event. Driver's education has partnered with a local driving school to provide low-cost, basic defensive driving courses to anyone between the ages of sixteen and twenty-two. The program teaches defensive driving, as well as prepares the driver to know what to do during the road test in a low-stress environment. Through the partnership with the Chattanooga DOT, teens also get to speak with police officers and other special speakers to learn more about driving and the road.

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Transportation

Joy In Our Town	30:00	14:27	LCL	PA/O/E	02/22/2016	06:30 PM
#664-022216					02/23/2016	04:30 AM
					02/27/2016	03:30 PM
					03/05/2016	02:30 PM
					03/12/2016	02:00 PM

WELF-TV Host, Dr. David Banks, discusses transportation issues and the importance of public transit with Veronica Peebles of CARTA. CARTA is the public transit system in Hamilton County and in the city of Chattanooga, TN and has been committed to providing safe, dependable and efficient transportation service to their community for almost 40 years. It originally began as Southern Coach Lines in the 1940s, and grew from a small fleet of buses into today's 17 routes. CARTA buses are wheelchair accessible and are equipped with audio and visual technology that announces each bus stop along the routes. CARTA also operates the Lookout Mountain Incline Railway, the Downtown Electric Shuttle system, and the CARTA Care-a-van. They also manage the parking system in downtown Chattanooga to include 3 parking garages, on street metered parking and parking lots. CARTA's mission is to provide a safe, cost effective and efficient multimodal transit system for the citizens, visitors and businesses of the City of Chattanooga and Hamilton County. In addition to their services, CARTA has partnered with various non-profits in the Chattanooga area to encourage people to choose alternative transportation including Bike Chattanooga and GreenTrips, both of which are non-profits that offer green options to help get people where they need to go in the city.

Transportation

Joy In Our Town	30:00	14:13	LCL	PA/O/E	02/29/2016	06:30PM
#665-022916					03/01/2016	04:30 AM
					03/05/2016	03:30 PM
					03/12/2016	02:30 PM
					03/19/2016	02:00 PM

WELF-TV Host, Dr. David Banks, discusses transportation issues and the impact of drunk driving with Tiki Finlayson of 1N3. After the tragic loss of her son Kevin in an accident involving a drunk driver, Ms. Finlayson discovered a startling statistic: That one in every three families are affected in some capacity by drunk driving. 1N3 educates the public of the dangers and consequences of driving under the influence in many different venues such as driver's education classes for middle & high schools, rehabilitation centers, youth groups, community events, churches, and many others. One of the major events they use to educate the public is the 1N3 sponsored 'Teen Maze' in which high school students are guided through a giant maze in which their own choices to hypothetical situations determines their outcome. This has helped many teens choose not to drink and drive or engage in other risky activities. One of the highlights of the Teen Maze is a simulated drunk driving wreck in which students watch as medical personnel work on a fictitious crash and the victims of the crash. This helps the students witness something that makes a lasting impact on their decision to drink and drive, which Ms. Finlayson hopes will help them educate their friends and family on the dangers as well.

"The figure designated as Topic Segment Duration is based upon our good faith judgment and may not represent exact time"

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Transportation

Joy In Our Town	30:00	12:33	LCL	PA/O/E	03/21/2016	06:30 PM
#668-032116					03/22/2016	05:00 AM
					03/26/2016	03:30 PM

WELF-TV Hostess, Angie McGregor, discusses transportation with Ben Taylor of the Chattanooga Department of Transportation and Bike Chattanooga. With Chattanooga being such an active city, there was a need for cleaner, accessible transportation in the area. Bike Chattanooga stepped up and took on that challenge. Bike Chattanooga is a bicycle transit system featuring hundreds of bikes at over 33 stations located throughout Chattanooga which are available for use 24/7, 365 days a year. Each station has a touchscreen kiosk, system, and neighborhood map, and docking points which releases bikes using a member key or ride code. You must be 16 years or older to ride Bike Chattanooga. Chattanooga was recently voted a silver-level bike-friendly city largely in part due to Bike Chattanooga. By choosing a bike over a car for your activities around downtown you are reducing pollution, becoming active, and reducing the traffic around downtown.

Transportation

Joy In Our Town	30:00	13:32	LCL	PA/O/E	03/21/2016	01:00 PM
#668-032116					03/00/2016	06:30 AM
					03/00/2016	00:00 **

WELF-TV Hostess, Angie McGregor, discusses transportation with Ben Taylor of the Chattanooga Department of Transportation and Bike Chattanooga. With Chattanooga being such an active city, there was a need for cleaner, accessible transportation in the area. Bike Chattanooga stepped up and took on that challenge. Bike Chattanooga is a bicycle transit system featuring hundreds of bikes at over 33 stations located throughout Chattanooga which are available for use 24/7, 365 days a year. Each station has a touchscreen kiosk, system, and neighborhood map, and docking points which releases bikes using a member key or ride code. You must be 16 years or older to ride Bike Chattanooga. Chattanooga was recently voted a silver-level bike-friendly city largely in part due to Bike Chattanooga. By choosing a bike over a car for your activities around downtown you are reducing pollution, becoming active, and reducing the traffic around downtown.

