

HEALING

begins with **SANCTIFICATION**
of the **HEART**

“NO DISEASE IS INCURABLE”

DrMKStrydom



EAGLES' WINGS

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* Cover statistics according to Dr Caroline Leaf, Neurologist (see above for contact details).

Dedication

I would like to dedicate this book to my father, Roelf Strydom. Thank you for being such a wonderful dad to us three children, for your years of hard work and sacrifice in providing for us and enabling us to get to where we are today. Thank you also for standing up for me and covering me with your authority in my early days of ministry, in spite of what it cost you and the family. Without your support this book would not exist today and the thousands of lives that it has touched and saved would never have taken place. I honor and respect you for the man that you are.

Acknowledgement

A special thank you to Lynn Collet for being the “shaker and mover” who on a practical level helped organise the seminar from which this book was able to be launched. You are a valuable friend.

Thank you also to Maureen Alcock for all the time you put in to editing the 2nd and 3rd edition of this book. I have learnt a lot from you and consider you to be a very special lady.

To Pastor Wayne Nel who spent countless hours with the graphic design and putting the 1st and 2nd edition of this book together – thank you from my heart. Thank you also for your spiritual covering, guidance, correction and coaching that is equipping and enabling me to flourish and grow into my calling and God given destiny.

Pastor Henry Wright – the knowledge and insight about disease that I have gained from you has been more valuable than anything I have learned from the medical text books or doctors who taught me at university. You are the pioneer of this teaching. The knowledge and insight in this book concerning what causes specific diseases is thanks to the years of research done by you and your team. Thank you for sharing this knowledge with me – it has radically and outrageously transformed my life and my entire approach to disease as a doctor.

Doctor Caroline Leaf – you are my greatest and favourite teacher in the world of science and medicine! Your teaching on the brain and how thoughts form filled in the missing link and has helped me to understand so many diseases on a physical level. Thank you for sharing your knowledge and research so generously and freely with me and for allowing me to use it in the writing of this book.

Paul Nison – thank you for all the knowledge you have imparted to me regarding the wisdom of God’s principles of eating and rest. It has literally equipped me to save lives.

Wendy Conolly – Thank you for blessing us with our time spent at Antelope Park where I was able to write the 3rd edition of this book surrounded by the magnificent beauty of nature which was so nourishing for the soul. It is like being in the Garden of Eden. I would recommend Antelope Park for anybody who needs true rest and rejuvenation in luxury, whilst still enjoying close encounters with elephants, lions and other wild life in the African bush. It is an experience that you cannot have anywhere else in the world (see www.antelopepark.co.zw). Wendy you have become a very special friend to Tammy and I in Eagles Wings Ministry. We truly value and appreciate you!

Byron and Linda Symeonoglou –, thank you with all of my heart for your overwhelmingly generous investment into Eagles Wings Ministry which has made the printing of the 3rd edition of this book possible, and has enabled us to touch thousands of lives. I pray that the Lord would multiply a blessing back to you that you cannot contain!

Tammy Van Rensburg – the Lord has blessed us with a friendship like Jonathan and David in the Bible. You are a loyal friend who sticks closer than a brother (Proverbs 18 v 24). Thank you for believing in me, for sharing the journey, the excitement, the challenges, the testing times of character refining and taking such great leaps of faith in helping me launch Eagles’ Wings ministry. You have been an oasis of love and encouragement and the wind beneath my wings.

Thank you to my Ouma and Oupa, Coenraad and Ruth Strydom – for teaching me the Word of God which firmly rooted me in my faith and helped me establish a solid, intimate relationship with the Father at an early age and for your financial investment which helped us begin Eagles Wings Ministry. Thank you to my other grandparents Yvonne and Stavros Georgiou for the ring on my finger which nobody can ever take off which is the ring of confidence.

My mum and dad, Roelf and Debbie Strydom, there is just no words that are adequate to describe my deep love and gratitude for you.

Holy Spirit – thank you for being my Comforter, Counsellor, Helper, Intercessor, Advocate, Strengthener and Standby. Jesus, thank You for the cross – will I ever understand the cost? As You laid down Your life for me, take my life and use it for You. You are my Lord and Saviour. My Heavenly Father, thank You for the privilege of an intimate love relationship with You – my greatest desire is to know You more.

Disclaimer

This book is intended for your general knowledge only. Its purpose is to give valuable insights into disease from both medical and Biblical perspectives. It is not intended to serve as a substitute for a consultation and proper care by a medical doctor, and should not be used by you or any other unqualified person as a tool to make a diagnosis. You should seek prompt medical attention for any health problems, rather than assume that you can use my teachings as a substitute for proper medical care, because I do not seek to be in rivalry with any medical or psychiatric practices, pharmaceutical companies or churches. My purpose is to help them to be more effective.

I am not responsible for your disease, and neither am I responsible for your healing. All that I can do is to serve you by sowing seeds of knowledge in your heart; it is God Who gives the healing. The fruit of this teaching will come forth out of an intimate love relationship with God the Father, based on the application of these insights.

In particular, I absolutely do not guarantee, and will not be legally liable for any assertion by you or anyone else to the effect that compliance with my teachings as contained in this book or anywhere else has not resulted in healing, either in whole or in part. Furthermore, no responsibility at all is accepted for any death, illness, deterioration in any person's health condition, or for injury or loss (whether pecuniary, or of time or business) or for any other type of loss whatsoever to any person (whether natural or judicial) which may be said to have been incurred as a result of the contents of my work or teachings.

Accordingly, there is no guarantee that any person will be healed, or that any disease will be prevented, by my teachings. I cannot heal a fly with a headache by myself. And it really doesn't depend on me or God; it depends on you. Not everyone who starts applying the principles in this book will necessarily get well, usually because they do not fully apply them to their lives. God does not honour partial obedience. You must take responsibility yourself for failure of these principles to work when you or the person to whom you've recommended this teaching withdraws from applying them half way through or merely applies them in a half hearted manner. Such failure doesn't of itself make this teaching invalid; it just means that there is a breakdown on a different level.

The teaching in this book is not based on a scientific model; it is based primarily on the Word of God, and should be implemented by faith in that Word, its primary foundation being Jesus Christ. I have brought science into it because I am a medical doctor and because I am seeing that much of what medical science has to say about disease today ties in with what the Bible said thousands of years ago.

The insights that I share in this book are a revelation for God's people in the church. Therefore the book is written in a manner that is easy for a layman to read and understand, rather than in a format that would be more appropriate for a medical journal.

This book is the fourth edition and it is still a work in progress. There will be further editions as I learn more, write about more diseases and improve on what I have already written. Visit our website (www.eagleswings.co.zw) to find out where this book as well as our two DVD series of this teaching called "No Disease Is Incurable – Part 1" and "No Disease Is Incurable – Part 2" are available.

If the knowledge and insights in this book have been of value to you, please send us your testimonies (if possible, combined with any documented medical reports confirming healing) to the following email address: tvr.eagleswings@gmail.com and/or tammy@eagleswings.co.zw. We will use your story to encourage others.

IMPORTANT NOTICE:

- 1. DO NOT STOP YOUR MEDICATION WITHOUT THE SUPERVISION OF A DOCTOR**
- 2. In order to gain the full benefits of this book, it is recommended that you first read Part 1, Part 2 and Part 3 which have essential background knowledge before reading about the specific diseases that you are interested in.**

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Endorsements

In "HEALING begins with SANCTIFICATION of the HEART", Dr M K Strydom shows how God has already divinely provided for us to stay in perfect health. Medical science has over the centuries been trying to catch up with the "manufacturer's manual", the Holy Scriptures, and this prophetic revelation gives scientific proof to God's age old plan for our guaranteed total well being. The blending of scientific fact with biblical truth in explaining the causes of ill health, and how we can be healed, makes this compelling reading for all of humanity. "The secret things belong unto the LORD our God: but those things which are revealed belong unto us and to our children for ever, that we may do all the words of this law". How I pray that these revealed truths may become part of your daily life. This healing is both free and perfect. Enjoy the journey through this book as you appropriate your blessing.

Dr Henry Madzorera
Minister of Health and Child Welfare,
Zimbabwe

I feel greatly privileged and honoured to have been graciously invited to provide reference remarks on Dr MK Strydom's book, which I have had the blessed opportunity to read through.

The bible says in the Book of Ephesians Chapter 1 vs 19: **"What is exceeding greatness of His power toward us who believe according to the working of His mighty power?"**

I found the book a marvel and a blessing for a time such as this. In a simple, nonetheless profound language Dr Strydom presents with spirit filled conviction on precise, accurate understanding and meticulous insight into the human anatomy as it is revealed by the Word of God.

Her Book is spiritually empowering and liberating as it gives advice on the control of thought life, which is the basis of the choice between sound health and disease. Her amazing exposition of this concept is extraordinary (Deuteronomy 30:19).

The awesome healing power of our Omniscient, Omnipotent and Omnipresent God by His word brings freshness and a refreshing vitality which is needed now more than ever with limitations of medical science so glaring.

Medicine Science has moved to a point and not beyond. The Word of God takes us into the realm of wholesome healing of the Body, Soul and Spirit. (3 John 2)

The spiritual transformation impact of the book to myself personally, my family, officers, members and their spouses who have had the privilege to read the book has been immense.

As believers in the finished work of our Lord and Saviour Jesus Christ we walk by faith and not by sight and are routed in the conviction that we blossom where we are planted. We are planted by and in the word of God, which is settled in heaven (Psalm 119 v 89).

I recommend the book to every believer or for that matter even those who doubt. Healing awaits anyone who steps out in faith by receiving the Word and its healing power as the Bible says that He sent His word to heal us (Psalm 107vs 20)

It is God who heals (Exodus 15 v 26).

Dr MK Strydom's book will no doubt restore, reinvigorate the faith and put the blessed healing ministry back onto the body of Christ where it rightfully belongs.

In summary, the book settles the debate surround healing in that God has formed the body , which heals itself through the unity of the human spirit and God's creative spirit.

Our thought life must be guided by God's Word, as we should derive total satisfaction in the present and dream about tomorrow.

Mr A Chihuri
Commissioner General Of ZRP
Zimbabwe

God is in the restoration business and this material (Healing Begins With Sanctification of the Heart) is dynamite. It blows apart all our misconceptions about our health as it challenges us to examine our relationships with Father God, those around us and even ourselves. It pushes us to 'grow up' and take responsibility for our thoughts and actions.

Dynamite needs to be handled carefully; People often ask where is God's grace when it comes to healing? We must not confuse the incredible richness of the grace of God with the consequences or outworking of our thoughts and actions. God is sovereign and cannot be placed in a box but that does not exempt us from playing our part! It's also crucial to understand that there is no condemnation in Christ Jesus; the Holy Spirit brings conviction for change. I have seen many people healed through the application of its sound biblical principles.

As a pastor Healing Begins With Sanctification of the Heart gives wonderful revelation as to the lengths Jesus went in order to secure my healing as well as providing great insight as to how I can pray for others. The heart of the Father is restoration (2 Cor 5:20-21). As God continues to bring revelation in this field I pray that you may embrace the heart of what is shared here.

Pastor Wayne Nel
Revival Centre Ministries
Bulawayo, Zimbabwe

You can explain the side of the natural but what about the flip side of the coin which is the spiritual side. Man can explain the natural side of things but God will explain the spiritual side. The natural is an expression of what is happening in the spiritual realm. First in the spirit and then in the natural. We have to deal with diseases first in the spirit and then in the natural.

Michelle like a prophetess has enquired from the Lord to see the spiritual side of diseases. Let us join her in spreading the news.

This book is useful for personal enrichment and for counseling.

Pastors Langton and Chido Gatsi
One Way Ministries International

We have been experiencing at our local church a fresh revelation of the word of God through Dr Michelle's book and her teachings on the current move of restoration of the church and in particular healing of the body and with salvation comes the truth to bring us an understanding of what God's word says to us, strangely it hasn't changed, and I love what she says, if we would know and understand the power in the word we would never need a Doctor. It's all in the Word, when Jesus cried out on the cross "It's

finished", He has already done it all. Now you have to overcome the battle in your mind! And Michelle's book goes all the way to help you in this wonderful revelation of the love Jesus has for you! Be blessed as you read this book.

Pastor Stephen Duff
Break Thru Church
Boksburg, SA

This is a book which I strongly believe the world at large has been waiting for. The first day Dr Michelle presented her book and when I watched her DVD, I answered my pastor "this is what everyone has been waiting for." God sends His messengers to the world in each dispensation to make sure that people don't perish but have abundant life, life in its full measure. No disease is incurable is a solution at the right time and right place. Dr Michelle Strydom has written down intricately an answer that our generation requires. Personally I had to buy many copies of the book and DVDs to use and offer the people of our time facing various infirmities. I congratulate Dr Michelle for this magnificent piece of work in the medical fraternity and for the solutions Eagles' Wings has brought and will continue to offer. Thank you doc, for allowing the Almighty God to use you in our time this side of eternity.

Dr Wisdom Mudombi
Harare

We are very grateful for Michelle's love for God and her implicit obedience and courage to follow through with what He has shown her of His perspectives of health and healing through His Word. Michelle's sincere and courageous work will greatly serve many and especially the poor, and in the process bring many to know God as Saviour and Lord.

This book chronicles the very courageous work of a brilliant and very Godly young doctor, who has and is seeking the Lord's perspective and will for health and medicine with all her heart. I pray that the wider Body of Christ will unite and support this vital and pioneering work, which is bringing healing to those who have been declared incurable after all the sincere efforts of conventional medicine. This work, brought with a deep understanding of the grace of God, could change the face of modern medicine, and will also greatly bless the poor and vulnerable members of our society.

God tells us His ways are different and higher than our ways, and so they often defy our norms of logic and the standards of this world (Isaiah 55: 8-9, Rom 12: 2, Matt 5:39-40).

May the Lord greatly bless this latest edition!!!

Brian Oldrive
Foundations for Farming
Harare

PART 1:

YOUR THOUGHT LIFE

“... lead every **thought** and purpose away captive to the obedience of Christ.”
2 Corinthians 10: 5



...thought...

Introduction: What this book is about and how to use it

Greetings. My name is Michelle Strydom. I am a Zimbabwean who trained and qualified as a doctor in South Africa. My intention is to practice medicine for the glory of God and my passion is to see His people set free and healed of all their diseases. The purpose of this book is to take the mystery out of disease. I'm going to explain in simple language why you have a disease, how it developed and what it is going to take to get well.

As you read through the following pages you will experience a new frontier in medicine as I take you on a journey into science, into the anatomy and physiology of your body and also into the Bible. Why the Bible? The latest cutting edge medical research is proving what the Bible said about health and disease thousands of years ago. In fact the Bible has been proven to be more scientifically accurate in the area of disease than medicine has been in the past 60 years. During the course of this teaching you are going to see why.

If you want to defeat incurable disease – this would be a good time to pay attention.

If you want to defeat incurable disease – this would be a good time to pay attention. I'm going to show you disease in science and the Bible in a way you have never heard it taught before. I believe that this knowledge will help set you free from disease and enable you to take your life back. I'm going to share with you the practical application of the Word of God and medical science so that you may be healed and stay healed, and so that you can help others understand the gospel. That brings realistic fruit to your life which is more than just spiritual theories.

I'm going to take you into the foundation of all diseases as I give you insight into the spiritual, psychological and physical mechanisms that produce disease. I am going to show you how your thoughts and the things that you meditate on long term cause biological manifestation in the form of disease in your body.

The information in this book will also benefit those who do not have a disease or illness at the moment. God's perfect will is actually not healing, His perfect will is that you don't get sick. Even if you don't have a disease today, it is still important for you to learn God's principles concerning health – because the principles you apply in your life that bring healing, are the same principles that will prevent disease.

Unfortunately I cannot write about and explain all the diseases known to man as it would end up as a library of encyclopedias and I certainly don't have the time for that. Therefore I have trusted God for wisdom and have included the diseases that are most common today. Furthermore I do not have the answers to every single disease. There will be further editions of this book as I learn more and improve on what I've already written.

This is not the type of book that you would read from beginning to end like a novel. It is more like a reference book where you will look up specific diseases that interest you i.e. the diseases that are affecting you or your family or friends. I strongly recommend that you first take the time to read through the first two chapters called "Essential Background Information of Disease from a Medical Perspective" and "Essential Background Information of Disease from a Biblical Perspective" before reading the chapter on the specific disease that you wish to know about. These chapters have important foundational knowledge that you need to be able to fully understand any disease.

In studying specific diseases you will be taken on a journey as you are referred from one chapter to the next. Each chapter highlights or brings to your attention relevant issues that need to be dealt with, in order to set in motion your healing and restoration back to good health. For example, if you turn to the chapter on allergies, it advises you in the beginning to first read through the chapter "How Long Term Fear, Anxiety and Stress Affects the Body." The reason is that allergies have been traced back to fear, anxiety and stress in a person's thought life. Therefore you need this background knowledge to understand allergies. Then at the end of the chapter on allergies, you will be referred to the chapter on "Dealing With Fear, Anxiety and Stress." At the end of that chapter you will be referred to the chapter on "Forgiveness – A Necessity For Healing" because unforgiveness can block your healing.

Let's take another example of type 1 diabetes. When you turn to the chapter on diabetes, it advises you in the beginning to first read through the chapter on "Autoimmune Diseases" and "Genetically Inherited Diseases". These chapters are important background information to understand type 1 diabetes because it is an autoimmune disease which is often genetically inherited. Diabetes has been traced back to a low self-esteem, self-hatred, self-rejection, self-condemnation and/or guilt in a person's thought life (this often stems from rejection by the father). Therefore after reading the chapter on diabetes you will be referred to the chapter on "Who You Are In Christ." This is because building a healthy self-esteem starts with knowing who you are in Christ, placing your identity and sense of self worth in Him, and learning to see yourself as God sees you. At the end of the chapter on "Who You Are In Christ" you will be referred to the chapter on forgiveness because as with all disease unforgiveness blocks healing.

I have studied diseases in detail in my medical training and experience as a doctor. One of my greatest teachers has been Doctor Caroline Leaf (PhD) - a Christian who loves the Lord and who has been involved in medical research on the brain for over 25 years. She has kindly given me permission to use the information from her research, from her book "Who Switched Off My Brain?" and a teaching that she did in a seminar called "Your Body, His Temple". For more information about Dr Caroline Leaf and her material, visit her website at www.drleaf.net

I have also gained tremendous insight into diseases from a spiritual perspective from Pastor Henry Wright. He is the Senior Pastor of a trans-denominational church called Pleasant Valley Church in Georgia in America. He has been involved in ministry for over 30 years and has had vast experience in the area of healing. He is a man of faith who has used modern scientific methods of research to document the actual spiritual causes of specific diseases. Henry Wright also has a team of qualified medical professionals working under him full time that are involved in ongoing study and investigation of the latest scientific research in various diseases. His ministry is impacting people world wide and their success in seeing people healed from so called incurable diseases is second to none. It is God Who is doing it. In the writing of this book I have drawn from the knowledge in Henry Wright's book which he wrote called "A More Excellent Way. Insight into the Spiritual Roots of Disease". He has also kindly given me permission to use his insights. To find out more about Henry Wright, visit his website at www.pleasantvalleychurch.net or www.beinhealth.com

I began applying the principles of God's Word concerning healing that Henry Wright teaches and found that God honored it as patients with incurable diseases fully recovered. This inspired me to research further into disease from a spiritual or Biblical perspective, and to learn more about the effects of the mind and our thought life on health. What I learnt led to the writing of this book as well as the making of a DVD series. I am using the information and teaching in this book in all my dealings with patients. The fact that patients are fully recovering from incurable diseases by applying the principles of this teaching is a testimony to its validity. To teach about diseases and healing with nobody being healed is obviously ridiculous. Most of the knowledge and insight that I share in this book is not originally my own: this teaching is exploding globally and doctors all over the world are tapping into these principles through what is called the 7 000 project that was founded by Pastor Henry Wright, and it is globally revolutionizing

people's thinking about disease. You may also need to rethink what you think is truth. Thousands of people worldwide who were on death's doorstep with devastating incurable disease and who were written off by doctors are completely well today due to this teaching.

Joyce Meyer has also had a significant influence on my life. I have studied her books on many different subjects, and her teaching has helped me to grow in understanding of the Word of God. In the writing of this book, I have drawn on the knowledge that I have gained from Dr. Leaf, Pastor Wright and Joyce Meyer, as well as my own medical knowledge and study of the latest medical research. However, my most important teacher is the Designer of the human body Himself. I have spent much time with God seeking Him for His ways and wisdom concerning diseases and healing. During my medical training at university and whilst working in the hospitals in South Africa, I just felt that something was missing. I would walk through the wards and think to myself, "What are we really achieving here?"...and the answer was very little. With all the drugs that we have to treat disease, over 80% of diseases are incurable in the medical field and those drugs often come with their own Pandora's box of side effects. For example, when it comes to a patient with high blood pressure or diabetes – an average doctor's answer is to keep the patient chemically manipulated and artificially maintained on drugs for the rest of the patient's life. While these drugs dull the symptoms and maybe slow down the progression of the disease, the underlying disease is never truly eradicated and the person still dies of that disease or the complications of it. One day in frustration I said to God, "There has to be more to it than this! Lord You are the Designer of the human body – please teach me!" And He has. I am so grateful for this knowledge and insight that I am now able to share with you which will bring true healing which is disease eradication in the true sense of the word and not just mere management of disease with drugs which never really solve the problem. As a doctor I have had to redefine my whole approach to health and healing because what they are doing in the world is just not working.

In the Old Testament days, when somebody was sick, they didn't go to doctors, they went to the priests. For example when a leper was healed he would go to the priests to confirm that he was clean. In the New Testament, who does it instruct us to go to when we are sick? To a doctor or a psychiatrist? No – to the elders of the church!

James 5 v 14: "Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer that is of faith will save him who is sick, and the Lord will restore him."

I'm not against doctors otherwise I wouldn't be a doctor myself. However I have to say that the worldly doctors, psychiatrists and psychologists today are the result of the frustration of the failure of the church. According to an observation made by Henry Wright, less than 5% of people who are prayed for in churches across the world (regardless of denomination) are actually healed of their disease. Less than 5%! The church worldwide today does not have many answers. They can help you avoid hell and get you to a place called Heaven but in between is hell here on earth which represents disease, insanity and all kinds of problems. Because the church has failed in this area, people are turning to doctors, psychologists and psychiatrists who have become the "pastors" of the world. There are just as many Christians in doctors', psychiatrists' and psychologists' offices as there are unbelievers. Statistically there is no difference between Christians and unbelievers when it comes to psychological problems and biological diseases. Believe it or not, there is just as much alcohol abuse, divorce, sexual immorality and sickness in the Church as there is out there in the world. There is a lot of preaching today about peace, but there is very little evidence of it. According to the World Health Organization, 35% of Americans are under some type of medical care for psychiatric or psychological illnesses. There are just as many believers on anti-depressants as there are

Less than 5% of people who are prayed for in churches across the world are actually healed of their disease.

unbelievers. The problem is that we do not understand disease, even from a Biblical perspective. We have gone into captivity and are perishing due to a lack of knowledge. God said to the prophet Isaiah:

“My people are gone into captivity, because they have no knowledge: and their honourable men are famished, and their multitude dried up with thirst. Therefore hell has enlarged herself, and opened herself without measure...” Isaiah 5 v 13 – 14.

God is not talking about the people out there in the world – He’s talking about His people who are called by His Name and set aside by His covenant! God’s people are being sent to the world for help when the answers to set you free are right here in His Word.

God is very clear in His Word that it is His desire to heal His people. So if it is God’s will to heal – why are we not seeing the fruit of this in the Church? **Psalm 103 v 3 says, “God heals all of our diseases”**. The reality is less than 5% are being healed and the other 95 to 98% are just not getting well from incurable diseases despite having been prayed for. Why? In spite of the great faith movements and other movements on Christian television and in churches across the world – there is at least a 95% failure rate when it comes to healing. There is a reason for this. Have you ever really had faith and believed God for something, but didn’t get a thing? Have you ever been sick and were prayed for, and yet were not healed? I have seen my friends, family and members of my church all experience this. I once had a very dear friend die of cancer – we had prayed and fasted, we had taken him to the elders of the church who had anointed him with oil, we believed God, we claimed all the promises in His word that God would heal him... yet he still died. It was a staggering attack on my faith and my trust in God and His Word.

Let’s have a look at **Isaiah 53 v 5: “But He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and well being was upon Him, and with the stripes [that wounded] Him we are healed and made whole.”**

This scripture was referred to in **Matthew 8 v 17: “And thus He fulfilled what was spoken through the prophet Isaiah, He Himself took [in order to carry away] our weaknesses and infirmities and bore away our diseases.”**

According to Isaiah 53 v 5, as children of God we are healed and made whole by the stripes of Jesus on the cross. That means we should be living in divine health. Why then are Christians even getting sick? Those are some of the questions that I intend to answer in this book.

This teaching is not based on a scientific model – it is based on the Word of God by faith, with its primary foundation being Jesus Christ. I have brought science into it because I am a medical doctor and because I am seeing much of what medical science has to say about disease today tie in with what the Bible had to say about disease thousands of years ago. What I have learnt while studying the human body in my medical training and the information that is coming from the latest medical research proves what I see in the Bible. And vice versa – what I see in the Bible only proves what we are seeing in the medical field.

I will not tell you anything that I cannot prove in Scripture and that I cannot prove in science. I have gone to great lengths to make sure that the information in this book is accurate on both a medical and Biblical level. Most of the scriptures quoted in this book have been taken from the Amplified Bible and sometimes when stated from the King James Bible.

The insight that I share in this book is a revelation for God’s people in the church. Therefore it is written in a manner that is easy for a layman to read and understand rather than in a format that would be appropriate for an article in a medical journal. One of my goals is to bring to life complex science in a way that is easy for anybody to understand so that you can gain just enough knowledge to help you set in motion the things that are necessary for healing to come and for diseases to be prevented – even if you are not a science fan.

Not everyone who starts applying the principles in this book will get well, mainly because they do not fully apply them to their lives. God does not honor partial obedience. I do not take responsibility for failure of these principles to work when the person withdraws from applying them half way through or merely applies them in a half hearted manner. It doesn't make this teaching invalid, it just means there is a breakdown on a different level.

I am not responsible for your disease and I am not responsible for your healing. All I can do is serve you by sowing seeds of knowledge in your heart and it is God Who brings the increase. I cannot heal a fly with a headache by myself. And it really doesn't depend on me or God, it depends on you. The fruit of this teaching will come forth out of an intimate love relationship between you and God the Father based on the application of these insights.

The fruit of this teaching will result in an intimate love relationship between you and God the Father.

Isaiah 29 v 13: "And the Lord said, Forasmuch as this people draw near to Me with their mouth and honor Me with their lips but remove their hearts and minds far from Me, and their fear and reverence for Me are a commandment of men that is learned by repetition [without any thought as to the meaning]."

This scripture above talks of empty manmade religion which just involves going through the motions as though it were a mechanism or meaningless ritual. If you apply this teaching in that manner, it is not going to work. This teaching is more than just the power of positive thinking because as Jesus said in John 15 v 5 – apart from God, you can do nothing worthwhile. Furthermore it is very important to note that this book is not a quick fix or "A ten steps to get what you want out of God" scientific formula – as if God is like an ATM machine where you press this button and that button and God delivers. The "Name it and claim it" teaching of many modern churches today is not scriptural because it tends towards materialism and I hope I have not increased that image. God is not a vending machine where you put in a coin and get something out. God is God – He is Mighty, Indescribable, Awesome and Sovereign. He is to be reverentially feared. We are serving Him, He is not serving us. You'll see that the information and teaching in this book, on both a scientific and Biblical level, points you back to getting right with God and developing a more intimate love relationship with Him – hopefully it will inspire you to get to know the Father more!

When people see a book or a teaching about healing they often shudder because they have been so sickened by the compromised new age life enhancement gospel that preaches health, wealth and prosperity. While there is nothing wrong with these things and it should be a part of every Christian's life, our focus should not be to seek God's hand but to seek His Heart. We need to draw close to Him for who He is and not for what He can do for us. We've got to get this one straightened out at the onset: make sure your heart motive is right because if you are using God as a means to an end – you've got your first block to healing. God is not going to be a means to anyone's end. This is not about what God can do for us, it's about what we can do for Him. There's only one reason for God meeting you and by His mercy healing you, so that you can serve Him and fulfill His calling for you in your generation that He may receive glory through your life. You see, it's not what you're going to get out of God – it's what He is going to get out of you. Let's be done once and for all with this life enhancement Christianity that makes God a means instead of the glorious end that He is. Let's do away with selfish motives for healing because we just want to enjoy a happy life of prosperity for selfish gain. I'm going to say to you dear friend that your motive must be right – you must serve Him and love Him as long as you live simply because He is worthy... Healing, wealth and all those other things will just be a by-product of loving God and not the prime product.

Matthew 6 v 33: "But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given to you besides."

Please do not use the information in this book in a legalistic manner to condemn others – it is meant to be used with genuine love and compassion. Let your heart motive be to lovingly draw them closer to God. Don't go with your hammer of judgment and condemnation.

Galatians 6 v 1: "Brethren, if any person is overtaken in misconduct or sin of any sort, you who are spiritual [who are responsive to and controlled by the Spirit] should set Him right and restore and reinstate him, without any sense of superiority and with all gentleness, keeping an attentive eye on yourself, lest you should be tempted also."

God says in **Hosea 4 v 8: "My people perish for lack of knowledge."** Ignorance is a form of knowledge but it can be dangerous to our health. I have revelation knowledge from the Bible and the latest cutting edge medical research that I want to share with you. And with this knowledge please realize there comes the responsibility of sharing it. The purpose of this teaching is not just to help you become well, but also to train and equip you to help your family and others become well also.

Proverbs 9 v 10-11: "The reverential and worshipful fear of the Lord is the beginning (the chief and choice part) of Wisdom, and the knowledge of the Holy One is insight and understanding. For by me [Wisdom from God] your days shall be multiplied and the years of your life shall be increased."

I pray that you will never be the same after studying and applying the principles and teaching of this book. Many of you will not develop diseases that would have come upon you had you not received this knowledge. I would like to say to those who have been given a "death sentence" in terms of a serious medical diagnosis that there is hope – no disease is incurable! That is a very realistic statement and during the course of this teaching you are going to see why. I believe that the knowledge and insight that I am about to share with you will save your life. I pray that the teaching in this book would touch and heal your heart and that it would also benefit the lives of your families...and ultimately the healing of this nation.

1 Corinthians 2 v 4 – 5: "And my language and my message were not sent forth in persuasive (enticing and plausible) words of wisdom, but they were in demonstration of the [Holy] Spirit and power [a proof by the Spirit and power of God, operating on me and stirring in the minds of my hearers the most holy emotions and thus persuading them], So that your faith might not rest in the wisdom of men (human philosophy), but in the power of God."

Essential background knowledge of disease from a medical perspective

The latest cutting edge medical research has made a startling discovery:

87% OF ALL DISEASES ARE A RESULT OF WHAT GOES ON IN OUR THOUGHT LIFE!

*I am using the more conservative statistic given by Dr. Caroline Leaf which is 87%, however in future publications you are going to see this figure come up to 95% which is a more recent statistic.

When some people say, "It's all in your head" they may be meaning it as something negative or derogatory, but actually it couldn't be more accurate! What has now been shown in research on the brain is that everything that goes on in your thought life is converted into a physical reaction. A massive body of research has now shown that the mind-body connection is real - what we think affects us emotionally, intellectually and physically³. For every thought that you meditate on, there is a physical reaction in your body in the form of electrical current travelling along the nerves in your brain and the production of various hormones and chemicals that flow throughout your entire body in response to those thoughts. What you think affects your whole body. Your endocrine system (hormones), nervous system, immune system, gastrointestinal system, heart and blood vessels, bones and muscles are all directly affected by the thoughts that you meditate on long term.

*A massive body
of research has
now shown that
the mind-body
connection is real.*

Every time you meditate on a thought, it is actively changing your brain and body in either a positive or destructive way. If you are bringing every thought into captivity under the obedience of Christ (2 Corinthians 10 v 5) and you are meditating on whatever is true, pure, lovely, of good report and praise worthy (Philippians 4 v8), your brain is going to convert these thoughts into a reaction that is going to produce health in your body. This is exactly what the Word says: **Proverbs 17 v 22: "A happy heart is good medicine and a cheerful mind works healing..."**

A thought may seem harmless, but if it becomes toxic, even just a thought can become spiritually, emotionally and physically dangerous. When you start listening to those toxic thoughts of anxiety, fear, self-hatred, self-condemnation, self-rejection, anger, rage, bitterness, unforgiveness, jealousy etc your body is secreting chemicals and hormones in response to those spiritual attacks that are counterproductive to your health and peace. Your brain is converting those thoughts into a physical reaction that is leading to the development of disease in your body. This is going to be explained in detail under the various diseases in this book.

3 John v 2 says: "Beloved, I wish above all things that you may prosper and be in health even as your soul prospers." After studying the brain, I have received a tremendous amount of revelation from this scripture. Biblically, your soul consists of your mind, will and emotions. I'll be explaining later in more detail how the brain works and how thoughts form. You will learn that your mind is physically in your brain. There is an area in your brain that has been discovered which is your free will - it is the area in your brain where you choose whether to meditate on a thought or to disregard it (2 Corinthians 10 v 5). So your free will is physically part of your mind. Your emotions are a product of your thoughts. If your thoughts

are positive and Godly, your emotions will be the same. If your thoughts are negative and sinful, your emotions will be the same. The point is your will and emotions are part of your mind. Therefore from a medical standpoint, I can use the word mind and soul interchangeably because they mean the same thing. I said earlier that we have discovered in medical research that whatever is going on in your thought life (your mind), your brain will convert into a physical reaction. The message of 3 John v 2 is: "To the extent that your mind (soul) prospers – so your body (health) prospers". In other words:

The quality of your life and health is brought about by the quality of your thinking.

Think about that!

Think about what you are thinking about...

Your life is an expression of your thoughts. That is why the Bible says to guard your heart for out of it flows the issues of life (Matthew 12 v 34). If your thought life is a mess your life and health will be a mess. The devil deceives people into thinking that the source of their misery and problems is due to what is going on around them (their circumstances), but it is actually due to what is going on inside you in your thought life. If your thoughts are positive and Godly, your life will prosper and you will enjoy good health.

You prosper and be in health as your soul (mind, will and emotions) prospers.

***Thoughts are powerful.
They have creative ability.
They shape your life.***

You are going to become what you think. One translation of **Proverbs 23 v 7** says: **"As a man thinks in his heart, so does he become."** This scripture alone is an indication of how vital it is that we are careful about what we think. Thoughts are powerful. They have creative ability. They shape your life. We tend to be complacent about something when we don't realize how important it is to pay attention to it. It is essential that you realize that your life will not be sorted out until your mind is sorted out. Joyce Meyer says, "For the believer, right thinking is a vital necessity. Just as the heart or oxygen is vital to the life of the body, a vital necessity is something so important that one simply cannot live without it. You cannot have a positive life and a negative mind." Remember Proverbs 23 v 7 and allow it to impact your life. As you think in your heart, so do you become.

What you think is what you get, for better or for worse, it is entirely up to you!

Therefore if you want to change your life, if you are not happy with the state of your health, you have got to change your thinking!

Satan knows that the mind-body connection is real. He knows that if he can manage to control your thought life, he can control your body chemistry and cause disease. Throughout this book on the discussion of various diseases, I am going to show you exactly how this happens. I'm going to show you step by step how your thoughts lead to certain hormonal and chemical reactions in your body that ultimately lead to the development of disease. It is about time you know what your enemy knows about you so you can defeat him at the onset. You don't have to be ignorant and suffer from disease or die before your time is up.

In the past 20 years the scientific community did not understand the link between our thoughts and their effect on the body. The common belief was that when the brain is damaged, it cannot be repaired. It was assumed that we are born with a preset level of intelligence and that the brain deteriorates with age. It was also thought that our fate is predetermined by our genes. These incorrect conclusions that were not based on how the brain functions made the horizon of hope seem dim.

However a new day is dawning in brain science. What is so exciting is that the discoveries of latest cutting edge research line up with the principles of God's Word. I'm here to bring you a message of real hope and encouragement as I show you through godly scientific eyes what an amazing brain you have.

Research conducted by Dr. Caroline Leaf and other respected scientists has shown that the brain really can change, grow and get better. Running closely with the science of thought is a new science called epigenetics. Epigenetics shows that our thoughts and perceptions remodel our genes and not the other way around. Now the reality of the scripture **"As a man thinks in his heart, so is he" (Proverbs 23 v 7)** begins to hit home. Epigenetics shows us the power of our thought life and how it affects who we are. A phenomenal discovery is that our genes can be switched on and off by the thoughts we choose to meditate on. This has changed the conventional understanding that our genes control and determine who we are and what we become. Recent research disproves the myth that our genes shape us. Our thoughts affect which genes are switched on and therefore we shape our genes. This means that we are not, nor have we ever been victims of our biology ⁴.

You can use your amazing brain to help your body heal as well as prevent disease in your life.

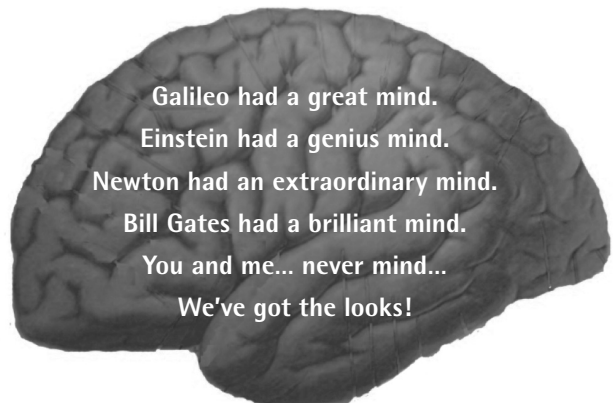
The implications of this are obvious: We need to start taking responsibility for our choices and our health. We no longer have an excuse to submit to disease because we can rise above it and overcome it. The days of being a victim to what the world throws at you have come to an end. Although you may not be able to control your circumstances all of the time, you can control how it affects your brain by changing the way that you react to those circumstances.

In **Hosea 4 v 6** God said, **"My people perish for lack of knowledge."** People are literally dying because they don't know how to use their brains properly. They don't know that they are destroying their intellectual, emotional and physical health with their toxic thoughts. Since 87% of diseases are a result of what goes on in our thought life, it is necessary for me to briefly explain to you how your brain works, how thoughts form and how they become toxic leading to the development of disease in your body. We need to understand the principles of how our brains work so that we can learn to think properly. When you have a clear knowledge of how the brain works and can visualize it, you can control your thought life so much more effectively. You don't have to think on whatever toxic thought pops into your head. With God's grace and the help of the Holy Spirit, you can purposefully choose to think right thoughts. You can use your thoughts to your advantage by making your thoughts life giving instead of life threatening. You can use your amazing brain to help your body heal as well as prevent disease in your life.

A Few Facts About Your Amazing Brain

Firstly, the right side of your brain controls the left side of your body. Similarly, the left side of your brain controls the right side of your body. Therefore only left handed people are in their right minds! Only joking.

If you put your two fists together – that is the size of your brain. Many people believe that as you grow older your brain degenerates and your nerve cells die. This is not true. The brain is the only organ in the body that doesn't age... it matures.



With correct use your brain should become more and more efficient as you become older. However, if you don't use your brain you will not improve as you age, which is unnatural. Your brain is designed in such a way that it naturally becomes more brilliant the more you use it. Dr Caroline Leaf told the story of a man who was an 80 year old pilot. He was forced to retire from flying because his eye sight had deteriorated. He then decided to go back to university and study again to become a chartered accountant. At 84 he qualified as a chartered accountant and went to work at his new job. That is what we all should be doing! You must not retire, you must re-fire! The more you stimulate your brain, the more you will develop your thinking skills, the more sophisticated your brain is going to become and there is no limit to what your potential could be.

The brain is the only organ in the body that doesn't age... it matures.

Many people have also been misled to believe that intelligence is something that you are born with...that you either have the ability to be clever or you don't. They believe that intelligence is fixed, that it is preset and is not going to improve. However, it is good news to know that that is not true. Your intelligence develops according to how you determine it to develop. It is dynamic and it goes hand in hand with learning how to use your brain correctly. It is something that develops through your entire lifetime. The more you use your brain and the more you think properly, the more intelligent you become. You will improve the performance of your brain by 35 to 75% if you learn how to think correctly.

**Medical research has now shown that the more intelligent you become,
the healthier you become!**

Intellect and physical health are directly linked.

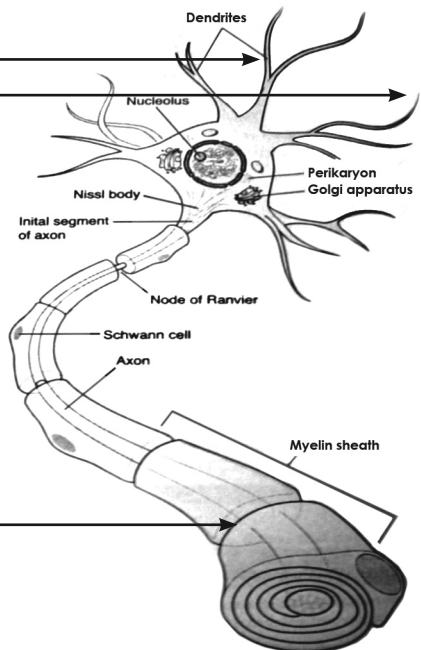
What is Memory?

Your brain is made up of nerves. Each nerve looks like a tree - it has a trunk (called an axon) and branches (called dendrites).

You are taking in information from the environment around you all the time through your five senses. As you are reading this book, you may be sitting in a comfortable chair with your favourite music playing in the background. A cool breeze with the fresh smell of rain may be gently blowing through an open window as you enjoy a bar of chocolate. If you were in this idyllic setting, information from all five senses (what you are seeing, hearing, touching, smelling and tasting) is pouring into your brain. Your brain is processing and storing this information by building branches on the nerves in your brain. A new branch is made for every new piece of information. Proteins are made and

Branches
of the nerve
which are like
the branches
of a tree

The nerve
axon which is
like the trunk
of a tree



**Picture of what a nerve in
your brain looks like³⁸**

used to grow new branches to hold the information from your thoughts – this process is called *protein synthesis*.

Memory is the information stored on the branches of the nerves.

As you continue to meditate on a particular thought, more branches grow, the connections between those branches and the nerve gets stronger and the memory becomes permanent. Thus the more you meditate on a thought, the more you reinforce it.

The more branches you have on a particular nerve, the stronger or more intelligent that memory is.

Your brain performs 400 billion actions per second, of which you are conscious of 2000! This goes to show how incredibly intricate and complicated God created us!

Psalm 139 v 14 : "I will praise You for I am fearfully and wonderfully made: Marvellous are Your works; And that my soul knows very well! (KJV) My frame was not hidden from You when I was being formed in secret [and] intricately and curiously wrought [as if embroidered with various colors] in the depths of the earth."

After studying the human body, one conclusion I have come to is that its Designer is indescribably awesome. Imagine building a machine that performs 400 billion actions per second, with everything happening in precisely the right order at precisely the right time within a fraction of a nanosecond! Part of those 400 billion actions per second is growing branches on the nerves where memory is stored.

***Your brain performs
400 billion actions
per second,
of which you are
conscious of 2000!***

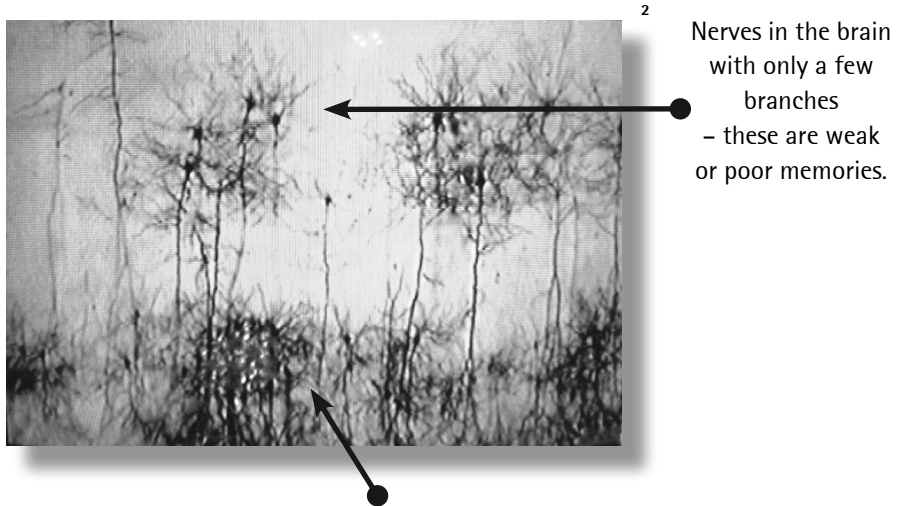
The average human brain has 100 billion nerves. Each nerve can grow between 15 000 and 200 000 branches... this is an enormous amount. To give you a more tangible understanding of how much information 15 000 to 200 000 branches is: you can fit the knowledge of an entire A level subject on one nerve. Therefore if you did 4 A level subjects, you just need to use 4 nerves to pass! This is phenomenal! Neuroscientists have calculated that the total amount of storage space for information that you have in your brain is **THREE MILLION YEARS!!** ² God gave us a decent brain. You have an infinite capacity for learning. You will never run out of storage space for new information. God made you in His image. You have the mind of Christ (1 Corinthians 2 v 16). Never again can you turn around and say that you are stupid or think that you don't have a great mind. You have an amazing brain. Many people believe that they are not intelligent, but that is a lie that the devil would like us to believe. The truth is every single person is gifted. God gave you an incredible brain and all you need to do is find out how to use it.

Most of us are not getting the full potential out of our brain because we don't know how to use it correctly. According to Dr. Caroline Leaf, 95% of people worldwide do not know how to use their brain...they just don't know how to think properly. Only 5% use their brain correctly. Of that 5% only 3,5% will go on to some form of tertiary education. Of that 3,5% only 1% will successfully complete their tertiary education and go on to be prosperous and a success financially, spiritually, emotionally, physically etc. Therefore according to these statistics, 99% of people are not using their brain correctly. However, according to latest medical research, it should be the other way around: only 3 to 5% of people have genuine underlying diseases or problems in their brain that prevents them from developing their brain to its fullest potential.

I mentioned earlier that you have 3 million years worth of space in your brain. I don't know how much of your brain you think you are actually using, but if you haven't been thinking properly you are only using about 0,001% of your brain for intellectual performances. Most people don't use more than 6 to 8% of their brain in their entire lifetime. However what it all boils down to is not how much of your brain you are using, but how you are building the information on that nerve cell...in other words what type of memories

are you building? The quality of the information or memories stored in your brain depends on the quality of your thought life. If you are meditating on thoughts of fear, anxiety, self-hatred, a low self-esteem, rejection, guilt, condemnation, bitterness, unforgiveness, anger, rage, resentment and so forth – your brain is full of toxic memories that are making you sick.

This is an actual slide of what all the nerves look like in your brain – you can see that it looks like a forest of trees ². I'll be referring to these nerves as the **"trees of the mind"** later on. The dark patch at the bottom is a strong memory that has a lot of branches.



² Nerves in the brain with only a few branches – these are weak or poor memories.

This nerve looks very dark and thick because it has a lot of branches – this is a very strong memory. This is what intelligence looks like! The more densely organised the branches on the nerve are, the more connected and intelligent that memory is.

Research was done on the brains of a 5th year medical student who had died and another person who was a school drop out of exactly the same age. They found that the school drop out's brain looked like the top of the picture (nerves with only a few branches i.e. poor memory development), but the university student had lots of strong memories (like the dark patch). The evidence from Dr Caroline Leaf's research over the past 25 years is that as you think and learn and stimulate your brain you're going to build a lot of the strong dark memories in your brain and that is excellent as the more of these strong memories you have in your brain, the more efficient your brain becomes...the more you develop nice thick stabilized branches the more intelligent you are becoming.

That strong memory could be a good memory of information that you can use to enhance your life. It can also be a bad toxic memory, which the Bible calls a negative stronghold in your mind (2 Corinthians 10 v 5). When you meditate on toxic thoughts, toxic memories are physically built into the nerve networks in your brain.⁵

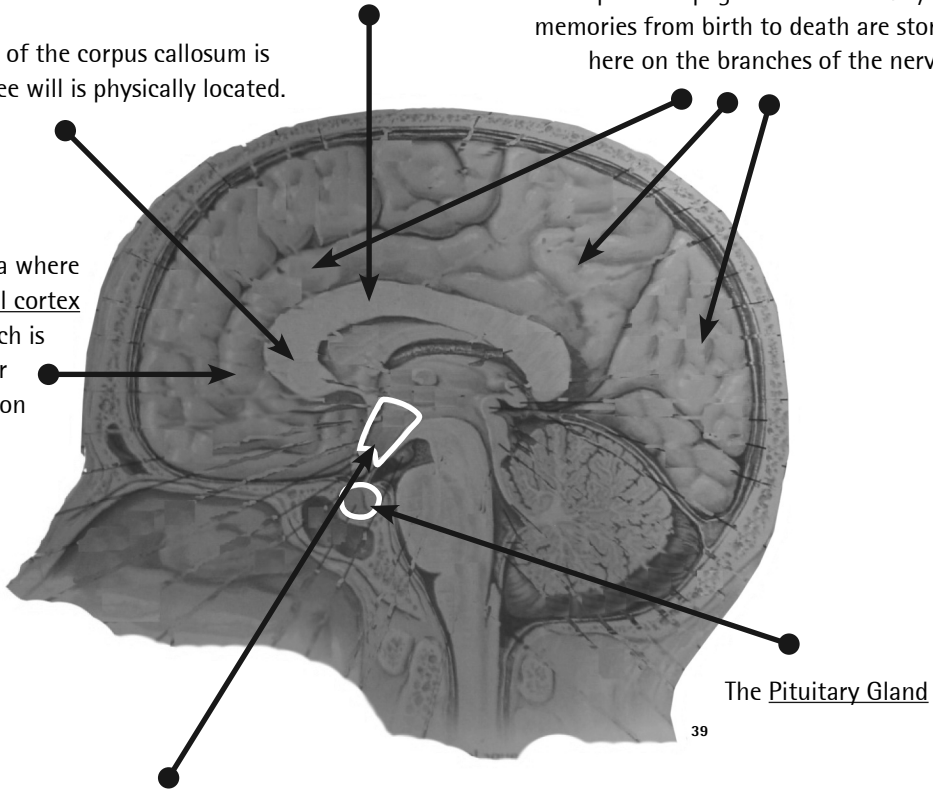
Important Areas of the Brain

This sausage shaped area is the corpus callosum which is the part of your brain that you use for thinking. This part of your brain is directly under your control.

This area above the corpus callosum is the cortex of the brain where the trees of the mind shown in the slide on previous page are located. All your memories from birth to death are stored here on the branches of the nerves.

The front part of the corpus callosum is where your free will is physically located.

This is the area where the prefrontal cortex is located which is responsible for rational decision making.



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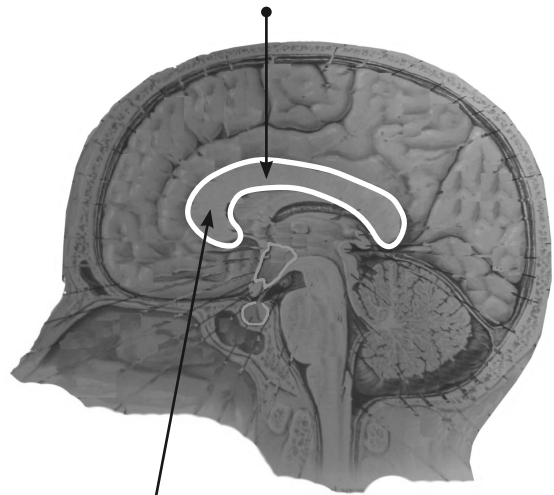
This is the hypothalamus. This area of the brain is very important for you to learn. I frequently refer to the hypothalamus in this book as I explain how various diseases develop. The hypothalamus connects the mind to the body – it is the area of the brain that converts everything that is going on in your thought life into a physical reaction. The hypothalamus is the chemical factory of the brain where the type and amount of chemicals released into the body in response to your thoughts and emotions is determined. This in turn determines the structure and quality of the memories that are built into the cortex. If your thoughts are positive and godly, your hypothalamus will cause the production of chemicals that facilitate the feeling of peace and the rest of the brain will respond by producing the correct formula of neurotransmitters (chemicals that transmit electrical impulses) for clear thinking and the building of healthy, intelligent memories. The corresponding physical reaction through the mind-body connection will produce health and prevent disease.

If your mind is dominated by toxic thoughts such as fear, anxiety, worry, unforgiveness, bitterness, anger, rage, resentment, self-hatred and so forth, your hypothalamus is going to respond by producing either insufficient or excessive quantities of certain chemicals which then become toxic and harmful for you. This alters the structure of the memories that are built in the cortex. These memories are toxic and the corresponding physical reaction through the mind-body connection leads to the development of disease.

How a Thought Forms and Becomes Toxic

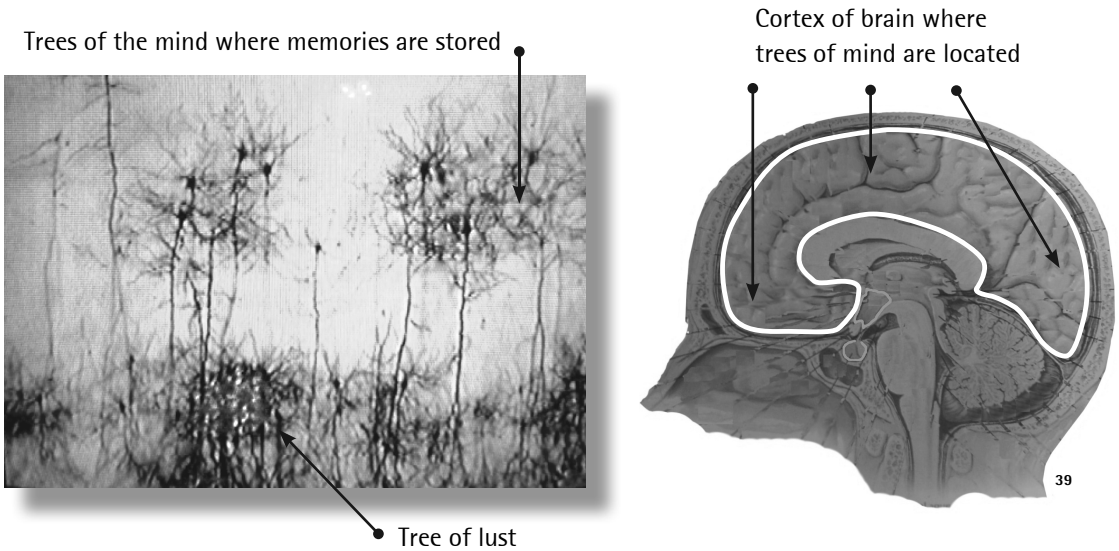
Information from the external world comes into your mind through your five senses which is sight, hearing, touch, smell and taste. Your five senses are the contact between the external world and the internal world of your mind. Information from your senses comes in, for example, through your eyes and ears as light waves and sound waves. The light and sound waves are then converted into an electrical current, which travels along the nerves in your brain. This electrical current is the thoughts and images in your mind. We think of our mind and thoughts as something 'out there' but your thoughts are physically in your brain in the form of millions of chemical reactions and electrical current that travels along the nerves in your brain. Your mind is physically in your brain.

Once the information enters your brain in the form of an electric current, it travels through various areas until it reaches your free will. Science has discovered an actual physical structure in your brain which is your free will. It is situated at the front of your corpus callosum. The **corpus callosum** is the sausage shaped area of your brain that you use to think and to meditate on and analyze information. At the free will is where you decide to accept or reject a thought. For example, say you are a man who struggles with lust. You see a good looking woman and the information comes in through your eyes as light waves that are then converted into an electrical current in the nerves of your brain. The information is now in the form of a thought. Your free will now has a choice – is it going to allow your brain to meditate on that lustful thought of that woman or is your free will going to reject it? If you make a decision with your free will to reject that thought before you meditate or think on it, that information will literally become hot air. Therefore that thought does not penetrate your mind any further.



Free Will ³⁹

The corpus callosum is activated under the direction of your free will. If you make a decision of your free will to accept that lustful thought and to meditate on it, immediately your corpus callosum will shift into high gear and will start to think and fantasize about the woman. As the corpus callosum is meditating on these thoughts, chemicals carrying this information shoot into the trees of the mind which are situated in the cortex of your brain and you begin to build memory. Remember I explained earlier that you build memory by growing branches on the nerves. Therefore while you are meditating on that lustful thought and fantasizing about that woman, you are building a memory or a tree of lust in your brain through a process called protein synthesis. The more you meditate on that thought, the more branches you will grow on that tree of lust and the stronger that memory will become.



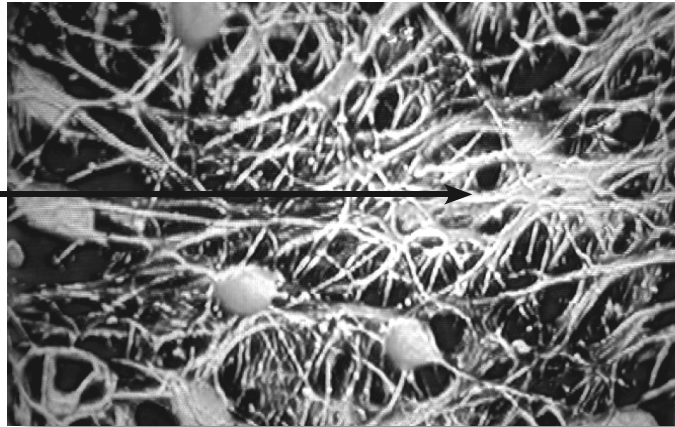
You also build good memories by the same process. For example, if you sit and study the Word of God, the information coming through your eyes (if you are reading the Bible) or your ears (if you are listening to a sermon) enters your brain in the form of light and sound waves which are then converted into electrical current in the nerves of your brain. That information is now in the form of a thought. When that thought reaches your free will, you decide whether or not you are going to meditate on that thought. If you are feeling lazy and don't feel like putting in the effort to think on that thought from the Word of God, you can make a decision of your free will to reject that thought, which will then become hot air. Therefore that information does not further penetrate your brain.

On the other hand if you make a decision of your free will to entertain that thought from the Word of God, your corpus callosum will shift into high gear and you will begin to meditate on that thought. While you are meditating on the Word of God, chemicals carrying that information shoot into the cortex of your brain where the trees of your mind are located and you begin to build memory through the process of protein synthesis. The more you meditate on that scripture from the Word, the more branches you build on that tree and the stronger that memory in your brain becomes.

In summary, if you reject a thought by the decision of your free will, it will literally become hot air and it will not penetrate your brain any further. If you choose to think about that information, it will shift onto the nerve branches in the trees of your mind, and a memory is built. Good thoughts result in the building of a good memory. Negative thoughts result in the building of a bad, toxic memory. Every single thought whether it is positive or toxic goes through the same cycle when it forms. The only difference is that the thoughts release different quantities of chemicals. Depending on which kind of thought it is (positive or toxic), it will have a different structure caused by those chemicals. As a result memories that are built from negative, toxic thoughts look very different to a positive healthy memory.

When you meditate on the Word or you think on whatever is true, pure, lovely, of good report and praiseworthy (Philippians 4 v 8), a positive memory is built in your brain. This memory looks like a lush tree.

This is a real slide showing the nerves of your brain. The thick area is a strong memory with lots of branches. It is a positive stronghold which looks like a lush tree.



2

When you meditate on toxic thoughts such as fear, anxiety, unforgiveness, bitterness, anger, rage, resentment, self-hatred, guilt, condemnation and so forth, a toxic memory is being built that has a different type of chemical structure to a positive memory.⁶ It has a totally different electromagnetic field around it that looks heavy and dark. A toxic memory built from toxic thinking actually looks like a thorn tree. Therefore I will often be referring to negative toxic memories as "thorn trees". Toxic thorn trees of anger, hate, bitterness and so forth grow like weeds and occupy space in your brain.

This is not a real picture of the brain but it is an illustration of a toxic stronghold which has a dark, heavy Electro-magnetic field around it. It looks like a thorn tree.



