

Trinity Broadcasting Network

Quarterly Report

April, May & June 2014

WWRS

Mayville, Wisconsin

Ascertainment List

Leading Community Issues

Results of ascertainments from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

SUBSTANCE ABUSE

YOUTH

CIVIC AFFAIRS

ENVIRONMENT

CRIME

HEALTH

SUBSTANCE ABUSE

<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>
PR14-15	30:00	15:00	L	PA/O	04/07/14	10:30 AM
					04/10/14	11:00 AM
					04/11/14	12:00 PM
					05/01/14	03:30 AM
					05/08/14	03:00 AM
					05/22/14	03:00 AM

Siblings Ashleigh Nowakowski, Director, and Tyler Lybert, Spokesperson for Your Choice to Live talk with Host Jackie Kahlhamer about how substance abuse affects family relationships. Tyler talked about his descent into drug addiction, starting with alcohol in 6th grade and progressing to heroin by age 16. Ashleigh discussed how their relationship became very strained during his years of drug abuse. She felt like she had to be perfect and she felt neglected since so much of her parents focus went into Tyler. Tyler had no idea how his addiction was affecting his family until he began to sober up. He went into treatment and had to learn how to live again and what to do to avoid going back to his old lifestyle. They use these real life experiences by talking to youth and parents about substance abuse and how it affects lives. For parents struggling with a child's substance abuse, it is a way for them to see real people who have gone through it. People need to have support and resources when dealing with this. Tyler states that for youth considering drug use, if they can find a way to avoid it, he guarantees they will have a better life.

PR14-15	30:00	15:00	L	PA/O	04/07/14	10:30 AM
					04/10/14	11:00 AM
					04/11/14	12:00 PM
					05/01/14	03:30 AM
					05/08/14	03:00 AM
					05/22/14	03:00 AM

Dave Katsma, Pastor of Marshview Ministries and Facilitator of New Directions Support Group, and Host Jackie Kahlhamer talk about freedom from substance abuse. There is a lot of substance abuse in the community but it is often under the radar. Locally, alcohol is the most widely abused drug. A growing concern is the use of opiates, which is a difficult recovery. The abusers are usually the last to realize they have a problem until something drastic happens and they wake up to the fact that they need help. Family members are greatly affected. The ripple effect goes way beyond the individual. Addiction can cause financial issues, incarceration and legal problems. Families are often affected when they have to post bail or help with financial resources. There can be challenges to remaining free of substance abuse. Other people don't always understand the nature of addiction and people don't always get the support they need to stay on course. There is alcohol everywhere and if cravings aren't diverted, there can be a falling back into addictive patterns. A support group or some form of accountability is needed for most people. Support helps people to gain coping skills. Pastor Dave suggests that those coming to a meeting for the first time enlist someone to come with them. There is a fear factor about the initial visit. When people come in they are hopeless and it is important that they can see there is hope.

SUBSTANCE ABUSE

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PR14-14	30:00	15:00	L	PA/O	04/14/14	10:30 AM
					04/29/14	02:30 AM
					05/01/14	03:00 AM

Host TJ (Tyrene Jackson) talks with Ronna Corliss, Washington County Prevention Coordinator for Elevate, about marijuana. There has been increased conversation about the legalization of it. It is much more potent than it used to be. The adolescent brain keeps growing until age 25. The THC is much stronger and purer than it used to be. Ronna does not believe it should be legal. She speaks her personal feelings on behalf of the prevention network. Legalizing it gives youth a mixed message and that it is not a risky drug. Marijuana affects the brain and is absorbed into the vessels for a long time. It is still in fat cells after 3 weeks and will show up in a drug test. It can affect employment. There is a problem with drugged driving. If it were legalized, for every \$1 of tax money brought in, \$10 is spent on social costs. Ronna talked about marijuana addiction, which is very controversial. Marijuana is a gateway drug, just as is alcohol and prescription drugs. Any drug can be a gateway drug. Heroin users started with other drugs. For those who think it should be legalized, Ronna asks that they consider how it will affect the youth brain. Marijuana still is listed as a schedule 1 addictive drug. The number of youth who perceive it as a harmless drug is rising.

PR14-17	30:00	15:00	L	PA/O	04/28/14	10:30 AM
					04/29/14	02:00 AM
					05/01/14	11:00 AM
					05/02/14	12:00 PM
					05/03/14	03:00 AM
					05/06/14	02:00 AM
					05/08/14	04:00 AM
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					05/29/14	03:00 AM

Joe Muchka, the Executive Director of The Addiction Resource Council and Julianne Davan, a Board Member of the Waukesha County Drug Free Communities Coalition discuss alcohol awareness with Host TJ (Tyrene Jackson.) There is a concern about youth alcohol use. Alcohol is the most widely abused drug. It takes a whole community to promote prevention. There is a program called Parents Who Host Lose the Most. There are legal implications of serving underage people. It is a major problem. Youth surveys show they get alcohol from parents and older friends. There is an alcohol culture in state. Social use is different than abuse. There is need for a message that is focused at youth, that it is not ok to abuse and that alcohol is for adults only. Parents are youth's biggest influencers. The best thing to do is to avoid alcohol abuse and to be a good example. Drugs and alcohol have a physical effect on body. The brain is still developing until age 25. Alcohol is often the first gateway drug to other harder drug use. Going from using to abusing is a matter of degree. Abuse begins when drinking is excessive. There is often less social interaction, legal complications and work and home struggles. People generally develop a tolerance over time. It can creep up and can lead to abuse and alcoholism. Abuse can lead to dependency over time. Education is key and the first step. Parents don't realize their influence. Simple things like eating dinner together as a family can decrease alcohol use among youth. Parents can look for things like being withdrawn socially and a lack of interest in things. These signs need to be taken seriously. There is a plethora services available in the area.