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Civic Affairs

Joy In Our Town	30:00	8:53	LCL	PA/O/E	02/08/2016	06:30 PM
#662-020816					02/09/2016	04:30 AM
					02/13/2016	03:30 PM
					02/20/2016	02:30 PM
					02/27/2016	02:00 PM

WELF-TV Hostess, Darla White, discusses civic affairs issues with Donna Street of the Friends of Dade County Georgia Library and the Dade County Georgia Historical Society. The Dade County Public Library is located in Trenton, Georgia and acts as the hub for community events and activities in Dade County. Public libraries are vital to improving literacy in communities and giving people access to important information and research opportunities. The Dade County Public Library is no exception. The library functions as more than just a place to come check out books. There are many different activities housed within its walls. The library provides summer reading programs, activities for homeschoolers and preschoolers, functions as a meeting place for local non-profits such as the DADE-FIRST Family Connection, and a place to learn more about the rich history of this scenic area. Housed inside the library is the Dade County Historical Society which provides a plethora of information on the history of Dade County, its participation in wars and battles, and the history of families whose descendants still live in this area today. The group also takes trips to historic locations, this helps history become a real, tangible thing for those who have been learning about it. The Dade County Public library is truly a historical treasure to the residents of Dade County.

Civic Affairs

Joy In Our Town	30:00	14:05	LCL	PA/O/E	02/22/2016	06:30 PM
#664-022216					02/23/2016	04:30 AM
					02/27/2016	03:30 PM
					03/05/2016	02:30 PM
					03/12/2016	02:00 PM

WELF-TV Host, Dr. David Banks, discusses civic affairs and the importance of public safety with the city of Chattanooga's Public Safety Coordinator Dr. Paul Smith. The focus of a Public Safety Coordinator is to make sure the public is safe and to reduce gun violence in the community. For several years, Chattanooga has had an increase in gun violence and gang violence that has threatened the safety of residents. To address this growing threat, Mayor Andy Berke began a Violence Reduction Initiative (VRI) that meets to address the root causes of these problems. Chattanooga's Violence Reduction Initiative began in fall 2013 under National Network Advising along with support from the City of Chattanooga and Mayor Andy Berke. With the guidance of Public Safety Coordinator Paul Smith, Chattanooga VRI conducted their first call-in during the spring of 2014 and has begun using routine custom notifications to head off retaliatory violence. The city has also made headway in fostering a new support and outreach structure aimed at helping group members and keeping them alive and out of prison. They accomplish this by partnering with other local non-profits to help secure rehabilitation for gang members and assistance in helping those persons secure things like a job and a mentor. This helps them break the cycle of violence and gang life, and move forward into a better tomorrow.

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Civic Affairs

Joy In Our Town	30:00	13:44	LCL	PA/O/E	03/07/2016	06:30 PM
#666-030716					03/08/2016	04:30 AM
					03/12/2016	03:30 PM
					03/19/2016	02:30 PM
					03/26/2016	02:00 PM

WELF-TV Host, Dr. David Banks, discusses civic affairs with Steve Roberts and Jason Shattuck of the Dalton Parks and Recreation Department. Dalton Parks and Recreation was founded over 60 years ago by a special election of the citizens of Dalton, Georgia. The agency is responsible for maintaining over 644 acres of land, 12 parks, 26 athletic fields, 24 tennis courts, and 10 playgrounds. Dalton Parks and Recreation's biggest issue is getting everyone outside to enjoy everything Dalton has to offer. They want to promote healthy, active lifestyles for every age, ability, and economic situation. Their programs range from the 3-4 year old Start Smart Program, free Youth Athletics (Drafted), Adult Athletics, Summer Camps, Exercise/Wellness Programs, Instructional Classes, Special Events, and Special Population Programs. They also offer a skate park and a dog park to make sure every member of the family has the opportunity to get active and healthy.

