

Trinity Broadcasting Network

Quarterly Report

July, August & September 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.

CIVIC AFFAIRS

FAMILY

ECONOMY

EDUCATION/SCHOOLS

HEALTH

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>
Public Report PR14-26	30:00	15:00	L	PA/O	07/07/14	10:30 AM
					07/08/14	02:30 AM
					07/10/14	11:00 AM
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07/31/14	03:00 AM					

Gary Rogers, Fox Lake City Administrator and Host Jackie Kahlhamer discuss the City of Fox Lake. It is a small city of 1600-1700 residents. On the weekends there are probably 5,000 – 6,000 people there because of the lake. Finance issues are a challenge. The state has taken away a revenue source for local governments. City officials need to make hard decisions about what to offer and what not to offer. The 2013-14 fiscal year budget is just short of being 3 million dollars. The city's tax rate they is a little higher than the rest of the county. Fox Lake is on the lower side of evaluation, so a higher tax rate is needed to pay for comparable services. They will have a budget hole this coming year. The state has legislation which prohibits local governments from just raising their rates. The situation is very complicated. Fox Lake was using TIF money to finance needs. The TIF is going away this year, which creates a budget hole. Previously they could have just maintained a level tax rate, which avoided peaks and valleys. The city would now need a referendum to maintain that rate. The future budgets will be affected. They have been deferring maintenance on some infrastructure. Some of the needs are outpacing ability to do improvements. Gary does believe the state has too many restrictions on local governments and that the local officials can make good choices for their communities. He believes finances will continue to be an issue for communities not experiencing a lot of growth. They have been doing consolidations. The county now provides dispatch services. The city's businesses have weathered the last downturn and have been coming back strong. There are plans for some newer housing geared toward baby boomers. The lake is a tremendous asset to the city. It is heavily used on the weekends. Fox Lake is positioned well for slow to moderate growth, which is best for them.

Public Report PR14-28	30:00	15:00	L	PA/O	07/21/14	10:30 AM
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					07/31/14	04:00 AM
08/07/14	03:30 AM					
08/14/14	03:00 AM					

Host Jackie Kahlhamer talks with Jim Mielke, Dodge County Administrator, about Dodge County. One of his primary duties is the preparation & implementation of the annual county budget. There will be a presentation of the (proposed) 2015 budget in November. The public will be able to comment on it. Major projects were completed and now all the human services employees are located in one building, which is more efficient than to have them in several different buildings. One of those buildings was just sold to a private individual. The county's biggest expenses are for personnel, which takes about 58 percent of budget. Sales tax has been very strong, with 5.3 million being collected. This is the highest annual remittance since it began. Hopefully this is a sign that the economy is on an upswing. Sales tax usage is restricted to use of debt service or for capital projects. It is not to offset any daily operational expenses. It has been used for parks & highways projects. The county airport project involves the renovation of two runways. Various fed and state monies are allocated for it. The county's share will come to about five percent of the overall project. Jim discussed technology usage in the county and some of the movement to using mobile devices. A capital improvement plan is presented to the county board each September. They are not anticipating any large building projects or any large ticket expenses in the next 5 years. But they are looking at two highway shops that need upgrading. There is no definitive answer yet as how to deal with these. Citizen involvements and comments are encouraged. Citizens can contact county supervisors and can call department heads. They can go to meetings and comment on an issue with the appropriate committees. As the 2015 budget process begins, it is important to meet the public's expectations, who can speak at the start at the proposed 2015 budget meeting.

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CIVIC AFFAIRS

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Public Report PR14-32	30:00	15:00	L	PA/O	08/18/14	10:30 AM
					08/19/14	02:30 AM
					08/21/14	11:00 AM
					08/22/14	12:00 PM
					08/26/14	02:00 AM
					08/28/14	04:00 AM
					09/04/14	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.

Public Report PR14-34	30:00	15:00	L	PA/O	09/01/14	10:30 AM
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09/25/14	03:00 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.

CIVIC AFFAIRS

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Public Report PR14-37	30:00	15:00	L	PA/O	09/22/14	10:30 AM
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Patrice Vossekul, Acting Director of Restorative Justice for Dodge County and Host Jackie Kahlhamer discuss bringing justice through restoration. Restorative Justice works alongside the court and law systems. Often victims are looking for closure. By meeting with the offender, there can be healing and the restoring of trust. Some offenders are required to attend Victim Impact Panels. It is important for offenders to realize they have committed a crime against a real person, not just against society. There is a new anti-bullying program. There is a coalition that is comprised of people from many different sectors. Bullying often leads to more serious offences. The sooner these kids can be worked with will more likely help them to become good adults. Restorative Justice is also working towards having a Teens Drive Safely program. They want to compliment what driving instructors already are doing. A great deal of data is collected to help determine how successful the programs are. It is also important to the county supervisors to know that their investment is paying off.