2

While you are building memory, you are also experiencing emotion. Learning is also an emotional experience. The chemicals in your brain that carry the information from your thoughts also carry the emotion that you experienced with those thoughts. They are called information - emotion chemicals. They carry both emotion and the imprint or copy of the memory that was built in your brain. These chemicals of emotion are living and dynamic – they are released in response to your thoughts and they flow through your entire body. They connect to receptors on the cells of your body and that is why you physically feel that emotional reaction. For example, while you are meditating on that thought of unforgiveness and bitterness about your mother in law, you physically feel that high octane ping going off inside you.

By the way, when we talk about a "gut feeling" – it is real. Your digestive system is connected to your brain by nerves. Your digestive system and brain communicate via these nerves. The small and large intestines are densely lined with these nerves as well as chemicals called neuropeptides and receptors that are busily exchanging information laden with emotional content and that is what gives you that "gut feeling".

So while you are meditating on a thought, you are building memory and you are also experiencing emotion. The information from that thought is stored in the cortex of your brain as branches on the trees of your mind. The emotion is also physically stored in your brain in the form of chemicals that are housed in an area of the brain called the amygdala and the deep limbic system.

Depending on what you think about, you are either building healthy lush trees in your brain which are good memories or you are building toxic thorn trees which are negative strongholds. Every time you think on that thought, those pre-existing memories in your brain are re-activated. For example, say that you have a pre-existing memory in your brain which is a toxic thorn tree of bitterness towards your mother in law. At this moment you begin to meditate again on a thought concerning how she has wronged you and your unforgiveness towards her. While you are busy meditating on your unforgiveness, you are building more branches on the thorn tree of bitterness in your brain, thus re-enforcing it and making it stronger. Also, while you are meditating on that unforgiveness, the hypothalamus secretes chemicals that shoot into the trees of your mind where all your pre-existing memories are located. These chemicals generate a wave of electricity that passes through the trees of the mind. We'll call this the breeze through the trees which is a term coined by Dr. Caroline Leaf. The breeze through the trees re-activates the pre-existing memory or thorn tree of bitterness towards your mother in law, bringing those pre-existing thoughts into your conscious mind.⁷

When that thorn tree is re-activated, the thorns on the tree secrete toxic chemicals that begin to make you sick. In our example of bitterness towards your mother in law, the toxic chemicals will set in motion a sequence of chemical and hormonal reactions that can lead to breast cancer. A thorn tree of fear and anxiety will release toxic chemicals that can lead to over 100 incurable diseases, such as angina, heart failure, high blood pressure, allergies and asthma. A thorn tree of anger, rage and resentment can cause aneurysms, strokes, varicose veins and haemorrhoids. A thorn tree of jealousy and envy can cause osteoporosis. A thorn tree of a low self-esteem and guilt will release toxic chemicals that can cause depression, addictions, migraines, autoimmune diseases and weight gain due to excessive over eating, to name a few examples.

If these toxic-type of thoughts dominate your thought life every time you think, that breeze through the trees is going to re-activate that thorn tree, until it is dealt with. Every time that thorn tree is activated, it secretes toxic chemicals that cause sickness in your body. Also, every time you think about that negative thing, you reinforce that negative stronghold, making the thorn tree stronger.

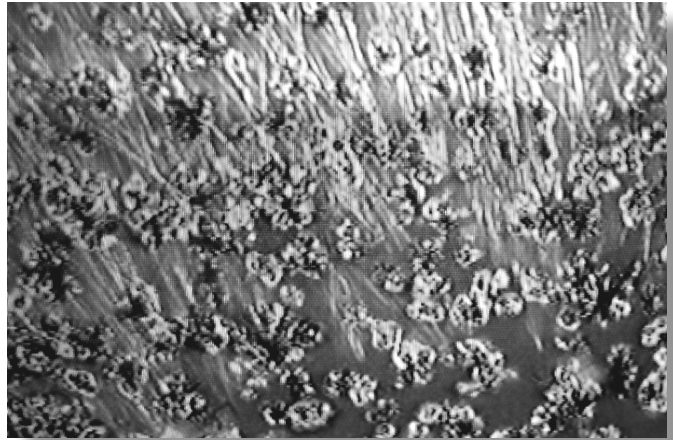
The same applies to a healthy memory that was for example built from meditating on the Word of God. Whenever it is reactivated by thinking on those scriptures again, the leaves on the lush tree cause the release of chemicals such as endorphins, enkephalins, serotonin and dopamine which are all very healthy for you. They uplift you, make you feel good and bring about healing. Bathed in these positive biochemicals intellect flourishes and with it mental and physical health. That's what the latest medical research is saying. Who else said it? God did!

Proverbs 4 v 20 – 22: “²⁰My Son, attend to my words; consent and submit to my sayings. ²¹Let them not depart from your sight; keep them in the center of your heart. ²²For they are life to those who find them, healing and health to all their flesh.”

This is a real photo from a highly sophisticated imaging technique that shows the chemicals being squirted out from the trees of the mind (nerves) in the brain.

Lush trees (good healthy memories) secrete chemicals that are good for you – they bring health and healing.

Thorn trees (bad memories) secrete toxic chemicals that make you sick.



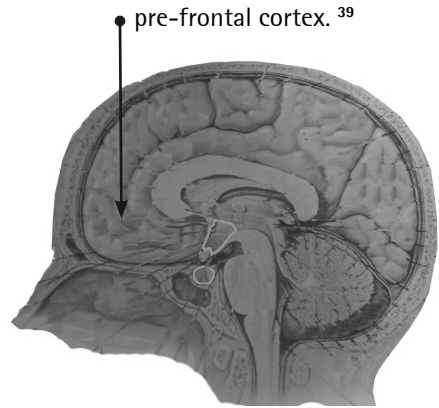
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When those pre-existing memories are re-activated by the breeze through the trees, the hypothalamus also activates the emotions that are housed in the amygdala. This emotion that is activated was developed and stored in the brain when the pre-existing memory or stronghold was made in the trees of the mind. A positive stronghold will activate positive emotions such as love, joy, peace etc. A negative stronghold or toxic thorn tree will activate a very strong emotion such as fear, hatred, anger etc which rises up from the amygdala. These emotions are very real and can re-surface even years after an event has occurred, when the memory of that event is recalled. For example, when you think about your mother-in-law, that pre-existing memory of unforgiveness and bitterness is reactivated by the breeze through the trees and the corresponding negative emotion rises up from the amygdala. Information-emotion molecules carrying that emotion and a copy or imprint of the memory are released and flow throughout your body. They bind to receptors on your body cells which causes you to physically feel that strong angry emotion rise up within you. This is the high octane ping that goes off inside you. You will start reacting to the thought mentally and physically as though the event was happening all over again. Research has shown that when you deeply think, imagine and visualize something, it produces the same physical reactions in the brain as it would physically carrying out the imagined process.⁸ Brain scans show that the same parts of the brain that are activated by action, are the same parts of the brain activated by simply thinking about an action. The more you meditate on that thought, the stronger and more vivid the emotional and physical reaction becomes.¹

You will find yourself wanting to respond to this strong, negative, physical feeling that you have in your body. If you are impulsive and you immediately react to this strong emotion that rises up, you could make a mistake. This is because even though your emotions feel like they are based on truth, they are actually based on perceptions. That is why it is better to first stand back and analyze your emotions before reacting to them. You also cannot ignore or bury the emotions you feel in response to the thoughts that were activated in the trees of your mind, you have to deal with them. Emotions that are buried are volcanic, eventually they will erupt (usually at the most inappropriate time). Say for example you struggle with anger. You are driving in traffic after a stressful day at work and you already have a short fuse. Somebody rudely cuts in front of you without indicating and you had to slam on brakes to avoid an accident. You will have a strong emotion rise up within you to have an angry out burst or fit of rage. You have to have a mature approach to dealing with this strong emotional reaction: you have to acknowledge the emotion and say for example, "Yes, I'm angry but there is no point in losing my cool because it is not going to change the situation. It is better that I just stay calm and let it go." In other words you replace that emotion with a very logical, rational decision.

The area in your brain that stores these emotions (amygdala) has a direct connection with the pre-frontal cortex.

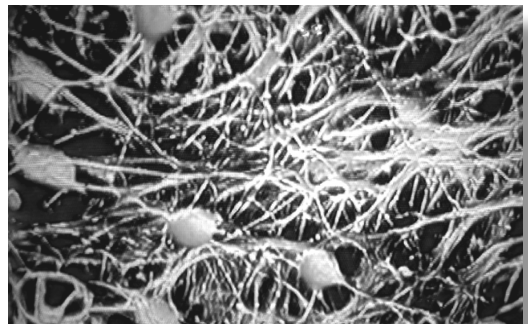
The pre-frontal cortex is the rational decision maker of your brain. It helps you to think and to analyze information and it literally advises the emotional part of your brain what to do. Therefore as you stop and say, "Ok, this is the situation but..." you tap into the prefrontal cortex and it will help you to deal with that emotion. Thus you can use this pre-frontal cortex to replace a negative emotional perception with a logical, rational decision. The connection between the emotional part of the brain (amygdala) and the pre-frontal cortex is not developed in children until the age of 18, which is why parents need to guide their emotional responses and decision making. Even adults may not use their pre frontal cortex (rational decision maker) and can become very reactive to that dominant emotion, which is not a good thing. We make mistakes when acting on impulse.



If you have been told that you are doomed to repeat the patterns in your family, that you are a victim who is controlled by your genes and biology or that you cannot transcend the influence of your environment, you have been lied to and need to hear the truth.

I have something very encouraging to tell you: You may have spent your entire life of 40, 50 or 60 years putting toxic thoughts into your brain and building negative strongholds. You may have a whole forest of toxic thorn trees in your brain but:

In just 4 days of thinking correctly you can remove the thorns from those toxic thorn trees (picture on the left) and you can create new healthy memories over them within 21 days (picture on the right).⁹



2

You can literally detoxify your brain and change its whole neuro-chemical structure through your thought life.

For example, if you decide to reject those thoughts of unforgiveness, hatred, bitterness, anger etc through genuine repentance, releasing and forgiveness, you can change that memory and the structure of those thorn trees. It has been scientifically proven that if you choose to reject those toxic thoughts and purposefully meditate on good thoughts such as the Word of God, the chemicals released from those good thoughts will flow through the thorn trees and literally remove the thorns. For example, when you repent for your bitterness and you forgive, the chemicals released from those thoughts will literally cut

the thorns off that thorn tree of bitterness. The memory will always be there, for example you will always remember what your mother in law did to you. However, because you have forgiven that tree of bitterness will no longer affect you or make you sick because it no longer has the thorns that release those toxic chemicals. When you think of your mother in law you no longer feel that high octane ping go off inside of you; whereas before you had forgiven, when she came to mind you could physically feel that strong angry emotion rise up within you.

This applies to any other toxic thorn tree such as fear, anxiety, worry, a low self-esteem, guilt, self-hatred, anger, jealousy, rejection etc. When you make a decision to reject those toxic thoughts and change your thinking to the way that God thinks as described in His Word, a new healthy memory will be built on top of that old toxic thorn tree and the emotional sting will be removed at the same time. You can change and grow your brain at will through thinking. You can choose to deal with those toxic thorn trees and build new healthy memories over them.⁴ In science this process is called "retranscribing those memories neuroplastically." The Bible calls this "renewing the mind".

Romans 12 v 2: "Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]."

Ephesians 4 v 23: "And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude]..."

Your brain has an incredible capacity to change, rewire, grow and heal! You can literally remodel the memories in your brain through changing your thinking.

God has designed our brain in such a way that we have an amazing ability to renew our minds. When you choose to confront your old toxic thinking patterns and recognize how they affect your life, those toxic thoughts are pushed from the non-conscious into your conscious mind. At this point they enter a labile state which means that they become unstable and can be altered.¹⁰ This means that while that thought is in your conscious mind, you can do something with it: it can be redesigned and changed or kept the same and reinforced.¹¹ In other words that memory (whether it is healthy or toxic) will either be changed or strengthened. No thought stays neutral.¹⁰

When it enters your conscious mind it becomes unstable and is altered in either a positive or negative direction but it never stays the same. Even if you don't change the content of the thought, new proteins are made (protein synthesis) which strengthen that thought. The toxic thought can get worse or the good thought can get better.

When you choose to get rid of those toxic thinking habits and renew your mind with the Word of God, some branches on the nerves are removed, new ones form, the strength of the connections change and the memories network with other thoughts.¹² Your brain has an incredible capacity to change, rewire, grow and heal! You can literally remodel the memories in your brain through changing your thinking. Our brain is truly incredible - it can be reshaped and reformed.¹³ It is all under your control.

I also explained previously that your thoughts not only remodel the memories in your brain but your genes as well. You can change and grow your brain at will through thinking right down to the level of the DNA in your genes. That is truly amazing. It quite brilliantly shows the truth in the scripture, **"As a man thinks in his heart so is he" (Proverbs 23 v 7).**

With the help of the Holy Spirit you can renew your mind and break the chains that have been limiting your development into the victorious over-comer that God created you to be.

The Heart Brain

In my second year of medical school, I had to dissect a dead human body (cadaver) in a six week course on anatomy where we learnt all the names of the different bones, muscles, blood vessels and nerves in the body. We started from the skin and dissected right to the bone. During those six weeks while I was dissecting and studying this human body, I used to wonder, "Where in this body does the Holy Spirit stay when we are born again?" Through the teaching of Dr. Caroline Leaf I found the answer:

We all know about the brain inside your head, but did you know that you also have a smaller brain inside your heart? Science demonstrates that your heart has its own independent nervous system, which is a complex system referred to as the "brain in the heart".² A brain is basically a collection of nerves. I explained earlier that you have 100 billion nerves in your brain inside your head. Your brain inside your heart has 40 000 nerves.¹⁴ This heart brain works hand in hand with your pre-frontal cortex and free will's decision making. Remember your free will is what you use to accept or reject thoughts and your pre-frontal cortex is your rational decision maker that you use to work through that strong emotion that rises up from the amygdala. The heart brain literally advises the free will and pre-frontal cortex what to do. It is proving to be a real intelligence force behind the intuitive thoughts and feelings you experience.¹ The mini-brain of the heart literally functions like a conscience.¹⁴ This heart brain is the small still voice, it's that gentle nudge, a voice of warning... it seems to be the voice of the Holy Spirit. I am not teaching this as doctrine but from scientific study of the functions of the heart brain it seems that:

We all know about the brain inside your head, but did you know that you also have a smaller brain inside your heart?

The Holy Spirit speaks to our spirit through our heart

So we need to listen to that heart brain. Your heart brain knows what is good for you. Your heart advises your free will on what to do with a thought in your mind and helps you to make the right decision. As you are about to make a decision in your free will, there is a feedback loop that goes to your heart and your heart advises you - accept this thought, it is good for you or reject that thought, it is bad for you. If your mind is calm and you are at peace, you will hear the voice of your heart and you will know what is right. However if there is a chaotic war of fearful, angry and anxious thoughts going back and forth and toxic thorn trees being re-activated and going mad all over the place, this will drown out the voice of your heart and you will find yourself struggling to differentiate between right and wrong.

Your heart will advise your free will what to do but your free will still ultimately makes the choice. The battlefield of the mind is at your free will - this is where you decide to listen to your heart or your flesh (carnal nature). For example, if an angry thought of unforgiveness and bitterness comes to your mind, your heart will advise your free will to reject that thought, to bring it captive to the obedience of Christ (2 Corinthians 10 v 5) and to forgive and release. Your free will has been advised by your heart on what is the right thing to do with that thought, but it is still up to the free will to decide whether to reject that angry thought or meditate on it.

If you make a decision by your free will to listen to the voice of your heart, you reject that angry thought and choose to forgive that person, your heart will secrete a chemical called ANF (Atrial Natriuretic Factor). ANF is the peace chemical that literally calms your whole body down and makes you feel at peace. It is very good for you - it produces health in your body, it motivates you and helps your brain to function more efficiently.¹⁴ When our heart is at peace, we are at peace.

If you make a decision by your free will to not listen to the voice of your heart and you choose to meditate on that angry thought, you begin to build a toxic thorn tree of bitterness. Also, because you did not listen to the voice of your heart, the heart doesn't secrete ANF. Instead, the heart causes an imbalance

in your whole body chemistry – your body goes into a toxic state of dis-ease that eventually leads to dis-ease. Obedience to God is not a thing to be taken lightly. When you choose to ignore the quiet prompting of the Holy Spirit in your heart, it has serious adverse effects on your health. Your whole body goes out of rhythm. Your heart is not just a pump, it is the body's strongest oscillator – it pulls every other organ system of the body into its own rhythm. This rhythm can be peace or chaos. Peace means health. Chaos means dis-ease and eventually disease.

2 Corinthians 10 v 4 – 5: “For the weapons of our warfare are not physical [weapons of the flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds. ⁵[In as much as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ.”

The Bible tells us to be careful what we think. You must never allow a thought to go unchecked – you need to bring every thought captive to the obedience of Christ...and as you can see, there is an enormous reality to this from both a medical and Biblical perspective. The quality of your life and health is brought about by the quality of your thinking. If you are sick, you have to take responsibility with the help of the Holy Spirit to change your thinking and renew your mind with the Word of God so that you can pull down those negative strongholds in your brain.

Being a Christian means that you believe that Jesus died on the cross and rose again. However, as Dr. Caroline Leaf preaches, it also means that you have put Him on the Throne of your life. The Throne of

your life is there in your free will in the front of your corpus callosum. He not only wants to be your Saviour, He wants to be your Lord. As we submit our thoughts to God with our free will, the Holy Spirit will lead us to make the right decisions, reject the bad information that literally becomes hot air and build good memories into our brain that produce health in our body.

If you want your life to change, if you are not happy with the state of your health, you have got to change your thinking. Start to become aware of what you are thinking...think about what you think about. It takes a lot of discipline to become aware of what you are thinking. You will be amazed at how lazy you have

actually been when it comes to your thought life. We just let whatever toxic thought pops into our mind roam in our head and then we wonder why we are sick and why we have tension headaches. Meanwhile if we would just control our thought life, we would be so much happier, healthier people.

So don't sit back and be passive, watch out for what is going on in your mind, say to yourself, “What is my breeze through the trees activating now? What thorns and toxic strongholds are being activated? How am I feeling?” Don't react to that first strong emotion that rises up from your amygdala. First stand back and analyze it with your pre-frontal cortex which is your rational decision maker and listen to the advice from the still quiet voice of the Holy Spirit in your heart. If that emotion is good for you – then run with that emotion. If it is not good for you, deal with it. Control your mind with your free will. Reject those toxic thoughts so that they become hot air and don't penetrate your mind. Accept those good uplifting thoughts such as the Word of God and push it into the trees of your mind and grow branches. That is great – you've built a good healthy memory. Remember, the more strong, good memories you build, the more healthy you become and the more intelligent you become. Now I don't know about you, but increasing your intelligence is very appealing to me because the more intelligent you become, the more you use your mind correctly, the more wisdom you have, the healthier you become and the more enjoyable life becomes. You will prosper and be in health, even as your soul (your mind) prospers (3 John v 2). And you will be able to help others as well. God gave you a phenomenal brain – purposefully use it to your advantage.

The more strong memories you build, the more healthy you become and the more intelligent you become.

"Whatever is true, whatever is worthy or reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there be any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them]." (Philippians 4 v 8)

Mathew 5 v 8 and Psalm 24 v 3 and 4 – "Blessed are the pure in heart for they shall see God". When you get your inside world which is your mind and heart put right, then you can see God in your outside world. Here are some famous quotes:

Ralph Waldo Emerson: "You are what you think all day long."

J. Allen: "You are today where your thoughts have brought you. You will be tomorrow where your thoughts take you."

Dennis Watley: "It's not what you think that holds you back – it's what you think you are not."

Dr. Caroline Leaf: "As we think the brain has the ability to change itself for better or for worse. The recognition of this is a gigantic and significant leap in the history of mankind."

It all starts and ends in the mind. Your mind is fully under your control. You can affect the whole way in which you function, just by controlling your thought life. When your thoughts are toxic, you are going to develop a disease. Your thoughts have a direct link to your body through the mind body connection involving all the different nerve and chemical pathways via the hypothalamus.

If 87% of diseases are a result of what goes on in our thought life, then 87% of diseases can be cured by sorting out our thought life. When you meditate on the Word of God, you are going to build lush trees in your brain that have been scientifically proven to secrete healthy chemicals such as serotonin, dopamine, endorphins and enkephalins that cause healing. It is all in your thought life – the trees of your mind. This mystery or secret has been in the Word of God for thousands of years:

If 87% of diseases are a result of what goes on in our thought life, then 87% of diseases can be cured by sorting out our thought life.



Revelation 22 v 2: "...the leaves of the trees are for the healing and restoration of the nations."

REFERENCE: The information and references in this chapter was taken with permission from the teaching of Dr. Caroline Leaf in a seminar she conducted called "Your Body, His Temple" and her book "Who Switched Off My Brain". For more information you can see Caroline Leaf's website at: www.drleaf.net

Essential background knowledge of disease from a biblical perspective

A Journey Through the Bible to Explore the Connection between Sin and Disease

In the previous chapter I explained to you that according to the Bible (3 John v 2), the quality of your health is determined by the quality of your thinking. The latest cutting edge medical research agrees because they have discovered that 87% of diseases are a result of what goes on in your thought life. For example it has been proven, on purely a scientific level that most allergies are caused by a thought life dominated by fear, anxiety and stress. In fact, over 100 incurable diseases have been traced back to fear, anxiety and stress upstream in a person's thought life. Unforgiveness and bitterness in a person's thought life has been linked to cancers. A low self-esteem and thoughts of self-hatred and guilt have been shown to cause diseases like depression, autoimmune diseases and weight problems. Another major disease maker is anger, rage and resentment which for example causes aneurysms, hemorrhoids and varicose veins. Jealousy and envy can lead to osteoporosis. Perfectionism and drivenness to perform where a person feels loved and accepted based on their achievements can lead to diseases like chronic fatigue syndrome and fibromyalgia.

Fear, anxiety, unforgiveness, bitterness, self-hatred, a low self-esteem, guilt, jealousy, envy, anger, rage and resentment are now referred to in the medical field as "toxic thinking patterns" because they cause disease. The Bible calls these toxic thinking patterns sin. Therefore what medical science has just proven is that most of the time, disease is a consequence of sin – particularly in our thought life.

This teaching is designed to change your direction. In the midst of it healing will come and in the midst of it diseases will be prevented.

However, the Bible explained that disease is a consequence of sin thousands of years ago. We think of sin as the big issues such as murder, adultery, stealing, lying and so forth. However, what about the more "socially acceptable" sins that are going on in our thought life? Would you consider fear and anxiety to be a sin? Would you consider a low self-esteem and self-hatred to be a sin? What about bitterness, unforgiveness, anger, rage, resentment, jealousy, envy and competitiveness with others? The Bible says that these things (even if just in our thought life) are sin and in the medical field I am seeing that we are paying a high price for it in the area of disease.

I often get a lot of "flack" from people for having the audacity to teach that there is a connection between sin and disease. These people haven't read their Bibles in a very long time. In fact they haven't read their Bibles at all because the Bible is full of the connection between sin and disease and if you will just stick with me, I'm going to show that to you through the course of this chapter. Pastor Henry Wright teaches the same principles of healing and disease that I share in this book. There was one man who was dragged by a family member to one of Pastor Wright's conferences. He didn't really want to be there because he refused to believe that his diseases were a consequence of sin. However while he was sitting in the conference he came to this conclusion, "If my theology and my doctrine is so right on, then how

come I am still so sick? Maybe I ought to stop and listen to somebody else who may know something that I possibly don't know."

Ignorance is a form of knowledge. Have you ever been ignorant? Of course you have. I have too. And did you know that you were ignorant at the time? No, you didn't. In fact some of you thought you were so smart in your ignorance. How many of you have fought wars to defend your ignorance? The Bible says that there is a way that seems right to a man but in the end it leads to destruction (Proverbs 14 v 12). Therefore that way that seems right to a man is a mindset that he is following but it is ignorance.

Reading through this book is going to be a lot like eating a big juicy watermelon. When you last ate a watermelon, what did you do with the pips? You took them out didn't you? You may have choked on them first before spitting them out. However did you stop eating the watermelon? There are many people, who when I bump into one of their denominational sacred cows of theology and doctrine, shut down and close their minds to this teaching. Firstly, if every denomination had all the answers, why are you still so sick? You see, this is a matter of life and death. This book exists for no other reason but to give you insight, discernment and wisdom so that you can take your life back because it belongs to you. So I ask you to listen with an open mind and a teachable heart because this teaching is designed to change your direction. In the midst of it healing will come and in the midst of it diseases will be prevented. So if you find some pips, don't throw away the whole watermelon. Furthermore I wouldn't throw those pips away too fast either – put them on the shelf. You never know, once you have read the whole book and got the whole picture, those pips might turn back into watermelon.

***Offence is the snare
of the devil that he
will use to rob you
of your healing.***

Not everybody agrees with me because this teaching is revolutionary and it confronts current traditional doctrines of many church denominations as well as many protocols of medical practice and it stretches people. In fact much of this teaching cuts right across denominational sacred cows of theology and doctrine. So if you go back to your Pastor all excited about the teaching in this book, be prepared for a let down. What I'm sharing with you is not necessarily anything new, but it challenges doctrine that you may have held dear to your heart traditionally. There is nothing wrong with old ways as long as they match the Word. A lot of denominational sacred cows of theology and doctrine don't match the Word of God.

The Bible says in 2 Thessalonians 2 v 10-12 that because you'd rather believe a lie than the truth, God will give you over to a greater delusion. A greater delusion takes you into more bondage... until you've had enough of bondage, religion and tradition and you head back home to your Father... because you realize that it is not about religion but about a real, living, breathing, personal, intimate relationship with a very loving and awesome God. There is so much hype in Christianity it is sickening. There is also so much religion and tradition that is sickening. So where is God in the midst of it?

I would like to encourage you to take your Bible and read it for yourself. Get a King James if you can because it is the closest that there is to the original Hebrew manuscript and also get a Strong's Concordance. Study the Word of God for yourself to see whether or not this teaching is true or not.

As a doctor I really believe in this teaching. I have learned from people who have had phenomenal results through application of these principles that I am about to share with you. The world is beginning to listen and many are beginning to rethink their positions because the amount of people being healed globally of so called incurable disease because of this knowledge and insight is unequalled any where in the world. And it is God Who is doing it – He is honouring this teaching because it lines up with His Word. It is good to read about the miraculous healings done through Jesus and the disciples in the books of Matthew, Mark, Luke, John and Acts but we are seeing miraculous healings taking place today! I have been putting these principles into practice and have seen people totally recover from what has been considered incurable disease such as severe allergies, cancer, ADHD, addictions and many more so it is worth your

while to read this book with an open mind and a teachable heart. This is not a theological debate – this is knowledge and insight based on the Word of God that has been proven in medical science and which has been tried and tested through practical experience.

Another reason we don't like to be told that we have disease because of sin in our lives is because it hurts our pride. If we are not careful we will be offended by this message and consequently blinded to the truth in it. I would say be careful of pride and offence because it could cost you your healing (see the story of King Naaman from 2 Kings 5 v 1 – 14 explained on page 724). Offence is the snare of the devil that he will use to rob you of your healing.

If I am going to be able to help you at all, you have got to be teachable.

I once had somebody say to me, "My sister is the most sweet and innocent person that I know – how can you be so unkind as to say she has asthma because she is sinning?" Well, the medical research has proven that thinking patterns of fear, anxiety and stress cause asthma... and the Bible calls fear and anxiety sin because fear is a lack of faith. God said "Do not fear" 365 times in the Bible. When you are in fear, you are not obeying the Word of God and that is sin. It's that simple. And I'm going to have to lovingly address this sin issue – not to condemn you, but to bring you to repentance so that you can be healed and set free. So I'm going to take the time and the risk of offending you to bring you the Truth at this level. I'm going to touch the very fabric of your life and will be addressing issues where you are most sensitive and vulnerable. I've got to get past your defences so that I can show you your enemy. I am going to help you identify those areas where you are going wrong so that you can set in motion the things that are necessary to bring about healing and deliverance. So I hope that you don't feel that I am oppressing you, I hope you hear that my heart loves you.

Another major reason why many people struggle to accept that most disease is a consequence of sin is because we have so much self-hatred. Most people simply don't like themselves. We don't know who we are in Christ and in our ignorance we have bought into the devil's lies concerning our value and worth. As a result we have so much self-hatred and guilt and therefore we just can't handle any more confrontation about things in our lives that make us feel bad about ourselves. So we shut down on everything. Well that is denial and delusional thinking. That is not going to do anything to help you. Let me have some fun with you: if you had a dried out piece of mucous hanging out your nose, would you like me to tell you or would you prefer I ignore it? I think most of you would say that you would want to be told so that you can go wipe it off and not walk around like that all day. But I can't tell you that you've got a dried out piece of mucous hanging out your nose because I'm afraid of you – I might offend you... no, you would expect me to tell you. So if you would want me to tell you about a dry one hanging out there, why can't I tell you about the spiritual 'stuff' that is causing your biological and psychological diseases? It is part of my God given calling and instinct as a doctor to help people get well. I'm like a warrior who is armed with knowledge and I'm here to fight for your life on behalf of the great God Who saved you! Isaiah 61 v 1 – 4 said that Jesus came to heal the broken hearted and to set the spiritual and physical captives free and I represent Him. I would like to establish the principles of God's kingdom in your heart.

In **Matthew 5 v 3** Jesus said **"Blessed are the poor in spirit, for theirs is the kingdom of Heaven."** The phrase "poor in spirit" means that your heart is open and you are teachable. You are not stubborn, you are not wise in your own eyes and you are not rebellious.

If I am going to be able to help you at all, you have got to be teachable. I cannot bring you the kingdom of Heaven which according to Romans 14 v 17 is righteousness, peace and joy in the Holy Ghost if you are not teachable. Are you teachable? To be teachable you have got to be reproveable. The Biblical definition of reproof is not a rebuke, it is corrected instruction – it is the Lord reproofing us for something we don't understand correctly. When the Lord reproofs you, He gives you instruction as to where you have erred in your thinking. Are you reproveable? If you want to be free of disease or prevent disease in your

life you may have to take some instruction which is a reproof. For example, there is a sin behind most cancers which is bitterness and unforgiveness – either against others or yourself. If I want to help you, I have got to point this out to you. I need to give you some instruction from the Word of God and I need to explain to you from both a Biblical and medical perspective why and how cancer develops so that you can understand how to deal with it. In the chapter on page 385, you can read the testimonies of people who completely recovered from terminal end stage cancer without medical drugs or surgery or chemotherapy or diet change – they simply dealt with a sin issue after receiving some instruction from the Word of God.

2 Timothy 2 v 24 – 26: “²⁴And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, ²⁵in meekness instructing those that oppose themselves, if God per adventure will give them repentance to the acknowledging of the Truth; ²⁶and that they may recover themselves out of the snare of the devil, who are taken captive by him at his will.”

The entire material in this book is instruction in righteousness where I show you the pathway of how and why disease develops and how to get out of disease so that you can recover yourself from the snare of the devil.

I must warn you up front that this teaching will not always “tickle your ear”. It will not always be a feel good message that gives you goose bumps. You won't always be able to say “Amen!” Sometimes all you will be able to do is quietly say “Ouch!” I'm going to mess with you, stretch you and challenge you but please stick with me because when you get that break through and are healed and set free forever, your life is radically changed and you will never be the same. So the minute conviction hits you and your eyes are opened to the issues in your life that are making you sick – don't run from it, run towards it to defeat it. Open your heart because God is right there with you to help you defeat your enemy.

I use the word you a lot and I know that it is a very piercing word. I am approaching you in the first person because I want to meet with you personally because God loves you personally. My frequent use of the pronoun you is meant to penetrate the human heart for conviction, not accusation. So please do not respond to this teaching by feeling judged and condemned. If you allow guilt and self-accusation to hammer you, then you are going to go into denial because you don't want to face the issues in your life that are causing you problems. When an ostrich is afraid, he sticks his head in the sand because he thinks that if he can't see you, you can't see him. That is delusional thinking and it is a good picture of denial. Out of sight, out of mind is not a Biblical principle. What the ostrich doesn't realize is that his fluffy tail is sticking up in the air and he is exposing a fantastic target to his enemy. The point is denial will further expose you to the enemy because you are a bigger target. Did you notice that in the armor of God spoken about in Ephesians chapter 6, there is nothing for your backside? That is because it wasn't designed for you to run from your enemy. So when you turn your back on your enemy in denial, you've got firey darts coming your way.

In order to get disease removed from your life, you need to understand what is causing it.

According to Hosea 4 v 6 God's people are perishing for lack of knowledge so I've come to sow seeds of knowledge in your heart and take the mystery out of disease. In order to get disease removed from your life, you need to understand what is causing it. So it is necessary for me to take you on a journey through the Bible to explain to you why disease is a consequence of sin. I'll first start with the Old Testament and then we'll study scriptures from the New Testament. Some of you may say, “I'm under the New Testament covenant so the Old Testament doesn't apply to me.” Yes, we are under the New Testament covenant, but the Bible says that Jesus did not come to abolish the Law but to fulfill it. When Jesus came, He did away with some things in the Old Testament such as animal sacrifices because He became the ultimate sacrifice on the cross. But when it came down to instructions in righteousness, nothing has changed. For example, one of the ten commandments in the Old Testament is that you are not to commit adultery. It is still unlawful to commit adultery in the New Testament. In Mark chapter 7 v 21 (pre-cross) Jesus spoke against

adultery and Paul also spoke against it in Galatians chapter 5 v 19 – 20 (post-cross). So did not committing adultery change because of covenant change? No. Paul said in 1 Corinthians 10 v 11 that the stories in the Old Testament were given as an example and warning to us and to instruct us for right living. 2 Timothy 3 v 16 – 17 says that all scripture is God inspired and profitable for teaching.

Let's start at: **Exodus 15 v 26: "If you will diligently hearken to the voice of the Lord your God and will do what is right in His sight, and will listen to and obey His commandments and keep all His statutes, I will put none of the diseases upon you which I brought upon the Egyptians, for I am the Lord Who heals you."** This scripture is saying that healing comes as a result of obedience. When you walk in obedience, God will take sickness from your midst.

Exodus 23 v 25: "You shall serve the Lord your God; He shall bless your bread and water, and I will take sickness from your midst."

Deuteronomy 7 v 11-12 and 15: "11You shall therefore keep and do the instruction, laws and precepts which I command you this day. 12And if you hearken to these precepts and keep and do them, the Lord your God will keep with you the covenant and the steadfast love which He swore to your fathers...15And the Lord will take away from you all sickness, and none of the evil diseases of Egypt which you knew will He put upon you..."

When you are walking in obedience, how much sickness will the Lord take away? All! When you are walking in obedience, how many sicknesses will come upon you? None! There are some pastors who try to preach that sometimes it is God's will to heal and sometimes it is not. They don't have one scripture to stand on. In Isaiah 53 v 5 when it says that by the stripes of Jesus we are healed and made whole, there are no exceptions listed. The Bible indicates that God wants to heal all of our diseases.

Psalm 103 v 3: "Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases."

It is always God's will to heal you! God is no respecter of persons (Acts 10 v 34). But your healing is conditional to your obedience which has to do with keeping God's commandments. Now you may say, "But those scriptures about obedience are all Old Testament." OK, here's a New Testament scripture:

James 1 v 22: "But be doers of the Word [obey the message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth]."

Deuteronomy chapter 28 is divided into two parts: the first 14 verses speak of the blessings that come from obedience and the second part is about the curses that will come from disobedience or sin.

It is always God's will to heal you! But your healing is conditional to your obedience.

Deuteronomy 28 v 15 and 59 – 61: "15But if you will not obey the voice of the Lord your God, being watchful to do all His commandments and His statutes which I command you this day, then all these curses shall come upon you and overtake you:... 59Then the Lord will bring upon you and your descendents extraordinary strokes and blows, great plagues of long continuance, and grievous sicknesses of long duration. 60 Moreover, He will bring upon you all the diseases of Egypt of which you were afraid, and they shall cling to you. 61 Also every sickness and every affliction which is not written in this book of the Law the Lord will bring upon you until you are destroyed." This scripture is saying that all manner of disease is a consequence of sin and disobedience which is not keeping God's commandments or not being a doer of the Word.

Now there are people who say that disease is not a curse – they say disease is just a disease. So let's do a Hebrew word study together of some of the curses that are listed in Deuteronomy 28 v 15 – 61. I'm going to show you that many of these curses that came upon God's people in the Old Testament church because they were not doers of the Word are examples of diseases that are still known to mankind today

and many Christians in the New Testament church have these problems. These definitions come from the Strong's Concordance:

In **Deuteronomy 28 v 15** God said: **"¹⁵But if you will not obey the voice of the Lord your God, being watchful to do all His commandments and His statutes which I command you this day, then all these curses shall come upon you and overtake you..."** Let's have a look at some of those curses:

- **Verse 18:** "Cursed shall be the **fruit of your body**" – that means infertility and miscarriages.
- **Verse 21:** "The Lord shall make the **pestilence** cleave unto thee" – that refers to a destroying plague producing disease or death such as influenza (e.g. bird or swine flu), the bubonic plague, TB and HIV/AIDS.
- **Verse 22: Consumption** – that means anaemic, anorexic, to emaciate, to be thin, wasting away – that includes anorexia, bulimia, obsessive compulsive disorder.
Fever – high temperature from bacterial inflammation up to 103°F.
Extreme burning – that's a high fever (over 103°F). Anything over 103°F is very dangerous.
- **Verse 27: Botch of Egypt** – burn with ulcers and boils. By the way boils is a physiological manifestation of rebellion.
- **Emroids** – hemorrhoids...do you think hemorrhoids are a blessing or a curse? Well I suppose it depends where you are sitting.
Scab – scratching, gum disease, bleeding, scurvy
Itch – scraping to produce redness, sinusitis, rashes of the skin involving the excessive release of histamine in the body in relation to anxiety and fear that produces itching (i.e. allergies such as eczema).
"So that you cannot be healed"... here's incurable disease. There is no such thing as incurable disease – that's man's definition in his ignorance. During the course of this chapter you are going to begin to understand why a disease is incurable and what it is going to take to make that incurable disease curable...
- **Verse 28:** Here we see that sin does not just lead to physical diseases – it leads to psychological or psychiatric problems as well. So we are not just talking about physical healing.
Madness – craziness, raving lunatic, insanity, psychosis.
Blindness – this is not referring to loss of eyesight, it means they've lost their reasoning and their ability to understand and comprehend (that could include Alzheimer's Disease).
Astonishment of heart – that includes all of your fear disorders, anxiety disorders, panic attacks and phobias.
- **Verse 29: Oppression** – depression
- **Verse 35:** Diseases of the knees and legs
- **Verse 59: Great plagues of long continuance and sore sicknesses of long continuance** – that's chronic diseases.
Plagues of your seed – that is genetically inherited diseases.
- **Verse 61: "Also every sickness and every affliction which is not written in this book of the Law the Lord will bring upon you until you are destroyed."** – That means there are more diseases than the examples mentioned here. For every disease that we finally understand in the medical field and figure out a drug to treat it with, it seems that ten new diseases surface. The medical text books are getting thicker every year as there are more and more diseases showing up. My medical text books

are two and three times thicker than my Bible –this is the fulfillment of Deuteronomy 28 v 61, so we better start paying attention.

- **Verse 65: Failing of eyes** – cataracts, glaucoma, macular degeneration
Sorrow of mind – there is depression again.

So as you can see in Deuteronomy 28 v 15 to 65, all manner of disease is listed as part of the curse that comes as a result of one reason - disobedience and not being a doer of the Word which is sin. A disease is not just a disease – according to Deuteronomy 28 it is a curse. Disease is not a blessing. On the blessings side of Deuteronomy 28 there is **not** one disease that is mentioned. Do you consider disease to be a blessing or a curse? I consider it to be a curse because God lists disease as part of the curse in the second part of Deuteronomy 28. The Bible says that the blessing involves all absence of disease and the curse involves all manner of disease.

People think that when they get a disease they were standing under the wrong bird at the wrong time and they just got nailed. They think that maybe if they had been in a different place, it might have missed them. No disease happens just because... Disease does not just come out of nowhere. When there is a disease, there is a curse. When there is a curse, there is a reason for it. The insight into this does involve

birds and it is found in **Proverbs 26 v 2: "As the bird by wandering, as the swallow by flying, so the curse causeless shall not come." KJV**

No disease happens just because... When there is a disease, there is a curse. When there is a curse, there is a reason for it.

So the curse is like a bird looking for a place to land but it cannot unless it is given permission. You're going to find that we have given satan permission to put disease on us and kill us prematurely and it's about time that you woke up to this if you are going to stay alive...and I can prove it. I can prove it in the Word and I can prove it in medical science. "The curse without a cause does not come" means that if you find a curse, for example a disease,

there is a reason. When you see a disease, it's like the bird has landed because it had a right to. In other words the enemy does not have the right to afflict your life just because he wants to. For the devil to be allowed to bring disease, there must be open doors through disobedience and sin, either in your personal life or historically in your family tree (Genetically inherited diseases are explained on page 151), in which we have stepped out of the boundaries of God's Word, His provision and His covenant. It is important to understand that the curse has a right to come upon us in our sin and disobedience because many people want to know why they are sick. Some disease has a right to be in our lives because somewhere along the line, we opened the door. The devil does not have the right to arbitrarily afflict us. If this was the case the whole Church world wide would have been wiped out within a year. This has not happened because there is a hedge of protection around us when we walk in obedience.

Psalm 91 v 11: "For He will give His angels [especial] charge over you to accompany and defend and preserve you in all your ways [of obedience and service]."

Some people say that because they are born again they are freed from the curse. If you are freed from the curse, why do you still have disease in your body? The curse without a cause does not come. Therefore in order to get the disease removed, you need to get the curse removed. In other words you need to get rid of the sin causing the disease. When there is evidence of a disease, I go to the Word and use my knowledge from my medical training to find out the cause. For example, the medical text books list many diseases of the heart, such as high blood pressure, angina and abnormal heart rhythm as examples of "Stress-Related Diseases and Conditions." The medical field considers fear, anxiety and stress to be the basis of many heart problems. Who else says this? God does:

Luke 21 v26: "In the last days men's hearts shall fail them because of fear." (KJV)

Therefore when fear, anxiety and stress in that person's life is dealt with, the heart disease such as high blood pressure disappears. The secret to allergies is found in Proverbs 17 v 22 which says that a broken spirit dries the bones. The immune system is formed in the bones. When a person has fear and anxiety, there are high levels of stress hormones in the blood. One of these stress hormones is called cortisol. In excess quantities cortisol kills the cells of the immune system – it literally dries up the bones. When the immune system is damaged by cortisol, it goes out of control and you end up with allergies. Therefore when a person's broken heart (broken spirit) and the fear, anxiety and stress that comes from that broken heart is dealt with, I have personally seen allergies fall away without any medication being given. Similarly when self-hatred is dealt with, autoimmune diseases like multiple sclerosis, Chrons and lupus (SLE) fall away. When a low self-esteem and guilt is dealt with, depression falls away. When un-forgiveness and bitterness is dealt with, diseases like arthritis and certain cancers have literally disappeared. I have personally seen a lady's osteoporosis disappear and her back straighten when she dealt with the envy and jealousy in her thought life. I would like to help you understand why you are sick and what caused your disease. I hope to enable you to recognize the open door that gave the devil a legal right to your life and show you how to deal with the spiritual roots so that your healing can begin.

In the medical field we are finding that there are specific toxic thinking habits behind specific diseases.

What do I mean by "spiritual roots"? Well, the devil is able to harvest bad fruit (disease) in our life because some time back he planted a bad seed (a thought) in us that took root in our minds so that we developed an ungodly mindset. We allowed him to train us in our thinking to be anxious, fearful, unforgiving, bitter, jealous, envious, to have a low self-esteem, guilt, condemnation, anger, rage etc. Thus the curse of disease has a specific "spiritual root" or specific sin behind it. In the medical field we are finding that there are specific toxic thinking habits behind specific diseases. The root which is sin caused the bad fruit which is disease. Why pray against the fruit when you can cut it at the root once and for all? Learning to recognize the root cause behind your disease is the first step towards your healing. When Satan's weapons, strategies and master plan in the battlefield of your mind are exposed, you are going to understand what is needed to gain victory. It is our responsibility to identify the spiritual root of our disease and remove it from our life.

I want to show you a root to disease in a conversation between the Lord and Solomon in **2 Chronicles 6 v 28 – 29: "28...whatsoever sore or whatsoever sickness there be: 29Then what prayer or what supplication soever shall be made of a man, or of all Thy people Israel, when every one shall know his own sore and his own grief, and shall spread forth his hands in this house." KJV**

The Israelites in the Old Testament church in 2 Chronicles 6 v 28 – 29 had sores and sicknesses and they were praying because they wanted to be healed and delivered. It is exactly the same with the New Testament church today – we are praying because we have sores and sicknesses. The word 'sore' in verse 28 and 29 is referring to biological sickness. The word 'grief' opens up the realm of the soul (the psyche) and is referring to psychological sickness. Verse 29 says that when the Israelites are praying because they are full of sickness, it is important that they know what is behind their sores and their grief. They need to understand what caused their biological and psychological sicknesses.

Verse 30 – 31: "30Then hear from Heaven Your dwelling place, and forgive, and render unto every man according unto all his ways, whose heart You know; (for You only know the hearts of the children of men) 31That they may fear You, to walk in Your ways, so long as they live..."

In Verse 30 Solomon said to God, "Then hear from heaven and forgive..." You don't have to be forgiven if you haven't done anything wrong. Right here there are two themes – walking in God's ways and walking in our ways. Do our ways match God's ways? In the area that our ways do not match God's ways, that is an open door for satan to come in with disease because of our disobedience.

We also see the connection between sin and disease in **Isaiah 1 v 4 – 6**: **“Ah, sinful nation, a people loaded with iniquity, offspring of evildoers, sons who deal corruptly! They have forsaken the Lord, they have despised and shown contempt and provoked the Holy One of Israel to anger, they have become utterly estranged (alienated).⁵Why should you be stricken and punished anymore [since it brings no correction]? You will revolt more and more. The whole head is sick (this is a reference to psychiatric disease), and the whole heart is faint (feeble, sick and nauseated) (This is anxiety disorders, phobias and panic attacks).⁶From the soul of the foot even to the head there is not soundness or health in [the nation's body] – but wounds and bruises and fresh and bleeding stripes (This is biological disease); they have not been pressed out and closed up or bound up or softened with oil...”**

The reason that the church has the same diseases as the world is because we are serving the same sins with the same consequences.

Isaiah 1 v 4 – 6 is not only a picture of the Old Testament church but also an accurate picture of the church today– a sick, sinning church, filled with all manner of psychological and biological diseases and no ointments, in other words drugs have been able to cure God's people ...all the medical drugs that we have today cannot cure over 80% of diseases.

In verse 7 to 15 of Isaiah chapter 1, God goes on to say how distasteful He found their sacrifices and burnt offerings because they were as full of iniquity as Sodom and Gomorrah. In the New Testament church today we are doing our religious rituals and singing our songs but we are still living in sin – we are still filled with strife, bitterness, unforgiveness, hatred, anger, rage, resentment, jealousy, envy, self-hatred, fear etc.

Then in verses 16 to 20 of **Isaiah 1**, God says, **“¹⁶Wash yourselves, make yourselves clean; put away the evil of your doings from before My eyes! Cease to do evil, ¹⁷Learn to do right!...¹⁸Come now, and let us reason together says the Lord. Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be like wool. ¹⁹If you are willing and obedient, you shall eat the good of the land; ²⁰But if you refuse and rebel, you will be devoured by the sword. For the mouth of the Lord has spoken it.”**

So here is Isaiah chapter 1 there is the foundation of the problem and a solution. The whole chapter is a revelation of disease in conjunction with not being a doer of the Word. It is a clear illustration of the connection between sin and disease.

There are some people who struggle to understand why Christians get sick. The reason that the church has the same biological and psychological diseases as the world is because we are serving the same sins with the same consequences. There are two types of people that sin: sinning sinners and sinning saints. This is a very unpopular subject to consider that saints can also be sinners. The Bible is basically to and about covenant people. The Israelites of the Old Testament were the Old Testament Church. We are the New Testament church. They were sinning saints. We are sinning saints.

There are many Christians in the church who wonder why unsaved sinners who don't even love God are in better health than they are. It is because the unsaved sinners are more righteous than many people in the church are. We don't want to hear that, do we? What do you mean they are more righteous than I am? In that area of their life, they live by Godly principles even though they are not saved. I've seen many saved people who do not live by Godly principles. For example, I've seen unsaved men deeply love their wives but I know saved men in my church who beat their wives. There are consequences to disobedience, whether you are a New Testament believer or not.

Ezekiel 18 v 26 – 27 and 31 – 32: “²⁶When a righteous man turns away from His righteousness and commits iniquity and dies in his sins, for his iniquity that he has done he shall die. ²⁷Again, when the wicked man turns away from his wickedness which he has committed and does what is

lawful and right, he shall save his life.³¹Cast away from you all your transgressions by which you have transgressed against Me, and make you a new mind and heart and a new spirit. For why shall you die, O house of Israel? ³²For I have no pleasure in the death of him who dies, says the Lord God. **Therefore turn, (be converted) and live!"**

According to this scripture, if you don't want to die prematurely of disease, you have got to get rid of the sin and iniquity causing it. You cannot hate your mother in law or hate yourself and expect to continue in good health. You cannot continue to worry about what is going to happen in the future and prevent high blood pressure, for example. There are consequences to unrighteousness called disease and death. There are consequences to righteousness called health and life. Jesus came that you may have life and have it more abundantly but the thief comes to steal, kill and destroy (John 10 v 10). And if you don't want the thief to steal, kill and destroy, then get the unrighteousness out of your life and the fruit of righteousness will be yours. This is about change – about removing the things in your life that are giving the devil power and right to kill you early. This scripture is saying to God's people (the church!) – be converted and live!

You must be born again but just because you are born again, it does not mean you are converted. You may be born again and still have fear. You may be born again and still have envy and jealousy. You may be born again and still have rage and anger. You may be born again and still have lust. You may be born again and still hate your mother in law. You may be born again but you are splitting churches every two years everywhere you go. You may be born again and still have strife and drunkenness. You may be born again and still commit adultery. You may be born again but it does not mean you have been converted. The church has been incredibly intellectually converted, but it has not been truly converted from the heart. If they were truly converted from the heart, they would not continue in ways that are not God's ways. The bottom line is: are we really doers of the Word?

Most disease is simply a consequence of disobedience which is not being a doer of the Word. It first happened in the Garden of Eden. The Lord said to Adam, "In the day that you eat of the fruit of the tree of the knowledge of good and evil, you shall die" (Genesis 2 v 17). What opened the door to death, spiritual first and then biological was disobedience to God's Word and it has never changed.

Hosea 4 v 6: "My people are destroyed for lack of knowledge; because you [the priestly nation] have rejected knowledge, I will also reject you that you shall be no priest to Me; seeing you have forgotten the law of your God, I will also forget your children."

We need to pay attention to the "IF's" and "THEN's" in the Bible because they speak of God's conditions to His promises

Hosea 4 v 6 says that God's people perish for lack of knowledge and also because they have rejected knowledge. In other words they don't practice it even though they know it. For example, every believer knows that you are to forgive everybody who has sinned against you but it doesn't necessarily mean that we do. And so what God said to Hosea is that because His people have rejected knowledge, He will also reject them – not in salvation but in the application of blessing and that includes healing.

God's blessings, which include healing, are funneled through a key word: **IF**. We need to pay attention to the "IF's" and "THEN's" in the Bible because they speak of God's conditions to His promises. **If** you do this **then** God will do that.

2 Chronicles 7 v 14: "If My people, who are called by my name, shall humble themselves, pray, seek, crave and require of necessity My face and turn from their wicked ways, then I will hear from heaven, forgive their sin and heal their land."

In this scripture God says that the condition to healing of our land is to turn from our wicked ways. Healing is conditional, not automatic. Not only is healing conditional, but disease is conditional.

Deuteronomy 28 v 15: **“¹⁵But if you will not obey the voice of the Lord your God, being watchful to do all His commandments and His statutes which I command you this day, then all these curses shall come upon you and overtake you...”**

Deuteronomy 28 v 1 – 2: **“If you will listen diligently to the voice of the Lord your God, being watchful to do all His commandments...all these blessings shall come upon you and overtake you if you heed the voice of the Lord your God.”**

There is a required action on our part to receive God's blessings. God does the work of healing in us but He requires our participation. **2 Corinthians 1 v 20** says that **“For all the promises of God in him are yes, and in him Amen”** but we have to appropriate those promises through meeting His conditions. If you walk in obedience and live according to God's ways, you will not have to chase His blessing – the promises of Deuteronomy 28 v 1 – 14 will automatically overtake you! You won't have to think about it, you will just be living in divine health.

So Deuteronomy chapter 28 verses 1 to 14 tells us the blessings that come from obedience and the second half of the chapter warns us about the curses that will come from disobedience. It is your choice.

Deuteronomy 30 v 19–20: **“I call heaven and earth to witness this day against you that I have set before you life and death, the blessings and the curses; therefore choose life that you and your descendants may live and may love the Lord your God, obey His voice, and cling to Him. For He is your life and the length of your days...”**

In this scripture God said to His people, “In your obedience to Me and My commandments, which is best for you, the blessings are immediate and close by.” But God also said, “If you are disobedient, the curses of Deuteronomy 28 v 15 – 68 will surely come.” The quality of your health is based on the choices that you make – you cannot blame God for being sick and you cannot blame the devil. The responsibility is yours.

Deuteronomy 11 v 26 – 28: **“²⁶Behold, I set before you this day a blessing and a curse – ²⁷The blessing if you obey the commandments of the Lord your God which I command you this day; ²⁸And the curse if you will not obey the commandments of the Lord your God...”**

Verse 27 says you will receive a blessing if you obey the Lord's commandments, which means you are a doer of the Word. The curse will come into your life if you do not obey the commandments of the Lord which means you are not being a doer of the Word. According to a word study done by Henry Wright, there are two meanings of the Hebrew word “if” in Deuteronomy 11 v 27 – 28. The word “if” in verse 27 is the Hebrew word **asher** which according to Strong's Concordance #834 means that **the blessing comes quickly**. The word “if” in verse 28 is the Hebrew word **im** which according to Strong's Concordance #518 means **the curse will not come quickly, but it will surely come**. Therefore to paraphrase Deuteronomy 11 v 26 – 28 according to the original Hebrew: **“²⁶I have given you the choice of the blessing and the curse. ²⁷If you obey the commandments of the Lord your God, the blessings shall come and they shall come quickly (that is asher). ²⁸If you will not obey the commandments of the Lord your God, the curse does not come quickly, but it will surely come (that is im).”**

It is important that you understand that the curse which includes disease does not come from God – it comes from Satan. There are large groups of Christian church denominations that are trying to teach that disease is from God. They say, “You just need to know that His grace is sufficient for you...God gave you this disease so that you can identify with Jesus' sufferings on the cross. This is for His glory.” etc.

I'm going to get into many of the incorrect teachings about healing later in this chapter, but at this point I will say this to you: In the medical field they have identified fear, anxiety and stress as the cause for over 100 incurable diseases (this is explained in detail in the chapter on page 178). In 2 Timothy 1 v 7 God said that He has not given you the spirit of fear, but of power, love and a sound mind. So fear does not come from God and therefore diseases caused by fear do not come from God. Nor do any other diseases

come from God. **Deuteronomy 7 v 15** says that if you walk in obedience, **“the Lord will take away from you all sickness, and none of the evil diseases of Egypt which you knew will He put upon you...”**

James 1 v 13 – 17 says that God cannot be tempted with evil nor does He tempt anyone with it, but every good gift comes from the Father. So God is not the author of evil and therefore He is not the author of disease because diseases are evil according to Deuteronomy 7 v 15. So anybody who is saying that disease is from God is making God the author of evil and they need to get out of the ministry because their Biblically incorrect teaching is instilling a mindset into God's people that is costing them their lives... and as a medical doctor and servant of the Lord who is in the business of saving lives, I am not afraid to stand up and say that. I want to tell you something with great authority – God is not trying to kill you! God said in **3 John v 2**, **“Beloved, I pray that you will prosper and be in health, even as your soul prospers.”** Jesus said in John 10 v 10 that it is the thief who comes to steal, kill and destroy, but He came so that you can have life and have it more abundantly. I think God has a better day for you.

God said in both Deuteronomy 7 v 15 and Exodus 15 v 26 that if you're walking in obedience, He will put **none** of the evil diseases of Egypt upon you.

My blood really boils when I go to a funeral service of a Christian man who for example died of a massive heart attack at the age of 49 and left behind a wife and 4 children and one of the members of the Sanhedrin who is running the funeral has the audacity to say that God took him. God did not take him. It is wonderful that he should go to heaven, but the reason he died of a heart attack at the age of 49 is the very same reason that the unsaved man died at age 49 of a massive heart attack - they were both serving the same sins, which in this case is self-hatred and fear.

We cannot blame God for disease because it does not come from Him. God does not put a curse or disease on us, He simply lets us face the consequences of our disobedience. God does not put evil on us, He just gives us over to the ways of our own heart until we have had enough. In the Old Testament, when the Israelites disobeyed and rebelled against God, He allowed them to go into the bondage and captivity of their enemies. The curse came as a consequence of their disobedience. When they turned away from their disobedience and rebellion and came back to God and cried out to Him, He would end their captivity and bless them.

The curse which includes disease comes from the enemy and the only reason he has the right to bring it is because we decide not to be doers of the Word. If you can understand that disease is a consequence of sin, then it is only common sense that you need to get rid of sin in order to get rid of the disease. Purely from a medical standpoint, you need to remove the toxic (sinful) thinking patterns that are causing the disease so that your body can heal. Biblically, how do you get rid of sin? The answer is repentance. That brings us to the New Testament:

If you can understand that disease is a consequence of sin, then it is only common sense that you need to get rid of sin in order to get rid of the disease.

The Condition for Healing is Repentance

James 5 v 14 – 16: **“¹⁵Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. ¹⁶Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working].”**

Right here in the Scripture above, we see the relationship of sin and the lack of sanctification in the believer's life to disease. You may go forward for prayer, have the elders of the church anoint you with oil in the Name of the Lord, and then go home wondering why you were not healed. Yes, without a doubt, God wants to heal us of every single disease from which we suffer. Healing is a promise in His Word. However, every promise from God has a condition. You can't go claiming God's promises without being prepared to meet His conditions. Neither can you go quoting half a scripture – Psalm 103 v 3 does say **"God heals us of all our diseases"** but before that it says **"He forgives all of our iniquities"**. If you want to be healed of all your diseases, you have to be forgiven of all your iniquities first. It is forgiveness...then healing. The church wants to be healed of its diseases without dealing with the iniquities that cause the disease.

There are accounts in the Old Testament where God refused to heal somebody because they refused to repent. For example:

- Solomon died prematurely at the age of 60 because of disobedience to God and following the gods of his pagan wives. God appeared to him twice about this issue but he would not listen (1 Kings 11 v 4 – 11).
- King Saul died prematurely because of his disobedience towards God and because he dabbled in witchcraft (1 Chronicles 10 v 13 – 14). The Holy Spirit departed from him and the spirit of insanity came and he eventually committed suicide on the battlefield. King David committed even worse sins than King Saul, but the difference between the two men was that David repented (Psalm 51 v 17) but Saul would not repent (1 Samuel 15 v 23).
- 2 Chronicles 16 v 7 – 8 and 12 – 13 tells of King Asa who died of a disease in his feet because he would not obey God or repent, despite God's warning through a man called Hanani.
- In 1 Kings 14 v 1 – 13 King Jeroboam's whole household including his son were wiped out by disease because he would not obey God.
- 2 Chronicles 21 v 4, 6 and 12 – 20 tells the story of King Jehoram who disobeyed God and did evil in His sight. The Bible says that as a consequence of this he got a sickness in his bowels where his "bowels fell out" (sounds like a hernia) and he eventually died of this disease.

What About Job?

