

Trinity Broadcasting Network

Quarterly Programming Report

January, February, March 2016

KTBO-TV Oklahoma City, OK

Central Time

Leading Community Issues

Results of ascertainments from civic leaders, responses from KTBO viewers, and from the print media, comprising newspapers, magazines and publications.

Electoral Affairs

Civic Affairs

Family

Drugs / Addictions

Health

Seniors

Homeless

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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Electoral Affairs

Joy In Our Town #1218A	30:00	15:00	L	PA/O	1/4/2016 1/5/2016	5:30 PM 3:30 AM
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Pam Slater, Assistant Secretary of the Oklahoma State Election Board, offers Host Dolly Velasquez important information regarding upcoming National and State elections. The primary Presidential election will be on 3/1/16: Republicans will have 12 candidates to choose from, Democrats and Independents have 7 candidates. The two major parties decide if registered Independents can vote in their primary election. Democrats have approved this for the next two years. Registration deadline is 24 days before the election, so for the Presidential Primary that date is 2/5/16. Registration applications can be obtained from the election board web site, at their office, tag agencies. Once they are filled in they can be mailed or returned to office or tag agent. By voting you have a say – every vote is important.

Civic Affairs

Joy In Our Town #1218B	30:00	15:00	L	PA/O	1/4/2016 1/5/2016	5:30 PM 3:30 AM
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Guest Pam Slater, with the Oklahoma Election Board, discusses Oklahoma’s Election System with host Dolly Velasquez. The election system in Oklahoma is made up of local and county boards in all 77 counties and a state board. County boards are comprised of a secretary approved by the state board and 1 Republican and 1 Democratic member. State board is also 3 members, currently 2 Republicans and 1 Democrat, they also have a large staff. One thing Oklahoma does differently than other states is every polling place uses the same voting method, other states have multiple methods. Voting is allowed at polling sites as well as absentee ballots.

Family

Joy In Our Town #1219B	30:00	15:00	L	PA/O	1/11/2016 1/12/2016	5:30 PM 3:30 AM
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Guest Savannah Kalman and host Dolly Velasquez discuss mental illness and specifically signs of suicidal thoughts. In Oklahoma 600,000 or 1 in 4 people suffer from some form of mental illness. One common myth is that the suicide rate increases during the holiday seasons, actually during spring the rate increases. We can help by letting our family and friends know we are there for them. Signs to be aware of: change in behavior, not just withdrawing but also become more outgoing than normal, change in normal behavior, such as hygiene, comments like “I just can’t take it anymore”, “No one cares”. Surprisingly it can be helpful to ask if they are having suicidal thoughts, it can be a relief to know that someone notices and cares. A source of help is the National Suicide Prevention Lifeline, 800-273-8255; this is answered by local people.

Joy In Our Town #1220A	30:00	15:00	L	PA/O	1/18/2016 1/19/2016	5:30 PM 3:30 AM
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Kerry Mucker, Veteran’s Specialty Courts Liaison, discusses with host Dolly Velasquez issues that face our veterans. People are generally sympathy to veterans who have visible injuries, such as lost limbs; however, when those wounds are less visible they tend to be less understanding. Military personnel, deployed or not, can suffer invisible wounds of war, including, PTSD, Post-Traumatic Stress Disorder, TBI, Traumatic Brain Injury, MST, Military Sexual Trauma, as well as moral and soul injuries. Post-military issues faced are unemployment, homelessness, drug abuse and suicide. Nationally there are 22 veterans a day who commit suicide. Oklahoma has numerous services to assist veterans and their dependents. Ranging from state to non-profits to faith based programs. A complete list is available by calling 211.

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Family

<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 #1221B	30:00	15:00	L	PA/O	1/25/2016 1/26/2016	5:30 PM 3:30 AM

Bruce McIntyre, and host Dolly Velasquez focus on the families of Parkinson Disease patients. Parkinson disease affects the whole family. Living with this disease takes team work; the team consists of the patient, the family, a neurologist, physical and speech therapists and the Parkinson Foundation. The foundation offers a 1 ½ hour class called Parkinson 101. In this class attendees will learn what Parkinson is, symptoms, about research and even specific exercises. Important actions for the patient and their family are: learning, connecting and exercising. A person with Parkinson can live a long life, some 30 or 40 years.