FAMILY

Public Report PR14-26	30:00	15:00	L	PA/O	07/07/14	10:30 AM
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Host Desiree Hoard discusses father absence with Terrance Ray, Director of the Milwaukee Fatherhood Initiative. The goal is to make sure every kid has an involved, responsible and committed father. Father absence means a child is not living in a home with their biological father (or involved in their lives.) It's a problem in our country. The concept of fatherhood has taken on different forms over the years. If there was not a dad in the home, there was a significant male in the neighborhood that everyone respected. The role has taken on so many different forms. A social father might be the guy on the block who will do things out of concern for the children. Father absence creates a myriad of issues. The children may lack the confidence of knowing there is a father there to protect them. This creates all kinds of problems in the family and neighborhood. There are many reasons for father absence. Men may feel they are not in a position to provide for family. This impacts his self esteem and his desire to be around the family. The initiative has 6 areas of focus. An important one is the driver's license recovery. They work with men who lost their license, to help provide a road map to get their license back. The annual fatherhood summit brings men together for 2 days to provide resources and services to help them get back on track with fatherhood. They see they are not the only ones dealing with these issues. The male bonding that takes place helps them desire to be the best dad they can possibly be.

FAMILY

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Public Report PR14-30	30:00	15:00	L	PA/O	08/04/14	10:30 AM
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					08/28/14	03:00 AM

Host Jackie Kahlhamer talks with Jack Hanks, the Executive Director of Green Valley Enterprises, about families with adult disabled children. The American family is affected by a number of issues that have caused different forms of dysfunction. Most parents do want what is best for their children. Every child has a father but not every child has a dad. Some of the cares are pretty demanding for families with adult disabled children. But he has never ever heard a family complain about it. They may have had to remodel a bathroom or/and deal with behavioral issues. There are economic and societal effects once a child turns 18. By law a special needs person receives services from ages 3-21. At age 18 may still have an IEP in place. Places such as Green Valley work to bring them into developing everyday skills such as laundry and banking. A core theme is to strengthen independence. Many disabled adults remain fairly reliant on parents into their 30's and some continue to need help all of their lives. It can be hard for a family to get dialed into resources. A county ADRC is a starting point for a family to find out about services. Persons with traumatic brain injuries have an overnight development. It can be challenging to reach out for help. Every family has to figure out for themselves how much they can do and how much help they need. Families don't exclude their special needs child from activities. They want them to go everywhere with them. Families need to know they have partners and are not alone. They can reach to folks they know and to their county's ADRC. Every family must figure their comfort level in bringing in outside help.

Public Report PR14-33	30:00	15:00	L	PA/O	08/25/14	10:30 AM
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Host Jackie Kahlhamer discusses help for caregivers with Lee Clay, Health Care Education Coordinator for the Waukesha County ADRC. Caregiving can be as simple as picking up the mail, to providing far more intensive help. Some family members have to provide care from a distance or if they live locally they may be doing it all. If they are not able to provide all the needs, they can call their county's ADRC, who will help walk them through the process of finding services. Caregivers can feel overwhelmed. Even if they love it, there is a hardship to it. If a caregiver doesn't take care of themselves, they may find they are dealing with anger and depression which can lead to a lack of sleep and other issues. Many struggle with guilt. The care receiver can also then be affected and see themselves as burdening the family. There is help available through workshops which help supply the caregiver with tools to take care of themselves. They should set up action plans to achieve what they want to do. Good communication skills are important in caregiving. It helps when family members who are in opposition about care to find common ground and go from there. Caregivers should not wait too long to seek help. It is easier to deal with a problem before it occurs, rather than to try and fix it. As the aging population increases, medical care increases and the length of time in the hospital decreases. Family members are picking up the roles of what used to be done by professionals. The role can come on quickly. It can also be long term. It is best to start a conversation about caregiving before a situation occurs.

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Public Report PR14-34	30:00	15:00	L	PA/O	09/01/14	10:30 AM
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					09/05/14	12:00 PM
					09/06/14	03:00 AM
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					09/11/14	12:30 PM
					09/18/14	03:30 AM
					09/25/14	03:00 AM

Judith Singer, Founder of Being There-Reaching Out talks with Host Jackie Kahlhamer about helping family members of fallen military. It is important to consider all family members- widows, children, parents, cousins, grandparents, aunts & uncles. This also includes family members who lost someone from the effects of PTSD, such as through suicide or accidents. Sadly the group has grown. There is a lot of activity initially when a military death has occurred. Then after the funeral, it stops. All are grieving but not grieving together. It is a big thing to meet with others- mothers to mothers, wives to wives, children to children, etc. Families are emotionally devastated. They tend to forget about one another, especially the children. They are not coping with what the children are going through. Fathers can be the hardest and often are afraid to cry in front of others. There may be anger and also financial challenges. Families often deal with unanswered questions surrounding the death and may get several different stories of what happened, but never really know for sure how it occurred. The group has private events so that families can pay attention to each other and be honest with themselves. Public events are held to remind everyone of the sacrifice of war and so that others do not forget about the sacrifice families have made. When seeing someone who has lost a loved one, it is recommended to not ask how they feel, but rather mention the death and ask questions about the person. Families like to talk about their loved one. It can give families hope when they see others who are healing. They are part of a group that no one wants to belong to. It is helpful to remember family members, even years after the loss with a card or a visit. They have many lonely days and a visit and conversation are very healing.