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YOUTH

<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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Tammy Prinz, the Juvenile Accountability Coordinator for Elevate and Host TJ (Tyrene Jackson) discuss truancy. Being truant means having an unexcused absence for all of for part of a day. Habitual truancy is 5 or more per semester. After receiving a referral and parental consent, Tammy talks with school personnel and does a home intake to get an idea from parents why the student isn't attending school. In some districts a student is truant if they are 5 minutes late. There can be mental health or substance abuse issues in the family. Tammy meets with the students to form a bond and to advocate on behalf of them and to look at what they can do to increase attendance. Each school district has their own interpretation of the state policy. Most parents hold themselves accountable for their part. Tammy maintains a close relationship with schools and the community. The goal is for the student to reach an 85% attendance rate. If there are issues going on at home, then sometimes school is not a priority for the parents or students. If a few days of school is missed, the amount of work to be caught up on is overwhelming. Parents could get a ticket or jail time if contributing to the truancy. Students get a truancy citation and go before the municipal judge. Sometimes they get a chance to turn it around, sometimes they don't. Schools usually do everything in their power to make modifications to the students' schedule. Project Payback helps the students to pay back their fine by working on projects in the community. Tammy helps them get other services that are available, if needed. A habitual truant can receive multiple tickets and can be arrested at age 17.

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					05/29/14	03:00 AM

Host Desiree Hoard discusses helping youth succeed with Jeffery Becton, Executive Director of New Beginnings Are Possible. Many of the youth he serves come from single parent homes and live in an adverse part of the city. It is important to parents that their children are in a safe place after school and helpful when the children have their homework done and are fed before the parent(s) comes home from work. Children need mentoring, homework help, leadership from staff and to be a productive member of the community. It is very important to develop relationships with the youth served and help them with problems and challenges they face and it is important for them to get a good education and hopefully go on to higher education. When youth can volunteer in areas like cleaning up their neighborhoods it helps them see that they can make a difference.

YOUTH

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PR14-16	30:00	15:00	L	PA/O	05/01/14	04:00 AM
					05/08/14	03:30 AM
					05/12/14	10:30 AM
					05/13/14	02:00 AM
					05/15/14	11:00 AM
					05/16/14	12:00 PM
					05/17/14	03:00 AM
					05/20/14	02:30 AM
					05/22/14	03:30 AM

Host Desiree Hoard talks with Corey Klepp, Director of Raivu for Kids on the subject of "to live for kids." It is important to teach kids to live with a purpose and that they can do more than just get by. They will pick up what is put in front of them. If negatives are all that is put out, that can lead to negative choices. Using agriculture and the outdoors is a means of teaching youth about planting, harvesting and maintenance. To have a student on their knees digging in the dirt can be an incredible experience. Many kids have never been exposed to that. Corey is also working to start a residential home for children whose parents are not able to care for them. A lot of parents are not good role models for their children. It is hoped that what the youth will take home what they are learning and be good role models at home. Being positive and forgiving can change the dynamics of a household. He has seen changes in parents and in kids.

PR14-24	30:00	15:00	L	PA/O	06/23/14	10:30 AM
					06/24/14	02:00 AM
					06/26/14	11:00 AM
					06/27/14	12:00 PM
					06/28/14	03:00 AM

Abby Sauer, Dodge County Public Health Nurse and Child Passenger Seat Technician, talks about car seat safety with Host Jackie Kahlhamer. The Child Passenger Seat Program promotes proper usage of car seats. Last year they gave out about 80 seats and did numerous seat checks. To be eligible for a car seat the parents must live in Dodge County and be eligible for WIC or meet income guidelines. Education through community outreach is also provided regarding car seat usage. The program distributes 4 different sizes of car seats. Usually only one seat per child is given. Parents are educated about what will be the next step and they are encouraged to save up for the next size seat. Children 12 and younger should always be in the back seat. Front air bags can injure them. A common mistake parents make is going to the next size car seat too early, or being taken out of the booster seat too soon. Also, sometimes the harnesses are too loose. Abby discussed some things for parents to consider when purchasing a car seat. Buying a new seat is best. If buying a used one, it is recommended to buy from someone you trust. Car seats expire after 6 years, so the manufacturer's date should be checked. The best way to know about recalls is to send in the registration card for the seat. If buying a used seat, parents can call the manufacturer and register it. There are lots of websites that list recalls. There is a lot of information about car seats on the internet. Children should not be placed in the next size seat if they do not fit the guidelines given by the manufacturer. It is not so much about age as it is about weight and height. Older children may frown about having to use a booster seat, but is for their safety.

