

Trinity Broadcasting Network

WTBY-TV

Quarterly Report

April, May & June 2015

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

Civic Affairs

Crime

Economy

Education

Health

Seniors

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

<i>Civic Affairs</i>	<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 #1503	28:50	13:00	L	PA/O	4/06/15	11:30AM
						4/07/15	4:00AM
						4/09/15	4:00AM
						4/10/15	1:30PM
						4/11/15	4:00AM
						4/16/15	4:30AM
						4/30/15	5:00AM

Host Jacqui Phillips discusses the issue of Civic Affairs with Mayor of the City of Poughkeepsie, John Tkazyik. Mayor Tkazyik speaks of the efforts to transform the City of Poughkeepsie and restore Poughkeepsie as the Queen City of the Hudson River Valley as it is so gracefully known throughout New York. There is a citywide LED lighting project to restore all the lights. There is a proposal for a supermarket construction downtown, and a possible drug store on the same corner. It's important to boost local jobs and build up the tax base, so that Poughkeepsie can move forward in a positive direction. He says the Walkway over the Hudson Bridge was the single most economic development engine that the county has seen in a very long time. The Rail Trail connection that the county started years ago is finally done and it's bringing people from other communities that may not have normally come to Poughkeepsie. The enhancement of our parks, the development of the Rail Trail and all that ties in to Poughkeepsie's waterfront and walkway over the Hudson has many benefits to the city of Poughkeepsie. The Lumber site, the northern most property of the city of Poughkeepsie is before the Planning Board to be a three hundred unit condo and town home development site along the river. He says there will be a brand new river front park to continue along the parkway all the way down. This will result in a tax base for the city, with the condos and town homes coming in, as well as the additional waterfront park being created on the foot of the river's end. There will be small retail, about 15-20%, where people will be able to dine and shop a bit. Mayor Tkazyik talks about how the city is going to reestablish and redefine access to other parks in the city that are under-utilized because people don't know how to get to them. He says Vassar Brothers Medical Center had a \$125 million investment within Poughkeepsie, creating jobs and building up neighborhoods.

	JOY IN OUR TOWN #1516	28:50	13:00	L	PA/O	4/20/15	11:30AM
						4/21/15	4:00AM
						4/23/15	4:30AM
						4/24/15	1:30PM
						4/25/15	4:00AM
						4/30/15	4:00AM

Host Jacqui Phillips discusses the topic of Civic Affairs, focusing on the 6th Ward and the City of Poughkeepsie, with 6th Ward Common Council Member for the City of Poughkeepsie, Ms. ShaRon McClinton. Council Member McClinton says that the Poughkeepsie Common Council consists of 8 districts which with a representative for each ward. Council members' responsibilities are to set the laws, rules and regulations for the City of Poughkeepsie. The Common Council creates resolutions that are for the greater good of the community. She says her major goal representing the 6th ward is to increase the quality of life and bring back vibrancy that existed when Poughkeepsie was once known as the Queen City. Bringing back that same taste and tone is of utmost importance. The 6th Ward differs from the other wards in that the economic gap ranges from the homeless to the very rich. It is a multicultural and diversified district with community members of many different religions. Council Member McClinton strongly believes in working on behalf of all her constituents and does not like thinking of a rich versus poor, employed versus unemployed, black versus white Poughkeepsie. She is also working on legislation with the city attorney that concentrates on youth. Youth have been lost for a while since the economic dive that occurred in Poughkeepsie that depleted funding for youth programs. Nubian Directions, a program in Poughkeepsie, currently helps youth with their GED and equips them with necessary skills like apprenticeships that help them earn licenses. There used to be a youth employment agency in the city and youth recreational centers that no longer exist. The City of Poughkeepsie needs more programs for youth. Poughkeepsie is friendlier to developers, businesses and tourists now so as to have more positive transition and change. There is a trickle effect on Main Street that is leading to better and more upscale businesses coming back to Poughkeepsie.

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	JOY IN OUR TOWN #1517	28:50	13:00	L	PA/O	4/27/15	11:30AM
						4/28/15	4:00AM
						5/01/15	1:00PM
						5/02/15	4:00AM
						5/07/15	5:30AM
						5/14/15	5:00AM

Host Jacqui Phillips discusses the topic of Civic Affairs, focusing on the 3rd Ward and the City of Poughkeepsie, with 3rd Ward Common Council Member for the City of Poughkeepsie, Mr. Robert L. Mallory, Jr. Council Member Mallory says the Common Council is made up of 8 different council members representing 8 wards broken up by boundary lines established by the census. Every ten years these boundary lines change according to how the population fluctuates. Being a council member is a two-year term which can be renewed for a maximum service time of 8 years. A district is larger in scope whereas ward representation is not as large a population. In the 3rd Ward, crime is an issue both perceived and real. By perceived, Council Member Mallory means vacant properties, litter, garbage, quality of life issues make people feel uncomfortable and unsafe. Police presence, making neighborhoods feel secure is an issue. The Walkway over the Hudson pedestrian bridge entrance is in the 3rd ward and this makes tourism an important issue for that ward. Economic growth within the 3rd ward and the City of Poughkeepsie. A collaborative effort on how development can be improved is also important. The third ward is a mixed use in home ownership and rentals with economic and racial diversity. It's a working class population that is smaller than the other wards but does house the city's post office, city newspaper and the Walkway over the Hudson. He is able to go door to door and address the needs face to face; it's also very walkable and easy for him to look for the areas that most need to be addressed. Council Member Mallory co-sponsored legislation for a foreclosure bond ordinance which establishes a relationship with the city of Poughkeepsie and the banks and if the banks are unable to maintain their properties then the city of Poughkeepsie will. Poughkeepsie is working with the banks to put money into escrow accounts that will help the city rid itself of the blighted properties within the city. Parks are essential to the wards. Legislation was passed that holds developers accountable that if they cannot, in conjunction with the work they do with the planning board, develop their own park within their parcel of land that they will be attributed a developer fee that goes directly to enhancing existing parks within the city of Poughkeepsie. Poughkeepsie has tried its best to address crime and tackle it straight on with increased foot patrols and police presence, getting rid of dilapidated properties, and keeping banks accountable for taking care of their properties. There is a need for encouraging positive smart growth that goes hand in hand with the council's relationship with important stakeholders to improve development that will spur economic growth. He would like to see more collaboration between city government and the school district to address employment education, provide students and youth with more skills and knowledge that is relevant to the 21st century such as computer skills, unionization skills and even encourage them to make use of the programs that are already in place for youth and not full to capacity. Issues that take priority in the council's attention at the moment are crime and economic development.

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<i>Crime</i>	<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 #1523	28:50	13:00	L	PA/O	6/08/15	11:30AM
						6/09/15	4:00AM
						6/11/15	4:00AM
						6/12/15	1:00PM
						6/13/15	4:00AM
						6/15/15	11:30AM
						6/18/15	4:30AM
						6/25/15	5:00AM

Host Lisa Buldo discusses the topic of Crime, focusing on Cyber & Wireless Crime in NYC, with Technology & Cyber Security Expert, Mr. Scott Schober. Mr. Schober says most of the cyber and wireless crime today is directed towards credit cards or compromising our personal credentials: where we live, our social security number, even our medical records. It's widespread and there are estimates that it is affecting 97% of the United States. Malware is a virus planted on your computer, mobile phone or tablet that is planted to do destructive things such as cause chaos on your computer, delete files or even lock your computer. There is a particular strain of malware called ransomware that holds your computer hostage that locks it up so you can't access anything on your computer unless you pay the ransom. The ransom is about \$300, paid to the cyber thieves in bitcoins which is digital currency. There is a version of this ransomware virus for digital phones, as well. You get these viruses from attachments embedded in emails. Once you click on it, it will download the malware into your phone, mobile device or your computer. Cellular technology is more vulnerable to malware attacks because individuals are not as prone to update their security features on their phones as they are on their home computer. It is very important to update the security on your phone and to beware of attachments in emails you don't recognize. Spear Phishing is a type of cybercrime that is a type of focused attack to a targeted audience, such as high net worth individuals who receive an email that carries the malware viruses. Bottom line is never click on a link or attachment in an email that redirects you because it will fool you. Cybercrime is a crime that can be done remotely.