Joy In Our Town #1223A	30:00	15:00	L	PA/O	2/8/2016 2/9/2016	5:30 PM 3:30 AM
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Heather Hails from Deaconess Pregnancy and Adoption Services explains the importance of post adoption support with host Dolly Velasquez. Deaconess Services has been in existence for 116 years, longer than Oklahoma has been a state. They work with infant and older child adoptions and post adoption support. Adoption is not a onetime event; it is a life long journey. Deaconess offers search and reunion programs, along with intermediators for communication. They offer adoption workshops. They also offer therapeutic post adoption assistance. Naturally an older child can have issues of who am I after adoption. They have often experienced traumatic events in their lives. However, even an infant can be affected by different issues. All parties are impacted in different ways by adoption.

Joy In Our Town #1223B	30:00	15:00	L	PA/O	2/8/2016 2/9/2016	5:30 PM 3:30 AM
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Heather Hails and host Dolly Velasquez discuss adoption, primarily older child adoption. The Deaconess Pregnancy and Adoption Services offers assistance before, during and continuing guidance. In the state of Oklahoma there are 11,000 children in state custody. One main issue is that fewer people are willing to foster or adopt an older child. These children will have been abused, neglected or have the trauma of loss. While there may be behavioral and sensory issues, these children also bring strength and joy to a home. We can all help, even if you are not able to foster or adopt you can reach out to those who do. Maybe babysit an hour or two, cook a meal, or mow a lawn. Fostering and adoption requires an unconditional commitment.

Joy In Our Town #1227A	30:00	15:00	L	PA/O	3/7/2016 3/8/2016 3/12/2016	5:30 PM 3:30 AM 2:30 PM
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Jon Hacker and Dr. Deb Shropshire discuss with host Dolly Velasquez a volunteer organization 'Safe Families'. Safe Families Oklahoma works with local churches to set up a network that offers assistance to families in some sort of crisis. This crisis can be anything from illnesses, to financial problems, to homelessness and many other situations. The goal of the program is threefold: 1. Child welfare deflection-keep out of foster care 2. Abuse prevention 3. Family support and stabilization. A host family cares for the child from a few days to a year, the average is 6 weeks. While caring for the child they, along with other volunteers, may help the family get back on their feet. Often the family in crisis has no family or friends to reach out to for help, these host families are more or less surrogate families.

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Family

700 Club CBN News Watch	1:00:00	5:00	REC	PA/O/E	01/14/2016	2:00 PM
#01142016						

CBN News Washington Senior Correspondent Paul Strand Reports: When it comes to how Americans feel about abortion, the numbers aren't even close, especially on extreme positions. Only about 10 percent feel so strongly about life that they'd ban the procedure altogether. On the other end of the spectrum, only 10 percent refuse any restrictions on the practice. Meanwhile, polls show 80 percent are open to pursuing compromises that could reduce abortions. So does that willingness make them pro-life or pro-choice? But Camosy, author of Beyond the Abortion Wars, said the extremes have managed to rip the country in two. Christina Forrester, executive director of "Christian Democrats of America," regularly sees the hatred. In such an atmosphere, one strategy would be to appeal to the larger number instead of those on the 10 percent fringes. In order to move forward, Camosy reminds lawmakers they will likely have to support things they don't find totally acceptable. Only a little more than 1 percent of abortions deal with pregnancies caused by rape or incest. And a whopping 83 percent of Americans want those abortions kept legal. For many pro-choice Democrats, compromise means seeing some abortions banned. But Camosy says they'll find support, even among a majority of pro-choicers. Surveys confirm that point of view. Sixty-one percent of Americans would allow abortions in the first three months of pregnancy. Then numbers go down, with 27 percent allowing abortion in the second trimester and only 14 percent for the last three months. Forrester, a Democrat, says she would go earlier than the 20-week abortion ban many Republicans are pushing in Congress. Another part of this debate affecting families reaches into the workplace in terms of equality. Republicans would have to accept new rules or government incentives for employers, an expensive proposition. It means heavily-subsidized childcare when needed and guaranteed maternal leave. Both Forrester and Camosy said taking these measures would make having children more affordable and less stressful for women, which would help reduce abortions. This could also help if and when future abortion restrictions make it to the Supreme Court. In the past, justices have ruled such bans unconstitutional because they place "undue burdens" on women. If Republicans were to pay what it takes for most women to forsake abortions and Democrats would be willing to give on some restrictions, progress could finally take place and save lives.