Public Report PR14-36	30:00	15:00	L	PA/O	09/15/14	10:30 AM
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Sister Ruth Poochigian, MUM Family & Reading Coordinator, and Host Desiree Hoard discuss helping incarcerated fathers connect with their children. Sister Ruth goes in the prison in Waupun and videotapes fathers reading a book. The tape is then sent to their child. The children are thrilled when they receive a package from their father. When a father ends up in prison, the family is devastated. There is a loss of income which increases the poverty they may already have been experiencing. A recent study shows that having an incarcerated parent is worse than a divorce or death because of the stigma. Children become accustomed to their dad by his reading to them. Prisons can be located far from home, which limits visitations. Reading is a way for a father to show that they care for and love their child. Family support is very important for inmates, while in prison and after release.

FAMILY

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #08012014	1:00:00	5:00	REC	PA/O/E	08/01/2014	2:00 PM

CBN News Tracy Winborn and Jennifer Wishon Reported: Washington - It's a decision all moms face and for some it's a heartbreaking one: Do you stay home or go to work and look for childcare? That question has led to the so-called "mommy wars." Some say motherhood is the toughest job in the world. And if raising children isn't enough, there's the added pressure of deciding whether to leave them with someone else to work outside the home. Just go to Google and search stay-at-home moms versus working moms. You'll quickly see a range of heated discussions. Some of the moms CBN News talked to said the decision to work or stay home is not always an easy one, and they just wish other moms could be a little more understanding. A 2012 study of government data by the Pew Research Center shows the number of stay-at-home moms rose to 29 percent, reversing a long-term decline over the last three decades.

ECONOMY

<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>
Public Report PR14-27	30:00	15:00	L	PA/O	07/14/14	10:30 AM
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					07/18/14	12:00 PM
					07/22/14	02:00 AM
					07/24/14	04:00 AM
					07/31/14	03:30 AM
					08/07/14	03:00 AM

Host Jackie Kahlhamer discusses Beaver Dam's economy with Philip Fritsche, President of the Beaver Dam Area Chamber of Commerce. The city's economy had fared pretty well. There is some growth in existing businesses. The city has an excellent school system, is located by a major highway and has rail systems. Land is inexpensive. Its weakness is that it is not very friendly to the 20something generation, who are looking for different amenities. The city government is business friendly. The government can make it easier for business to grow or inhibit growth. But the mayor & the economic development corporation are pro business. They can get roadblocks out of the way for business expansion. Beaver Dam could use more diversity of white collar job options. There is good retail diversity. Most businesses are still in survival mode after coming out of the recession. There is uncertainty about hiring or taking risks because of things done at the federal level. The downtown area has seen lots of changes and is poised for a strong revival. There are things going on behind the scenes to make it more attractive. Downtown events and festivals bring in people and expose businesses that might be overlooked when driving through. These events are good for the local economy. Classes are held to help businesses owners utilize social media. It can be intimidating for older businesses owners. Philip's vision is for greater diversification of community businesses. There is a strong manufacturing presence. To weather another recession, there is a need for more white collar businesses. Technology companies would be good. Long term planning is critically important for the success of the city's economy.

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Public Report PR14-28	30:00	15:00	L	PA/O	07/21/14	10:30 AM
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					08/07/14	03:30 AM
					08/14/14	03:00 AM

Pattie Carroll, Family Living Educator for the UW WI Extension- Dodge County, talks with Host Jackie Kahlhamer about financial well-being. Financial security means to meet the short term financial demands. The path to it requires accessible and accurate information. The hope is to also to save money for longer term goals. The Dodge County Coalition for Financial Education consists of representatives from many organizations who come together to provide financial education and workshops which promote financial literacy for children and adults. People are dealing with tighter budgets and higher expenses. Heating costs have been very high this year. When going through a time of financial stress, people should try to determine how long the stress will last. Living expenses should be paid first. Disposable income goes fast. Pattie teaches on distinguishing needs vs. wants. If someone loses their job, they can consider using the services provided in the county for eligible citizens. This includes gas vouchers, housing, utility expenses, etc. It is important to get a free credit report three times per year. It helps people to track spending and to ensure they are not a victim of identity theft. Different seasons of life require different types of financial needs. Continued education is important for all these seasons.

Public Report PR14-29	30:00	15:00	L	PA/O	07/28/14	10:30 AM
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Tom Hostad, the Hartford Area Development Corporation Executive Director and Host Desiree Hoard discuss Hartford's economy. There is a resurgence in the local economy after having gone through the downturn. There is a real challenge for employers to find workers with the required skills. Employers and educators are working together to overcome the skills mismatch. As the population ages, there will be an increased need for health care workers. Manufacturing is a good career choice and students are being encouraged to consider it. The manufacturing park is shovel ready- meaning infrastructure, planning and financing are in place for new construction to begin and for existing businesses to expand. Live where you work is an idea that encourages people to do that. Quality of life is important for both employers and employees.