	JOY IN OUR TOWN #1523	28:50	13:00	L	PA/O	6/08/15	11:30AM
						6/09/15	4:00AM
						6/11/15	4:00AM
						6/12/15	1:00PM
						6/13/15	4:00AM
						6/15/15	11:30AM
						6/18/15	4:30AM
						6/25/15	5:00AM

Host Lisa Buldo discusses the topic of Crime, focusing on Preventing Cybercrime in NYC, with Technology & Cyber Security Expert, Mr. Scott Schober. Mr. Schober says we are all connected wirelessly during our notebooks or mobile phones through Wi-Fi and that is an area where we have to be really careful. We want to be very careful on free Wi-Fi and not access your bank information, check your stocks or anything that has confidential and propriety info since they can see what you are typing and access your info. Be very cautious and do not access free Wi-Fi; pay for it. Using Wi-Fi at hotels with passwords and even purchasing a hotspot where you can connect your devices to that with a secure password is a safer alternative. Cybercrime can be something as common as drones that cyber thieves can hide behind and which they attach a simple bridge access point, which is a Wi-Fi box flying over you, and if you have your mobile phone, they can try to hack into the Wi-Fi connection of your mobile phone and take the content from them: your emails, your texts, your contacts and other personal information. This is a huge threat and it is called a "man-in-the-middle" attack. Hackers are using wireless more and more to hack into your network. It is very important when talking about how to prevent cybercrime to focus on passwords. Passwords should be long and strong. The #1 means that hackers will get into your personal information is through your weak passwords. The most popular password in the world is 123456. The second most popular is password123. For wireless access points at home, the most popular password is admin. A strong password is something non-descript; never found in a dictionary; has upper-case characters, lower-case characters, numbers, symbols, and is 15 characters long.

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Crime

<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 #1525	28:50	13:00	L	PA/O	6/22/15	11:30AM
					6/23/15	4:00AM
					6/26/15	1:30PM
					6/27/15	4:00AM

Host Jacqui Phillips discusses the topic of Crime, focusing on the effects of incarceration on women in NYC, with NYS International Council Representative for Kairos Outside New York, Ms. Coralie Joseph. Ms. Joseph says there about 52,000 inmates in NY State and 2,000 of those inmates are women. 75-80% of those inmates have families located in NYC and those families are primarily from three zip codes in the Bronx and 4 zip codes in Brooklyn. In terms of their families, parents, children; families are destroyed with a huge impact. The children of the incarcerated men and women who don't know what's going on are most affected. The prisons in which their mothers or fathers are being held are 6-8 hours away from NYC and incredibly difficult to travel to. They have no interaction with their parents and act up at school. Teenagers also struggle with having an incarcerated parent and it is worse when both parents are incarcerated. If a woman's loved one is incarcerated, they carry the guilt, shame and embarrassment and the silence. Women won't tell anyone that they have someone incarcerated because the first thing that occurs is that they are blamed. If your son or husband is incarcerated, you are often asked, "What did you do wrong?" People will not want to associate with someone who has a loved one in prison. Can you imagine the burden the woman carries? When a woman is incarcerated, the children are split up into different homes and then she may not see them for years or even ever. When her husband is incarcerated, she becomes the sole breadwinner and this is very hard. Her husband who is in prison doesn't have to worry about housing, meals, medical care but she has to keep the landlord happy. She may end up working two or three jobs, and having to be the one to go to meet with the principal when her kids act up. She has to worry about what to do when her child is sick and how to appease her employer. Her husband may say, "I want to see you," and now she has to figure out how to get to this upstate prison, take the time out, pay around \$60 bus fare for her and then for each of the children, find lodging for the night, feed the kids and it is very stressful for her. The husband who calls home calls collect and these are calls she has to pay for so sometimes this means the woman will go without just to be able to care for her family and her home.

JOY IN OUR TOWN #1525	28:50	13:00	L	PA/O	6/22/15	11:30AM
					6/23/15	4:00AM
					6/26/15	1:30PM
					6/27/15	4:00AM

Host Jacqui Phillips discusses the topic of Crime, focusing on prison re-entry and the transition into becoming a productive citizen in NYC, with NYS International Council Representative for Kairos Outside New York, Ms. Coralie Joseph. Ms. Joseph says that transition into society for someone who has been in prison is very traumatic. For example, if you were in prison for 20 years and you are now back in society, you don't know how to text someone, you have to be taught to use a cellphone, even flushing toilets are a shock to the formerly incarcerated. Successful programs will prepare the inmate for re-entry because if the inmates are not prepared then there will be almost 80% recidivism. At least in prison you had a home and meals. Released prisoners cannot participate in public housing. There are no jobs for them either. They have to check that box and then no one wants to hire a formerly incarcerated individual. The prisons in the U.S. really don't prepare prisoners for release but there are some successful outside programs that prepare the individual for re-entry. These begin 12-18 months before the prisoner gets out. They help the recidivism rate drop even below 50%. There are three things that help keep the former prisoner out of prison. The first is if they had a spiritual experience while in prison. The second is if members of the family had a spiritual experience outside of prison and the third is if the prisoner was trained for a job for when they are released. Another important factor to staying out of prison is having a mentor who is paired up with the inmate before their release. The mentor not only keeps them away from their old bad influence friends but also helps to offer important practical guidance like how to get food stamps, a job, how to eat, etc. This is critical to former inmates who will face discrimination on their release.

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<i>Economy</i>	<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 #1503	28:50	13:00	L	PA/O	4/06/15	11:30AM
						4/07/15	4:00AM
						4/09/15	4:00AM
						4/10/15	1:30PM
						4/11/15	4:00AM
						4/16/15	4:30AM
						4/30/15	5:00AM

Host Jacqui Phillips discusses the issue of Economy with Mayor of the City of Poughkeepsie, John Tkazyik. Mayor Tkazyik says that in 2008 our national economy was affected with a recession that extended to the City of Poughkeepsie. In 2008 Poughkeepsie, after having continuously borrowed, over time amassed a combined long-term and short-term debt of over 82 million dollars. Mayor Tkazyik is working to provide a better quality of life, to make people safe and to let people know that Poughkeepsie is open for business. He instituted a tax cap long before the State of New York even came up with one and was able to reduce the city's debt by over \$27 million. The Mayor's Office and the Common Council is working to build back the city's fund balance. Mayor Tkazyik reduced the workforce by almost a hundred people without layoffs just by reorganizing over the past 8 years how the city operates and how business is done. It's taken a little more time to pick up garbage, to collect leaves, or to get that light fixed, but these are tough times. He is looking for new ways to generate revenue. The city has sold off a number of properties that it owned, is building up a tax base, and letting people know the work that it has done in the Building Department by using Planning Boards and Zoning Boards to streamline the process. Mayor Tkazyik was a council member before becoming Mayor in 2008 and at that time you needed a permit for everything even to replace a step on a back porch, or repair a roof. Mayor Tkazyik cut out a lot of the red tape and a lot of bureaucratic paperwork. When someone comes in now, they know exactly what they have to do, exactly what the fee may be and how they have to seek approval, so as to get the projects in motion. Poughkeepsie has block associations, block parties and the Common Council trying to make the neighborhood a better place for people to live and work. Its residents come together to support the positive economic initiatives that they see.