Drugs / Addictions

Joy In Our Town #1220B	30:00	15:00	L	PA/O	1/18/2016	5:30 PM
					1/19/2016	3:30 AM

Tom Boone, Clinical Director for A Chance to Change and host Dolly Velasquez talk about addictions, including drug, alcohol and gambling. Oklahoma is one of the top 5 states in opiate addiction. Two out of five families are affected by addiction of some kind. There are no demographics more prone to addiction than another. Often opiates are prescribed by doctors for treatment; however, they are very addictive. After taking them for a while your body becomes immune and requires more. Today the street value for opiates and could be from \$25 to \$35 per pill. Opiate withdrawal is very painful and seldom can be achieved without professional help. Gambling addictions in Oklahoma continues to rise, not only in adults but also in adolescents. More casinos, sports betting and on-line betting are all contributors to this problem.

Joy In Our Town #1228A	30:00	15:00	L	PA/O	3/14/2016	5:30 PM
					3/15/2016	3:30 AM
					3/19/2016	2:30 PM
					3/22/2016	4:00 AM

Guest Jeremy Jenkins and host Dolly Velasquez discuss a subject that is fairly new to Oklahoma- Gambling Addiction. With the legalization of gambling in Oklahoma and more casinos opening, Gambling addiction is becoming a problem. In the state 2 – 3 % of the population will have a gambling disorder, nationally that percentage is only ½-1%. A person living within 50 miles of a casino risk doubles. Other contributing factors maybe family history, those who have suffered abuse or trauma, and young Asian male. This last one is thought to be because of the long Asian gambling culture. Just like drugs and alcohol gambling affects the brain, money is the drug. Those with other substance or activity addictions are 40% more likely to develop gambling addictions. Ways to help: educate yourself, talk, show concern and possibly intervention.

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<i>Drugs / Addictions</i> Joy In Our Town #1228B	30:00	15:00	L	PA/O	3/14/2016	5:30 PM
					3/15/2016	3:30 AM
					3/19/2016	2:30 PM
					3/22/2016	4:00 AM

Jeremy Jenkins offers in site to host Dolly Velasquez regarding PTSD. Post-Traumatic Stress Disorder is a reaction to trauma, exposure to death, or sexual assault or any traumatic experience. There are four sets of symptoms: 1. Re-experiencing the event (flashbacks, or nightmares), 2. Avoidance (memory of trauma, people or places), 3. Hyper arousal (always alert, looking over shoulder and 4. Negative mood or thought. PTSD is most often thought of affecting veterans, however, it can affect anyone faced with a traumatic event. PTSD sufferers are more likely to have substance abuse, trying to cope with their pain. Treatment needs to be with a qualified counselor. They will build trust with the person and develop treatment suited for the individual.

Joy In Our Town #1229B	30:00	15:00	L	PA/O	3/21/2016	5:30 PM
					3/22/2016	3:30 AM
					3/24/2016	11:00 AM
					3/26/2016	2:30 PM

Mark Woodward with the Oklahoma Bureau of Narcotics discusses with host Dolly Velasquez drug issues in Oklahoma. The three main issues in Oklahoma are alcohol, prescription drug misuse and marijuana. Many say the war on drugs is failing. Drugs and abuse will never be completely eradicated; however, daily battles will be won. When a person is arrested two options are available to the courts: incarceration or treatment. These are considered on a case by case individual basis. Is this a first or second offence of personal use or dealers? Often a person's family will talk them into going to a treatment facility, but they are not ready it will not be successful. If a court gives them the choice of jail time or treatment, they have a stronger incentive. There are groups available to help the families such as Hope is Alive and Parents Helping Parents.