CIVIC AFFAIRS

<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>
PR14-20	30:00	15:00	L	PA/O	05/26/14	10:30 AM
					05/29/14	11:00 AM
					05/30/14	12:00 PM
					05/31/14	03:00 AM
					06/03/14	02:30 AM
					06/12/14	03:30 AM
					06/19/14	03:00 AM

Bob Redeker, Mayor of Mayville and Host TJ (Tyrene Jackson) discuss the City of Mayville. The Mayor wants to see the progress continue that was made in the last 4 years. Like other cities, there are some budgetary challenges. Mayville will be coming out of a 2.5 million dollar deficit this year. Then they will work on a reserve and then hopefully on tax relief. The biggest concern residents have is that taxes are a little high and would like to see them go down. His top 3 priorities when running for mayor were: increased communication with community, keep a high priority on public safety (police fire & EMS properly staffed) and the city's economy. He took a zero tax increase pledge. A major retailer is opening, there is a new TIF district and another retailer will be opening. The housing market is improving. A manufacturer is expanding. In a small city, growth is a balancing act. The growth must be positive. It expands the tax base as long as infrastructure doesn't have to be expanded. There are no major expenditures in the near future. In 2018 there will be major road reconstruction in the city. They will start tackling infiltration into the sewer system which will help out the wastewater plan. The Mayor is very optimistic about Mayville and that it is on right track. He is very accessible to the citizens of the city.

PR14-22	30:00	15:00	L	PA/O	06/09/14	10:30 AM
					06/10/14	02:30 AM
					06/12/14	11:00 AM
					06/13/14	12:00 PM
					06/14/14	03:00 AM
					06/17/14	02:00 AM
					06/19/14	04:00 AM
06/26/14	03:30 AM					

Host Jackie Kahlhamer talks with Gary Bell about severe weather preparedness. Gary is the Waukesha County Preparedness Director. Severe weather is seasonal and can include blizzards, ice storms, heavy snow accumulation, thunderstorms, tornados, floods, lightning strikes and fires. Gary discussed the difference between a watch and a warning. A watch means conditions are present for a significant storm and is to put people on notice to prepare. A warning means conditions are present, to heed the warning and take the appropriate cover. People should engage the preparedness plan they should have in place. A part of being prepared is having awareness of how to react in different events. Once the plan is in place, there should be a practice of it. It is important to know where a family will reassemble after the event. It is a good idea to have a connection with someone out of area, who will help coordinate the reassembly. It is also good to know where safe places are at work and in retail areas you frequent. After an event, it is recommended to send text messages because the communication system can become compromised. It is extremely vital to take personal responsibility for being prepared. All emergencies start and end locally. In a sense, you are your own first responder. There are a finite number of resources available to respond in an event. When emergency officials respond, the most significant issues must be serviced first. There is much preparedness information available on the internet. Local governments are key in mitigation and recovery. If they are inundated, then they reach out to other levels of government for additional help. It is good if individuals can deal with minor issues on their own. Being prepared makes the difference.

CIVIC AFFAIRS

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					06/17/14	02:30 AM
					06/19/14	11:00 AM
					06/20/14	12:00 PM
					06/21/14	03:00 AM
					06/24/14	02:30 AM
					06/26/14	04:00 AM

Kurt F. Klomberg, Dodge County District Attorney, discusses HOPE Legislation with Host Jackie Kahlhamer. The HOPE legislation contains seven bills. It was passed in both Houses unanimously and signed by the Governor. The bills are addressing heroin and opiate issues. Law enforcement is not the single solution to the problem. The real solution lies outside of the courts. If the broader problem is not addressed, they won't really make the change they want to see. It is still a criminal offense to be in possession of it and is usually a felony. If someone refuses treatment there are not a lot of options. If they have no interest, he knows they will continue to be a danger to public and they may get a longer prison sentence. Without treatment, an addict may be unable to divorce themselves from the drug abuse. Mr. Klomberg discussed whether or not incarceration saves taxpayer dollars. Some people will cost more to treat than others. Inmates do get some services for drug abuse, but they are limited. The HOPE legislation is a good step to reducing heroin abuse. It is a great place to start, but there is a long way to go. He is a part of many community forums. At first people were skeptical, then shocked and now they realize it's here but confused as how to deal with it. Part of the solution is giving people simple tools to reduce heroin use.

ENVIRONMENT

PR14-18	30:00	15:00	L	PA/O	05/05/14	10:30 AM
					05/06/14	02:30 AM
					05/08/14	11:00 AM
					05/09/14	12:00 PM
					05/10/14	03:00 AM
					05/13/14	02:30 AM
					05/29/14	03:30 AM

Host TJ (Tyrene Jackson) talks with Lorrie Lisek, Wisconsin Clean Cities Executive Director, about reducing petroleum usage. The goal is to lessen dependence on petroleum through the use of alternative fuels. The focus is on getting fleets and businesses to implement use of these fuels. Alternatives to petroleum include biodiesel, E85 compressed natural gas and propane. Special vehicles are needed to be able to use compressed gas and propane. Biodiesels can be used seamlessly in diesel vehicles. It takes layers of education to inform people about making choices to purchase alternative fuel vehicles. The Smart Fleet gives helps fleets go green. It recognizes what they are already doing and helps them go to the next level. There are things that can be done in addition to using clean fuels. People can work to reduce petroleum use individually. Purchasing a green fuel vehicle or using those fuels if possible in an existing vehicle are ways to reduce petroleum usage. E85 is usually less expensive than gas, but does have a lower octane level, which mean less miles per gallon. There is a problem with infrastructure when needing to fuel up with alternative fuels. People need to be smart about their travel and know ahead of time where fuel will be available. Idling a vehicle gets 0 miles per gallon. There are things everyone can do to reduce petroleum usage.