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Public Report PR14-30	30:00	15:00	L	PA/O	08/04/14	10:30 AM
					08/05/14	02:30 AM
					08/07/14	11:00 AM
					08/08/14	12:00 PM
					08/09/14	03:00 AM
					08/12/14	02:00 AM
					08/14/14	04:00 AM
					08/21/14	03:30 AM
					08/28/14	03:00 AM

Host Desiree Hoard and Penny Ross discuss growing the local economy. Penny is the Chairman of MakerPlayce. Penny discussed women owned businesses and their importance to the economy. Only large corporations and women owned businesses showed growth during the recession. Women are engaged in all types and sizes of businesses, encompassing over 5,000 in a local three county area. In order for businesses to succeed, owners need access to capital and networking. There is often a fear of failure and lack of confidence. Many women use their personal savings and don't know how to delegate. Eighty-five percent of women owned businesses in the state are micro businesses. If each one hired just one person, unemployment would be eliminated. It is very helpful for women to have a place to work together and share expertise with each other. Mentors are extremely valuable to business success. Penny would like to see girls as young as 5 being exposed to job shadowing and by 6th grade have a portfolio. Girls should also be involved in STEM classes in school. Many women have an entrepreneurial spirit but don't know where to start. They are vital to the local economy. They could fill storefronts. Penny talked about women owned businesses that are sharing spaces with each other to keep expenses down.

Public Report PR14-35	30:00	15:00	L	PA/O	09/08/14	10:30 AM
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ReDonna Rodgers, CEO of the Center for Teaching Entrepreneurship, and Clyde Tinnen, Board Member, discuss youth entrepreneurs with Host Desiree Hoard. Youth without sufficient education or lacking in flexibility are having a difficult time finding a job. Ninety percent of jobs are created by small businesses. There are new opportunities to create new businesses. Having a passion for anything can translate into a business. Teaching youth to think like entrepreneurs is really important. It builds self-esteem and helps them to know they can achieve great things. Mentors have a great role demystifying what it means to be a professional. Learning financial skills is necessary even for a very small business. Business start-ups provide new opportunities for economic growth. The next great innovation is right around the corner. Youth who learn entrepreneurial and financial literacy will also make good employees because they understand economics. Taking an idea and turning it into a business includes risk-taking, time, finances, possibly a business plan, setting goals and then launching it.

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ECONOMY

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700 Club NewsWatch #09012014	1:00:00	5:00	REC	PA/O/E	09/01/2014	2:00 PM

CBN News Reporter Heather Sells Reports: Many Americans are not saving for retirement, and if they are, they're not saving enough, according to a recent survey. Nevin Adams, co-director at the Washington, D.C.-based Employee Benefit Research Institute's Center for Research on Retirement Income, says about two-thirds of Americans are saving but they may not have enough when it comes to their retirement years. Adams helps to oversee EBRI's annual Retirement Confidence Survey, a fixture for 24 years. The 2014 survey found that just 18 percent of Americans are very confident in their ability to afford a comfortable retirement, 37 percent are somewhat confident, and 24 percent are not at all confident. Fifty three percent of workers say cost of living and day-to-day expenses are major reasons for not saving or not saving more. Existing debt is also an obstacle. Adams noted that our culture's focus on spending and instant gratification also gets in the way. Some believe our lack of saving has the United States headed toward a "retirement crisis." Adams doesn't go that far but notes individuals who don't save end up costing society. Adams believes that many fear that they'll need a huge, unattainable amount for retirement and so never find out just how much they'll need. EBRI developed the program to help Americans determine how much they need for retirement. Choose To Save offers a quick retirement calculator tool, the "ballpark estimate," that helps people determine a specific savings plan. Another common mistake for many is overestimating how long they'll work. Here's some basic retirement savings tips:

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

EDUCATION/SCHOOLS

Public Report PR14-29	30:00	15:00	L	PA/O	07/28/14	10:30 AM
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					07/31/14	11:00 AM
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					08/14/14	03:30 AM
					08/21/14	03:00 AM

Dr. Tonya Gubin, Waupun Area School District Administrator and Host Desiree Hoard discuss the school district. The district has a Charter School which helps the students see how relevant education is to their future. The High School offers students electives that will help to align them into a career pathway. They are using an academy model and also partnering with businesses to get the students into the workforce to see if they are interested in certain types of jobs. Not all students will go to a 4 year college. The school district has talked with business owners about the skills they want in their employees. There is a lot of focus on soft skills. They also are working with the local hospital. The school is offering 2 new electives this year-Biomedical Science and a CSI class that incorporates critical thinking skills. The district is being forward thinking by implementing the Academy Model, a SAGES Charter School, and a K-12 Agriculture School that is the first in the state. It is very important to have community support of the schools.