Civic Affairs

Joy In Our Town	30:00	13:32	LCL	PA/O/E	03/14/2016	06:30 PM
#667-031416R1					03/15/2016	04:30 AM
					03/19/2016	03:30 PM
					03/22/2016	04:30 AM
					03/26/2016	02:30 PM

WELF-TV Hostess, Tiki Finlayson, discusses civic affairs with Krissy Kaczynski and Doug Hartline of the Rescue 2 Restore program. Rescue 2 Restore began in June of 2014 to help juvenile offenders learn the skills they need to reintegrate into society. Currently Rescue 2 Restore offers two distinct programs that address the need for better animal welfare and a way youth can assimilate into society. The first is a program where members of Rescue 2 Restore go to juvenile facilities in the state, and Ms. Kaczynski says they have visited each of them at least once, and speak to the youth about topics such as pet overpopulation and adopting shelter animals. The youth are given the opportunity to ask questions and better understand how to take care of animals. The second program is currently only available in two juvenile centers in the state, but it is undergoing an expansion process with the ultimate goal to be in all of the facilities in the state in the future. One of these locations is in Dalton, Georgia where the dogs are fostered in an on-site kennel in a separate building and the youth get the opportunity to go in and visit with the dogs and care for them on a daily basis. The youth also provide training for these dogs, which teaches the dogs useful commands and shows the youth why proper behavioral skills are so important.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Civic Affairs</i> Joy In Our Town #668-032116	30:00	13:32	LCL	PA/O/E	03/21/2016	06:30 PM
					03/22/2016	05:00 AM
					03/26/2016	03:30 PM

WELF-TV Hostess, Tiki Finlayson, discusses civic affairs with Krissy Kaczynski and Doug Hartline of the Rescue 2 Restore program. Rescue 2 Restore began in June of 2014 to help juvenile offenders learn the skills they need to reintegrate into society. They noticed a big issue with Juvenile offenders when they were released back into society reintegrating. Many of these people did not have jobs or were too old to go back into foster care. Additionally they were not eligible to receive help for college since many had not even graduated. Currently Rescue 2 Restore offers two distinct programs that address the way youth can reintegrate into society while meeting the need for better animal welfare. The first is a program where members of Rescue 2 Restore go into juvenile facilities in the state. Ms. Kaczynski says they have visited each of them at least once, and speak to the youth about topics such as pet overpopulation and adopting shelter animals. The youth are given the opportunity to ask questions and better understand how to take care of animals. The second program is currently only available in two juvenile centers in the state, but it is undergoing an expansion process with the ultimate goal to be in all of the facilities in the state. The prime location is located in Dalton, Georgia. A juvenile facility where the dogs are fostered in an on-site kennel in a separate building. Here the youth get the opportunity to go in and visit with the dogs and care for them on a daily basis. The youth also provide training for these dogs, teaching the dogs useful commands and obedience. This shows the youth why proper behavioral skills are so important.

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Health

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	01/06/2016	6:30 PM
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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 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.

Health

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	01/13/2016	6:30 PM
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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.

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Health

Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	01/20/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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Health

Switch On Your Brain #014	27:30	27:30	REC	PA/O/E	01/27/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "What is Mental Health?" She breaks it down into three different elements. A state of well-being, first and foremost, is the ability to understand who you are, understand your potential ---- what she calls the "I-Factor." Second, how you handle stress. How you react to the stresses of daily life will also determine how your mental health status is. Third, self-actualization. It's so important that we have a goal that we're going towards and that we feel satisfied, that we feel like we're achieving something, and making a difference in this earth. Look at 3 John 2. Scripturally, mental health comes from your soul prospering. Your soul is your mind. If we look at the World Health Organization's definition of what mental health is, it says: "Mental health is defined as a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The current status of mental health is that souls are not well. For example, there is a 35% increase in mental health among children. There is a dramatic increase in the number of mentally ill since the 1950s. There is a disconnect between how the scientific community and medical community are dealing with mental health versus mental ill health and the way that the Bible is actually teaching on it. So, mental ill health, currently in today's way that we view it, are things like: OCD, schizophrenia, depression, anxiety. All these labels that we have that people are being told are diseases that are chemical imbalances in the brain have never been proven. These are theories. We see widespread acceptance of the idea that mental ill health issues are biological illnesses. But they are not biological illnesses. They are the result of us making choices that we should not be making. The church is not talking about mental health sufficiently. If you look at the statistics, 66% of churches are never talking about it. Only 4% of churches are mentioning it, maybe, monthly. It is a stigma to have mental ill health. What's happened is that there's been a lot of public campaigns to try and make people aware that mental ill health is at an epidemic proportion. It's because we are not aware of what it is and we don't understand it. And there's this disease thing and we need to change it and we need to fix it. What research shows is that that's actually made things worse, not better; that that's increased the stigma. Because to be told that you're a faulty machine with no hope and that you have to be medicated the rest of your life is not something that brings hope; it makes you feel like a broken person. It's a story in your mind. It's a belief system in your mind that goes contrary to having the mind of Christ and to be made in God's image. So, it creates what we call cognitive dissonance in your mind and it creates confusion. If people are convinced that their mental health issues are biological then you automatically want a biological solution. When we talk about biological, we're talking about the realm of the physical. We are spirit, soul, and body. The rules that apply to the physical are not the same as the rules that apply to the soul; to the mind. So, if mental health issues are lumped along with something like diabetes, or a broken arm, or a cardiovascular issue, that is not correct. When we separate out the biological and the mental and we look at this thing correctly, we actually have much more hope. Because of instead of stigmatizing you and saying that you are a diseased, broken machine, we are saying: Hey, you are perfect, made in the image of God. And, the choices that you've made have landed you up in a bad place. And so, we can stand with you and recognize the depth of the uniqueness of who you are and help you get through those issues