People who oppose this teaching often bring up the story of Job so let's have a look at what the Bible says about him: Job was a spiritually and morally upright man who had a reverential fear for God (Job 1 v 1). However Job was not perfect. Job was not sinless. There has only been one man that has been sinless since the fall of Adam and Eve and that is Jesus Christ. First of all Job had a fear. In Job 3 v 25 Job said, "The thing which I greatly feared has come upon me." Job had a fear about his children and that fear empowered satan to kill his children. God did not kill Job's children, Satan did and he was able to because Job had a sin issue and didn't recognize it. We know today that fear is a sin because we have the Word of God that tells us 365 times "Do not fear". When we are in fear, we have no excuse for not knowing that we are disobeying scripture. However there was no Bible in Job's time. Job predates the law of Moses by over 400 years. Job did not have Scripture to refer to – he served God out of his conscience. So although Job had a heart for God, he had some spiritual problems that he did not recognize that allowed the enemy to access him.

Apart from fear, we also know from the discussion on leviathan that Job had pride. Leviathan means the father of the children of pride. We also know from the discussion on behemoth that Job had a spirit of religion that Job did not understand. Behemoth means chief in the ways of God. Job became God's instructor where he told God what is right and wrong and that was the manifestation of Behemoth in Job. When Job had finished telling God off, the Lord appeared to him and said, "Shall he that contendeth with

the Almighty instruct him? He that reproves God let him answer it" (Job 40 v 2) and God put Job back in his place. Then Job repented for his presumptuous words against God (Job 42 v 6). Job also had bitterness and he was not healed until he prayed for his friends (Job 42 v 10). And so we know that Job had sin in his life and at the same time God restored to him double what he had lost when he repented. So Job learnt some lessons.

In 2 Chronicles chapters 29 and 30, Hezekiah and the Levites got together because their fathers had sinned, and done evil in the eyes of God, and had forsaken Him. They came together before God to repent of their sins and to sanctify themselves. The Lord heard the prayers of Hezekiah and **He healed the people.**

2 Chronicles 29 v 1 – 6, 10, 15 and 30 v 18 – 20: "Hezekiah began to reign when he was twenty five years old, and He reigned 29 years in Jerusalem...²And he did right in the sight of the Lord, according to all that David his father [forefather] had done. ³In the first year of his reign, in the first month, he opened the doors of the house of the Lord [which his father had closed] and repaired them. ⁴He brought together the priests and the Levites in the square on the east ⁵and said to them, Levites, hear me! Now sanctify (purify and make free from sin) yourselves and the house of the Lord, the God of your fathers, and carry out the filth from the Holy Place. ⁶For our fathers have trespassed and have done what is evil in the sight of the Lord our God, and they have forsaken Him and turned away their faces from the dwelling place of the Lord and have turned their backs...¹⁰Now it is in my heart to make a covenant with the Lord God of Israel, that His fierce anger may turn away from us...¹⁵So they gathered their brethren and sanctified themselves and went in, as the king had commanded by the words of the Lord to cleanse the house of the Lord...¹⁸For the multitude of the people...Hezekiah had prayed for them saying, ¹⁹May the good Lord pardon everyone who sets his heart to seek and yearn for God – the Lord, the God of his fathers...²⁰And the Lord hearkened to Hezekiah and healed the people."

In the above scripture the Israelites had to repent first then God healed them. In Isaiah chapter 58 the Israelites were praying, fasting and seeking God for healing because they were sick and full of disease. They were getting disgruntled with God because He was not answering their prayers. There are many people like that today who are questioning God just like the Israelites were, "Hello God! I'm fasting and I'm praying but I'm not healed yet!" When the Israelites asked God why He wasn't listening to them, He explained that it was because they were merely fasting and praying as a mechanical, external ritual. Meanwhile they were living in strife, debate, division, accusation, envy and jealousy. God explained to the Israelites that when they repent for their sins and start living right, He would hear them and heal them (Isaiah 58 v 8).

Psalm 90 v 11: "Who knows the power of Your anger? [Who worthily connects this brevity of life with Your recognition of sin?] And Your wrath, who connects it with the reverent and worshipful fear that is due to You?"

You see there is a connection between healing and repentance – confessing your faults and putting things right. This goes right along with what Jesus said after he had just healed a man, **"Go and sin no more or a worse thing may come upon you."** (John 5 v 14). Why did he say that? Because Jesus Himself directly linked sin and the lack of sanctification to disease. Once, when He was going to heal a sick man with the palsy, Jesus said, **"Son, your sins have been forgiven."** (Matthew 9 v 2). Before this man could have healing, he had to have his sins forgiven. Now people will quote the story in John 9 v 1 – 3 to argue that disease is not a consequence of sin and yes, there are exceptions. Disease is not always a consequence of sin and I'm going to get to that later in this chapter under the heading "I'm Not Painting All People With One Brush."

Acts 3 v 19: "So repent (change your mind and purpose); turn around and return [to God], that your sins may be erased (blotted out, wiped clean), that times of refreshing (of recovering from the effects of heat, of reviving with fresh air) may come from the presence of the Lord."

Repentance is the condition for healing. Repentance, from a Biblical perspective, doesn't involve just saying sorry with words – the original Greek word for repentance means changing your thinking. That is very interesting when you remember what I told you earlier concerning the medical field discovering that 87% of diseases are a result of what goes on in our thought life. Science is saying that you need to change your thinking in order to recover or be healed from 87% of diseases. The Bible's definition of "changing your thinking" is "repentance". Therefore even science is saying that you need to repent in order to recover from disease. For example, if you have heart problems such as high blood pressure and angina, God will not heal you until you repent by changing your thinking and getting the fear, anxiety and stress out of your thought life that is causing it.

There is no point in God healing you if you don't get rid of the toxic thinking (fear, anxiety and stress) because the heart problems will just come back. In fact, the disease would begin developing again as soon as you start stressing and having anxiety in your thoughts – probably five minutes later. What good

Repentance is the condition for healing. The original Greek word for repentance means changing your thinking.

would it do for God to heal you, for example, of high blood pressure, if you hold on to the spirit of fear and anxiety that is causing the spasm of the blood vessels which leads to high blood pressure? God knows that sin and wrong thinking such as fear, anxiety and stress in your thought life causes disease and sickness in your body. That is why He requires you to repent first before He heals you. It is just logical. If He allowed you to keep your sin and just healed you anyway, you wouldn't be able to keep your healing even if you tried. This is because the root issue wouldn't be dealt with and it would grow right back and guess Who would get blamed for

you losing your healing? God.

We wish to be healed but we don't want to be changed in order to be healed. I think we need to come to the place where we have a change of heart so that we desire to have "Who God is" in our life and not just to have the problem removed. God wants you changed before He ever wants you healed because He knows that if you repent and walk in obedience, healing is yours automatically (Deuteronomy 28 v 1 – 2).

God is not going to compromise our heart change in the name of blessing. He would be an unfaithful Father if He let us continue in our sin and blessed us anyway. We would not really honor Him and would only serve Him in a lukewarm, mediocre fashion because He condoned sin in our lives. It isn't that God cannot or does not want to heal – because He does. However, He will not deny His own holiness and give us a compromised and diluted gospel that would say we could keep our sin and receive His promises and blessings. God is a Holy God.

2 Corinthians 7 v 1: "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." KJV.

What is spiritual filthiness? Well anything that you serve that is not of God is filthy. We always think of filthiness as sexual. However anything that does not match the nature of God is filthy. For example, hatred, bitterness, unforgiveness, strife, jealousy, envy, criticizing and faultfinding, condemnation, anger, rage, resentment and self-hatred all do not match God's nature and therefore it is spiritually filthy. The church is full of spiritual filthiness.

And so in 2 Corinthians 7 v 1 Paul said to the church - note that he was not addressing the unsaved - he said to the church, "Cleanse yourself from all filthiness of the flesh and spirit." We have had a lot of teaching in the churches today about God's promises but not much about the consequence of sin.

Now there is a big debate in Christianity concerning whether a curse can affect a Christian. People have often said, "I thought that Jesus paid the penalty for our sin at the cross and therefore the curse of sin was cancelled. Jesus said it is finished." The position of many pastors and teachings is that since you are

born again, then you are free of the curse. If that is the case, then why do we have disease in the church because according to Deuteronomy chapter 28 disease is a curse.

If it was finished at the cross and the curse was cancelled and you call yourself a born again Christian - and you have a disease, well then according to your own theology you must not be born again. If the curse was cancelled at the cross, then you should never get a disease after you are born again because disease is a curse and according to your theory a curse can't affect a Christian. Well, I don't know of a single born again Christian who does not have some type of disease at some point in their lifetime. If it was finished at the cross then how could we as born again Christians have disease? The answer has to do with a key word called "appropriation".

Jesus died for all people and paid the price for our sins once and for all. Does that mean that all people in the world are saved? No. If it was finished why isn't everyone saved? The reason is that we have to appropriate what Jesus did on the cross to our lives by faith. The same principle applies to healing. According to Isaiah 53 v 5, by His stripes we are healed and made whole. So is everybody healed of disease? No. Why not? Because we have to appropriate it through our obedience. Some people in the church are trying to appropriate what Jesus did on the cross but are continuing in disobedience to the Word and therefore it is not working. Just because it was finished and Jesus bore the penalty of the curse, it does not mean that you can keep your sin and still have your healing.

There are so many teachings in the church today that say that as a believer you no longer have the curse because Jesus paid the penalty for the curse at the cross and therefore it can't possibly touch you. This theology is completely unscriptural. When Jesus died on the cross and it was finished, He finished it in His obedience. The church is trying to appropriate that finished work in disobedience and that is why only 2 to 5% of people who are prayed for are actually being healed. The church wants to be healed without getting rid of the sin that caused the disease in the first place and then they wonder why the skies are closed to their prayers.

I will tell you emphatically that you are not going to have what Jesus paid for you on the cross in disobedience. There are conditions to healing. We hear healing taught as though God is obligated to heal us because somebody said, "In the Name of Jesus." We've turned the Name of Jesus into a scientific formula. I know that Jesus said anything we ask in His Name that He shall do (John 14 v 13) but have you ever used the Name of Jesus and it didn't work? Did you ever wonder why? I want to tell you very clearly that there is something greater than the Name of Jesus and that is the Word.

Psalm 138 v 2 "...He exalts His Word even above His Name!"

The Christian church is so busy using the Name of Jesus but they are disobedient to the Word. If you want the Name of Jesus to work, be obedient to the Word and then His Name will work again. God does not have to honour the Name of Jesus if you are disobedient to the Word. I can say in the Name of Jesus be healed of cancer but I may as well just say that to a brick wall because nothing is going to happen until you decide to be a doer of the Word by practicing forgiveness and releasing that bitterness and unforgiveness which caused the cancer. When you have forgiven, then I will say, "In the Name of Jesus be healed of cancer" and I am confident that you will be healed.

We are trying to make God honour the cross in our disobedience. In fact Paul said this in his writing to believers that if we wilfully sin after the knowledge of the Truth, we crucify Christ all over again because in our disobedience and rebellion as believers we negate what Christ provided for us in our obedience. Until we bow our knee and repent to God for serving sin as believers, then we open the door for everything that He paid for to come back on us.

Unfortunately the church has come to the place where they have overplayed grace and mercy to the point where they flippantly say, "Because you are in covenant you can sin like the devil and there are no consequences." This is a terrible misunderstanding of mercy and grace. When you look up the word

"grace" in the original Greek in the Strong's Concordance, one small part of the definition is unmerited favour. People have then taken this term 'unmerited favour' and have made it a license to sin. That is not scriptural. Paul said in **Romans 6 v 15**, "**Shall we sin because we do not live under the law but under God's favour and mercy? Certainly not!**" So grace is not a license to sin. Part of grace means unmerited favour but when you look up the rest of the definition of the word grace, it literally means "God teaching us His principles". Grace is God teaching us what we need to know. Do we deserve to be taught? No, that's God's unmerited favour. In fact, in this book where I am showing you God's principles in the Word – grace is teaching you. Mercy is a measure of time that is given for you to figure out what He said and apply it to your life.

Just because it was finished and Jesus bore the penalty of the curse, it does not mean that you can keep your sin and still have your healing.

So if grace and mercy is not a licence to sin, it is an application of truth. Through grace which is God teaching you His principles, you are shown where you have been serving sin and this gives you the opportunity to repent to the Father and then you will be forgiven. So Grace does not cover sin so that it doesn't matter – grace makes it possible for us to repent for sin as Paul taught in Romans chapter 6. This is why we celebrate communion – the blood was shed for both for sinning sinners and for sinning saints.

There is a teaching in some churches that say that after you are born again you never have to repent again because then it negates grace and mercy. Well I can take you to the writings of Christ to five of the seven New Testament churches in Revelations chapter 2 and 3 where Jesus said just the opposite – He called them to repentance. We are in the same church age.

Let me take you to Romans 8 v 1 to break down some bad theology coming from the NIV Bible translators. There are some people who have asked for help because they have biological and psychological problems. Then when you proceed to explain to them that they have health issues because they gave satan the legal right to bring the curse through disobedience, they say, "Now you are bringing me back under the law. I'm not under the law – I'm a free man. You are trying to bring me back under condemnation as a Christian. Have you not read Romans 8 v 1 which says that there is no condemnation for those in Christ Jesus?" Well why don't you read the rest of Romans 8 v 1? If you have an NIV Bible, don't bother – the second part of Romans 8 v 1 is missing. Later on in this chapter I am going to explain how the NIV translators have changed and compromised the Word of God. This has been taken out of the NIV so that the believer doesn't have the responsibility to repent. Let's read the whole of Romans 8 v 1 in context:

Romans 8 v 1: "Therefore, [there is] now no condemnation (no adjudging guilty of wrong) for those who are in Christ Jesus, who live [and] walk not after the dictates of the flesh, but after the dictates of the Spirit."

So if you walk according to the Spirit, then yes, there is now no condemnation for you in Christ. However, there is a distinct indication in Romans 8 v 1 that if you walk according to the flesh as a believer, you bring yourself back under the law and you bring yourself back under condemnation until you do what Jesus said in Revelations chapter 2 and 3 which is to repent. Paul said that if you sow unto the flesh which is the carnal, sinful nature, you shall reap the things of the flesh and if you sow unto the spirit you will reap the things of the spirit.

Galatians 6 v 8: "For he who sows to his own flesh (lower nature, sensuality) will from the flesh reap decay and ruin and destruction, but he who sows to the Spirit will from the Spirit reap eternal life."

I will tell you emphatically that there is a consequence to sin whether you are a born again christian or not. For those who say that because you are covenant people you can participate with sin and there is no consequence and that as born again believers are free of the curse, I can take you back to the curses

in Deuteronomy 28 v 15 to 61 where there is everything from depression, allergies, psoriasis, eczema, ulcers, boils, bacterial inflammation, phobias, psychosis, panic attacks right down to infertility, miscarriages, haemorrhoids, chronic diseases, divorce and debt and Christians have every bit of it. It is obvious that Satan has every legal right to your life because you gave it to him through your disobedience. You've been given a social gospel and you have been taught false security.

Lamentations 2 v 14: "Your prophets have predicted for you falsehood and delusion and foolish things; and they have not exposed your iniquity and guilt to avert your captivity [by causing you to repent]. But they have divined and declared to you false and deceptive prophecies, worthless and misleading."

Lamentations 2 v 14 is a statement about God's leaders in the church that they should have been pointing out your sin to you so that through repentance you can avoid captivity. This teaching that I am sharing with you from the Word of God is designed to show you the reason for your captivity and to release you from the bondage of disease.

Coming back to **2 Timothy 2 v 24 – 26: "24And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient, 25in meekness instructing those that oppose themselves, if God per adventure will give them repentance to the acknowledging of the Truth; 26and that they may recover themselves out of the snare of the devil, who are taken captive by him at his will."**

*There is a
consequence to sin
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So what is Truth supposed to do for you? Bring you to repentance so that you may recover yourself from the snare of the devil. 2 Timothy 2 v 24 – 26 is an important scripture to have under your belt for anybody who wants to help people because in Christianity there are complete church denominations that say that when you are born again you are immune to the devil – he cannot hold you captive. Paul did not teach that, in 2 Timothy 2 v 24 – 26 he showed us that a believer can be held captive by the devil at the devil's will. And there is something called sin in our lives that we need to be taught about so that we can recognize it and repent, that we may recover ourselves from the snare of the devil.

Now some people will say that I am pre-occupied with sin and am trying to give you sin consciousness – no I am giving you sin discernment so that according to Hebrews 5 v 14, you can discern between good and evil. You cannot discern good and evil unless you are taught what it looks like and where it came from. That is why I have written this book – to teach sinning saints why they have a disease and disciple them so that I can bring them to understand, recognize and take responsibility for the sin behind the disease so they can repent to God... why? ...so that they may recover themselves from the snare of the devil. Everybody is waiting for God to do it all...He did...at the cross. Now are you going to appropriate by faith and obedience that which He paid for you?

Disease is not just a disease – it is a curse that is there for a reason. I showed you Proverbs 26 v 2 earlier that says that the curse without a cause does not come. Who allows the devil to bring the curse? We do through our disobedience. If you decide to follow the law of sin, you shall reap the consequences of it. It is as simple as that. The Christian church is so confused because they know that they are full of psychological and biological problems but because of the "name it, claim it, confess it and believe it" teachings of today nobody will agree with them. Well, I agree with you. The church is so plagued with sin and disease and nobody is even recognizing it. Church, do you know why you have the same diseases as the world? Because you're serving the same sin with the same consequences.

Now let's begin there and apply the principles of the Kingdom so that what Jesus did for you at the cross begins to work for you again. It must begin by you bowing your knee in repentance to God for serving sin – then the Blood and His broken body will work for you all over again and you can have God's

blessing which includes healing. But you are not going to have God's blessing in disobedience – it is not happening and it will never happen so you may as well quit believing it.

Coming back to **Acts 3 v 19**: **“So repent (change your mind and purpose); turn around and return [to God], that your sins may be erased (blotted out, wiped clean), that times of refreshing (of recovering from the effects of heat, of reviving with fresh air) may come from the presence of the Lord.”**

What is keeping the times of refreshing from the presence of the Lord and healing from coming? We haven't repented of our sins. This is why it is not working when your elders anoint you with oil. They just

pray for you without even considering that there may be a sin that is causing the disease. Not dealing with the sin behind our diseases is the reason that the church has a 95 to 98% failure rate when it comes to being healed after being prayed for. The church wants to be healed without obedience.

In this book I will be giving you knowledge and insight about different diseases and what causes them because to pray for somebody and minister to them without dealing with the root spiritual cause is a waste of time. Only when we recognize the sin in our lives through the washing of the water of the Word and the conviction of the Holy Spirit – and repent, will we be set free from the bondage of our diseases. Repentance and obedience to God's commandments which means being a doer of the Word is the missing link to health and healing. That is why we are

not getting the results in healing that we would like to see because we don't understand the connection between sin and disease.

Something that God has revealed to me personally is that there is a revival of healing that is coming to this nation and across the world, but the revival is not coming in the way that you may think. It is not going to be people falling over or seeing angels and lightning bolts from heaven... This revival is going to be in the form of sanctification and purification of the hearts of God's people. Sanctification means getting rid of sin. That is why the title of this book is called “Healing Begins With Sanctification of the Heart.” The only way that this revival is going to be ushered in is by the preaching of the Word concerning the consequence of sin in the area of disease.

Pastors and doctors who are in it for the love and glory of God – this is your mandate.

Conviction vs Condemnation

Earlier in this chapter I explained that I am going to be applying tough love by addressing areas of sin in your life because I want to see you healed and set free. I'm going to touch the very fabric of your lives and will be addressing issues where you are most sensitive and vulnerable. I trust that as you read and learn about your disease, the conviction of the Holy Spirit will come. If you feel conviction, that's good! That's the Holy Spirit, don't ignore it! It is God knocking on the door of your heart and talking to you and that is exciting because it means He is about to do a work in your life. When you feel convicted, do you know that you are so close to victory because you are about to defeat your disease or prevent a disease developing that was heading your way?

If you don't feel conviction, you are in trouble because that means that the Holy Spirit has withdrawn from you. In his prayer of repentance in Psalm 51, King David said “Take not Your Holy Spirit from me!” Why did David say that? Because he had seen what had happened to his predecessor King Saul. Saul hardened his heart to the conviction of the Holy Spirit and refused to repent. As a result the Holy Spirit

withdrew from him. When the spirit of God departed from King Saul, a spirit of insanity came and King Saul went mad.

The Holy Spirit brings conviction because God loves you and wants to see you set free from sin so you can enjoy the abundant life, which includes divine health, that Jesus paid such a high price to give you.

Hebrews 12 v 5–6 and 10–11: “⁵My son, do not think lightly or scorn to submit to the correction and discipline of the Lord, nor lose courage and give up and faint when you are reprovved or corrected by Him; ⁶For the Lord corrects and disciplines everyone whom He loves, and He punishes, even scourges, every son whom He accepts and cherishes... ¹⁰ For [our earthly fathers] disciplined us for only a short period of time and chastised us as seemed proper and good to them; but He disciplines us for our good, that we may become sharers in His holiness. ¹¹ For the time being no discipline brings joy, but seems grievous and painful; but afterwards it yields a peaceful fruit of righteousness to those who have been trained by it [a harvest of fruit which consists in righteousness – in conformity to God’s will in purpose, thought, and action, resulting in right living and right standing with God].”

When the Word is taught, the Holy Spirit brings conviction which is letting you know that an area of your life and thinking needs to be changed. However, the devil then likes to come in and use that conviction which was meant for your good and he beats you over the head with it as condemnation. The Bible says that the devil is the accuser of the brethren.

Revelations 12 v 10: “The accuser of our brethren, he who keeps bringing before our God charges against them day and night, has been cast out!”

As you read through this book there may be sin in your life that is going to be brought to your attention but please do not respond to that by feeling judged and condemned. Condemnation comes from the devil.

It is important to understand the difference between conviction and condemnation. God brings the conviction of the Holy Spirit and that conviction goes something like this, “Daughter or son, I want to show you something in your life.” And when you look at it you go, “Oh! I see it! I understand it, help me!” But condemnation comes like this, “Look at what you are doing! You sinner! You Scum! I thought you were a Christian! You better fix that!” Condemnation brings with it feelings of worthlessness and failure and makes us want to give up. Condemnation drives us away from God because it makes us feel unworthy. Conviction reaffirms our value in God and brings to the place of wanting to get right with God. Conviction makes us want to be closer to Him.

One thing you must understand about the Bible is that it sets the standard of what we should grow into, but don’t be condemned by the standard. I want to help you understand that nothing is black or white – everything is grey. I am grey and you are grey. White represents perfection as far as God is concerned. Black represents everything that is negative or evil as far as the devil is concerned. People get caught in this black or white where they feel so bad about themselves because they are not all white and they become condemned with their black. When you were saved you were a dark shade of grey – you had a little white in you, but a lot of black. When it comes to black paint, the more white you add to it, the more grey it becomes and that is what sanctification is all about. White which represents God’s nature and character is being added as the darkness in your life is removed by a work of the Holy Spirit, as long as you co operate with Him. If you find some black in your life or you are a dark shade of grey at the moment, don’t be hard on yourself and feel guilty. That is the devil accusing you to yourself – he is reminding you that he is there and then blaming you for it.

It’s ok to see your sin list but then you roll it back up and give it back to God and say, “OK, when You’re ready Father, I’m ready to work with You to get this out of my life.” But the enemy will say, “Today you

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Condemnation drives us away from God; Conviction reaffirms our value in God and makes us want to draw close to Him.

better deal with every single thing and boy you better do it or else!" That is not God. That's the enemy trying to drive you where the Holy Spirit is not leading you. The voice of the Holy Spirit is gentle because He is a gentleman. He leads us and He guides us but the devil drives us. So if you feel driven today to get rid of whatever sin it is, that is not God. However, if you have this tugging, excitement and hope then know that God is working with you. That is the hope that spurs in your heart the faith that is going to kick that sin out of your life.

Most Diseases are a Result of Sin and Separation on One of Three Levels

Isaiah 59 v 2: "But your iniquities have made a separation between you and your God, and your sins have hidden His face from you, so that He will not hear."

We see from Isaiah 59 v 2 that sin separates us from God. Most of the time disease can be traced back to sin and thus separation on one of the following three levels:

1. Separation from God.
2. Separation from yourself.
3. Separation from others.³¹

These are the three main roots or sin issues that cause most of disease known to mankind and which manifest through the human body in various ways. The foundation of the Kingdom of God is relationship. Therefore the foundation of satan's attack is to destroy your relationship with God, yourself and others. These are the three areas where satan destroys our peace. When you are not at peace, you are not at ease – you are in a state of dis-ease which eventually leads to disease.

1. Breakdown in Relationship with God

The first level is separation from God the Father – from Him as a Person, from His Word and from His love.

Separation From God As A Person:

There are people who do not know God at all – they have never invited Jesus to be Lord of their lives. All healing has to begin with an intimate love relationship with God the Father through His Son Jesus Christ beyond the realms of empty man made religion. God wants an intimate relationship with you – He wants you to know Him personally.

Jesus said in **John 15 v 4 – 5: "Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. ⁵I am the Vine; you are the branches. Whoever lives in Me and I in Him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing."**

I have no idea how to offer you any real healing or real peace apart from God because apart from God you can do nothing. From a medical or scientific perspective you have to change your thinking in order to get well from 87% of diseases. But you cannot change yourself in your own strength. For example, you may have high blood pressure and I can explain to you on a purely scientific level how it is caused by fear, anxiety and stress. So you can set out on a mission to change your thinking by not worrying or stressing

about the future and you may be able to keep it up for two or three days but then you will soon slip back into your old ways and you will keep going round and round the same mountain. Both science and the Bible are saying that to be healed of your disease, you need to change your thinking. But no permanent change is possible apart from God – apart from God you can do nothing.

Furthermore you cannot claim what does not belong to you. For example, Discovery is a medical aid in South Africa – if I went into hospital I would have no right to claim anything from them because I am not a member and therefore they won't cover me. If you are separated from God because you have not made Jesus the Lord of your life, you are not part of God's family. Therefore His promises which include healing are not available to you.

Let's have a look at this story in **Mark 7 v 24 – 30**: **"²⁴And Jesus rose and went away from there to the region of Tyre and Sidon. And He went into a house and did not want anyone to know [that He was there]; but it was not possible for Him to be hidden [from public notice]. ²⁵Instead, at once, a woman whose little daughter had (was under the control of) an unclean spirit heard about Him and came and flung herself down at His feet. ²⁶Now the woman was a Greek (Gentile), a Syrophenician by nationality. And she kept begging Him to drive the demon out of her little daughter. ²⁷And He said to her, First let the children be fed, for it is not becoming or proper or right to take the children's bread and throw it to the [little house] dogs. ²⁸But she answered Him, Yes, Lord, yet even the small pups under the table eat the little children's scraps of food. ²⁹And He said to her, Because of this saying, you may go your way; the demon has gone out of your daughter [permanently]. ³⁰And she went home and found the child thrown on the couch, and the demon departed."**

Out of compassion Jesus healed this woman's daughter but when this foreign woman initially asked Jesus for healing, He said to her, "Let the children first be filled, for it is not right to take the children's bread and throw it to the dogs." In other words what Jesus was saying to her is, "You don't qualify. You have no right to healing because you are separated from God – you are not under His covenant. You are asking for something that does not belong to you." There are many unsaved people from New Age and false religions who want healing from God but do not want to accept Him. They are not interested in God the Father, His Son or the Holy Spirit, they just want the "fix" so that they can get rid of their incurable illness. I have already been approached by other doctors in South Africa who have seen the success of this teaching in terms of people recovering from incurable diseases. They have asked me if they can take the teaching in my book, but take God out of it so as to make it more acceptable to the world, as not all people will accept God. My answer to them was this, "To take God out of the teaching in this book is like giving people a car with no petrol in it. The car will not be able to take them anywhere. Apart from God you can do nothing."

If you do not know God or have an intimate love relationship with Him through His Son Jesus Christ, I recommend that you read through the chapter on page 640.

Separation From God's Love:

I gained this knowledge and insight concerning separation from God's love from the teaching of Henry Wright in a conference in South Africa.

There are people who are separated from God in that they are unable to receive His love. There are so many people who are serving God who are not even sure that He loves them. Often these are the people that had an earthly father who was harsh and abusive and now God the Father is guilty by association. Because in their hurt, God has that same horrible name "Father", they think that He is like the other one. Then when I start talking about God as Abba Father or Daddy or Pappa, if they have not been healed, there

The foundation of the Kingdom of God is relationship. Therefore the foundation of satan's attack is to destroy your relationship with God, yourself and others.

is something inside them that gets as irritated as it can be because they have never experienced that and it irritates them because they want it. Pastor Henry Wright holds conferences all over the world where he teaches these principles. At his conferences he asks the audience this question, "How many of you growing up as children do not remember your earthly father saying to you these words, "I love you"? Would you raise your hands." What he has almost always found is that 80 to 95% of people raise their hands because they never heard their earthly father say, "I love you." In one audience, there were 26 different nations present and 95% of them raised their hands because they had never heard their earthly father say those words. I held a conference at Revival Centre, Bulawayo, Zimbabwe. Between 120 and 150 people attended and over 90% of them raised their hands in response to that question. This is in every church in the world. You can walk into any church and statistically over 90% will raise their hands. One Zimbabwean girl said to

This one issue of an unloving earthly father accounts for well over 70 different incurable diseases.

Henry Wright, "In all my entire life, even as a Christian, you are the first human being to look me in the eye and say those words, "I Love you". I've never heard those words in my entire life." If you have a breach in your relationship with God because of the failure of your earthly father to represent Him, you may think that you are the only one. I want you to know that you are not alone in the void and the pain that runs so deep. You are not alone in the fear and rejection that has been there from your childhood. This is in epidemic proportions in our society.

In his book called "Bringing Up Boys" James Dobson told the true story of a greeting card company who went into a prison. On mother's day they decided to bring the men in prison cards to send out to their mothers. There was such a response from the men that they had to go back to the factory and get more cards just to keep up with the demand. Due to the success of this effort, on father's day, they came back to the prison with cards for the inmates to send to their fathers. Not even one man came to get a father's day card. Many of them had no idea who their fathers were. This is a tragedy. The voice of God the Father is only recorded 3 times in the New Testament and that is at the baptism of Jesus with John (Matthew 3 v 17), at the time when Jesus was praying to the Father about being re-glorified after the resurrection and the Father's voice is heard, "I have glorified it and I will glorify it again" and at the mount of transfiguration (Matthew 17 v 5). Two of three times where God the Father's voice is heard audibly, here is what is recorded about Jesus: **"This is My Son, My Beloved, with Whom I am [and have always been delighted]."** Other translations say, "This is my Beloved Son in Whom I am well pleased." Ladies, forget about the fact that you didn't hear your father say "I love you", if you had just heard your father say these words to you, "You are my beloved daughter in whom I am well pleased," your heart would be singing forever. If the men had heard their father say to them, "You are my beloved son in whom I am well pleased," their hearts would be singing forever.

This one issue of an unloving earthly father accounts for well over 70 different incurable diseases. Type 1 diabetes, multiple sclerosis, leukaemia and Non-Hodgkins lymphoma are 4 examples. When there is verbal, emotional, physical or sexual abuse attached to it or performance, perfectionism, legalism, control and force involved, the diseases that manifest are even worse. This is what is behind most cases of a severe allergy disorder called multiple chemical sensitivity and environmental illness and certain pain disorders such as fibromyalgia and irritable bowel syndrome. Statistically from the secular medical community, 75% of people with irritable bowel syndrome are females who were physically or sexually abused by their fathers.

The Bible says that pure and unblemished religion in the sight of God the Father is to take care of the widows and orphans and to keep oneself unspotted and uncontaminated from the world (James 1 v 27). While we are talking about separation from God as the basis of many diseases, let's define who is fatherless and who is a widow. We always think of this as the father or husband having died. However, that is not everything that there is to the fatherless and the widow. You can have the father at home and he may as

well be dead for all that he brings into the spiritual wellbeing of that family. In that family, those children are fatherless. A woman can be married to a man and be a spiritual widow for all that he brings into that relationship. He doesn't represent the Lord as a husband. He is a roommate at best, if that. I haven't mentioned the verbal abuse and control that comes and then he commands her to submit sexually because he has an urge. There are many sicknesses that are over 80% female. The women are not doing too well and the problem is the husband and fathers on this planet that are not representing God the Father to their families as they should.

The Bible says that the man was not created for the woman but the woman was created for the man. That is a horrible scripture in today's society because the men have not taken care of the women like God intended them to. When the Bible says that the woman was created for the man, it is not in the chauvinistic sense of legalism, control, damage and victimization. It means that the woman was created for the man as a helpmate. It doesn't mean that the men are greater than their wives or the wives are greater than the men. It means there is an order of government. That government has been misunderstood. That government is protection, safety and love. That government is where the wife feels like she is the queen because the Bible says that the man who finds a wife, finds a good thing (Proverbs 18 v 22). The men have not treated the females like the prize that they really are.

Women were created by God to be nurtured, loved, covered, cared for, protected and made to feel safe so that she can be a helpmate and mother without fear. When the Bible says that the woman is the weaker vessel, it is not a derogatory statement that says that she is inferior. It simply means that there is something stronger than her to protect her namely a loving male and the men haven't always done a good job of that. Part of the problem in the home is that the man doesn't love himself. The Bible says that a man who loves his wife loves himself (Ephesians 5 v 28). That means that if the man is not loving his wife, he doesn't love himself – he has self-hatred.

You see, many of the men weren't loved by their fathers either. They didn't have fathers that were proper role models to show them what a man of God looks like. For most of you the dinner table on Sundays was guillotine night. You came to the table with "Sit down, shut up, it's time for judgment." No wonder you have gastrointestinal problems such as stomach ulcers and irritable bowel syndrome because you couldn't even sit down and have dinner in peace. The men learned to be hard from their earthly fathers. However, God can take the hardness of your heart and give you a soft one if you ask Him to and if you allow Him to (Ezekiel 36 v 26).

It is the men who hold the keys to this planet. When the men finally decide to represent God the father to their children and represent the Lord Jesus as husband to their wives, revival is about to begin. Until the men decide to be a mirror image of heaven, as a father and a husband, we are stuck in every generation with over 70 incurable diseases. In the chapter on page 151 explain why genetically inherited diseases run through the father. To eradicate genetically inherited diseases from this planet, it would have to start with salvation and sanctification of the men. Some of the husbands and fathers need to get onto their knees before their wives and children and repent for their ways – for having opened the door for the enemy to oppress their wives and children and for their hardness of heart. If you would just do that, you would get rid of many of the diseases in your family and you would be spending less of your hard earned money on doctors. When a father repents to his children and when a husband repents to his wife... the destiny of mankind is about to be changed.

When the men finally decide to represent God the father to their children and represent the Lord Jesus as husband to their wives, revival is about to begin.

If you are a man and you are reading this book, I'd like to take a moment to impart something to your life. As a doctor, I'd like to give you a picture of how you can change and undo the devastation of your generations. Before your wife is ever your wife, she is a daughter of God the Father. Therefore she is enti-

tled to the honor that any daughter of God the Father deserves. If you don't treat her right, do you really want her Father on your case? Trust me, you don't. Before she is ever your wife, she is the betrothed wife of Christ and she is entitled to all the respect that the betrothed wife of Christ deserves. If you don't treat her right, do you want her Husband to be on your case? Before she is ever your wife, she should be your best friend and therefore you shouldn't need a night out with the boys. I encourage you to think this way because the Father and the Son can see you and hear you.

1 Peter 3 v 7 commands husbands to **love** their wives – when a man treats his wife badly, his prayers are cut off from God and nothing really works out well for him in life.

1 Peter 3 v 7: “In the same way you married men should live considerably with [your wives], with an intelligent recognition [of the marriage relation], honoring the woman as [physically] the weaker, but [realizing that you] are joint heirs of the grace (God's unmerited favor) of life, in order that your prayers may not be hindered and cut off [Otherwise you cannot pray effectively.]”

You men are wives too you know – you are wives to Jesus. You can learn how to be a better wife to Jesus by being a better husband to your wives. Your homes need to be an oasis of peace and a safe haven for your wife and children. Your home should be your first church. Women were designed to follow a loving spiritual leader who demonstrates the Father heart of God to his family. God's design and order for families is that the man is the head of the woman, Christ is the Head of the man and the head of Christ is the Father.

1 Corinthians 11 v 3: “But I want you to know and realize that Christ is the Head of every man, the head of a woman is her husband and the Head of Christ is God.”

So we have the Father, and then we have Jesus, then the man, then the wife and then the children – that is God's divine order. If the man is passive and does not rule the home in love, the woman has no choice but to take the reins. The minute she does, Satan's entire kingdom comes to help her and all hell is about to come in because the government and the protection is shattered. God did not create the females to hold the burden of the planet. The women are not doing too well and their diseases are many because they have been asked to do something that God never intended them to do. He never intended the women to hold things together, He intended them to be held together by something stronger than her which is a loving male who is the king and priest of his home.

This is not just about healing, it is about re-establishing the kingdom of God on the earth.

When there is a role reversal where the woman is the domineering ruler of the home and the man does not take his place as the spiritual head, you have an ungodly order and satan has every legal right to come in with confusion and all kinds of disease such as ADHD, dyslexia, colour blindness, learning disabilities, homosexuality, epilepsy and autism. These are diseases that specifically follow ungodly order in the home generationally. This has been found every single time ³¹. Until there is a restoration of Godly order in our homes, we are stuck with these diseases in our generations. This is not just about healing, it is about re-establishing the kingdom of God on the earth. This is about reordering society one person and family at a time.

This area of separation from God the Father, because of the failure of an earthly father to represent Him is big in disease. We have got to deal with it and move on and be vulnerable again without fear. We need to get our warped image of God the Father sorted out and get to know His character for Who He is as described in His Word.

Man made religion paints the image of a condemning God who is a mean old man sitting on the edge of His throne waiting to teach us a lesson as soon as we step out of line. However, that is not the image and character of God that the Bible portrays. God is a loving God. He is full of compassion, slow to anger and abounding in loving kindness. His mercy is new every morning and His mercy endures forever. His

faithfulness reaches to the skies! God is not sitting on the edge of His Throne waiting for an opportunity to punish you – He is earnestly waiting for an opportunity to bless you and to be gracious to you.

This is a word for those of you who are struggling with a breach in relationship between you and God the Father: **Isaiah 30 v 18: “And therefore the Lord [earnestly] waits [expecting, looking and longing] to be gracious to you; and therefore He lifts Himself up, that He may have mercy on you and show loving kindness to you. For the Lord is a God of justice. Blessed (happy, fortunate, to be envied) are all those who [earnestly] wait for Him, who expect and look and long for Him [for His victory, His favor, His love, His peace, His joy, and His matchless, unbroken companionship!]”**

That is one of my favorite scriptures. If you will take a moment to think about it, it will bring you tremendous hope. This scripture reveals a lot to you about the character of your God. For those of you who have difficulty in identifying with the Father, I hope that this will increase your faith and enable you to approach Him as your Daddy. God is literally sitting on the edge of His seat, looking for an opportunity to bless you, to be gracious to you, to show you mercy and loving kindness.

Psalm 36 v 5: “Your mercy and loving kindness O Lord, extend to the skies, and Your faithfulness to the clouds.”

Psalm 103 v 8 – 9: “The Lord is merciful and gracious, slow to anger and plenteous in mercy and loving-kindness. He will not always chide or be contending, neither will He keep His anger forever or hold a grudge”

Psalm 136 v 1: “Give thanks to the Lord, for He is good; For His mercy and loving kindness endures forever!” The rest of this Psalm goes on to say that “God’s mercy endures forever” 26 times. If God tells you that His mercy endures forever 26 times, are you going to finally get the message?

This next scripture reveals another aspect of God’s character and that is that He is love.

1 John 4 v 15 – 19: “¹⁵Anyone who confesses (acknowledges, owns) that Jesus is the Son of God, God abides (lives, makes His home) in him and he [abides, lives, makes his home] in God. ¹⁶And we know (understand, recognize, are conscious of, by observation and by experience) and believe (adhere to and put faith in and rely on) the love God cherishes for us. God is love, and he who dwells and continues in love dwells and continues in God, God dwells and continues in him. ¹⁷In this [union and communion with Him] love is brought to completion and attains perfection with us, that we may have confidence for the day of judgment [with assurance and boldness to face Him], because as He is, so are we in this world. ¹⁸There is no fear in love [dread does not exist], but full grown (complete, perfect) love turns fear out of the doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love’s complete perfection]. ¹⁹We love Him, because He first loved us.”

If you want to know more about God’s character, go and study Jesus in the Bible because Jesus said “If you have seen Me, you have seen the Father” (John 12 v 45). Jesus said I’ve come to show you the Father. When Jesus died on the cross the veil was torn in two and now you can fearlessly and confidently and boldly approach the Father’s Throne!

Hebrews 4 v 16: “Let us then fearlessly and confidently and boldly draw near to His throne of grace (the throne of God’s unmerited favor to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it].”

***Come boldly before
His Throne...
crash on in because
He’s your Daddy.***

This is an important teaching for some of you because you have been avoiding the Father like the plague. And if you do ever speak to Him in prayer, you approach Him as though He is about to strike you with a lightning bolt. Here is a question for you – Where is the Father? He is

in Heaven. Where is Jesus? At the Father's right hand. Where is Heaven? Up! So why do you look down when you pray? You may say "Well that is just respect" - no man made religion taught you that. I want to reintroduce you to your Father. I want you to stop avoiding Him. I want you to come boldly before His Throne. Do you know what boldly is? You crash on in because He's your Daddy and you want to talk to Him! Barge in! You are a son or daughter of God by faith and you can boldly approach His throne in time of need! He's your Father - go bug Him! Talk to Him! All prayer is, is conversation with your heavenly Father. You don't have to make it so super-spiritual. I have been in prayer meetings where a person has prayed and I have heard every name of God, Father, Lord, Lord Jesus, God, Father, Father God, God, God, Jesus after every second or third word...it's time to just be real and just be you with your Daddy. When you approach your Pappa when you pray, you can say, "Hello Father, I know You - You are love, You are full of compassion, abounding in mercy and loving kindness. Your mercy is new every morning and Your mercy endures forever. You sent Your Son to die for My sins. I love you Daddy - You're my Pappa...I want to ask You something..." And away you go!

Romans 8 v 15 - 16; "For [the Spirit which] you have now received [is] not a spirit of slavery to put you once more into the bondage of fear, You have received the Spirit of adoption [the Spirit producing son-ship] in [the bliss of] which we cry, Abba (Father)! Father! The Spirit Himself [thus] testifies together with our own spirit [assuring us] that we are children of God."

There are three main aspects of contact with God by faith and that is petition, worship and fellowship. You can fellowship with God the Father, Jesus and the Holy Spirit but when it comes to petition, you need to speak to the Father and that is where the breakdown comes. Many people just pray to God. Well, Who is God? They say, "Just God". Are you talking to God the Father, Jesus or the Holy Spirit? Does it matter? Yes it does. I want you to stop avoiding the Father in your prayer time. I'm going to show you why it is important Who you pray to when you ask for something, including healing.

John 16 v 23 - 27: "23And when that time comes (Jesus was talking about the time when He would go back to the Father in Heaven after His resurrection), you will ask nothing of Me [you will need to ask Me no questions]. I assure you, most solemnly I tell you, that my Father will grant you whatever you ask in My Name...24Up to this time you have not asked a [single] thing in My Name [as presenting all that I AM]; but now ask and keep on asking and you will receive, so that your joy (gladness, delight) may be full and complete. 25...but I shall tell you about the Father in plain words and openly (without reserve). 26At that time you will ask (pray) in my Name; and I am not saying that I will ask the Father on your behalf [for it will be unnecessary]."

Please note in this next verse what it says - the Great, Almighty, Awesome, Indescribable God Who is your Father says that He loves you! **"27For the Father Himself [tenderly] loves you because you have loved Me and have believed that I came from the Father."**

When you pray, you ask the Father to heal and deliver you in the Name of Jesus.

In a nutshell, John 16 v 23 - 27 is telling you to pray to **the Father** in Jesus' Name. So quit praying to Jesus because He is not going to answer you - He is not going to be in rebellion to His own Word. You can fellowship with Jesus but when you want something, including healing - you go to your **Father**. If you read Acts 2 v 22 and Acts 4 v 24 - 30 you will see that it was actually the Father that healed through Jesus and through the disciples. I need to point this out to you because I need to teach you that when you pray, you ask the Father to heal and deliver you in the Name of Jesus.

The next level of separation that we're going to discuss where disease is given the opportunity to come in is separation from yourself through a poor self-image, low self-esteem and self-hatred. Developing a healthy self-image starts with knowing who we are in Christ and learning to see ourselves as God sees us. Therefore, it is necessary to get our image of God straightened out because how can you develop a good

self-image if your image of God is that He is harsh, mean and condemning? Until this issue of the father is dealt with, it just sits there and simmers and keeps us breached from God the Father, it keeps us breached from ourselves and from others because we find it so difficult to give and receive love.

If you are separated from God and unable to identify with Him as your Father because of a harsh and abusive earthly father, you need ministry. At conferences where I teach this material, I deal with it in a way that I have learnt from Henry Wright. I get the pastors and elders in church (who are elderly men or father figures) to minister to each of the women and men at the conference individually who needed healing in this area. These men stand in the place of their earthly fathers and say to them these words:

"On behalf of your father that did not, could not, would not or maybe didn't know how to tell you that he loved you. Will you forgive me? I am so sorry for the damage and injury that would have broken your heart, and confused you, and left you afraid on the inside when you needed a father so much. So in the name of the Lord Jesus Christ, I release you from this fear, confusion and pain. This day you are going to hear these words from your heavenly Father to heal your heart: I love you and I am so glad you were born. You are my beloved son, in whom I am well pleased. You are my beautiful beloved daughter in whom I am well pleased. I approve of you and am so proud of you. Receive my love for the healing of your broken heart. Let that pain go in Jesus name!"

After that the men hugged the person if he/she was comfortable with that and God did the rest as the fountains of the deep broke forth and the tears flowed as healing began. During ministry on this level, it is very moving and overwhelming to see how these people cry and sob in the grief and hurt because of the loss of the love of a father.

Ultimately healing in this area has to begin with learning to receive God the Father's love. If possible, spend time in a quiet place alone, listen to track 1 on the CD and allow Your Heavenly Father to minister to you. As you begin your journey of healing, I recommend that you spend as much time with God as you can. Sit at His feet and enjoy fellowship in His presence. **You need to get to know the Father more.**

Exodus 33 v 13 - 14: "Father show me Your ways, that I may know You [progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly]. And the Lord said, My Presence shall go with you and I will give you rest."

The only way you get to know somebody is to **spend time with them**. In getting to know Him, His love for you will become more than just a mental concept - you will come to know Him and His overwhelming and intense love for you through experience. I encourage you to take a hold of this scripture and make it a prayer of your heart: **Ephesians 3 v 14 - 20: "Father, I ask You to grant me out of the rich treasury of Your glory to be strengthened and reinforced with mighty power in my inner man by the Holy Spirit [Himself indwelling in my innermost being and personality]. May Christ through my faith [actually] dwell (settle down, abide, make His permanent home) in my heart! May I be rooted deep in love and founded securely on love, that I may have the power and be strong to apprehend and grasp with all the saints [God's devoted people, the experience of that love], what is the breadth and length and height and depth [of it]; [That I may really come] to know [practically through experience for myself] the love of Christ, which far surpasses mere knowledge [without experience]; that I may be filled [through all my being] with all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]! Father, You by Your power that is at work within me are able to [carry out Your purpose and] do superabundantly, far over and above all that I [dare] ask or think [infinitely beyond my highest prayers, desires, thoughts, hopes or dreams]."**

Separation From God's Word:

There are diseases that develop as a result of separation from God and His Word through involvement in occultism. Occultism includes being involved in Satanism or any other form of false religion that teaches anything other than the Word of God (the Bible) and the Gospel of Jesus Christ. Occultism involves contacting mediums, consulting witch doctors, wizards or some other occultic practitioner, dabbling in sorcery and even contacting evil spirits by means of the ouija board game. What do you think makes that board move and spell out those words? It is the first medium of contact with Satan in children. Levitation, table tipping and spoon bending are all part of the kingdom and the power of Satan. There are even some healthcare modalities that are part of the occult such as Eastern mysticism and yoga. This is based

Involvement in occultism can open the door to the curse of many biological and especially psychological and psychiatric disorders.

on the demonic foundation of Kundalini. Looking into the future or trying to control aspects of the future through a fortune teller or any medium instead of consulting God and His Word is idolatry and makes that person a "god" in your life that you trust. Our knowledge and wisdom comes from the Word of God, not the study of creation such as the sun, moon, stars or what a diviner, astrologer or false prophet has to say about the past, present and future. If you have been involved in occultism of any form you have to come to a place of repentance before God. Past involvement or continued involvement in occultic practices, thinking or modalities of healing that are not of God can prevent healing.

God's first commandment in **Exodus 20 v 3** was, "**You shall have no other gods before Me**" and you better get this one straight. Involvement in occultism is forgivable but it can open the door to the curse of many biological and especially psychological and psychiatric disorders. When we follow other ways of thinking, other gods and other spiritual leaders that were not ordained by God, we open up our spirits, minds and ultimately our bodies to the devil who comes to steal, kill and destroy (John 10 v 10). Diseases that stem from occultism are a result of separation from God and His Word. When the spirit of God departs, all that man has left is his own tormented mind or a spirit of insanity from the devil. The first evidence of this is fear and torment. **1 John 4 v 18** in the King James says, "**Fear has torment.**" Many of the psychotic mental disorders in psychiatry like multiple personality disorder and paranoid schizophrenia are often an insanity that comes from dabbling in occultism. Insanity came to Saul in 1 Samuel chapter 28 when he consulted a woman with a familiar spirit (a spiritualist, wizard). Here fear, torment and deep mental confusion come in.

Other characteristics of occult bondage and influence are: Hatred and distrust of God, inability to hear God's voice or develop a prayer relationship with God, falling asleep in church and falling asleep while reading the Bible, losing interest in attending church and reading God's Word, fear, tormenting thoughts and frustration, unable to sleep, night torment and night terror, fear of authority, fear of relationships, feelings of isolation, suspicion and feelings of accusation against others and oneself, hostility, division, conflict, domination and manipulation – control of others, rebellion, obsessions and stubbornness, depression and oppression, certain types of pain especially in relationship to the central nervous system (brain and spinal cord) and out of body experiences. According to the Bible involvement in witchcraft and sorcery of any form carries a death penalty. In the Bible there are several stories where people became ill with an incurable disease and died premature deaths because they consulted a spiritualist, wizard or some type of occultic practitioner to try to be healed of their disease, when they should have first sought God and His Word.

In **2 Kings 1 v 2 – 4**, a king called Ahaziah died from his illness because he dabbled in sorcery: "**2[King] Ahaziah fell down through a lattice in his upper chamber in Samaria and lay sick. He sent messengers saying, Go, ask Baal-zebub, the god of [Philistine] Ekron, if I shall recover from this illness.**"

³But the angel of the Lord said to Elijah the Tishbite, Arise, go up to meet the messengers of the king in Samaria and say to them, Is it because there is no God in Israel that you are going to inquire of Baal-zebub, the god of Ekron? ⁴Therefore the Lord says: You [Ahaziah] shall not leave the bed on which you lie, but shall surely die."

Previously I mentioned that Solomon died prematurely at the age of 60 because he disobeyed God and followed the gods of his pagan wives. God appeared to him twice about this issue but he would not listen (1 Kings 11 v 4 – 11). King Saul died prematurely because of his disobedience towards God and because he consulted the witch of Endor who had a familiar spirit:

The first line of defense against occultism is knowing the Word of God.

1 Chronicles 10 v 13 – 14: "So Saul died for his trespass against the Lord [in sparing Amalek], for his unfaithfulness in not keeping God's Word, and also for consulting [a medium with] a spirit of the dead to inquire pleadingly of it, and inquired not so of the Lord [in earnest penitence.] Therefore the Lord slew him and turned the kingdom over to David son of Jesse."

Saul lost his kingdom and his life because he did not keep God's Word and he dabbled in witchcraft. There is no doubt that he thought that this spiritualist or wizard would speak the truth to him, but such people are not only deceived themselves, they also speak deception to others and present it as truth. We need to get to know the Word through studying it so that we can live by "the Truth, the whole Truth and nothing but the Truth". If you don't know the Word of God, you are easily swayed and deceived into following false doctrines.

The first line of defense against occultism is knowing the Word of God. Perfect peace belongs to those whose minds are fixed on the Lord (Isaiah 26 v 3), and the Lord is the Word of God. Many occultic modalities that are out there may offer various forms of spirituality but are often missing the Word of God as a foundation. When Scripture is used, it is used out of context or to manipulate or create future promises of blessing without any regard to holiness and sanctification. If you have been involved in witchcraft or occultism of any form, you need to come to a place of repentance. Then you need ministry from a mature Christian who is experienced in deliverance. Listen to track 7 on the CD which will minister to you as you break free from the bondage of the devil.

2. Breakdown in Relationship with Self

You can be separated from yourself through self-hatred, self-rejection, self-condemnation, self-accusation, self disapproval, guilt, a poor self-image and a low self-esteem. There are a tremendous amount of diseases that have been traced back to self-hatred and a low self-esteem in a person's thought life. 50% of all deaths in America are caused by coronary artery disease due to atherosclerosis. This is a disease that results from self-hatred. Insecurity, self-rejection, a low self-esteem, a poor self-image and self-hatred are in epidemic proportions in society in America and world wide... and the church is unfortunately no exception. People simply don't like themselves. There are many people who even wish they were dead, and will say so if you talk to them long enough. They don't believe that they belong on this planet. They don't believe that God or any body loves them and they believe that they are not worthy to be loved. I am here to tell you that the awesome, indescribable, almighty, holy God Who is the Greatest of all says He loves you! (See 1 John 4 v 15 – 19 mentioned above). How can you not love yourself if God loves you? God spared nothing for you in His love for you – even His only beloved Son!

John 3 v 16: "For God so greatly loved and dearly prized the world that He [even] gave up His only begotten (unique) Son, so that whoever believes in (trusts in, clings to, relies on) Him shall not perish (come to destruction, be lost) but have eternal lasting life."

Under which Gospel do you have the audacity to not love yourself and think that you are worthless? God loves you, He said it and He proved it when He sent His only Son to die for you. Therefore when you disagree by not accepting yourself, and you hate yourself, you have called the God who created you and loved you from the foundation of the world a liar. You have declared that He made a mistake in saving you. If you have a poor self-image and you do not love yourself, you are in direct opposition to God and you open yourself up to the devil to agree with you. Self-hatred and a low self-esteem is a sin and it is a major disease maker. I have explained that whatever goes on in your thought life your brain converts into a physical reaction. When people attack themselves spiritually through thoughts of self-hatred and a low self-esteem – the resultant physical reaction is going to be the body attacking and destroying its own body tissue. This is what happens for example in autoimmune diseases.

Self-hatred and a low self-esteem is a major disease maker.

Your immune system is the army of cells in your body that were created to protect you from harmful things like viruses, bacteria, parasites, fungus, toxins and cancer cells. When the cells of your immune system see these harmful substances floating around in your blood stream and body tissues, they go and kill or remove them, thus helping to protect you from getting sick and keep you healthy. However, when you attack yourself spiritually through thoughts of self-hatred, self-rejection and self bitterness, the immune system is redirected to attack your own body tissues, while ignoring the true enemy which is viruses, bacteria, cancer cells etc (this is explained in more detail on page 329). When you are attacking yourself spiritually in your thoughts, the biogenetic character of the cells of the immune system is changed so that they take on an assignment of the devil and go on a highly calculated mission of destruction. Thus the immune system, which was originally designed by God for your good (protection against infections, cancer etc), begins to cause disease in your body. An example of this is type 1 diabetes mellitus where the immune system attacks and destroys the pancreas so that it can no longer produce insulin. Another example is hypothyroidism where the thyroid is attacked and destroyed by the immune system and thus cannot produce enough thyroid hormones. SLE (lupus), Chron's disease, rheumatoid arthritis and multiple sclerosis are other examples.

God says that if you hate your brother in your heart, you are guilty of murder (1 John 3 v 15). Likewise, if you have a low self-esteem and hate yourself in your heart, you are murdering yourself in your thoughts... and be careful, because eventually your body will follow suit and will begin attacking itself – you will eventually end up with diseases that will lead to your physical death... all because you were murdering yourself in your thoughts. God said that you are valuable and that you were worth the life of His only Son and when you disagree with Him, you set yourself greater than God and that's idolatry. Under the law the penalty of idolatry was death and today the diseases that come from self-hatred lead to death.

There is a very high price to pay for not loving yourself. When you hate yourself or are murdering yourself in your thoughts – your body will respond to this by murdering itself. What is the best way to kill body tissue? The answer is **cut off its blood supply**. That is exactly what diseases like high cholesterol (which causes atherosclerosis) and diabetes do – they damage the blood vessels and the heart. The Bible says in Leviticus 17 V 11 that the life is in the blood. This is also very accurate medically because the blood contains oxygen, nutrients and energy needed to keep body cells alive. The heart pumps the blood and the blood vessels transport the blood to the tissues, organs and muscles all over your body. So by damaging the heart and blood vessels – you cut off the blood supply – you cut off the life – you kill off the body tissue. The result is heart attacks and strokes (where the tissue in the heart and brain dies). Diabetics are often having to have their toes, feet and legs cut off due to gangrene which is a consequence of inadequate blood supply. This is all a result of varying degrees of self-hatred upstream in the person's thought life.

Another way that your brain responds to thoughts of self-hatred and a low self-esteem in your thought life is to lower the serotonin levels in your brain. Clinical depression is basically low levels of serotonin.

Serotonin is the chemical in your brain that makes you feel good about yourself. Therefore if the serotonin levels are low you feel terrible – no matter what you do, you feel depressed – and what do you want? Comfort! The mouth was designed by God as the contact place for love and security. That is why there is a strong emotional bond that takes place when a baby is breastfed. When a child is feeling insecure it sucks its thumb. People who smoke cigarettes have exchanged the thumb for something else. Others bring alcohol or food to their mouth. Whether it is alcohol, drugs, cigarettes or food – when these things are brought to the mouth it causes the person to feel comforted because the lips are the nurturing point. Dopamine is then released which is the pleasure chemical in the brain. A rush of dopamine from the cigarette, drug or food causes a pleasurable, fulfilling, satisfying sensation. However this feeling is short lasting and soon wears off. Then what happens? The person gets into guilt and condemnation because of the alcohol or food binge for example that they have just had. What does the brain do in response to the thoughts of self-condemnation and guilt? Lower the serotonin levels! The serotonin levels are low, the person is feeling bad and he has the memory of the pleasurable, comforting feeling that he had when he put the alcohol or cigarette to his mouth and so he reaches for it again...and so the vicious negative cycle perpetuates. This is what is behind excessive weight gain due to over eating and many addictions. This is how the devil keeps us in bondage to them.

How you think about yourself directly affects your body's metabolism and that is why people with a low self-esteem struggle with weight gain.

How you think about yourself directly affects the rate of your body's metabolism and that is why people with a low self-esteem, guilt and self-hatred struggle with weight gain. Remember the hypothalamus is the area in the brain that connects the mind to the body – it converts everything that is going on in a person's thought life into a physical reaction. The hypothalamus controls many functions in your body including sleep, thirst and eating. In response to thoughts of condemnation, guilt, self disapproval and a low self-esteem the hypothalamus sends electrochemical signals to the thyroid gland which releases thyroid hormones. One of the functions of thyroid hormones is to control the rate at which the body metabolizes food. When your thoughts are filled with self disapproval, self-condemnation, guilt, a low self-esteem and so on, the hypothalamus via the thyroid slows the body's rate of metabolism, which causes you to put on weight more easily. In the chapter on page 363 I wrote about the fallacy of diets because it doesn't matter what health diet you are on, whatever food you eat is going to make you put on weight because the body just does not burn it.

Did you know that many of the diet pills on the market have nothing to do with suppressing appetite? They work by increasing the serotonin levels, which then makes you feel good about yourself. Whenever you feel good about yourself, you don't put your thumb in your mouth – you have no need to put food to your mouth. However these diet pills have dangerous side effects and are in themselves addictive. The only effective way to loose weight is through changing your thinking – if you want to lose weight, start loving yourself and your metabolism will speed up and you will lose the excess weight so long as you eat in moderation. Furthermore your serotonin levels will also increase and because you feel good about yourself, you don't need to bring food to your mouth and so you are not going to over eat.

