

# Trinity Broadcasting Network

## *Quarterly Report*

July, August, September 2018

WDLI-TV

CANTON, OH

Ascertainment List  
Leading Community Issues

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

Crime

Education

Family

Health

Minority

Substance Abuse

Youth

*Crime*

| <i>Program Title</i>            | <i>Program Duration</i> | <i>Topic Duration</i> | <i>Segment Source</i> | <i>Type</i> | <i>Airdate</i> | <i>Time</i> |
|---------------------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
| 700 Club NewsWatch<br>#09052018 | 1:00:00                 | 5:00                  | REC                   | PA/O/E      | 9/5/2018       | 12:00 PM    |

CBN New Reporter Jennifer Wishon Reports: If you get out of bed today there's a good chance you will commit a crime. Baker and others have attempted to count the number of regulations that carry criminal penalties, but the truth is, no one really knows how many there are. He's talking about rules created by federal or state agencies that carry criminal penalties outside of the criminal laws passed by legislatures and signed by executives. Un-elected bureaucrats creating rules that can land you in jail. In some ways, these hundreds of thousands of regulations are the result of America's current political gridlock. In order for members of Congress to get legislation passed, in order to reach compromises while avoiding political pitfalls that may render them out of a job – they're often vague and leave the details up to the agencies in charge of the subject matter. And anytime the government has a hammer, Malcolm says, it tends to use it. On Twitter, the account @CrimeADay tweets one federal crime each day. The project started in 2014 and will not be completed until the year 2848, more than 800 years from now. He's spent decades defending people who find themselves in trouble with the law for simply exercising their constitutional rights. Critics of federal agencies crafting criminal penalties say most of the time these violations could simply be handled with a fine. They're also skeptical many of the crimes aren't actions most people consider morally wrong – instead they're crimes simply because the government says they are which is why so many people unwittingly break them. By the way, did you know it's illegal to walk your dog on federal land on a leash that exceeds six feet? The federal government is so huge, he suggests change will only happen from the bottom up – from local governments up to the federal level. It's all a contributing factor to the United States having the largest prison rate in the world.

*Education*

| <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>                                |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|--|--|
| Huckabee<br>#42      | 52:30                   | 5:00                  | REC                   | PA/O        | 7/21/2018<br>7/21/2018<br>7/22/2018<br>7/22/2018 | 5:00 PM<br>10:00 PM<br>5:00 PM<br>10:00 PM |

Today on Mike Huckabee, Mike Huckabee interviews Avery Moore, Principal of Palm Charter High School; a high school focused on professional motorsports. Palm has motorsports technology, collision technology, and welding and media arts. They have a strong academic and vocational program; providing opportunities for advanced degrees and exposing students to real jobs early in life.

*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>                                |
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| Huckabee<br>#41      | 52:30                   | 5:00                  | REC                   | PA/O        | 7/14/2018<br>7/14/2018<br>7/15/2018<br>7/15/2018 | 5:00 PM<br>10:00 PM<br>5:00 PM<br>10:00 PM |

Today on Mike Huckabee, Mike Huckabee interviews Todd and Tara Storch, Founders of the Taylors Gift Foundation. They share their story about the tragic death of their 13-year-old daughter and the miraculous legacy that saved the lives of five people and continues to inspire others through the donation of her organs. Todd and Tara share that donating organs is an act of love and service. Organ donation is not easy to talk about with your family and friends, but you can talk about organ donation just about leaving a legacy and leaving the world better than you found it. Out-live yourself. Organ donation is all about life.

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

*Gangs*

| <i>Program Title</i>   | <i>Program Duration</i> | <i>Topic Duration</i> | <i>Segment Source</i> | <i>Type</i> | <i>Airdate</i> | <i>Time</i> |
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| Treasures<br>#VOTR0101 | 28:30                   | 28:30                 | REC                   | PA/O        | 7/20/2018      | 11:30 PM    |

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, and Sonny Arguinzoni, Jr., Pastor of Victory Outreach Chino, feature the story of Art Blajo, an ex-mafia hit man. Art discusses the gang culture and how young men are impacted by this brotherhood. From so-called impossible situations, Art shares how, by the grace of Jesus Christ, he went from a messenger of death and destruction to a messenger of life and hope through the ministry of Victory Outreach.