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Drugs / Addictions

700 Club CBN NewsWatch #01292016	1:00:00	5:00	REC	PA/O/E	01/29/2016	2:00 PM
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CBN News Reporter Abigail Robertson Reports: A street drug called "molly" is gaining popularity with high school and college kids. Many think it's a harmless, non-addictive party drug, so they don't think twice about taking a little molly before a night out with friends. But one mother's tragic story shows how that way of thinking can have deadly consequences. Two years ago, Dede Goldsmith awoke to a call in the middle of the night telling her that her daughter was dying in a hospital hours after she had collapsed inside a concert venue. Nineteen-year-old Shelley Goldsmith, a high school valedictorian and college honor scholar, had taken the drug known as MDMA, commonly called molly, on her way to a concert. Elyse Eilerman was a friend of Shelley's who was with her the night she passed away. The same weekend Shelley died, MDMA claimed the lives of two other young adults attending a music festival in New York. Molly, short for "molecule," is a stimulant that takes users on a six- to eight-hour euphoric high. It is thought to be a pure form of its parent drug ecstasy, but in reality, there is hardly anything pure about it. Recent studies show that only 15 percent of molly drugs sold are really what they claim to be. A third sold under that name contained substances such as cocaine, bath salts, and baking soda, while more than half contained no MDMA at all. Many people think only the tainted molly carries fatal consequences, but even the purest form can be lethal. So why is this drug so appealing to college kids around the country? Eilerman believes it's because people focus more on the high and less on the danger. Dr. William Strudwick, director of the Emergency Center at Washington's Providence Hospital, says users take molly for the sense of euphoria the drug gives them, but they don't consider the negative consequences it can have on the body. These other problems include seizures, heart attacks, severe dehydration, and hyperthermia. Doctors ruled Shelley Goldsmith's cause of death as hyperthermia because her body temperature rose to fatal levels. Her autopsy revealed MDMA was the only substance in her system at the time of death, proving the drug's deadly potential. Eilerman said that taking molly in a crowded, hot venue puts you at an even greater risk of fatal reactions to the drug. Since Shelley's death, many people close to her are raising awareness about the dangers of this so-called harmless drug. Her mom is urging lawmakers to amend the 2003 Rave Act, an act that was put in place to shut down underground raves where promoters encourage illicit drug use. The current law discourages organizers from using commonsense safety measures to protect their patrons. Goldsmith said venue operators won't implement small safety measures like free water, cool down spaces, and appropriate number of medical personnel to deal with emergencies because they fear it could be seen as encouraging drug use and subject them to criminal prosecution. She believes if Shelley had known more about molly and its risks, she would be alive today. This would have been Shelley's senior year at the University of Virginia. After her death, Eilerman helped start the Shooting Star Foundation, to spread the word around the university community about the dangers of drug use. Each year on the anniversary of Shelley's death, they commemorate her life and share with students lifesaving information that could help others. Eilerman and the members of the Shooting Star Foundation have been working hard to encourage their peers to think twice about the risks of taking molly in hopes of preventing other tragedies like the death of Shelley Goldsmith.

Health

Joy In Our Town #1219A	30:00	15:00	L	PA/O	1/11/2016 1/12/2016	5:30 PM 3:30 AM
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Denise Howard talks with host Dolly Velasquez to bring awareness to a program called Child First. This program offers first time moms in home visits with a registered nurse, beginning prior to their 29th week through the child's 2nd birthday. Criteria for the program: pregnant prior to 29th week, income within the WIC and Medicaid levels and the 1st child they plan to parent. The nurse offers help and assistance in several ways: encouragement to further their education, nutritional, developmental stages, developmental screening, and school readiness.