One of the greatest problems today is that people do not think well of themselves. You need to know that God's Word teaches you to love yourself! Since the Lord commanded you to love your neighbor as you love yourself (Matthew 19 v 19), He must think that it is as important to love yourself as it is to love others. But it is not enough to just love yourself – you must also like yourself. If you are having a terrible time getting along with other people, it is most probably because you are not getting along with yourself. If you do not like yourself, you will have a hard time liking anyone else. You may pretend you do, but sooner or later the truth will come out. Do you know what is wrong with many marriages? Two people who can't even love themselves are trying to love one another. How can they love their mate if they don't

love themselves? Earlier I mentioned Ephesians 5 v 28 which says that the man who loves himself loves his wife. When I find men who are not loving their wives, I know that they don't love themselves. They cannot love their wife if they don't love themselves. The first way to get a man to love his wife is to get rid of the self-hatred that he has for himself. All he is doing is giving out who he is. And he is probably giving out what was done to him by his father.

One of the greatest problems today is that people do not think well of themselves. God's Word teaches you to love yourself!

It is vital that you learn who you are in Christ and thus place your identity and sense of self worth in Him. Building a healthy self-esteem starts with knowing who you are in Christ. I have included an extensive teaching on this on page 647. When you are secure in your knowledge of who you are in Him, you can give up your masks - you don't have to pretend anymore - instead you are free to be yourself and **just enjoy who you are**. You are also free to love yourself, and that will enable you to love others too. That brings us to the third level of separation that leads to disease:

3. Breakdown in Relationship with Others

You can be separated from others through broken relationships, long term anger, hatred, rage, resentment, bitterness, un-forgiveness, jealousy, competition, performance, drivenness to achieve, lack of nurturing - the list goes on and on. When you think of somebody that has wronged you, do you feel that high octane ping go off inside you?

A toxic stronghold or thorn tree of bitterness in your brain will increase the levels of stress hormones in your blood such as cortisol. One of the effects of excessive levels of cortisol is the walls of the body cells become rigid. As a result the body cells are not able to filter out toxic waste products from metabolism. This leads to the accumulation of toxins inside the body cells which like battery acid literally eats away or destroys the anti-oncogenes. Anti-oncogenes protect a cell from becoming cancerous when the DNA is damaged, for example through wear and tear. Therefore when the anti-oncogenes are destroyed, that cell can become cancerous. So there is a tremendous amount of truth in the old saying that "Bitterness eats at you like cancer."

Bitterness of some form is behind most cancers. This can involve long-term, lingering, festering bitterness which can be against others, against yourself and even against God. For example we are seeing a lot of breast cancer coming from bitterness related to a break up in the relationship between a girl and another female such as her mother or sister or mother-in-law. When you have a female who is into a lot of strife - the breast tissue is targeted because that is the nurturing aspect of a female. (There are other causes of breast cancer which are explained on page 420).

When you have a breakdown in relationship with somebody, you can deny it all you want, but it is eating at you left, right and centre. This bitterness does not only affect you and that specific person where it came in, but it affects your relationship with everybody else. This is because you are projecting all that fear of rejection and disappointment into everybody you come in contact with. When bitterness eats at you in your thoughts, you end up with cancer cells that eat away at your body. Can you see how your thought life is literally translated into a physical reaction? Proverbs 23 v 7 says that as a man thinks in his heart, so does he become.

There seems to be a link between colon cancer and bitterness in a slanderer who perpetually gossips. This is a person who is maliciously nasty with their tongue. Henry Wright once said, "If you poop on enough people spiritually, it may come back to you in the form of colon cancer." I am amazed at the irony and similarity between the physical and the spiritual. Gossip is a form of strife according to the Bible and

when you allow strife in your life – you open the door to every evil work. **James 3 v 16: "For where there is envying and strife, there is confusion and every evil work."**

Strife includes bickering, arguing, fighting, heated disagreements and angry undercurrents. On page 192 I explained how strife literally puts your body into a toxic state of stress and illness and that in itself opens the door to over 100 incurable diseases. In the chapter "General Explanation of the Effects of Long Term Fear, Anxiety and Stress" you can read about how every organ system in your body is adversely affected when you are in a toxic state of stress. For example, your immune system is destroyed by high levels of stress hormones, thus predisposing you to cancer, viruses and any type of bacterial, fungal or parasitic infection... literally any evil work, just as the Word of God says.

When bitterness eats at you in your thoughts, you end up with cancer cells that eat away at your body.

We even sometimes attack each other in the Church – that's an autoimmune disease (i.e. the body attacking and destroying itself)! In Isaiah chapter 58, the Israelites were going through all the motions of externally praising God. They were going to church, singing church songs, fasting and outwardly seeking God, but they were destroying each other through strife. Thus God wasn't interested in their superficial praise, prayers and fasting and neither did He heal them. Strife will block you from receiving healing, that is true both Biblically and medically. You cannot heal when your body is in a toxic state of stage 2 and 3 of stress as a result of strife. If you want to enjoy a long life of good health, you have got to keep the strife out of your life and that includes your tongue!

1 Peter 3 v 10, "For let him who wants to enjoy life and see good days [good – whether apparent or not] keep his tongue free from evil and his lips from guile (treachery, deceit)."

When you talk about the state of the country or the government, what kind of words are coming from your lips – death or life? Did it ever occur to you to pray for those in authority? There is a testimony in the chapter "When it's Time to Kick the Bucket" where a man who applied this principle of not allowing anything evil on his tongue throughout his life. At the age of ninety years old he was still as strong as a twenty year old man, his teeth were in perfect condition and he hardly had any grey hairs. I believe that we need to pay more serious attention to the Bible because we are starting to see evidence in the Medical field that what the Bible says is literally true.

Cataracts, for example, can form in people that have a critical spirit or a critical eye about others. The Bible says in **Matthew 7 v 1 – 3: "Do not judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves. ²For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance with the measure you [use to] deal out to others, it will be dealt out against you. ³Why do you stare from without at the very small particle that is in your brother's eye but do not become aware of and consider the beam of timber that is in your own eye?"**

Cataracts can also be inherited in family trees and also in denominations that think they're superior to others – that is called religion or legalism or phariseism.

Anger, rage and resentment can lead to aneurysms, haemorrhoids and varicose veins. An aneurysm is an abnormal weakening in the walls of arteries which causes them to bulge or "balloon" outwards. Varicose veins and haemorrhoids are basically the same thing but in the veins. An aneurysm can eventually burst or rupture. As you are exploding with anger spiritually, your body will respond by exploding physically in your life time.

According to the Journal of American Medicine, when a person has an intense episode of explosive rage where they really lose it, for the next 2 hours the chances of a heart attack double.

As you are exploding with anger spiritually, your body will respond by exploding physically in your life time.

One Pastor approached Henry Wright and said, "Pastor, I know you believe that God heals. I just got a call that my brother's aorta split and they have rushed him to the emergency room (The aorta is the main blood vessel that transports blood from the heart to the rest of the body). Will you pray with me and agree with me that God will heal him?" Henry Wright replied, "No Sir, I will not. I am wasting my time." The pastor said, "What do you mean? I thought you believed in healing." Henry explained, "Your brother has a burst aorta because

he is in sin and I do not have the faith that he will be healed until I teach you what caused his aorta to split. Now I don't know you or your brother but from studying case histories of people with cardiovascular disease, I know what causes aortas to split. Let me ask you a question, was your brother a peaceful man or was he always angry and hostile?" The Pastor said, "How could you possibly know that? He has been that way since he was molested at age nine. He is impossible to deal with. You can't get around him because he is so hostile and angry. So Pastor what can I do?" Henry Wright said, "I will pray with you and agree with you and ask God to use the doctors to keep him alive so that you can get there and disciple him and get him to repent so that he can release that anger that he has. Then I believe that God can heal him and he won't have a problem again." So the pastor left and did exactly that.

Ephesians 4 v 26: "When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down." Do you understand the importance of the above verse, when it comes to health and sickness? God is saying that if you don't deal with that issue by releasing and forgiving, you are going to have disease beginning in your body by morning.

We are finding that people who are filled with jealousy and envy are getting osteoporosis (which is deterioration and subsequent weakening of the bones). This goes right along with the warning in the Word:

Proverbs 14 v 30: "A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy and wrath are like rottenness of the bones."

In the chapter on page 522 there is a testimony of a lady with severe osteoporosis that had a great amount of jealousy and envy coming out of tragic life circumstances. When she repented of the sin of jealousy and dealt with it – she was healed. This is the definition of a medical miracle because osteoporosis is considered incurable. The bone scan at her next follow up visit at the doctor revealed no evidence of osteoporosis (previous bone scans showed that the osteoporosis was becoming progressively more severe). When she went for her test results, her doctor told her, "I don't know what has happened to you! I've been your doctor for years, and I have been in this business for years. All osteoporosis has been stopped! (The doctor was amazed because osteoporosis is known in the medical field to be a progressive disease that a person does not recover from i.e. it only gets worse over time). Not only has the osteoporosis been stopped, but in all bone scan areas throughout the structure of your bones, you have an average bone density of 15% to 18%!" A bone density of 15 to 18% is equivalent to the bone density of a 30 year old woman. In Psalm 103 v 5 it says that God will renew our youth like the eagle's (strong, overcoming and soaring). It happened to her when she applied God's principles in His Word.

1 John 4 v 20: "If anyone says, I love God, and hates (detests, abominates) his brother [in Christ], he is a liar; for he who does not love his brother, whom he has seen cannot love God, Whom he has not seen."

According to 1 John 4, when we become separated from each other, we become separated from God too. We cannot have fellowship with God and not have fellowship with our brother. We cannot say that we love God while we have hatred, anger, rage, resentment, bitterness, un-forgiveness, jealousy and so on towards our brother.

In summary: most disease is a consequence of sin and separation on one or more of the following three levels:

1. Breakdown in Relationship with God.
2. Breakdown in Relationship with Self.
3. Breakdown in Relationship with Others.

Therefore healing begins with restoration on one of the following three levels:

1. **Restoration with God** – coming back into an intimate love relationship with God the Father, to receive His love and learning to trust Him. Getting to know Him through time spent in fellowship with Him and in His Word.
2. **Restoration with yourself** – developing a healthy self-esteem starts with knowing who you are in Christ, placing your identity and sense of self worth in Him and learning to see yourself as God sees you.
3. **Restoration with others** – releasing hurt and bitterness through forgiveness and learning to walk in love.

You cannot love your brother if you do not love yourself. If you do not like yourself, you will have a hard time loving anyone else. You may pretend you do, but that is a fabricated personality because you are hiding. You cannot love yourself and build a healthy self-esteem without a relationship with God the Father. I just explained above that developing a healthy self-esteem comes from knowing who you are **in Christ** – being “in Christ” involves an intimate love relationship with God the Father. So can you see that ultimately, when it comes to healing, you are pointed back to getting right with God and developing a more intimate love relationship with Him. It’s about getting to know the Father more!

**When you receive God’s love – you can love yourself –
and when you love yourself, then you can truly minister God’s love to others, in that order.**

Jesus summed it all up when somebody asked him what the greatest commandment is: **Matthew 22 v 36 – 40: “³⁶Teacher, which kind of commandment is great and important (the principle kind) in the Law?...³⁷ And He replied to him, you shall love the Lord your God with all your heart and with all your soul and with all your mind (intellect). ³⁸ This is the great (most important principle) and first commandment. ³⁹And a second is like it: You shall love your neighbor as [you do] yourself. These two commandments sum up and upon them depend all the Law and the Prophets.”**

Your “heart” in a Biblical context consists of your soul and spirit. Your soul as I’ve explained earlier consists of your mind will and emotions. Jesus said that you are to love God **with all your heart**. Then He got more specific and He said love God **with all your soul**. Then He got even more specific and He said love God **with all your mind**. This is the foundation of the Kingdom of God and His Word – love God, love yourself and love others. This is why satan and his kingdom work so hard at over turning relationships in these three areas.

***This is the foundation of
the Kingdom of God and
His Word – love God, love
yourself and love others.***

The Importance of Obedience and Your Love Walk

I’m not into legalism, I’m into something deeper than legalism which is sanctification of the heart. I’m into grace and mercy. However, I need to tell you that to a degree, your healing is conditional to your obedience. You see, keeping God’s commandments is not legalism. Taking God’s commandments and forcing them down someone’s throat is legalism. I am sharing principles from the Word of God with you but

what you do with it is up to you. Earlier I quoted Exodus 15 v 26, Exodus 23 v 25, Deuteronomy 7 v 11 – 15 and Deuteronomy 28 v 1 –14 where God promised that if we are obedient to Him, none of the diseases of Egypt will fall upon us, and we will be blessed in our health, in everything we do and everywhere we go.

Exodus 15 v 26: "If you will diligently hearken to the voice of the Lord your God and will do what is right in His sight, and will listen to and obey His commandments and keep all His statutes, I will put none of the diseases upon you which I brought upon the Egyptians, for I am the Lord Who heals you."

Exodus 23 v 25: "You shall serve the Lord your God; He shall bless your bread and water, and I will take sickness from your midst."

Deuteronomy 7 v 11–12 and 15: "11You shall therefore keep and do the instruction, laws and precepts which I command you this day. 12And if you will hearken to these precepts and keep and do them, the Lord your God will keep with you the covenant and the steadfast love which He swore to your fathers...15And the Lord will take away from you all sickness, and none of the evil diseases of Egypt which you knew will He put upon you..."

When you are walking in obedience, how much sickness will the Lord take away? All! The Scriptures indicate that God wants to heal all of our diseases. **Psalm 103 v 3: "Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases."** Some people believe that God heals people, but they are just not sure if God wants to heal them. There are not many situations in life where you can use the word "always" but I can say that it is always God's will to heal you! God is no respecter of persons (Acts 10 v 34). However your healing is conditional to your obedience which has to do with keeping God's commandments.

Under the New Covenant in the New Testament there is only one commandment: **John 13 v 34 – 35: "I give you a new commandment: that you should love one another, just as I have loved you, so you too should love one another. By this shall all [men] know that you are My disciples, if you love one another [if you keep on showing love among yourselves]."**

Now you might ask, "Does that mean that we don't have to keep the Ten Commandments?" Well, the new commandment is love. If you are walking in love, you won't lie or steal or dishonor your father and mother or kill or commit adultery etc. If you walk in the Law of love, you'll never violate any rule that was given to curb sin. You don't have to worry about any of the other commandments, because if you're walking in love, you'll automatically keep all those commandments. It's just that simple. Religion is all about a set of rules or laws. Religion is a killer – it brings slavery and bondage. Religion

tries to walk in obedience to God by following a set of laws and it is dead because there is no relationship with God involved. A genuine relationship with God is based on love. Your greatest desire should be to get to know the Father more.

Exodus 33 v 13: "Father show me Your ways, that I may know You [progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly]."

The only way to get to know God is to spend time with Him. The only way a friendship or relationship can be developed with anybody is to spend time with them. Getting to know God by spending time with Him involves finding a quiet place where it is just you and God, where you can sit at His feet and just enjoy fellowship with Him. I often get on my motorbike and go and sit in the bush on my farm. Angus Buchan (the man who wrote Faith Like Potatoes) lies in his maize lands where he talks with God (he calls his maize lands his green cathedral). Most people just spend time with God in their bedrooms. Wherever you go, it doesn't matter – as long as you can get alone with God. The more time you spend with God, the more you

If you walk in the Law of love, you'll never violate any rule that was given to curb sin.

get to know Him. The more you get to really know Him, the more you come to genuinely love Him. Out of your love for Him flows a life of obedience. A life of obedience leads to a long life of divine health. If you are sick, you need to get to know the Father more!

Galatians 5 v 22 – 23: “²²But the fruit of the [Holy] Spirit [the work which His Presence within accomplishes] is love, joy (gladness), peace patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness, ²³gentleness (meekness, humility), self control (self restraint, continence). Against such things there is no law [that can bring a charge].”

You become like the people you hang around. So if you hang around God long enough you are going to become like Him. The Bible says that the work that His Presence will accomplish within you is the fruits of the Holy Spirit. The nine fruits of the Holy Spirit are characteristics of God's incredible nature and as a work of the Holy Spirit it should become part of our nature and character. Jesus said that the only way you are going to see the fruit of the Holy Spirit manifested in your life is by abiding in the Vine – that means spending time in His Presence in intimate fellowship with Him. Your time with God on a daily basis is a vital necessity – it is something you simply cannot live without.

John 15 v 4 – 5 & 7: “⁴Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. ⁵I am the Vine; you are the branches. Whoever lives in Me and I in Him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing. ⁷If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you.”

If you want to bear the fruit of the Holy Spirit in your life, stay vitally united to the Vine! When it talks about the fruit of the Holy Spirit in Galatians 5 v 23, it says that against such things **there is no law** because there is no law that is greater than the law of God which is the law of love. There is a secret of how to be totally immune to the devil: if you are walking in love and God's nature of love has become part of your existence as who you are – in other words that is how you think, speak and act – do you know that at that moment the devil **cannot touch you** because you are utterly inaccessible to him? When you are walking in love and obedience the devil just cannot get a grip on you – you are like oil that just slips through his fingers.

When you are walking in love and obedience the devil just cannot get a grip on you – you are like oil that just slips through his fingers.

1 John 5 v 18: “We know [absolutely] that anyone born of God does not [deliberately and knowingly] practice committing sin, but the One Who was begotten of God carefully watches over and protects him [Christ's divine presence within him preserves him against the evil], and the wicked one does not lay hold (get a grip) on him or touch [him].”

When you are walking in obedience the devil cannot touch you. Obedience is being a doer of the Word which is keeping God's commandments, and under the New covenant in the New Testament, the New Commandment is love. What does it practically mean to walk in love? Well the answer to that question is a book in itself and thankfully one has been written – it is called “The Love Dare” and it comes from the movie “Fire Proof”. This book will take you on a journey through the Bible and teach you in a very simple and practical way how to walk in love in your every day life. I consider the teaching in that book as essential foundational knowledge for every believer. From a doctor's perspective, if you apply the Biblical principles of walking in love that this book teaches, you will enjoy divine health.

Galatians 5 v 18: “But if you are guided (led) by the [Holy] Spirit, you are not subject to the Law.”

Being led by the Holy Spirit means that you are being a doer of the Word because you operate according to the law of God and not according to the law of sin. When the law of sin comes to tempt you,

you say "No thank you. I've been there and I'm not going back. I'm going to walk in love. I'm going to be a peace maker. I'm full of mercy and forgiveness. I'm like my Father in heaven." The Bible says that for as many that are led by the spirit of God – they are the sons of God.

1 John 2 v 3 – 4: "And this is how we may discern [daily by experience] that we are coming to know Him [to perceive, recognize, understand, and become better acquainted with Him]; if we keep (bear in mind, observe, practice) His teachings (precepts, commandments). Whoever says, I know Him [I perceive, recognize, understand and am acquainted with Him] but fails to keep and obey His commandments (teachings) is a liar, and the Truth [of the Gospel] is not in him."

Jesus said in **John 14 v 15: "If you [really] love Me, you will keep (obey) My commandments."** So God's way of understanding if we really love Him or not is "Are we really doers of the Word?" What I am showing you here is that in God's eyes – the word obedience and love mean the same thing. If you love God – you'll obey Him. Walking in love means walking in obedience.

I assure you when you are walking in the Law of love, it is absolutely impossible from both a medical and Biblical standpoint for disease to gain a foothold in your life. Earlier I explained that disease results from sin and therefore separation on three levels – from God, from yourself and from others. So now do you understand the key to health and healing? Love God, love yourself and love others. Love.

1 Corinthians 13 v 13: "And so faith, hope, love abide [faith – conviction and belief respecting man's relation to God and divine things; hope – joyful and confident expectation of eternal salvation; love – true affection for God and man, growing out of God's love for and in us], these three; but the greatest of these is love."

In terms of your health, if you are loving God with all your mind, if you love yourself (if you have a healthy self-esteem based on the knowledge and understanding of who you are in Christ) and if you are walking in love towards others – it is absolutely impossible from both a Biblical and medical point of view for disease to develop in your body.

The reason is because your thoughts are healthy and the resultant physical reaction produced in your body is healthy.

Proverbs 17 v 22: "A happy heart is good medicine and a cheerful mind works healing..."

Proverbs 14 v 30 "A calm and undisturbed mind and heart are the life and health of the body..."

That is why there is a lot of reality from a medical perspective to bringing every thought captive to the obedience of Christ (2 Corinthians 10 v 5). When your thoughts are Godly, when you are renewing your mind with the Word and you are meditating on whatever is true, pure, lovely, of good report and praise worthy (Philippians 4 v 8), you are not going to get sick in the first place. That brings us to an important concept which is disease prevention.

God's Perfect Will is not Healing – His Perfect Will is that You Don't Get Sick

In the medical field we are starting to realize that disease prevention is far more worth while than just trying to cure or treat disease. Henry Wright spoke of an interesting article on the subject in Newsweek magazine (September 24, 1990): "The future of medicine does not lie in the treatment of illness but in preventing it. Throughout the 20th century, medicine has advanced primary care by improving curative care. Curative care has its limits. Psychoimmunology (the science that deals with the mind's role in helping the immune system to fight disease) will become a vitally important clinical field in the 21st century. Perhaps this will be the most important medical field, supplanting our present emphasis on oncology and

cardiology. **Healthy thinking may eventually become an integral aspect of treatment for everything from allergies to liver transplants and prevention of disease.**"

Information coming from the latest medical research is saying that when your thoughts are healthy, through the mind-body connection your body will be healthy. In other words if your thoughts are Godly, you are going to see God's perfect will manifested in your life and that is that you are living in divine health. God's will for your life, according to 3 John 2 is that you "prosper and be in health even as your soul prospers." Anything less than the fulfilment of that in your life is compromise. Divine health is a Biblical principle and it should be our way of life. You see God's perfect will is not to heal you. Therefore if we are centering around healing as our first principle, we've blown it because in the Bible the first principle of God is not to get sick. I showed you Deuteronomy 7 v 15 and Exodus 15 v 26 earlier which says that if you will obey God's commandments, in other words if you will be a doer of the Word (James 1 v 22), none of the diseases of Egypt will come upon you – you are not going to get sick in the first place.

The key to health and healing is love God, love yourself and love others. Love.

The principles that bring you healing are the same principles that if you continue to apply them to your life will keep you in divine health.

If you apply these principles now, even though you do not have a disease, it will prevent you from ever getting that disease. Somebody once said to me that it is idealistic and unrealistic to never be sick because everybody develops an illness at various stages of their lives. Yes, we do become sick because of our lack of knowledge and our sin. But living in divine health without getting sick is a Biblical principle and it is possible. For example, Kenneth Hagin and Andrew Wommack have learnt the principles of healing and living in divine health and they both have reported that they were not sick once in 40 years. You will also enjoy divine health if you operate according to God's principles.

The same principles that are applied to obtain healing are the same principles that when applied will prevent disease that was headed your way. That is God's perfect will.

What is easier? Applying these principles to get well when you are very sick, or applying them so that you don't become sick? The same amount of work, effort and sanctification is involved. Why don't you straighten yourself out now, so that you don't have to do it later when serious sicknesses are on your doorstep? Do you want to prevent high blood pressure, heart attacks and heart failure? Get the fear, anxiety and stress out of your thought life. **Luke 21 v26: "In the last days men's hearts shall fail them because of fear."** Do you want to prevent aneurysms, hemorrhoids and varicose veins? Get anger, rage and resentment out of your life as fast as you can. **Ephesians 4 v 26: "When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down."** As you are exploding spiritually, so your body will respond in your life time. Do you want to prevent arthritis and cancer in your life? Get rid of bitterness and un-forgiveness. Getting rid of these sinful thinking habits involves going through the process of renewing your mind.

Renew Your Mind!

Romans 12 v 2: "Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]."

Repentance is the condition for healing. Repentance means changing your thinking. To get well you need to replace your old toxic sinful thinking habits with a Godly mindset – in other words you need to renew your mind. Renewing your mind basically means changing your thinking to the way that God thinks. We find out how God thinks by studying His Word – the Bible. When we take God's thoughts from the Bible and make them our own by meditating on them, we get new attitudes and new ideals. Sometimes we have become so used to a certain pattern of thinking that we think it is part of our personality. And so we say "Well that's just the way I am." But is it the way God intended you to be? I think God wants His mind which is the mind of Christ to be our mind, His thoughts to be our thoughts, His ways to be our ways...and how He would do it should be how we would do it. So if God is love, then who should we be? We should be people that love each other. If God is full of forgiveness and He is, what should we be? Forgiving people. If God has no fear, what should we be? People that are not bound by fear, anxiety and stress.

Ephesians 4 v 23-24 "And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude], and put on the new nature (the regenerate self) created in God's image, [Godlike] in true righteousness and holiness."

You've Got To Know The Word!

I've just explained that you need to renew your mind which basically means changing your thinking to the way that God thinks. The only way that you can find out how God thinks is by studying His Word – the Bible. You need to know how God thinks because if you don't know how He thinks, then how can you be a doer of what He thinks? A big problem in the Church today is that Christians simply do not know the Word. As a result they are easily swayed by false teachings and doctrines that come along. An example is all the misunderstandings of healing which prevent you from getting well – we're going to discuss that later on in this chapter. You have got to know the Word! Take responsibility, sit down and study it for yourself!

Mark 4 v 24: "...Be careful what you are hearing. The measure of [thought and study] you give [to the truth you hear] will be the measure of virtue and knowledge that comes back to you – and more [besides] will be given to you who hear."

Renewing your mind basically means changing your thinking to the way that God thinks.

In her book "Battlefield of the Mind", Joyce Meyer explained that in certain scriptures of the King James Version, the Greek word **dunamis** which means **power** is translated as virtue (according to Vine's Expository Dictionary of New Testament Words). According to The New Strong's Exhaustive Concordance of the Bible, another translation of **dunamis** is **ability**.³⁶ So what this scripture is saying is that the more you study the Word and meditate on it, the more power and ability you will have to obey and do it. Basically, you will get out of the Word of God what you put into it. The more time you spend studying the Word and purposefully thinking about it, the more revelation you will get about what it means and its relevance to your life.

Many people simply do not put much of their own effort into studying the Bible – they listen to the sermons preached in church or on TV occasionally, but they don't take the time and effort to make the Word a major part of their lives, which includes thinking about it. Our carnal nature is basically lazy and many people don't want to put in the effort to dig deep into the Word for themselves. Then they wonder why they are having a hard time obeying God and are not enjoying good health. The measure of thought and study that you put into the Word is the measure of power, ability and revelation knowledge that will come back to you. How much time do you spend thinking about and meditating on the Word? If you are having problems in your health (or any other area of your life for that matter) an honest answer to this question may reveal the reason why.

Thoughts of fear, anxiety, worry, bitterness, anger, un-forgiveness, self-hatred etc are what the devil uses to distract us from using our powerful mind for the purpose for which God designed it. There are certain things that God instructs you to do with your mind, for example to meditate on the Word so that whatever you do in life will prosper and be a success, and so that you can enjoy good health. The devil wants to keep you mentally busy with negative thinking so that this never is achieved.

Joshua 1 v 8: "This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you will make your way prosperous, and then you will deal wisely and have good success."

Proverbs 4 v 20 – 22: "²⁰My Son, attend to my words; consent and submit to my sayings. ²¹Let them not depart from your sight; keep them in the center of your heart. ²²For they are life to those who find them, healing and health to all their flesh."

Protection from Physical Trauma and Disease comes from Obedience

Psalm 91 v 1 – 16: "¹He who dwells in the secret place of the Most High shall remain stable and fixed under the shadow of the Almighty [Whose power no foe can withstand]. ² I will say of the Lord, He is my refuge and my Fortress, my God; on Him I lean and rely, and in Him I [confidently] trust! ³ For [then] He will deliver you from the snare of the fowler and from the deadly pestilence. ⁴ [Then] He will cover you with His pinions, and under His wings shall you trust and find refuge; His truth and His faithfulness are a shield and a buckler. ⁵You shall not be afraid of the terror of the night, nor of the arrow (the evil plots and slanders of the wicked) that flies by day. ⁶ Nor of the pestilence that stalks in the darkness, nor of the destruction and sudden death that surprise and lay waste at noonday. ⁷ A thousand may fall at your side, and ten thousand at your right hand, but it shall not come near you. ⁸ Only a spectator shall you be [yourself inaccessible in the secret place of the Most High] as you witness the reward of the wicked. ⁹ Because you have made the Lord your refuge, and the Most High your dwelling place, ¹⁰ there shall no evil befall you, nor any plague or calamity come near your tent. ¹¹ For He will give His angels [especial] charge over you to accompany and defend and preserve you in all your ways [of obedience and service]. ¹² They shall bear you up on their hands, lest you dash your foot against a stone. ¹³ You will tread upon the lion and the adder; the young lion and the serpent shall you trample underfoot. ¹⁴ Because He has set his love upon Me, therefore I will deliver him; I will set him on high, because he knows and understands My Name [has personal knowledge of My mercy, love and kindness – trusts and relies on Me, knowing I will never forsake him, no, never]. ¹⁵ He shall call upon me and I will answer him; I will be with him in trouble, I will deliver him and honor him. ¹⁶ With long life I will satisfy him and show him my salvation."

The more time you spend with God, the more you get to know Him. The more you get to know Him, the more you come to genuinely love Him. Out of your love for Him flows a life of obedience.

Psalm 91 is God's promise of protection. But what is the condition? It was in verse 1 – "He who dwells in the secret place of the Most High". Dwelling in the secret place of the Most High means developing a close relationship with God by spending time in fellowship with Him in that secret place where it is just you and Him. Once again, the more time you spend with God, the more you get to know Him. The more you get to know Him, the more you come to genuinely love Him. Out of your love for Him flows a life of obedience. Verse 9 in Psalm 91 says that He will command His angels to protect you in all your ways of obedience and service.

In the Old Testament disease came to Israel through disobedience to the law. Forgiveness for their disobedience meant healing of their diseases. We read in Psalm 107 that it was when they took themselves out of the umbrella of protection of their covenant by willful sin and wrong doing that their distresses came (Psalm 107 v 11, 17, 18). But when they cried out to the Lord, "He saved them out of their distresses. He sent forth His Word, and healed them and delivered them from their destructions." (Psalm 107 v 19 – 20). We are under the New Testament Covenant – but it is still possible to take yourself out from under God's umbrella of protection through sin and disobedience and thus open yourself up for the devil to come in with disease and calamity. I have seen this in my own life. For example I have been involved in two fairly serious car accidents. In the one accident I was walking in obedience with the Lord. It wasn't that I was giving a perfect performance or living a totally sinless life, but I was loving and serving God to the best of my ability. A drunk driver drove into the driver's door and wheel on the side of my car. We were both going at a speed of approximately 110 km per hour so the bang when our two cars collided was pretty loud. My car went into an uncontrollable spin and the other car rolled and ended up upside down on its roof. The people in the other car were badly injured and my car was a write off. However I came out without a scratch. In fact, I immediately got out of my car to go and administer first aid to those who were injured in the other car. God protected me in all my ways of obedience and service just as He'd promised.

You see, there will definitely be trials and tribulations in life that you will have to go through – the Lord doesn't promise you an easy life that is a bed of roses with no problems or hardships. Psalm 34 v 19 says that many are the afflictions and evils that confront the righteous, but the Lord delivers them out of them all. I had a car accident but the Lord delivered me through it. In Psalm 91 God promises to protect you and deliver you, as long as you set your love on Him and are walking in obedience to Him.

I had another car accident when I was still at university. This time I was in direct disobedience. In fact the Holy Spirit had whispered in that still small voice that I should stay home and study as I had exams coming up. However, my flesh didn't feel like it – I felt like going out to a movie and that is what I decided to do. On the way, the car that was in front of me suddenly stopped to turn. I didn't see him stop and it was too late for me to try and swerve, so I went straight into the back of him. My head hit the windscreen and there was blood everywhere. I've still got the scar on my head from that injury. Immediately the conviction of God hit me because I had deliberately stepped out in disobedience and therefore had come out from under His umbrella of protection.

The kind of protection God promises in Psalm 91 is incredible. He says that a thousand may fall at your side and ten thousand at your right hand, but it shall not come near you (verse 7). What can kill ten thousand people at one time? One example is an atomic bomb. According to Psalm 91, when you are walking in love and obedience, you are so inaccessible under the shadow and protection of God Almighty that an atomic bomb can go off next to you and it will not harm you! Wow. This is not only God's protection from the development of disease, but also against damage to your body from trauma of any kind (e.g. accidents, radiation, bombs etc). In fact, God is so concerned about protecting you that he will even protect you from stubbing your toe on a rock! **Verse 12 says – "They shall bear you up on their hands, lest you dash your foot against a stone"**. This is the extent to which you are protected in all your ways of obedience and service.

Somebody who is accident prone (who has accidents all the time, who is always breaking things etc) has an inherited curse. Upstream in that person's family tree, somebody ripped somebody off. For example they were dishonest in business or there was theft or they moved their neighbor's landmark and there is a spirit assigned to that person to make them pay³¹. If this applies to you, go before God your Father and with heartfelt repentance confess the sins and the iniquities of your fathers. Say, "Father I don't know what happened up there in the history of my family but I ask to be released from this spirit that causes me to be accident prone. Release me from the generational iniquity that would cause it in the Name of

Jesus." Being accident prone can also be one of the curses of free masonry. I discuss genetically inherited problems and how to deal with them in more detail in the chapter on page 151.

Psalm 91 has a great deal of sentimental value for my family because we have lived it and we have seen God's faithfulness to His promise on several occasions. I'll share one story with you: my grandparents, Coen and Ruth Strydom were involved in a war. In this war there were a group of men who were desperately trying to kill my grandfather. For the sake of making it easier for me to tell the story, I'll call these men who were trying to kill my grandfather "the bad men". At the time, my grandfather was farming. The bad men would hide and wait for my grandfather in the maize lands and they would be waiting for him when he went to a place on his farm where they make bricks. The problem was that every time they aimed their gun at my grandfather to shoot him, a man who was more than 6 feet tall with bright white clothes would step in the way. My grandfather didn't know about this at the time. One day when he was about to go to the barns, he had a check in his spirit that he mustn't go. Normally he would never allow his workers to drive his vehicle but that day he sent his driver because he had such a strong feeling that he mustn't go. The bad men were waiting for my grandfather at the barns. When my grandfather's driver arrived they caught him and tied him up to interrogate him. They asked the driver, "Who is that very tall white man that gets in the way every time we want to shoot Mr. Strydom?" The driver told them, "I have no idea what you are talking about. I have never seen any tall man in white clothes with Mr. Strydom." The bad men were so angry that they badly beat up the driver because they thought he was lying. So the driver told my grandfather the story and that's how he got to know about it.

After some time, the bad men were starting to be mocked in their community because the people were saying, "These are just two old people and after all this time you can't even kill them." So the bad men said, "Don't worry, on Saturday night we're going to kill them". The following Saturday night 10 bad men went with their AK guns to my grandparents' house on their farm. A little while later the farm labourers saw the bad men running in terror past their houses and they wouldn't stop. The next day my grandfather saw the bad men's foot steps outside his fence so he realized that they had been there, but it was only later that he got the full story. The farm workers told my grandparents that they had seen the bad men run past their compound that night. In the beer hall the following Saturday, the people in the community asked the bad men, "What happened? We saw you running for your lives the other night, but we thought you went to kill them." The bad men then explained that when they got to the house they saw hundreds and hundreds of very tall people in bright white clothes in the garden and that is what made them flee in terror.

Then at a later stage my grandparents were attacked. On three separate occasions before that, three different people had phoned my grandparents and said, "We have just read the most wonderful Psalm in the Bible - Psalm 91. We want you to read it." My grandparents have been married for 60 years now and since the day they got married, every single morning when they wake up and every single night before they go to bed, they read the Word and they pray together. On the evening of 27 November they read "The daily bread" and the scripture reference was Psalm 91. Later that night at 11 O'clock they were attacked. This attack went on for 4 hours and every part of their house was shot up. My grandmother didn't even have 1 piece of clothing or furniture left that wasn't shot to pieces. The next morning they picked up 3000 AK bullet casings in the house. They also fired 7 rockets and 6 hand granades in the house. Some of those hand granades exploded in the room that my grandparents were in. Where my grandfather was sitting, there were bullets in the wall all around his head. His head was full of dust, but not one bullet touched him or my grandmother. The whole house was shot up but my grandparents were fine.

The farm workers got the shock of their lives the next morning when they saw that my grandparents were still alive. Remember, Psalm 34 v 19: many are the afflictions and evils that confront the righteous, but the Lord delivers them out of them all. Since then my grandparents speak Psalm 91 over their lives almost every day and when I was a young child they drummed it into me. I could say Psalm 91 off by heart by the time I was about 8 years old. When I was 16 I was hi-jacked at gun point in Avondale in Harare.

The hi-jackers were about 11 men (but I can't say for sure), These men all had guns. Myself, my friend and her father didn't stand a chance against them in our own strength. I was in a situation where I had two men holding me with guns to my head as they swore at me and threatened me. But in the midst of this situation I had such an overwhelming peace. As I stood there I said out loud, "Lord, show me that you are true to your word..." and I began to say Psalm 91. You see, in a danger situation, what comes out of your mouth is what you put in your heart every day. God delivered me through that situation without a scratch.

***In a danger situation,
what comes out of your
mouth is what you put in
your heart every day.***

Now there are people who have had tragic situations where they have lost their children or spouse or loved ones in wars, accidents or robberies and I am not going to say to you that that was because they were in disobedience – I do not know them and I do not know what was going on in their lives at the time. I don't have all the answers and when it comes to disasters I don't understand everything. I'm just showing you what I see in the Word – Psalm 91 says that when you are walking in obedience and love, you are inaccessible in the secret place of the Most High. 1 John 5 v 18 says that when you are walking in obedience, the devil cannot touch you – he can't get a grip on you because you are like oil that just slips through his fingers.

There are people who don't take the Bible literally because they believe that the scriptures in the Bible are just analogies but I have come to learn that in the Bible, God literally means what He says and He says what He means. One example is Proverbs 17 v 22 God said that a broken spirit dries the bones. In the chapter on allergies, I explain how that is literally the case...a broken spirit really does dry the bones. Proverbs 14 v 30 says that jealousy and envy is the rottenness of the bones and you'll see on page 520 that is literally the case. I've already mentioned Luke 21 v 26 several times which says that in the last days men's hearts will fail them because of fear – it is a well known medical fact that most heart conditions are related to fear, anxiety and stress. So when God says in Psalm 91 that when you are walking in obedience, you are so inaccessible in the secret place of the Most High that an atomic bomb can go off next to you and kill ten thousand people but not harm you – I believe Him... literally... and you saw how in literally happened in my grandparents' story. So long as I am walking in obedience, I don't have any concern for my safety because I know that God is going to protect me and that I am inaccessible to the devil.

Earlier I mentioned Andrew Wommack and Kenneth Hagin: Andrew Wommack has never been sick in 40 years of ministry except once he started with symptoms of a cold because he had got into disobedience by over working and not properly looking after his body. He repented and immediately the symptoms left. Kenneth Hagin also said, "Since knowing the Truth of God's Word concerning divine health and healing, the only time some physical disorder touched me was when I got out from under the protection. Now I don't mean I stole something or told a lie, I just wasn't obeying God like I should. Usually I wasn't ministering the way God said to minister. And I got myself out from under the protection and opened myself up to the enemy's attacks. So I had to repent and get back in line. The minute I did I was immediately all right physically."

I'm Not Painting All People with One Brush

As the heavens are higher than the earth, so are God's thoughts and His ways higher than my ways and my thoughts. (Isaiah 55 v 8). The foolishness of God is greater than the wisdom of men (1 Corinthians 1 v 25). I am certainly not going to limit God or put Him in a box by painting all people with one brush by saying that **all** disease is **always** because of sin and God will **only** heal you if you repent. No, not at all. As I said earlier, statistics from the medical field are telling us that 87 to 95% of diseases are traced back to sin in our thought life. However, that leaves 5 to 13% who have sicknesses for other reasons. The scrip-

ture in James 5 v 14-15 says that if anyone is sick he must go to the elders of the church and they shall anoint him with oil, and if he has committed sins, he will be forgiven. That word if implies that not all disease is a consequence of sin. There are some problems that are not caused by sin, for example structural damage to a part of the body caused by an accident. In this case, no repentance is needed, you just need to minister and pray for healing or a creative miracle in Jesus' Name **provided there are no blocks to healing**. For example if the person has bitterness against the reason for the accident (for example the person who caused it) or guilt against themselves because they blame themselves for the accident, then those are secondary sins that can become blocks to healing, even though there was no sin that caused the problem initially.

Not all disease is a consequence of sin.

In John 9 v 1 – 3 there is an example of a physical defect that was not because of personal or inherited iniquity:

John 9 v 1 – 3: “As He passed along, He noticed a man blind from his birth. His disciples asked Him, “Rabbi, who sinned, this man or his parents, that he should be born blind?” Jesus answered, “It was not that this man or his parents sinned, but he was born blind in order that the workings of God should be manifested (displayed and illustrated) in him.”

The disciples asked Jesus a correct theological question because in the Old Testament days they knew that there was a connection between sin and sickness. However, Jesus explained that this man was not blind because of sin, but so that God would be glorified through his healing. Note that in the above scripture, God was not glorified by his sickness. That is a great misconception in the church today – people think that they are a testimony by bringing God glory in accepting their suffering, pain and illness. I will be addressing this misconception that disease brings God glory later in this chapter. In summary there are two sides to this: there is disease that is a consequence of sin and there are exceptions where disease is not a consequence of sin. In both cases there is a provision for healing, but when there is a sin issue involved, it first has to be dealt with through repentance.

Now just when we think that we have it all figured out that disease is a consequence of sin and the condition for healing is repentance of sin, God will go and heal somebody who we know does not qualify to be healed because they have sin in their life. And that has the potential to make the rest of us mad because we feel that we deserve it more than them! There are times when God, in His Sovereignty, will choose to heal people even whilst they are in their sin.

Romans 9 v 14 –15 “What shall we conclude then? Is there injustice upon God's part? Certainly not! For He says to Moses, I will have mercy on whom I will have mercy and I will have compassion (pity) on whom I will have compassion.”

Somebody once asked me, “If repentance is a necessary pre-condition for healing, why is it that in the Gospel accounts healing came before the message of salvation which described the need for repentance? Even in Acts it seems that repentance only came after healing?”

I know a lady who went on a mission trip to Ethiopia. There the power of God was present to heal and many great miracles took place. A man who was blind with degenerated eyeballs that were sunken deep into his eye sockets was miraculously healed and he left with a totally new set of eyes. A child who was born deaf was instantly healed and could hear perfectly. People with deformed legs stood up with their legs miraculously healed so that they were suddenly totally normal. There were hundreds of severely deformed and sick people that were miraculously healed on a daily basis and I don't think any of them repented of their sin. In fact many of them did not even know God but it didn't take long for them to start asking, “Who is this God?” Get an unsaved person healed and they'll want to know Who healed them! I have seen that when people experience the power of God move in their lives they soon wake up to realize that He is real, and are drawn to want to know more about Him. This then, provides the opportunity for

the message of salvation to be shared. This is what the Books of Matthew, Mark, Luke, John and Acts are all about – spreading the message of Salvation which is confirmed with signs and wonders (See Mark 16 v 17 – 20). That is for the benefit of the unsaved. In Ethiopia many people gave their lives to God after experiencing or witnessing His miraculous power through healing of their various illnesses and then the process of sanctification from sin began. Sometimes God heals and delivers people first and straightens them out later.

When there is a sin issue involved, it first has to be dealt with through repentance.

In the books of Matthew, Mark, Luke and John in the Bible, Jesus came and demonstrated the love, compassion and mercy of God and His power over the devil and disease in His many miraculous healings. He demonstrated God's power over evil in spite of sin all to show God's overwhelming and intense love for us. His disciples and the early church also demonstrated it in Acts. After the demonstration was done, in Romans through to Jude God deals with our sanctification after salvation. Sanctification is the process of progressively getting rid of sin in our lives, as we apply the water of the Word (i.e. the books of Romans through to Jude) and co-operate with the Holy Spirit as He works out of us our sinful, carnal, worldly traits and works into us the character and mind of Christ. Later on in this chapter I will be explaining that the ultimate purpose of sanctification is to mould us into the image of Jesus (2 Corinthians 3 v 16 – 18) – healing is just a by-product of sanctification.

The books from Romans to Jude are for the Church, not for the unsaved. When it comes to disease in God's People in the Church, God deals with us differently because we should know better. He deals with us the same way that He dealt with the Israelites who were His People in the Old Testament. We need to grow up in the Word and go through the process of sanctification that Romans to Jude talks about. You can't have Matthew, Mark, Luke, John and Acts in your life until you have the sanctification of Romans to Jude in your life. In other words you can't expect God to bless you if there is a sin problem that needs to be dealt with. When it comes to God's people in the church, healing is a promise that is ours as part of God's children in covenant (Isaiah 53 v 5, Matthew 8 v 17, Isaiah 61 v 1 – 4, Luke 4 v 18, Psalm 103 v 3). However with every promise there is a condition. It is my observation that God is first interested in our sanctification, as a prelude to healing and deliverance. The majority of the time, it is necessary to get our hearts right before God through repentance from sin. This is so that we get ourselves back in line with His Word where the conditions for healing are met, so we are in a position to receive from Him.

Therefore with regards to the question I mentioned earlier: "If repentance is a necessary pre-condition for healing, why is it that in the Gospel accounts healing came before the message of salvation which described the need for repentance? Even in Acts it seems that repentance only came after healing?"

The answer is this: The key message of this book which is that repentance and sanctification is the condition to healing is a message for the Church, not for the unsaved. It is the work of an evangelist to go out and preach the message of salvation which is accompanied by signs and wonders, which includes miraculous healings as modeled in the books of Matthew, Mark, Luke, John and Acts. Once the evangelists have "caught the fish", I'll "clean the fish" after salvation with the sanctification of the books of Romans through to Jude as modeled by James 5 v 14 – 15.

James 5 v 14 – 15: "Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]."

Furthermore, when it comes to those who were unsaved and were healed – if they don't then repent of the sin that caused the disease by going through the process of sanctification, they will not keep their healing. The disease will come back if they continue with their sinful thinking patterns. That is why Jesus said to the man with cerebral palsy that He had just healed, **"Go and sin no more or a worse thing may come upon you."** (John 5 v 14).

***Healing is a promise
that is ours as part of
God's children
in covenant.***

The Principle of Healing Illustrated

Henry Wright told the true story of five ladies who came to him after he had preached in a service in 1985. They all had arthritis and two of them had it so severely that their hands were disfigured and hardly functional. They wanted Pastor Henry to pray for their healing. He said, "No, I'm not going to do it." They replied, "But the Word says to come before the elders and be anointed with oil and be prayed for." Henry Wright said, "No – I've been there and done that. Do you know how many times I've prayed for people in the past? None of them were healed. It was a waste of my time. You see, there is sometimes a responsibility before God for healing – the condition for healing is repentance. Unless you are willing to repent of your sin then I'm not going to pray for you as it will just be a waste of time." Henry Wright asked the ladies to think about people who had injured each of them in their lifetime either through word or actions. He asked them who it was that didn't treat them right, victimized them, lied about them, abused them, either emotionally, physically, verbally or maybe even sexually. He asked them, "When you think of their name, or their face, whether they're living or dead, what do you feel? Do any of you have that high octane ping going off inside?" They all said, "Yes, there is somebody I have not had resolution with." They all had bitterness and un-forgiveness. He told them that in exchange for their healing, they would have to get right with God or else they would be wasting their time in praying. They were going to have to forgive that person. The consequences of un-forgiveness would bind them to their disease. (Arthritis is a disease that is a result of bitterness and un-forgiveness). He told the ladies that an exchange would happen for their obedience. He said to them, "If you, from your heart, will sincerely forgive that person of their sin against you, whether you feel like it or not, I'm going to ask God to heal you. But if you are just doing it because you want the healing for selfish reasons and you are using this as a system or mechanism, we are wasting our time."

Matthew 18 v 35: "So also My heavenly Father will deal with every one of you if you do not freely forgive your brother from your heart his offenses."

He then led them in a prayer of repentance and forgiveness. When he finished praying, he looked up and said to them, "How's your arthritis doing?" All of a sudden it dawned on them that they had no more pain. Fingers had straightened, the pain was gone, and all five ladies stood there totally freed from crippling arthritis and its pain. **Note that they never even got round to praying for healing. When they got their hearts right with God and met His conditions – He was there to heal as He promised in His Word.** Arthritis is not a disease that is curable in the medical field. The best we as doctors can do for arthritis is prescribe drugs that will slow down the progression of the disease and dull the symptoms. However, nothing is incurable with God, when His conditions for healing are met.

Pastor Henry Wright was interviewed by Sid Roth on a program called 'It's Supernatural'. During the interview he shared the testimony of a woman who had cancer of her face. When she forgave herself, repented for her self-hatred and began to love herself – that very day the cancer literally fell off her face onto the floor. Pastor Wright showed the photos of her face before and after. No body prayed for her! When she lined herself up with God's Word and met His conditions for healing, He stripped disease and death from her and His blessings overtook her.

You Need to Repent from the Heart

Ephesians 6 v 6: "Not with eye service, as men-pleasers; but as the servants of Christ, doing the will of God from the heart." KJV

Gaining freedom from the roots of sin is not a ritual. If you are merely going to go through the motions and apply the information in this book like a system or a mechanism or a scientific formula, it is not going to work. You can't fool God, He can see your heart. He is not interested in external rituals and methods. In this book I have included sample prayers as a rough guideline to help you but rote words are meaningless to God. It is a relationship that He is looking for. He's looking into your heart and that's where your repentance must come from. Only genuine deep heartfelt repentance will move His hand.

1 John 1 v 9 - 10: "If we [freely] admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought and action]. If we say (claim) we have not sinned, we contradict His Word and make Him out to be false and a liar, and His Word is not in us [the divine message of the Gospel is not in our hearts]."

Sometimes you can have two people with the exact same disease with the same spiritual sin behind it but one is healed and the other is not. Why? Does God show favoritism? No, the Bible says He is no respecter of persons (Acts 10 v 34). The reason is that the person who was not healed had a hardened heart towards God and is not going to change because he or she is unrepentant. There is no conviction or heartfelt repentance for the sin – it is justified, condoned or denied. The person who was healed, had fallen into the same sin but he or she was deeply grieved and convicted by it, with heartfelt repentance as a result. This person's heart was right before God in his or her hatred towards the sin even though the person was still in bondage.

God does not judge you in your sinlessness but your heart attitude towards your sin.

Psalms 34 v 18: "The Lord is close to those who are of a broken heart and saves such as are crushed with sorrow for sin and are humbly and thoroughly penitent."

To make this more clear to you – let's look at the example of King Saul and King David. Both kings sinned greatly against God. Because Saul disobeyed God, the prophet Samuel said to him, **"Rebellion is the sin of witchcraft, and stubbornness is as idolatry...Because you have rejected the word of the Lord, He also has rejected you from being king."** 1 Samuel 15 v 23. King David murdered a man and committed adultery with his wife. However the difference between them is that David repented (Psalm 51) but Saul did not.

David said in **Psalm 51 v 17: "My sacrifice [the sacrifice acceptable] to God is a broken spirit; a broken and a contrite heart [broken down with sorrow for sin and humbly and thoroughly penitent], such, O God, You will not despise."**

God is interested in your heart attitude towards sin. Biblically it seems that if you have a hatred towards your sin, even if you are still in your sin, God judges you according to the righteousness of your heart toward Him. When you have a hatred towards your sin and go before God with genuine heartfelt repentance and ask Him to change you (because you cannot change yourself), He will begin to deal with you so that you are better able to resist the sin. He will remove the torment and the struggle and will eventually set you free from that sin.

There are other people who, when confronted with their sin, reason their way out of it and excuse or condone it. Some are just blinded by their own self-righteousness. They harden their hearts and are not

convicted. They don't have a perfect hatred for their sin. These people must not think that they are going to receive any healing from God. You need to repent from the heart.

Isaiah 57 v 15: "For thus says the high and lofty One – He Who inhabits eternity, Whose name is Holy: I dwell in the high and holy place, but with him also who is of a thoroughly penitent and humble spirit, to revive the spirit of the humble and to revive the heart of the thoroughly penitent [bruised with sorrow for sin]."

Repentance is the result of Godly sorrow. **2 Corinthians 7 v 10: "For Godly grief and the pain God has permitted to direct, produce a repentance that leads and contributes to salvation and deliverance from evil and it never brings regret..."**

King James Version says: **"For Godly sorrow works repentance to salvation..."**

What if the Disease You are Suffering from is not Mentioned in this Book?

I explained in the introduction that it is impossible for me to write about and explain all the diseases known to man, as I would literally end up writing a library of encyclopedias. Therefore I have just included the most common diseases. If you have a disease that is not mentioned in this book, and you want to know the spiritual root behind it, I recommend that you contact Henry Wright and his staff at 'Be In Health Ministries' (contact details are included in the references at the back of the book). Henry Wright and his staff are involved in ongoing research on over 700 diseases in order to understand the spiritual roots behind disease. Also remember that most of the time, disease can be traced back to sin and separation on one of three levels: Separation from God, separation from yourself or separation from others. So evaluate how you are doing on each of these three levels. How is your relationship with God? Are you developing an intimate relationship with Him through time spent with Him on a daily basis? Are you getting to know Him more and more each day? Are you making the Word of God a priority in your life by spending time studying it and getting to know more about God's character and ways? Or are you just a pew warmer who goes to church fairly regularly, and occasionally prays to God when you need Him to help you with something and that's about the extent of your relationship with Him? Do you live in faith where you have trust and confidence in God concerning all the issues in your life? Or are you perpetually stressed, fearful and anxious?

What about your relationship with yourself? Do you have a low self-esteem? Do you consider yourself of little value and worth? Or do you constantly walk around with guilt and condemnation? How many "could have", "would have", "should have", "if only" statements do you make in a day? These are guilt statements and thoughts that are full of condemnation. How many times have you replayed in your head a conversation or a situation that pained you? That is also guilt and condemnation. Do you outright just hate or reject yourself? Are you very, very angry with yourself? Do you have bitterness, resentment and un-forgiveness towards yourself about some issue in the past? Or do you have a healthy self-esteem based on the knowledge of who you are in Christ?

What about your relationship with others? Are you filled with anger, rage, resentment, un-forgiveness, bitterness, envy and jealousy? Are you a gossip and slanderer? Do you often judge and criticize others? Are you a perfectionist who is driven to perform because you feel loved and accepted based on your achievements? Have you had sex outside of marriage? What is your marriage like – is the woman dominating the home while the man passively sits back in the background? Is your life full of strife? Are you walking in love and forgiveness? Have you been involved in any form of occultism?

An honest answer to these questions will probably reveal to you where you are going wrong. Deal with those issues and your disease will most likely fall away. Also remember that there may be a genetically inherited component if other family members have the same disease.

The Great Deception of Prescription Drugs

We have become a drug orientated society. When it comes to prescription drugs, Christians have been deceived. Part of the problem is that they do not understand what drugs are, what effect they really have on the body and what the Bible has to say about them!

Galatians 5 v 19 – 21: “Now the doings (practices) of the flesh are clear (obvious): they are immorality, impurity, indecency, idolatry, sorcery, enmity, strife, jealousy, anger (ill temper), selfishness, divisions (dissensions), party spirit (factions, sects with peculiar opinions, heresies), envy, drunkenness, carousing, and the like. I warn you before hand, just as I did previously, that those who do such things shall not inherit the kingdom of God.”

The word sorcery in the above scripture is translated as witchcraft in other Bibles. The word **sorcery** or **witchcraft** that was used here is not the Hebrew word for witchcraft. That word 'witchcraft' is only used once in the New Testament and it is the Greek word **pharmakeia**, (Strong's number 5331) which means **medication (pharmacy, sorcery)** and is taken from the Greek word **pharmakeus**, which means **drug, a druggist (pharmacist or poisoner, that is, sorcerer)**. The word witchcraft in this scripture is referring to the use of **legal or prescription drugs**. The word **drunkenness** in this scripture represents **illegal drugs** (cocaine, heroine, ecstasy, alcohol abuse etc).

When I first got this revelation I was very worried because I thought to myself, “Well, if giving prescription drugs to patients is witchcraft in God's eyes then I am in a lot of trouble. For example if a patient came in to the emergency unit with a heart attack, or an asthma attack or meningitis, the risk of that person dying is very high if I don't give that patient drugs. I could lose my medical license and get into a lot of trouble legally. I could be liable to be sued and all sorts of other problems. But then through the teaching of Henry Wright I got the full revelation of what that scripture is saying and it has to do with the meaning of the Greek word “do”³³.

The Greek word “do” in Galatians 5 v 21 means “**they that habitually practice as a way of life**” as opposed to “a single act”.

Prescribing drugs “as a single act” is fine but the problem comes in when a person stays on drugs permanently without the underlying problem behind the disease being dealt with.

So to put all the above information into a sentence, “When doctors prescribe or when patients take prescription drugs on a chronic basis it is witchcraft and sorcery and they that do this will not inherit the kingdom of God.” That is a very serious statement.

According to the law of Moses in the Bible, involvement in witchcraft and sorcery of any form carries a death penalty (2 Kings 1 v 2 – 8; 1 Chronicles 10 v 13 – 14; 1 Kings 11 v 4 – 11). Here is some interesting food for thought: which profession statistically has the shortest life expectancy? Doctors! The very people who are meant to be saving lives!

As a doctor I had to repent and get right with God. In ignorance I'd been doing wrong in God's eyes, but now that I have knowledge, I'm operating according to God's principles in dealing with disease instead of being conformed to the ways of the world (Romans 12 v 2). In order to practice medicine God's way, I've had to move away from disease management and start practicing disease eradication and disease prevention because God is not into disease management.

According to the Word, God is not interested in disease management, He is interested in disease eradication and disease prevention.

Where “healthcare” is concerned today, there is really no such thing – they should be calling it disease management. Disease management means for example prescribing drugs for a diabetic or a person with

high blood pressure for the rest of his or her life. The person is artificially maintained and manipulated by these drugs but the underlying problem that initially caused the disease is not dealt with. I am not saying that it is wrong to take medical drugs, it is sometimes very necessary. For example if I have a patient come in with a blood pressure of 200/110, I have got to give the person medication to get that blood pressure down before he has a stroke and dies. It is an emergency, there is no time to sit down and deal with the issues in his life that lead to perpetual thoughts of fear, anxiety, stress and worry about the future (which is the cause of high blood pressure). Similarly if I have a patient that I diagnose with hyperthyroidism, I've got to put him on medication as this condition is potentially life threatening. But is that the ultimate solution? It is in science. However, that is unscriptural. We think that disease management is a cure – no, if you were cured you wouldn't need disease management. Disease management is another form of bondage. Disease management means you're not free – you are not healed of your disease. But the Bible says that he who the Son sets free is free indeed (John 8 v 36).

I personally will only prescribe medication in the short term to save a person's life or to get the person into a place of safety so that he or she has time to go and deal with the root of the problem that is causing the disease. Prescribing drugs "as a single act" is fine but the problem comes in when a person stays on those drugs permanently without the underlying problem behind the disease being dealt with. To those of you who are on chronic medication, I would like to inform you that God does not want you artificially maintained and chemically manipulated by medical drugs for the rest of your life. He wants to heal you and set you free of that disease permanently. But you also have a responsibility before God to get sin out of your life and to line yourself up with His Word and His conditions for healing.

As a practical example, let's talk about depression: The toxic thought patterns that cause depression are self-hatred, self-rejection, self-disapproval, self-condemnation, guilt and/or a low self-esteem. These toxic thinking patterns are sin because God said in His Word that we are to love ourselves (Matthew 22 v 39). The hypothalamus in the brain responds to these toxic thought patterns by lowering the levels of a chemical called serotonin. Serotonin has several functions, one of which is to make you feel good about yourself. Therefore when the serotonin levels are low, you feel sad, miserable and depressed. Clinical depression by definition is a serotonin deficiency – the emotional turmoil and low self-esteem is reinforced by a biological chemical deficiency.