*Health*

| <i>Program Title</i>               | <i>Program Duration</i> | <i>Topic Duration</i> | <i>Segment Source</i> | <i>Type</i> | <i>Airdate</i> | <i>Time</i> |
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| 700 Club<br>NewsWatch<br>#07302018 | 1:00:00                 | 5:00                  | REC                   | PA/O/E      | 7/30/2018      | 12:00 PM    |

CBN News Reporter Lorie Johnson Reports: The Cleveland Clinic's Dr. Mark Hyman is one of a growing number of doctors who believe the path to wellness lies in our intestines in something called "gut flora," or "microbiome." More specifically, it's the relationship between the good and bad bacteria there that determine whether we'll be healthy or sick. Scientists at America's top medical institutions are churning out mounds of data on the microbiome. The bottom line: as the gut goes, so goes the rest of the body. At the Mayo Clinic's microbiome lab in Rochester, Minnesota, scientists examine human feces to find out exactly which bacteria are in a patient's gut, how much of it is there, and which bacteria may be missing. Microbiome researcher Dr. Purna Kashyap and his team found more than a thousand different species in the intestines of the healthiest people. It's an important discovery because 80% of our immune system resides there. In addition to the variety, the healthiest people also measure high amounts – trillions – of good bacteria and some bad for a total of about three pounds' worth. That's ten times more bacteria than regular cells. Another Mayo Clinic microbiome researcher, Dr. Heidi Nelson, sees this as a complex and delicate ecosystem that demands balance. Since bacteria, like all living creatures, eat and expel certain things, Dr. Nelson explained why having too many or too few can lead to disaster. Not enough good bacteria, or too many bad bacteria, can make us sick and overweight. According to Johns Hopkins gastroenterologist Dr. Gerard Mullin, author of The Gut Balance Revolution, certain bacteria increase ghrelin, the hormone that causes hunger. Certain bad bacteria can also cause the body to crave particular foods like sugar or bread. Similarly, gut dysbiosis suppresses leptin, the hormones that tells us to stop eating. And it gets worse. A newly discovered bacteria can possibly determine whether someone is either slim or obese. In fact, research proves thin people carry more diverse gut bacteria than overweight people. Scientists found people in developing countries have more of this bacteria than Americans. In a landmark development, researches at Washington University in St. Louis studied the gut microbiomes from human twins. While they had identical DNA, one was obese and the other thin. Scientists took bacteria from each twin and put it into germ-free mice. The animals with the obese twin's microbiome also became obese, while the other mice became thinner. Researchers noted the thin human and mice carried more diverse bacteria than their healthier counterparts. Childhood obesity, weight problems among adults and various illnesses from diabetes to Alzheimer's are all tied to not having enough good bacteria in our intestines.

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*Health*

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| 700 Club<br>NewsWatch | CBN                     | 1:00:00               | 5:00                  | REC         | PA/O/E         | 07/31/2018 12:00 PM |
| #07312018             |                         |                       |                       |             |                |                     |

CBN News Reporter Lorie Johnson Reports: Shocking as it may sound, when a person becomes sick and dies, too often doctors find the trouble started in the intestines because of a disruption of the gut bacteria. Over the last decade, scientists all over the country have been researching the impact of the gut microbiome on all types of diseases. What they've discovered is the good and bad bacteria in our bodies has a much more profound impact than previously thought. Dr. Jasmohan Bajaj leads a research team at Virginia Commonwealth University in Richmond, Virginia. He says bacteria living in our intestines dramatically influence each aspect of our health, literally from head to toe. Harm such as liver disease, one of the leading causes of death and disability. Dr. Bajaj says too much bad bacteria cause inflammation, and an inflamed liver doesn't do its job very well. And it's the only problem that can sneak up on someone. (Johns Hopkins Gastroenterologist and author of The Gut Balance Revolution) Dr. Gerard Mullin says folks need to know that intestinal problems can lead to cancer and other life-threatening issues. He says while we may seem okay when we're younger, it eventually catches up to us. Cleveland Clinic's Dr. Gail Cresci says the gut also profoundly affects thoughts and feelings. All that thanks to a well-traveled pathway between the mind and this crucial part of the body. The Mayo Clinic's Dr. Heidi Nelson says our intestinal tract serves as the largest component of our immune system. In the Mayo Clinic's anaerobic chamber, scientists grow and study bacteria that die when exposed to oxygen. Believe it or not, we have a lot of anaerobic bacteria in our bodies, because much of intestines are oxygen free. Researches here say the right kind of bacteria means the lining of our intestines contains tiny, helpful holes that allow microscopic nutrients into our bodies. Too much bad bacteria, however, causes those holes to grow. This so-called "leaky gut" can cause the immune system to attack those larger particles that escape into the body. When it comes to our health, experts now say the bacteria in our gut run the show, for better or worse.