Joy In Our Town #1221A	30:00	15:00	L	PA/O	1/25/2016 1/26/2016	5:30 PM 3:30 AM
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Bruce McIntyre, Executive Director of the Parkinson Foundation of Oklahoma, offers informative information to host Dolly Velasquez regarding Parkinson Disease. Parkinson disease is a neurological disease that affects how the brain controls movement. There are around 50 symptoms however, there are 4 that are most recognized: 1. Tremors 2. Balance 3. Slow movement 4. Rigidity. It is estimated that about 15,000 Oklahomans have Parkinson disease. Currently there is no cure, but the quality of life can be improved through physical and speech therapy. Parkinson disease is not a death sentence, but it is a life sentence.

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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>
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Joy In Our Town #1224A	30:00	15:00	L	PA/O	2/15/2016	5:30 PM
					2/16/2016	3:30 AM

Jeff Dismukes with Oklahoma Department of Mental Health discusses with host Dolly Velasquez the growing problem in Oklahoma of mental health issues. There are approximately 600,000 people in Oklahoma with diagnosable mental health needs, 326,000 ages 12 and up with substance abuse needs for a total of around 950,000 Oklahomans needing help. One main problem is still the stigma attached to mental health, when in reality it is an illness. An illness that is treatable with a high success rate. The general public can help by talking about it, help break down the barriers. Help can be found through many sources: 211 has a list of agencies, primary care doctors, emergency rooms, clergy and family.

Joy In Our Town #1224B	30:00	15:00	L	PA/O	2/15/2016	5:30 PM
					2/16/2016	3:30 AM

Jeff Dismukes and host Dolly Velasquez talk about Mental Health Symptoms and available help. Mental illness covers many areas, some common symptoms would be: actions out of the ordinary, loss of interests, becoming withdrawn, difficulty following conversations and possible behavior problems. It is recommended that the patient or their family begin seeking help early, through their doctors, state agencies, insurance and even clergy. However, the reality is that there are not enough resources to meet the demand. Often only the severely ill receive the needed treatment.

Joy In Our Town #1227B	30:00	15:00	L	PA/O	3/7/2016	5:30 PM
					3/8/2016	3:30 AM
					3/12/2016	2:30 PM

Laurence Burnsed, Epidemiologist, discussed with host Dolly Velasquez travel and health risks. To avoid risks it is important to plan ahead, as much as 3 months. Points to cover: your medication supply, knowing your destination risks, such as food, water, possible dangers of mosquitoes and ticks. Consult your physician or International clinics regarding any vaccination that may be necessary. Also check with health insurance regarding additional coverage. Things to pack: list of medications, health conditions, and blood type. If possible have in language of your destination. Repellant may also be needed. Contact the US Embassy to register with them, have contact information handy. Once you return if you become ill contact you physician. The main preventive is plan ahead and do your research.

Joy In Our Town #1229A	30:00	15:00	L	PA/O	3/21/2016	5:30 PM
					3/22/2016	3:30 AM
					3/24/2016	11:00 AM
					3/26/2016	2:30 PM

Tiffany Elmore with Oklahoma City County Health Department talks with host Dolly Velasquez about Integrated Clinics. There are currently two locations in Oklahoma City; services offered at each are OU Physicians, Oklahoma City County Health Department, Regional Food Bank, North Mental Health and social workers. There is also space for a pharmacy. The clinic has a wholeness approach-mind and body. Many times people have to go to completely different parts of the city for the different services; they may not have transportation, time off work or childcare. With the Integrated Clinic everything they need is in one location. It is a one stop shop.

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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>
Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	01/06/2016	5:30 PM

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

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	01/13/2016	5:30 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	5:30 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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<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 #014	27:30	27:30	REC	PA/O/E	01/27/2016	5:30 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 have 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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<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 #015	27:20	27:20	REC	PA/O/E	02/03/2016	5:30 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

<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>
Switch On Your Brain #016	27:30	27:30	REC	PA/O/E	02/10/2016	5:30 PM

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.