The devil is the only one benefiting when your serotonin is imbalanced. The devil knows that the mind-body connection is real and that by controlling your thoughts he can cause the body to under produce serotonin. He knows the physiology of your body better than most doctors. He knows that if he can get a low self-esteem, condemnation and guilt to dominate your thought life, he can cause a deficiency of serotonin in your brain. He also knows that there is no way you can increase your serotonin levels unless you take a drug because you are in chemical imbalance. Now enters the sorcerer, otherwise known as your friendly local pharmacist or family doctor. Most doctors or pharmacists will say, "OK, your serotonin levels have dropped so we're going to put you onto an anti-depressant drug like Prozac to change that." You then become addicted to the drug that artificially restores the chemical imbalance and serves as a false comforter and false source of peace. As long as you take the drug you feel better about yourself, but you still have that underlying low self-esteem, guilt and condemnation. Even while you are on the drug, in your heart you still do not feel satisfied, just more tormented because those unloving feelings are still there. Is it God's will that you deal with those unloving feelings of self-hatred, guilt and a low self-esteem? Or do you think He would prefer you to enter an altered state of chemical consciousness to pretend you don't have the problem? I would like to say to you that Prozac is a very cheap substitute for the Holy Spirit and the peace He brings.

It's ok to have medication for a short period of time to help you but the Prozac certainly does not solve the problem. You have to parallel that with working on your thought life. God does not want you to take anti-depressants for the rest of your life. He wants you to sort out your thought life, which is the root

of your problem so that you can be free from depression permanently. According to the latest scientific information and research on how your brain works, excess amounts of medication will upset the natural chemistry in your brain. The situation is that depression is a result of the lack of serotonin in the brain, which all started upstream in your thought life. Depression is not the problem, your thought life is the problem. Depression is merely a symptom of your toxic thought life. I would strongly recommend that you never start anti-depressants in the first place because it is not easy to wean your body off them once you start and they have terrible side effects.

So if God does not want us to merely manage depression with prescription drugs, how do we eradicate depression? Or even better, how do we prevent depression? The answer is to repent which remember means to change your thinking. You have got to get rid of those toxic thought patterns of self-hatred, self-rejection, self-disapproval, self-condemnation, guilt and/or a low self-esteem. You need to renew your mind with the Word of God where you learn what the Bible has to say about who you are in Christ. You then need to purposefully change your thinking concerning how you think about yourself and choose to see yourself as God sees you. As your mind is renewed in the Word and those toxic thinking patterns of self-hatred are replaced by loving thoughts of the Word, the hypothalamus in the brain will respond to these new thought patterns by raising the serotonin levels, thus restoring the chemical imbalance. When the serotonin levels are raised, you feel good about yourself...and guess what? The depression is no longer there. This is God's will – that you be healed completely.

It's OK to take medication for a short period to help you but you have to parallel that with working on your thought life.

Very often we see that people need medication as a crutch or as an excuse to hide behind, "Well there's a defect in my brain. I don't have enough serotonin. I can't help it." We use this victim mentality as an excuse to submit to that disease, meanwhile we can rise above it. This not only applies to depression but to other diseases as well. We need to take back responsibility. We are fully able to control our thought life. Whether or not your hormones and body chemistry goes out of balance leading to disease depends on your thought life – are you listening to the Word of God or the other gospel of Satan's kingdom?

When you use medication to give you ease or an altered biological or psychological state, the real enemy is not dealt with while you are chemically manipulated and managed, and that is why it is sin. There is a place for doctors and medication, but disease management and taking medication on a chronic basis is merely an attempt to artificially by-pass the penalty of sin (which is the curse of disease) without dealing with or taking responsibility for the spiritual sin that caused the disease in the first place. So now you have two problems – the sin that caused the disease and secondly the sin of witchcraft to artificially maintain and manage your disease. In following the attempt of mankind to heal himself, we have opened ourselves up to occultic practices and may be following a mind-set or action that is an abomination to God because these ways of thinking and actions do not even include Him and do not line up with His Word. That is why prescription drugs are an occultic deception – it offers itself as a solution meanwhile it is merely a delusional safety and what Paul called a work of the flesh.

Revelation 18 v 23: "...for by sorceries (drugs) were all nations deceived."

Paul identified pharmaceutical drugs as a work of the flesh because he knew even in those days that most disease is because of unrighteousness that we practice as a way of life and that the drug would keep us from being disciplined and coming to a place of repentance. God's will is that you are not a servant of sin, that you do not have disease and that you are not managed by drugs.

I'm calling those of you on chronic medication to get right with God because the Bible says that those who do these things as a way of life shall not inherit the kingdom of God. That is not my opinion so don't

get cross with me - that is a statement right out of the Bible. Pastor Henry Wright once said, "If we have fallen this far with the diseases of Egypt and the sorcerers of Egypt to avoid the living God and what creation should look like, it is not God's fault, it is mankind's fault. It is time as people of God to establish the kingdom of God in the earth or we are going to continue to establish the kingdom of Satan and offer that to the future of mankind. Whether we win this battle collectively or personally, it is time to start preaching the gospel of our God now."

God has created you so that when you love Him, love yourself and love others, your body releases the proper chemicals, hormones and neurotransmitters to make you healthy without any need for drugs of any kind. God gives you the chemical fix that you need through obedience to Him. That is why pharmakeia and drunkenness are called works of the flesh which is sin (Galatians 5 v 19 – 21). It is a substitute for your relationship with God and the peace that comes from that relationship.

You don't need pills to get well...you just need the Gos-pill (gospel)...

God has created you so that when you love Him, love yourself and love others, your body releases the proper chemicals to make you healthy without any need for drugs.

How Man has Tried to By-Pass the Penalty of Sin and Become His Own Healer

I'm not against doctors otherwise I wouldn't be a doctor myself. As a doctor I believe I have a valuable role to play in educating people about disease from both a medical and spiritual perspective. There are times when I need to use medical drugs in a life threatening or potentially dangerous situation to get a person into a place of safety, as I explained previously. If a person has a heart attack or slips into a diabetic coma for example, I have the knowledge and skill to save his or her life. This buys back time for the person to deal with the underlying problem. Furthermore it takes somebody with knowledge and understanding of the human body to make the diagnosis of a disease. If a person comes with intolerance to heat, sweating, diarrhea, increased appetite and weight loss, tremor in the hands, palpitations, visual problems and protruding eyes – how is a pastor supposed to know it is hyperthyroidism? It is necessary for you to get a diagnosis so that you can find out what the sin is behind the disease and deal with it. Chiropractors, physiotherapists, nutritionists and some other forms of medicine have a useful and valuable role to play. I recommend that you get proper medical care from a doctor. Sometimes supervision by a doctor is necessary for your safety.

However, conventional medicine, chiropractic medicine, Eastern medicine, various religions and spiritual groups, are all trying to decrease the effects of disease through prescription drugs and various other methods. They are all merely trying to by pass the penalty of the curse of sin and disobedience but are getting nowhere. The worldly doctors, psychologists, psychiatrists and other variations of medicine are failing. The World Health Organization has said that there have been zero advances made in mental healthcare and healing in the world in the past 20 years. Furthermore with all the drugs that we have to treat disease, over 80% of biological diseases are incurable.

The bottom line is this: when there is a sin behind a disease, there is no medical drug, doctor, surgeon or any other form of healthcare that will be able to by-pass the penalty of that sin and that is why the disease is incurable.

Man has tried to become his own healer. We are putting our trust in doctors and medicine as an attempt to by-pass responsibility before God for the sin which has caused the disease. How much money have you spent trying to heal yourself with prescription drugs and various doctors? For example, people with severe allergies (a disease called Multiple Chemical Sensitivity and Environmental Illness) have spent between half a million and a million U.S dollars trying to be healed. The industry that they go to for help

is more than happy to take their money but no body is getting well. However many of them (and there are literally thousands) are completely well today because of this teaching and it didn't cost them a cent! Thankfully with God there is a much better way. When His conditions for healing are met, He is always there to fulfill His promise. There are many people today who were on chronic medication but are now living normal, healthy lives and no longer need to take any kind of drug. They simply applied God's principles in His Word concerning healing.

You cannot bring blessing (which includes healing) without repentance. We cannot by-pass the penalty of the curse without taking responsibility for the sin that causes the disease and dealing with it. For example breast cancer is often a result of bitterness and unforgiveness between a woman and her mother, sister, mother-in-law or some other female. We can go to all sorts of doctors and specialists, get chemotherapy, radiation and surgery, go on health diets and do everything under the sun to get well but all that this will achieve is a form of disease management. What we should have done is to go before God to release, forgive and get our hearts right with Him. Then we should have gone and made peace with our mother-in-law or sister or mother. There is documented medical evidence of women with advanced breast cancer totally recovering (i.e. the cancer completely disappeared) without any form of treatment or change in diet. They simply dealt with the bitterness and unforgiveness behind the cancer.

Another way that we are trying to by-pass the penalty of the curse and decrease the effects of disease is through all sorts of health diets and exercise. Healthy eating and exercise are important for enjoying overall good health. However, these things in themselves do not bypass the penalty of the curse and heal the defects that come from separation from God and His Word through disobedience and the sin that originally causes the disease in the first place.

Good nutrition does not replace repentance.

For example you can achieve a measure of control of diabetes through a healthy diet and exercise but the underlying disease will always be there. Total eradication of diabetes only comes through repentance of the sin which causes it in the first place. Healthy eating is important, but healthy eating alone is not the answer to healing or disease prevention. For example we can eat healthily to help boost our immune system, but at the same time destroy it through fear, anxiety and stress.

If it is just good nutrition that is needed to bring health in our life, you wouldn't need God because your god would be your belly. The Bible says that the kingdom of God is not what you eat or drink:

Romans 14 v 17: "[After all] the kingdom of God is not a matter of [getting the] food and drink [one likes], but instead it is righteousness (that state that makes a person acceptable to God) and [heart] peace and joy in the Holy Spirit."

The kingdom of God is not nutrition, it is righteousness. You will not have joy in the Holy Ghost if you do not have peace. You will not have peace unless you have righteousness. Nutrition does not sanctify you. Nutrition does nothing for over 700 genetically inherited diseases. There is very little evidence that nutrition does anything to solve psychiatric disease.

Without coming before God and dealing with the sin which is the root cause behind your disease, you are wasting your time and money seeking modality after modality for healing. When there is a spiritual sin behind a disease, no form of doctor or medicine or health diet will be able to do more than merely manage the disease with drugs which as I said often complicate the disease with side effects and bring in occultism (pharmakeia and the sin of sorcery) which will become a block to healing. There are many holistic practices that are rooted in occultism. The only way for the disease to be totally eradicated and for complete healing to come is by going through the right doorway to get it and that is repentance and sanctification of the heart.

The Damage Done by a Multi-Billion Dollar Industry

Many people are on a wide variety of medical drugs – their bathroom cupboard looks like a pharmacy. For example, diabetes and hypertension (high blood pressure) are in epidemic proportions world-wide and these diseases often occur together. A diabetic who also has heart disease can end up taking more than 13 tablets every day. Medical drugs carry with them side effects which are often a “Pandora’s box of hell.”

You may be suffering from what seems to be a disease, which is actually a side effect of a drug you are taking. For example a stomach ulcer can be caused by a thought life dominated by fear, anxiety and stress. However it can also be caused by the long term use of anti-inflammatories. Therefore before studying the specific disease that you have in the following chapters in this book, check the package insert of the medication you are taking. If you don’t have a package insert, go to your local pharmacy – they should have a book that contains all the drugs and their side effects. There is no point trying to minister to a side effect of a drug. There is no healing for the side effects of a drug. Many people are wondering why they are not being healed of a disease when in fact it is a side effect of a drug.

Let’s have a look at what are the top 10 killers of mankind today. The diseases responsible for causing the most deaths in the developed world are heart disease, the second is cancer, the third is strokes and then the fourth greatest killer is adverse reactions to drugs.

The fourth largest cause of death in the developed world is adverse reactions to prescription drugs that are given to you by your doctor.

The fifth greatest killer of people is chronic obstructive lung disease, the sixth is accidents, the seventh is pneumonia and influenza (flu) and the eighth is medical mistakes by doctors.

The 8th largest cause of death in the developed world is medical mistakes at the hands of the attending doctor.

Number nine is diabetes and number 10 is HIV³⁴. Two of the top ten killers of mankind in the developed world today is the medical community and the FDA approved prescription drugs you’re taking. Death from illegal drugs does not even make the top ten. Maybe our war on drugs needs to be redefined.

Billions of dollars are spent on research to find cures for heart disease, cancer, HIV and the other major killers. A large proportion of tax payers’ money goes towards road safety and prevention of accidents. However one of the most significant killers which is death from prescription drugs has been ignored completely.

A recent statistic is that two million per year are permanently damaged from side effects of properly prescribed administered FDA approved drugs. Oprah Winfrey once took on the pharmaceutical industry on one of her shows because she had the same statistics and research that I am sharing with you now. Oprah said that the number of people dying from side effects of FDA approved drugs is equal to the number of people that would be in a fully loaded jumbo 747 jet liner that crashes and everybody on board dies every single day of the year! If a plane like that crashed every single day of the year killing every body on board, people would be up in arms. But that is the amount of people dying from the side effects of drugs and no body is even raising an eye brow.

Medicine may have started out as a compassion ministry, but now it has become a multi-billion dollar business.

The information in this article which was published in the Hunter’s Magazine comes from the Department of Health and Human Services in America: “The number of physicians in the US is 700 000. Acciden-

tal deaths causes by physicians per year – 120 000. Accidental deaths per physician – 0.17. That is 17.1%. The number of gun owners in the US: 80 000 000. Number of accidental gun deaths per year in all age groups – 1 500. Accidental deaths per gun owner – 0.0000188. Statistically doctors are approximately 9 000 times more dangerous than gun owners³⁵. Remember, not everyone has a gun, but everyone has at least one doctor. Please alert your friends to this alarming threat."

Medicine may have started out as a compassion ministry, but unfortunately you must now understand that it has become a multi-billion dollar business. Your best interests are not always at heart, sometimes it is just about making money. For example, stomach ulcers make pharmaceutical companies billions of dollars every year. There are many antacids that are available over the counter that provide relief for the symptoms of stomach ulcers, reflux and indigestion. However, they are highly addictive: in other words once you start taking them, you end up taking them all the time. There is a pump (called a proton pump) in the lining of your stomach that produces stomach acid. The function of stomach acid is to help digest your food. However in large quantities, stomach acid can cause or exacerbate stomach ulcers. Antacids do provide relief from stomach ulcers because they are alkalis that neutralize the stomach acid. However many of these antacids also contain calcium. Calcium stimulates the proton pump in the lining of the stomach to produce more acid. More acid leads to more stomach ulcers later down the road. And when you get those stomach ulcers again, what is the first thing you do? Go and buy some more antacids! And that is how you end up addicted to the antacids and the pharmaceutical companies are making a lot of money in the process.

Another example is certain drugs that we take for nasal congestion and sinusitis. These drugs contain Paracetamol which is a strong painkiller. Thus when you take the drug it does give you relief from the pain and discomfort of the congestion. However there are other ingredients in these drugs that damage the cilia that line your sinus cavities. Cilia are finger-like structures that help keep the mucous flowing and help with the drainage of mucous. Mucous that is not drained efficiently will quickly become infected. So when the cilia are damaged by these drugs, drainage of mucous is not good and you are predisposed to more sinus infections and more sinusitis... so you take the drug again... the cilia is damaged further... more sinus infections...do you see the pattern? There are many other examples. Anti-histamines are the number one across the counter addictive drug in the world. Withdrawal from anti-histamines is as strong as the withdrawal from any other drug.

Over 2 million people in America are now taking Ritalin. Ritalin is the drug of choice that is prescribed for ADHD (Attention Deficit and Hyperactivity Disorder) and Prozac is a favourite that is frequently prescribed for depression. Yet these drugs are the chemical equivalent of the recreational drug ecstasy – they are amphetamines. In fact they are illegal drugs re-packaged as legal drugs. Prozac was the first illegal drug to be made legal and not many people know that. Since Ritalin's chemical foundation is the same as the recreational drug ecstasy, it is no wonder that more than 50% of children on Ritalin end up becoming drug addicts. Both Ritalin and Prozac have serious side effects which include violence, aggression and psychotic behavior. More than 50% of children taking these drugs end up with criminal records or in jail – not because of the ADHD or the depression but because of the side effects of these two drugs. The teenagers that were involved in many of the high school shoot outs in America were on Prozac. In fact a large number of mass murders in America were done by people who were on Prozac.

I said earlier that prescription drugs are often a Pandora's box of horrific side effects. As an example, let's take Prozac on for size: I've already mentioned violence, aggression and psychotic behavior. One of the main side effects of Prozac is sexual dysfunction because it causes anxiety and loss of libido (sex drive). So the man is impotent and nervous and the wife wonders why he is no longer chasing her. Because of the Prozac he loses all interest in his wife and he thought he had problems before! Women taking Prozac can also lose their libido which has adverse effects on their marriage relationship with their husbands. This creates another problem – more conflict, more guilt, more rejection and more anxiety. This all leads to a

further decrease in serotonin levels and now we have a deeper depression. Another side effect of Prozac is amnesia, "Now that I'm on this drug I feel better about myself but I just can't remember who I am!" The list of side effects continues: allergic reactions, palpitations and chest pain, dizziness, drowsiness, flu symptoms, coughing, dry mouth, nausea, indigestion, diarrhea and other intestinal disorders, increased appetite, weakness, apathy, sweating, tremors – those are the most common side effects. Others include confusion, convulsions, hallucinations, paranoid reactions, twitching, muscle tension, slurred speech, suicidal thoughts and sometimes cessation of breathing.

Many doctors' and psychiatrists solution to the problem of side effects is to prescribe other drugs to treat those side effects. But those drugs in turn come with their own Pandora's box of side effects... so before you know it we have gone mad. We are in real trouble. In 1975 Edward Kennedy who was the chairman of the senate addressed the problems of the safety of legal prescription drug use where he said, "This is a serious public health issue, and it is one that is generally not understood among the American people. It results in death of, as we've heard estimated, anywhere from 40 000 to 120 000 people a year. We can't be specifically sure of the number. Some have said that it is a good deal higher. We've had estimates before our committee from responsible researchers that say the American consumer is paying \$2 000 000 000 (two billion dollars) a year more than he should because of adverse drug reactions..."⁵⁶ The problem has grown significantly worse since 1975! I'm reminded of the women with the issue of blood in the Bible:

Mark 5 v 25-26: "And there was a woman who had the flow of blood for twelve years, and who had endured much suffering under [the hands of] many physicians and had spent all she had, and was no better but instead grew worse."

The National Enquirer stated that 4 500 000 people each year are poisoned (drugged) so seriously by their physicians that they require hospitalization. In 2000 Dr. Whitaker wrote an article called "Just Say No To Drugs" in the Health and Healing magazine: "According to an article published in the Journal of the American Medical Association, July 2000, at least 225 000 Americans die each year from the side effects of medical care (in other words things that go wrong), including an astounding 106 000 people from adverse drug reactions. Not only do we have a problem with adults but more kids are on prescribed drugs. Over 200 000 children under the age of 18 are now on prescription drugs, most of them anxiety drugs or serotonin drug enhancers (antidepressants)."

11% of all women over the age of 60 in America are addicted to prescription drugs. This trend has accelerated now that drug companies are legally allowed to advertise directly to the consumer. They glorify their products with flashy advertisements and clever marketing campaigns. They create the illusion that their drugs are the ultimate answer with a history of great success and safety. And because we are buying into every word of this advertising hype, patients are now pressuring doctors to prescribe the latest drugs for them and the doctors usually oblige – especially since the doctors are courted by the pharmaceutical companies with all sorts of side-line benefits for prescribing their drugs for patients, even when it's not absolutely necessary.

These multi-billion dollar pharmaceutical companies have so permeated our society that medical drugs are the first place we run to when we are sick because we have a fear of disease and a fear of dying and yet these drugs are the 4th most significant threat to our lives. Once again it is worth repeating: Medical drugs are an occultic deception – a delusional safety. We look to drugs as the answer to all our sickness when the real answers are in the Word of God to set you free. But we would rather just pop a pill because we want a quick fix so we can get on with our busy lives. Getting right with God and controlling our thought life is too much effort. We have become a drugged generation because we don't want to take responsibility for our health and the sin issues behind our diseases. But as you can see, we are paying a very high price for this mentality.

If you are taking prescription drugs, think about why you are doing it.

A Word of Caution Concerning Stopping Medication

Before coming off your prescription drugs, deal with the spiritual roots and renew your mind first.

If you are taking chronic medication, please do not come under judgment and condemnation. Please do not stop your medication just because you feel guilty now. I strongly **do not** recommend that you just stop taking your medication cold turkey. There are certain drugs that when stopped all of a sudden will "shock" your body. Many drugs alter the chemical state in your body with the result that your body becomes dependent on those drugs and requires those drugs to maintain that chemistry. For example, if you suddenly stopped taking the drug Atenolol (a drug commonly used to treat high blood pressure), you may have a rebound hypertensive crisis (this is when the blood pressure suddenly becomes dangerously high).

I recommend that you stop the drug under the supervision of a doctor – you may need to wean yourself off the drug by tapering it down slowly and gradually retraining your body chemically to exist without the drug.

For example if you had diabetes, I would recommend that you taper the drugs down slowly whilst being monitored with blood tests measuring your sugar levels. Similarly if you had hyperthyroidism, for example, taper down the medication under the supervision of a doctor who must measure the levels of your thyroid hormones in your blood and decrease the medication accordingly...and so on.

Most importantly, before even attempting to come off your prescription drugs, deal with the spiritual roots behind your disease and renew your mind through retraining your thought life first.

A Concern About The Safety Of Herbs And Vitamin/Mineral Supplements

The average American spends approximately \$500 per month on herbs and various supplements, thinking that they will prevent disease. The herbs and supplement industry makes a profit of more than \$40 billion a year. We think that herbs and supplements are natural, safe non-drug remedies because that is how they are advertised. However many over the counter herbs and supplements have medicine like actions and side effects. Many prescription drugs are made from herbs. The Food and Drug Administration regulates the use and sale of prescription drugs but it does not regulate herbs and supplements. Some Asian herbal medicines are contaminated with lead or arsenic and some have been doctored with drugs such as steroids. Most herbs and supplements have never been properly tested. Many of their claims about the benefits of these supplements are unproven.

Researchers at John Hopkins University and Loma Linda University in America have discovered that many popular herbal supplements including St. John's Wort, Echinacea and Gingko are causing infertility. Their studies showed that these herbs caused genetic damage to sperm, reduced their viability and decreased the ability of the sperm to fertilize female eggs. Eggs that were treated with Gingko were visibly degenerated. This has raised concern as to whether these effects could cause problems in the resulting baby. The genetic damage to the sperm by St. John's Wort has been shown to cause in a mutation of a gene called BRCA-1 which can cause breast and ovarian cancer ⁵⁷.

I believe that most vitamin and mineral supplements are expensive sewage. Henry Wright told the story of a man in America who had worked in the sewage industry for 20 years. He noticed that all the vitamin

and mineral pills that people were taking were not even being digested. He took several photographs of the sewage and you could see the undigested pills that people had spend thousands of dollars on because they thought it was helping them. It didn't even get into their blood stream. Even the one a day vitamins that you are taking may not even be getting into your blood stream and here is how you can find out: Before you go to bed tonight, put one of those pills in a glass of hot water. When you get up in the morning, if the pill has not dissolved, it didn't dissolve in your stomach either.

99,99% of doctors, when they do a blood test and see that your immune system is compromised will prescribe a whole protocol of vitamin and mineral supplements. In the chapter on allergies on page 335 I explain how the immune system is destroyed through fear, anxiety and stress in your thought life and you will see that nutrition is not even a factor. Even if those vitamin and mineral supplements do get into your blood stream, the stress hormone cortisol would destroy the immune system and **your net gain is zero!**

It is costing the church a fortune to buy all these organic health foods and all you are actually doing is eating in fear. The people that you are going to for herbs, vitamins and supplements in your ignorance and fear of disease and death are taking vacations on your money. Do you know how many corporate executives are going on cruises and how many leer jets are flying and you're paying for their fuel? You don't get to take a vacation because you are giving all your hard earned money to the sorcerer in your fears while you try to stay alive. The Bible says that he who tries to save his life shall lose it (Matthew 10 v 39). The harder you try to stay alive in fear is the faster you are headed into disease and death.

Herbs, vitamins and other supplements, just like all other forms of healthcare, cannot by-pass the penalty of sin. They do not replace repentance. As I explained earlier, the only way for disease to be totally eradicated or prevented and for complete healing to come is by going through the right doorway to get it and that is repentance and sanctification of the heart. If you are sanctified by removing the fear from your life, your immune system is healed without nutrition or vitamin and mineral supplements because you really don't need them.

God provided all the vitamins and minerals you need in a healthy balanced diet which must include plenty of raw fruit and vegetables as well as protein.

The Danger of Drug Interactions

You could have several different diseases and be going to three or more different doctors, each of whom are giving you their own cocktail of prescription drugs or herbal remedies. The problem is that the different drugs that you take react with each other (this is what "drug interactions" means) and certain drug combinations are very dangerous. You do not always know that if this drug is taken together with that drug, it can result in a potentially lethal reaction. Herb and drug interactions can be just as dangerous. For example Gingko can cause bleeding and brain hemorrhages in a person who is taking Warfarin (which is a drug used to prevent blood clots). Yohimbine (an anti-impotence herb) can cause very high blood pressure when taken with certain antidepressants such as Amitryptaline. If St. John's Wort is taken together with anti-depressants such as Prozac can cause confusion.

A Common Question: What About Vaccines?

When I do conferences where I teach this material, I am commonly asked about vaccines. This is a huge topic that is a book in itself. The bottom line answer is that just like prescription drugs, vaccines are a deception and a multibillion dollar making business. They are not well proven to do any benefit and have been increasingly found to do a lot of harm. They especially cause a lot of brain and immune system dysfunctions. All vaccines have a variety of chemicals and preservatives in them – the most notorious one

is mercury (Thimerosal) which is a neurotoxin (i.e. toxin that damages the brain) that has devastating consequences to our health and is a heavy metal that drives cancers (especially hormone dependent cancers). The vaccine industries have no liability for the deaths and physical damage caused by their products. In the DVD provided at the back of this book, there is mention that the people who run the vaccine industries do not vaccinate their own children because they know better. If you are interested to learn more about this topic, I recommend these 2 books:

- "Don't Vaccinate Before You Educate" by Dr. Mayer Eiseinstein
- "Saying No To Vaccines" by Dr. Tenpenny. See his website: <http://www.sayingnotovaccines.com>

Be careful – not all healthcare modalities are Godly

There are some so-called healthcare modalities that are out right demonic.

I've written about how in our ignorance we have been guilty of the sin of sorcery through the use of prescription drugs on a chronic basis. However I would like to also warn you that there are some so called healthcare modalities that are out right demonic. Examples are Eastern mysticism and yoga. This is based on the demonic foundation of Kundalini. When you get involved in something like this, you are opening the doors to the devil with serious consequences to your life and health. You can read about it in the chapter on deliverance on page 596. I'm not going to go into a detailed teaching about yoga as it will detract from the main focus of this book, but as a warning to you, I have included the testimony of a woman in Houston, Texas where Henry Wright was conducting a seminar. This is how he told the story:

"As I was talking about yoga and explaining the fallacies of it, a woman got up in the audience. She was a very regal looking Pakistani woman. She got up and she interrupted me and she said, "Pastor, I practice yoga with my husband. I go to a Seventh Day Adventist Church, but I practice yoga and Eastern mysticism with my husband and I am convicted." And she started to confess. She also had five incurable diseases! She stood there and confessed with tears running down her face for the sin of worshipping Satan through yoga. She stood there, humbling herself, this regal woman looking so majestic in her nationality, her pride, the way she carried herself, and her stature. As I was listening to her confess, God spoke to me, "Because she has humbled herself before Me and before you and this congregation, I am going to deliver her and heal her." I waited until she'd finished and when she finished I said, "Sister, God has spoken to me; He wants to deliver you and heal you. Would you come here?" And she walked to the front and I said, "You foul, unclean spirit of kundalini, of divination, come out of this woman in the name of Jesus Christ. That spirit of divination manifested in her and she told me later that it "wanted to tear you apart." But all she could do was just make a throat clearing/grunting noise and weakly pound her hands on my chest – and then it was gone! God healed her, not only delivered her, but healed her of five incurable diseases! She came back to the next year's Houston seminar and gave her testimony. She is doing very well and she is healthy now with no more of the ailments that God stopped a severe just to get and free the soul person that loved?"

How Disease Begins In The Spiritual Realm And Develops Through The Spirit-Soul-Body Connection

Discerning the Source of Your Thoughts

This teaching, 'Discerning the Source of Your Thoughts', comes from what I have learnt from the teaching of Henry Wright.

The Bible says that we are a spirit and we have a soul and we live in a body, so we are a triune being (1 Thessalonians 5 v 23). Your soul consists of your mind (which is your intellect), your will (which you use to make decisions) and your emotions.

Not all disease has a spiritual root or sin behind it. About 87% of incurable diseases have a spiritual root with the corresponding physical manifestation: This is what we call the spirit-soul-body connection. Everybody knows about the mind-body connection. I explained to you in the previous chapter that science has proven that the mind body connection is real. Science has shown that what we think affects our whole body. However, not everybody knows about or understands the spiritual dimension of our lives. You mean there's a spiritual aspect to diseases? It's the missing link! The medical field has never been able to crack biological and psychological diseases because they only consider the soul and body, but do not acknowledge the other third of our being which is spiritual. You will never be able to eradicate and prevent the diseases of mankind in the soul and the body unless we get it right at the spirit level because that is where the development of diseases begins and I am going to show that to you in the next few pages.

There are people who don't like this teaching and try to get into an argument where they say, "I don't believe there's a connection between the human spirit and the body – there's a barrier between them." They don't have one scripture to stand on. In fact, they haven't read their Bible recently because the Bible is full of the connection between the human spirit and the health of the body. For example **Proverbs 17 v 22 says, "A happy heart is good medicine and a cheerful mind works healing but a broken spirit dries the bones."** So the health of the bones is affected by a broken spirit and you can read about that in detail in the chapter on allergies on page 335. Luke 25 v 26 says that in the last days men's hearts shall fail them because of fear and you can read all about that in the chapter on heart disease on page 481. Fear is not just an emotion, it is a spirit (2 Timothy 1 v 7). Paying attention to the spirit man is essential because problems begin in the spiritual realm and later manifest in the physical realm in the form of psychological disorders and biological diseases.

So far in this chapter I have explained to you that disease is a consequence of sin, especially in your thought life. Therefore in order to eradicate disease, you need to repent and change your thinking through the process of renewing your mind. This is sanctification where you get rid of sin in your life, especially your thought life. However it would help you to understand where those thoughts that became thinking patterns that lead to disease came from in the first place. Who taught you to be afraid and anxious? Who taught you to hate yourself or have a low self-esteem? Who taught you to lust after your neighbour's wife? Who taught you to be angry, jealous and bitter? I'm going to teach you who taught you.

Ephesians 6 v 12: "For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere."

Is your mother in law flesh and blood? Are you flesh and blood? So if your battle is not with flesh and blood, then it's not with your mother-in-law and it's not with yourself. You need to know who you are at war against: it is an intelligent, invisible kingdom that answers to satan and is known as evil spirits, principalities, powers and spiritual forces of wickedness. They are incredibly intelligent invisible beings that at one time were angels in heaven. God did not create evil spirits – at one time they were faithful parts of creation. These beings were judged and fell with satan when they rebelled against God. Satan was once a faithful archangel called Lucifer who walked in the Presence of God until iniquity was found in his heart. He tempted one third of all angels who then joined him. There was a great war in heaven and the devil lost. Jesus said "I saw satan fall like lightning from heaven." (Luke 10 v 18).

If you understand the origin of your thoughts, then you will be able to renew your mind... and healing will come.

Now let's go to Hebrews 4 v 12-13: "12For the Word of God is quick and powerful and sharper than any two edged sword, piercing even to the dividing asunder of soul and spirit, and of the

joints and marrow, and is a discerner of the thoughts and intents of the heart. ¹³Neither is there any creature that is not manifest in His sight; but all things are naked and opened unto the eyes of Him Whom we have to do." KJV

I want you to see into the invisible world what God wants you to see from the Word. What do you think that creature is that is invisible to you but that the Lord can see in the spirit world dimension? What is called a creature that the Word of God can reveal to you so that you can see it as if you were looking at it with your own two eyes, discern it and defeat it with the Word of God? I submit to you that it is the creature of the kingdom of Ephesians chapter 6 v12 above. I submit to you that it is the creature spoken about in 2 Timothy 1 v 7 which is the spirit of fear.

2 Timothy 1 v 7: "God has not given us a spirit of fear; but of power, and of love, and of a sound mind."

This is the invisible kingdom that you are warring against that is not yourself or others. This is the other kingdom that is causing diseases globally and I want to show you how this invisible kingdom does it. Because you've listened to this other kingdom, it has taught you how to think. I want to show you how this invisible kingdom trains mankind to think like it and how your bodies conform to those thoughts. 87% of disease is the biological manifestation of an intelligent invisible kingdom that answers to satan and that strategizes to get you to listen to it and not to God; if it can get you to do that, it has every legal right to put disease on you and kill you prematurely. I'm going to show you how you give this invisible kingdom permission to put disease on you through your disobedience to the Word which is sin. I'm here to help you take away that permission. I'm going to show you how this kingdom works so that you can understand your enemy, defeat it and go free. If I can get you to understand what is the origin of your thoughts, then you will be able to renew your mind and then your body can conform to health and healing will come.

Your thoughts can be your own, they can come from the Holy Spirit or they can come from satan and his kingdom. Here's how that happens:

You are a spirit being that gets around in a physical world in your body which is your mobile home. Your spirit is the invisible part of you that you can't see - that is the real you. You have to be a spirit being otherwise God cannot be your Father because the Bible says that God is the Father of all spirits (Hebrews 12 v 9) and those who worship Him must worship Him in spirit and in truth (John 4 v 23). If you were not a spirit being you would be just an animal. Ecclesiastes says that there is no difference between beast and man in that we function similarly on a physical planet - we eat and do many things that animals do. However Ecclesiastes says that when an animal dies, its life force goes back to the dust but the spirit of man goes back to God who gave it (Ecclesiastes 12 v 7).

So you are a spirit and you are part of the spirit world. The only difference between you and an evil spirit is that you have a body and it hasn't. Furthermore hopefully you have the sense to repent but an evil spirit never will. You are both created spirit beings but the evil spirits have already been eternally judged and condemned and you haven't. They can see you but you cannot see them. You cannot see evil spirits

with your physical eyes. If you can, you have a spirit guide or an evil spirit that is allowing you to do that. There are people in churches who can see evil spirits and they consider these people to have the gift of discernment of spirits. No. This is false discernment; they have divination and occultism.

As a human being you only know what you have learned or what you have been taught from without or from within.

Evil spirits are spiritual parasites that want you and need you to manifest their fallen nature in a physical world so that they can have their lust fulfilled and when you allow it, it becomes your sin. For example, if you are an evil spirit of rape, it is pretty hard to rape somebody if you don't have a body to rape with. It is difficult for a spirit of murder to murder somebody if it can't hold a weapon and if it doesn't have a body to murder with. An

evil spirit of gossip cannot spread strife without a mouth to gossip and slander etc. If these evil spirits can get you to become one with them in your thought life, those thoughts will eventually become words and actions. Therefore you practice that sin and allow the evil spirit to manifest its fallen nature in creation, even though you are a Christian.

Your spirit is not your soul and your soul is not your spirit. There are people who teach otherwise but if that were the case it would not make any sense to quote Hebrews 4 v 12 which says that the Word of God is a two edged sword that can separate the soul from the spirit. Your spirit man thinks independently of your soul. Your spirit man and your soul can also think together as one. I don't know if you realised that your spirit man can think independently of your soul but I can show it to you in scripture:

1 Corinthians 14 v 13 – 15: “¹³Wherefore let him who speaks in an unknown tongue pray that he may interpret. ¹⁴For if I pray in an unknown tongue, my spirit prays, but my understanding is unfruitful. ¹⁵What is it then? I will pray with the spirit, and will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.”

1 Corinthians 14 v 13 – 15 is about speaking in unknown tongues. However, tucked away in these verses is a tremendous insight into who you are as a spirit being and as a soul being. We see in this scripture that your spirit man can pray and sing to God and commune with Him while in your soul which is your mind, you don't have the foggiest idea what you are saying.

Your soul is your mind, will and emotions. Your soul is part of your biology – it is physically in your brain. In the previous chapter “Essential Background Knowledge of Disease from a Medical Perspective” you learnt what thoughts are in a physical sense, how they form in your mind and how sinful thinking patterns lead to disease. You learnt how you build memory in your brain with your thoughts or through thinking. Your memories in your brain are basically what you know. You are not a creature of instinct. Animals have an instinct as an imprint in their genetic code that they follow as part of their animal kingdom. That is the way God created them. However as a human being you only know what you have learned or what you have been taught **from without or from within**. You can be taught through one of two pathways: I can teach you through your five physical senses which is **from without** and that is what I am doing now. As you are reading this book, the information is coming into your mind (your soul) through your eyes. I could also teach you by giving you a lecture where you not only take in information with your eyes (for example from a power point presentation) but you would also be taking in information into your mind (your soul) through your ears as you listen to what I say. The information that is coming into your mind through your eyes and ears is becoming thoughts in your mind which through something called protein synthesis results in the building of short term memory. If you meditate on those thoughts (i.e. repetitively think on those thoughts) it will become long term memory which is stored in your brain and becomes a part of you physically.

So your soul only knows what it perceives from the external world through your five physical senses. But there is another pathway from which you are taught and that is **from within** – through thoughts, impressions and feelings that come from the spirit to the soul. This pathway is understood very little by most people.

God is a Spirit and satan's kingdom are spirits. Things communicate at the level of their existence: Things that are physical communicate with things that are physical. I am communicating with you at the physical level through your five physical senses. Things that are spirit communicate with things that are spirit. When God speaks to you, does He materialize – do you ever see Him? No. But you perceive the witness of the Holy Spirit – how? From within. How do things that are spirit communicate with you? How do you understand them since spirits cannot materialize in front of you because they don't have bodies? How do you perceive what spirits say to you because you can't hear them audibly? Well because you are a spirit being, things that are spirit must communicate with your human spirit in the form of thought. But

you will perceive that thought many times in the first person and here is the big deception of the devil. The Bible says that we must not be ignorant of Satan's devices. The enemy always comes to you in the first person so as to deceive you into thinking that that thought is yours and you don't even realise that it is the other kingdom talking to you. For example, an evil spirit will not put a thought in your mind that says, "The

devil says you must hate your mother-in-law". If it was that blatant you would never submit to the devil and his ways. He wants to deceive you so he puts the thought in your mind in the first person, "I hate my mother-in-law." So you begin to meditate on that thought of how you hate your mother-in-law. Meditate on that thought long enough and through the process of protein synthesis, you will build

Theta brain wave activity allows thought to move from the spirit world into your mind.

a long term memory (a thorn tree) in your brain of hatred for your mother-in-law. So the hatred that was initially spiritual became part of your biology through your thought life. That hatred is now physically a part of you in the form of long term memory.

When you accept that thought from that evil spirit by allowing yourself to meditate on that hatred and you come into agreement with it, you become one with that thought in spirit, soul and body. You have become one with sin and now the devil and his kingdom have every right to put disease on you. I used the example of hatred - in the chapter on cancer you can go and read about all the chemical and hormonal reactions that lead to breast cancer in a woman who has a hatred for her mother-in-law or mother or sister. The same principle applies to every other disease: if the devil's kingdom can put thoughts of fear and anxiety in your mind and train you to think that way - they can cause over 100 incurable diseases, including heart failure, angina, allergies, asthma, high blood pressure etc. If you are ignorant because you don't know who you are in Christ, the devil's kingdom can put a thought in the first person in your mind such as "I hate myself. I am worthless." And if that evil kingdom can train you in your thinking to have a low self-esteem and to be full of self-hatred, shame and guilt, it can cause depression, autoimmune diseases, addictions like alcoholism, smoking and weight gain due to excessive over eating to name a few examples. The devil knows your biology and your psychology better than any doctor or PhD on the planet. He knows that if he can control your thoughts, through the mind-body connection he can control your body chemistry and cause disease. And as you can see, the devil's kingdom didn't have to try very hard to put disease on you, it just gave you a thought in the first person...and away you go. The devil then just stands back and watches you self destruct. If I told you to go jump in the fire, would you? If I told you to hate yourself, would you? If I told you to tense up and become full of fear, would you? If I told you to hate your mother in law and lust after your neighbour's wife, would you? No. Then why do you allow the kingdom of Ephesians 6 v 12 to take you there? If you won't listen to my outer voice, then why do you listen to those inner voices of the invisible kingdom of satan that are speaking to you? Why do you follow them and allow them to rule you? We are so easy as a church for the devil to put disease on us because we have not been taught how he does it.

How does a spirit communicate with your soul which is your mind? How does a thought in the first person get from an invisible spirit world dimension to you in the physical realm? The answer is theta brain wave activity. The invisible kingdom is able to speak to you in your thoughts through your brain waves. You have four basic different types of brain waves that enable you to understand and process thought: alpha, beta, delta, and theta. The delta brain waves allow you to go into a sleep state. Beta brain waves allow you to comprehend and understand the external world through your five physical senses. All that you experience through what you see, hear, touch, taste and feel programs your soul through beta brain wave activity.

- Beta brain waves = connection between the soul and the body (external world).
- Theta brain waves = connection between the soul and the spirit (internal world). Theta brain wave activity allows thought to move from the spirit world into your mind.

- Alpha brain waves integrate information and thoughts from the external and internal world within you so that you can understand.

Theta brain wave activity enables you to comprehend thoughts, images and impressions between your soul and the spiritual realm which includes your own human spirit, the Holy Spirit and any other evil spirit. It is the only pathway that anything spiritual can communicate with physical human beings. Through theta brain wave activity you hear the voice of the Holy Spirit convicting you of the Truth and it is the way you comprehend thoughts from your own human spirit deep in your heart. You are also tempted by the devil and his kingdom at the level of your soul (your mind) through theta brain wave activity. This is how evil spirits speak to you and how you perceive their voice as if it were you in the first person. Many people don't realize that we are not only tempted with thoughts - temptation can also come in the form of a feeling or an emotion. For example we may feel rage and anger rise up within us and get an impulse to slap somebody.

Any spirit that would speak to you at the spirit level, whether voice, image, impression or thought is received through theta brain wave activity. This is the same pathway used in hypnosis and by a tribe of people called the Sharman's who conjure up evil spirits with drumbeats. Theta brain waves are four and a half beats per second which is why it is the rhythm of the drumbeat used by the Shaman to activate the pathway between the soul and the spirit so that evil spirits can gain access to the human soul through thought. Mental telepathy is spiritual activity that involves two evil spirits of divination and occultism that give information to two humans via theta brain wave activity. Those two humans are deceived into thinking that those thoughts were passed directly between them and now they think they are enlightened when in fact they have just become channelers for evil spirits. The Bible says that only God knows the thoughts of a man's heart. So there is no way that I know your thoughts. I cannot read your mind, you cannot read mine. I can see by the way you speak and behave what your thoughts are probably like, but I cannot read your mind.

In the chapter on page 605 I have explained how ADHD, epilepsy, dyslexia, autism and homosexuality are a direct work of the deaf and dumb spirit. This spirit is given access into families through ungodly order in the home where the woman dominated and ruled the household while the man sat passively in the background. A scientific study on children who have been diagnosed with ADHD showed that they have increased theta brain wave activity. Thus even science is beginning to prove not only that the mind-body connection is real but also the spirit-mind-body connection is real! Even the worldly psychiatrists have realized that there is something beyond the physical realm that is behind these diseases. They see a spiritual component but they don't understand it and so instead of calling what they see spiritual, they are calling it energetics...and that is another deception. They don't know what is causing the theta brain wave activity to increase, so they are making up a theory about energetics. We know what activates theta brain wave activity and it's the same method that the Sharman's use when they conjure devils in their drum beats - an invisible kingdom. What they are calling energetics is in fact the activity of evil spirits. Natural man cannot see spiritual things or understand the spirit world dimension. Natural man does not even believe in evil spirits, including most of the church.

In summary the only way your soul (mind) is taught through:

- Beta brain waves - information coming in through your five senses.
- Theta brain waves - thoughts, feelings, impressions, images coming from the spirit realm.

The devil knows that the only access he has to your mind where he can influence your thinking and tempt you is through these two brainwaves. He either has to materialize his temptation in the physical world so that you can see or hear it through beta brain wave activity (for example a pornographic movie or magazine in the case of temptation with lust and fantasy) or he communicates thoughts, feelings and impressions spirit to spirit through theta brain wave activity.

Sin is a being and not a state of being.

Psychology has totally removed the identity of the spirit world and made the whole problem psyche (in the mind). If your problem is just a psychological defect, then your battle and your war is with yourself. But Paul said in Ephesians 6 v 12 that your battle is not with flesh and blood. Jesus clearly indicated that this battle is within.

Jesus said in **Mark 7 v 21 – 23**: “**For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness; all these evil things come from within and defile a man.**”

Think about homosexuals for a moment: did you ever notice that they all have the same tone of voice, walk and mannerisms with their hands? Did the homosexuals from all over the world get together in a convention and decide how they were all going to act and talk? How does a Chinese homosexual have the same tone of voice and physical mannerisms as a homosexual in America? Jesus said that evil thoughts come from within. From where do you hear temptation in the form of evil thoughts? You hear it from within. I submit to you that all the things that Jesus is talking about here in Mark chapter 7 v 21 – 23 did not have their origin in the psyche of man because there are millions of people who have pride. There are millions of people who commit adultery and murder. There are millions of people that are filled with strife and I promise you they did not go to adultery school or murder school or any school together – they were taught from within...by what? The invisible kingdom of Ephesians chapter 6 v 12.

Paul said in **Romans 7 v 17**: “**Now then, it is no more I that do it, but sin that dwells in me.**”

What does he mean “It is no longer I that do it?” You mean he’s telling us that when we go into an angry outburst, it is not us doing it? When we decide not to forgive others, it’s not us doing it? You mean when we decide to practice adultery, strife, envy and jealousy it’s not us doing it? Then who’s doing it? The answer is sin. But wait a minute – an inanimate object cannot do something because an inanimate object doesn’t think. So it has to be something that thinks that has taken over Paul’s faculties and is manifesting itself through him. When he allows it, it becomes one with him as if it were him and then it’s reckoned to him as sin. Paul is a born again believer who is anointed by the Holy Spirit but he has sin ... where? **In** him. So I guess both good and evil can co-exist at the same place at the same time in a believer.

In Genesis chapter 3, Adam and Eve disobeyed God by eating from the tree of the knowledge of good and evil. They became filled with guilt and shame and they realized that they were naked. When God came looking for Adam and said, “Adam, where are you?” Adam said, “I heard the sound of You walking in the garden, and I was afraid because I was naked; and I hid myself.” Then God asked Adam, “**Who** told you that you were naked?” God didn’t say to Adam “How did you know that you were naked”, He said, “**Who** told you that you were naked?” That **who** is a being.

I’ve come to a place where I want to teach you that sin is a being and not a state of being. It is impossible for thought to exist apart from being the extension of a being that has intellect and that thinks – visible or invisible. Since sin involves temptation and temptation involves perceptions and thoughts, then something invisible is speaking to us that we cannot see. The things that we call the carnal nature or the flesh as described in Galatians chapter 5 is the invisible kingdom of Ephesians 6 v 12, the creature of Hebrews chapter 4 v 13 and the who of genesis chapter 3. I submit to you that the invisible kingdom of Ephesians 6 v 12 is the sin that Paul is referring to in Romans 7 v 17. This is who you are at war against that is not flesh and blood.

So who taught you to hate yourself? Who taught you to be fearful and anxious? Who taught you to hate your brother? Who taught you to lust after your neighbour’s wife? Who taught you to have jealousy, envy, bitterness and unforgiveness? Where do these thoughts come from? Jesus taught it in Mark 7 v 21 – 23: He said for **from within** – out of the heart of man. Paul taught it in Romans 7 v 15: **from within**.

I'm going to use the practical example of high blood pressure to help you understand what I am teaching you concerning discerning the source of your thoughts and how they come from within. The physiology of high blood pressure is explained in more detail on page 485 but I am just going to briefly discuss it here so that you can see how this invisible kingdom works. Sometimes high blood pressure can be caused by another disease, for example type 1 diabetes or kidney disease. I am not referring to the exception, I am going to talk about the primary disease called hypertension. I just want to show you one disease profile to help set the stage for over 700 diseases:

High blood pressure follows individuals who fail to be a doer of the Word in the following scripture:

Matthew 6 v 34: "Do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble."

The person who develops high blood pressure has become one in thought, in spirit and in soul (long term memory) with a particular type of fear which is the fear about the future. More than 20 million people have high blood pressure. Did they all go to the same fear school and learn how to have high blood pressure? How did they all acquire the same thought pattern of fear and anxiety and worry about the future that lead to high blood pressure when they don't even know each other? That thought of fear about the future did not originate in the person's soul. It originated out of an invisible spirit world: this is what Paul was talking about when he said that you're not battling against flesh and blood but against principalities and powers. It's the creature of Hebrews 4 v 13 and it is the creature of 2 Timothy 1 v 7 which is the spirit of fear.

Remember, I explained earlier in this chapter that the curse without a cause cannot come (Proverbs 26 v 2). For the spirit of fear to put high blood pressure on you, it's going to need your permission. How? Well the devil knows that he does not have the legal right to put a disease on you, unless he can persuade you to disobey God's Word. So all he needs to do is to train you in another way of thinking so that you follow a different gospel which is what Paul called the law of sin in Romans chapter 7.

So the spirit of fear begins to speak to you spirit to spirit via theta brain wave activity to tempt you to worry. It begins to project a potential failure of something in the future from the spirit world. Through theta brain wave activity your brain begins to pick up feelings, thoughts, apprehensions, dread, phobias, panic and you pick up these patterns of thought in the first person as if it were your own. You must understand that your feelings are not always you – I said earlier that temptation can also come in the form of a feeling or emotion. That is why it says in 2 Corinthians 10 v 5 that you are not only to bring every thought captive to the obedience of Christ, but also every imagination. This is referring to your feelings, emotions, apprehensions and uneasiness.

What happens is the spirit of fear begins to talk to you and tempt you through theta brain wave activity with feelings and thoughts to get you to speculate about what could go wrong tomorrow. As that spirit of fear begins to tempt you with these thoughts and feelings, you begin to have flashes about, "Yeah, that could go wrong, I might not have enough money, what if the economic collapse makes my business bankrupt, what if this happens, what if that happens, **I'm** so stressed! **I'm** so worried! etc" You don't even realize where those thoughts are coming from – you think that they are **your** thoughts and feelings. You begin to meditate on those thoughts and you start to become worked up, tense, anxious, fearful and stressed in your mind which is your soul. Your enemy is training you in your thought life to be afraid and to worry, all just to violate that one Scripture in Matthew 6 v 34. When the Bible says not to worry or have anxiety about tomorrow, was that a commandment or a suggestion? We don't treat it as a commandment because it doesn't say "Thus sayeth the Lord!" and it's not in the Old Testament law. However that is what Jesus said and it is a commandment by the Spirit of God.

You don't even realize that by allowing yourself to fear and worry about tomorrow you are disobeying scripture because most of you just don't know the Word – you just don't make reading and studying the

Bible an important part of your life. In your ignorance you fall under the power of another gospel that comes at you from **within** and through thought you listen to it. As you continue to listen to those fear-filled thoughts and meditate on them, through the process of protein synthesis, you are building memory which is a toxic thorn tree of fear in your brain. Those thorns on that thorn tree are about to secrete chemicals that are going to make you sick. Now that fear has become a part of you physically and you have the law of sin working in you as part of your existence. You have now become one in spirit, soul and body with the spirit of fear which by its fallen nature wants you to think that God can't take care of you and therefore you need to worry about tomorrow. At this point, as you become one in this thought, your hypothalamus through the mind-body connection causes an imbalance between the sympathetic and parasympathetic nervous systems.

Drugs keep you from repentance because they keep you from dealing with the issue that requires them.

The effects of the sympathetic nervous system are opposite to the effects of the parasympathetic nervous system - in other words they counteract each other. The fine balance between these two nervous systems regulates the functions of your body that are beyond your conscious control, such as breathing or digesting your food. You don't have to think to breath - your body under the control of these two nervous systems automatically does it for you. The sympathetic nervous system will make you breathe faster, for example when you are running. The parasympathetic nervous system will make you breathe slower, for example when you are resting or relaxing. These two nervous systems also regulate your heart (how fast and how strongly it beats) and the diameter of your blood vessels. The sympathetic nervous system will make the blood vessels narrower, thus increasing the blood pressure. The parasympathetic nervous system will make the blood vessels wider, thus lowering the blood pressure. God designed these two nervous systems to work closely together to regulate many of your body functions, including your blood pressure to keep it at just the right level. Thus God designed these two nervous systems to serve and benefit you. However they are also sensitive to the hypothalamus through thought.

Remember, in the previous chapter I explained to you that the hypothalamus is the area of the brain that is responsible for translating everything that is going on in your thought life into a physical reaction - it is the mind-body connection (picture of the hypothalamus is on page 13). The hypothalamus has many functions, one of which is to control and integrate the sympathetic and parasympathetic nervous systems. When your hypothalamus senses that you are not at peace, it sets in motion an imbalance between the sympathetic nervous system and the parasympathetic nervous system. The sympathetic nervous system becomes overactive and it causes the blood vessels to become too narrow. Now you have the same volume of blood flowing through a narrower vessel. Your heart now has to work harder to get the blood through this narrower space while part of it is backing up in the flow and this **increases your blood pressure**.

So now you're not feeling very good and you go to the doctor. He takes your blood pressure and he says, "Wow, your blood pressure is dangerously high!" Then you say, "What do you mean it's dangerous, doc?" He says, "You could develop heart failure, heart attacks, kidney damage and strokes - this could kill you!" And you thought you had fear when you first walked into his office! Now you've really got reasons to worry about the future! Now you've got something called the fear of death. And the doctor is right, if the blood pressure gets high enough it can cause all those life threatening complications. Then you say, "Oh gosh, what can I do doc?" And he says, "Well calm down, I can give you a drug. I have high blood pressure medication called beta blockers that will block the sympathetic nervous system so that it is no longer overactive. Then your blood pressure will go down and you will be fine." And you say, "Oh great. This is like an antibiotic right? I take it for 10 days and I'll be fine." And the doctor says, "Well I'm sorry but it's been my experience that you will be on this medication for the rest of your life and without it you could die. This drug is the only thing that will keep you alive. If you don't take it you will develop all the complications that I mentioned earlier." Then you say, "You mean all my life? How much does it cost?" The

answer to that question puts even more anxiety and worry in you! And so now you have been programmed into permanent fear.

So you take your prescription and you begin taking your high blood pressure medication. When your blood pressure is checked again it has come down and it appears that you are out of danger. But do you still have fear? Are you still anxious about the future? Have you been sanctified? Now that you are on prescription drugs have you become a doer of the Word? In fact the drug keeps you from repentance because it keeps you from dealing with the issue that requires the drug. Listen carefully: **You are actually being maintained by the same kingdom who gave you the disease.** You don't need high blood pressure medication, you need deliverance. When you are on high blood pressure medication and you have never defeated the spirit of fear that causes high blood pressure, you've got a double problem – you still have the spirit of fear that caused the high blood pressure and now you have the sin of sorcery and occultism as well. Earlier in this chapter I spoke about pharmakeia and sorcery. I said that prescription drugs, when taken on a chronic basis is sorcery and witchcraft – it is an occultic delusion because it offers itself as a healing but it is not. This is merely disease management – you may be temporarily out of danger but you are not healed. You are being artificially maintained and chemically manipulated by a drug instead of being sanctified by God's peace. God does not want your disease managed, He wants to see you delivered from fear and anxiety and healed of your disease permanently. That is the fruit of the gospel! You can defeat blood pressure, and even better – you can prevent it, if you understand how satan's kingdom and the spirit of fear speaks to you.

In medical school doctors are taught to prescribe anti-hypertensive drugs for patients with high blood pressure but they seldom stop to think what originally caused the high blood pressure in the first place. They treat the symptoms instead of the cause of the symptoms. They have no idea that they should discuss your spirituality and find out why you are not being a doer of the Word. This is how the consultation described previously should have gone:

The doctor measures your blood pressure and he says, "Oh, this is easy, I see you have high blood pressure. You're into sin because you are not obeying the Word of God. You have fear and you are worrying about tomorrow. You have this disease because you are listening to the spirit of fear." Then you say, "What can I do doc?" The doctor replies, "Well I'm going to put you on high blood pressure medication temporarily to get you into a place of safety so that you don't have a stroke or a heart attack. In the mean time, can I give you the contact details of a pastor that I work closely with? He is having a Bible study on Wednesday night and if you go to it he can disciple you and teach you how to deal with fear and anxiety. He'll show you 2 Timothy 1 v 7 which says that God has not given you the spirit of fear, but of power, love and a sound mind. God can deliver you and you can have your mind renewed because the Word of God is a two edged sword that has come to separate the soul from the spirit. If you get back into obedience and right relationship with God and if you apply your heart to righteousness, in about 30 days we'll be able to get your blood pressure back down because the hypertension will be broken. Then I can take you off this drug and if you continue to practice righteousness you will never have that problem of high blood pressure for the rest of your life." That, ladies and gentlemen, is how a doctor should be practicing medicine. That applies to all diseases, not just high blood pressure.

You need to recognize the spirit world's influence on your mind and your emotions.

Are you now able to understand the source of your thoughts? Can you see how this intelligent, invisible kingdom that answers to satan has trained you to think like it and through the mind-body connection this has caused all sorts of diseases. It just gave you a thought in the first person as if it were your own and now you've followed that mindset all your life. Meanwhile that thought did not even originate in your soul.

The church does not know the source of its thoughts because this has not been taught at any level. Therefore we are so easy for an invisible kingdom to control. Everybody thinks the origin of thought began in your psyche (your soul/mind). Medical science, psychology and psychiatry are at a total disadvantage in healing because they can't see what caused the disease. They don't take into account that the source of the thought or mindset that caused the disease may not be human because psychology and medical science does not see the invisible world. So all they can do is chase the symptoms without dealing with what causes the symptoms. It's time to learn discerning of spirits and to rethink the origin of thought.

Both the law of God and the law of sin want to be a part of your life and the battlefield is in your mind. You decide who wins.

You need to recognize the spirit world's influence on your mind and your emotions. Discernment of the spirits is one of the gifts of the Holy Spirit in 1 Corinthians 12 v 10. The Bible says that you are to try every spirit to see whether or not it is of God (1 John 4 v 1). You are also to try every thought – you are to hold every thought in captivity against the knowledge of God (2 Corinthians 10 v 5). The invisible kingdom may have taught you a mindset that is not God's ways or His will for your life. You need to ask yourself, "Is this really me? Is this really how I think? Is this God's nature in me or is it the nature that satan's kingdom has taught me?"

The issue is that most people, especially Christians don't believe that satan's kingdom can even access them. In fact there is a big debate in the church as to whether a Christian can have an evil spirit. I don't believe a Christian can be possessed of an evil spirit. However the issue is not about possession, it is about servitude to sin. The evil spirit could be inside, outside or on Mars with a megaphone – the point is, you've been listening. When you choose to listen to the spirit of fear, bitterness, hatred etc you are joining it in fellowship. In 1 Corinthians 10 v 20 – 22 Paul addressed **believers in the church** when he said, "I would not that you have fellowship with devils." That is different from being possessed by one isn't it?

Because of the statement that a Christian cannot be possessed by an evil spirit, many people conclude that a Christian cannot be under any type of captivity of an evil spirit. Many church denominations teach that you are immune to the devil. Well I hope from the teaching in this chapter that you have realized that the only way you can be immune to the devil is if you are walking in obedience and love. Even if you are born again, when you are in disobedience and sin, the devil has every legal right to your life and that is obvious because the church is full of disease. The reason that Christians have the same psychological and biological problems as unbelievers is because they are serving the same kingdom as unbelievers.

Romans 6 v 12, 13 and 16: "12Let not sin therefore reign in your mortal body, that you should obey it in the lusts thereof. 13Neither yield your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God...16Do you now know, that to whom you yield yourselves servants to obey, his servant you are to whom you obey; whether of sin unto death or of obedience unto righteousness?"

In Romans 6 v 12, Paul shows us that a Christian can obey sin. So he challenges you and I as believers not to let sin reign in our bodies. It doesn't say that it doesn't, it says that you are not to let it. How does sin reign in our bodies? For example, if you become one with rage spiritually and psychologically through thought, the spirit of rage will want to use your body to express itself against another. So the issue is not about possession but about what you are allowing to manifest in the physical world through you. Who are you obeying? Whose instrument are you? Verse 13 says that you must not yield your members as instruments to be used as an expression of sin in this physical world, because when you allow it, you become a servant to sin. So once again, the issue is not about possession but about servitude to sin. Are you a servant of the Lord or a servant of sin? The issue is not about possession, the issue is who is your master? Whoever you are serving is your master.