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Health

Switch On Your Brain #015	27:20	27:20	REC	PA/O/E	02/03/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses epigenetics. Thoughts are real things. You have such an incredible mind that right at this moment you are building these real, physical thoughts inside of your brain. And what those thoughts look like is based on what we call epigenetics. To say it very simplistically – what you are thinking is creating a signal that is actually influencing how the physical genetic expression is functioning and happening inside of your body. Your mind basically controls your brain and your body, so the genes don't just switch themselves on. They're switched on by epigenetics. We need to start seeing that the traumas of life, the hard things, the hard stuff, the suffering, the mental anguish, and the anxieties – whatever you want to call all these things – these are temporary. We mustn't medicalize misery. We mustn't turn the normal reactions of life into a pathology or a disease. This is such a wonderful truth: The fact that you are not a victim of your biology. The fact that you are not a victim of your circumstances. The fact that we can constantly change. The fact that our mind constantly changes. The brain is like a mirror that reflects what is going on inside your mind. The mind can change the brain. The way you think will change the brain. The brain is plastic and we call this neuroplasticity; neuro meaning brain, plastic meaning change. Each and every one of us is so completely unique. As it says in the Bible we are uniquely, fearfully, and wonderfully made. Unique means stand alone, set apart. For so many years, there's been a debate between nature, nurture, and what I call the "I-Factor." Nature is nature-dominant. In other words, are your genes and your biology dominating you? Are you controlled by your genes? Are your genes dictating you? Is there a certain pattern in your brain that's causing all these things to happen? So, that's the nature argument. Then, the nurture argument is the environment that you grow in, the experiences that you have, the traumas that you go through. Is that what's causing these issues? So, there's the debate: Is one more important than the other? Do they work together – nature and nurture? Well, it makes a lot of sense that the nature and the nurture work together. But, there is another factor that's overriding both of these and that is you – your uniqueness that I call the "I-Factor." The psychological part of you, the mind part of you. Your choices are real. You are free to make whatever choices you want, how you focus your attention. This is the gift that God has given us. But please be aware that there are consequences of your choices. So, if you spend all day ruminating about the things that have gone wrong and who did what to you and how you want what someone else has got, well, you are going to be in the mental ill health zone. If you're spending more than 21 days whining and moaning about your situation, and complaining, you will build toxicity into your brain. Research shows that seventy-five to ninety-eight percent of current mental, physical, emotional, behavioral illnesses today come from our thought life. Research shows that DNA responds to the signal of the mind. DNA doesn't just switch itself on. It's just hardware. It needs something to make it work. You switch your genes on and off and the dominant signal for switching genes on and off, which makes physical substance in your brain, is your thought life. We create internal environments with our thinking and as we create those internal environments, that's literally done with our belief systems. What you are thinking about right at this moment is what we call an epigenetic factor. Our external environment is very important. It's the environment that you are living in, the people that you're involved with, your work environment, the context of your life, the social factors of your life – these all create the external environment that also impact how you are managing your life. These are also called epigenetic factors. It is incredibly important for us to create positive entangled relationships. God designed us for relationship. He designed us primarily for a relationship with Him and we are designed for relationship with each other. We improve our epigenetic external environment by the kinds of people that we interact with. It's important that you choose who you're going to spend time with, that they energize you, that they will encourage you, that they will lift you, and that they will not tell you what to do. Healing comes from three major things. Number one: You have to take responsibility. You have to change your own epigenetics. That's the internal epigenetic factor. Then, you need to have your loved ones, your inner circle, and your family. That changes your external epigenetics. And then, there's a second part to the external epigenetics, and that's the community. Your schools, your places of work, the institutions that you're linked with – these all play a role in your healing, in creating environments for you of healing.

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Health

Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	02/10/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The New Science of Stress." Did you know that stress is good for you? The new science of stress shows us that the way we perceive an event will determine whether we move into healthy or unhealthy stress. Healthy stress, which is normal, which is good, helps us to become alert and focused, have wisdom, and think clearly. Unhealthy stress, is when you make bad choices and we then throw our body off and we step into this unhealthy zone inside of our bodies, and there are two stages. We cannot control the events and circumstances of our life, but we can control our reactions to those events and circumstances. When you react incorrectly, you take a good thing and you turn it into a bad thing. What happens is that when we actually start reacting incorrectly and our perceptions start changing; our perceptions of the environment and the situations, then we start affecting every cell of our body and we start moving into stage two and three of stress, which is toxic and which is negative. They manifest in different ways. When we do make these bad mistakes, we can get rid of them and this is the most amazing thing in science: if you have wired that in, you can wire it out. Because we can stand back and observe our own thinking, we have a multiple perspective advantage both into the way that our brain actually functions. So, stand there, stand back, and make a decision: I want healthy stuff happening in my body, not bad stuff. The more you reach out and help others, the more you serve others, the more you get over yourself, the more resilience you actually build into your body physically and mentally against the stressors of life and the more easily you will actually stay in stress stage one and the more you will avoid mental ill health. We need to stop seeing people that have diagnosed mental ill health issues as faulty biological machines. This in itself is a stigma. What we need to see is a beautiful, unique, incredible human being that is not stuck in a box but that has a unique way of seeing life and is going through a hard time.