	JOY IN OUR TOWN #1520	28:50	13:00	L	PA/O	5/18/15	11:30AM
						5/19/15	4:00AM
						5/21/15	4:00AM
						5/22/15	1:30PM
						5/23/15	4:00AM
						5/28/15	4:30AM
						6/04/15	5:00AM

Host Jacqui Phillips discusses the topic of the Economy, focusing on the economic state of NYC, with Author of the *Economic State of Black New York Report*, Rev. Dennis Dillon. Rev. Dillon says if you look at the scope of New York City you will find areas that were hit hard by the economic recession but also those that benefited. New York City is on the rebound and tremendous growth has really been seen in some communities. Still, there are struggling communities in which necessary growth has not yet appeared. The strength of business for NYC is small business, specifically the local mom and pop stores found in NYC. Small businesses really fuel the NYC economy. The majority of non-governmental employment can be found in small business operators who provide NYC's jobs. The predicted \$10 billion in economic development over a span of 10 years hasn't happened yet. Minority communities don't really receive the kind of economic impact they need. We may see economic development which speaks to the infrastructure development of communities such as Harlem and Downtown Brooklyn and parts of the Bronx, but what we fail to see is economic empowerment where the development is indigenous and the employment is created by the local community. Presently, you have small business owners in NYC that live in other parts of the Tristate area that is not NYC so what results is a trade deficit which sends out more of the revenue than it brings in. That is the economic crisis we are seeing in the Black, Latino and other communities of NY. Rev. Dillon says it is important to create economic empowerment where those who are doing the development have some level of control and ownership over the economics of that particular community. There has been a rise in tourism dollars in NYC. Wall Street is deeply impacted by what happens in Main Street. Let's give credit to those who have had a huge impact in improving the local economy.

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	JOY IN OUR TOWN #1520	28:50	13:00	L	PA/O	5/18/15	11:30AM
						5/19/15	4:00AM
						5/21/15	4:00AM
						5/22/15	1:30PM
						5/23/15	4:00AM
						5/28/15	4:30AM
						6/04/15	5:00AM

Host Jacqui Phillips discusses the topic of the Economy, focusing on small businesses and entrepreneurship, with Author of the *Economic State of Black New York Report*, Rev. Dennis Dillon. Rev. Dillon says we are continuing to see economic and robust growth in NYC. NYC is a unique place where businesses thrive. Brooklyn is becoming the new Manhattan. Everyone is moving into Brooklyn and as a result we are seeing restaurants and new small businesses everywhere. The tourism industry is on the rebound. Local government and banking institutions need to work to ensure that all ethnic communities in NYC can partake of the robust economy. Rising commercial rents and rates don't necessarily limit or decrease small business growth because small businesses are quickly replaced by other small businesses. The banks ought to come in and provide more resources to the community in the forms of loans. Bank loans to women-owned businesses, Black-owned businesses and Latino-owned businesses need improvement. Legislation is needed that applies pressure and provides regulations that ensures banks are fair in their lending like the Community Reinvestment Act of the past. Tourism is impacting small businesses because many of the dining establishments are small business operators. Also, with regards to transportation, small businesses are benefiting from the multitude of tourists that come to NYC. The Harlem Chamber of Commerce, the Caribbean American Chamber of Commerce, and the Hispanic Coalition of Chambers of Commerce in NYC are working with NYC & Co., which is NYC's Tourism Board, to stir tourism in different communities and thereby benefit from the mainstream dollars and tourism dollars that enter the community every day. This will greatly impact the economic growth of the small local businesses. Local businesses and churches can also form coalitions to help with economic revitalization in their community. By forming coalitions, small businesses can prepare to compete with the larger corporations in the city that have resources available to them.

	JOY IN OUR TOWN #1522	28:50	13:00	L	PA/O	6/01/15	11:30AM
						6/02/15	4:00AM
						6/04/15	4:00AM
						6/05/15	1:30PM
						6/06/15	4:00AM
						6/11/15	4:30AM
						6/18/15	5:00AM

Host Jacqui Phillips discusses the topic of the Economy, focusing on Starting a Business in NYC, with Speaker & Business Coach, Author of *How to Start Your Business While Employed*, Mr. Gbenga Omotayo. Mr. Omotayo says there has never been a time as appropriate as now to own a business. People are used to the old way of doing things, the traditional methods, the brick and mortar location, and first having all the money and all the resources. Really you don't have to do all of that. If you can leverage technology, you will be able to have a successful business. When you look at what God has given us; He has made us all unique with a passion and a purpose to do something. So if you can leverage on your gifting from God you can start a business. After the 2008 depression, things have been looking up and lenders are now more willing to make loans for businesses to take off. Over a million people lost their jobs during the recession which shows there is no real job security. The only thing that can give you the freedom that you really want is having a business that you own. It can be done while employed and does not have to take too much of your time. When you get a business idea from God, begin to work your inspiration on the side. This helps you decide if entrepreneurship is for you and if it is truly what you like to do. Keep your day job while working your business on the side. Once you are making enough money, then you can resign, but do your research because you don't want to invest all your money and time into a business where the market is not large enough. Take your idea to a crowdfunding site and if people gravitate towards your idea it is a good indication that it will work if you decide to go for it. Another thing you can do to validate your idea is to create a physical product and let people see it and use the feedback to determine if this is a business you should go with or not. Once you decide, copyright and patent your business idea.

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	JOY IN OUR TOWN #1524	28:50	13:00	L	PA/O	6/16/15 6/18/15 6/19/15 6/20/15 6/25/15	4:00AM 4:00AM 1:30PM 4:00AM 4:30AM

Host Lisa Buldo discusses the topic of Economy, focusing on Personal Finance & Responsibility in NYC, with Retired Financial Planner and Author of *Fools Never Raise Their Thoughts So High*, Mr. Lloyd R. Johnson. Mr. Johnson says the most important personal finance survival skill is using common sense. Use money wisely and don't get caught up acquiring financial possessions that you don't need. Another important financial skill is learning to say no. Say, "No, I am not going to lend you money." That is very tough to say to those you know and like. An important financial goal is retirement and even though it is a long-term goal it is something that you should start with your very first paycheck. If you have children, start saving for their education and even your education. Homeownership should be on your list, as well as, debt reduction and caring for parents. Your dream should also be on your list of financial goals. Credit reports are really important because they will affect most of what you do. If you check into a hotel, if you are buying a car, buying auto insurance or getting a mortgage your credit is important. College students often make the mistake of getting into credit card debt while in school and then their future employers will pull up their credit score. NFCC is the national foundation for credit counseling and they will help you with learning of ways to get rid of debt. If you do have savings and want to earn more than the less than 1% banks pay, a good long term place to look at investing your money is mutual funds, specifically a stock index fund and a value index fund. A good question to ask yourself when it comes to being financially responsible is whether your family is taken care of in the event of death. Is there a plan in place to care for them once your paychecks stop coming? This is a good reason to have life insurance. In the event of illness, the same can happen so you need insurance to protect you and financial advisors to help you navigate your finances. Don't be totally dependent on your current paycheck. While you are working, try to find something that you can do that will bring in income. If you like to bake, sell cakes, or tutor or even have a laundry business. Find something to do that will bring in money so that if you lose your job you still have income. Budgeting is also important to being financially responsible. With a budget, you have your income and you have those things that you have to spend money on: your critical expenses like rent and utilities; tithing and giving. Include debt reduction and saving in your budget and then add all those important bills that you have to pay and subtract them from your income. The amount you are left with is now what you can spend on your variable expenses.