Paul said in **Romans 7 v 22 – 25**: **“²²For I endorse and delight in the law of God in my innermost self [with my new nature]. ²³But I discern in my bodily members...a different law (rule of action) at war against the law of my mind (my reason) and making me a prisoner to the law of sin that dwells in my bodily organs [in the sensitive wills and appetites of the flesh]. ²⁴O unhappy and pitiful and wretched man that I am! Who will release and deliver me from [the shackles of] this body of death? ²⁵O thank God! [He will!] through Jesus Christ (the Anointed One) our Lord! So then indeed I, of myself with the mind and heart, serve the Law of God, but with the flesh the law of sin.”**

There are two laws – the law of God and the law of sin. Both want to be a part of your life and the battlefield is in your mind. You decide who wins. For example, when somebody wrongs you, you have a decision to make. The law of God on one hand tells you to forgive and the law of sin on the other hand tells you to hold onto that unforgiveness and get angry and bitter. The law of God tells you to love your enemies and repay evil with good and the law of sin tells you to repay evil with evil. What are you going to do? The choice is yours. The consequences of that choice are also yours. Do you think there is a benefit to forgiving your brother? Yes – many diseases are not going to come your way. Is there a consequence to not forgiving your brother? Yes – you'll find diseases like cancer and arthritis on your door step. The fruit of obedience is life and divine health. The fruit of disobedience is disease and death.

In our example of when somebody wrongs you, you find yourself caught between two kingdoms – one is telling you to forgive and the other is telling you to repay evil with evil. You have both laws screaming in your head...count to ten... you are in temptation. You can have every raging thought of anger and fury in your mind but it doesn't mean that you have sinned, it just means that you are in temptation. The decision you make at this moment will determine if you lose or make it.

If you choose to listen to the spirit of bitterness speaking to you about what somebody did to you and you allow it to teach you how not to forgive and you begin to repay evil with evil, you have now become a servant of sin. Jesus is not your Lord, bitterness is your lord in that area of your life and you are now allowing the spirit of bitterness to manifest itself in creation through you.

However, while you are in the depth of that temptation to repay evil with evil, if you have been taught right and you understand the source of your thoughts, you understand how your enemy operates and you understand that those thoughts in the first person are not your thoughts but a spirit of bitterness speaking to you, you have a chance to overcome that temptation and defeat the devil every way you turn.

The moment that you choose to reject those thoughts from the spirit of bitterness and follow the law of God and forgive, you have just become an over comer and you are back up on your seat in Heavenly places with Christ Jesus. You have just spoiled principalities and powers and made a show of them openly just like Jesus did when He was here on earth and when He was in hell. That is authority. That is taking dominion. That is your birthright. Now you are establishing the mind and nature of God in the earth, beginning with yourself. If you will begin to do that diseases do not stand a chance – they cannot stay in your body and nor can they come.

If you follow God's way of thinking as commanded in His Word, you will reap the fruit of obedience which is divine health. If you follow the thinking of the devil and his kingdom, you force God to withdraw from that area of your life and you will reap the fruit of disobedience which is disease. You are going to reap the benefits of one kingdom or the other. It's your choice.

Joshua 24 v 15: “Choose for yourself this day whom you will serve...but as for me and my house, we will serve the Lord!”

It is not easy to be lead by the Holy Spirit and to follow God's ways because it seems so unnatural to love your enemies, to turn the other cheek or to be at peace and not worry about tomorrow. It seems so unnatural because your mind has been programmed to think like the other kingdom – it is so deeply ingrained in you to be fearful, anxious, worried, angry, unforgiving, bitter, jealous or to have a low self-

esteem. It is about time that the mind of Christ which is far more intelligent than any human representing the knowledge of God and the Word of God should train us how to think. When you are following fear, you do not have the mind of Christ. When you are following bitterness and unforgiveness you do not have the mind of Christ. When you are bound by self-hatred, guilt and shame – those thoughts did not come from Heaven and they did not originate in your soul. You need to recognize it for what it is and repent for serving the law of sin. Then you need to renew your mind with the Word of God where you re-program your thinking to God's ways. Otherwise you are stuck with that mindset and the diseases and torment that come with it.

God is not going to do everything for you. You need to work with God on your journey of sanctification by taking responsibility for renewing your mind through study of His Word and meditating on it:

Psalm 1 v 1 – 3: "1 Blessed (happy, fortunate, prosperous and enviable) is the man...² whose delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and by night. ³ And he shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade or wither; and everything he does shall prosper [and come to maturity]."

As you study the Word and meditate on it, which means you think on it over and over again, those thoughts through the process of protein synthesis are building new memories (lush trees) in your brain. Therefore those thoughts that are repetitively meditated on become permanently part of your biology in the form of long term memory. God wants to train you so that His law is not just in your spirit, but so that it is part of your whole spirit, soul and body and your entire personality and human nature. He wants you to think, speak and act like Him because you were created in His image. However the enemy also wants to train you through the same pathway. He wants to make his law part of your whole spirit, soul and body so that he can put disease on you because his nature is to steal, kill and destroy (John 10 v 10).

The Process by Which We are Enticed to Sin

I would like to show you how the devil entices you to sin, so that when temptation comes you can recognize the devil's strategies and deal with it according to knowledge. I gained this insight from Henry Wright's teaching in his book "A More Excellent Way"³¹.

The process by which the devil gets us to fall into sin is explained in the following scripture:

James 1 v 13 -15: "13 Let no one say when he is tempted, I am tempted from God; for God is incapable of being tempted by [what is] evil and He Himself tempts no one. ¹⁴But every person is tempted when he is drawn away, enticed and baited by his own evil desire (lust, passions). ¹⁵Then the evil desire, when it has conceived, gives birth to sin, and sin, when it is fully matured, brings forth death."

As I explain the process to you, I am going to use the example of a man committing adultery. However this same process applies to all sin. The word lust in the above scripture is not necessarily referring to sexual lust (although it can include that) – the word study of the original Greek means anything that you put your affections on other than God. You can put your affections on gossip, strife, jealousy, bitterness, unforgiveness etc

1. Temptation

The first step is temptation: this is where the devil and his kingdom project evil thoughts, feelings, impressions or images into our mind. This is where all sin starts – in our thought life. In our example, the spirit of lust puts a thought in the man's mind in the first person, "That is a beautiful woman. I want to sleep with her." He feels attracted to her and lustful images of her come to his mind.

It is important to understand that **temptation is not sin** – if that was the case we would all be in deep sin because the devil and his kingdom are always out there trying to tempt us by dropping thoughts in our mind. When an evil thought initially comes to mind it is not sin. Whether it becomes sin or not depends on what you do with that thought. Jesus was tempted in all aspects, just as we are, but He did not sin. Every demon in hell was trying to make Jesus slip up so that they could have a legal right to come into His life and cause Him to become sinful.

There is opportunity for blessing in the midst of your temptation if you choose to submit to God and resist the devil.

Hebrews 4 v 15: "For we do not have a High Priest Who is unable to understand and sympathize and have a shared feeling with our weaknesses and infirmities and liability to the assaults of temptation, but One Who has been tempted in every respect as we are, yet without sinning."

Many people think they have sinned just because they were tempted with an evil thought that dropped into their mind. Many people fall because of this misunderstanding. They say to themselves, "Well I may as well just go ahead and do it because I've already sinned in my thoughts anyway." This is the devil's snare deceiving you to think that temptation equals the act. You have not sinned just because you feel like doing it. I know what the Bible says about a man lusting in his thoughts about a woman:

Matthew 5 v 28: "But I say to you that everyone who so much as looks at a woman with evil desire for her has already committed adultery with her in his heart."

There is a difference between temptation (which is when the evil thought first drops in your mind) and fantasy lust (which is where you choose to meditate on that thought). You have a choice by your free will to meditate on a thought or reject it. This is where you need to recognize the true source of these thoughts and realize that they are not your own. If you bring those thoughts and imaginations captive to the obedience of Christ (2 Corinthians 10 v 5) you would stop sin in its tracks. You can use your free will to reject that thought which as I explained in the previous chapter will literally become hot air and will not become permanently a part of your mind in the form of long term memory.

God wants you to defeat temptation because the day that you don't, it becomes your sin and you give the devil an open door and legal right to bring disease into your life. Furthermore there is opportunity for blessing in the midst of your temptation if you choose to submit to God and resist the devil.

James 4 v 7: "So be subject to God. Resist the devil [stand firm against him], and he will flee from you."

James 1 v 12: "Blessed (happy, to be envied) is the man who is patient under trial and stands up under temptation, for when he has stood the test and been approved, he will receive [the victor's] crown of life which God has promised to those who love Him."

2. Being Drawn Away

If the man chooses with his free will not to reject that lustful thought of that woman he will then be drawn away to begin meditating on that thought and to become preoccupied with that imagination. At this point sin is starting to take form and become a reality in him. Being drawn away is still not sin.

3. Being Enticed and Baited by His Own Lust

The man is falling into agreement with the evil spirit and becoming one with it because he is entertaining those thoughts which he thinks are his. This is where the devil tries to weaken your will so that you no longer resist him. He is getting you to the point where you are prepared to yield your will to what the temptation is because he wants you to put that sin into action. This is the process by which you are **becoming prepared to sin.**

4. Lust Conceived

In our example the man has been meditating on that thought and imagination. He sits back, pushes the play button on his mind's TV and takes pleasure in what his mind's eye is watching as he fantasizes about the woman. He enjoys the feeling of that lustful thought. As he meditates on those thoughts, he is building a toxic thorn tree of lust in the form of long term memory in his brain. This is where the spiritual begins to manifest into the physical. You have come into agreement with what the temptation represents, your will has yielded to it and it has become your sin in your heart. At this point it is very hard not to put the sin into action.

5. Actual Sin

This is the point where the man acts on those thoughts and he commits the sin of adultery.

6. The Consequence Of Sin

Sin that is not repented of and dealt with opens the door to the devil who brings the curse of psychological and biological disease. In our example, sexual sin opens the door to many diseases, for example liver cancer. The ultimate consequence of un-repented sin is death.

Proverbs 7 v 10, 21-23: "10And behold, there met him a woman with the attire of a harlot and a subtle of heart...21With her much fair speech she caused him to yield, with the flattering of her lips she forced him. 22He goes after her straight away, as an ox goes to the slaughter, or as a fool to the correction of the stocks; 23 till a dart strike through his liver; As a bird hastens to the snare, And he does not know that it is for his life." (KJV)

Why We Need Sanctification after Salvation

Holiness produces wholeness. Wholeness is good health in spirit, soul and body.

Let's talk about why we need to go through the process of sanctification after we are born again. In the New Testament, the books of Matthew, Mark, Luke, John and Acts are about spreading the Gospel and the message of salvation. Then the books of Romans through to Jude deal with our sanctification after salvation. In **1 Thessalonians 5 v 23** Paul addressed believers in the church where he said:

"And may the God of peace Himself sanctify you through and through... and may your spirit and soul and body be preserved sound and complete [and found] blameless at the coming of our Lord Jesus Christ (the Messiah)."

King James Version: **"And the very God of peace sanctify you wholly, and I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ."**

The Bible says that we are a spirit and we have a soul and we live in a body, so we are a triune being. Isaiah 59 v 2 says that **sin separates us from God**. The meaning of **holiness** or **to be holy** according to the original Hebrew means to **separate yourself from the world for God**. When you remove sin from your life through the process of sanctification, you become more holy. Holiness produces wholeness. Wholeness is good health in spirit, soul and body. After salvation, we need to go through the process of sanctification. Our spirit, soul and body needs to be sanctified. Yes, even your spirit still needs to be sanctified and I can show it to you in the Word:

Paul taught sanctification of spirit, soul and body in **2 Corinthians 7 v 1**: **"Therefore since these [great] promises are ours, beloved, let us cleanse ourselves from everything that contaminates and defiles body and spirit, and bring [our] consecration to completeness in the [reverential] fear of God."**

"Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." KJV.

Why would you want to just have healing of your soul and body and not have the sanctification of the spirit? Why would you want to eliminate the total manifestation of healing of physiological disease? The whole project is spirit, soul and body. This is true wholeness. Paul taught in **2 Corinthians 7 v 1**, **"Let us cleanse ourselves of all filthiness of the flesh and the spirit."**

What is spiritual filthiness? Well anything that you serve that is not of God is filthy. We always think of filthiness as sexual but anything that does not match the nature of God is filthy. For example, hatred, bitterness, unforgiveness, strife, jealousy, envy, criticizing and faultfinding, condemnation, anger, rage, resentment and self-hatred all do not match God's nature and therefore it is spiritually filthy. That is why when Jesus cast out the evil spirits, He called them unclean spirits. It doesn't mean that they were sexual spirits, it means any spirit that has fallen is unclean by its sinful nature.

How do you cleanse yourself from all filthiness of the spirit? Well, for example, earlier I explained that high blood pressure is the final stage of disobedience to one scripture in the New Testament which says to give no thought for tomorrow. I also wrote about discerning the **source** of your thoughts. Who tempts you with thoughts to worry about the future? The spirit of fear. If you have high blood pressure you have become one with the spirit of fear in spirit, soul and body. If you have the spirit of fear, that is not a clean spirit – that is an unclean spirit by its fallen sinful nature. Therefore you need to cleanse yourself from all filthiness of the spirit – in other words you need to repent for becoming one with the spirit of fear through worrying about the future and you need to remove the spirit of fear out of your life by commanding it to leave in the Name of Jesus. This is sanctification of the spirit.

Jesus gave us authority over the devil and his kingdom. Jesus said in **Luke 10 v 18-20** **"I saw Satan falling like a lightning [flash] from heaven. ¹⁹ Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you. ²⁰ Nevertheless, do not rejoice at this, that the spirits are subject to you, but rejoice that your names are written in heaven."**

Mark 16 v 17: "And these signs will accompany those who believe: in My Name they will drive out demons. They will speak in new languages; they will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well"

When it says that those who believe shall "pick up serpents" in Mark 16 v 17, it doesn't mean you can pick up snakes - it is an identification for satan. It means you can handle his kingdom. The phrase "if you drink anything deadly" refers to the effects of satan's kingdom. It talks about the authority of the believer. Jesus gave us power over all unclean spirits and over all manner of disease and over all the works of the devil in His Name. In His Name we can lay hands on the sick and see them get well and we can drive out

demons. Why aren't we doing it? The reason is we have not been taught how to be believers because the church doesn't even understand it.

After sanctification of the spirit, your soul needs to be sanctified. Remember your soul consists of your mind (which is your intellect), your will (which you use to make decisions) and your emotions. Why does your soul need to be sanctified after salvation? Because you still have the same bad habits and sinful mindsets that you had before you were "born again" – you still have sin in your life. When you are saved by Jesus from your sin, your emotions and mindsets are not saved. You still have to go through the process of sanctification of your soul (mind, will and emotions). How do you sanctify your soul? With the Word!

There are two dimensions in healing that you have to deal with: first remove the source of the thought... then renew your mind.

John 17 v 17: "Sanctify them [purify, consecrate, separate them for Yourself, make them holy] by the Truth; Your Word is Truth."

Ephesians 5 v 26: "So that He might sanctify her, having cleansed her by the washing of water with the Word."

Sanctification of the soul through the washing of the water of the Word means you have to renew your mind. Renewing your mind means changing your thinking to how God thinks. The only way to know how God thinks is to study His Word.

Hebrews 4 v 12-13: "12For the Word of God is quick and powerful and sharper than any two edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart. 13Neither is there any creature that is not manifest in His sight; but all things are naked and opened unto the eyes of Him Whom we have to do." KJV

In our example of high blood pressure, you have become one spiritually, psychologically and physically with a thought which is not the law of God but the law of sin which includes fear. The law of God does not include fear. So the Word of God comes along and tells you in **2 Timothy 1 v 7** that **"God has not given you a spirit of fear, but of power, love and a sound mind"**. Psalm 34 v 4 tells you that the Lord will deliver you of all your fears. Now the Word of God has come to separate the spirit from the soul and shows you that what has been speaking to you is the spirit of fear. The Word of God has just exposed to you the creature that exists that you cannot see with your physical eyes but that the Lord can see in the spirit realm described in Ephesians 6 v 12.

Therefore through the Word which is a two edged sword, you are able to be separated in soul and spirit from fear whereas before you were one with the spirit of fear in the way of thought. You get rid of that spirit of fear by commanding it to leave in the Name of Jesus. That is sanctification of the spirit, as I explained earlier. However sanctification of the soul isn't that easy because that thinking habit of worrying that you have had for so long is permanently part of your biology in the form of long term memory (a toxic thorn tree of fear) in your brain. That toxic thorn tree can now trigger high blood pressure even if there is no spirit of fear. So there are two dimensions in healing that you have to deal with: first you have to remove the source of the thought which is the evil spirit of fear. Then you have to deal with that toxic thorn tree through the renewing of your mind by meditating on the Word of God. Now you have to retrain your mind to think the way God thinks which is not to worry about tomorrow. As your soul becomes one with the law of God through meditation on the Word, it begins to prosper. 3 John v 2 says that you will prosper and be in health as your soul prospers.

The hypothalamus senses the peace upstream in your thought life coming from your new Godly mindset, and through the mind-body connection the hypothalamus will restore the balance between the sympathetic and parasympathetic nervous systems. As a result the blood vessels return to the correct diameter and you no longer have high blood pressure. Thousands of people globally no longer have high blood pres-

sure and no longer need any medication because of this teaching. The number of people being healed of high blood pressure because they understood how their bodies conform to disease through thought that originated in their spirituality is in excess of 90%. This is a statistic which is unequalled anywhere in the world. The pathway to healing of high blood pressure that I have just described to you is the same pathway that leads to the healing of other diseases.

Your soul has to be sanctified by the washing of the water of the Word before your body will be sanctified. Sanctification of the body means getting rid of disease and everything that destroys it. When you change your thinking by renewing your mind with the Word of God, your body will conform to health and disease will not come. That is being an over comer. That is the pathway to health and the defeating of disease. That is why I say that healing begins with sanctification of the heart.

I've explained previously that in a Biblical context the word "Heart" means spirit and soul. When our spirit and soul is sanctified and we have changed our thinking, our body is sanctified through healing... in that order – sanctification of the spirit, then the soul and then the body. Coming back to the scripture I started with:

1 Thessalonians 5 v 23: "And the very God of peace sanctify you wholly, and I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ." KJV

The Ultimate Purpose of Sanctification

Previously in this chapter I mentioned that I believe that there is a revival of healing that is coming to this nation and across the world – but the revival is not coming in the way that you may think. This revival is going to be in the form of sanctification and purification of the hearts of God's people. The work of God in the earth today is one of sanctification. There is little preaching today about sanctification and that is why we don't see many people being healed and delivered. God hasn't done away with miraculous healing and deliverance – it's just that the Church must first submit to Him in holiness. However, the purpose of sanctification is more than just healing of our body - the ultimate purpose of sanctification is to mold us into the image of Jesus. Being molded into the image of Jesus means that the Holy Spirit works out of you your fleshly carnal traits and works into you the character and mind of Christ – in other words you become more and more like Jesus!

2 Corinthians 3 v 16 – 18: "16But whenever a person turns [in repentance] to the Lord, the veil is stripped off and taken away. 17Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty (emancipation from bondage, freedom). 18And all of us, as with unveiled face, [because we] continued to behold [in the Word of God] as in a mirror the glory of the Lord, are constantly being transfigured into His very own image in ever increasing splendor and from one degree of glory to another; [for this comes] from the Lord [Who is] the Spirit."

Notice that the above scripture does not say change yourself more and more so that you become like Jesus. That's impossible. As you get to know God through time spent in fellowship with Him and in His Word, He will begin a work in your heart – a work of sanctification. He will begin to change you little by little. The Holy Spirit is the one Who will mold you into the image of Christ. You cannot change yourself so don't go trying to do that in your own strength. I am telling you up front at the onset, if you try to change yourself it will not work. You will only end up feeling frustrated, disappointed and defeated. Your job is just to get to know God and to love Him. God is the one Who will bring about the change in you.

The ultimate purpose of sanctification is to mold us into the image of Jesus.

Now I want to take you to 2 Corinthians 5 v 17, but before I can do that, I need to talk about the NIV Bible. The NIV Bible that is used by many Christians today, mainly because it is easy to read, has 38 000

doctrinal changes – 30 000 changes in the Old Testament and 8 000 changes in the New Testament. If you managed to get hold of a Catholic Bible from the 1800s, you would see that it is word for word what is written in the NIV Bible today. The NIV Bible is basically the Catholic Bible reprinted.

The Dead Sea scrolls have the entire book of Isaiah on them and according to Hebrew scholars the King James Bible matches it exactly. The closest English translation to the book of Isaiah that can be found in the world is the King James Version. In the NIV, the book of Isaiah differs from the King James by 50%... 50% of it has been changed! The NIV has changed words in the Bible, they've changed tenses and they've

The NIV Bible has 38 000 doctrinal changes – 30 000 changes in the Old Testament and 8 000 changes in the New Testament.

taken out phrases. The NIV has even taken out entire scriptures from the Bible. For example, they have totally taken out Mark 11 v 26 which is a crucial scripture, especially on the subject of healing because it is one of the conditions to receiving (I explain why on page 630). Mark 11 v 26 has been taken out of the NIV Bible because the NIV translators said that they question the authenticity of that scripture. If the scripture is there, it is foot noted saying that this scripture is not found in earlier manuscript evidence, therefore it is invalid. What they are not telling you is that it is not in Samaticus and Vanaticus which came to us in the Roman Catholic

Church in the 4th century. What they are also not telling you is that Samaticus and Vanaticus only accounts for 1% of all manuscript evidence going back to the 4th century. However, this scripture is in 99% of all manuscript evidence in the world which is 6 000 pieces of papyrus etc going back to the first century. So the NIV is a minority text. What is amazing in the NIV is that they didn't even change the numbering system, despite taking out that scripture. Not only is verse 26 missing, they dropped the number and didn't even change the numbering system of the chapter, so you go from verse 25 to verse 27. And just to let you know how ridiculous this is, that scripture they took out in Mark 11 v 26 is found in Matthew 6 v 14. Why is it valid in Matthew 6 v 14 and not valid in Mark 11 v 26?

Everywhere you turn in the NIV there is always some scripture that is footnoted as suspect and they always have to do with the identification of hell, the deity of Christ and the ability of a believer to represent God the Father in the Name of Jesus. They have created a social gospel that no longer holds the believer responsible for sin. More and more they are removing your responsibility as believers to operate in the gifts of the Holy Spirit and more and more they are removing that healing is for today. For example, Isaiah 61 v 1 was a prophecy about Jesus where it says that He came to heal the broken hearted and to set the spiritual and physical captives free. In Luke 4 v 18 Jesus is in the temple and He quotes Isaiah 61 v 1 to say that He has come to fulfil that scripture. In the NIV Bible you will see that they have removed the phrase "He came to heal the broken heart" from Luke 4 v 18. So if you were trying to minister to somebody who has, for example allergies, that is caused by the broken heart and you want to prove to them in Scripture that Jesus heals the broken heart today and you have an NIV Bible...have fun...you won't find it there. The phrase that Jesus came to "heal the broken heart" has been dropped because they removed it to a historical time 2000 years ago when all healing passed away with the apostles. Do you think the priests of Catholicism want you healing the sick? No, the priests want to be the only ones that are qualified to do that.

Some of the scriptures that have been changed in the NIV Bible mirror the free masonry book. We see from Revelations 19 v 13 that Jesus is the Word of God. In John 1 v 14, it says that the Word became flesh. In the NIV Bible it says that the Word took on the appearance of flesh and that is what it says in the free masonry book. Jesus did not take on the appearance of flesh, He literally became a human being. In free masonry it says that Jesus (well they don't actually use the name Jesus – it says Christos) took on the appearance of flesh. The Bible says that any spirit that does not confess that Jesus Christ came in the flesh is spirit of Anti-Christ...those that have an NIV Bible need to seriously think about this. Why would you want to read a Bible where the Word of God has been so severely compromised?

Having said all that about the NIV, let's go to 2 Corinthians 5 v 17:

2 Corinthians 5 v 17: "Therefore if any man be in Christ, he is a new creature, old things are past away; behold all things are become new." KJV

I have just quoted this scripture to you from the King James Bible which is the most accurate translation that there is today, as it is the closest to the original Hebrew manuscript evidence. If you have an NIV Bible you will see that the tenses in this scripture have been changed and that is a grave error which has changed the meaning of the verse entirely. The NIV Bible says, "If anyone is in Christ He is a new creation, the old has gone and the new has come." The NIV says that the old has (past tense) gone. If the old has gone, why does the Christian church still have so much of the old sinful nature in it? Why is the church still so full of bitterness, unforgiveness, hatred, jealousy, envy, strife, gossip, adultery, low self-esteem, divorce, lust etc? That is not the new nature of God, that is the old sinful nature of the flesh. Why is the old sinful nature of the flesh still in you if you are a fully formed new creation?

What many modern churches are teaching is that when Christ died for you, it was finished, the old has (past tense) past away and you are a new creation. However the Christian church is so confused and disillusioned because when you look at the church in practical reality, they are caught in a world where they are not new. Either the Word of God is true or it is not. The Word of God is true providing it has been preserved.

The King James says that "old things **are** past away; behold all things **are** become new". That word "**are**" in the Greek as found in the historical manuscript is present tense progressive – that is referring to the sanctifying work of the Holy Spirit in the believer after being born again, as He **progressively** works out of you your old sinful nature and works into you the new nature and character of Christ. If you are a new creature and all things **have** past away as it says in the NIV, then you don't need sanctification because you are already perfect – there is no sinful nature left in you. In that case why are we still preaching and discipling people? When we become born again, Jesus not only wants to be our Saviour, He wants to be our Lord. Even as born again believers there are areas in our lives where Jesus is not Lord because we are still serving our old sinful nature. Therefore we still need to disciple believers because there are old things that have not passed away in their lives, but they should be progressively passing away. If the old has past away already, then what is the meaning of 2 Corinthians 3 v 18 that I quoted earlier which says "from glory to glory we **are being** changed into His image"? We **are being** changed...that is present tense progressive. **We are progressively becoming** a new creation in Christ, as an on going process of sanctification in our lives every single day.

The sanctifying work of the Holy Spirit involves removing your fleshly carnal traits and working into you the character and mind of Christ.

Paul said in **Philippians 2 v 12 - 13: "Work out (cultivate, carry out to the goal, and fully complete) your own salvation with reverence and awe and trembling..."**

Why would Paul tell us to work out our own salvation if it was all finished at the cross? The answer is we still have to go through the process of sanctification of our spirit, soul and body. "Working out your own salvation" in the above scripture means getting into the Word, and cooperating with the Holy Spirit as you allow Him to sanctify your spirit, soul and body. As I explained previously, the sanctifying work of the Holy Spirit involves working out of you your fleshly carnal traits and working into you the character and mind of Christ. This can be compared to when a woman has a baby: the birth takes place in moments but it takes 18 years to raise the child and teach it good habits. Likewise, when we give our lives to the Lord, we are "born-again" in a few moments. After that sanctification begins, which is the process of progressively getting rid of sin in our thoughts and lives.

Being a Christian is not about saying the sinner's prayer and that's it. That is only the beginning of a journey of sanctification of the heart. Every day you need to continue in the process of working out your own salvation with fear and trembling. You need to apply God's love, mercy and grace, plug into the Word,

spend time in His Presence and co-operate with the Holy Spirit in purging your heart from sin. This is what sanctification is all about.

How long your process of sanctification takes depends on you to a large degree. Sanctification is about change...from glory to glory we are being changed into His image. However, the only place you can be changed is in God's Presence. You need to abide in the Vine (John 15 v 5). You need to dwell in the Secret Place of the Most High (Psalm 91 v 1).

If you don't spend time with God and if you don't make the effort to renew your mind with the Word your process of sanctification is going to be a slow process or it may not even happen at all. So you are a born again Christian and you may have been a born again Christian for 10 or 20 or 50 years, but because you are seldom in God's Presence and seldom in the Word, you are an unchanged, unsanctified, defeated, miserable, sick Christian who is no different to an unbeliever. When you are seldom in God's presence, you very easily and very quickly backslide into the ways of the world and there are worse consequences than sickness to an unsanctified life:

We need to wake up out of our passive, mediocre, luke warm walk with God. We need to cultivate a hunger for His Word. We need to fall in love with Him.

Jesus said in **Revelation 3 v 5**: **"He who conquers (is victorious) (The King James says "He who overcomes") shall be clad in white garments, and I will not erase or blot out his name from the Book of Life; I will acknowledge him [as Mine] and I will confess his name openly before my Father and before His angels."**

In Revelation 3 v 5 there is a clear indication to a believer who refuses to be an over comer and who refuses to change and to be sanctified and to establish the kingdom of God in his life – if he hardens his heart to the things of God, there is a very distinct possibility that Jesus Himself will blot their name out of the Book of Life and will refuse to confess his name before His father.

In Galatians 5 v 19 – 21, Paul listed the works of the flesh – idolatry, witchcraft, strife, jealousy, anger, drunkenness, adultery etc Then in verse 21 he said, **"Those who do these things shall not inherit the kingdom of God."** Remember I explained previously that the word "do" in this scripture means "to habitually practice as a way of life as opposed to a single act." Believers that habitually harden their heart to sin and serve it and practice it without repentance and conviction shall not inherit the kingdom of God.

As I teach you I would like to remind you that I didn't write the Bible so don't become angry with me when I quote it. Do you know what we are doing? We are preaching a new age life enhancement social gospel. We are afraid that we are going to loose the people that tithe so we want to please man by preaching a feel good sermon. We are so concerned about being speaker friendly that we have forgotten about righteousness. Well we are not doing any body a favour because God's people are living with one foot in the church and the other foot in the world and they don't understand the serious ground they are walking on.

Jesus went on to say in **Revelations 3 v 15 – 16**: **"¹⁵...you are neither cold not hot! Would that you were cold or hot! ¹⁶So because you are luke warm and neither cold nor hot, I will spew you out of My mouth!"**

Jesus said in **Matthew 7 v 21 – 23**: **"Not everyone who says to Me, Lord, Lord will enter the kingdom of heaven, but he who does the will of my Father in heaven. Many will say to Me on that day, Lord, Lord, did we not prophesy in Your Name and drive out demons and perform many miracles? Then I will tell them plainly, I never knew you; Away from me you evildoers!"**

The people in this scripture never really got to know God. Because they were seldom in His Presence, they remained unchanged in their hearts and lives and continued in their evil doing. There are people that heal the sick, cast out devils, do miracles and creative cures and preach the gospel as believers and

they will go to hell. The Bible says that at the judgement seat of Christ, the Lord Himself will separate the weeds from the wheat. There will be those that will come before the Lord personally and they will say "Hello Lord!" These people have been taught eternal security and they come before the Lord expecting to hear, "Well done my faithful servant." However, instead they hear the Lord Jesus say to them, "Who are you?" The person says, "What do you mean who am I?" Jesus says, "Who are you, I don't know you. Why are you here?" The person says, "What do you mean why am I here? What do You mean You don't know me? I preached the gospel, I healed the sick, I cast out devils and even did cures in your Name! You still don't know Me?" Jesus says, "Depart from me you worker of iniquity. I never knew you." And the person is cast alive into outer darkness. That little insight into the future has been a sobering challenge and wake up call to me as a human.

We need to love Him and serve Him, not because of anything that we are going to get out of Him but simply because He is worthy.

As a church we need to wake up out of our passive, mediocre, luke warm walk with God. We need to cultivate a hunger for His Word. We need to make an effort to get to know the Father more. We need to fall in love with Him. We need to stir up within our hearts a passion for His Name. We need to become radical and outrageous in obedience. We need to love Him and serve Him, not because of anything that we are going to get out of Him but simply because He is worthy. This is the teaching that has been historically part of Christianity but in modern times, we've lost it.

We all know Revelations 3 v 20 where Jesus says, "Behold I stand at the door and knock, if anyone hears my voice and opens the door, I will come in and eat with him and he will eat with Me." We often quote that scripture when giving the salvation message or an alter call, and that is fine. However if you look at that scripture in context, you will realize that Jesus was not talking to the unsaved, He was speaking to the New Testament church!

Revelations 3 v 19-20: "19Those whom I [dearly and tenderly] love, I tell their faults and convict and convince and reprove and chasten [I discipline and instruct them]. So be enthusiastic and in earnest and burning with zeal and repent [changing your mind and attitude]. 20Behold, I stand at the door and knock; if anyone hears and listens to and heeds My voice and opens the door, I will come in to him and will eat with him, and he [will eat] with Me."

In this scripture, the Lord was not in the hearts of the people in the New Testament church as they thought He was - He was on the outside. This is often also a tragic picture of the church today. The Lord is saying to you, "I'm here knocking at the door of your heart. Would you allow Me to come in with the Holy Spirit to cleanse and sanctify you? Would you allow Me to remove the things of your old sinful nature and work into you My nature so that you can be transformed into My image? Could I heal and deliver you? Could I establish My kingdom in your heart which is righteousness and peace and joy in the Holy Spirit? Could I be Savior to you? Could I be Lord of all to you? Would you enter into that degree of covenant with Me? Could I be a husband to you? Would you fellowship with Me? Would you enter into that depth of relationship and intimacy with Me?"

I've explained previously that the only way to get to know somebody and to build a friendship and relationship with them is to spend time with them. I must emphasize that you need to spend time with God. Getting to know God by spending time with Him involves finding a quiet place where it is just you and God, where you can sit at His feet and just enjoy fellowship with Him. The more time you spend with God in fellowship with Him and in His Word, the more you will get to really know Him. The more you get to know God, the more you will come to genuinely love Him. Out of your love for Him naturally flows a life of obedience to Him. It is in God's presence where you are changed and where your heart is sanctified... and little by little you are transformed into the image of Christ.

To Bring it Altogether into One Big Picture

The pathway of development of disease is through the spirit-soul-body connection.

I'd like to summarize everything I've been sharing with you from the beginning of this book until now to help you bring everything into one big picture in your mind: How does disease develop through the spirit-soul-body connection?

In our example of high blood pressure, the **spirit** of fear speaks to you via theta brain wave activity with feelings and thoughts in the first person and it tempts you to worry about the future. In your **soul**, which is your mind you begin to meditate on those thoughts which you think are your thoughts and you begin to get worried, anxious, stressed up and tense. As you continue to meditate on those thoughts in your mind, you are growing a thorn tree of fear in your brain. So that fear which was initially spiritual became a part of your soul through thinking and eventually a part of you physically in the form of long term memory (which is the toxic thorn tree). You have become one with fear which is sin in spirit, soul and **body**. That thorn tree of fear doesn't just cause high blood pressure, it sets in motion more than 1400 known harmful physical and chemical reactions in your body and activates more than 30 different hormones and neurotransmitters¹⁵. Fear affects and damages almost every organ system in your body and has the potential to open the door to more than 100 incurable diseases.

Let's use another example of depression; an accusing **spirit** begins to speak to you spirit to spirit through theta brain wave activity with thoughts in the first person. The accusing spirit accuses you to yourself, "I am such a bad person. I feel so guilty for what I've done. I am ugly. I am worthless. I am inadequate. I am a failure." You begin to think on those thoughts which you think are yours in your mind which is your **soul**. As you continue to meditate on those thoughts, you are growing a thorn tree of guilt, condemnation, a low self-esteem and self-hatred in your brain. So that self-hatred and guilt which was initially spiritual became a part of your soul through thinking and eventually a part of your **body** physically in the form of long term memory which is that toxic thorn tree. The hypothalamus responds to the toxic chemicals released by that toxic thorn tree of a low self-esteem and guilt by lowering the serotonin levels in your brain. The deficiency of serotonin causes the symptoms of depression.

Let's use another example of cancer: The **spirit** of bitterness begins to speak to you spirit to spirit via theta brain wave activity with thoughts in the first person: "I hate her! I'll never forget what he did to me and I really resent it. I'm going to get even with you and make you pay for what you did to hurt me." You begin to think on those thoughts of unforgiveness, bitterness and hatred which you think are yours in your mind which is your **soul**. As you continue to meditate on those thoughts you are building a toxic thorn tree in your brain of hatred, unforgiveness and bitterness. So that bitterness which was initially spiritual became a part of your soul through thinking and eventually a part of you physically in the form of long term memory which is that toxic thorn tree of bitterness. You have become one with bitterness which is sin in spirit, soul and **body**. In the chapter on page 385 I explain how a thorn tree of bitterness and unforgiveness set in motion a sequence of chemical and hormonal reactions that can cause cancer.

In summary the pathway of development of disease is through the spirit-soul-body connection. Healing comes through the same pathway: healing begins with sanctification of the spirit, then sanctification of the soul and then sanctification of the body.

In our example of high blood pressure, the spirit of fear was given the legal right to put this disease on you because you were in sin and disobedience to the Word which says in Matthew 6 v 34 to give no thought for tomorrow. So you have to take away that legal right through heartfelt repentance, "Father,

from my heart I repent for worrying about the future and not trusting that You could take care of me. Please forgive me." Then you get delivered from the spirit of fear – you say, "Spirit of fear, I command you to leave in the authority of the Name of Jesus!" And the spirit of fear has no choice but to leave. That is sanctification of the spirit.

In the case of depression, the accusing spirit has a legal right to put this disease on you because you were in sin and disobedience to the Word which says in Matthew 19 v 19 that you are to love yourself. So you have to take away that legal right through heart-felt repentance, "Father, from my heart I repent for not loving myself and for believing the devil's lies that I am not special. Please forgive me." Then you get delivered from the accusing spirit. You say, "Accusing spirit, I command you to leave in the authority of the Name of Jesus!" The same applies to the spirit of bitterness in the case of cancer – you repent for being in sin and disobedience by not being a doer of the Word which tells us in Mark 11 v 25 – 26 to practice forgiveness. Then you command the spirit of bitterness to leave in the Name of Jesus.

Sanctification of the spirit has to be done first because the person will not be able to renew their mind until the spirit of fear or the accusing spirit, for example has been removed. Once your spirit has been sanctified, you need to sanctify your soul through the washing of the water of the Word. You need to renew your mind and change your thinking to the way God thinks. In the examples of high blood pressure, depression and cancer you need to not worry about the future, love yourself because of who you are in Christ and forgive others as your Father in heaven has forgiven you. As you take the responsibility and the time to purposefully meditate on the Word, you are building a lush healthy tree of long term memory in your brain. Now the Word of God has become a part of your spirit, soul (mind) and body (long term memory). That lush tree will secrete chemicals that flow through those thorn trees and remove the thorns that were secreting toxic chemicals that were making you sick. Those healthy chemicals released from those lush trees will also flow through your body and cause healing where the body tissue was damaged by disease.

When you renew your mind with the Word of God, your body will be healthy because your thoughts are healthy. This is because whatever goes on in your thought life, your brain converts into a physical reaction.

Proverbs 4 v 20 – 22: "20My Son, attend to my words; consent and submit to my sayings. 21Let them not depart from your sight; keep them in the center of your heart. 22For they are life to those who find them, healing and health to all their flesh."

In summary healing begins with sanctification of the heart. When our spirit and soul is sanctified and we have changed our thinking through the renewing of our minds, our body is sanctified through healing... in that order – sanctification of the spirit, then the soul and then the body.

Why Doctors, Psychologists and Psychiatrists are Failing and Why We Need the Pastors' Help

Pastors, it is not just up to us as doctors to help God's people with their diseases, it is primarily up to you! In the Old Testament when a person was healed of leprosy they had to go to the priests to determine if they were clean. Who does it say that the sick must go to in the New Testament? The elders of the church!

James 5 v 14 – 15: "Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. Confess to one another therefore your faults (your slips, your false steps,

your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]."

Doctors, psychologists and psychiatrists are the result of the frustration of the failure of the Church to perform its Scriptural mandate in pastoral care.

As pastors you obviously don't need to go to medical school but you do need to get yourself educated about disease so that you can care for His sheep... and hopefully this book will be a useful tool to help you from both a medical and Biblical perspective. Disease is as rampant in the church as it is in the rest of the world, and unfortunately God's people are being sent to the world for help when the answers are right here in the Word of God.

There is still a place for doctors and we do have a key role in helping people with disease. We have the training and skill to save a person's life in an emergency. There are times when we have to use medical drugs in a life threatening or potentially dangerous situation to get a person into a place of safety. This then buys the person more time to deal with the underlying issue that initially caused the disease. Furthermore we have knowledge and understanding of the human body which enables us to make a diagnosis. Without knowing what disease a person has, it is going to be very difficult to know what the spiritual root behind it is. However, once the pastor knows what the disease is – it is mostly his job to minister to the person and disciple him about the spiritual issues and sin behind that disease.

The medical community has been expected to do something that we are often not qualified to do and that is to pastor God's people and deal with spiritual issues. Worldly doctors, psychologists and psychiatrists are the result of the frustration of the failure of the Church and its leadership to perform its Scriptural mandate in pastoral care and as you can see from the scripture below, God is rather ticked off about that.

Ezekiel 34 v 1, 2 and 4: "And the word of the Lord came to me saying, ²Son of man, prophesy against the shepherds of Israel; prophesy and say to them, even to the [spiritual] shepherds of Israel who feed themselves! Should not the shepherds feed the sheep?... ⁴The diseased and weak you have not strengthened, the sick you have not healed, the hurt and crippled you have not bandaged, those gone astray you have not brought back, the lost you have not sought to find..."

God holds the Pastors directly responsible for the health and welfare of their flock. Because the Church has failed in this area, people are turning to psychologists and psychiatrists who have become the pastors of the world. With all due respect, I don't find psychologists and psychiatrists in the Bible. However I do find the five fold ministry: I find apostles, prophets, evangelists, pastors and teachers that were supposed to be the government that taught and equipped believers for service. However most pastors are farming out their people to the world's system of professionals because they have not mastered the understanding of health and disease in the Bible and what creation was supposed to look like for themselves.

We have gone into captivity and are perishing due to a lack of knowledge. God said to the prophet Isaiah: **"My people are gone into captivity, because they have no knowledge: and their honourable men are famished, and their multitude dried up with thirst. Therefore hell has enlarged herself, and opened herself without measure..."** Isaiah 5 v 13 – 14.

In Isaiah 5 v 13 – 14, God is not talking about the people out there in the world – He's talking about His people who are called by His Name and set aside by His covenant! The Lord's prayer was, "Thy kingdom come, Thy will be done on earth as it is in Heaven"...so rather than having a hell of a day, we should be having a heaven of a day...but you can't have a heaven of a day in ignorance. Because you are ignorant, you have gone into captivity. In Hosea 4 v 6 it says that His people are being destroyed for lack of knowledge. The fact at the moment is that less than 5% of people who are prayed for in the Church world-wide (regardless of denomination) are being healed. God's children are perishing and many pastors seem to be

doing nothing about it. The problem is that we do not understand disease, even from a Biblical perspective. Sanctification for healing is a dimension that is not being taught in the Church today. The Church is not teaching why healing does not come. When the members of the church congregation come to the elders for prayer to be healed, they do not even consider that there may be a sin issue that needs to be dealt with first. They are anointing with oil, but they totally forget about the second half of the scripture in James 5 v 14-15 which talks about confessing sin and being restored to a spiritual tone of mind and heart.

Carl Jung observed in frustration as his German Protestant minister father preached a powerless gospel that offered no solutions for the diseases of the soul and body. This led him on a journey to look for answers elsewhere. He said, "Because of the failure of Christianity in dealing with the problems of the psyche or the soul and the diseases of the body of man, I will create an alternative to Christianity that will offer mankind some solution and hope." As he began his journey Carl Jung spent some time with Freud but later separated from him after they broke over a disagreement about some definitions. In fact, Freud eventually committed suicide. So much for the sanity of that therapy! Carl Jung then began to investigate Spiritism and Eastern Mysticism where he ran into invisible evil spirits and in his early writings he called them evil spirits. He became a channeler for these invisible spirit entities by using automatic handwriting (otherwise known as journaling). The main spiritual entity that he channeled was a spirit guide called Philemon. Quoting directly from his writings, he said "All that I know about psychotherapy, my spirit guide Philemon taught me." So then by his own admission, Jungian psychotherapy is a doctrine of devils. And then Carl Jung also channelled two other lesser spirit entities called Anima and Animus.

The principles of Anima and Animus are basically this: As a female, in order to be a better female in creation, I need to integrate the masculine part of me into my femininity. In order for you to be complete as a male, you must integrate the feminine part of you into your creation. That's the premise. The Word of God says that male and female He created them! (Genesis 1 v 27). No wonder we are having so much gender disorientation because we have had something added to us which produces an inordinacy of identity. The females do not really feel like they are females any more and the males are not sure if they are males any more.

So Carl Jung became a channeler for the evil spirit Philemon as well as Anima and Animus and his writings by channeling these spirit entities became the foundation of Jungian psychology. Modern day psychology includes many Jungian principles. Even some Christian Counselors use a therapeutic model based on this Jungian psychology. Well, I am not interested in trying to integrate Anima and Animus into believers because we don't need devils trying to heal Christians.

1 Timothy 4 v 1: "But the [Holy] Spirit distinctly and expressly declares that in latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach."

Disease is a manifestation in the physical, of a mindset that the person became one with in the soul that had its origin in the spirit.

Jungian Psychology has also removed the triune-ness of our creation. The Bible teaches that we have a spirit, we have a soul and we live in a body (1 Thessalonians 5 v 23). In modern day psychology there is no such thing as the spirit of man. There is the dualistic compartment of the soul which they call the "conscious" and the "collective unconscious". This is a very clever deception because if you remove the spirit of man you are never going to be able to be healed from psychological or biological diseases. All you are going to do is mess around with prescription drugs and counseling and so forth and never achieve anything more than disease management.

A few pages back in the section on "Discerning the Source of Your Thoughts" I explained how the development of disease first begins in the spirit realm and later manifests in the physical realm in the form of psychological disorders and biological diseases. The medical field is at a major disadvantage when it comes

to healing because they only consider the soul and body, but do not acknowledge the other third of our being which is spiritual. Paying attention to the spirit man is essential because it is the missing link. There is no solution for the diseases of mankind in the soul and the body unless we get it right at the spirit level because that is where the development of diseases begins. It was not a biological disease or psychological defect first. It first began at the spirit level of man as a mindset that came out of the mind of Satan – it is the invisible kingdom of Ephesians chapter 6 v 12 that programmed mankind to think, speak and act like it. Disease is a manifestation in the physical, of a mindset that the person became one with in the soul that had its origin in the spirit.

Therefore to unravel disease you can't just stay out here with prescription drugs and not consider the toxic sinful thinking pattern which through the mind-body connection caused the disease and without considering that what taught that person that mindset was a spirit. You need to know how to discern the source of thoughts. Instead of chasing symptoms or trying to manage symptoms, if you will just get to the root of what **causes** the symptoms and remove that, you have got a victory coming. If you can understand what causes the symptoms you can prevent disease.

Instead of working backwards from the body back into the soul, let's first begin at the spiritual level where you remove that invisible kingdom of Ephesians 6 v 12 that answers to satan through repentance and commanding it to leave in the Name of Jesus (Remember that is sanctification of the spirit). Then we need to help the person renew their mind with the Word of God so that they replace that old toxic thinking habit with a Godly mindset (That is sanctification of the soul). Then the diseases caused by the toxic sinful mindset will be gone too (That is sanctification of the body). To try to do inner healing or soul care or counselling or even renewal of the mind and not to continue into the 3rd dimension is a waste of time.

Carl Jung saw this invisible kingdom in the spirit dimension very accurately and as I said earlier, he mentioned evil spirits in his early writings. You can see it for yourself if you go read his original writings in any public research library. However, Jung believed that modern man would not accept the basic concepts of the Bible in view of their scientific way of thinking. So he deliberately took the words "evil spirit" from his early writing and changed the nomenclature to "archetypes" and "dark shadows" to accommodate himself to a more scientific approach. In Jungian psychology the archetypes and dark shadows are part of the collective unconsciousness. The Bible reveals that what Carl Jung calls archetypes and dark in the collective unconscious is in fact the spirit of man and spirit world dimension. It is an intelligent invisible kingdom which comprises the principalities and powers and spiritual wickedness in high places and the rulers and darkness that reside on the spirit world level (Ephesians 6 v 12).

The fallacy of Jungian psychotherapy is that you are to identify and come into contact with the archetypes and dark shadows (which he originally called evil spirits) that are part of our historic ancestry which bring with them the darkness and the evil and you need to learn about it and understand it through "therapy". This is so that you can cohabit with the evil of your ancestral line generationally. This is basically what classic Jungian psychotherapy is all about and it is in direct opposition to the Truth of the Word of God. The Bible has said from the beginning that you never co-habit with an enemy. You identify your

enemy and remove it from your land. And any enemy that was allowed to stay became the Achilles heal of the Israelites. That is why Paul said in Galatians 5 v 24 that you are to crucify or put to death the flesh. The flesh is the carnal nature or the body of sin which is the invisible kingdom of Ephesians chapter 6 v 12, that Carl Jung identified as archetypes and dark shadows of our ancestral darkness. Christianity is co-habiting with the enemy in the name of "therapy".

***You will never crack
biological and psychiatric
diseases without having the
triage approach which is
the spirit, soul and body.***

It is no wonder that the worldly doctors, psychologists, psychiatrists and other variations of medicine are failing. I mentioned previously that with all the drugs that there are to treat biological diseases, over

80% of them are incurable. According to the Journal of American Medicine, the medical community has long given up on the possibility of curing incurable disease. The journals are filled with the phrase "there is no cure" and that is why it is called incurable. And so all that they are looking for now is better forms of disease management as they continue to try to by-pass the penalty of the curse of disobedience, without taking responsibility for the sin behind it. Furthermore the World Health Organization has said that there has been zero advancement in mental healthcare in the past 20 years. The reason is because the doctors are just trying to manage disease on purely a physical level and the psychologists and psychiatrists are messing around with thought at the soul level - they don't consider or even know about the origin of thought in the spirit realm of man. You will never crack biological and psychiatric diseases and you will never be able to help people eradicate and prevent disease without having the triage approach which is the spirit, soul and body. This is a radical approach to something that has been ignored and it has opened up a whole new dimension to helping people be healed and it has had incredible results globally.

You cannot remove the identification and sanctification of the spirit world dimension of your lives and still get what you are looking for. So I am going to stay with the knowledge and insight in the Bible that helps me understand the enemy clearly concerning how disease begins in the spiritual realm and I am going to ignore psychology based on Carl Jung's conclusions because there is no such thing as the collective unconscious. Because the identification of the spirit world has been totally masked through the deception of Jung's teaching and others, psychiatrists, psychologists and doctors who the world has turned to for help are all achieving nothing and it is the same with the church.

Jeremiah 6 v 13 - 14 talks about the leadership of the Old Testament church and how the priest and the prophet deal falsely and then it says in **verse 14: "They have healed also the hurt of the daughter of my people slightly, saying, Peace, peace; when there is no peace."**

The pastoral field of Christianity, the psychological field of the soul and the biological field of medicine has not even put a dent in disease... or sin. I think it's time to put a dent in it. It is time to go from slight healings to more peace and more healing. You may say, "Well, we are getting some results." Yes, you are - between 5 and 20%. That is an 80 to 95% failure. If it is not working, why continue to do it? Why practice a science that is not working? I am not only challenging pastors but doctors and other people in the medical profession just like me - what are we doing and why are we doing it? In this book I want to do more than simply give facts - I hope to impart a desire in the hearts of doctors and other healthcare professionals to help people on behalf of God in maybe a different way to what the world has taught you in the management of biological and psychological diseases. Why should we settle for less than what is totally available from God in healing mankind which is disease eradication and even better disease prevention, rather than disease management which is just another form of bondage. Why don't we let God be God in our lives and practice medicine His way based on Biblical principles because that is the only way we are going to defeat incurable diseases. Without the principles of God we cannot ever hope to even achieve health.

Now if you were to operate by these principles that I am sharing with you in your practices in the world, you would loose your licenses. Furthermore not everybody wants to be spiritual and not everybody wants to change. So we are caught in the world and its system but we are not of the world. Rather than wasting time and energy fighting the world's old system that is clearly not working, let's start a new system. And it is already happening. For example, in the Bahah Peninsula of Mexico, there is a 1500 acre piece of land with a 1000 room resort that has been turned into a "teaching - ministry hospital". There healthcare professionals are able to practice the triage approach without governmental interference. The people that go there for help come into a setting where they can stay, be taught and disciplined in these principles from the Word of God.

Why don't we let God be God in our lives and practice medicine His way based on Biblical principles because that is the only way we are going to defeat incurable diseases.

They also have the best technology in the world to help with the diagnosis and investigation of diseases. Where necessary the people are temporarily managed with drugs to keep them in a place of safety while they are being disciplined so that God can heal them. They are also developing the very same concept in Argentina and Uganda.

In Uganda there is a group of well financed Christians who are creating a state of the art cardiovascular hospital to deal with all forms of cardiovascular diseases. Part of their program includes these teachings that come from Henry Wright's ministry and his book "A More Excellent Way." So for example, when a man comes in for a triple by pass because the arteries in his heart are clogged up with cholesterol, they will temporarily manage the problem on a physical level with drugs and surgery. However, they will also bring the man and his family to a place of teaching about how cardiovascular disease develops through the spirit-mind-body connection and how it has its origin in either fear, self-hatred or anger depending on the specific heart disease. This will then enable them to disciple the man so that he can deal with the spiritual issues that caused the disease so that his disease can be eradicated rather than just doing a triple by-pass and then 5 to 10 years later the person's arteries become clogged up again.

This is a unique concept which is a triage approach to disease healing and prevention. This is about educating a planet in Godly principles and re-establishing the kingdom of God on the earth, one person at a time. Let's begin to teach a culture or a nation, correct spirituality. Let's begin to educate families in principles concerning relationships with God, themselves and others. Let's teach them how relationship breakdowns produce disease. Rather than constantly putting band aids on disease through disease management, let's redefine our whole approach to disease.

According to 1 Thessalonians 5 v 23, health includes wholeness in the spirit, soul and body. So I want to challenge the psychiatrists and psychologists – why are you only stopping at the level of the soul or the mind? If you are a believer, why don't you also move into healing of physical diseases? The same applies to doctors, rather than just messing around with disease management on a physical level, also address sanctification of the soul and spirit. What has to happen is a triage approach where as believers and healthcare professionals we move into ministry on all 3 levels – spirit, soul and body.

Let's redefine health and healing and disease intervention globally regardless of whether the country is Christian or not. We can still go into Islamic, Communist and Buddhist Countries and begin to educate them in pathways that produce health which are based on Biblical principles. Since the rain falls on the just and the unjust, if mankind will begin to live by Godly principles, he will enjoy the blessings of Godly principles. And many people have been healed by God that were not saved. However when they were healed they wanted to know how that happened and there you have a chance to teach them about the great God Who loves them.

I hope this message has created a rumbling in your hearts. Maybe I can plant a seed of maturity that will bust hell wide open in every category of disease you can think of.

The ministry of Henry Wright and others who are applying these principles are having success in seeing people healed from biological, psychological and psychiatric diseases that is unequalled anywhere in the world because they understand the pathway of development of disease through the spirit-mind-body connection. People are being healed left, right and centre of major incurable diseases such as stage 4 terminal cancer and nobody is even praying for them - it is just knowledge, discipleship, conviction and repentance. Most diseases that are considered incurable are actually very easy to get rid of and to prevent – we just need to be properly taught from the Word of God.

***The world is turning
back to the Church –
so this time let's be
ready with the answers!***

Pastor Henry Wright heads a ministry that has people coming to him from all around the world for help. He reports that 45% of people seeking help are not saved or do not go to church. The world is turning back to the Church –so this time let's be ready with the answers!

As a doctor, I am making an appeal to all pastors across the world today to get educated about disease and to educate the people in your church about disease so that you can lead the people of God out of the claws and clutches of hell and what it represents. Up until now we have been a people of God who were bound by ignorance and because of our lack of knowledge we were being killed left, right and centre by disease and didn't know why – neither did the medical community know why. But God has given us His Word and He has given us the Holy Spirit to confirm the Word. You don't have to be at the mercy of the world's system of professionalism that does not understand the spiritual dimension of creation. The secrets to health and healing are found in the Bible - not in science. So let's wake up this sleeping giant called Christianity and bring it to its knees in repentance. It's about time that we as a church operated in healing and deliverance as a way of life. We should be setting the standard for mankind on this planet – not the other way around. The Bible says that the manifold wisdom and counsel of God for the ages should be and is to be demonstrated... and not just taught... but demonstrated through the church...

A Message for Those Who Would Be Inspired to Help People with this Knowledge

I am well aware that I am just one of an army of people that God is raising up all over the world to take this message to His people. I know that there are going to be pastors, doctors, other healthcare professionals, even housewives and people of all types who will have the Spirit of God stir something inside their hearts to go into ministry or to teach the Truth and principles of God concerning healing that I have shared in this book. This did not start with me – Henry Wright is the pioneer in this teaching and through him God has inspired me to do what I am doing. If you are a Pastor and you desire to use this book or the DVD series that I have produced to teach these principles to your congregation, or if you are a doctor, psychologist or any other healthcare professional who would want to use my material to educate your patients, or if you are a businessman who would want to develop a welfare program for your employees to cut down the costs of absenteeism and you would want to use this teaching as part of your program or anybody who would want to use this book or my DVD series to reach out to people who need help or to teach this material in your families, in Bible studies, in your church and in your cities – I would be delighted for you to do so – you need not ask my permission. However I do have a condition and that is that you are not allowed to make any financial profit from it and legal action will be taken if it comes to my attention that anybody is doing so.

Furthermore make sure your heart motive is right. There are many people who don't really have a heart of compassion for God's people. They take this material and teach it, not because they care but because they want the success and they want to be somebody and this is their ticket to fame. That is the wrong spirit and when they stand before the judgement seat of Christ and their works are tested with fire, it will not stand. Furthermore, before you try and get the world converted, make sure you are converted yourself. You need to become who you are in God first – yearn for that development, yearn to grow up in Him, learn to pursue and to seek Him and to press into God for yourself. Stay teachable, be reprovable and here is a secret about God...simply be available. If you will just be available God will soon send people to you who need help. And if you don't feel equipped and you feel inadequate, never mind we all feel like that – just step out in faith and allow

Don't be surprised when persecution comes your way – rather be encouraged because it means the Spirit of Glory is resting upon you.

God to use you. Open your heart – you never know it just might be you that God raises up and uses. But if you have an inordinate desire and wrong motive for it, it won't be you.

For those people who have been inspired to teach this knowledge and insight, I would like to take a moment to give you a word of warning and also a word of encouragement. I am taking the time to share this with you because I wish somebody had shared this with me when I first started out: Persecution is more than likely headed your way and I can tell you where it will most likely come from so you won't be surprised. The people who persecuted Jesus were not the non-Christians, it was the religious leaders of the day and it will be exactly the same with you. The pastors, priests and prophets of the Old Testament church didn't like it because Jesus was helping people and they couldn't. So any time you try to help people, for example to be healed and the other camp can't or they teach against it, you come under incredible persecution...and I've had my fair share because I'm calling people to repentance, beginning in the church. You will go out there because it is simply your desire to help people for God and all of a sudden you come under attack. If you are not prepared, you won't know what has hit you and there is an overwhelming sense of discouragement and loneliness. However what greatly encouraged me was a word God gave Henry Wright who has also seen a tremendous amount of persecution. In fact he has entire evangelical church denominations that have meetings to conspire ways to shut him up and prevent him from teaching this knowledge and insight that I am sharing with you. In a conference, one Pastor, who had also come under some attack stood up and asked Henry Wright how he handles all the persecution that comes his way. This was Henry Wright's answer and I'd like to encourage you to remember this in your heart:

"God spoke to me one day when I was reeling under the attacks of my fellow brethren for teaching Truth at this level. He said, "Henry, if you will just stay faithful and keep your heart right, for every one that curses you, I'll raise a thousand who bless you." So every time I come under attack by one of these chiefs of the Sanhedrin, I begin to become excited because I know that there is at least a thousand believers that are about to be healed and delivered somewhere in the world...and that is worth the persecution..."