Health

Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	02/17/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Disease vs Disorder." The enemy has got into this whole disease model. We are told that your brain controls you, that your brain produces mind. We have to realize that mental ill health is a learned disorder. It's something we've learned. In the mid-1940s the World Health Organization made a statement about mental health. A very relevant statement. We should be focusing on people's well-being and releasing their potential, not illness. So, a positive focus as opposed to a negative focus. However, that actually has not happened. The focus now is on a negative mindset, in terms of mental ill health as an illness. The disease model of mental ill health looks at psychiatric disorders as an illness, as a biological illness. The DSM-5, which is the "Diagnostic and Statistical Manual" is a manual which basically identifies all the different psychiatric disorders. It is based on symptoms. It is not based on causes. They do not know the causes of psychiatric disorders. For 30 years, 50 years, a hundred years, they've been speculating and doing research. But there is no conclusive research saying that it is a biological, or genetic, or neurobiological illness, which kind of removes all responsibility from the person, makes them into a patient. More recent research is confirming that mental ill health is not a disease; it is a disorder of the mind. It is how we are processing psychologically through our mind. The only way that we can get our brain out of bad patterns is by relearning. We literally learn our way into bad thinking and we can learn our way out of bad thinking. What we wire in we can wire out. This gives us hope. It is not a hopeless situation. There is no situation that you are facing in your mind that is not changeable. Because all the science is confirming what the scriptures have been saying – the minute you bring a thought into captivity, it becomes renewable.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	02/24/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses addiction. Did you know that we are designed to be addicted to God? When we hear the word "addiction," we immediately think of negative connotations; people being addicted to heroin, and drugs, and pornography, and whatever. Actually, our brain is wired to be focused on something constantly. All the networks of the human brain, the connectomes, the circuitry, the neurotransmitters, they respond and function in their highest level when we are connected to God. If we are not addicted to God, we will be addicted to something else. An addiction is a pattern that we set up in our mind. It's not just to alcohol and porn and substance and whatever. It is also mindsets that we develop. NIDA is the National Institute of Drug Association. They define addiction as "A chronic (which means on-going) relapsing (which means it's never going to go away) brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences." Basically, their philosophy is that once you're an addict, you're always an addict. That is not what the Word of God says. Your perception of how you are being told about what is going on with you is going to influence your rate of healing. And this is why it is important that we recognize and understand the truths of what goes wrong in our life in the light of scripture. Because the truth is that God made us wired for love. God made us in His image. Various studies have been done by the government to show that drug addicts get out of addiction up to 86% of the time without any help. In other words, addicts get over it through choice. It's not a chronic relapsing disease. We get what we call the "clinical illusion" because the small percentage of people that are in addictions of all types that don't get out, those are the ones that, basically, they say, represent the entire population of the world, which is incorrect. When you set up patterns, it takes time to actually break those patterns. It requires effort. It requires discipline. It requires desperation. You've got to be desperate to change. Because your brain has to obey your mind, by a decision of your mind to change and to get through the thing and to quit and to stop and to change those thoughts, you actually will redesign your brain. Your brain has to obey you; you are not a victim of your biology. So how can you develop your addiction to God? Well, it's making a decision, number one: You need to follow Jesus Christ. That's your most important choice that you ever make in your life. Addiction to God is building this relationship; constantly talking, constantly communicating, in addition to reading your Bible, praying, and worship. It's setting up this internal dialogue with God. That creates really amazing good addiction patterns in your brain.