Switch On Your Brain #017	27:30	27:30	REC	PA/O/E	02/17/2016	5:30 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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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>
Switch On Your Brain #018	27:30	27:30	REC	PA/O/E	02/24/2016	5:30 PM

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.

Switch On Your Brain #019	27:30	27:30	REC	PA/O/E	03/02/2016	5:30 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

<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>
Switch On Your Brain #020	27:30	27:30	REC	PA/O/E	03/09/2016	5:30 PM

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.

Switch On Your Brain #021	27:30	27:30	REC	PA/O/E	03/16/2016	5:30 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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<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>
Switch On Your Brain #022	27:30	27:30	REC	PA/O/E	03/30/2016	5:30 PM

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.

700 Club NewsWatch #01292016	CBN	1:00:00	5:00	REC	PA/O/E	01/29/2016	2:00 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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<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>
700 Club NewsWatch #02012016	1:00:00	5:00	REC	PA/O/E	02/01/2016	2:00 PM

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.

700 Club NewsWatch #02182016	1:00:00	5:00	REC	PA/O/E	02/18/2016	2:00 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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<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

700 Club NewsWatch #02242016	CBN	1:00:00	5:00	REC	PA/O/E	02/24/2016 2:00 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.

Seniors

Joy In Our Town #1222A		30:00	15:00	L	PA/O	2/1/2016 5:30 PM 2/2/2016 3:30 AM
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Guest Don Hudman from Areawide Aging Agency discusses the organization with host Dolly Velasquez. Established in 1973 Areawide is a non-profit offering assistance not only to seniors 60 or above, but also to caregivers of any age and grandparents 55 or older raising grandchildren. Services offered to seniors range from health and disease prevention to meals and legal assistance. Anything affecting seniors. They will even help with making the seniors homes safer and more accessible, including wheelchair ramps and hand rails. Caregivers are offered educational training, and support groups. Grandparent services also have support groups and supply school supplies. Often a grandparent will not spend on necessities for themselves, such as medication, in order to supply the child's needs.

Joy In Our Town #1222B		30:00	15:00	L	PA/O	2/1/2016 5:30 PM 2/2/2016 3:30 AM
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Don Hudman from Areawide Aging Agency and host Dolly Velasquez talk about concerning issues for seniors. A major issue for seniors is nutrition and hydration. Areawide offers meal sites with nutritionist to offer guidance. One suggestion is to prepare meals and then freeze in meal size containers. Another issue is falling. In seniors 50+ 1 in 3 will receive serious injuries from a fall. One way to help prevent this is by exercising to assist in agility. There are exercises that can be done while sitting in a chair. Proper medication is a concern. Seniors often forget to take or they forget if they have taken. If their doctors approve they could take meds at one time, or keep in daily dose containers. Two other issues are loneliness and depression. Seniors will sometimes isolate themselves. We can help by encouraging them to get out or we can go visit or call often.

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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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Seniors

Joy In Our Town #1225B	30:00	15:00	L	PA/O	2/22/2016	5:30 PM
					2/23/2016	3:30 AM

Bill Weaver with Daily Living Centers shares information on their program with host Dolly Velasquez. Daily Living Centers have been in existence 40 years, it is an adult day care with 4 locations. Their clients are the caregivers who need to work or just time away. The seniors are their participants. The centers offer transportation to and from facility, and to doctor appointments. Some of the activities are computers, bowling, Wii games, pin ball, dancing and gardening. These are not just to keep them busy but helps with hand-eye co-ordination. The social aspects help the senior feel good about themselves and gives back their dignity.

Joy In Our Town #1226A	30:00	15:00	L	PA/O	2/29/2016	5:30 PM
					3/1/2016	3:30 AM
					3/5/2016	2:30 PM

Columnist for Edmond Outlook Magazine and Founder of Wives with Heavenly Husbands, Louise Tucker-Jones and host Dolly Velasquez discuss this important support group for widows. Mrs. Tucker-Jones' husband was diagnosed with pancreatic cancer and in only 17 days he passed away. Before he died he made her promise that all they did would be to the glory of God. Afterwards she was angry with God, she had already lost her parents, a son and a daughter and a granddaughter. As she worked through her grief she wrote columns about what she was going through, other widows began to respond and she realized they needed a support group to help each other. The group meets once a month, they may have a speaker, or just talk about what they are going through. They are all widows so can relate and support. They not only cry together, they laugh together.