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| 700 Club<br>NewsWatch<br>#08012018 | CBN | 1:00:00 | 5:00 | REC | PA/O/E | 08/01/2018 12:00 PM |
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CBN News Reporter Lorie Johnson Reports: Our intestines, commonly called our "gut," are home to trillions of bacteria. Healthy people have plenty of good bacteria that boost every facet of our health. However, when we don't have enough good bacteria we can suffer from all types of health problems such as depression, weight gain, and cancer. What causes us to have less-than-favorable types and amount good bacteria? C-sections, baby formula, lifesaving drugs, and convenience foods all add to the problem. We tend to think these things make our lives better, starting from birth. But turns out they can seriously mess up the levels of good and bad bacteria in our body. Researchers only discovered this valuable information in the last decade or so. Dr. Richard Wenzel (<http://www.richardwenzel.com/>), Editor-at-Large of the New England Journal of Medicine and Chairman of the Department of Internal Medicine at Virginia Commonwealth University in Richmond, Virginia, told CBN News, just like a delicate ecosystem, the entire body relies on the proper mix of good and bad bacteria in order to operate effectively. Nearly a century ago, the world rejoiced when Alexander Fleming developed the first antibiotic. Penicillin would target bacterial infections that wiped out millions. Since then, many doctors frequently turn to these so-called miracle drugs, often not considering the downside. Antibiotics kill bacteria. They only work on bacterial infections. Nevertheless, many doctors prescribe them to treat viral infections, even though antibiotics are useless in fighting viruses. Dr. Wenzel says while antibiotics are lifesaving in many instances, they are vastly overprescribed. Antibiotics target all bacteria, even the kind we need to keep us healthy. Dr. Gerard Mullin associate professor of medicine at The Johns Hopkins Hospital and author of *The Gut Balance Revolution* says the youngest among us in particular, often lack the good bacteria they need, thanks to well-meaning pediatricians who overprescribe antibiotics. Studies show just one course of antibiotics can disrupt the gut microbiome for years. What's worse, antibiotics often enter our bodies without a prescription because of what we eat. Many antibiotics used the U.S. are fed to animals which are raised for food. Recently the U.S. Food and Drug Administration banned the use of antibiotics to promote growth in animals that are raised for food. However, there is a notable exception. Antibiotics are allowed to be given to the animals if a veterinarian determines the drugs might prevent disease in them, which can include a great many. A *New York Times* report names sources who suggest "a giant loophole" in the measure still allows for widespread antibiotic use in animals raised for food. Sciences proves this. New York University researchers were able to make lab mice obese and diabetic by proportionately giving them the same amount of antibiotics said to be in the American meat supply. Experts say not all meat comes from animals that were given antibiotics. Health proponents advise looking on the package label for meats that were raised without antibiotics. When it comes to building a better gut, while antibiotics are enemy number one, running a close second is the Standard American Diet or what's known as SAD. It's the kind of food people in the U.S. typically eat for breakfast, lunch, and dinner plus the good that's missing from these meals. Dr. Mullin says we need to examine what we put in our mouths. Consider processed foods a triple-threat: they're too sweet, contain no fiber and are chock-full of strange chemicals. Dr. Purna Kashyap researches the gut microbiome at The Mayo Clinic in Rochester, Minnesota. He says the culprits tend to hide in the small writing on the list of ingredients. Dr. Gail Cresci, Ph.D., RD, specializes in the microbiome at the Cleveland Clinic. She says trying to digest things that are not found in nature places extreme stress on our intestines and can cause dangerous inflammation throughout the body. When surveying the list of ingredients in a food's label, be on the lookout for words ending in, "-ose," such as "dextrose," "maltose" and "fructose." Dr. Kashyap says these and other added sugars actually make us fat and starve us at the same time. They do this by robbing the bacteria's food supply because our body absorbs simple sugar before it even gets to our intestines. Health experts say while sugar is bad, don't make the mistake of using artificial sweeteners in its place. Dr. Cresci says as it turns out, those products are just as bad, probably worse. Dr. Mullin agrees. When it comes to gut microbiome, your first two years set the stage for the rest of life. The way babies are born, the type of delivery can make a big difference. So does the kind of nutrition the baby receives. Dr. Heidi Nelson researches the colon at The Mayo Clinic in Rochester, Minnesota. She says birth via Cesarean section and feeding with formula provide inferior types and levels of good bacteria to the baby compared with their more natural counterparts. While sometimes C-sections and bottle feeding are necessary for the health of the mother, baby, or both, too often doctors and parents choose them without understanding the possible adverse effects on the child's microbiome.