Health

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	03/02/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "Psychiatric Labels." Schizophrenia, bipolar depression, depression, anxiety disorders – these are labels that are defining and identifying symptoms, but not necessarily telling us what's going on. We have a tendency as humans to try and label things. But the minute you label someone, you've literally put them in a box. Labels lock you in and this is what happened with the world of psychiatric labels. You know, the psychiatric labels that we are becoming so familiar with, like OCD and anorexia, and ADHD, and post-traumatic stress disorder. These are all describing very definite things that are happening, definite things that are going on in people's minds. But the way that they've been organized and put together into the "Diagnostic and Statistical Manual" is based on symptoms as patients describe them. Experienced clinicians intuitively understand that there's a blurred line between all these labels. And despite that, they treat them as though they are distinct entities. If we look at the context and try to find the meaning behind why a person is doing what they're doing or manifesting in with mental health issues, it will be far more effective than trying to label them. There is a cry deep down inside of us and this a global cry: "Does anyone out there understand me?" We have to listen to what God says about who we are. We have to turn our view of ourselves and see ourselves through the lens of how God sees us in dealing with life. In order to be able to try and manage a problem, we always like to define it. So, a label, a psychiatric label, tries to put something into a box. And it's not a bad thing, in terms of trying to understand something because if you categorize behaviors, it is a way of understanding so that you can help people. So, a label from that perspective is not a bad thing, if the attempt is to understand deeper and to help others. Where a label becomes a big problem is when you tell people that this who you are and they absorb that into their spirit. They build a network and they say, "I am this," and they become that because what you believe you actually become. All of us are going to be completely different. We can't stick them in a box and give them a medication and write them off and put them in the disabled part of society. These are our people. These are our brothers and sisters, and uncles and aunts and members of our churches. We need to bring them back into Milieu (Talk) Therapy. We need to walk alongside them. We need to not judge them. We need to help them take responsibility, teach them, help them to run a disciplined life, etc.

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Health

Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	03/09/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "The Disordered Mind." The difference between a disease and a disorder is that you can control a disorder. But that is a choice. And if you choose well, you move into mental health. If you choose badly, you move into mental ill health. So, if you make a good choice, you build healthy thoughts, which generate life. If you make a wrong choice, you build unhealthy thoughts. It's not that you have a disease in your brain. It's that you have a disorder and your brain can rewire. Disorder is the result of incorrect thinking. A disordered mind is a chaotic mind filled with cluttered rogue thoughts of anxiety, worry, and all manner of fear-related emotions send out the wrong signal right down to the level of the DNA. Some research that just came out very recently from Stanford shows that instead of there being a distinct neurological pattern for each type of disorder, for example, schizophrenia would have this type of brain signature; and bipolar this type of brain signature; and anorexia this type of brain signature; and each of those having this type of genetic signature. What they've actually found is that all the different psychiatric disorders actually have the same kind of brain damage. And what's very interesting is the areas of the brain that show damage are the actual areas that follow the path of thought formation. We're thinking beings. We think all day long. We're made in the image of a thinking God. And as we are thinking, we are building thoughts. And that building of thoughts follows a certain pattern in the brain. What's important to understand now is that your thinking is so powerful that you change the physical nature of who you are. You can choose to build your brain, you can choose to destroy your brain. Your brain simply responds to the mind and the body responds to the brain. You are not a victim of your biology. You are a victor over and above your biology.

Health

Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	03/16/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses psychotropic medications. Research shows that no one single psychotropic does any good for any brain. It actually creates a new neurological disorder. It doesn't matter what meds you have taken, what you've been told to do, you can change it with your mind. So, when we take a biomedical approach to medication, what we will see is a disease that needs a medication. But, actually, mental illness is not a disease and it doesn't need a medication. It is a very serious thing, but it's a mind disorder and it needs a different type of approach. Unfortunately, there's an entrenched myth in society. And it really is a theoretical myth that has just grown. And that is that medications are going to rebalance the brain. It also implies that the whole cause of mental disorder is biological or genetic or chemical. Unfortunately, if you look at the research, we've kind of been led to believe that a drug will actually renormalize the brain and this is really not true. What drugs do is they change the brain, and not necessarily for the better. Psychotropic drugs are things like your benzodiazepines, which are things like valium. You get your SSRIs, which are things like Prozac. And then, you get your anti-psychotic drugs that are given for things like schizophrenias. What's very interesting is that these drugs were initially stumbled on by mistake. They were developed for surgery and they saw that they had a mood-altering affect, and at that point, the world of psychiatry had mental health be classified as a disease. There's been an increase of use of psychotropic drugs and a reduction of more psychological talk-based intervention in helping people deal with mental health. Mental health is not being dealt with like it should. There's hundreds of references that you can go through and research this concept of what medication does to your brain. Once you're more informed, you then go to your doctor. You speak to your doctor. Find a doctor that will work with you and work on a plan to reduce your medications in a way that's going to work for you. You can't just reduce medications. You also have to address what is going on in your mind. Because you got there with your mind, so you're going to get out of it with your mind. Seventy-five to ninety-eight percent of mental, physical, emotional illnesses today are coming from our thought life. So, as you are gathering that data, that's a decision of your mind, the decision of your mind to go and read the resources and get informed about this. That is a decision of your mind. It's also a decision of your mind to be desperate to change and to be prepared to work through the change. In the same way that your brain has structurally changed because of the medication, your brain can structurally change again because of your mind, because of your love, power, and sound mind being able to change your brain.