ENVIRONMENT

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PR14-19	30:00	15:00	L	PA/O	05/19/14	10:30 AM
					05/20/14	02:00 AM
					05/22/14	11:00 AM
					05/23/14	12:00 PM
					05/29/14	04:00 AM
					06/12/14	01:30 AM

Greg Farnham, a Commissioner with Lake Sinissippi Improvement District and a Dodge County Lakes Group Representative, talks about Dodge County's water quality with Host Patti Hutton. The primary emphasize of the group is to tell the story about why water resources are important now and in the future. Most waterways in Dodge County are on the EPA's 303D list of impaired waters, due to phosphorus and enhanced sedimentation. States must take action to get waters off the list, but it is a very difficult problem. There was a recent event where manure went into the underground aquifer and local wells were contaminated. There are regulations to protect, but not enough oversight. The Lakes Group made a brochure about the economic value of Dodge County's water. They are important for tourism, jobs, property taxes, businesses and recreation. Groundwater is the only source of drinking water in the county. Clean water is critical to the local environment and clean water underpins all parts of county life. Pollution can come from agriculture. Agriculture is big in Dodge County. There are things that can be done by farmers and local officials to minimize the pollution.

PR14-19	30:00	15:00	L	PA/O	05/19/14	10:30 AM
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					06/12/14	01:30 AM

Host Jackie Kahlhamer talks with Liz Herzmann, Horicon DNR Wildlife Educator about the Horicon Marsh. It is a natural wonder of WI. It is a massive resource in the county, a wetland of importance for wildlife and people. It is like a sponge- waters go into the marsh and absorb some pollutants. It can also hold floodwaters for areas downstream. The Marsh is an important ecosystem for migrating birds and a globally important bird area. There is a phenomenal migration of different birds. Without it the birds might not have a good place to stop and refuel. Both the DNR and the FWS work to maintain marsh health through prescribed burns, banding, wetland management and invasive species management. Marsh visitors should be respectful of nests and not stress birds. Birds could become aggressive if protecting their nests. The DNR has a new campaign called "Keep Wildlife Wild." People should not touch or pick up wildlife that appears to them to be abandoned. If necessary a wildlife rehabilitator should be called. Parents should teach children to respect wildlife and set a good example of environmental protection. It is important to do the right thing now to protect the future.

ENVIRONMENT

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PR14-21	30:00	15:00	L	PA/O	06/02/14	10:30 AM
					06/03/14	02:00 AM
					06/05/14	11:00 AM
					06/06/14	12:00 PM
					06/07/14	03:00 AM
					06/10/14	02:00 AM
					06/12/14	04:00 AM
					06/19/14	03:30 AM
					06/26/14	03:00 AM

Beth Gehred, Water Star Wisconsin Project Director and Host Desiree Hoard discuss protecting our water. The program honors municipalities that go above and beyond regulations to protect their water. It is a comprehensive program, customizable for large and small municipalities. An online application asks questions about wastewater, concrete surfaces and how waters are protected from runoff. Any person in a municipality can see how they stack up compared to other communities. Clean water is so important. Water impacts energy use, how we farm, health and quality of life. There is increased run off and wetlands are filled in. Our waters are in trouble from unintended consequences. There is a need to raise the bar. Water Star WI gives different levels of recognition, ranging from bronze to gold. They didn't want to make bar so high, so as to demoralize those trying to protect their water. Even with budget restraints, it can be done.

PR14-21	30:00	15:00	L	PA/O	06/02/14	10:30 AM
					06/03/14	02:00 AM
					06/05/14	11:00 AM
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					06/12/14	04:00 AM
					06/19/14	03:30 AM
					06/26/14	03:00 AM

Host Desiree Hoard discusses the Emerald Ash Borer with Kristin Krokowski, Waukesha County Commercial Horticulture Educator. EAB is a small beetle that kills ash trees. It is one of the few bugs that can kill a healthy tree within 3 years. It has been found in 21 counties in the state. Sixteen of those are in SE WI. Being in a quarantined area means ash products cannot be moved outside of it. The EAB is not a strong flyer. The problem is when affected products are moved, like firewood or nursery stock. There are signs of stress that could indicate EAB infestation. These can be thinning on the top of the tree, shoots from the bottom and flecking. Certain insecticides can be used to help prevent or treat an infected tree. There must be less than 50% die back or the chances of treatment success are very low. Homeowners must treat once per year for the life of the tree. Larger trees should be taken care of by a professional. Homeowners need to consider if the tree is valuable enough to save. Kristin discussed what types of trees could be good replacements for ash trees.

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CRIME

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Lt. Chad Enright, of the Dodge County Sheriff's Dept., talks with Host Jackie Kahlhamer about crime reduction. The Community Crime Reduction Team proactively makes an impact on crime in the county. Deputies with specialized training have been appointed to work in specific areas. Heroin use and substance abuse have brought an increase in property crime, thefts of scrap metal, or anything to sell. Unlocked cars, garages and houses have been burglarized in the daytime when no one was home. There has been an uptick in violent crimes including armed robberies. Guns are being stolen more. To Lt. Enright's perception, there is definitely a narcotic epidemic. He is a K9 handler and what he sees always seems to go back to opiate addictions. People steal to support the addiction. Much time is spent on being reactive. The CCRT is trying to be proactive by giving deputies assistance to do so. In addition, the CCRT works with other jurisdictions in the county to help them in areas they are having problems. There are things happening close to homes in subdivisions and in rural areas. They also communicate with the DC Drug Task Force and share important information. Citizens are everywhere and if they see anything remotely important should call the sheriff's dept. or their local jurisdiction. Their input is important.