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| 700 Club NewsWatch<br>#08022018 | 1:00:00                 | 5:00                  | REC                   | PA/O/E      | 8/2/2018       | 12:00 PM    |

CBN News Reporter Lorie Johnson Reports: Medical evidence shows the bacteria in our gut, that is, in our intestines, affects all aspects of our health. The key is trying to stop the things that kill our good bacteria such as antibiotic overuse, sugar, and junk food, then putting the good bacteria in our gut by eating probiotic foods and taking probiotic supplements, and finally, feeding the bacteria their favorite foods in the form of fiber. Heal your gut in three steps: 1. Stop Killing Bad Bacteria. 2. Put Good Bacteria in Your Gut. 3. Feed the Good Bacteria. The mixture of good and bad bacteria in our intestines is called the gut microbiome. Virginia Commonwealth University researcher Dr. Jasmohan Bajaj says building a better gut involves eating a diet rich in probiotics. These are foods and drinks that contain living, healthy bacteria. Fermented foods are found in the refrigerated areas of the grocery store because the cool temperatures ensure the bacteria stay alive. Kim-Chi, which is a fermented cabbage dish popularized in Korea is said to contain the best and most healthy bacteria. It can be in the refrigerated produce section of your grocery store. Alternately, you can make it (kimchi) yourself. Instead of using a cabbage crusher, you can just squeeze the veggies with your hands. Other probiotic-rich foods and drinks include Kombucha, fermented tea, which can be found in the produce section. Kefir and yogurt, both high in probiotics, can be found in the dairy section. Dr. Bajaj recommends plain yogurt. In addition to food, probiotic supplements can also help build levels of good bacteria. According to Johns Hopkins gastroenterologist Dr. Gerard Mullin, author of the book *The Gut Balance Revolution*, you must choose carefully because all supplements aren't always the real deal. Cleveland Clinic researcher, Dr. Gail Cresci said in addition to placing good bacteria in our gut through probiotic foods and supplements, the next step is to make sure they grow. The foods our good bacteria like to eat are called prebiotics. Mayo Clinic microbiome expert Dr. Purna Kashyap says prebiotics consist of all types of fiber. He said radishes, jicama, and dandelion greens are particularly good prebiotic foods. In addition to vegetables, whole fruit contains fiber. Dr. Kashyap says like vegetables strive for a variety of fruit. He cautions some fruit, such as bananas and pineapple, contain high amounts of sugar, while other fruits, such as berries are much lower in sugar. He points out fruit juice contains no fiber, is therefore not considered a prebiotic and is best avoided. However, other good sources of fiber include the whole grain oatmeal (not instant), psyllium husks, flaxseed, chia seeds and beans. The Cleveland Clinic's Dr. Mark Hyman, author of the book, *Food: What the Heck Should I Eat?* says our dietary choices boil down to common sense. Bone broth can also boost gut health. Dr. Hyman said in addition to antibiotics and a poor diet, delivering a baby via Caesarian section provides less desirable bacteria to the newborn than a vaginal delivery. The Mayo Clinic's Dr. Heidi Nelson agrees. She points out one of the best things we can do for our children is start them off with a wide variety of good gut bacteria. Dr. Mullin says the birth canal is loaded with healthy bacteria which are transferred to the baby during birth. Similarly, the time right after birth is critical for the baby's microbiome. Dr. Cresci says breast milk is better for the baby than processed, bottle milk. A child's microbiome is not only shaped by his or her type of delivery and feeding, but also by the bacteria to which the child is exposed in its environment. Dr. Nelson points out children raised on farms have the lowest incidence of asthma, while kids raised with pets have the seconded lowest, and kids raised in more sterile homes have the highest incidence of asthma.