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Health

Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	03/30/2016	6:30 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses directing your rest. Directed rest means being able to focus, being able to do what it says in Proverbs 4:20-22, which is pay attention to my words, direct and focus your attention. When you do that, a healing comes in your body. You change. Directed rest activates networks inside the brain. When you switch off to the external and you switch on to the internal networks of your brain, they kick into high gear and you actually think with more wisdom, more clarity. So, the Psalm 46:10, which says, "Be still, and know that I am God," is really important when it comes to activating the internal networks of our brain. Directed rest literally means that we focus in a different way, we pay attention in a different way that actually activates our brain to function at a much higher level. A disciplined mind where you're focusing on something makes learning take place. We call this the "Quantum Zeno Effect" in quantum physics. "Quantum Zeno Effect" means the repeated effort that makes learning take place. Now research studies are pouring out showing that when we direct our mind, when we learn, we change the brain. Your brain is designed to be restructured and renormalized. It just takes a lot of disciplined mind work. We are designed to direct our rest. Scientific research has actually shown us that when we direct our rest, that means that we switch off the external, we switch on to the internal, and we actually organize our mind. And when we're focusing on God, we get this incredible sense of peace and calmness. Directed rest means that we actually think within ourselves. We actually go inside of our own heads and we think internally and that helps us to bring order and focus back into our minds. What's the benefit? What they have found from the research is when you order your thoughts like this, your brain grows networks. You activate neuroprotection, which means you protect against mental ill health. You actually bring health into your body. So prayer works. Thirty seconds a day that you build up cumulatively into a minimum of seven minutes is a number that scientists give us for making incredible physical change inside of your brain.

Health

700 Club NewsWatch #01292016	CBN	1:00:00	5:00	REC	PA/O/E	01/29/2016	03:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called "Our Journey of Hope." Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. La Wanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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Health

700 Club NewsWatch #02012016	CBN	1:00:00	5:00	REC	PA/O/E	02/01/2016 03:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Fifty million Americans suffer from an autoimmune disease. That beats the number of people with cancer and heart disease combined. New research indicates processed foods could play a role. In fact, an increasing number of doctors say cleaning up the diet could reverse this autoimmune trend. Our immune system keeps us healthy by attacking invaders, like viruses. One problem, however, is our immune system can misfire and attack healthy tissue. That can lead to one of more than 100 autoimmune diseases like Graves' disease, lupus, rheumatoid arthritis, Crohn's disease and multiple sclerosis. Many people don't even realize they have an autoimmune disease, assuming instead their exhaustion, brain fog or abdominal pain are just a part of life. Other symptoms include feeling cold much of the time or having a rapid heartbeat. When doctors diagnosed Sierra Vellinga with Hashimoto's Thyroiditis, which attacks the thyroid gland, they told her the same thing millions of others with autoimmune issues hear. Then Sierra heard about Dr. Amy Myers, one of a growing number of autoimmune specialists who believe drugs often make matters worse. Dr. Myers prescribes a series of lifestyle changes to prevent and possibly reverse autoimmune diseases, starting with a clean diet. Sierra followed this route, and after six months regained her health. Dr. Myers believes many autoimmune diseases stem from a condition called "leaky gut." A leaky gut means large openings form along the intestinal walls, allowing proteins and viruses to escape into the bloodstream. The immune system recognizes them as foreign, and begins to attack them, as well as things that resemble them. Myers says a leaky gut comes from things like stress, certain medications and eating processed foods, sugar, dairy and gluten, which is in wheat. That's because scientists have hybridized wheat over the years. Today's crop produces a higher yield, but contains more gluten. Our once-wholesome cheese isn't the same either. The problem with sugar is it can cause massive inflammation. Food manufacturers add sugar to nearly all the products we buy, including ones that seem healthy like spaghetti sauce, peanut butter, salad dressing and granola bars. Dr. Myers recommends avoiding gluten, dairy, sugar and processed foods in order to heal the gut and reverse autoimmune disease. When Sierra heard this, she understood why she felt so horrible until that point. Correcting the problem usually involves cooking at home, from scratch. That was a tall order for Sierra. Dr. Myers outlines what she likes her patients to eat. Sierra said she now enjoys the creativity of cooking for herself. Dr. Myers provides many healthy recipes in her book, "The Autoimmune Solution," such as Coconut Cream Berry Parfait, Brussels Sprouts with Dark Cherries and Crispy Coconut Shrimp. Sierra says eating whole foods make her feel like a new person. So one way to guard against, or treat any number of autoimmune diseases, is to consider an anti-inflammatory diet, like the Paleo plan: one that's rich in vegetables and healthy fats, minus the processed foods, sugar, dairy and wheat. It could be well worth the effort.