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					06/26/14	04:00 AM

Host Jackie Kahlhamer talks with Kurt F. Klomberg, Dodge County District Attorney, about drug abuse and crime. There is a direct correlation between drug abuse and crime. Drugs are expensive for abusers, who then commit crimes to get money to buy the drugs. Seventy to eighty percent of the cases he sees have some drug involvement. There is an increase in opiate abuse. They are extremely addictive. These include heroin and prescription drug abuse. There is usually a progression from prescription drugs to heroin. Some start using prescription drugs recreationally and others start legitimately. They are seeing crimes that are out of proportion and there is a rapid escalation in criminal behavior. A bank robbery occurred because an addict needed money to pay his heroin dealer. The offenders don't fit the stereotype and are doing desperate things to get drugs. They will do desperate things to avoid going into withdrawal. Someone arrested and put into jail will go into withdrawal, which can present challenges in the jail. Some parents want their kid in jail to keep them alive, at least for awhile. Once released, and without treatment, it is very hard to stay clean. It is very likely they will relapse. Addicts need fairly intensive treatment. They lose their tolerance for it while in jail and get out and use the same amount as before jail and can overdose. He sees long term repeat offenders. While not committing significant crimes, they are still in and out of the court system. Heroin is much cheaper than prescription drugs. There is a lot of impaired driving because of it. The bigger societal problem is that addicts consume a great deal of services. They go to the ER and are not paying the bill for the services. Children are taken out of home when parents are abusing drugs. There are significant problems for public safety and health because of drug abuse.

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					06/27/14	12:00 PM
					06/28/14	03:00 AM

Host Desiree Hoard and Dr. Debbie Lassiter discuss helping women released from prison. Dr. Lassiter is the CEO of Convergence Resource Center. The center offers help with job seeking, resume building, computer software training and other services. They also help those coming out of human trafficking. They seek to address the top 5 issues that would cause a woman to fall into recidivism. Women have told her they were afraid to be released because they would not have the resources needed to maintain their new lifestyle. Women have many concerns when leaving prison. Usually they have children. They must work at not maintaining (past) negative relationships, seek employment and have transportation. They need positive mentors and support. Some have fears about having to go back to a family that is dysfunctional. Their background can affect their ability to get a life sustaining job. They also may have lost their ability to retain what they learned, and some reason like a 15 year old. Many did not graduate from high school. Adult learners learn differently and may not learn as quickly. They may also need to be taught job retention skills. They feel like they also have to try to prove themselves to be good mothers. It is a big deal to have resources provided by those who understand. They are provided with a network of people to surround and support them. The ART program (Avoiding Recidivism Track) teaches skills to control anger, resolve conflict and manage emotions. Some women have problems reasoning through day to day things. They need to focus on being forward thinking and to realize her own self worth and value. The women have to work hard at succeeding.

PR14-25	30:00	15:00	L	PA/O	06/30/14	10:30 AM
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Host Desiree Hoards and Katie Linn discuss human trafficking. Katie is the Executive Director of Exploit No More. Wisconsin has the highest recovery rate in the country, which means human trafficking is out there. The FBI had done a one night sting and Milwaukee recovered the 2nd highest number of victims in the nation. The public must be educated because the community can be the driving force to mobilize against it. Resources need to be brought to the victims. More children are being pulled out of trafficking in the city. The girls that are victimized often have been runaways. A lot of money is made by the traffickers. Girls may meet a trafficker at the mall or develop an online relationship. Parents must be aware of what their children are doing and become aware of technology. They must also be aware of their children's relationships. Pimps do go after kids from good homes. Children who are rescued from traffickers face complex issues such as trauma and PTSD. There is not a specialized place for them to go to receive care and rehab. They often get picked up and put into a detention center (for charges such as prostitution.) Katie has a vision for a home that would offer long-term care. She gave some tips what to look for when out in public that could indicate someone is being trafficked. Peculiar tattoos can mean a girl is branded. Calling the police or a hotline can be done if there is suspicion. Awareness is the first step to rallying around this heavy topic.

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>
PR14-16	30:00	15:00	L	PA/O	05/01/14	04:00 AM
					05/08/14	03:30 AM
					05/12/14	10:30 AM
					05/13/14	02:00 AM
					05/15/14	11:00 AM
					05/16/14	12:00 PM
					05/17/14	03:00 AM
					05/20/14	02:30 AM
					05/22/14	03:30 AM

Host Desiree Hoard discusses curbing tobacco use with Dianna Forrester, Tobacco Control Specialist & Coalition Coordinator for the Tobacco Free Community Partnership for Dodge Jefferson Waukesha and Dona Wininsky, Director of Public Policy & Communication for the American Lung Association. Tobacco use is the #1 cause of preventable death. There are now a lot of resources to help someone quit. Tobacco use can cause lung, mouth and larynx cancers and affects heart disease. Smoking affects every major organ and it also affects sleep. The WI smoking rate is 17%. The national rate is 9%. Tobacco use can be reduced by de-normalizing smoking, smoke free air laws and high prices. Secondhand smoke laws have been put into place, which have resulted in overall improved air quality. There are types of tobacco products that are colorful and candy flavored which are very attractive and affordable. Kids tend to be drawn to these. There are still health risks from using smokeless tobacco products. WI Wins goes to licensed places and has youth attempt to purchase tobacco products. If they are able to buy them, a law officer will then go in and educate employees about selling to minors. They could receive a citation.