700 Club CBN NewsWatch # 04172015	1:00:00	5:00	REC	PA/O/E	4/17/2015	3:00PM
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CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Financial advisor Robin Tull, founder of Tull Financial Group in Chesapeake, Virginia, said many people lack an overall plan. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBRI developed the program to help Americans determine how much they need for retirement. Choose to Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Married couple Amanda and Eddie Grizzard are two people who started saving early. They saved individually before marriage and began as a couple the month they married. The Grizzards used a financial planner to determine how much they needed for retirement. Amanda said she was inspired by friends and The 700 Club. The Grizzards save a pre-determined amount every month that is automatically deducted from their paychecks. They add to it when there's overtime pay and they live frugally.

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The Grizzards have also kept saving even during bad times. Experts say holding off saving when the markets are down is a common retirement saving mistake. Tull said many people developed that mindset during the recent recession. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips:

- Plan on living longer than you think you might as life spans continue to grow.
- Save extra for healthcare because those costs going forward are difficult to estimate.
- Maximize your employer's 401K match and look into a Roth retirement account.
- Know why you are saving. Paint a picture of your retirement. It will sharpen your focus and motivation.

For Julia and Chris Williams, investing is part of living a godly life and saving as they start their family brings them peace. In fact, the Williams are thinking beyond retirement. They're following Proverbs 13:22 which says, "A good man leaves an inheritance to his children's children." That means not only planning for their retirement and for their son Anderson, but for his children as well.

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

<i>Education</i>	<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 #1521	28:50	13:00	L	PA/O	5/25/15	11:30AM
						5/26/15	4:00AM
						5/28/15	4:00AM
						5/29/15	1:00PM
						5/30/15	4:00AM
						6/04/15	4:30AM
						6/11/15	5:00AM

Host Jacqui Phillips discusses the topic of the Education in NYC, focusing on the Common Core Standards, with Superintendent of Smithtown Christian School, Pastor Roger Erdvig. Pastor Erdvig says the common core state standards is a set of curriculum standards written between 2008 and 2010 with the purpose of creating a set of educational standards for all states across the country. K-12 teachers were not involved in creating the standards, instead it was policy makers, test writers and college professors who wrote the standards. To those that wrote the common standards the advantage to them is that they can now write tests and sell textbooks that apply to all students across the United States, so there is a lot of financial impetus to writing universal standards. Standards are important because no teacher wants to be inside the classroom without some sort of direction outside of what they think is right but there has to be a balance between controlling what teachers do and giving them freedom within a framework. NY, along with other states, adopted the common core in 2010 without field testing them in classrooms across the state, or in the inner city of NY vs rural Ohio. NY is still scrambling to work through some of the errors that occurred from adopting and implementing the common core standards so rapidly. Suffolk County in NY, where Smithtown School is located, has been called the epicenter of conflict for the common core in NY State. There are massive rallies where thousands of parents are gathering together trying to encourage other families to opt out of the testing that is based on the common core standard. Standardized testing periods are coming up and many parents are encouraging others to keep their children home from school that day and not participate in testing. Many principals are secretly in favor of it but they can't publicly promote it. This year thousands more students will opt out than last year in NY State. Teachers unions are also not in favor of the common core because it is being proposed that teachers' salaries be based on students' performance on tests.

JOY IN OUR TOWN #1521	28:50	13:00	L	PA/O	5/25/15	11:30AM
					5/26/15	4:00AM
					5/28/15	4:00AM
					5/29/15	1:00PM
					5/30/15	4:00AM
					6/04/15	4:30AM
					6/11/15	5:00AM

Host Jacqui Phillips discusses the topic of the Education in NYC, focusing on Christian Schooling, with Superintendent of Smithtown Christian School, Pastor Roger Erdvig. Pastor Erdvig says Christian schooling is an educational model that is based first and foremost on scriptural principles. It's a different way of schooling taking into consideration how God designed learners. It is a systematic and fundamentally different way of teaching and isn't just education with a couple of Bible verses slapped on to it. God has designed us to create things, designed us to cultivate the things that are created and in a Christian school perspective the same subjects are taught but the whole philosophical underpinnings are different. You may not see that if you were to follow a student around school for a day but if you followed for a week or a month you would start to see that there is very different motivations for why one does what they do and a very different perspective on what is truth and that is a key difference in Christian schooling. Right now there are 4 different types of schooling: public school- tax funded education that by law the government has to produce for every child; charter schooling- also tax funded but focused on a particular area of academics or focused on a particular socio-economic background and it may be privately managed; homeschooling where many families decide to educate their children at home that customizes the educational approach to your individual child and then there is Christian schooling which is institutional. What is not an option is to not educate your child—you must educate your child. Today we have the conversation about what the purpose of Christian schooling is but the founding of education in our country occurred in the church building, which often served as school house during the week. The purpose of Christian schooling is to develop the best Christian leaders to be deployed into the world to do what God has called them to do.

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<i>Education</i>	<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 #1524	28:50	13:00	L	PA/O	6/16/15 6/18/15 6/19/15 6/20/15 6/25/15	4:00AM 4:00AM 1:30PM 4:00AM 4:30AM

Host Lisa Buldo discusses the topic of Education in NYC, focusing on the importance of Performing Arts education, with Director of The “Me” Nobody Knows, Inc., Ms. Daryl Richardson. Ms. Richardson says it is important to have performing arts education in schools because they affect overall development with regards to overcoming shyness, developing confidence and just being well-rounded in every capacity. The issue is the children need some sort of outlet to express themselves creatively. Children that do not have a creative outlet in their education often find themselves being bullied, are frustrated, they compare themselves with other kids; there is a whole array of consequences. On the other hand, those students who do receive performing arts education, are confident, pay no mind to what others say or think of them, they have confidence and aspirations about what they want to do in life. Performing arts education makes such a difference in the life of a child. Parents need to pay attention to their children in regards to what they express naturally through their gifts, talents and abilities at a very young age. It’s not a bad thing when children exhibit overly excited and energetic behavior. It’s the parent’s responsibility to channel that behavior into an appropriate creative outlet such as a dance class. Paying attention to that creativity may be life changing to them. Arts education helps you academically in other educational areas because it helps you with the different learning styles a student might have. Arts education teaches you to be quick on your feet, causes your brain to function quickly, be hands-on, increases your comprehension and ability to read body language and gives you the ability to project. The ability to project is especially useful in the classroom because it means the student is less afraid to interact with their teacher and will raise their hand to ask a question. Performing arts education creates leadership skills, promotes them to be bold and not be frightened or shy or feel lesser than. Social skills and education skills are greatly improved as a result of participating in the arts.