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| 700 Club NewsWatch   | CBN                     | 1:00:00               | 5:00                  | REC         | PA/O/E         | 9/12/2018 12:00 PM |
| #09122018            |                         |                       |                       |             |                |                    |

CBN News Reporter Lorie Johnson Reports: Millions of Americans are turning to essential oils in an effort to minimize the number of chemicals in their lives. People use these plant extracts as a replacement for many synthetic medications, for home health care and to clean their homes naturally. Dr. Eric Zielinski, a leader in the field and author of the best-selling, *The Healing Power of Essential Oils*, told CBN News he became interested in the topic after reading about them in Holy Scripture. Dr. Zielinski says oils derived from roots, barks, flowers, and leaves address a wide variety of health issues. Lavender is perhaps the most popular essential oil. People like Sarah Hilburn use it to help them sleep. Sarah struggled with emotional issues that led to physical ones. Sarah didn't want to take sleeping pills. Instead, she combined several drops of lavender oil with water in a vaporizer next to her bed. The natural remedy worked beautifully. Sarah was so pleased the lavender oil helped her sleep, she began incorporating other essential oils into her daily life. For instance, she puts cooling peppermint oil on the bottoms of her feet when she's overheated and credits rose oil for her flawless complexion. Dr. Zielinski says it should come as no surprise that we can swap our pills for essential oils considering many of today's pharmaceuticals are modeled after plant extracts. Aspirin, for example, mimics willow bark, which people used for centuries as a pain reliever. More Americans prefer non-toxic versions of things like toothpaste, body lotion, deodorant and mouthwash, even acne treatment and hairspray. These items can all be made at home with essential oils, often for less money than what you'd pay for their chemical-laden counterparts at the store. Sabrina Zielinski, Eric's wife, nicknamed "Mama Z," created several recipes for cleaning products featuring essential oils. She says most store-brought products can cause serious health problems. She says essential oils do an amazing job in DIY cleaning products, working tough jobs, like the stove. She uses the same base for her cleaners but changes the oils for variety. For example, in the fall she uses cinnamon and clove. She feels especially good about making this quick and easy hand sanitizer. Since essential oils are highly concentrated, it's best to dilute them using water, such as in diffusers, or other oils, called "carrier oils." Using essential oils directly on the skin can actually cause physical harm and secondarily wastes money. Carrier oils include olive, coconut, almond, jojoba, apricot, avocado, grapeseed, borage and evening primrose oils. Sabrina devised a carrier oil base blend that she uses for most skincare products. She says to use six to twelve drops of essential oils for every one ounce of the base blend. Mama Z's carrier oil base blend: 54 ounces raw, organic, unrefined coconut oil (melted), 16 ounces sweet almond oil, 8 ounces jojoba oil, 4 ounces vitamin E. Dr. Zielinski says since essential oils are so popular these days, consumers can be fooled into buying cheap imitations. He says it's critical to purchase only high-quality oils, which can be a bit tricky. Here's how to choose a reputable oil brand: 1. Get a referral. Ask friends and family members whom you respect for a list of their favorite brand. 2. Find out about sourcing. Contact the company that you're interested in for a report of their sourcing and quality standards. 3. Get a batch report. Ask the company for a gas chromatography/mass spectrometry (GC/MS) report of a few oils that you're interested in. These linear graphs are used to identify adulteration and to break down the chemical components of individual oils. 4. Sample some. Try a couple of different brands and test for yourself, paying particular attention to how your body reacts. These days essential oils are booming in popularity. These wonderful smelling plant extracts are used for healing, personal care and around the house.

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| <i>Minority</i><br>Praise<br>#P090618 | 57:15                   | 57:15                 | L                     | PA/O        | 9/06/2018      | 5:00 PM     |
|                                       |                         |                       |                       |             | 9/06/2018      | 10:00 PM    |
|                                       |                         |                       |                       |             | 9/07/2018      | 2:00 PM     |
|                                       |                         |                       |                       |             | 9/13/2018      | 12:00 AM    |