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

EDUCATION/SCHOOLS

<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>
Public Report PR14-31	30:00	15:00	L	PA/O	08/11/14	10:30 AM
					08/12/14	02:30 AM
					08/14/14	11:00 AM
					08/15/14	12:00 PM
					08/16/14	03:00 AM
					08/19/14	02:00 AM
					08/21/14	04:00 AM
					08/28/14	03:30 AM
					09/04/14	03:00 AM

Host Jackie Kahlhamer and Donna Niccolai-Weber, Executive Director of Capitol West Academy, talk about developing character. Being a good citizen is part of education. It is important to teach life-long skills along with academics. Students can learn to take charge of their education. It is good when everyone at school works together and has a common language that teaches performance, values, perseverance, etc. If a student has difficulty with math, they can be encouraged to come back and try it tomorrow. Sometimes breaking it down into segments helps them to learn it better. Many students who have come into the school have experienced great growth. They were behind when they entered and some have seen 2 years growth in one year. A daily passport is a tool that keeps everyone accountable, including the parents. The school has a 100% attendance rate for parent teacher conferences. A dress code is required. This levels the playing field. Students are able to give input about the things they want to do in the school. Peer Mediators are trained to deal with problems that come up. Donna is confident that the character traits they are learning will help them to succeed in high school and beyond.

Public Report PR14-35	30:00	15:00	L	PA/O	09/08/14	10:30 AM
					09/09/14	02:30 AM
					09/11/14	02:30 AM
					09/11/14	11:00 AM
					09/13/14	03:00 AM
					09/16/14	02:00 AM
					09/18/14	04:00 AM

Host Desiree Hoard talks with Paul Decker, Waukesha County Board Chair & WCTC Instructor, about closing the skills gap. The skills gap involves the number of jobs available and the number of people whose skills don't match the jobs. Many manufacturing jobs now require higher training levels. When employers are unable to find skilled employees, it affects the company's ability to grow. Both technical and high schools are being very assertive in working to help alleviate the skills gap. High schools are helping to match students with jobs. Technical schools offer courses that are much shorter and students can get trained and go to work. Paul feels strongly that even junior high students should begin to develop engineering skills. Manufacturing and health care are great careers for students to consider. Not all students are geared towards getting a 4-year degree. They can consider starting out at a technical school and then seeing if they want to continue going to school or go to work. The debt of a 4-year college degree is a burden to this generation. A lot of jobs don't need it. Some high school students can go directly to a career with the right training.

EDUCATION/SCHOOLS

<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>
Public Report PR14-37	30:00	15:00	L	PA/O	09/22/14	10:30 AM
					09/23/14	02:30 AM
					09/25/14	11:00 AM
					09/26/14	12:00 PM
					09/30/14	02:00 AM

Host Patti Hutton talks with Sally Flaschberger, Advocacy Rights Specialist for Disability Rights Wisconsin, about students with disabilities. Public schools must identify students with a disability, evaluate them and provide special services as needed. An IEP will be written which is a team process that includes the parents. This is an individual plan for each student to help them make progress. Schools must place the students in the least restrictive environment. They should be in the regular classroom and have aides and services coming to them there. Inclusion helps the students to be included with their peers. They learn more and do better socially. There are higher expectations placed on them and they achieve at higher levels. Funding is a challenge. The federal government funds 16%, the state funds 27% and the rest usually comes out of the school's general funds. With inclusion and good practices, schools actually spend less money and provide services most effectively. Parents should be aware of special education laws and the many resources that are available.

Public Report PR14-38	30:00	15:00	L	PA/O	09/29/14	10:30 AM
					09/30/14	02:30 AM

Pete Rettler, MPTC West Bend Campus Dean and Host Jackie Kahlhamer discuss technical college advantages. There can be a misperception of the value of a technical college education. Parents may have the perception that their children must attend a 4 year university. Pete believes they should give consideration to a tech college education. Students in the RN program at MPTC have excelled with high scores. There are a lot of transfer agreements with a number of 4 year colleges. Pete talked about the advantages of a 2 year versus a 4 year college. There is currently a skilled labor shortage. There has been a big push in high schools for AP classes. Students should be encouraged to take at least a tech education class. Local technical colleges have plenty of programs, but need more students interested in those careers. Boot camps at tech colleges are accelerated courses. The big thing is to expose middle & highschoolers to manufacturing careers. For some students it is very important to get into the workforce sooner. We have an aging workforce. In the fall of 2012, 20% of students entering technical college already had a full or partial 4 year degree. Pete encourages students and parents to find if a tech college is a good fit.

700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	08/22/2014	2:00 PM
#08222014							

CBN News Washington Sr. Correspondent Paul Strand Reports: Washington ~ For the first time ever, debt from attending college now outweighs credit card debt. Experts on higher education also question the value of today's college degrees. As the experts work to reform the system, students still need help figuring out how to get a good education without plunging into debt. Suggestions include staying in your own state, which can often keep tuition below \$10,000 a year. A nearby community college can teach you great skills without the great debt. Such schools can be great for those not ready for a full-on university education. And some high school graduates just aren't ready for college at all. If you are set on a four-year or more university, do your research. Research will help you find which colleges have the greatest number of professors for the least amount of students. Still, maybe you don't even need that college degree. Following such a path doesn't mean you can't still get a good education. But no matter where you go or don't go for your education, great learning is out there and doesn't have to put you in debt for decades.