	JOY IN OUR TOWN #1526	28:50	13:00	L	PA/O	6/29/15 6/30/15	11:30AM 4:00AM
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Host Jacqui Phillips discusses the topic of Education in NYC, focusing on homeschooling, with Founder of Homeschool NYC and Author of *Education Uncensored: A guide for the Aspiring, the Foolhardy and the Disillusioned*, Ms. Laurie Block Spigel. Ms. Spigel says homeschooling is legal in NYC and NY State. Parents do not need to be certified teachers; they just need to fill out the legal paperwork. No parent is good in every subject and even the teachers don’t know every subject so a better view of education is that teacher and student go to the well together to draw in learning. The parent is more the facilitator and the guide to helping the child to grow. They may bring in a tutor, barter teaching, find another parent to volunteer their knowledge, use an online program or even the library system. There are so many different resources to teach every subject. The #1 reason in NYC a parent chooses to homeschool is dissatisfaction with the NYC public and private school system. NYC has overcrowded classrooms, a test-driven education system, children who at age 5 who love learning and the idea of school and once in school, in a matter of weeks begin to dislike learning and reading. Parents may even choose to homeschool for safety concerns such as bullying at school or the school just doesn’t feel like a safe place. The child needs to feel safe for learning to occur. Parents who homeschool create socialization activities like group classes and there are communities of homeschoolers in every borough of NYC. Beyond this, because the classes are in a real world environment and not restricted to one age, homeschooling gives you a child who is far more socially developed and comfortable speaking with individuals of any age and walk of life. A parent in NYC who wishes to homeschool must write a letter to the department of education. The letter can be a single sentence, “This letter states my intention to homeschool my child for the coming school year.” The letter can be submitted at the beginning of the school year or within 10 days or 2 weeks of your decision to homeschool. Homeschoolers are subject to a very different set of regulations than teachers are in school and therefore don’t have to stick to common core standard and can receive a better education than the limits of the common core. Homeschoolers also do not have to take Regents exams which only serve as a diploma equivalent and have no other use to the child.

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<i>Education</i>	<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 #1526	28:50	13:00	L	PA/O	6/29/15 6/30/15	11:30AM 4:00AM

Host Jacqui Phillips discusses the topic of Education in NYC, focusing on child-led education, with Founder of Homeschool NYC and Author of *Education Uncensored: A guide for the Aspiring, the Foolhardy and the Disillusioned*, Ms. Laurie Block Spigel. Ms. Spigel says child-led learning is also called self-directed learning and it is taking yourself out from the traditional approach to education which would be either teacher-centric learning or test-driven learning where the teachers aren't in charge of the curriculum but instead the test is in charge of the curriculum. Child-lead learning takes the student and puts them at the center of the equation. It does this by taking the student's interests, strengths, environment and learning issues and weakness all into consideration and the curriculum or learning program is planned is created with that as the center. So instead of the test being the center of what the curriculum choices would be, or the teacher's wishes and inclinations, now it is the child's interests. The choice to focus on the child's interests stems from the fact that this is the area where the child's curiosity has already started. If the child is already interested and already curious, learning is already happening before the experience or before the lesson. That curiosity is already propelling you into the learning experience. Child-led learning helps the child to resist less and learn more. By taking the child's interest and personality into the center of education, the learning process takes on a whole new life. Currently there is a learning system that is turning students off to learning and once everything is assigned and there is no choice anymore, then learning becomes a burden and the child no longer wishes to participate. With child-led learning, it's completely up to the child, and their interest in the subject will cause them master it to the point where they end up teaching their focus to the class. In a classroom, the child may be told there is no time to study what they want to study or it's not a part of the curriculum for that year or they have to wait till college to learn more about a particular subject. With child-led learning the child learns that they can study whatever they want and all knowledge is available to them and a choice if only they put out the effort and decision to learn the material.

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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>
JOY IN OUR TOWN # 1515	28:50	13:00	L	PA/O	4/13/15	11:30AM
					4/14/15	4:00AM
					4/16/15	4:00AM
					4/17/15	1:30PM
					4/18/15	4:00AM
					4/23/15	5:00AM
					4/30/15	4:30AM

Host Jacqui Phillips discusses the topic of Health in Poughkeepsie, focusing on the dangers of genetically modified foods, with Board Certified Holistic Practitioner of Heaven on Earth Healing Center, Ms. Tonijean Kulpinski, CBHC BCHC AADP. Ms. Kulpinski says that GMO's have been around for 27 years and are created when scientists splice a gene from an unrelated species using a bacteria—the bacteria can be E. Coli or a cancer gene into the seeds of food. This food can be the oils, grains, fats, produce and even what animals and livestock eat. These organisms change the DNA of the food which renders it unrecognizable to the body and creates inflammation to cells. This results in organ damage, cancers and even brain and neurological disorders. It's important to avoid these organisms by eating organic and learning to read the stickers on the produce at the grocery store. The stickers have numbers which indicate if they are organic or GMO. Any number beginning with a 9 means organic and numbers beginning with an 8 mean genetically modified. Wash your produce regardless of whether it is organic or not. Raw dairy products versus pasteurization is also important to look at. Pasteurization started in the 1800s when, with the advent of industrialization, cows being used as milking machines started becoming sick and their milk had cancerous strains and other diseases. Pasteurization was used to remove these hazards but pasteurization denatured all the valuable nutrients in the milk and also started making people sick. Pasteurization denatures these milks and makes them indigestible but is used to extend shelf life and create profit. Gluten is a protein that is found in barley, wheat, oats and rye and has been digested for centuries. Once GMOs and chemical fertilizers were introduced the molecular structure of the protein was changed. Whereas gluten was once 14 chromosomes, now it is 42 chromosomes which makes it extremely indigestible.

JOY IN OUR TOWN # 1515	28:50	13:00	L	PA/O	4/13/15	11:30AM
					4/14/15	4:00AM
					4/16/15	4:00AM
					4/17/15	1:30PM
					4/18/15	4:00AM
					4/23/15	5:00AM
					4/30/15	4:30AM

Host Jacqui Phillips discusses the topic of Health in Poughkeepsie, focusing on tips to staying healthy, with Board Certified Holistic Practitioner of Heaven on Earth Healing Center, Ms. Tonijean Kulpinski, CBHC BCHC AADP. Ms. Kulpinski advises eating fruit and non GMO foods because often times we eat foods that produce histamine in the body and this in turn creates allergies and even asthma. You can impact your health greatly by speaking positively and releasing anger and unforgiveness. Exercise is really important, walking in nature, breathing fresh air in and out, getting your blood pumping and all it takes is 15-20 minutes to feel so much better. Whole food vitamin supplements should be as close to nature as possible and should only supplement a healthy eating plan and not take the place of food. They should augment an already healthy diet and should not be an excuse to eat poorly. Highly processed, highly adulterated vitamin supplements found in grocery stores or health food stores will not be recognized by the body and actually create sickness in the body. When reading the label of your vitamin bottle make sure you recognize every ingredient as food. Don't eliminate fat from your diet because saturated fat is the good fat which constitutes every cell membrane in the body. When we don't eat enough saturated fat like coconut oil or products, grass-fed beef or pasture-raised organic eggs and chickens, raw cheeses and butter which is a wonderful superfood, we can't effectively assimilate or incorporate calcium and collagen into the skeletal structure. When you eliminate these healthy fats you actually create bone loss because the osteoblast cells become diminished. Stay away from polyunsaturated hydrogenated oils like soy oils, canola oils, granola, cereals, corn oils, pre-packaged snacks, salad dressings and 100 calorie snacks. Exercise in the right amounts de-stresses, clears your mind, and helps the body detox, which is important, as many diseases occur from auto-intoxication. Exercise ignites your inner disposal system. Finally, drinking water is very important: 8-10 glasses of spring or purified water is best.