Tonight, on Praise, Pastor Sam Rodriguez is joined by Pastor of Gateway Church of Texas, Pastor Robert Morris; former NFL player and pastor of Eagle's Nest Church in Roswell, Georgia, Lee Jenkins, and author, activist and niece of Dr. Martin Luther King, Jr., Alveda King; to discuss race relations in America. The issues are great angst, consternation, division, polarization, discord, strife, and disruption in America and around the world. We have to stop depending on political solutions when the church has a prophetic antidote in the name of Jesus. What if the body of Christ, the Church, come together in the name of Jesus and pushback the darkness and strife and the division and discord and this evil sin called racism? The answer is Jesus through his church. Tonight, the focus is on solutions. For instance, conversations with Christians who are different races coming together to talk about their experiences, their perspectives, but doing it in a safe biblical setting to get to know one another, so we can model racial unity in the world. A conversation can change everything. It starts in each of our hearts. Prejudice means to make a judgement about you before I have the facts or before I even know you. Not everything is racism, sometimes it is cultural. A divided church will not heal broken nations. We can disagree in politics, but we must agree on the love, grace and truth and hope of Jesus. It is Jesus that brings us together. Ignorant means you do not have knowledge or understanding in that subject. It does not mean you are intellectually inferior. What if every single Christian family would have dinner once a week with a family that is not part of your ethnic group? Time does not heal racial problems. You have to engage. Listen to one another. Have empathy for what your brothers and sisters have gone through. Be a friend. Stand up for one another. Love one another. You cannot be comfortable and reconcile at the same time. Step out of your racial comfort zone. Draw a circle on the ground, step in it, and ask God to send revival in the church. It starts with me.

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| <i>Minority</i><br>Huckabee<br>#43 | 52:30                   | 5:00                  | REC                   | PA/O        | 7/28/2018      | 5:00 PM     |
|                                    |                         |                       |                       |             | 7/28/2018      | 10:00 PM    |
|                                    |                         |                       |                       |             | 7/29/2018      | 5:00 PM     |
|                                    |                         |                       |                       |             | 7/29/2018      | 10:00 PM    |

Today on Mike Huckabee, Mike Huckabee interviews Senator Tim Scott and Congressman Trey Gowdy, co-authors of "Unified." In this segment they discuss what happened after the shooting at Mother Emmanuel Church; how the community came together and demonstrated to the world that life can be better with hope in Jesus. Somehow, in the midst of the challenges and the depth of their loss, they remembered Matthew 5:44. They remembered the concept of loving your enemies and praying for those who persecute you.

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|------------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|--------------------|
| <i>Substance Abuse</i> | Praise                  | 57:15                 | 57:15                 | REC         | PA/O           | 9/04/2018 5:00 PM  |
|                        | #P090418                |                       |                       |             |                | 9/04/2018 10:00 PM |
|                        |                         |                       |                       |             |                | 9/05/2018 2:00 PM  |
|                        |                         |                       |                       |             |                | 9/12/2018 12:00 AM |