Jesus said in **John 15 v 20 – 22**: **"²⁰Remember that I told you, A servant is not greater than his master [is not superior to him]. If they persecuted me, they will also persecute you; if they kept my word and obeyed My teachings, they will also keep and obey yours. ²¹But they will do all this to you [inflict all this suffering on you] because of [your bearing] My Name and on My account, for they do not know or understand the One Who sent Me. ²²If I had not come and spoken to them, they would not be guilty of sin [would be blameless]; but now they have no excuse for their sin."**

To be honest with you, if I was not being persecuted in some way, I'd be concerned because it would mean that I am not being a big enough threat to the devil. When you are making an impact for God's kingdom, the devil is going to come against you. When you are persecuted, it is a good sign that you are on the right track.

1 Peter 4 v 12 – 14: **"¹²Beloved, do not be amazed and bewildered at the fiery ordeal which is taking place to test your quality, as though something strange (unusual and alien to you and your position) were befalling you. ¹³But in so far as you are sharing in Christ's sufferings, rejoice, so that when His glory [full of radiance and splendour] is revealed, you may also rejoice with triumph [exultantly]. ¹⁴If you are censured and suffer abuse [because you bear] the name of Christ, blessed [are you – happy, fortunate, to be envied, with life joy and satisfaction in God's favour and salvation regardless of your outward condition], because the Spirit of Glory, the Spirit of God is resting upon you. On their part He is blasphemed, but on your part He is glorified."**

So don't be surprised when persecution comes your way – rather be encouraged because it means the Spirit of Glory is resting upon you.

If the Holy Spirit is stirring up a desire deep in the inside of you to go and preach the gospel to the poor and afflicted, to bind up and heal the broken hearted and to lay hands on the sick as it says in Isaiah 61

v 1 and Mark 16 v 17 – 18... in Jesus Name go do it! You don't have to be intimidated by your leadership. They should have been equipping you a long time ago, not keeping you in a box because they are afraid that you might do something wrong. It is a system of man's approval. You need people in authority over you to be accountable to, to disciple you and where necessary to correct you but a spiritual covering is not meant to be a form of control. Ephesians is very clear that we are to equip the saints for service and to teach until we all come into the unity of the faith. You should have been released a long time ago to heal the sick, cast out demons, do creative cures in His Name and to begin to make a difference in your families, your church and in your nation.

The Day Sanctification Begins

Have you ever seen a fearful and anxious person? How could you tell? You could see it in the expression of their face, in their talk and in their mannerisms. And what did you say? "He's such a fearful person." No, he is a person who has fear – that is the way you need to be taught. You may say "I'm a fearful and anxious person." No, you're a person who has fear. There's a difference. Have you ever seen people with a low self-esteem that hated themselves? They're depressed and are always putting themselves down. Have you ever seen a person like that? How could you tell? They were dressed up in it. So you would say, "He is a depressed person" or "Well I am just a depressed person." No, you are a person that has a spirit of heaviness that makes you depressed and hasn't allowed you to put on the garment of praise. Have you ever seen somebody that had lust? How could you tell? When they looked at you, especially if you are a woman, you felt unclean and uncomfortable in their presence, didn't you? So you say "That man is a lustful person" or "I'm a lustful person." Have you ever seen a person that was angry? How could you tell? You probably experienced their wrath. So what you say is, "He's such an angry person" or you say, "I am an angry person." You've got it wrong! The enemy can never be defeated because you have become one with sin as if it were you and you have made other people one with sin as if it were them. Many of your diseases are because you have become one with sin as if it were you. You may have sin but you are not sin.

You may say "Well that's just the way I am. I've been fearful all my life. My mum and dad were fearful and my kids are fearful and you just have to love and accept me the way that I am." Well I love you but I don't like your fear. You have become one with fear and anxiety as if it were part of your nature or your character. We have become one with sin as if it were us and then we say that we have a personality disorder. The psychiatrists are wrong – there is no such thing as a personality disorder! There is also a "teaching" that has penetrated the church all over the world today that says that you need to learn to stereotype people in order to get along with them better. Actually it is so that you can adjust to their evil and enable them in their sin. They made people into the characters of animals. He's a bear, he's a lamb, he's a lion etc and that's why he acts like that. Well, I am not an animal, I am a daughter of God by faith. Do you know how many churches are filled with this teaching? A Lot of them! This is the most dangerous type of Christianized horror scopes I've ever seen in my life. When you stereotype people in ways that are not God's ways, you are binding them to a way of thinking that does not allow them to change. God is a God of change because according to the Bible our characters are being changed from glory to glory into the image of Jesus (2 Corinthians 3 v 16 – 18). We have become so one with sin that we call it human nature. For example we say that it is just human nature to be fearful and anxious. What you call human nature is not God's nature. A spiritual man has God's nature. A natural man does not have God's nature. And if you're a natural man, you're no different than an animal. You must be born again – you must have the spirit of God to make you sons and daughters of God. Human nature is not evil, it is just that sin has joined with human nature and made it less than what

You need to learn to separate yourself from your sin.

God had intended. When you remove that sin through repentance and renewal of the mind, your human nature is sanctified in spirit, soul and body as described in 1 Thessalonians 5 v 23.

In Romans chapter 7, Paul talks about his own struggle with sin in his life. In verse 15 he explains that the good that he wants to do, he just does not do, while the sinful things that he wants to get rid of, he keeps doing.

Romans 7 v 15: "For I do not understand my own actions [I am baffled, bewildered]. I do not practice or accomplish what I wish, but I do the very thing that I loathe [which my moral instinct condemns]."

Have you ever been there? Have you ever felt self condemned and discouraged because you want to stop sinning in a specific area but the more you try, the more you fail? Well, firstly you need a revelation of grace, which I'll speak about later on. In verse 17 Paul makes a statement which is very important for you to understand, because when you get it, it will set you free:

Romans 7 v 17: "However it is no longer I who do the deed, but the sin [principle] which is at home in me and has possession of me."

King James Version: "Now then, it is no more I that do it, but sin that dwells in me."

This principle is called **separation** which I have learnt from Henry Wright in His book "A More Excellent Way" as well as other conferences where he has taught.

You need to learn to separate yourself from the sin that dwells within you and the sin that dwells within your neighbor. In the chapter on forgiveness, I explain that when somebody wrongs you, you have to separate that person from the sin. What we do when somebody sins against us is we hate the person, because the person and their sin becomes one in our mind. You must remember who you are really at war against and that is the devil and his kingdom:

Ephesians 6 v 12: "For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere."

Because we have made ourselves one with sin, we are at war with ourselves and we are at war with our mother in law. We do not understand that the battle is not against flesh and blood but is against an invisible kingdom that has taught that person to think like it and as a result they have become one with it in their long term memory and their personality has become one with sin.

When you forgive someone, you have got to **separate the person from their sin**, just as God separated you from your sin in His heart when He saved you. To forgive you don't have to condone their sin. You

continue to hate the sin, **but you are commanded to love the person** (Luke 6 v 27 – 38). You see, the person who wronged you is not sin – what he did is sin. If he's a believer, he is a child of God whom God loves, he's a friend of Jesus (John 15 v 15) and the Holy Spirit lives within him, but he's got some sin tagging along in his life that needs to go. It is hindering his relationship and walk with God. What I'm teaching you here about separation is going to set you free and make your whole walk with God a lot easier. It will be very hard for you to forgive your brother if you don't separate his sin from who he is as a person. When somebody victimizes you, if you are able to see that it is not them, but the sin that dwells

within them, you will be able to exchange bitterness for compassion and you will be able to love them, even though they are sinning against you.

If you can separate yourself from your sin, you will be able to forgive yourself, whilst dealing with the sin in your life with the help of the Holy Spirit.

Now it is the same thing with yourself. It's not fun to confront the sin issues in your life that are behind your diseases because those are the areas in the depths of your soul where you are most sensitive and vulnerable. Therefore it is very uncomfortable when I put a finger on these things that make you feel unhappy, afraid, angry, unlovely, guilty and so forth on the inside. But I want you to know – **it is not you.**

While you are doing a spiritual inventory of all the things that make you feel so awful, know that it isn't even you anyway. God wants to release you from your guilt and from the accusing spirits that are accusing you to yourself. They make you feel as though **you are sin** but God wants you to come out of the bondage of that mindset that **you** are evil and that **you** are no good. He wants you to see the creature of Hebrews 4 v 13 and Ephesians chapter 6 – that invisible kingdom is evil - **it** is no good. You have a right to have a perfect hatred for evil in yourself and others but you are free to love yourself this day. You can love your enemy because you understand the sin within him is not him and the sin that is in you is not you, but it is that invisible kingdom that needs to be defeated.

Jesus demonstrated power over all unclean spirits and all the works of the devil (Acts 10 v 38). He's given you the Holy Spirit and the power and the mandate to do the same thing (Luke 10 v 19; Mark 16 v 17 – 18). So stand up in your heart today: You are of such great value and worth because you were worth the life of the King of Kings (John 3 v 16). Your Father has made you sons and daughters. He chose you. He chose you before the foundation of the world to be set apart for Him (Ephesians 1 v 4). The blood of Jesus has washed away your guilt and shame (1 John 2 v 12). You are a new creation in Christ (2 Corinthians 5 v 17). Your name is written in the Lambs book of life in heaven (Luke 10 v 20). God said He accepts and approves of you (Jeremiah 1 v 5). When God looks at you He sees Jesus' robes of righteousness and a crown of glory and honour on your head (Isaiah 61 v 10; Psalm 8 v 5). He has called you to be a bride to His Son (Ephesians 5 v 26 – 27). He's called you, you are special, you are fearfully and wonderfully made. You are God's favourite (Galatians 3 v 9). You are the apple of His eye (Zechariah 2 v 8), Your Name is tattooed on the palm of His hand (Isaiah 49 v 16). You are stamped with the seal of the Holy Spirit (Ephesians 1 v 13). He's called you a victorious over-comer (1 John 5 v 4), He's called you a mighty woman and a mighty man of valour a champion overcoming warrior, who possesses dignity and honour (Judges 6 v12). You are more than a conqueror (Romans 8 v 35). You are a winner, you are valuable, you are precious. The bottom line is that you are the King of Kings' kid and your Daddy Who is the Almighty Indescribable God says that He loves you. Would you please stop listening to the devil's lies and get up and become the sons and daughters of God that you were created to be from the foundation of the world in Christ?

It is time that you have the ability and the discernment to separate yourself from the sin within you so that you can defeat your enemy. If you can learn to do that you'll never have a problem with guilt and condemnation again. You will be able to forgive yourself and love yourself, whilst dealing with the sin in your life with the help of the Holy Spirit. The day that you have a revelation of what Paul said in Romans 7, where you learn to separate yourself and your heart from your sin, is the day that sanctification will begin in your life. That is where healing begins. That is when you are on your way to freedom. You are free to love yourself and others, as you go through the process of sanctification where you progressively get rid of the sin which is causing your spiritual, mental and biological diseases.

Change Only Comes By Grace

I am not going to go into a detailed teaching about grace because it is not the main focus of this book. However it would be very unfair to you if I did not at least mention it because change in our life, including renewing our mind only comes by God's grace. All teaching in this book about changing your thinking in various areas must be built on a clear knowledge of grace. Earlier in this chapter I spoke about grace which means "God teaching us His principles." Here is the rest of the meaning of grace:

**God's grace is His power and ability that He gives us to change and do what He has called us to do.
We cannot change ourselves in our own strength and with our own effort and ability.
Only God can change us. If God doesn't do it, it won't be done.**

You need to understand that you cannot change yourself. Sometimes when people hear a message that they recognize as truth, they are so eager to apply it, and they move into the works of the flesh by trying to bring about the change in their own strength. One of the worst mistakes you can make after reading this book about changing your thinking in certain areas is to make the decision that you are now going to go on a mission to change yourself and your thinking (by your own human effort and ability). You may be able to keep this up for a day or two but sooner or later you will fail, and end up disappointed, discouraged, disillusioned and frustrated. I have certainly been round that mountain a few times in my life – trying and trying to change myself but just ending up frustrated. What I was doing was operating under the Law which the Bible says will always lead to frustration and eventually to disappointment and destruction. The Law is the opposite to grace.

Galatians 3 v 10: "And all who depend on the Law [who are seeking to be justified by obedience to the Law of rituals] are under a curse and doomed to disappointment and destruction, for it is written in the Scriptures, Cursed (accursed, devoted to destruction, doomed to eternal punishment) be everyone who does not continue to abide (live and remain) by all the precepts and commands written in the Book of the Law and to practice them."

One mistake you can make is to go on a mission to change yourself and your thinking by your own human effort and ability.

When we try to obey God and change ourselves into what the Bible says we should be with our own effort, we unconsciously put ourselves under the curse of the Law. We can make a law out of every word of the Bible if we do not know how to respond to it properly. Instead of seeing it as something we need to accomplish, we need to see it as the promise of what God will fulfill in us as we draw close to Him and trust Him to do it. When we put ourselves under the law by trying to change ourselves by our own effort, we set ourselves up for misery. This is because the Law has the potential to do one of two things: It can make us holy if we follow it perfectly. However no human being can do that so the second thing the law can do is to increase sin which leads to destruction. Chapters 2 and 3 in the book of Romans teaches us that God gave the Old Testament Law so that man would try to keep it and realize that he could not. This shows him his desperate need for a Savior.

Trying to obey God through our own striving and human effort is in vain – we end up frustrated and disappointed because every other day we keep failing and giving up. One meaning of the word frustrate is to prevent from obtaining a goal or fulfilling a desire. Just as Paul explained in Galatians 3 v 10 – we end up frustrated and eventually being destroyed by trying to live by the Law which is totally impossible for us to keep. We are trying to obtain a goal and fulfill a desire to change ourselves that is beyond our ability. The harder we try, the more miserably we fail. When we put all our energy and effort into something that is doomed to failure – the only possible outcome is frustration. And then all we know to do is to try harder, which only produces more frustration. This vicious cycle can only be broken by a revelation of God's grace.

Joyce Meyer also went through this. She gives the following testimony: "I became so sick and tired of being upset and frustrated that I regularly cried out, "Father, I can't do this anymore. I have done everything I know to do, and nothing is working. If anything is going to change, You are going to have to do it." When I said this I heard the Holy Spirit say, "Great! Now I can go to work. That is exactly what I have been waiting for – for you to stop trying to change yourself and start trusting Me to do it." ³⁷

I mentioned this scripture earlier: **Philippians 2 v 12 – 13: "Work out (cultivate, carry out to the goal, and fully complete) your own salvation with reverence and awe and trembling (self-distrust,**

with serious caution, tenderness of conscience, watchfulness against temptation, timidly shrinking from what might offend God, and discredit the name of Christ). [Not in your own strength] for it is God who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight.

As you read through the teaching in this book – there will be areas of wrong thinking and negative mindsets which will be brought to your attention that are causing your disease and problems with your health. The Holy Spirit will convict you of your need to change your thinking in these areas. However, you must not respond to that by trying to change yourself and become everything that the Word says you are supposed to be in your own strength and ability. Only the power of the Holy Spirit and God's grace can accomplish the change in you that is needed. This is such a powerful revelation: You and I cannot change ourselves – but we can spend time seeking the One Who can change us. That's the required action on your part – just to draw close to God, to love Him and to trust Him to do the sanctifying work in your heart. Joyce Meyer teaches that rather than trying to work the Word – you must let the Word work in you. You cannot use the power of your will to change yourself, but you can use your will power to spend time with God and in His Word. When you do this you put yourself into a position for Him to change you. No change is going to occur in your life if you are never in the Word and seldom spend time in God's presence.

The right way to respond to the teaching of the Word is to say, "Yes, Lord I agree with You, Your Word is truth and my life is not matching up to it. Your Word has become a mirror to me and I can see that I am wrong in this aspect and I ask for your forgiveness. I can see that I need to change my thinking in this area but I am powerless to do it without you Lord. Your Word says that I can do nothing apart from You (John 15 v 5). Father I acknowledge that I am totally dependent on You. I can only be what You empower me to be. I am trusting You to give me the grace, power and ability to do what You have called me to do. As I draw close to You and get to know You through time spent with You and studying Your Word, I'm trusting that You will change Me by Your grace – show me what to do and give me the power to do it." This is what it means to work out your own salvation – cooperating with the Holy Spirit as you allow Him to sanctify your heart by working out of you your fleshly carnal traits and working into you the character and mind of Christ.

You see, without God's grace being applied to our lives, we will never be able to have any lasting change in our thought life or any area for that matter. Although we often quote **Philippians 4 v 13: "I can do all things through Christ Who strengthens me"**, that is only true by the grace of God. Jesus said in **John 15 v 5: "Apart from Me [cut off from vital union with Me] you can do nothing."** God's grace frees us from all attempts to achieve anything or try to change ourselves in our own strength and human effort. When you let go and exchange trying for trusting, you'll see how God's dynamic power will transform your life as you simply yield yourself to receive His amazing grace.

Remember that God's grace does not cover sin so that it doesn't matter. Grace does not mean you can sin as you like and not worry about the consequences. That is a terrible misunderstanding about grace. Grace empowers you not to sin and to live a Godly life, which you cannot do in your own strength. God's grace also does not mean that you should never make any effort to achieve or accomplish anything in life. There is a proper effort that we are to put out as believers but this is an effort that is made through the power and grace of God at work within us. In other words, don't attempt to do anything without first asking for God's help. You must lean on Him the whole way through this process of renewing your mind and changing your thinking. You need to maintain an attitude that says apart from Him you can do nothing."

God's grace frees us from all attempts to achieve anything or try to change ourselves in our own strength and human effort.

Joyce Meyer gives a detailed teaching about grace in her book "If Not for the Grace of God". This book gave me a whole new revelation and understanding of God's grace as taught in the Bible, and it radically changed my entire approach and walk with God. If you want to know more about God's amazing grace, I recommend this book as a valuable teaching in establishing your foundation in your walk with God.

Just Do It!

The information and teaching in this book is only going to work if you **apply it by God's grace** – you have got to put it into practice. Grace doesn't mean that you just sit back and wait for God to do everything. You ask God for grace and then believe that you have it and get on with it! There is a required action on our part to receive God's blessings and healing. God does the work of healing in us but He requires our participation. The Holy Spirit cannot change something in your life unless you are prepared to make the change first. God is not going to change you or sanctify you against your will. You have got to work with God. For example, you decide whether you are going to forgive or not forgive. There is the kingdom of God and there is the kingdom of the devil and both are totally dependent on your decision. Choose this day what you whom you will serve and what you will have...life or death...blessings or curses.

Deuteronomy 30 v 19-20: "I call heaven and earth to witness this day against you that I have set before you life and death, the blessings and the curses; therefore choose life that you and your descendants may live and may love the Lord your God, obey His voice, and cling to Him. For He is your life and the length of your days..."

You cannot expect to be healed of your disease and continue in your disobedience and wrong sinful ways of thinking. For example you won't be healed of heart disease and allergies if you continue to operate with fear, anxiety and stress in your thought life. If you don't get around to learning who you are in Christ and choosing to see yourself as God sees you, you are not going to recover from autoimmune diseases such as type 1 diabetes and Rheumatoid arthritis and so on.

I have seen many people fail to apply this teaching in their lives because of procrastination. Procrastination is another form of disobedience. It is one of the devil's very clever age old tricks – by procrastination you allow him to rob you of a tremendous amount of what God has for you. I have been through this. One day I was sitting on my motorbike praying in the bush and God was dealing with me about this issue of procrastination in my life. This is how my conversation with God went: "Yes Lord, I agree that I've allowed the devil to rob me of your will in my life through procrastination. So I ask you for Your grace that from tomorrow I will not procrastinate!" Then I realized what I had just said and had a good laugh. Now, when the devil tempts me with thoughts of procrastination, I say, "Nah, I'll just do what God has called me to do today – and I'll procrastinate tomorrow."

God covers us to a greater degree when we are ignorant and really don't know what we are doing. However, once you have had this teaching and know what the right thing to do is and still do not do it, it puts you into a different arena. God still loves you but you have a greater degree of accountability. Knowledge gives us accountability.

In **Deuteronomy 1 v 2** Moses pointed out to the Israelites that they had taken 40 years to do a journey that should have only taken 11 days. Then in **verse 6** he said, **"The Lord says to us, you have dwelt long enough on this mountain. Go and take possession of the land that the Lord swore to your fathers."** How many times have you gone round the same mountain, dealing with the same problems month after month, year after year? We spend forty years making what could have been a much shorter journey if we had taken the time and effort to change our thinking and renew our minds according to God's Word (by God's grace!). Joyce Meyer preaches that the Israelites stayed in the Wilderness because they had a "wilderness mentality." Make a quality decision to not waste another day – choose to apply the Word and put

it into practice today so that you can possess the abundant life which includes divine health, that Jesus paid such a high price to give you.

James 1 v 22 and 25: "**But be doers of the Word [obey the Message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth].²⁵ But he who looks carefully in to the faultless law, the [law] of liberty, and is faithful to do it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience)."**

Renewing your mind and putting the Word into practice requires total commitment. It cannot be "hit and miss". Consistency is the key to your breakthrough.

Proverbs 4 v 20 – 22: "**My Son, attend to my words; consent and submit to my sayings. ²¹Let them not depart from your sight; keep them in the center of your heart. ²²For they are life to those who find them, healing and health to all their flesh."**

Other Bible translations of verse 22 say that God's words are **"medicine to all their flesh."** God has prescribed His Word for your healing and for your health. But medicine, even in the natural, won't work unless you take it according to directions. You could go to a doctor, get a prescription and take it home, set it on your bedside table and still progressively get sicker. You could call the doctor and say, "I don't understand it. I paid a lot of money for this prescription, but I'm getting worse." The doctor might ask, "Are you taking your medication according to the directions?" And you say, "Well, no, but I have it right here in the bottle by my bedside. I just haven't managed to get around to taking it because I've had a hectic week." It won't work just because it's in the bottle by your bedside. You've got to get it in you. And God's Medicine (The Bible and the teaching of His Word in this book) won't work just because it's on your bedside table. It will only work when you get it in you – when you get it into your heart and subsequently apply it to your life.

I cannot do anything more than you allow me. I cannot force the kingdom of God into you and I cannot force the other kingdom out of you. All I can do is bring you the Word of God and teach you His principles but it is up to you to put them into practice. I can show you the road that you need to walk on, but you are the one who has to walk it. I can take you to the water, but you have got to do your own drinking. God is the One Who will bring the healing, but the responsibility of renewing your mind is yours.

It doesn't matter how many times you go up for prayer or how many hours of counselling you sit through, you are only going to be set free when you renew your mind and change your way of thinking. There is no "quick fix" – it takes courage, hard work and determination along with God's grace and the help of the Holy Spirit to develop new mindsets and get rid of the old ones.

Renewing your mind and putting the Word into practice requires consistency, diligence, dedication and total commitment. It cannot be "hit and miss". Consistency is the key to your breakthrough: The Word, when consistently applied to your life will bring you victory over illness.

1 Timothy 6 v 12: "**Fight the good fight of the faith; lay hold of the eternal life to which you were summoned."**

Keeping our thoughts in line with God's Word and bringing every thought captive is a lifetime battle. As Joyce Meyer says, the mind is the battlefield on which we fight. Satan wages war in the realm of our thoughts because he knows that if he controls our thoughts, he controls us, our health and our destinies. Therefore as we live our lives and pursue our destinies, there will be times of fighting the good fight of faith, as we struggle against negative and toxic thoughts in our minds and hearts. If we win enough battles, we will win the war. Part of fighting the good fight of faith is recognizing the strategies of the devil and how he tries to build negative strongholds in our minds.

1 Peter 5 v 8 – 9: “Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a roaring lion [in fierce hunger], seeking someone to seize upon and devour. Withstand him; be firm in faith [against his onset – rooted, established, strong, immovable, and determined], knowing that the same (identical) sufferings are appointed to your brotherhood (the whole body of Christians) throughout the world.”

You will only think good thoughts if you think them on purpose.

James 4 v 7: “Submit to God, Resist the devil [stand firm against him], and he will flee from you.”

Resist the devil in your thoughts at the onset! You have full control over your mind. There are thousands of thoughts presented to you every day – you have to choose to think right thoughts on purpose and continue to choose right thoughts. You will only think good thoughts if you think them on purpose. As long as you are passive in your mind, Satan will torment you and fill your mind with all the junk that he wants to. Nothing is going to change in your life and health if all you do is sit and wish things were different. We often make the mistake of thinking that healing is a one way street. In other words we sit back and wait for God to do it all. Yes, God does have a part to play – only His supernatural healing power can restore those areas of your body that were irreversibly damaged by the disease. However God also requires your participation: it is your responsibility to repent of the sin behind your disease and purposefully change your thinking in that area. You have got to take action. Just do it!

Sometimes You Can't Do It Alone

Sometimes renewing your mind is not enough to produce your freedom from disease, because you need a little more help. In other words you need ministry. You need the help of your pastor or another anointed Christian who understands these principles of healing. You need somebody to come along side you who represents God and who uses the gifts of the Holy Spirit to deal with your problems in ministry. The Bible teaches us that the five-fold ministry was given to us by the Lord to equip, train and edify us so that we are able to do what God has called us to do:

Ephesians 4 v 11-12: “And His gifts were [varied; He Himself appointed and gave men to us] some to be apostles (special messengers), some prophets (inspired preachers and expounders), some evangelists (preachers of the Gospel, traveling missionaries), some pastors (shepherds of His flock) and teachers. His intention was the perfecting and the full equipping of the saints (His consecrated people), [that they should do] the work of ministering toward building up Christ's body (the church).”

1 Corinthians 12 v 7 – 10 identifies the gifts of the Holy Spirit that are available to us in the Church today: “⁷But to each one is given the manifestation of the [Holy] Spirit [the evidence, the spiritual illumination of the Spirit] for good and profit. ⁸To one is given in and through the [Holy] Spirit [the power to speak] a message of wisdom, and to another [the power to express] a word of knowledge and understanding according to the same [Holy] Spirit; ⁹To another [wonder-working] faith by the same [Holy] Spirit, to another the extraordinary powers of healing by the one Spirit; ¹⁰To another the working of miracles, to another prophetic insight (the gift of interpreting the divine will and purpose); to another the ability to discern and distinguish between [the utterances of true] spirits [and false ones], to another various kinds of [unknown] tongues, to another the ability to interpret such tongues.”

Why do we have the gift of miracles? Because some parts of our body do not heal once they are damaged by disease or trauma.

We need ministers in the church and we need to minister to one another under the oversight of the five fold ministry. We need people of God who are anointed by Him, who are filled with the Spirit and mature in the knowledge of the Word to help and edify the body of Christ so that we can be brought back to a place of health and wholeness. God intended that we heal each other through the gifts and through the work of the Holy Spirit. In James 5 v 14 it says, "Is any sick among you? Let him call for the elders of the church." However, the gifts of the Holy Spirit are not just aimed at the church leaders, but are also to be used by the people in the church. The leadership is there to set an example so that all the believers can do the work of the ministry. In other words the leadership and the saints are to be equally equipped. It is very clear in 1 Corinthians 12 that the body is to take care of the body in all matters of health.

Let's have a look at two specific gifts of the Holy Spirit – they were mentioned in 1 Corinthians 12 v 7 – 10 and also in **1 Corinthians 12 v 28: "And God has set some in the church, first apostles, second prophets, thirdly teachers, after that miracles, then gifts of healing, helps, governments, diversities of tongues."**

Two of the gifts of the Holy Spirit are the gift of healing and the gift of miracles. Why do we have the gift of miracles? Because some parts of our body do not heal once they are damaged by disease or trauma. When you cut your skin with a knife, for example, your body is programmed to naturally heal itself – a scab will form and eventually the cut is replaced with new tissue. Once the spiritual roots (toxic sinful thinking patterns) behind the disease are dealt with, the body will naturally heal itself of diseases like allergies, high blood pressure, depression, stomach ulcers and so on. There are parts of our body that heal normally when the cause (sin in our thought life) is removed. However there is some body tissue that cannot regenerate once it has been damaged. This includes the brain, the heart, nerves and other body organs. When these parts of our body are damaged, we are wasting our time praying for healing or trying to operate in the gift of healing because that body tissue cannot heal. If God is going to heal or regenerate something that cannot be regenerated, then what kind of gift would this take? The gift of miracles. How do we operate in the gift of miracles? First of all you are going to have to deal with the spiritual issues in the person's life that caused the disease. Then because it is not possible for that body tissue to heal, some believer like you and I that God wants to anoint in the gift of miracles needs to speak things into existence in the Name of Jesus expecting the Holy Spirit to do it. If you don't believe it then it will never happen through you because Jesus said, "According to your faith, be it done to you."

Matthew 9 v 29: "According to your faith and trust and reliance [on the power invested in Me] be it done to you."

Romans 4 v 17 says that God calls things that are not, as though they were, and thus brings them into being. The Amplified Bible says, "**God gives life to the dead and speaks of non-existent things that [He foretold and promised] as if they [already] existed.**" Now the Bible calls us to be imitators of God – when we're operating in the gift of miracles, we speak a creative miracle into existence and we do it in His Name. I have seen God do creative miracles in my own experience but I would like to illustrate the principle of the gift of miracles in three testimonies given by Henry Wright. I have used these testimonies because there is a meaningful lesson in each story:

"We had a case a year ago, right here in Georgia in an open church service, where God used me to grow a 14 year old girl's arm 5 inches. She injured it in a fall from a tree onto a concrete slab when she was 9 years old. She broke her arm in 7 different places and had severe internal injuries. Her growth plates in the bones were so damaged that her arm did not grow for five years from age 9 to 14. Operating in the gift of miracles, I spoke into her damaged bones in her arm that had been destroyed by the injury and in the Name of Jesus I commanded it to grow and God did it. We watched for two minutes and before our eyes God formed every bit of that arm, including fatty tissue. That one arm was just like the other one. We were speaking things into existence, calling things that are not, as though they were, in His Name."

One of the biggest fallacies in the Church today is that we are asking God to do it all. God has given you authority and you need to use it!

Here is another story: Henry Wright taught in a conference in Pine Town, Durban, South Africa. There was a man who attended who was in his sixties. When he was nine, his father asked him to do something but he misunderstood the instruction. He didn't do it just the way his father had asked him to and in a fit of rage his father hit him on the side of the head with a piece of steel. He hit him so hard he knocked him through a window of a second story building and he would have died if he hadn't fallen into a tree which broke his fall. When his father

hit him, it shattered his entire ear and destroyed his ear drum. He had not been able to hear since that trauma at age nine and he was in his sixties. During the conference Henry Wright taught the principle of separation which I shared with you earlier in this chapter. He explained that what made people act that way wasn't even them. When this man with the deaf ear realised that the anger and rage was not his father but sin or a being of rage and anger that had manifested through his father that did this damage, his heart opened to forgiveness. Now God will hold his father responsible for participating with sin and allowing the rage and anger to manifest through him. However, through understanding the principle of separation, the man was able to separate his father from his sin, and although he continued to hate the sin, he now had compassion for his father.

Later on in the conference Henry Wright lead the congregation in a prayer of repentance for bitterness and unforgiveness towards other people. This man began to repent to God for hating his father and for allowing hatred to manifest through him. Then in corporate ministry Henry Wright spoke a creative miracle to anybody that had deafness – he didn't lay hands on the man or touch him. He simply said, "In the Name of Jesus Christ I speak into that ear drum that was busted and deformed by the accident, injury, trauma and the horror, dread and anger. I command that ear drum to be formed, calling those things that are not as though they were in the gift of miracles...." All of a sudden the man interrupted Henry and said, "Pastor, I can hear! This ear has opened up – I can hear every word out of it!" And that day God restored the damage done by his father. Man and science cannot do this!

So can we speak a new liver into existence when the old one is cirrhotic and destroyed by the hepatitis C virus? Can we speak a new pancreas into existence because the old one was destroyed by diabetes? Can we speak a new area of the brain into existence because it was destroyed by a stroke? Can we speak new nerves into existence because the old ones were destroyed by autoimmune diseases like multiple sclerosis? Can we speak a new heart into existence in the Name of Jesus because the old one was destroyed by a heart attack? Yes we can. The reason it is not happening is because we are not doing it. One of the biggest fallacies in the Church today is that we are asking God to do it all. God has given you authority and you need to use it! The Bible says that those who believe shall do in His Name (Mark 16 v 17 – 18). But we often hear people pray, "Lord please do this for me, please do that..." You do it in Jesus Name! You speak to that damaged part of the body and command it to become whole in Jesus Name!

Let's have a look at one more story: Henry Wright held a 3 day conference in White River in South Africa. In his conferences he asks the members of the audience to write down what diseases they have and put it in a box. His wife then makes a list of the diseases and at the end of the conference he explains what the spiritual roots behind those specific diseases are and ministers to the people who need it. Just as he was going into the ministry time, he heard the word "scoliosis" very strongly in his heart. When he asked his wife how many cases of scoliosis were on the list, there was not one. So he asked the audience, "Who here has scoliosis and didn't turn it in?" The lady who had it didn't hear him say that because she was not paying attention. Henry Wright then said again, "Excuse me, why is God putting the word 'scoliosis' in my heart? Who here has a short leg?" Then she heard him and put up her hand. Henry asked her, "Why did you not turn it in?" She said, "Well, I'm 60 years old, I've had this problem all my life and I'm just used to

it." There are many people like that who have had an illness for so long that they have just accepted it as part of them...and that should not be!

The curve in this lady's spine was so bad that when she brought dresses she had to have the hem cut so that the dress would hang level on her body. Henry Wright invited her up to the stage so he could minister to her. This lady didn't think that she would be healed – she had already resigned herself to co-habitation with the enemy. But God decided to interfere with her. He wanted to show her some love.

Henry Wright asked the audience, "How many of you have never seen a miracle of healing in your life?" 90% of the audience raised their hands. So Henry invited them to form a circle around him to watch. Scoliosis is caused by an evil spirit that comes through personal or inherited strife and conflict – this is explained further on page 627.

In the Name of Jesus, Henry cast out the spirit of scoliosis and he commanded her spine to straighten. He was holding her ankles while she sat on a chair as a measure to see how curved the spine was. Slowly over 2 minutes you could see Henry's knuckles coming closer together as her spine straightened but then it stopped. He sensed that the spirit of doubt and unbelief had come. Do you know that unbelief and doubt can even take away the power of God?

So Henry commanded unbelief and doubt to go in the Name of Jesus and then her spine continued to straighten. Eventually his knuckles came in line and then Henry knew that she had been healed. The people in the audience were crying because they watched it happen. She got up and walked with no limp – her hips and her shoulders were now level and back in balance. That night in White River the great God that we serve straightened a woman's spine for His glory. Later the woman came with her husband to Henry and said, "You know, I didn't know that God loved me so much that He would heal me even though I didn't believe." Henry Wright said "Yes, but when God spoke to me and told me to address the issue of scoliosis, and it was you, I operated in one of the gifts of the Holy Spirit which is the gift of faith...I took it over for you and you caught up."

Apart from illustrating how the gift of miracles is applied in practice, this story highlights an important principle and that is that you must mix faith with the Truth you are being taught. If you do that you are like Father Abraham – you are a friend of God. Father Abraham was called a friend of God, not because he was sinless but because He believed God (Isaiah 41 v 8; James 21 v 23).

In the story about the man whose ear was healed – when he realized that he had been serving the sin of bitterness and unforgiveness towards his father, he repented. If you have got some sin issues that you have been serving, be a man or woman after God's own heart like David – repent and get it out of your life.

Is there any higher honor than to be known as a friend of God and a man after God's own heart? I hope your heart is opening in hope and faith to the possibility that you can be healed.

You Need To Have Faith For Your Healing

Mark 11 v 22-24: **"²²And Jesus said to them, Have faith in God [constantly]. ²³Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! And does not doubt at all in his heart but believes that what he says will take place, it will be done for him. ²⁴For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will [get it]."**

Even though I am teaching you all these principles about healing, there is no guarantee that anything will happen because if I could guarantee it, you wouldn't need faith would you? Faith is vital for you to receive healing or anything else for that matter from God.

James 5 v 14 – 16: “Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord’s name. And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working].”

When Jesus performed miraculous healings He often said to the person He healed, “Your faith has healed you.”

Matthew 9 v 27 – 29: “As Jesus passed on from there, two blind men followed Him shouting loudly, Have pity and mercy on us Son of David! When He reached the house and went in, the blind men came to Him, and Jesus said to them, Do you believe that I am able to do this? They said to Him, Yes, Lord. Then He touched their eyes, saying, According to your faith and trust and reliance [on the power invested in Me] be it done to you.”

Matthew 9 v 20 – 22: “And behold a woman who had suffered from a flow of blood for twelve years came behind Him and touched the fringed of his garment; for she kept saying to herself, If I only touch His garment, I shall be restored to health. Jesus turned around and, seeing her, He said, take courage, daughter! Your faith has made you well. And at once the woman was restored to health.”

Luke 17 v 12 – 19: “¹²And as He was going into one village, He was met by ten lepers, who stood at a distance. ¹³And they raised up their voices and called, Jesus, Master, take pity and have mercy on us! ¹⁴And when He saw them, He said to them, Go [at once] and show yourselves to the priests. And as they went, they were cured and made clean. ¹⁵Then one of them, upon seeing that he was cured, turned back, recognizing and thanking and praising God with a loud voice; ¹⁶And He fell prostrate at Jesus’ feet, thanking him [over and over]. And He was a Samaritan. ¹⁷Then Jesus asked, Were not [all] ten cleansed? Where are the nine? ¹⁸Was there no one found to return and to recognize and give thanks and praise to God except this alien? ¹⁹And He said to him, Get up and go on your way. Your faith (your trust and confidence that spring from your belief in God) has restored you to health.”

What is faith? Well the Amplified Bible defines it like this: “**The leaning of the entire human personality on God in absolute trust and confidence in His power, wisdom, goodness and in His Word.**” (Colossians 2 v 5). Confidence and faith are practically synonymous – sometimes they can be interchanged without losing the context of what is being said. There are many long and fancy definitions of faith but it all boils down to: “Faith is confidence in God.” Faith is the act of knowing that if God says He will do something, He will do it. Even if it does not look as though He is doing it right now, it will come to pass in His timing, if we remain confident in Him. We need to have an attitude like this: “God’s Word says it, I believe it, that settles it.”

You have got to believe that God will heal you when you pray and ask Him to.

The world’s way is to “See and then they will believe,” in other words they only believe what they see. However in God’s kingdom, He says that we are to believe first – and then we will see the results. The physical manifestation will come only after we have believed, not before.

Hebrews 11 v 1 in the King James Bible says that faith is the substance of things hoped for, the evidence of things not yet seen.

Hebrews 11 v 1: “Now faith is the assurance (the confirmation, the title deed) of the things [we] hope for, being the proof of things [we] do not see and the conviction of their reality [faith perceiving as real fact what is not revealed to the senses].”

In Hebrews chapter 4 it says that the Israelites under the leadership of Moses and Aaron did not enter the Promised Land because of their doubt, unbelief and disobedience. The same gospel that was preached to them is preached to us.

Hebrews 4 v 2: "For indeed we have had the glad tidings [Gospel or God] proclaimed to us just as truly as they [the Israelites of old did when the good news of deliverance from bondage came to them]; but the message they heard did not benefit them, because it was not mixed with faith (with the leaning of the entire personality on God in absolute trust and confidence in His power, wisdom and goodness) by those who heard it; neither were they united in faith with the ones [Joshua and Caleb] who heard (did believe)."

Even Jesus was not able to help the people in His home town of Nazareth because of their doubt and unbelief.

Mark 6 v 5-6: "And he was not able to do even one work of power there, except that He laid His hands on a few sickly people [and] cured them. And he marveled because of their unbelief (their lack of faith in Him)..."

In Mark 5 v 36 – 42 Jesus went to raise a little girl from the dead. There were a lot of people in the house getting ready to have a funeral and Jesus walked in and said, "She's just asleep." They laughed at him and mocked him. Jesus chased all of those people out because He knew that their doubt and unbelief would undermine His power and ability to heal. If Jesus could not help people because of their unbelief – then I certainly can't help you if you are filled with doubt and unbelief, no matter how much faith I have. If you have faith – then your faith mixed with my faith will grow into a crescendo that will move the hand of God. But if there is doubt and unbelief in your heart, I am going to stagger under it and I won't be able to help you much. You have got to believe that God will heal you when you pray and ask Him to.

Many people struggle with faith. Some have even been told that they were not healed because they don't have enough faith. I've even heard some say, "When I have more faith, more people will be healed when I pray for them." I partially disagree with that statement because true heartfelt repentance is what is primarily necessary as a prelude to healing, as I hope I have already proved to you. You do need faith for healing... but you have enough faith! Romans 12 v 3 says that each one of us has been given a measure of faith by God. Jesus said that all you need is faith the size of a mustard seed!

Matthew 17 v 20: "For truly I say to you, if you have faith [that is living] like a grain of mustard seed, you can say to this mountain, Move from here to yonder place, and it will move; and nothing will be impossible to you."

In Mark chapter 9 a man brought his son who had epilepsy to Jesus. Verses 22 – 24: ²²...But if You can do anything, do have pity on us and help us. ²³And Jesus said, [You say to Me], If You can do anything? [Why,] all things are possible to him who believes! ²⁴At once the father of the boy gave [an eager, piercing, inarticulate] cry with tears, and he said, Lord, I believe! [Constantly] help my weakness of faith!" This man was honest about his weakness in faith and Jesus immediately acted on his behalf and healed the boy. You can be honest with God – know He is compassionate and will meet you where you are at. You can always pray, "Lord increase my faith." However, you have enough faith – God has given you a measure of faith (Romans 12 v 3) – you just need to step out and use it.

God has given you a measure of faith - you just need to step out and use it.

Luke 17 v 5 – 6: "The apostles said to the Lord, Increase our Faith (that trust and confidence that spring from our belief in God). And the Lord answered, If you had faith (trust and confidence in God) even [so small] like a grain of mustard seed, you could say to this mulberry tree, Be pulled up by the roots, and be planted in the sea, and it would obey you."

People often pray for "great faith" yet they do not understand that faith grows by stepping out in a challenge and doing something they do not fully understand or have experience with. Nobody is automatically a person of great faith – faith becomes great through experience. Faith is like a muscle – it only grows when you use or exercise it. When the disciples asked Jesus to increase their faith, He responded by encouraging them that all they needed was faith as small as a mustard seed. Joyce Meyer teaches that if you have any faith, you will plant it by doing something in action based on your trust and confidence in God. One of the ways we release our faith is by doing something God asks of us. Faith often requires us to take action – it's a choice. The disciples were doing nothing in the situation and yet they wanted great faith. There are times when God wants us to wait on Him to take action for us – so we have to be sensitive to the leading of the Holy Spirit. However we need to understand that trust is active rather than passive. The more you step out and put it into practice, the more your faith will increase. Furthermore, get into the Word because faith also comes from hearing the Word of God.

Romans 10 v 17: "Faith comes by hearing, and hearing by the Word of God." (KJV). It is interesting to know that medical research on the brain has found that your brain learns three times more quickly if you hear information being spoken than if you just read it.

Be Careful of Doubt

Often when a person is healed by the power of God, a battle begins within the person. Satan gets in the door by putting doubt in the mind. God's Word is definite about healing and you must rely on it by faith when Satan brings doubt. At times a demonic presence will manifest itself after healing and the healed person will become aware of a symptom of the former illness. Don't believe it! Speak out the Word in faith instead, "Thank You Lord that by the stripes of Jesus I am healed" (Isaiah 53 v 5). You either have it or you don't have it!

James 4 v 7: "Submit to God, Resist the devil [stand firm against him], and he will flee from you."

When the symptoms of the disease try to come back, just stop and apply the principles you learnt to be healed the first time and the symptoms will go.

Faith Works By Love

So now I've expressed to you the importance of obedience and faith for receiving your healing. However there is something vitally important for you to understand...faith works by love.

Galatians 5 v 5 - 6: "For we, [not relying on the Law but] through the [Holy] Spirit's [help], by faith anticipate and wait for the blessing and good for which our right standing with God [our conformity to His will in purpose, thought, and action, causes us] to hope. For [if we are] in Christ Jesus, neither circumcision nor uncircumcision (i.e. the law) counts for anything, but only faith activated and energized and expressed and working through love."

If you want mountain moving faith...be radical and outrageous in your love walk!

If you want mountain moving faith that births radical and outrageous blessing in your life...be radical and outrageous in your love walk! The converse is also true: if you are not operating in the fullness of love, then your faith will not operate to its fullest capacity. Do you want perfect faith? Go and learn about love in 1 Corinthians 13 and apply it to your life. When you begin to walk the love walk, your faith will be perfected. It is useless to speak out faith confessions like, "I thank You Lord for my healing – By the stripes of Jesus I am healed (Isaiah 53 v 5)" if you are treating your spouse or your fellow brother in Christ like dirt. It's just not going to work, because faith works

by love! If you are speaking a faith confession over your life that "The Lord is going to meet all my needs according to His riches in glory (Philippians 4 v 19)" but you are a gossip, slanderer and division maker who perpetually lives in strife, you may as well forget that faith confession and find a way to meet that need yourself. You have cut the life line between you and God because you are violating the law of love.

Some of the worst things that have happened to a person have not been a gun shot, or a hit with the fist or a stab with a knife. They have been the result of the sharp tongue of other Christians! Those same individuals who take their tongue and cut somebody to pieces will come to church the next Sunday and testify about how much they love God. They will quote the Word of God and say, "My God shall supply all my needs. By His Stripes I am healed." They make all the right confessions and wonder why no money comes in and why sickness stays with them. You can make all the confessions you want to and quote the Bible day and night, you can fast and pray – and still not get anything if you're not operating in love. Yes faith confessions are good – in several places in this book I encourage it. But if you stop and find out where you can love more, you will begin to see your faith work more. Remember it all starts in your mind – don't meditate on negative thoughts about anybody because that will hinder your love walk, which will then hinder your faith – which will then hinder you from receiving your healing from God. Can you afford not to walk the love walk? Can you afford to live in strife? Can you afford to hold onto that bitterness and un-forgiveness? Can you afford not to love yourself?

1 John 3 v 14: "We know that we have passed from death to life because we love one another. Whoever does not love one another abides in death."

Jesus showed the ultimate love when He took a piece of bread at the Last Supper, dipped it into the common dish, and fed it to Judas with his fingers (John 13 v 26), whilst knowing that this is the man who would betray Him! That is love. According to the custom of their day, the highest act of love one could perform was to feed bread like this with your fingers to a friend. This is the bottom line – if you are not walking in love, your faith will not work and you will not receive your healing...because faith works by love. When you get your life and your actions lined up with the Word of God, and you place a strong guard on your tongue, you will find the love walk becoming automatic. Then it will dawn on you that while you are walking the love walk, you are not struggling with your faith, you are not striving to receive your healing, it is happening automatically as you walk in love. Your faith is strong, and faith works by love – God's love – this is the God kind of faith and the love that conquers all.

What Do We Do When We Are Not Healed?

There are many people who have believed God for healing for years but are still not healed. Often they think God doesn't love them because if He loved them He would heal them. As a result they are angry or disillusioned with God. The problem is that they have no knowledge about what caused their disease. The correct statement is not "If God loved you He would have healed you", it is "If you loved God you would keep His commandments (John 14 v 15)."

When healing doesn't come, it is not time to pray for the person more, it is time to disciple the person more.

When we aren't healed, what do we do? Do we become disillusioned and go into doubt and unbelief? Do we go and hide and become atheists? Do we rewrite the Bible and make a new doctrine or theology to excuse or explain it? Shall we say that God doesn't heal today? Shall we say that healing passed away with the apostles 2000 years ago? What about Paul's thorn in the flesh – He had a sickness that God would not heal? Shall we say that God didn't want to heal that person because their time on earth was up? Shall we then say that the person didn't have enough faith? When people are not healed, there often is a reason but it includes none of the above theologies... allow me to explain why in the following pages.

We create wrong theologies by lack of knowledge, quoting scripture out of context and twisting the truth of their meaning to accommodate our mindset. I've learnt something as a believer – I don't change the Word of God to meet my mindset. I change my mindset to meet the Word of God. If I don't understand something, I don't change the Word of God to meet my ignorance. I hold out until God reveals the depth of what that scripture means.

You see, it is extremely discouraging for pastors to minister to people, to pray the prayer of faith and anoint people with oil and not see any results. As you know less than 5% of the people they pray for are actually being healed. So because they don't understand why the people are not being healed and they don't search the Bible to find out why, they create doctrines of unbelief and then they teach their people to believe it so that they don't have to be responsible for the failure any more. Well I've decided to be responsible for the failure because I've decided to be my brother's keeper and to bare my brother and sister's burden. The Bible says that when one member of the body hurts, the whole body hurts (1 Corinthians 12 v 26). When you hurt, I hurt.

Psalms 103 v 3 says that God wants to heal all of our diseases – every single one! And as a doctor and a woman representing God to the best of my ability, I think that is a proper goal to aim for. Just because we have not yet achieved what the scriptures teach, I am not going to make up doctrines about why God cannot forgive you or heal you. Furthermore, in the following pages I am going to have to challenge many of these incorrect teachings and denominational clichés about healing because they can be another form of unbelief which has the potential to block you from receiving your healing and that can ultimately cost you your life.

When I pray for somebody and they don't receive their healing, I go back to God and search His Word and ask Him why the devil still holds the person captive at his will. It is not time to pray for the person more, it is time to disciple the person more. It's time to get involved and find out where that door point is that is giving satan the legal right to still be there. Remember I explained earlier that the curse without a cause does not come (Proverbs 26 v 2). If you pray for somebody in Jesus' Name and God does not heal them through you, it is not because God does not want to heal the person or because He can't – it is because the disease still has a legal right to be there – there is either a spiritual root (a sin problem that has not been dealt with) or a block to healing (some of which are mentioned in the chapter on page 715). If you are not healed, go before God and ask Him to show you if there is anything in your life that is blocking you from receiving His blessing. I've given you enough teaching in this book to get you going.

There are many areas in your life where you are serving and obeying God. However, there are other areas where you are serving sin and those are the areas that are giving you problems. People may be born again Christians but God is not always Lord of all in their lives. Jesus not only wants to be our Savior, He also wants to be our Lord because when He is Lord of all in your life satan cannot touch you (1 John 5 v 18). If you minister to somebody and the Lord doesn't heal them, it is because He's not their Lord in a specific area. For example, I have a close friend who genuinely loves God and her passion for Him inspires me. However she had osteoporosis because she was serving the sin of jealousy and envy. Her husband had had an affair and she spent years envying this other woman in her heart. So although she was loving and serving God, there was an area of her life where He was not Lord and therefore, despite being prayed for she was not healed. As soon as she repented, God instantly healed her and her back that had been curved as a result of the osteoporosis straightened.

God doesn't want to share you with sin because although He wants to, He can't bless your life. In other words you can't expect to serve sin and still be blessed. If you serve sin, the law of sin shall rule you. If you serve God, the law of God shall protect you.

There is no point in doing any ministry at any level until you have first disciplined the person. I see so many people trying to heal people through so many modalities of ministry to the soul and the body with-

out ever discipling them about the sin issues behind their diseases. For example the deliverance ministries used to take people and shout at them in the Name of Jesus but those evil spirits had every right to the person's life. Just because you see evil in a person, it does not mean that it has to go because you show up and go "Boo!" That person has to take away the legal right for the devil to be there through heartfelt repentance first. Many people want to be free but they are not truly repentant – they don't really want to change. Many deliverance ministries failed because they tried to deliver people without discipling them. They tried to drive out a kingdom which still had a legal right to be there because of unrepented sin and so all it was, was a noisy mess. However, just because there was abuse and misuse of one of the gifts of the Holy Spirit which is discernment of spirits, it does not mean there is not a correct approach. When we have disciplined properly and the person is repentant, that evil spirit has to leave.

We need to identify the strongholds in our lives that are keeping us from God's healing. Throughout this book I am going to be explaining many diseases, and I will tell you why people have that disease and what it is going to take to move the hand of God and get healed (I'm not talking about manipulating God, I'm talking about lining up with His Word so that you are in a position to receive from Him). There are conditions to healing. You don't just receive healing by stomping in and making demands – the condition is obedience, repentance of sin and sanctification of the heart.

Blowing Great Misunderstandings About Healing Out of the Water

1. Misunderstanding: Disease Gives God Glory, It Brings Us Closer to God, or it is His Chastening

Henry Wright tells the story of a man whom he met: "The other day someone said, "Pastor, I believe God gave me my disease. I'm closer to Him because of it. I just believe my disease is from God – it just teaches me how to be humble. It's my thorn in the flesh, but His grace is sufficient for me. I believe this disease is God working me over. It's His chastening." Henry Wright then asked him if he was going to the doctor and the man said, "Oh, yes." Henry Wright then asked, "Why are you going to a doctor?" He said, "So I can get well." Henry Wright replied, "You hypocrite! How dare you interfere with God's will in your life by going to a doctor?" Now Henry Wright was obviously being sarcastic but I hope you got the point. It's amusing to hear people giving God the glory for disease but are going to the doctor to try to be healed. It just shows the shallowness and hypocrisy of that theology. Why is it hypocritical? Well if God gave you something, why would you go to the doctor to get rid of it? I cannot believe how many Christians believe that their disease is from God. God is the author of life, not death. If you believe that your disease brings you closer to God, then my answer is that it is a shame that it took a disease to get you closer to Him.

Those that are teaching that disease brings God glory obviously do not have a clue about the character of their God!

John 9 v 1 – 3: "As He passed along, He noticed a man blind from his birth. His disciples asked Him, "Rabbi, who sinned, this man or his parents, that he should be born blind?" Jesus answered, "It was not that this man or his parents sinned, but he was born blind in order that the workings of God should be manifested (displayed and illustrated) in him."

There are complete church denominations that have taken this verse and used it to prove that disease is for the glory of God. No – read it again. It was the healing of the disease that was for the glory of God. Jesus didn't stop and not heal the blind man. If the disease had been for the glory of God, Jesus would have backed off and said, "Sorry, I can't heal you this time because this disease is for the glory of God." No He miraculously healed him and that gave God glory. God was not glorified by his sickness. That is a great

misconception in the church today – people think that they are a testimony by bringing God glory in their suffering, pain and illness. No! Why are we giving God the glory for disease when it was the devil who put it there? God is not glorified in your suffering, pain and sickness – He's glorified when you are healed and enjoying divine health. The word "glory" means a manifestation of God's character. So those that are teaching that disease brings God glory obviously do not have a clue about the character of the God that they serve because disease is not a manifestation of God's character.

If disease brings glory to God, and if disease is from God, then Jesus was the greatest rebel against His Father that I have ever seen. According to the Bible He healed people and cast out devils everywhere He went. Not once did He say, "This disease is from God to draw you closer to Him, to be a testimony to others and to give Him glory. So make the most of it."

Acts 10 v 37 – 38: "The [same] message which was proclaimed throughout all Judea, starting from Galilee after the baptism preached by John – How God anointed and consecrated Jesus of Nazareth with the [Holy] Spirit and with strength and ability and power; How He went about doing good and, in particular curing all who were harassed and oppressed by [the power of] the devil, for God was with Him."

King James Bible; "**How God anointed Jesus of Nazareth with the Holy Ghost and with power, who went about doing good, and healing all that were oppressed of the devil; for God was with Him."**

1 John 3 v 8: "... The reason the Son of God was made manifest (visible) was to undo (destroy, loosen and dissolve) the works the devil [has done]."

Now I don't know what gospel you preach, but the above scriptures describe the Lord I know and that is the Gospel I preach. Somebody once said something to me concerning a Christian woman who was in a wheel chair. Although she was prayed for many times, she was still not healed. In an attempt to explain this he said, "Well maybe it's not God's will for her to be healed. Maybe she's meant to be a testimony to other people in wheel chairs." This is a terrible misunderstanding. That is just like saying, "Well Adolf Hitler didn't give his life to the Lord but maybe he was meant to be a testimony to other people who are unsaved." As I said earlier, the world will come to a well church that is enjoying divine health faster than it will come to a sick church. You have got to know who to blame and who to glorify. Satan gets the blame for sickness and God gets the glory for healing and freedom. According to Deuteronomy chapter 28 disease is part of the curse. Nowhere do I read that disease is part of the blessings to glorify God. The curse is brought by the devil. The devil and the curse which includes disease do not glorify God.

You have got to know who to blame and who to glorify. Satan gets the blame for sickness and God gets the glory for healing and freedom.

There is no such thing as separation of sickness and disease from Satan.

Jesus' attitude toward sickness and Satan was to uncompromisingly resist him. Since sickness and disease are of the devil, I have decided to follow in the footsteps and attitude of Jesus and deal with them as Jesus did.

Earlier I made this point about churches who are teaching that disease is from God and I am going to repeat it here: In the medical field they have identified fear, anxiety and stress as the cause for over 100 incurable diseases (this is explained in detail in the chapter on page 178). In 2 Timothy 1 v 7 God said that He has not given you the spirit of fear, but of power, love and a sound mind. So fear does not come from God and therefore diseases caused by fear do not come from God. Nor do any other diseases come from God. Here is why:

Exodus 15 v 26: "If you will diligently hearken to the voice of the Lord your God and will do what is right in His sight, and will listen to and obey His commandments and keep all His statutes, I will put none of the diseases upon you which I brought upon the Egyptians, for I am the Lord Who heals you."

Deuteronomy 7 v 15 "And the Lord will take away from you all sickness, and none of the evil diseases of Egypt which you knew will He put upon you..."

In these two scriptures God said that if you're walking in obedience, He will take away all sickness and He will put none of the diseases of Egypt upon you. He said that diseases are evil and they are from Egypt. Egypt is not heaven. Egypt represents the kingdom of satan and his rulership in the earth as the god of this world.

James 1 v 13 – 17: "13Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither does He tempt any man: 14But every man is tempted, when he is drawn away of his own lust, and enticed. 15Then when lust conceives, it brings forth sin: and sin, when it is finished, brings forth death. 16Do not err my beloved brethren. 17Every good and perfect gift is from above, and comes down from the Father..."

The above scripture is saying that God is not the author of evil. Therefore He is not the author of disease because disease is evil according to Deuteronomy 7 v 15. So anybody who is saying that disease is from God is making God the author of evil and they need to get out of the ministry because their Biblically incorrect teaching is instilling a mindset into God's people that is costing them their lives... and as a medical doctor and servant of the Lord who is in the business of saving lives, I am not afraid to stand up and say that. I want to tell you something with great authority - God is not trying to kill you. God said in 3 John v 2, "Beloved, I pray that you will prosper and be in health, even as your soul prospers."

Because of ignorance and incorrect teaching the Christian church is filled with disease and it is filled with sin.

It's about time that God's people in the church started having a heaven of a day and not a hell of a day.

Isaiah 5 v 13 – 14: "My people are gone into captivity, because they have no knowledge: and their honorable men are famished, and their multitude dried up with thirst. Therefore hell has enlarged herself, and opened herself without measure..."

Isaiah 5 v 14 says that hell has enlarged herself and opened up her mouth without measure and swallowed up God's people right into it. Why? Verse 13 tells you - His people have gone into captivity because they have no knowledge. Hosea 4 v 8 says that we perish for lack of knowledge. If you do not have knowledge as a believer then you don't know what heaven represents. Therefore what is coming your way is what hell represents. Because of ignorance and incorrect teaching the Christian church is filled with disease and it is filled with sin.

When it comes to God's discipline and chastening, He does not put a curse or disease on us - He simply lets us face the consequences of our disobedience. I explained earlier in this chapter that God does not put evil on us, He simply gives us over to the ways of our own heart until we have had enough of our problems. When the Israelites in the Old Testament disobeyed and rebelled against God, He allowed them to go into the bondage and captivity of their enemies. The curse came as a consequence of their disobedience. When they turned back to God, cried out to Him and repented, He would end their captivity and bless them. When we recognize the sin in our lives through the washing of the water of the Word and the conviction of the Holy Spirit - and we repent, He is faithful and just to forgive us and to cleanse us from all unrighteousness (1 John 1 v 9) and we are set free from the bondage of our disease. The bottom line is God is not going to let you stay serving sin and still have blessings.

2. Misunderstanding: It Might Not Be God's Will to Heal Because the Person's Allotted Time on Earth is Up

Yes there does come a time where our allotted time on earth is over – but do you think God needs the devil's help and a disease to get you to heaven? Do you think that God needs to torment you and allow you to suffer with disease so you can get to heaven? Why have we become so acclimatized to this kind of thinking that we have to die and move into Glory because of a disease? This goes against everything

There does come a time where our allotted time on earth is over – but do you think God needs the devil's help and a disease to get you to heaven?

that I have seen in the Bible. I say that we have been lied to! Where did euthanasia come from any way? I think we've bought into the fatalistic thinking of the world and it should not be. According to Deuteronomy chapter 28 sickness is a curse and having your life cut short is a curse. When we are living right before God, we don't need the curse to get us to heaven.