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	JOY IN OUR TOWN # 1518	28:50	13:00	L	PA/O	5/04/15	11:30AM
						5/05/15	4:00AM
						5/07/15	4:30AM
						5/08/15	1:30PM
						5/09/15	4:00AM
						5/14/15	4:30AM
						5/21/15	5:00AM

Host Jacqui Phillips discusses the topic of Health in NYC, focusing on Healthy Weight Loss, with Certified Health Coach, Author & Speaker, Ms. Lisa Buldo. Ms. Buldo says water intake is very important to weight loss because it is the only way to detoxify your system. People are not drinking enough water. Spring water is your best choice. Half your weight in body ounces is a good way to measure the amount of water you should be drinking. Acquire a taste for water and make sure it is not carbonated since anything carbonated is going to leach calcium from the bones and weaken the bones. When you are eating meals, drinking carbonated beverages isn't good because it neutralizes your stomach acid and you need that stomach acid to break down your food to digest. For healthy weight loss, you want protein, good fat, green vegetables and your fruits. For proteins look for 100% grass fed and staying away from meat oftentimes means missing out on essential B-vitamins, nutrients and iron. For beans, make sure it's organic and the kinds you soak overnight are easier to digest. For fish make sure it is wild-caught fish. Eggs get labelled as bad for you because of cholesterol, but your brain is actually made up of cholesterol so eggs are brain food; just make sure they are organic and cage-free. Good fats are olive oil, avocado and raw nuts and seeds not roasted nuts, even real butter from grass-fed cows. Green vegetables are important because they clean and deodorize the tissues and organs in your body. People who have body odor oftentimes don't eat enough green vegetables. Green vegetables also have necessary fiber. Fruits that are lower on the glycemic index and organic are also important. Organic means no chemicals and pesticides that throw your hormones out of whack. Avoid grains like white rice, cereals; processed grains which turn into sugar in the body and then get stored into saturated fat, but not just saturated fat, they put weight on you.

	JOY IN OUR TOWN # 1518	28:50	13:00	L	PA/O	5/04/15	11:30AM
						5/05/15	4:00AM
						5/07/15	4:30AM
						5/08/15	1:30PM
						5/09/15	4:00AM
						5/14/15	4:30AM
						5/21/15	5:00AM

Host Jacqui Phillips discusses the topic of Health in NYC, focusing on Digestion and the Immune System, with Certified Health Coach, Author & Speaker, Ms. Lisa Buldo. Ms. Buldo says the digestive system is critical to your health because it breaks down the food that you eat into a form that is absorbable by the blood so you want to make sure that you are giving it the right stuff and not inflammatory foods. Focus on giving your system probiotics on a daily basis so that the ratio of bacteria in your body is 85% good bacteria to 15% bad bacteria. The American diet has reversed the ratio and most people have an overload of bad bacteria in their system. The right types of probiotics are fermented, cultured vegetables, raw apple cider vinegar or fermented herbs. When that goes in, it floods your body with good bacteria and can help heal the gut. Eating dead foods overloads your system and causes bad bacteria to form and proliferate resulting in acne, swelling, bloating and all kinds of skin issues. The digestive system is related to your immune system because 80% of your immune system is in your gut. The immune system is made up of chemicals, cells, organs, tissues and its job is to identify any foreign invaders in your body like bad bacteria, parasites, cancer cells and go in and destroy them. But if you don't have a healthy immune system, then nothing heals. A can of soda shuts down your immune system for four hours. For great health, you have to have proper nutrition- those organic, non-toxic, no-chemical items without labels that are good for your blood and keep it clean with supplementing. A healthy digestive system has probiotics and stays away from inflammatory stuff. Third, a strong immune system that protects you from viruses. Cancer and a healthy immune system cannot live in the same body. It's a proven fact. The immune system's job is to survey and destroy invaders so it is very important to keep your immune system strong so that you don't get sick easily.

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<i>Health</i>	<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 #1522	28:50	13:00	L	PA/O	6/01/15	11:30AM
						6/02/15	4:00AM
						6/04/15	4:00AM
						6/05/15	1:30PM
						6/06/15	4:00AM
						6/11/15	4:30AM
						6/18/15	5:00AM

Host Jacqui Phillips discusses the topic of Health in NYC, focusing on Compulsive Eating, with Author of Ninety Days, Ms. Pat Nordstrom and Board of Directors member for Bible for Food Recovery, Ms. April Lewars. Ms. Nordstrom says emotional eating is when people look to food to do more than what it should do which is to nourish you and give you the energy to do your work. Emotional eating is when you turn to food because you are feeling low or high and you usually make the wrong food choices or you eat too much. This brings you down and saps you. Emotional Eating usually precedes people who become compulsive eaters. Compulsive eaters overeat or take the wrong food in when they don't even want to; they want to stop but they can't. There are many different ways of compulsively eating, one extreme could be a compulsive overeater or a compulsive under eater. A compulsive eater can also have a medical issue where they are told not to eat a certain type of food and they eat that certain type of food like a diabetic who should not eat sugar and does so. Or someone with a food allergy who continues to eat that type of food. Ms. Lewars says that eating foods that are not good for you like sugars, salty foods and high-fat foods affect your weight and your health. Ms. Nordstrom says that with compulsive eating you think you can control it but when you realize you cannot you just feel so depressed and you lose confidence in being able to do other things. Compulsive eating can start very early in childhood. Ms. Lewars says that to know if you are a compulsive eater ask yourself, "Can I stop after the first bite?" See if you are thinking about food all the time, wondering when you are going to eat your next meal, looking at yourself all the time and obsessing and how do you feel about yourself with regards to eating. Ms. Nordstrom says that compulsive eaters pop food, walking through a room always putting something in their mouth, even if it's just gum or soda. Food plans are helpful but don't let someone put a food plan on you. Instead look at your lifestyle, your gifting and the call on your life and ask yourself what would God-honoring eating look like to you and what you can eat to make you feel healthy and not strapped.

Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	4/07/2015	1:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more

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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>
powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remolding chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."	28:30	28:30	REC	PA/O/E	4/14/2015	1:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this

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<p>probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that; that will start freeing you. That realization that this is not who you are, that you can rewire it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Hebrews 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Genesis 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.</p>						

Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	4/21/2015	1:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic

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thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

Switch On Your Brain #009

27:30

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4/28/2015

1:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul.

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<p>Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point of the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.</p>						

Switch On Your Brain #010	27:30	27:30	REC	PA/O/E	5/05/2015	1:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science,

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

Switch On Your Brain #011

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5/12/2015

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Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your

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brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension, you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and

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to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

Switch On Your Brain #012

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5/19/2015

1:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, and not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see

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the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind; that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.

Switch On Your Brain #013

27:30

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5/26/2015

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Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that you're great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in

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Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	6/02/2015	1:00 PM

your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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	6/09/2015	1:00 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

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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.