PR14-18	30:00	15:00	L	PA/O	05/05/14	10:30 AM
					05/06/14	02:30 AM
					05/08/14	11:00 AM
					05/09/14	12:00 PM
					05/10/14	03:00 AM
					05/13/14	02:30 AM

Rob Servais, Director of Beaver Dam Community Hospital's Advanced Wound Care Center and Host TJ (Tyrene Jackson) discuss wound care. Non-healing, chronic wounds often affect people with diabetes. Diabetes educators work to help most people live a life of normalcy. There are also factors that affect wounds like having to wear steel toed shoes. Patients with venostasis issues may have had an injury event that affected a leg, which had a preexisting condition. Patients should to go to their regular doctor for 4 weeks and often times the issue will be healed. If not, they may be referred to the center. The patient is given an extensive physical that addresses every aspect of their lifestyle. The physician will discuss a road map for healing with the person. Even a pin-size wound can have deeper serious issues going on. Treatment could include IV antibiotics if the infection is in bones. Diabetics need to monitor wounds very carefully. Hyperbaric oxygen treatment increases the oxygen level and can treat wounds successfully, where other options were unable to. Not all patients qualify for it. It can help to prevent amputations. People need to take charge of their healthcare and see their doctors.

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

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>
PR14-22	30:00	15:00	L	PA/O	06/09/14	10:30 AM
					06/10/14	02:30 AM
					06/12/14	11:00 AM
					06/13/14	12:00 PM
					06/14/14	03:00 AM
					06/17/14	02:00 AM
					06/19/14	04:00 AM
					06/26/14	03:30 AM

Host Patti Hutton discusses crisis pregnancy support with Vikki Sauer & Judy Johnsen. Vikki is the Chairperson and Judy is the Treasurer of the Pregnancy Support Center of Dodge County. There is a great need in the county for these services. There are high school and middle school girls that are pregnant who need a place to go and receive guidance. They are educated and encouraged to know there is a way to cope with the pregnancy, while never being judged. The women must bring in a signed note from a doctor that states they are pregnant. The center does accept baby supplies for the mothers. The expectant mothers often face the stigma of being pregnant. They need a safe environment to work out problems and to help envision themselves further down the road. Counseling is available for the pregnant woman and also for her family and friends. Every situation is different and so is the reaction from the parents and the father. It is very important for the pregnant mothers to receive proper health care for the baby and for herself. The center offers nutrition classes. Other area organizations are partnering with them to offer services. Pregnancy aftercare is provided to continue to encourage the mother.

PR14-25	30:00	15:00	L	PA/O	06/30/14	10:30 AM
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Susan Osteen, Executive Director of Church Health Services and Host Jackie Kahlhamer discuss the opening of the dental clinic. CHS works to serve the needs of the poor and uninsured. There is a great need for dental care in Dodge County. Dental care is not available through the Affordable Health Care Act. There are 14,500 in the county receiving Medicaid. There are no dentists in the county taking Medicaid due to reimbursement issues. Dental care is expensive. The dental equipment, supplies and the practice of it is expensive. Bad teeth or dental issues have a dramatic affect on health. A mouth full of bacteria can cause chronic health issues. They have seen people in their 50's who have only seen a dentist once or twice in their entire lives. The clinic is providing basic services, along with education and case management. If more extensive work is needed, then they can see a dentist for a reduced fee or for free. The dentists, hygienists and assistants at the CHS clinic are volunteers. As of now, it is open only two times per month. When they opened there were 150 qualified people on the waiting list. Susan talked about what patients can expect on their first visit. They will then meet with a coordinator who will tell them where they can be sent for additional services.

HEALTH

Switch On Your Brain 28:30 28:30 REC PA/O/E 04/08/2014 11:30 AM
#013

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 your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible with your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	04/29/2014	11:30 AM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. 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. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. 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.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	05/06/2014	12:00 PM

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. The hardware that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. You are wired for loved. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	05/13/2014	12:00 PM

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. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. 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. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these 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 that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. 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. They're talking about the big five as well as just down to getting a virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm; your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that

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when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. 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. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs. When doctors are looking for signs of a viral invasion in a body, they look at the C-reactive protein count. If you have a lot of those in the body, there is something going on. Your body physiologically reacts to damage, to viral infections, to physical damage by releasing these C-reactive proteins. 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. Every choice you make has a consequence. You're a thinking being and moment by moment of every day, you are thinking and you are choosing, and those choices that you make become physical realities inside of your brain. This is a scientific fact as well as being a spiritual fact. So when we choose the wrong choices, the toxic choices, the despair, discouragement, irritation, frustration, you name it, we're going to have a physical result inside of our brain because thoughts are real and they take up mental real estate. The toxic choice impacts how you function. 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 #004	28:30	28:30	REC	PA/O/E	05/20/2014	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things

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and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

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Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	06/10/2014	12:00 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. When we believe a lie that means we have processed it through our brain. Whatever you think about the most will grow. One lie that you constantly think about can grow and grow and influence how you function. We need to catch those lies. We need to be more discerning and be aware of what lies are we actually believing in our brain. 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. Lies are empty until we process them into something. We need to watch the lies that we're believing because people can say things into our lives. They can speak things and things can happen. We process that, and as that information comes, we think about that and it becomes these physical realities inside our brain. The minute they actually become physical realities, we start acting on them, because they become a part of our non-conscious mind and everything you say and do was first a thought inside your head. When someone says something to you or something happens, or a circumstance happens, and we make these assumptions, we are believing the lies of the enemy and we are taking it inside our mind and making it into physical realities. We have love, power, and a sound mind wired into our brain. Our norm is not to make bad choices. Our norm is to make good choices. We have to develop our spirit of discernment. We have to become much more aware of what we are doing with our mind. You are 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. You're in life and life is filled with events and circumstances. You cannot control the events and circumstances of life, but you can control your reaction. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that, that will start freeing you. That realization that this is not who you are, that you can rewire it, that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming

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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. Heb 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. Gen 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. Whatever negative thing you are saying inside of your head, you've taken a lie, which was nothing, and made it something. 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. We cannot measure a lie. If a lie is put in your soul, and in your mind, and you think, you're going to make proteins, and those proteins are going to become realities. They become physical substance in your body. 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.