Homeless

Joy In Our Town #1225A	30:00	15:00	L	PA/O	2/22/2016	5:30 PM
					2/23/2016	3:30 AM

Guest Dan Straughan Executive Director of Homeless Alliance and host Dolly Velasquez discuss the issue of homelessness and a program called Zero-2016. Homeless Alliance is a non-profit organization that works with government and faith based groups that assist homeless, with housing, drug abuse treatment and health issues. Zero 2016 is a program aimed for homelessness of veterans and also chronic homeless. Their goal is no homeless left in these groups in 2016. Veterans have served this nation and should not be homeless, chronic homeless are long term homeless. While chronic only accounts for 18% of homeless in Oklahoma City they account for over 50% of costs, due to jail time, health, feeding. In January 2015 Oklahoma City had 373 homeless veterans in January 2016 that number dropped to 269, by the end of 2016 there should be no homeless veterans and there is a structure so that any future veterans can be housed.

Joy In Our Town #1226B	30:00	15:00	L	PA/O	2/29/2016	5:30 PM
					3/1/2016	3:30 AM
					3/5/2016	2:30 PM

Adam Jones and Paula Clymer with the City Rescue Mission enlighten host Dolly Velasquez the growing issue of homeless youth. The City Rescue Mission is the largest homeless shelter and free drug and alcohol recovery program in the state. One amazing fact they shared was that nationally the average age of the homeless is 6 years old. Today the topic was youth aged 15-18, a youth will not call themselves homeless; instead they are displaced. They may be living in their car, under a bridge or on someone's couch, but they are not living with a family member. A recent study said there are approximately 2 million displaced youth, in the Oklahoma City metro area there is from 42,000 – 43,000. Issues these young people have with homelessness- anger-abandonment-abuse-addictions and adolescence in general. The mission can help with food, shelter, clothing, and encouragement to stay in school. These youth want to be loved, wanted and needed. The mission helps with all these.

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Homeless

<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 #1230A	30:00	15:00	L	PA/O	3/28/2016 3/29/2016	5:30 PM 3:30 AM

Mike Bateman, Executive Director of Jesus House talks with host Dolly Velasquez about the changes in Jesus House services. In the past Jesus House was known as a soup kitchen and shelter ministry, it has now expanded into life transformation. They offer a 10 to 12 month program, the criteria being: homeless, addicted and mental diagnosis. The program gives not only food, water and shelter, but counseling, work therapy, and GED classes. Jesus House challenges and encourages, it is not a hide out. Recent studies show a decline in chronic and veteran homelessness, however, an increase in ages 18 to 30. The number of homeless veterans is down to 60.

Joy In Our Town #1230B	30:00	15:00	L	PA/O	3/28/2016 3/29/2016	5:30 PM 3:30 AM
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Larry Bross, Director of City Care, Inc and host George Young discuss a nationwide project called 100,00 Homes Project. In Las Vegas a study was done on one homeless man called Million Dollar Mike, with all the services he received in one year, emergency rooms, incarcerations, meals, etc, he had cost taxpayers over \$1,000,000. In Oklahoma City we have Floyd who in one year cost \$160,000. The 100,000 Homes Projects is aimed at people who have been on the street for 10 years or more. The difference between this project and others is that the person does not have to be clean and sober to benefit. They are offered a place to stay and they receive overlapping services-mental and medical health services from several organizations working together. The original target number in Oklahoma City was 80, but in one year 217 have been placed. Out of those 217, 1 has died, 1 jailed and 2 reconnected with family. The others are still in the program. While their drinking has not stopped, they have cut back. Not only is the project helping the participants, it is helping the tax payers.

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