Switch On Your Brain #003

28:30

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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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Switch On Your Brain #005	28:30	28:30	REC	PA/O/E	6/30/2015	1:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline, you have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. On day three or day four, most people just stop. When you just stop and give up that is a decision of your mind. You chose to stop and give up. You could have chosen to push through with diligence and perseverance. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. It takes at least sixty-three days to make a major change in your life. In science what we have found is that in order to build a stable memory; that means that something is there and they're not going to go away unless you change it, which you can do, you have to go through a process of up to twenty-one days to build a basic new little memory. It also takes twenty-one days to break down a memory. You may have been thinking in a negative pattern for the last thirty years. In just twenty-one days, you can get rid of that toxic tree and at the same time rebuild a healthy tree. You have to push through. Awareness is the signal that starts

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breaking down the toxic tree. You have to push through because the first two days there are a lot of chemicals flowing that will give you a lot of motivation. Day three and day four those chemicals stabilize. You have to push through beyond day three and day four, because even though you may not feel it, major change is occurring in your brain on the nonconscious level. If you think of a tree and you think of the branches on the tree, the branches have to get stuck to the tree. By day seven the branch is stuck with like a little bump. By day fourteen the connection between the branch and the branch that it is growing from has become like a lollipop. It's only on day twenty-one that the connection has become like a mushroom or an umbrella. What that means is that when it is in that shape the protein has become self-sustaining. The memory has become stabilized. It will then move into an unconscious mind and it becomes something that you have worked through. So we need to push through to twenty-one days. Work on one toxic area at a time, one toxic habit at a time, one by one. If you're working twenty-one days; that means in one year you can fix seventeen areas that need fixing in your life. Most people are the same now as they were five years ago. Five times seventeen imagine what you could do! It takes seven to ten minutes a day of the exercise and five steps that are all scientific. You are your own base brain surgeon. This means that you are designed with your mind to change your thoughts. You can get rid of those thoughts. You can wire them out It's a process. It is not going to happen overnight. Most people are very motivated to change and forgive and get rid of a toxic habit in the first couple of days and that's because of chemical reactions and the motivation that occurs around that whole state. But day three, day four, historically, and statistically, people tend to give up. We've got to push through. Science shows us that once we're aware of a toxic thought, we need to focus in on working on one toxic thought, which has a whole lot of branches growing out of it like a tree trunk which is the root with all the toxic branches and manifestations growing out of it. Science shows us that twenty-one days is the minimum that it takes to break down a toxic thought, and as you're popping off those branches and rewiring, you are also building up at the same time a healthy new thought.

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

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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 CBN NewsWatch # 05192015	1:00:00	5:00	REC	PA/O/E	5/19/2015	3:00PM

CBN News Medical Reporter Lorie Johnson Reports: Millions of Americans live with and hide eating disorders that threaten their physical and mental health. Doctors estimate almost 5 percent of teenage girls suffer from this problem, and their families often have no idea. For 15 years, McCall Dempsey appeared to be the picture of success. But she was hiding a dangerous eating disorder. Eating disorders are things like starving yourself, making yourself vomit after eating, over-exercising, and abusing laxatives and diet pills. McCall did all of the above. She finally decided she needed help and checked into Carolina House, an in-patient eating disorders treatment center. Executive Director Tammy Holcomb said among psychiatric illnesses, eating disorders are the most fatal. Eating disorders can also lead to kidney and liver problems, hair loss, insomnia, stomach problems, and more. In addition to tooth damage, there are other warning signs, such as a preoccupation with weight. McCall remembered what it was like for her. Other signals to watch for include going to the bathroom immediately after eating, large amounts of food missing and excuses not to eat. McCall devised a way of hiding her secret from her friends and relatives. Even though people with eating disorders usually try to conceal their problem, oftentimes family members discover their secret and recommend the person get treatment. The first step usually is the family doctor, who often advises getting treatment from a professional eating disorders counselor, either out-patient, or if the situation warrants, a more intensive therapeutic avenue like Carolina House, where guests stay around-the-clock. Most people stay at Carolina House for about 45 days. The first phase involves eating the right amount of nutritious food until they're healthy enough to move on to phase two. Many of the people who are treated at Carolina House are malnourished when they arrive. Therefore, it takes some time to get their bodies and minds strong again. Residents are closely monitored to make sure they don't bring any food, laxatives, or diet pills into the center. Once inside, they are forbidden from over-exercising. Also, staffers accompany them to the restroom to prevent the guests from purging. Holcomb says the longer people have been engaging in eating disorder behavior, the more crucial it is for them to have 24/7 help breaking their bad habits. Once the Carolina House residents are healthy enough, mind and body, they deal with the root cause of their problem. Jennifer Burnell, an eating disorders specialist at Carolina House, said eating disorders often center on control. Mental health professionals are available at Carolina House around-the-clock to help patients learn appropriate ways to cope with the trials in their lives. McCall said one of the coping mechanisms she learned at Carolina House was to simply understand that it's okay to occasionally fail at things and that it's okay to just feel bad sometimes. She went on to say she's grateful for what she learned at Carolina House and wished more people who suffer the way she did would have similar breakthroughs. Part of the treatment at Carolina House involves relating to food in a completely new way. The dieticians teach the residents which foods strengthen the body and mind. They also instruct about what normal portions look like. They give lessons on cooking and preparing meals so when people leave Carolina House, they are equipped to deal with food appropriately on their own. Burnell said this is not an easy task. Most of all, residents learn how to free their minds from their food obsession and to start thinking about other things. McCall said overcoming her eating disorder gave her a chance to discover her true personality, which had been overshadowed by her eating disorder. Like many other mental conditions, people with eating disorders face the risk of relapse. The key is learning to recognize those dangerous behaviors early enough to correct them before losing control.

700 Club CBN NewsWatch # 06122015	1:00:00	5:00	REC	PA/O/E	6/12/2015	3:00PM
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CBN News Medical Reporter Lorie Johnson Reports: Our bodies use oxygen in a number of ways, including healing. Breathing alone provides about 20 percent of the oxygen our bodies need. But today, doctors can ramp up that amount to help people recover from the most debilitating injuries and illnesses with hyperbaric oxygen therapy. It's hard to believe Michael "Bean" Black survived his horrific car crash in 2011. He was thrown 40 feet from the vehicle and landed on his head. Black's grandmother, Mary Orr, said even the doctors had given up hope. When Black arrived home to Dallas he still suffered from severe injuries, including brain damage. But his condition improved after he started receiving hyperbaric oxygen therapy. Hyperbaric oxygen therapy involves breathing 100 percent pure oxygen inside a pressurized chamber for about an hour to 90 minutes per session. Black said the therapy made a big difference. After the first 40 treatments, Black went back for 40 more a few months later. Insurance and Medicare sometimes offer coverage, depending

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<i>Health</i>	<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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on the condition being treated. Insurance companies can reimburse for hyperbaric oxygen therapy for the treatment of traumatic brain injuries, like Black's. Dallas businessman John Herrick said the therapy is easy and has helped him sharpen his focus. Consumers can purchase or rent portable hyperbaric oxygen chambers, but they typically deliver far less oxygen and pressure than industrial-grade ones. Conditions treated with Hyperbaric Oxygen Therapy include:

- Autism
- Burns
- Cerebral Palsy
- Chronic Fatigue Syndrome
- Closed Head Injury
- Fibromyalgia
- Migraine Headaches
- Multiple Sclerosis
- Near Drowning
- Parkinson's Syndrome
- Post Traumatic Stress Disorder
- Reflex Sympathetic Dystrophy
- Rheumatoid Arthritis
- Sports Injury
- Stroke
- Traumatic Brain Injury