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>
Public Report PR14-27	30:00	15:00	L	PA/O	07/14/14	10:30 AM
					07/15/14	02:00 AM
					07/17/14	11:00 AM
					07/18/14	12:00 PM
					07/22/14	02:00 AM
					07/24/14	04:00 AM
					07/31/14	03:30 AM
					08/07/14	03:00 AM

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.

Public Report PR14-31	30:00	15:00	L	PA/O	08/11/14	10:30 AM
					08/12/14	02:30 AM
					08/14/14	11:00 AM
					08/15/14	12:00 PM
					08/16/14	03:00 AM
					08/19/14	02:00 AM
					08/21/14	04:00 AM
					08/28/14	03:30 AM
					09/04/14	03:00 AM

Lee Clay, the Health Education Coordinator for the Waukesha County ADRC talks with Host Jackie Kahlhamer about fall prevention. Lee uses programs that are evidence based, including one called Stepping On. Wisconsin is considered to be #2 in the nation for the most reported falls. Falling is not a normal part of aging. There are things that can be done to address the causes. When people have fallen, they feel they must be more careful and stay inside, which in turn causes them to be weaker physically. It is a very good idea to be proactive and try to prevent falls. Addressing home hazards, going outdoors safely in inclement weather, discussing medication usage with your physician and having a whistle are things that can be done to prevent or minimize falls. Most falls occur in the main living area, so rugs, stacks of paper and furniture placement should all be looked at. Increased confidence helps people to walk taller, be prepared and feel better.

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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>
Public Report PR14-32	30:00	15:00	L	PA/O	08/18/14	10:30 AM
					08/19/14	02:30 AM
					08/21/14	11:00 AM
					08/22/14	12:00 PM
					08/26/14	02:00 AM
					08/28/14	04:00 AM
					09/04/14	03:30 AM

Host Jackie Kahlhamer and Lee Clay, the Health Education Coordinator for the Waukesha County ADRC, discuss diabetes self-management. Lee gave a simple understanding of what diabetes is and how it affects the body. Essentially it causes the body cells to starve which can affect the kidneys, vision and nerves. It is extremely important to follow a physician's plan. Lee offers a workshop that helps to enhance the doctor's plan. A general plan usually includes medication, dietary changes, exercise and weight loss. Self-management is extremely important. Exercise can help to lower blood sugar. Checking blood glucose routinely is necessary, as is checking for complications. Diabetics need to check their feet frequently. Specific goals for self-management need to be set, along with an action plan to accomplish them. The initial diagnosis can be overwhelming. A workshop can help to enforce what was learned earlier. Adults often learn by sharing stories with each other. Collaborating helps people to empower each other.

Public Report PR14-33	30:00	15:00	L	PA/O	08/25/14	10:30 AM
					08/26/14	02:30 AM
					08/28/14	11:00 AM
					08/29/14	12:00 PM
					08/30/14	03:00 AM
					09/02/14	02:00 AM
					09/04/14	04:00 AM
					09/11/14	12:00 PM
09/18/14	03:00 AM					

Host Jackie Kahlhamer discusses mental health and alcohol abuse with Ken Lindegarde, President of NAMI Dodge and Dodge County Alcohol Court Coordinator. There is definitely a correlation between the two. A lot of people with mental health issues self-medicate with alcohol and abuse opiates. Quite a few people in alcohol court have seen a counselor for alcohol abuse and mental health issues. Does alcohol abuse cause mental illness or is it vice versa? The equation is probably about 50/50. It is a terribly vicious cycle. Someone with mental health issues may not be able to afford the medication and in turn use alcohol to self-medicate. Some medications can interact with alcohol. It is best to see a counselor and be treated for both alcohol abuse and mental health issues. People can call their county's Human Services & Health Dept. for resources. NAMI often gets calls when people are at the end of their rope. Most of them have not contacted their doctor or counselor. Ken talked about seeing people on the road to recovery and about some success stories. It is important to reach out and communicate with someone and find help.

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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>
Public Report PR14-36	30:00	15:00	L	PA/O	09/15/14	10:30 AM
					09/16/14	02:30 AM
					09/18/14	11:00 AM
					09/19/14	12:00 PM
					09/20/14	03:00 AM
					09/23/14	02:00 AM
					09/25/14	04:00 AM

Host Patti Hutton talks with Dr. Ryan Dulde, a dentist and member of the Wisconsin Dental Association, about the importance of good oral hygiene. The WDA is currently having a literacy campaign that teaches adults about it, with the emphasize on prevention. Dental health cannot be separated from body health. Regular preventive care can catch small issues before they become larger ones. Health insurances is not required to see a dentist. Regular dental care is affordable. Delaying makes it more extensive and expensive. The gold standard for care is to brush 2 times per day for 2 minutes minimum, floss daily and see a dentist twice a year. Avoiding high sugar and tobacco are important. Tobacco also presents an oral cancer risk. It is important to have a dental home, especially in the event of an emergency. Dr. Dulde spike to those who may be afraid of going to a dentist. Talking about the fear can help to reduce the anxiety.