Tonight, on Praise, Dr. Scott Hannen, Chiropractic Physician, interviews Texas Chiropractic Physician and best-selling author, Dr. Fabrizio Mancini; and Board-Certified Chiropractic Internist, Dr. Michael Taylor to discuss the devastating effect of opioid medications. The fact that 650,000 prescriptions of opioids are done every single day, and about 115 people die every single day of an overdose of an opioid is not only a crisis, but impacts all of us, not only personally, but our families, our businesses, and our communities. The challenge with opioids is that they are prescription pain killers. It is a silent epidemic. People misuse them. We have to change our perception about what pain is, so we can then solve the problem of the opioid crisis. There is a 30% increase in the number of overdoses in the last few years in this country. We have to recognize that these are synthetic drugs. They are produced in a lab, and we know that any time you introduce a drug into the body, the body will fight it because it feels it is a foreign agent, so it is going to have a defense against it. The challenge is that they become an addictive behavioral drug which means that your body and brain is faked into thinking there is not a problem anymore. It only blocks the pain and that disease process continues to get worse. First, ask yourself: "What is causing the pain?" "What is it that you're doing on a daily basis?" A lot of people experience a lot of pain because of emotional pain and they are just looking for something to make them feel better. Another crisis is spiritual pain that people are experiencing because they are very disconnected and have lost hope. Evaluate your personality. Do you find yourself having an addictive personality? Unfortunately, this generation of children are the ones that are struggling the most because we, our generation, has developed so many tendencies that are being passed down. Ask yourself, and your provider, "Is there a natural procedure?" Prevention is the best cure to avoid potential opioid addiction. One of the best options would include non-drug related treatment interventions like chiropractic care, acupuncture, auriculotherapy, massage, physical therapy. Nutritional deficiency is one of the biggest causes for pain. If the cells don't have the right nutrients, they can't function. Some important ones are B vitamins, phosphatidylcholine, trace minerals, vitamin D3, and magnesium. Make sure to seek out the provider that prescribed that medication and make sure that they work into the diminishing of that medication. Always work with your providers because that is one of the key things. Individuals who have opioid addiction going through traditional programs, treatment programs, a lot of times will be prescribed something called step-down drugs in an effort to try to help that patient overcome their addiction. In the process, what these drugs do is they will help reduce the withdrawal symptoms from the actual opioid. Some biomedical integrated treatment processes used for treating opioid addicted patients are NAD IV therapy, which helps to re-pattern the brain, power up the brain, and repair and restructure the brain; intravenous IV vitamin C assists in detoxifying the body; and phosphatidylcholine IV's to assist in repairing the neuronal membranes and has a detoxification effect. Other types of detoxifications such as infrared saunas are critically important. The skin is the largest organ on the body. Those infrared saunas assist in helping that skin sweat allowing the body to get rid of these toxins that bio accumulate over a period of time of the opioid addiction. Beyond that, eating right, or preferably organic produce. Unfortunately, most produce today has anywhere from five to nine pesticide residues on them, and if we are constantly consuming fruits and vegetables that might have additional trace amounts of pesticide residues, we are just feeding the toxic problem that the opioid patient already has. There's also emotional support. The body has the power to heal itself in three different ways: physical, emotional and spiritual. There are studies that have been done that if you go to church right now on a continual basis, you have a chance that 25% of you are going to live longer. Studies have also been done to show that people who were prayed for, got healed faster; their immune systems were boosted. There is also the power of prayer and meditation. You've got to move your body in order to physically heal that pain naturally. Three ways to address your pain in a healthy way emotionally: 1. Gratitude. 2. Forgiveness. You have to forgive yourself, and then once you forgive yourself, you have the ability to forgive others. 3. We must unconditionally love ourselves and others. You have to start with yourself. There is no way you can love other people long-term if you don't love yourself. Recognize that today is a new day. It's a new beginning. No matter what happened in the past, those circumstances do not define you.

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

| <i>Program Title</i>   | <i>Program Duration</i> | <i>Topic Duration</i> | <i>Segment Source</i> | <i>Type</i> | <i>Airdate</i> | <i>Time</i> |
|------------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
| <i>Substance Abuse</i> |                         |                       |                       |             |                |             |
| Treasures              | 28:30                   | 28:30                 | REC                   | PA/O        | 7/27/2018      | 11:30 PM    |
| #VOTR0102              |                         |                       |                       |             |                |             |

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, and Sonny Arguinzoni, Jr., Pastor of Victory Outreach Chino, focus on the devastation of drugs and teens. Never has there been a generation more affected by drug abuse. There are 24.7 million meth amphetamine users worldwide and meth has the highest relapse rate of any drug. Although drugs have invaded inner cities and suburbs, there is hope. Once addicted to meth, Ezra La Turco shares how drugs impacted his life as a young man. After committing himself 100% to God and the vision of Victory Outreach through their youth ministry called G.A.N.G. (God Anointed Now Generation), Ezra is now involved in ministry at the U.T.C. Urban Training Center, reaching people like himself and their families.

| <i>Program Title</i> | <i>Program Duration</i> | <i>Topic Duration</i> | <i>Segment Source</i> | <i>Type</i> | <i>Airdate</i> | <i>Time</i> |
|----------------------|-------------------------|-----------------------|-----------------------|-------------|----------------|-------------|
| <i>Youth</i>         |                         |                       |                       |             |                |             |
| Treasures            | 28:30                   | 28:30                 | REC                   | PA/O        | 8/3/2018       | 11:30 PM    |
| #VOTR0103            |                         |                       |                       |             |                |             |

On today's episode of Treasures, Sonny Arguinzoni, Founder of Victory Outreach International, and Sonny Arguinzoni, Jr., Pastor of Victory Outreach Chino, address teenage rebellion. Many young people just want to feel loved and accepted. If this is not provided at home, sometimes they find someone or something that are only harmful to them. Priscilla shares her story of hopelessness and how she found purpose in Christ.

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