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

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<i>Seniors</i>	<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 #1516	28:50	13:00	L	PA/O	4/20/15	11:30AM
						4/21/15	4:00AM
						4/23/15	4:30AM
						4/24/15	1:30PM
						4/25/15	4:00AM
						4/30/15	4:00AM

Host Jacqui Phillips discusses the topic of Seniors in Poughkeepsie, with Executive Director of Friends of Seniors of Dutchess County Corp, Ms. Susan Davidson. Ms. Davidson says that the senior population in Dutchess Co. is 20,000 to 30,000 strong. While some may say that housing is the number one issue for seniors, Ms. Davidson feels it is really transportation. For seniors who either never learned to drive in the first place or no longer drive, living in a rural community makes it hard to get to doctors' offices. They can't take public transportation because they find it difficult to get on the bus, get off the bus or even wait for the bus. Dutchess County has Dial-A-Ride which is open to the general public and accessed by calling a local Dutchess telephone number and making an appointment for the bus to pick you up at a certain time. Dutchess Co. also has flex bus service which is a little bit different than dial a ride and is for towns that don't have Dial-A-Ride. Flex bus service is contracted by the individual town, so a senior calls the flex service and has to pay for the service amounts that might range in the \$5-\$6 range each way. Dial-A-Ride is a better option for seniors because the rate is \$1 each way. Friends of Seniors has 80 volunteer drivers, all over the county, and offers a free service to seniors which involves door to door service to and from medical appointments and occasional grocery shopping. Ms. Davidson says current economic changes have really affected the lives of seniors and that is why offering free services to seniors is so important. Rising costs of living, Medicare and social security issues that seniors face often times means that their expenses don't even out. The community is very much in tune with the needs of senior citizens in the different towns of Dutchess County and have friendship centers where seniors can receive a hot meal daily and have social interaction with other seniors.

	JOY IN OUR TOWN #1517	28:50	13:00	L	PA/O	4/27/15	11:30AM
						4/28/15	4:00AM
						5/01/15	1:00PM
						5/02/15	4:00AM
						5/07/15	5:30AM
						5/14/15	5:00AM

Host Jacqui Phillips discusses the topic of Seniors in Poughkeepsie, focusing on Elder Abuse with Coordinator of Coalition on Elder Abuse in Dutchess County Ms. Kathy Sheehan. Ms. Sheehan says elder abuse, as defined by the administration on aging, is any knowing, intentional or negligent act by a caregiver or any other person that causes harm or serious risk of harm to a vulnerable adult. Some examples of elder abuse are physical abuse, sexual abuse, neglect, emotional abuse and financial abuse. The biggest risk factor for elder abuse is social isolation. People that are alone and don't socialize are in an easy position to be preyed on because they don't have the social network to ask for help. The age for elder abuse is 60 and above. People who haven't done any planning for their future such as financial planning or planning for their physical needs in the event something happens to them may also be more vulnerable to be the victim of abuse. The majority of the abusers, at an estimated rate of 90%, are family members or individuals well-known to the victim. The older generation was a generation of savers who now have cash reserves, money in the bank, and equity in their homes. Children or other relatives who see an opportunity to take what is not theirs will befriend the seniors, promise things, have wills changed or have property turned over to them. It's hard to tell how large this problem is because it is an underreported crime. For every one case of elder abuse that is reported, twenty-four go unreported. In Dutchess County, what is critical to know is that if you know anyone being abused there are many local resources available to the community. As a last resort, if you know someone who has dementia and is being severely abused, call 911. Oftentimes though the victim might not report the crime and accept the abuse because the victim feels as if (s)he risks losing their home, having to go to a nursing home, losing a pet or being alone. They don't want to call the police on their loved ones and they don't know what to do. Those in a situation of abuse should know that they can obtain an order of protection from their abuser; this knowledge alone changes the dynamic of the situation so access to information is really important.

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Seniors

<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 #1519	28:50	13:00	L	PA/O	5/07/15	4:00AM
					5/11/15	11:30AM
					5/12/15	4:00AM
					5/14/15	4:00AM
					5/15/15	1:00PM
					5/16/15	4:00AM
					5/21/15	4:30AM
					5/28/15	5:00AM

Host Jacqui Phillips discusses the topic of Seniors in NYC, focusing on Caregivers' Survival Tips, with founder of Caregivers & Senior Advocacy Program, Ms. Barbara Brown Harvey. Ms. Harvey says a caregiver becomes the primary person to take care of the senior's bills, prepares their meals, plans their medical appointments, transports them to their medical appointments, makes sure their clothes are laid out, their hair is done; pretty much makes sure that everything that the individual cannot do for themselves is taken care of. A caregiver does not have to be a relative. It can be a child to parent relationship but it can also be a neighbor or friend relationship and what the caregiver is doing is taking care of that person who is now too ill or old. A caregiver's role is not usually planned. There are statistics that approximately 65.7million people in the US are caregivers today and most of the caregivers are females who are married, have children and are employed. This makes the situation very stressful, especially because the role of caregiver is at least 20hours or more of care given to an individual. The main challenge a care giver may encounter is learning how to deal with the senior's medical issue and that takes the form of monitoring medication, managing different aspects like colostomy bags, breathing machines and even making their appointments. Caregivers have a lot of stress but there are things they can do to manage that stress. They need to know the resources in the community so that they can tap in for help and they need to know that they should ask for help. For caregivers to receive the support they need, they need know how to ask for help. For example, if you need help preparing meals, then ask someone who loves to cook to help you and you have a better chance of getting help that way. Tips for care givers are to get lots of rest so that you are not at risk of depression, to eat well and to exercise. Most caregivers feel isolated, misunderstood and lonely.

JOY IN OUR TOWN #1519	28:50	13:00	L	PA/O	5/07/15	4:00AM
					5/11/15	11:30AM
					5/12/15	4:00AM
					5/14/15	4:00AM
					5/15/15	1:00PM
					5/16/15	4:00AM
					5/21/15	4:30AM
					5/28/15	5:00AM

Host Jacqui Phillips discusses the topic of Seniors in NYC, focusing on Senior Safety in the Home, with founder of Caregivers & Senior Advocacy Program, Ms. Barbara Brown Harvey. Ms. Harvey says statistics show that 80-90% of seniors are staying in their homes and falls and fires are some of the major home safety issues. Fifty percent of senior citizens will fall within one given year. One of the ways to prevent falls happening is to declutter for your senior. It is imperative to have clear walkways throughout your home. Another preventative measure is to make sure you have good lighting and that there are no throw rugs or frays and bulges in the carpet that can cause slips. Go through every room and make sure that there are no cords that need to be tucked away. To prevent fires in senior homes, make sure that you have a smoke alarm or carbon monoxide alarm in place. Go over drills with your senior that plan safe ways to make it out to the front door and out the back door of the home. Because cooking become a dangerous activity to some seniors, the care giver should take care of preparing the meals. Family members, when thinking about safety in the home for their senior family member, should not just think about safety proofing the inside of the home but also the outside. Make sure there is a porch rail, porch lighting, and that there are no raised tracks or seams. If you do fall, roll to the same side you fell to get yourself up so you don't aggravate the initial injury or cause a second injury. To make sure your bathroom is safe, place a bar on the tub, a non-slip mat on the tub, a shower chair. Going down the staircase make sure the rail is sturdy and not loose. Don't have monochromatic carpet colors which make seniors dizzy. Change the round knobs to levers that can be pushed down for those with arthritis.

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