Public Report PR14-38	30:00	15:00	L	PA/O	09/29/14	10:30 AM
					09/30/14	02:30 AM

Host Patti Hutton and Clare Reardon discuss poverty and healthcare. Clare is the Manager for Organizational Advancement for the Milwaukee Health Care Partnership. Five major healthcare systems have come together to address this. There is a connection between poverty and poor health. There are challenges to the access to healthcare coverage, services and care coordination. Navigating the system can be confusing and costly. For low income persons it can be that much more difficult. There are often transportation concerns. Clare discussed the 10/20/30/40 formula. Clinical care comprises 10%, 20% of health is determined by the social environment, 30% by genetics and 40% by personal choices. The working poor often lack the time to exercise and access to fresh fruit and vegetables. It is a big problem when people don't receive regular health care and then have to use the emergency room for something that could have been taken care of before it became urgent. The MHCP wants to outreach to get individuals covered and connected with providers. Many people are unaware of coverage options, but Clare believes literacy is growing. The county city agencies are very good at reaching out to low income persons and making them aware of what services are available.

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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 #010	28:30	28:30	REC	PA/O/E	07/01/2014	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom, it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

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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 #011	28:30	28:30	REC	PA/O/E	07/15/2014	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. The distorted signal still causes genetic expression, but what we've found in science is that the proteins fold incorrectly, they look different, they function different, and they build a toxic thought. We can see negative activity in the brain. Our mind, which is our soul realm, has one foot in the door of the spirit and one foot in the door of the body. What happens is with our mind we make decisions and those decisions impact our body and impact our spirit. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension, you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our

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decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. and you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Every single thought that you think is generating energy, impacting you, your body, spirit, soul and body, your loved ones, the people in your environment, the people in your life, and everyone in the world. Our decisions have consequences. We are an integrated triune being, spirit, soul, and body. When we make a decision of our mind, which is what the brain does, which is the soul realm, there will be a physical reaction inside of our brain. There will be a spiritual impact on how we function, and those physical things are distortions inside of our brain that cause and manifest in things like anxiety, depression, and illness. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

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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 #012	28:30	28:30	REC	PA/O/E	07/22/2014	12:00 PM

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

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Switch On Your Brain #013	28:30	28:30	REC	PA/O/E	07/29/2014	12:00 PM

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

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HEALTH Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	08/12/2014	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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HEALTH Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	08/19/2014	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 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

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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	08/26/2014	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 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

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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 #005	28:30	28:30	REC	PA/O/E	09/02/2014	12:00 PM

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

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

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Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	09/09/2014	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. If you, with your thinking, choose to "I can't" you will get stuck. When we say, "I can't" we are building ourselves and locking ourselves in. The minute patients were desperate enough to change, the minute they directed their attention in the direction of "I can" things started happening. Realize that "I can't" can become "I can," that it's a choice that you make and you don't have to be bound in that depression and negativity. Those are all manifestations. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside or our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. The ability of humans to be able to be positive over the negative, to be able to heal over the addiction, is so much stronger than the negative. That's what we need to hang on to and that will help you start. When you recognize that we have this ability to break our chains, that our thinking is more powerful than the chains, the chains actually start breaking. You're a thinking being. You think all day long. You think, you choose, you build. As you're thinking and choosing, you're expressing proteins, which is genetic expression building proteins, and you're building these brain cells inside of your brain. Now if you make bad choices, the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific. Science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. We've got to have an alignment here. We've got to make sure that when we start saying the "I can" that we are hooking it on to the truth of the Word of God and that we mean it. Even if we are just trying to go through the process; "I'm really trying to believe that I can do this," that sometimes takes twenty-one days just to convince yourself that you actually can apply the Word of God. It's baby steps all the way through. It's only when you start to thank God that He actually listens. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remodeling chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. Someone is about to make a good

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decision to be thankful, to be in a state of praise. The brain changes accordingly. The brain gets hyped up in a good sense and excited in anticipation of the good things. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." "I can't" is a decision. When you make the correct decision, your natural wiring is to make correct decisions. When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. "I can't" is a decision. Never think "I can't" is a cop out, it is a decision. "I can't" is not neutral. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. When you say "I can't" you're building an "I can't" thought network into your brain that keeps you stuck and bound and chained. You're capable of changing that. You're capable of changing the "I can't" into the "I can."