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Switch On Your Brain #008	28:30	28:30	REC	PA/O/E	06/17/2014	12:00 PM

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. Whatever you say and whatever you do, it first comes from a root, and that root is something that you have planted inside the depths of your mind. So it's a bit like we've taken these toxic things and we've put them in this baggage and we try to pull this along with us and we go to bed with it and we've always got this baggage with us and we never let it go and it's heavy and it makes us feel weighed down and that is literally what we're doing when you keep a negative thing in your life. When you keep an unforgiveness, anger, frustration, irritation, a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. This baggage will affect the way that we are perceiving life because this baggage is deep down in our non-conscious mind and the way we perceive life is going to be through these memories in our non-conscious mind. Each time something reminds us of an event or circumstance of life, it reminds us of that piece of baggage. It will move it to the conscious mind and influence how you handle that situation. Until you remove it you're going to continue in your toxic pathway. 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. 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. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of

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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. And that's what happens in life as we're going on, we're building these thoughts. We build thoughts with our thinking, our mind, our intellect, our will and our emotions, the thing in the middle that impacts the spirit and the body. As we think, our brain is housing, and capturing, and building, these thoughts, and then these thoughts impact back into our mind because these thoughts get built and then they get layed down in the non-conscious part of our mind. Your thoughts are real. They occupy mental real estate. You think all day long. You're a thinking being designed in the image of God. At nighttime when you're sleeping you are still thinking, but you're sorting out your thoughts. Your non-conscious mind houses all these thoughts. Your non-conscious mind operates twenty-four hours a day, it's always going at 400 billion actions per second. Your non-conscious mind drives your conscious mind. Your conscious mind is what is awake now. It is through our conscious mind that we process information. Your first build a thought and then you speak. You live out of what you have built. If you have built toxicity in your brain, you are speaking toxicity. If you're not dealing with issues, if you've got unforgiveness, if you've got bitterness, it is toxic inside your non-conscious mind impacting how you are processing the world. Ninety-nine point nine percent of your perceptions are based upon what you have implanted in your non-conscious mind. 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. Everything about your life needs to be given over to God. Left unchecked, baggage will destroy your life. From your conception to your present age you have been building these thought trees. These thought trees are like the root of your words and your actions. So in your non-conscious mind, you've got these trillions and trillions of thoughts. Your conscious mind is driven by your non-conscious mind. So when you're in a situation and you start to have conflict, the conflict are signals that start to come in and you're building these toxic trees. Whenever you are in a similar situation, because you have not gotten rid of those toxic trees, they move into the conscious mind and there is conflict again. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. These thoughts are not isolated. Thoughts are connected. We have the phenomenal ability to stand outside ourselves and to look at ourselves, and when these things occur, we are able to overcome them. When you choose badly you build death into your mind. You build it physically. So though your mind decisions, which is the soul realm, you create a physical reality in your brain and in your body, which is the body realm, and your mind has a foot in the door of the body and a foot in the door of the spirit, so in my mind is chaos, chaotic and confused, I build that physically into the physical nature of my brain and my body. I throw every chemical, every circuit, every part of my body into a negative toxic state. My body becomes vulnerable to illness and disease and seventy-five to ninety-eight percent of current mental, physical illnesses today come from our thought life. This is the death. When we keep negative things inside of us, when we keep the anger reactions, the unforgiveness, the bitterness, the frustrations, the things that people have done to us, when we keep these hurts inside of us, these are physical substance, real physical things, and if you keep enough of them it's like baggage, packing things into luggage, and they get heavier and heavier, and we drag these things with us and it weighs us down, and we feel emotionally weighed down. Inside of your brain that toxic thought looks different, it acts different, it creates inflammation, it sets you up for disease, because that baggage is what throws your body into stage two and three of stress, which is negative stress. It's that accumulation of those toxic negative thoughts that put you in that dangerous range of seventy-five to ninety-eight percent; the baggage of our thought life are the things that are causing the physical illnesses. We need to always remember that we operate from what we're building. So we're carry baggage and that's going to be determining how we perceive and manage life. We need to get rid of the baggage. We've wired it in, we can wire it out. 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. Inside of our brain God has built this whole strip in different parts of our brain of these nerve cells that operate like mirrors. We literally are built in the design of our brain to reflect each other's emotions. We're built for relationship. These mirror neurons help us to cry together, laugh together, empathize with each other, feel each other's pain, and feel each other's joy. We're naturally entangled in each other's lives. These physical structures are just one of these tangible scientific ways of understanding these incredible truths of how we're all connected to each other. God says to cast all your cares upon Him. Your job is to forgive because if you don't forgive you are connected to that person and you have given the curse of cause to land in your life. You have to forgive. Otherwise your body is suffering, your mind is suffering, and your spiritual development is suffering. Quantum physics gives us tangible evidence of God's incredible grace. 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.