Health

700 Club NewsWatch #02182016	CBN	1:00:00	5:00	REC	PA/O/E	02/18/2016 03:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Roughly 2 million people will be diagnosed with cancer this year. If you or a loved one is facing cancer, you might want to consider the treatment known as proton therapy. The treatment is not for everyone, but for some, it's an answer to prayer. Jeff Powell and his wife, Vickie, believe they dodged not one, but two bullets. First, Jeff beat prostate cancer. Second, because he chose proton therapy treatment, he avoided the miserable side effects that often accompany traditional methods. Proton therapy patients have fewer side effects because it only kills the cancer. But traditional radiation therapy works like a bullet, damaging healthy tissue as it enters and exits the body. Proton therapy, on the other hand, is like a firecracker placed inside the tumor. The explosion of radiation damages just the tumor, nothing else. There's no nausea, no burning and best of all, no organ damage. There are only nine proton therapy centers in all of the United States right now, but another seven are on the way. One of the newest treatment centers is The Hampton University Proton Therapy Institute in Hampton, Virginia. The location was chosen, in part, because this area of the country leads the nation in prostate cancer deaths. Craig Fieldings, 45, chose proton therapy to treat his prostate cancer. So far, he's come to the Proton Therapy Institute Monday through Friday for one month. He has one more month of treatment to go. The cost of proton therapy is about three times the cost of traditional treatment, but most insurers, like Craig's, cover the treatment. Prostate cancer patients like Fieldings aren't the only ones who benefit from this breakthrough, according to HUPTI's scientific director, Cynthia Keppel. During treatment, the patient lies in a custom-fitted brace on a machine called a gantry. In an adjoining room, technicians activate the proton beam -- no needles, no knives. The gantry room itself is fairly unremarkable. But on the other side of the wall stands the part of the gantry machine the patient never sees. It's an astounding three stories tall, weighs 90 tons and costs \$8 million. Oncologist Allan Thornton of the Hampton University Proton Therapy Institute has been using proton therapy since the early 1990s. That work means an answer to prayer for cancer patients who qualify for proton therapy. They can expect to keep more healthy tissue, while escaping certain side effects associated with conventional therapy.

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Health

700 Club NewsWatch #02242016	CBN	1:00:00	5:00	REC	PA/O/E	02/24/2016 03:00 PM
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CBN News Medical Reporter Lorie Johnson Reports: Scientists believe two-thirds of all cancers are caused by bad choices such as smoking, tanning beds, not exercising and the granddaddy of them all: a poor diet. When it comes to diet, one of the worst types is one high in sugar. In fact, scientists are increasingly discovering a dramatic link between sugar and cancer. A clear relationship between sugar and cancer leads scientists to two conclusions: sugar use contributes to cancer, and going without it can slow the growth of the disease. One hundred years ago, the average person consumed just four pounds of sugar a year. Now, most of us take in 40 times this amount -- 160 pounds a year. Food manufacturers add enormous amounts of sugar, often in the form of high fructose corn syrup, to products we consume all day, every day, such as coffee drinks and cereal, soda and snacks -- even foods you wouldn't expect, like spaghetti sauce and peanut butter. For instance, a tiny container of fruit-on-the-bottom yogurt has more sugar than a candy bar. Now scientists tell us sugar directly influences cancer cells. The amount we consume can either feed those cells or starve them. In a study conducted at the University of Texas MD Anderson Cancer Center, researchers fed mice diets high in sugar and observed they had a higher incidence in breast and lung cancer. The study suggests a diet high in sugar can contribute to the formation of cancer. It also suggests that diet can make a difference in the treatment of a person who has already been diagnosed with cancer. Fred Hatfield knows that first hand. In 2012 he received what amounted to a death sentence. His wife Gloria recalls getting the news. Then Hatfield heard about a low-sugar diet, called the ketogenic diet, believed to slow cancer in some people. With nothing to lose, he gave it a try, and to his astonishment, it worked. Hatfield's recovery didn't surprise Dr. Dominic D'Agostino. His team at the University of South Florida discovered mice with highly aggressive metastatic cancer continue living when fed a ketogenic diet. And it's not just lab animals. D'Agostino has seen similar results in humans. The ketogenic diet means no sugar and no starchy carbohydrates like bread and pasta, which convert to sugar. D'Agostino says cancer cells love sugar and starch because cancer thrives on the glucose from those foods. Conversely, removing the glucose results in starvation for the cancer cells. Glucose also fuels our healthy cells, but if it's not there, those cells can switch to an alternate fuel source called ketone bodies. Cancer cells only run on glucose. D'Agostino says the deficiency in cancer cells can be used to defeat them. Since processed food contains so much sugar and starch, people following the ketogenic diet tend to cook whole foods at home from scratch. Gloria said switching to the ketogenic diet was easy. When it comes to cancer, sugar is considered public enemy number one. Avoiding it could lead to prevention or slowing it down in people fighting the disease.