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Switch On Your Brain #008	28:30	28:30	REC	PA/O/E	09/23/2014	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 layed 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 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

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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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Switch On Your Brain #009	28:30	28:30	REC	PA/O/E	09/30/2014	12:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. We can control our emotions and our feelings. Every thought in your head that is a physical reality doesn't just have information, it has emotions as well, and we feel that. The emotions are in the non-conscious mind and there are millions of thoughts in the non-conscious mind. At any one time in the conscious mind we have around four to seven thoughts, and they're moving in and out of the conscious mind. When a thought moves into the conscious mind it becomes a feeling. We feel those emotions. We can control them because the minute the thoughts are in the conscious mind it become changeable, which means we can change the feelings. Feelings we experience when we are consciously aware of the thought. Emotions are when the thoughts are tucked away in the non-conscious mind. We detox the thought, we get rid of the emotion, and we get rid of the feeling. We can control our emotions. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Every thought that you build inside of your brain is a physical reality. Not only do those thoughts contain information, but they also contain emotions. As you're building a thought, that thought tree, with its emotions, moves into the conscious mind from the non-conscious mind, then those thoughts are experienced as feelings. Feelings are the conscious experience that we have in our mind and in our body physically of the actual emotion, so there's a difference between emotions and feelings. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. There is a signal that goes right down to the level of your DNA and the DNA literally, like a hand reaching out and switching on a light, you are causing the light signals to be expressed and as you express those lights, as you switch on the lights, as your signal hits the DNA, so the DNA expresses and as the DNA expresses it makes proteins, and as those proteins group together you form thoughts, and chemicals get involved as well, which carry the emotions because the chemicals of the body become molecules of emotion. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. We have a forest of trees and it's raining, if you look at the trees you'll see the raindrops on the trees, those drops of rain on the trees, that's what the emotions actually look like, literally. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default, this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be

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part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. The stuff coming in from the outside is an external signal. Those signals in your brain activate the genetic expression. So the stuff coming in, your thinking, activates some existing memories, and then all that combination causes the proteins to grow and you start growing some brain cells. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. So you make the decision and you can operate at multiple levels at once, so at any one time you can have a bad thought coming in and a good thought coming up and you can control this process because you are brilliant. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. This week be conscious of the thoughts that move into your conscious mind. Be conscious of the emotions that now become feelings. Remember, in the non-conscious mind they're called emotions. When they move to the conscious mind they become feelings. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

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700 Club NewsWatch #07032014	CBN	1:00:00	5:00	REC	PA/O/E	07/03/2014 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 cause 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. Mark Sisson is a leading expert on an anti-inflammatory diet. At age 60 he is the picture of health: He has the body of a man half his age, inside and out. He does not suffer from any diseases or chronic conditions and doesn't take any medications. But he hasn't always been this healthy. His anti-inflammatory diet changed everything. Sisson follows the Paleo Diet. Last year the Paleo Diet was the number one searched diet on the Internet and Sisson's is the top Paleo Diet website. He's been studying nutrition research for the last 25 years and writes about his findings on Mark's Daily Apple. 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. Sisson didn't even know wheat was causing him problems until he stopped eating it. 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 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. That includes Dr. Eric Westman, who heads the Duke Lifestyle Medicine Clinic, who like many physicians, formerly believed saturated fat caused heart disease, but changed his mind. Of course, any diet is best when combined with exercise. Sisson combines the Paleo Diet with what he says research proves is the best exercise: a three-fold plan of slow, steady movement, occasionally lifting weight, and a series of all-out sprints. 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. Sisson points out that 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, which are available for several different prices, or you can even make your own! Sisson also recommends lifting some weight about twice a week. This does not mean you must purchase a gym membership and lift dumbbells twice a week. In fact, he uses his own body weight as resistance, and so can you, by doing push-ups, lunges, sit-ups, pull-ups, and so on, and just by lifting heavy objects in your daily life. 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.

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700 Club NewsWatch	CBN	1:00:00	5:00	REC	PA/O/E	08/08/2014 2:00 PM
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CBN News Washington Sr Correspondent Paul Strand Reports: McLean, Va. - The rate of autism is spiraling in the nation. Twelve years ago, just one in 150 children were diagnosed with some form of autism. Now it's one in 68 children. This means much more special care is needed for many more kids with special needs. Autism is just one form of disability. Parents of children with special needs often find themselves isolated in a world of near round-the-clock care. Denise Daffron, Jill's House VP for Advancement, knows from a devastating personal experience about the pain a crippling disability can bring: More than half the children who come there have some form of autism. There are also a number suffering from Down's syndrome, cerebral palsy, and other afflictions. Jill's House is named for Jill Solomon, daughter of McLean Bible Church Senior Pastor Lon Solomon and his wife Brenda. During Jill's first Thanksgiving, she had 17 Grand Mai seizures in a single day. Over time, this rate and amount of seizures combine to cause severe damage to the brain. Caring for her grew into an often 24-hour-a-day job that utterly exhausted her parents. So the Solomons, their church, and other interested donors built Jill's House as a model for changing the face of disability ministry across the country. Daffron suggested people let God lead them in the best way to reach out to family or friends who might be in similar situations. One plan already becoming a reality in some parts of the country includes using Christian camp facilities during their off-season because they are ready-made getaways for care and rest. It's a ready-made mission for caring hearts.