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700 Club NewsWatch #05202014	CBN	1:00:00	5:00	REC	PA/O/E	05/20/2014 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Gluten free is a growing trend and perhaps for good reason. Many people avoid gluten because they are allergic to it. But others are kicking the gluten habit for overall better health. To avoid gluten, means no wheat of any kind, not even whole wheat, and no rye, barley, or oats. Many people who suffer from gluten sensitivity are unaware they even have it and so are their doctors. People who experience the most extreme reaction to eating gluten have what's known as celiac disease. So for better health, consider going against the grain by giving up gluten. You could end up losing weight and feeling great.

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700 Club NewsWatch #05222014	CBN	1:00:00	5:00	REC	PA/O/E	05/22/2014 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Out of all the videos viewed on our CBN News website last year, the most popular by far showed how coconut oil helps some Alzheimer's patients. More than 5 million people watched it. Now, some heavy-hitters within the Alzheimer's medical establishment are also taking notice. All these testimonials are turning the Alzheimer's community on its ear. Here's how it appears the coconut oil works. In patients with Alzheimer's, insulin resistance prevents their brain cells from accepting glucose, their primary fuel. Without it, the cells die. But there is an alternate fuel known as ketones, which cells easily accept. Ketones are metabolized in the liver after eating coconut oil. Insulin resistance doesn't just affect people with Alzheimer's but also folks with dementia, multiple sclerosis, diabetes, Parkinson's, ALS, even autism. So can coconut oil help these people, too? It appears so, at least some of them. So while not everyone has experienced great results with coconut oil, there are plenty who have, enough that the medical community will spend time and money learning exactly who it helps and why. Experts within the Alzheimer's community say the government dollars appropriated for the funding for Alzheimer's Disease research is disproportionately small.

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700 Club NewsWatch #06162014	CBN	1:00:00	5:00	REC	PA/O/E	06/16/2014 2:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Inflammation is a serious health problem you can't even feel, but it does tremendous damage, especially over a long period of time. Scientists say inflammation could be behind heart disease, arthritis, cancer, ADD/ADHD, diabetes, stroke, migraines, thyroid issues, dental issues, and more. Although inflammation is caused by toxins like cigarette smoke and environmental pollutants, the biggest factor is an inflammatory diet. Many of the foods we eat causes inflammation and simply avoiding them can lead to immediate and dramatic improvements. Then on top of avoiding the bad foods, adding anti-inflammatory foods to your diet creates and even healthier you. Many people who follow an anti-inflammatory diet also lose weight. The Paleo Diet is about avoiding foods that cause inflammation. That means no sugar, no wheat, no trans fats or industrialized Omega-6 fats, and very little or no dairy. Sugar weakens your immune system and causes insulin problems. Wheat treats your body much the same way. In fact, many people who follow the Paleo Diet stop eating all grains, such as rice, corn and oats, in addition to wheat. Highly inflammatory trans fats and industrialized Omega-6 fats are Paleo no-nos. Trans fats are man-made oils that have been hydrogenated, meaning they have been infused with hydrogen for the primary purpose of prolonging the shelf-life of a processed food. Therefore, most trans fats are in packaged foods. You can recognize whether a product contains a trans fat by looking at the list of ingredients. If you see the word "hydrogenated," it's in there. Vegetable shortening and

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margarine are also trans fats. Industrialized Omega-6 fats are also highly inflammatory. Theoretically they could be considered safe if consumed in equal amounts as Omega-3 fats, such as fish oil. But the average American consumes 20 times the amount of Omega-6 fats as Omega-3 fats, and this imbalance causes inflammation. Industrialized Omega-6 fats are the vegetable and seed oils. These oils are on many grocery store shelves in the form of vegetable oil, corn oil, peanut oil, safflower oil, sunflower oil, and soybean oil. The Paleo Diet advises followers to steer clear from these oils as well as canola oil. The Paleo Diet also eschews dairy that can cause inflammation, allergic reactions, and stomach problems. People considering the Paleo Diet may wonder, after giving up sugar, grains, trans fats, industrialized Omega-6 fats and dairy, what's left to eat? As it turns out, a lot! Healthy fats include things like avocados, nuts and seeds, olive oil, fish oil, and coconut oil. Coconut oil is one of many saturated fats that the Paleo Diet encourages. Saturated fat from beef and pork are also encouraged. The endorsement of saturated fat is controversial. Some health professionals believe saturated fat leads to heart disease and should not be consumed. However, many recent studies, which are very reliable in that they are large and exhaustive, find no evidence that eating saturated fat is bad for your heart. Nevertheless, much of the medical community still relies on industry standards from the past that condemn the consumption of saturated fat, though the number of people holding to that belief is reducing every year. Of course, any diet is best when combined with exercise. Most of us know a sedentary lifestyle is hazardous to our health. But that doesn't mean we have to overdo it in the opposite direction by killing ourselves at the gym. But the key is to do it a lot. For those of us who have desk jobs, this can be a challenge. Walking before and after work, and taking several walking breaks throughout the day, can make a huge difference. Better yet, work at a treadmill desk. In addition to a good diet and exercise plan, a healthy lifestyle relies on proper sleep. Your body repairs itself when you sleep. Without enough sleep, our immune system suffers and we increase the secretion of hormones that make us hungry. If you have trouble getting to sleep at night, go without any caffeine after noon and avoid all electronics at least one hour before bedtime. So for an anti-inflammatory diet, try the Paleo eating plan. It's known for what it's missing: sugar, grains, trans fats, industrialized Omega-6 fats and dairy. That way you'll be left eating foods that keep you thin and healthy.