Often when I have said that God does not need a disease to get us to Heaven, people have facetiously replied, "Well then how are you going to die? You've got to die some how." Abraham, Isaac, Jacob and Joseph lived a full, long life. When their time was up the Bible says that they simply breathed their last breath and died (Abraham – Genesis 25 v 8; Isaac – Genesis 35 v 29; Jacob – Genesis 49 v 33; Joseph – Genesis 50 v 26).

For example, in **Genesis 49 v 33: "When Jacob had finished commanding his sons, he drew his feet up into the bed and breathed his last and was gathered to his people."**

Abraham, Isaac, Jacob and Joseph and many others in the Bible did not die of a disease so why should it be any different for us today? The first major change in mindset is that God does not need a disease to get us to heaven. We can enjoy divine health right up until the second our allotted time on this earth is up and the Lord comes to take us, and in an instant our spirit is with Him in Glory. The second major shift that is needed in our mindset is that our allotted time on earth is only up after at least 120 years! Allow me to explain:

Psalms 90 v 12: "So teach us to number our days, that we may get us a heart of wisdom."

In the garden of Eden, man was originally meant to live forever. However, after the fall of man when Adam and Eve sinned, God gave man a limited life span.

Genesis 3 v 19 and 22 – 23: "19In the sweat of your face shall you eat bread until you return to the ground, for out of it you were taken; for dust you are and to dust you shall return. 22And the Lord God said, Behold, the man has become like one of Us [the Father, Son, and Holy Spirit], to know [how to distinguish between] good and evil and blessing and calamity; and now, lest he put forth his hand and take also from the tree of life and eat, and live forever – * 23Therefore the Lord God sent him forth from the Garden of Eden to till the ground from which he was taken."

*The note in my Amplified Bible says that the sentence at the end of verse 22 is left unfinished, as if to hasten to avert the tragedy suggested of men living on forever in their now fallen state. Up until Genesis chapter 6 the people lived for hundreds of years. For example Adam lived for 930 years, Adam's son Seth lived 912 years, Seth's son Enosh lived 905 years, Enosh's son Kenan lived for 910 years, Methuselah lived for 969 years and so on. When God saw that the wickedness of man was great on the earth, and that every imagination and intention of all human thinking was only evil continually (Genesis 6 v 5), He shortened the life span of man to 120 years.

Genesis 6 v 3: "Then the Lord said, My Spirit shall not forever dwell and strive with man, for he also is flesh; but his days shall yet be 120 years."

Moving onto **Psalm 90 v 10: "The days of our years are three-score years and ten (seventy years) – or even, if by reason of strength, four-score years (eighty years); yet is their pride [in additional years] only labor and sorrow, for it is soon gone, and we fly away."**

Psalm 90 is credited to Moses, who was interceding with God to remove the curse which made it necessary for every Israelite over twenty years of age to die before reaching the Promised Land because they rebelled against God at Kadesh-barnea (Numbers 14 v 26 – 35). Moses said most of them were dying at seventy years of age. This number has often been mistaken as a set life span for all mankind. It was not intended to refer to anyone except those Israelites under the curse during that particular forty years. Seventy years have never been the average life span of humanity. In fact, Moses himself lived to be 120 years old, Aaron lived to be 123, Miriam several years older and Joshua 110 years of age.

In Genesis 6 v 3 God set the life span for man as 120 years and it has not changed since then.

In Genesis 6 v 3 God set the life span for man as 120 years and it has not changed since then. I encourage you to teach this to your children from when they are small – tell them that they are going to live to 120 years of age. The reason is you are what you believe. Jesus said, **"According to your faith be it unto you." (Matthew 9 v 29).**

It is not unrealistic for the human body to live 120 years in divine health. Did you know that apart from sin and disease, the human body is designed to regenerate itself? For example your bones regenerate and are totally replaced every 20 years. Certain parts of your skin are replaced every 7 years and the lining of your intestines is replaced every 3 days⁴⁷. God has created your body to live for 120 years without disease. Aging is not a disease and God does not need a disease to get you to heaven.

The human body is designed to live 120 years and anything less than that is a curse. A life cut short because of a disease is a curse (Deuteronomy chapter 28). Now I am not judging or condemning anybody that dies at an age less than 120 years as the reason why is none of my business. However I am going to believe God for a long life of at least 120 years (if Jesus doesn't come before then) because I want to touch as many lives for God as I can. I want to be one of the 11th hour harvesters that spread the Lord's Gospel to the ends of the earth. And what about you? If the Israelites were living to 70 years of age in their disobedience, imagine how long you could live for God in your obedience!

I've heard many people say, "Oh, I'd hate to live until 80 or 90 or 100." As soon as they said that they spoke a curse over themselves. They are going to have what they said. Your words shape your world because they have creative ability. What you confess over yourself is what you will become. What you confess over your life is what your life will become. You must never underestimate the power of your words because in **Proverbs 18 v 21** it says that: **"Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life]."**

The reason that people say they don't want to live to such an "old age" is because they envision in their minds an old person who can hardly see or hear, who is bent over and can hardly move, full of aches and pains. Remember I explained in the previous chapter that what you think is what you get. Proverbs 23 v 7, "As a man thinks in his heart, so does he become." You are only as old as you think you are. My grandfather is 82 years old but he does not think of himself as old at all. He is physically active, he walks several kilometers a day whilst at work on his farm and he has a blood pressure as good as that of a 20 year old man. When the doctors take his blood pressure at a check up, he chuckles to himself because they take it two or three times to see if the machine is possibly not working properly.

You are as old as you think you are. I have proved this to myself in my encounters with various elderly patients. The elderly people who are happy and active in their community are fit and healthy. When they have to come into hospital for an operation (for example a broken hip from a fall), they recover remark-

ably quickly. Those that have retired, have no real purpose in their lives any more, are depressed and are always talking about how old they are getting... are old! I have frequently seen a depressed, negative 60 year old who looks 20 years older than an active 80 year old who still has zest and a passion for life.

If you are 60 or more years old, listen to me – I have something very important to tell you: the worst thing you can do is to retire. Scientific studies indicate that if you retire, you die quicker. I have seen it over and over again: when elderly patients retire and move into an old age home with all the other depressed old people, they get depressed themselves. I have seen their health rapidly deteriorate and it is only 6 months to 3 years before they die.

Don't retire! You must re-fire!

The worst thing you can do is to retire. Scientific studies indicate that if you retire, you die quicker.

Refuse to retire as long as you live because it's too much fun serving God! You may not be able to do the job you were able to do when you were younger, but that doesn't mean there is no longer a purpose for you. This is the best time of your life! Stay active and live for God! He can still use you mightily at your age. We need you. Your family needs you. Your cities need you. Mankind needs

you. We need your wisdom. If you waste the last part of your life waiting to die, Moses is going to be waiting in heaven for you and he is going to put his finger in your face because he didn't start his ministry until he was 80. At that age he ended up pastoring one of the largest churches in the history of mankind which included 3 and a half million Israelites. So what's your excuse? And Moses couldn't even talk properly, he had to have his brother speak for him. The great things that Abraham did for God for which he has been remembered throughout history was after the age of 75. Earlier in this chapter I shared the story of a lady who went on a mission trip to Ethiopia. God worked many mighty miracles through her and she lead many people to the Lord – she is 72 years old! You still have the potential to have a great impact for God. You have wisdom coming from years of experience behind you so be available for God to use you. Stay active mentally and physically – your health depends on it.

Ecclesiastes 7 v 17: “[Although all have sinned] be not wicked over much or willfully, neither be foolish – why should you die before your time?”

Early death is not God's plan. Do you think God would take a Christian man at the age of 45 and leave behind a wife and three children? No. But many Christians try to justify this by saying, “Well it's no so bad that he died because he got his perfect healing in heaven.” This is a very common statement in certain denominational circles. Do you know how many churches teach that it is OK for you to die of an incurable disease because you get a perfect healing in heaven? This is one of the most dangerous forms of Christianized euthanasia that I have ever heard of and that is pure ignorance. When people say that a loved one died of for example cancer, and achieved a perfect healing in heaven, they have forgotten something: When that person went to heaven, he did not receive a healing because he did not arrive in bodily form. Their body didn't go with them to heaven – it went back to the dust. What goes to heaven is your spirit and in the resurrection you don't get a healed body, you get a brand new one that the Holy Spirit forms around your spirit man.

1 John 5 v 16 – 17: “If anyone sees his brother [believer] committing a sin that does not [lead to] death (the extinguishing of life), he will pray and [God] will give him life [yes, He will grant life to all those whose sin is not one leading to death]. There is a sin [that leads] to death; I do not say that one should pray for that. All wrong doing is sin, and there is sin which does not [involve] death [that may be repented of and forgiven].”

According to the Bible, there is only one sin that is unforgivable and that is blasphemy of the Holy Spirit (Matthew 12 v 31). Apart from that, all other sins are forgivable when you repent (1 John 1 v 9) so long as you also forgive others (Mark 11 v 25-26).

A sin unto death will produce a disease that is unto death – this is your incurable diseases that are killing people early. For example, the sin of un-forgiveness and bitterness is a sin that can cause cancer which is a disease that leads to death. The sin of fornication or adultery can result in HIV and AIDS which is a disease that leads to death. The sin of a low self-esteem and self-hatred can lead to heart attacks and strokes due to atherosclerosis which is a disease that can result in death. Each of these diseases has a sin behind it. Unless that sin is dealt with, that disease will result in death.

1 John 5 v 16 – 17 tells me that if I see that you have a disease that leads to death because you have committed a sin that is unto death, I must not pray for you. I must not pray for you because there is no point in praying for you. The reason is because God can't heal you because you have committed a sin that is unto death that needs to be repented for first. If I try to pray for the person without that sin being dealt with, I am wasting my time. So before I pray I must get involved in that person's life by dealing with the "sin issue" first. Rather than praying for healing of that disease, I must meet the person according to knowledge as instructed in 2 Timothy 2 v 24 – 26. I must say to the person, "According to the Word of God I cannot pray for you. But because I love you, I have come to you to instruct you from the Word to bring you to repentance, so that you may recover yourself from the curse of the death penalty. When you have repented, then I can come before God and ask Him to heal you and He shall do it for you." There are many incurable diseases that are discussed in this book that have the death sentence. But it does not have to go that way, does it?

Ultimately it doesn't make any difference if it is a disease that is because of a sin that is unto death or a sin that is not unto death – the pathway to freedom from that disease is the same...that is repentance and sanctification of the spirit and soul which includes renewal of the mind.

There are so many areas of ministry that are not understood, especially healing. However people are tapping into the principles of this teaching all over the world and the number of people being healed of incurable diseases is incredible. There are thousands of people being healed globally that were not being healed before because some of the methods that we have been using such as anointing with oil, prayer of faith etc are not working because there is a sin issue in believers' lives that must be recognized and dealt with first. If you want success in healing and in prevention of diseases in your churches, you are going to have to do it God's way. The doorway to healing is repentance, provided you have also forgiven.

Whilst working in a hospital in South Africa I once had a patient with kidney failure. She was only 48 years old. The kidney failure had progressed to a point where there was absolutely nothing we as doctors could do for her. I had to call in the family and tell them that their mother had 2 weeks to live because that is how long we predicted it would take for the toxins to build up in the body and cause multi-organ failure. This was at a time before I had the knowledge that I am sharing with you in this book. Whilst I was explaining to the family that her disease was incurable I cannot tell you how heavily God convicted me in my heart. The lady did die within 2 weeks exactly as I had predicted and I wish I had the revelation then that I have now. God has dealt with me as a doctor – He has told me to get the word 'incurable' out of my vocabulary because it is not Scriptural. Over 80% of all diseases in the medical field are considered to be incurable. However I have learnt that nothing is impossible with God to those who believe. I'm going to take Him at His Word and practice medicine according to His principles. I am very thankful that I never

There is something that has to happen deep inside you for your disease to be overcome and that is you must have the will to live!

again have to tell a patient that his or her disease is incurable and he or she has 'x' amount of months left to live. Jesus has conquered and broken the power of Satan, disease and death.

In **Luke 10 v 18-19** Jesus said, **"I saw Satan falling like a lightning [flash] from heaven. ¹⁹Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you."**

If you have been diagnosed with what is considered an incurable disease, I would like to strongly encourage you to not accept the label or the limited time span that the doctors have said you have left. If you give into it that is exactly what you will become. **Proverbs 23 v 7: "As a man thinks in his heart, so is he."** Obviously you must not go into denial, you have to acknowledge the facts. However, there is hope! Don't look at your symptoms and the word "incurable" and your prognosis and accept all this as the truth, rather than living by faith and not by sight, and pursuing healing in the face of what everything in the physical realm says. The Bible says that the spirit of man will sustain him in his infirmity:

Proverbs 18 v 14: "The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?"

King James Version: **"The spirit of man will sustain his infirmity; but a wounded spirit who can bear?"**

So I say to you, "Wake up Spirit of man! Get up! Take your place in the land of the living!" There is something that has to happen deep inside you for your so called incurable disease to be overcome and that is you must have the will to live! You must stop being hopeless and full of despair, just waiting for the fatalistic end of some conclusion. The Lord made a phenomenal statement to Joyce Meyer one day, "You can be pitiful or you can be powerful – make your choice." Pity is like super glue that will bind you to your disease and keep you in your pit. Encourage yourself in the Lord! Stand up spirit of man! Get up son of God! Get up daughter of God! You have an awesome destiny and call of God on your life to fulfill in your generation that God saw from the foundation of the world!

Ephesians 2 v 10: "For we are God's [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we would walk in them [living the good life which He prearranged and made ready for us to live]."

Only when you have finished that call, then you can lay down your spirit, thank you very much!

I want you to say this out loud to yourself, **"I shall not die, but live and declare the works of the Lord!" (Psalm 118 v 17).** There are pastors who preach that there is great triumph in death from incurable disease, but God said in Ezekiel 16 v 32 that He takes no pleasure in death. The Word says that God receives no glory if we end up in the grave prematurely. The grave can't praise Him – only you can praise Him in your generation:

Isaiah 38 v 18: "For Sheol (the place of the dead) cannot confess and reach out the hand to You, death cannot praise and rejoice in You; they who go down to the pit cannot hope for Your faithfulness [to Your promises; their probation is at an end, their destiny is sealed]."

Psalm 30 v 9: "What profit is there in my blood, when I go down to the pit (the grave)? Will the dust praise You? Will it declare Your Truth and faithfulness to men?"

Does God get any glory by losing you prematurely from this planet? God does not need you in Heaven before your allotted time is up because you are of no earthly good in heaven. God needs you here because the harvest is plenty but the workers are few (Mathew 9 v 37)! If I was God and you died at the age of 48 because you had a massive heart attack because you had been serving the devil through the sin of fear and

self-hatred, I'd raise you from the dead and send you right back down here. I'd say, "What are you doing here? I don't need you here – get right back down there and go and make a difference in people's lives!"

In **Luke 11 v 1 – 2** when the disciples said "Lord teach us to pray," Jesus said, "Our Father Who is in Heaven, Hallowed be Thy Name, Thy Kingdom come, Thy will be done **on earth** as it is in Heaven..." So instead of trying to escape this planet to go to Heaven too quickly, why don't we bring what Heaven represents here because that is the Lord's prayer. The activity of teaching, ministry and prayer and all that we do is to make a difference **here**. I'm glad to get people saved and get them to Heaven but I also want what Heaven represents to be a part of our lives here on earth.

If you are not 120 years old yet, it is not time for you to kick the bucket – you still have work to do for God. If you've lost your purpose for living, you need to seek God until you find it again. You cannot retire – you need to re-fire! God can use you mightily if you will just make yourself available to Him. If you look at all the heroes in the Bible who did great and mighty works for God, they were originally nobodies. I mentioned Abraham and Moses who were over 75 years old before they even started in ministry. You just need to go before God and say, "Use me Lord, I'm available. Take me, just the way I am, I give all I have to you..."

2 Chronicles 16 v 9: For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong in the behalf of those whose heart is perfect toward him..."

I'd like to tell you a little about who you are as a child of God: I want you to say this out loud to yourself as you read, **"I am a victorious over-comer (1 John 5 v 4; Revelations 2 v 11), a mighty woman or man of valor, a champion overcoming warrior, who possesses dignity and honor (Judges 6 v12). I am more than a conqueror (Romans 8 v 35). In all things I gain a surpassing victory (Rom 8 v 37) and in all things God leads me to triumph in Christ (2 Corinthians 2 v 14). Through my union with God, I am strong in the Lord and the power of His might (Ephesians 6 v 10). I have strength for all things in Christ who empowers me. I am ready for anything and equal to anything through Him Who infuses inner strength into me (Philippians 4 v13). Because I believe in, lean on, trust and rely on God, I do the things that Jesus did, and greater things will I do, for His Spirit within me knows no limit. (John 14 v 12 – 14). Therefore I believe that all things are possible and limit not the Holy One within me (Philippians 4 v 13). As Jesus is, so am I in this world (1 John 4 v 17) and the immeasurable, unlimited and surpassing power of God is on the inside of me! (Ephesians 1 v 19). The same power that raised Jesus from the dead lives in me! (Ephesians 1 v 20)."**

With the power of God on the inside of you, you literally have the potential to shake nations, never mind overcoming your so called incurable illness!

The same power that raised Jesus from the dead and conquered the grave is in you! The immeasurable unlimited and surpassing power of God is on the inside of you! It's time that you discovered your potential as a child of God! With the power of God on the inside of you, you literally have the potential to shake nations, never mind overcoming your so called incurable illness! Are you willing to stand up spirit of man and be what God has called you to be? Don't allow the devil to rob you of your destiny by cutting your life short – aggressively take back the ground he has stolen from you. Encourage yourself in the Word and apply the principles I am teaching you. This teaching is designed to change your direction. In the midst of it healing will come and in the midst of it diseases can be prevented. According to Deuteronomy 28 v 1 – 2, you cannot be a doer of the Word and not be blessed! When you are walking in obedience, you couldn't stop blessings if you tried! They will come upon you and over take you! So if you are not being blessed it means in some area of your life you are not being a doer of the Word. It's time to do an inventory for a very selfish reason – so that you can be blessed. There is absolutely nothing that is impossible with God. He designed the human body and He knows exactly how to fix it. He is faithful to fulfill His promise for healing when His conditions are met.

Come on church, wake up! Get out of your religion. Get out of your waiting for the next death train called disease to take you to heaven – there is more to this life than you can imagine! God has an incredible plan for our lives and it is not too late to fulfill it. The Bible says that God can restore the years that the locusts have eaten. To those of you that have been devastated by disease, I want to tell you that every person has as new beginning in God if you want it.

3. Misunderstanding: What About Paul's Thorn?

Many times when I hear people argue that sometimes God doesn't want to heal a person from his or her disease, their justification for this argument is to quote the scripture about Paul's thorn in the flesh: "Paul was sick all his life – he had a thorn in his flesh that God would not take away." Many people use this argument of Paul's thorn in the flesh to say that "God's grace is sufficient for you. You just need to endure it." I'm sorry but that is a very ungodly conclusion. That is ignorance because that is scripture quoted completely out of context. Where did you ever read in the Bible that a thorn in the flesh is sickness? It's nowhere! Go back to the Word and read it again for yourself. See exactly how the Bible uses that term. In the Bible the Old Testament God basically said to Israel, "If you don't kill those Canaanites when you possess the land they will be thorns in your side. They will torment you." (Numbers 33 v 55; Joshua 23 v 13; Judges 2 v 3) Paul told us exactly what his thorn was – the messenger of Satan who was sent to harass him (2 Corinthians 12 v 7). There is nowhere in the Bible that it says that Paul's thorn was a sickness!

2 Corinthians 12 v 7: And to keep me from being puffed up and too much elated by the exceeding greatness (preeminence) of these revelations, there was given me a thorn in the flesh, a messenger of Satan, to keep me from being excessively exalted."

Paul was at risk of spiritual pride because of his great teaching. In Romans 7 v 15 – 23, Paul spoke of a spiritual battle that he had within him. He said that the good that he wants to do, he does not do. And the evil that he does not like doing, he does. If we look at Paul's spiritual battle in Romans 7, we see that his thorn wasn't a biological disease but an area of his carnal nature that he was struggling to get under control – he had sin in his life. In the Old Testament there were 9000 Hebrew words – the Jews had a word in Hebrew for just about anything. This is not the case with Greek which is the language that the New Testament was written in. There are just over 5500 Greek words used in the New Testament. The English language is even more limited than Greek. For example Greek has 5 different words for the English word 'love'. For instance, there is a word to describe the 'agape' love of God and a different word to describe

the 'phileo' love between two friends and 'eros' which describes the sexual love between a man and his wife. However in English we use the same word to say we love God and that we love chocolate. The teachings of Paul on the flesh have to do with the carnal nature which is the body of sin or the invisible kingdom of evil spirits and principalities and powers of spiritual wickedness spoken about in Ephesians chapter 6 V 12 – it is the un-renewed sinful part within us called "the flesh". It is not a referral to the word flesh as in the human body. When Paul said

to crucify the flesh, he did not mean that you have to kill the body to be sanctified. Paul identified flesh as the kingdom called sin.

So Paul had a thorn in the flesh which was a messenger of Satan, in other words an evil spirit, which came to buffet him and Paul begged God to deliver him from the evil spirit's power. Then God said, "My grace is sufficient for you." (2 Corinthians 12 v 8 -9). When God said to Paul "My Grace is sufficient for you," He did not mean that that thorn should stay there and never be removed – the Lord would not have told Paul that He wanted him to be continually under the power of a messenger of Satan. That would have

Grace is God teaching us what we need to know and mercy is a measure of time to figure out what He said and apply it to our lives.

meant that God would be authenticating satan in Paul's life and that would have been ridiculous. Earlier I showed you James 1 v 13 – 17 which says very clearly that God is not the author of evil. It says that God cannot be tempted with evil nor does He tempt any man.

To understand what God meant when He said to Paul, "My grace is sufficient for you", you need to understand what grace means. The definition we are often given is "unmerited favor" – that is only a small part of the definition of grace from the original Greek word in the Strong's Concordance. Another part of the definition of grace is "teaching the principles of God". In other words you don't deserve it, but God wants to teach you what you need to know because He loves you.

So when God said to Paul, "My grace is sufficient for you," what God said is, "Paul, you need to be taught some more so that you may recover yourself from the snare of the devil (2 Timothy 2 v 24 – 26). My grace is sufficient to teach you what you need to know so that you can defeat the devil for yourself." And that is exactly what Paul talked about from Romans 7 v 15 to the end of the chapter - his journey into freedom and becoming an over-comer.

Now there are church denominations who will say that when Paul was talking about his struggle with sin in Romans 7, it was before he was born again. However, when you read Romans 7 v 15 to end there is no way that you can even remotely consider that Paul is talking about himself before he was born again because he says he also has the law of God in him. Chronologically speaking, when he wrote this letter to the Romans, he had been an apostle for over 20 years. So in spite of being an apostle for 20 years he admitted that he was struggling with sin. Paul is one of the few spiritual leaders that is honest about his spiritual battles. In fact he set the apostolic standard for honesty when he said "I am the chief of all sinners."

Paul helps us to understand what grace is all about. Grace is God teaching us what we need to know and mercy is a measure of time to figure out what He said and apply it to our lives. The Blood of Jesus is what is available because of the cross that makes provision for our forgiveness when we repent for our participation with sin. So Paul needed to be taught and instructed in the principles of God so that he could learn to overcome and defeat this messenger of satan that came to buffet him.

Even with Peter, Jesus said, "Satan desires to sift you like wheat but when you have recovered yourself, strengthen the brethren" (Luke 22 v 31 - 32). So Peter had a messenger from Satan that came to buffet him just like Paul and the Lord did nothing to prevent it. Why? Because Peter, the hot head with a revelation needed to grow up as a man of God. He messed up and denied Jesus three times but when he recovered himself, he became a great apostle in his day.

So whether you use the messenger of satan that came to buffet Paul or the messenger of Satan that came to buffet Peter – both men had to learn to be over-comers and that is the instruction for you and I today.

There are some people that ask, "Why does God allow evil spirits and the kingdom of satan in the earth anyway? I thought that Jesus defeated it?" Yes Jesus defeated it, but have you? I'll tell you why God allows Satan and His kingdom to have access to you and why He allows it to buffet you with temptation – He wants to test you to see if you will be found a faithful servant. And just like Peter and Paul you need to learn to become an over comer. The great power of the cross is that you now have the ability to defeat the devil and his kingdom and in defeating them you will be found faithful in your own life.

For example, if you are struggling with the sin of rage and anger in your life and somebody wrongs you – the devil and his kingdom will buffet you and tempt you to repay evil with evil. The Holy Spirit convicts you to forgive. So now, like Paul you have the law of sin and the law of God warring in you members. Which law are you going to choose to follow? The moment that you choose to reject those thoughts from the spirit of bitterness and follow the law of God and forgive, you have just become an over comer and you are back up on your seat in Heavenly places with Christ Jesus. You have just spoiled principalities and powers and made a show of them openly just like Jesus did when He was here on earth. That is authority.

That is taking dominion. That is your birthright. That is applying the victory that Jesus gave you on the cross to your own life. That is what being an over-comer is all about.

God gave you the ability to establish His kingdom in the earth and to defeat satan's kingdom. He gave you all the tools you need. His grace is sufficient for you – in other words He has given you His Word to teach you all you need to know to defeat the enemy. He has given you the Holy Spirit Who is the Comforter, Counsellor, Strengtheners and Standby to help you. Jesus gave you the victory at the cross – now what are you going to do with it?

4. Misunderstanding: Healing is Not for Today

A big teaching in evangelical churches around the world is that healing passed away with the apostles 2000 years ago. That is taught to thousands of Christians and when you ask them to show you a scripture – there is none. Why teach something that you cannot prove in the Bible? What they try to do is use the scripture from 1 Corinthians 13 v 8 – 10 which says that when He who is perfect has come, tongues shall cease. And so they say that He who is perfect has come and that is why speaking in tongues is no longer valid. However, in the same verse where it says speaking in tongues shall cease, it also says knowledge shall cease...why are we still teaching and preaching?

There are some people who believe that healing is not for today because we don't see any more healing of diseases or teaching about healing of diseases in the Bible after the book of Acts. As I explained previously, the reason for this is that in the books of Matthew, Mark, Luke and John in the Bible, Jesus came and demonstrated the love, compassion and mercy of God and His power over the devil and disease in His many miraculous healings. He demonstrated God's power over evil in spite of sin all to show God's overwhelming and intense love for us. His disciples and the early church also demonstrated it in Acts. After the demonstration was done, from Romans through to Jude it is all about sanctification. You can't have Matthew, Mark, Luke, John and Acts in your life until you have dealt with Romans to Jude. In other words you can't expect God to bless you if you are separated from Him in an area where there is a sin problem that needs to be dealt with. When you have the sanctification of Romans to Jude in your life – the blessings which include healing and divine health will come. God is not going to bless our disobedience in the long term.

3 John 1 v 2: "Beloved, I pray that you may prosper in every way and [that your body] may keep well, even as [I know] your soul prospers."

There are some people who pray for healing, and then if they are not healed they believe that it is obviously not God's will to heal them. Do you think it is God's will to heal you today? Do you think He wants you to prosper and enjoy good health? Well there it is in the above scripture...and by the way, that's a New Testament scripture that comes after the book of Acts. Here is another New Testament scripture that I mentioned earlier which teaches about healing in the body of Christ:

James 5 v 14 – 16: "Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]."

Healing is for today. In Psalm 103 v 3 God said He heals all of our diseases, **Isaiah 61 v 1** prophesied that Jesus would come to **"heal the broken hearted, to proclaim liberty to the physical and spiritual captives and the opening of the prison and of the eyes to those that are bound."** **Isaiah 53 v 5** spoke

of the work that Jesus would do on the cross for us, part of which was healing: **"But He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and well being was upon Him, and with the stripes [that wounded] Him we are healed and made whole."**

God healed in the Old Testament, Jesus healed everywhere He went in the New Testament (Matthew 8 v 16 – 17) and He still heals today. **Hebrews 13 v 8: "Jesus Christ (the Messiah) is [always] the same, yesterday, today, [yes] and forever (to the ages)."**

If you don't believe that God heals today, then don't worry about it happening because you won't be healed.

It Is God's Will To Heal You Today!

If you don't believe that God heals today, then don't worry about it happening because you won't be healed. Jesus said, "According to your faith, be it done to you." If you believe that healing passed away with the apostles 2000 years ago, then for you it did. I'm not here to debate or to come into conflict with your doctrine but I will tell you this: Thousands of people globally have been healed of incurable diseases after applying God's principles of healing as taught through the ministry of Pastor Henry Wright. In his book "A More Excellent Way" there are over 100 pages of case reports of people who recovered from severe incurable diseases. Some of these case histories included people who had as many as 21 different diseases and God healed them of every single one. The healing of incurable diseases through Henry Wright's ministry worldwide is second to none – and it is God Who is doing this. As a doctor I've also seen patients healed of incurable diseases after applying these same principles which I taught them. I have been supernaturally and miraculously healed myself after dealing with spiritual sin in my life. I have mentioned how my grandfather was given a totally new heart after he had had multiple massive heart attacks – there is no medical evidence that he has had any heart attacks. He is 82 years old but he has blood pressure like a 20 year old man. Angus Buchan has the same testimony: He had multiple heart attacks during the 2009 Mighty Men's conference but he is totally healed today. I mentioned the story about the lady who went to Ethiopia where many supernatural and miraculous healings took place. There are literally thousands of testimonies of healing from people today. If it is not God supernaturally and miraculously healing these people...then who is?!! It is certainly not the doctors – more than 80% of diseases are incurable in the medical field. So if it is not the doctors healing these incurable diseases then who is it? It certainly is not the devil because it is not in his nature to heal – it is his nature to steal, kill and destroy (John 10 v 10). So then who is it? I'm telling you it is Almighty God! He is still on the Throne, He is alive and active today and He is there to heal when His conditions are met. I am here to tell you with great authority that it is God's will to heal today.

Let's talk about communion. Jesus said that we are to do this in remembrance of Him and what He did for us on the cross.

Matthew 26 v 26 – 28: "26Now as they were eating Jesus took bread and, praising God, gave thanks and asked Him to bless it to their use, and when He had broken it, He gave it to the disciples and said, Take, eat; this is My body. 27And He took a cup, and when He had given thanks, He gave it to them saying, Drink of it, all of you; 28For this is My blood of the new covenant, which [ratifies the agreement and] is being poured out for many for the forgiveness of sins."

Communion which represents Jesus' work for us on the cross involves two aspects: the cup which represents His shed blood and the bread which represents His body that was broken. His blood was poured out for the forgiveness of sins. His body was broken for the healing of our diseases. Jesus' broken body is not for the forgiveness of sin. The bread in communion represents the bread of life for healing of our bodies. According to the Bible without the shedding of blood there is no forgiveness for sins.

Leviticus 17 v 11: "For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that makes an atonement for the soul."

Hebrews 9 v 22: "[In fact] under the Law everything is purified by means of blood, and without the shedding of blood there is neither release from sin and its guilt nor the remission of the due and merited punishment for sins."

Hebrews 10 v 19 – 20: "Now there is absolute remission (forgiveness and the cancellation of the penalty) of these [sins and lawbreaking], there is no longer any offering made to atone for sin. Therefore, brethren, since we have full freedom and confidence to enter into the [Holy of] Holies [by the power and virtue] in the blood of Jesus."

Jesus was the sacrificial Lamb and because of His blood, we are able to appropriate the forgiveness of our sins from God the Father. His blood paid the penalty for our sins. Jesus' body paid the penalty for the curse (which includes disease) to fulfill the Law that says cursed is he that hangs on a tree (Deuteronomy 21 v 23).

Galatians 3 v 13: "Christ purchased our freedom [redeeming us] from the curse (doom) of the Law [and its condemnation] by [Himself] becoming a curse for us, for it is written [in the Scriptures], Cursed is everyone who hangs on a tree (is crucified)."

In summary Jesus' blood makes it possible for you to be forgiven when you repent of your sins and His broken body now makes it possible for you to be healed because of repentance. By His stripes you are healed!

Jesus' blood makes it possible for you to be forgiven when you repent of your sins and His broken body now makes it possible for you to be healed because of repentance.

Isaiah 53 v 5: "But He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and well being was upon Him, and with the stripes [that wounded] Him we are healed and made whole."

Matthew 8 v 17: "And thus He fulfilled what was spoken through the prophet Isaiah, He Himself took [in order to carry away] our weaknesses and infirmities and bore away our diseases."

If we don't believe in healing and deliverance from sickness, then we cannot partake in Communion because we are eliminating one half of the provision of Communion. How can we celebrate the broken body by taking the bread in Communion if we don't believe it? According to 1 Corinthians 11 v 29 – 30, this is the reason many people are sick and dying premature deaths:

1 Corinthians 11 v 29 – 30: "For anyone who eats and drinks without discriminating and recognizing with due appreciation that [it is Christ's] body, eats and drinks a sentence (a verdict of judgment) upon himself. That [careless and unworthy participation] is the reason many of you are weak and sickly, and quite enough of you have fallen into the sleep of death."

This scripture is talking about taking communion in unbelief, not realizing its true significance and not receiving the benefits of Jesus' blood and body by faith. There are churches who do not believe that healing is for today and even preach against it. In these very same churches they celebrate communion often – they take the cup and they eat the bread but they deny that He took the curse of sin and disease into His body so that by His stripes we are healed for today. The people in those churches are sick and dying prematurely of disease, because healing that was provided for them at the cross which is what half of communion represents, is being rejected in unbelief and doctrinal positioning while still being celebrated in the actual communion service. That is fraud. You take communion as a mantra but you do not live what it represents! When you do this you have cursed yourself with a curse because you make what Jesus did

at the cross of no effect to you. When you don't believe that healing is for today, you are cursed with a curse which is the disease that you say you cannot be healed from – you'll become weak, sickly and die a premature death. This is what happens when we do not correctly appropriate what Jesus has done for us on the cross.

Because these churches take the cup and the bread but deny what the bread represents which is the reality of healing and deliverance for us today, their churches are filled with psychological and biological diseases, there is no hope for them and they are dying in their sins. Then they have the audacity to say that their diseases are from God for His glory. To the pastors who preach this: you are in serious error and the blood of your people is on your hands because you have instilled a mindset into them that is costing them their lives. God holds you responsible for your sheep and their health – so what are you doing about it? Read Ezekiel chapter 34 and see what the Father thinks about what you are doing and not doing for your flock concerning their biological and psychological welfare. I am challenging you by the Spirit of God to bring you to conviction and repentance because when you celebrate communion in your churches but you deny what the bread represents for today, you have cursed your people and yourselves with weakness and sickness because you celebrate something you deny. Therefore I have a word for those pastors who preach that healing is not for today: when you take communion, don't touch the bread! Don't touch the bread because you eat what you deny and now I question you on why you should drink of the cup either. Why would you celebrate the blood by drinking the cup and not expect the freedom from His broken body for the curse? What is the purpose of the forgiveness of sins if the curse still stays in your life?

The bottom line is that there are those who believe God heals today and there are those who don't. If you don't believe that God heals today based on Jesus' stripes and broken body on the cross – you don't have to worry about it happening, He won't heal you. Jesus said in **Matthew 9 v 29: According to your faith and trust and reliance [on the power invested in Me] be it done to you.**"

1 Corinthians 11 v 28 and 31: "28Let a man [thoroughly] examine himself, and [only when he has done] so should he eat of the bread and drink of the cup... 31For if we searchingly examined ourselves [detecting our shortcomings and recognizing our own condition], we should not be judged and penalty decreed [by the divine judgment]." These verses refer to the saved or unsaved man who partakes in communion with sin in his life. In other words it means not repenting for sin that is the spiritual root behind disease so that forgiveness, deliverance and healing can be appropriated to bring forth the full benefits of the Lord's Supper or Jesus' work on the cross.

There are churches that celebrate communion every Sunday – that is the worst thing they could ever do if they just do it as a ritual to appease their consciences and feel sanctified by the ordinance. It is not the physical ritual of communion that saves you – it's the obedience! The Lord doesn't want you to do anything in remembrance of Him if you don't live it. Taking communion is meaningless if you don't practice it. Many Christians are weak, sick and dying premature deaths because they take communion but they refuse to repent for their participation with sin. They say, "I love You Lord and I celebrate what You did for me at the cross" but for example they continue to have bitterness and unforgiveness towards their brother and hatred towards themselves. Because they celebrate something they refuse to practice, they've got all kinds of diseases headed their way...and they are going to be weak, sick and die premature deaths. Why? The reason is because the broken body (healing) doesn't work until the shed blood is appropriated for the forgiveness of sin. So if you refuse to repent for your sins, you negate the provision of the broken body. When the broken body is removed, the curse is not broken and you are still stuck with diseases that are killing you prematurely. You cannot appropriate freedom from the curse unless you first acknowledge that you have sinned.

When you don't believe that healing is for today, you are cursed with a curse which is the disease that you say you cannot be healed from – you'll become weak, sickly and die a premature death.

Before we take communion, we need to search our hearts before God and repent in areas where we have been serving sin. Furthermore, when we repent, we have to examine our hearts to know exactly what we are repenting for. Otherwise we don't know what to stand against, what we need to change or in what area to renew our minds. To repent in general by just saying something like, "Lord forgive me for all my sins" without knowing what those sins are accomplishes very little. How can there be any genuine repentance if we don't know specifically what the sin area is that needs to be sanctified in our life?

Before we take communion we need to make sure that we are in love with God, ourselves and others. When we are in that place, then it is time to celebrate communion in remembrance of Jesus who made it possible.

What would you think if I asked you to take responsibility and repent for your sin in exchange for healing? Would it be a good exchange – disease for obedience and sanctification? Would it be a fair exchange – to forgive your brother in exchange for healing of your cancer and arthritis? Would it be a fair exchange – fear and anxiety for trust in God? Would it be a worthwhile exchange – a low self-esteem and self-hatred for who you are in Christ? Would it be worth while to deal with envy and jealousy in exchange for healing of your osteoporosis? Would it be worth it? Would you dare believe that God will heal you when you line up with His Word and His conditions for healing?

Jeremiah 1 v 12: "Then the Lord said to me, You have seen well, for I am alert and active, watching over my word to perform it."

God wants to heal all of our diseases. **Psalm 103 v 3: "Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases."**

In Mark 16 v 15 Jesus gave us the Great Commission where He told us to go into all the world and preach the Gospel.

Mark 16 v 15, 17, 18 and 20: "15And He said to them, Go into all the world and preach and publish openly the good news (the Gospel) to every creature [of the whole human race]. 17And these attesting signs will accompany those who believe: In My Name they will drive out demons; they will speak in new languages; 18They will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well. 20And they went out and preached everywhere, while the Lord kept working with them and confirming the message by the attesting signs and miracles that closely accompanied [it]."

If God set the gift of healing and miracles in the church, no man has the right to remove it.

In verses 17 to 18 He said that the Word would be confirmed with signs and miracles – note that Jesus said that one of the signs accompanying preaching of the Word is healing. The Lord Himself has said it. That is just as relevant today as the Great Commission. There is so much unbelief and doubt about healing today. People from every Christian Church accept and endeavor to carry out the Great Commission in Mark 16 v 15. Yet two verses later in Mark 16 v 17 – 18: Jesus says believers will cast out demons, speak in new tongues and lay hands on the sick. Many churches do not practice these things and even teach against them. If Jesus meant for us to carry out the Great Commission in Mark 16 v 15, He also intended for us to carry out verses 17 and 18 as well. We have to believe the whole Bible and nothing less (or nothing more) – it is dangerous to pick and choose scriptures we are comfortable with and ignore the rest.

To those that say that the gifts of healing died with the apostles 2000 years ago, I want to say this to you: Paul was not one of the twelve! So it didn't pass away with the disciples did it? For those that say after Paul, it past away, I ask you to read 1 Corinthians 12 which speaks of the different gifts which are given to members in the body of Christ. Verses 9 and 10 mention the gift of healing and the gift of miracles.

Then in **1 Corinthians 12 v 28** it says, **“And God has set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healing, helps, governments, diversities of tongues.”** If God set workers of miracles and gifts of healing in the church – then who dares take it out? All that is left in many church denominations today is teachers, helps and governments. Man has removed everything else from that verse. I haven't – I don't dare and still be called a servant of Jesus Christ. And if God set the gift of healing and miracles in the church, no man has the right to remove it.

Furthermore, when the power of God through me heals people using the gift of healing and the gift of miracles in the Name of Jesus and I cast out evil spirits in the Name of Jesus, and you say that I have done that by the power of the devil, you have just damned yourself forever because you have just committed the unpardonable sin (Matthew 12 v 31). There are complete denominations in Christianity going to hell over this one issue. These church denominations are teaching that if healing occurs today, it is the devil that has done it and their people are believing it. They have committed the unpardonable sin because they attribute the works of the Holy Spirit to the devil.

There are those that teach that blasphemy against the Holy Spirit is not accepting Christ as Saviour. They've badly taken scriptures out of context. Blasphemy of the Holy Spirit is found in conjunction with Jesus being accused of casting out devils by the power of the devil. In this context Jesus said that all blasphemy against the Father and the Son is forgivable but blasphemy against the Holy Spirit is not forgivable in this life or in eternity.

The Bible says that those who say, “Yes Lord”, in other words “Yes Lord I am a Christian” but deny the power thereof – get away from them. Why? Because they are dangerous to you and to the kingdom, especially when it involves the church leadership. In the Old Testament, when the children of Israel followed righteous kings, they became righteous but when they followed unrighteous kings, they became unrighteous. When they followed false prophets they believed error. God's people are susceptible to its leadership and so you must be careful who is your shepherd.

Don't Give Up!

As I come to the end of this chapter which has been designed to give you a good Biblical foundation of essential background knowledge in the area of disease and healing, I'd like to encourage you with a story that Pastor Henry Wright shared in one of his conferences. It is told as a metaphor but it is also a true story: Henry Wright collects classic cars as a hobby. He had a beautiful convertible 1957 Chevy which had a black top, black leather seats, black plated interior and over sized mag wheels. This car really purred and growled. People would hoot as they drove past and say, “Hey nice car!” However the car was also a bucket of rust. When he would wax and polish it, he had to go softly over the rust bubbles so that they didn't pop. The car looked pretty good from the pew it: it was dressed right and it had all of its charismatic paint on. It was ready to ride. You might have taken it to the show but it would not have even made the first cut because the judges know what is right. So he'd drive this car and everybody would say, “Wow! Great car! What a good looking saint!” But Henry knew that it was just the opposite. He got tired of driving his hypocrite car and pretending it was all sinless so he took it to a car shop to try to have it repaired. He walked up to the man in the shop and said, “I need a little paint job on this thing, the rust is starting to show.” The man in the shop looked at him and said, “You're crazy.” Henry said, “You mean a little religious paint on it won't help?” The man said, “You can put a little religious paint on it and it will shine for about six months to a year. Then that rust will come right back and eat right through it all over again. I'd love to take your tithe and pretend that the rust won't come back but I've just got to be honest with you. I don't want to take your money and let you pretend that you are sinless.”

Jesus said that you can't put new wine into old wine skins. In the medical field, science has proven that you can't build a new good memory over a toxic thorn tree (bad memory) – you have to first remove the thorns by dealing with that toxic mindset! The church has been told to put on Jesus but they have not been told to take off the rust first and then put Jesus back on. If you try to put Jesus on top of the rust, the rust is going to come through. There is one thing about rust: It has a power in it that is unbelievable – there is not one type of paint that can defeat it if it is not eliminated first before you put the coating on. It is the same way with sin: it will eat through every bit of Jesus you coat yourself with until you get it out of your life.

Continuing with our story: The man said to Henry, "I need to take this car and do a restoration if you really want it to be the way it was originally created to be." Henry said, "OK, that sounds good." The man then said, "I'll need this car for two years." Henry exclaimed, "Two years!!! I thought it would just be a week maybe." He said, "No Sir, I'll need it for two years to strip it down to the frame and start over again."

I have had people come to me for help because they have this rust of life and they want a spray job. They want a quick fix or a light switch experience. They want God to supernaturally heal them in an instant. So when I say it may take a year or two to get them straightened out, they say "See you later!" and go look for a healing explosion elsewhere. They want to look good but they don't want to go back to the factory to get fixed because it's too much hard work. Especially when it comes to severe diseases like multiple chemical sensitivity and environmental illness, it has taken people 90 days to 18 months to get well through applying these principles of this teaching.

Continuing with our story again: Henry then said to the man, "Well how much is this going to cost?" (This is back in the 1980s when minimum wage was about U.S. \$2,00). He said, "About U.S. \$13 000". Henry sold the car the next week. Today the restored car is worth close to U.S. \$75 000. Henry didn't have that kind of vision to put the investment into something that would have been worth a fortune if he had just hung on to the concept. He wishes he had that car today but he can't buy it back because it is too expensive. Well he could buy as rusty one and start over again but even the rusty ones that need a lot of work are U.S. \$25 000.

I share this story because God looks at you like a classic car. There are things from the devil's kingdom that have joined you in your life to give you rust. That rust is called sin and it is not looking good on you. But God wants to take you back to the factory for a restoration so that He can remove those things that are not pleasing to Him because He has a higher value of you in eternity than you have of yourself for it is written:

1 Corinthians 2 v 9: "Eye has not seen and ear has not heard and has not entered into the heart of man [all that] God has prepared (made and keeps ready) for those who love Him..."

Don't sell your birthright for a plate of stew. Let God begin to take those rust pockets out of your life and let God remake you into what He saw before the foundation of the world and what He saw was not an Esau. What He saw was a son or a daughter of God. So would you hold out in your life for what God saw?

Galatians 6 v 9: "And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint."

When you get discouraged and the battle seems endless, remember that you are reprogramming a very worldly, fleshly, carnal mind that has had plenty of practice at freely thinking wrong thoughts without any effort. Your mind is like a computer that has had a life time of rubbish programmed into it. So reprogramming it to think like God thinks is not going to happen overnight, it's going to take time and effort. It is difficult but with God's grace it is not impossible. No matter what the condition of your mind and life is like at this moment – don't give up! Keep on keeping on! Little by little, with God's grace, you can

take back every piece of ground that the devil has robbed from you. Don't be discouraged if your progress seems slow. Renewing of your mind will take place little by little.

Deuteronomy 7 v 22: "And the Lord your God will clear out those nations before you, little by little; you may not consume them quickly, lest the beasts of the field increase among you."

God told the Israelites when they were about to enter the Promised Land that He would defeat their enemies little by little so that the "beasts of the field" which is probably pride would not increase among them. It would be very easy for us to get puffed up with pride if we overcame our problems too easily and too quickly. We live in the microwave age where we like things to happen instantaneously. You didn't get into this mess overnight and sometimes you don't get out of it overnight. The Bible said, "In the same hour the evil spirit departed." It didn't say instantly. Everybody wants the light switch experience – that works about 5% of the time and the rest of it is an application of truth and persevering through the process of renewing your mind.

You didn't get into this mess overnight and sometimes you don't get out of it overnight.

There have been times when to my surprise the person was instantly healed after simply repenting for the sin behind the disease. However, most people have had to apply the principles of renewing their minds for several weeks, or months as they gradually recovered until they were fully healed. For some people it has taken 30 days, for others it took 90 days and for some it even took one to two years of renewing their minds before they fully recovered from their diseases. I cannot predict God and tell you exactly when you are going to be fully healed. He is Sovereign and His ways and thoughts are far above mine. He heals each person in a different and unique way. I am simply showing you how to line yourself up with God's Word so that you are in a position to receive from God and be healed.

So if after praying you don't see an immediate manifestation of your desire, do not be dismayed or go into doubt and unbelief because that means nothing – in the hours, days and months ahead God is performing that which you have set your heart upon. However it is going to be how He wants to do it and it is in His time. In the chapter on page 715, I discuss the blocks to healing and one of those blocks is telling God how He is going to do it. You cannot expect God to heal you on your own terms according to how you think it should be done. As God begins dealing with your heart, work with Him and in time your disease will disappear. If you are not healed within a reasonable time, don't go into guilt and into anger because that is going to slow you down for several years.

Joyce Meyer says that "Sometimes God takes His time in bringing about our full deliverance because He uses that difficult period of waiting to stretch our faith and let patience have her perfect work. (James 1 v 4)." My grandfather has a saying which I often quote, "God doesn't always pay on Fridays, but He pays on time." When we have to endure the slow progress of being set free from sin and wrong ways of thinking, we learn that apart from God we can do nothing (John 15 v 5). We are kept humble as we learn through experience that we are totally dependant on Him and that we can accomplish nothing long lasting in our own strength. When we attempt to change ourselves in our own strength, fail and "suffer a little while," we realize that only God can deliver us. When the freedom finally comes, we deeply appreciate it because we know that God has done for us what we could not do ourselves.

1 Peter 5 v 10: "And after you have suffered a little while, the God of all grace [Who imparts all blessing and favor], Who has called you to His [own] eternal glory in Christ Jesus, will Himself complete and make you what you ought to be, establish and ground you securely, and strengthen and settle you."

When you fail – and you will as you go through the process of changing your thinking and renewing your mind – it doesn't mean you are a failure. You only fail when you give up. Don't get discouraged when you mess up and have a bad day. Just pick yourself up, wipe the dust off your face and keep on keeping on. As Joyce Meyer says, "When a baby is learning to walk, he falls many, many times before He enjoys the

confidence of walking. However, one thing in a baby's favour is the fact that, even though he may cry for a while after falling, he always gets right back up and tries again." The Bible says that though the righteous fall seven times the Lord with His hand shall lift them up (Proverbs 24 v 16). Wow, what a promise! Henry Wright has a saying, "Three steps forward and two steps back is a good day." But what happens when you haven't yet learned how to overcome is that when you take those three steps forward and you lose those two, you just forget that you still got the one! That one step is the foundation for the next step. From glory to glory we are being changed into His image!

I'm OK and I'm on my way, I'm not where I need to be, but thank God I'm not where I used to be!"

The devil will do his very best to hinder and discourage you in the process of changing your thinking and renewing your mind. The reason is because he knows that he will no longer control your life and health because he can no longer control your mind. Another way he will try to stop you is with condemnation when you mess up. When he brings those thoughts of condemnation to your mind, you quote Romans 8 v 1 to him. Tell him, "Take your condemnation and hit the road jack! There is now no condemnation for me in Christ because I walk according to the Spirit and not according to the flesh!" The issue with the devil is that he has already been defeated at the Cross and he is a sore loser. He's in a panic because he knows that his days are numbered (Daniel 5 v 25 – 28) and he only has a short time left. He's going to try to convince you that God has lost and he has won. So when the devil discourages you and condemns you with your past – just remind him of his future – he and all his angels are headed for eternal banishment in the lake of fire – that's their destiny.

Revelations 12 v 12: "...for the devil has come down to you in fierce anger (fury), because he knows that he has [only] a short time [left]!"

Remember it all starts in your thoughts: if you choose to meditate on thoughts like "It's too difficult, I just can't do it. I'll never overcome this, nothing seems to be changing so I may as well just give up. When I pray it's like talking to a brick wall. God is probably disappointed because I keep failing and messing up, so that is why He is not listening to my prayers." If you think on thoughts like these you are going to get discouraged and feel condemned. So purposefully choose to take those thoughts captive under the obedience of Christ when they come and replace those thoughts with thoughts of encouragement. Joyce Meyer has a very good saying that may encourage you when progress seems slow: "I'm OK and I'm on my way, I'm not where I need to be, but thank God I'm not where I used to be!" Do you already feel uplifted and encouraged by this kind of positive thinking?

Some progress is better than no progress at all – at least you are in the right direction and you are on your way to freedom. Remember it is God Who is all the while at work within you – He is the One bringing about the change and He will be faithful to bring the good work He has started in you to full completion.

Philippians 2 v 13: "[Not in your own strength] for it is God who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight."

Philippians 1 v 6: "And I am convinced and sure of this very thing, that He Who began a good work in you will continue until the day of Jesus Christ [right up until the time of His return], developing [that good work] and perfecting and bringing it to full completion in you."

Genetically Inherited Diseases

EXODUS 20 V 5 – 6 & DEUTORONOMY 5 v 9

“For I the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generation of those who hate Me, but showing mercy and steadfast love to a thousand generations of those who love Me and keep My commandments.”

87% of all diseases have been traced back to sin in our thought life. It is also very sobering to know, that our sin doesn't just affect us, it also affects our children. The reason is because our thought life doesn't just affect our body, it also affects our genes. In other words a toxic sinful thought life can lead to a gene defect that is passed onto our children. Sin is more than an isolated act. It can reverberate for generations to come. This is why so many diseases run in families. As part of my training as a doctor, we were taught to take a family history of the patients in order to gain a full picture and understanding of the disease that they are presenting with. Family trees are a very important diagnostic tool. Have a good look at your own family tree – what diseases are running from one generation to the next?

Sin is more than an isolated act. It can reverberate for generations to come.

Jeremiah 32 v 18: “You show loving kindness to thousands but recompense the iniquities of the fathers into the bosoms of their children after them.”

The Living Bible says, **“You are loving and kind to thousands, yet children suffer for their father's sins.”**

Deuteronomy 28 v 15 and 59: “¹⁵But if you will not obey the voice of the Lord your God, being watchful to do all His commandments and His statutes which I command you this day, then all these curses shall come upon you and overtake you: ... ⁵⁹Then the Lord will bring upon you and your descendents extraordinary strokes and blows, great plagues of long continuance, and grievous sicknesses of long duration.

Hosea 4 v 6: “My people are destroyed for lack of knowledge; because you [the priestly nation] have rejected knowledge, I will also reject you that you shall be no priest to Me; seeing you have forgotten the law of your God, I will also forget your children.”

The scriptures above show the loss of blessing passed down from generation to generation because of disobedience. This is the basis for all spiritual and physical genetically inherited diseases.

Now immediately I know that this topic of genetically inherited diseases will bump into a lot of people's doctrine. Before you get “your back up”, I would like to ask you please to at least take the time to read through this chapter with an open mind – it might be the key to your healing. I do not get into any theories or teaching unless it lines up with the Word of God 100%.

One of the main reasons why people struggle with the concept of genetically inherited diseases is because they say, “I thought that all sin, disease and genetic curses was cancelled at the cross when we became born again. Jesus said it is finished.” This is the reality: there are over 700 genetically inherited diseases and the church is full of it. Already there is something wrong with this theology that the curse of genetically inherited diseases was automatically cancelled at the cross because Christians have genetically

inherited diseases. If it was finished at the cross and you call yourself a born again Christian, and you have a genetically inherited disease, well then according to your own theology you must not be born again. If it was finished at the cross then how could we as born again Christians have genetically inherited disease? The answer has to do with a key word called "appropriation". Jesus died for all people and paid the price for our sins once and for all. Does that mean all people in the world are saved? No. If it is finished why isn't everyone saved? The reason is that we have to appropriate it by faith. The same applies to healing. According to Isaiah 53 v 5, by His stripes we are healed and made whole. So is everybody healed of all diseases including genetically inherited diseases? No. Why not? Because we have to appropriate it through our obedience. There are so many teachings in the church today that say that as a believer you no longer have

Christians have genetically inherited diseases because we are serving the same sins as unbelievers with the same consequences.

the curse because Jesus paid the penalty of the curse at the cross and therefore it can't possibly touch you. This theology is completely unscriptural. When Jesus died on the cross and it was finished, He finished it in His obedience. Some people in the church are trying to appropriate what Jesus did on the cross but are continuing in disobedience to the Word and therefore it is not working. That is why only 2% to 5% of people who are prayed for are actually being healed. Just because it was finished and Jesus bore the penalty of the curse, it does not mean

that you get to keep your sin and have your healing. Galatians 3 v 13 says that Christ redeemed us from the curse of the law. This speaks of our redemption as legal but it is not automatic. There are conditions to God's promises. If you want the blessing, you need to meet His conditions first. Repentance is the condition for healing. This was discussed in depth in the chapter "Essential Background Knowledge of Disease From A Biblical Perspective" on pages 35-42.

In Exodus 20 v 5, God said that He would visit the iniquity of the fathers upon the children to the third and fourth generation of those who hate Him. How do we hate God? We don't keep His commandments. Jesus said in **John 14 v 15: "If you [really] love Me, you will keep (obey) My commandments."** Even as born again Christians we are not doers of the Word (James 1 v 22). Christians have genetically inherited diseases, because we are serving the same sins as unbelievers with the same consequences. There are consequences to disobedience whether you are a New Testament believer or not and that is obvious because the church is full of disease.

Another problem people may have with this teaching is that most of the scriptures quoted are from the Old Testament. Some of you may say, "I am under the New Testament Covenant so the Old Testament doesn't apply to me." Yes, we are under the New Testament covenant, but the Bible says that Jesus did not come to abolish the Law but to fulfil it. When Jesus came, He did away with some of the 'do's and don'ts' such as what you can eat and not eat. But when it came down to instructions in righteousness, nothing has changed. For example, one of the ten commandments in the Old Testament is that you are not to commit adultery. It is still unlawful to commit adultery in the New Testament. In Mark chapter 7 v 21 (pre-cross) Jesus spoke against adultery and Paul also spoke against it in Galatians chapter 5 v 19 – 20 (post-cross). So did not committing adultery change because of covenant change? No. The New Testament says that the Old Testament scriptures are for instruction in righteousness. Paul said in 1 Corinthians 10 v 11 that the stories in the Old Testament were given as an example and warning to us and to instruct us for right living.

2 Timothy 3 v 16 – 17: "Every Scripture is God Breathed (given by His inspiration) and profitable for instruction, for reproof and for conviction of sin, for correction of error and discipline in obedience, [and] for training in righteousness (in holy living, in conformity to God's will in thought, purpose and action), so that the man of God may be complete and proficient, well fitted and thoroughly equipped for every good work."

The bottom line is this: if you don't believe that genetically inherited diseases exist in Christians, with all due respect please get real. I have to be practical as a doctor. I cannot stick my head in the sand and pretend that genetically inherited diseases do not exist in Christians because they do - I deal with it in clinical practice all the time. Through sin, the devil not only has a legal right to our life but also to the lives of the generations after us because we gave him that right through our disobedience and it is time to recognize it. The church does not see it. In the experience of doctors, psychologists and psychiatrists in the medical field, and in the experience of others in ministry such as Henry Wright, we see an amazing similarity between the bondages and diseases that follow family trees. We are seeing evidence today that the curse of genetically inherited diseases is still there. Many very sincere born again Christians who genuinely love God are suffering from diseases that are genetically inherited.

To gain an understanding of how genetically inherited diseases and the iniquity behind them unfolds in family trees, let's have a look at the family tree of Abraham and King David.

The Family Tree of Abraham

In Genesis chapter 12, there was famine in their land, so Abraham and his wife, Sarah went to Egypt – the land of Pharaoh. His wife was very beautiful and Abraham feared that Pharaoh would kill him for her because she was that beautiful. So he told Sarah to say that she was his sister. Abraham enticed his wife to lie, and he also lied to Pharaoh. The root problem behind people who lie is fear of man, fear of judgment, fear of rejection and/or fear of failure, but primarily the fear of man. So Abraham had a spiritual problem – fear and he became a liar as a result. God dealt with Abraham about that and he repented, but he did not get the message. He left the land of Egypt and moved north to the land of the Philistines where Abimelech was king (Genesis chapter 20). The exact same situation as before: he was afraid of losing Sarah because she was very beautiful. He told Abimelech the same lie that he told Pharaoh which was that Sarah was his sister. He got into trouble all over again and had to repent again. He didn't learn his lesson the first time or the second time. Abraham continued to have fear of man and thus he had a lying spirit.

That was the beginning. Abraham's son, Isaac and his wife Rebekah went to the land of the Philistines where Abimelech was still king (Genesis chapter 26). Forty years after Abraham stood there before king Abimelech, Isaac said to Rebekah, "You're very beautiful and I'm afraid that because you're my wife, Abimelech will kill me to get you. Tell him you're my sister." When you read it in Genesis Isaac said word for word what his father Abraham had said forty years earlier. I submit to you that that wasn't Isaac speaking. That was a familiar spirit that he inherited from his father that now had a right to the family tree because Father Abraham gave it a right to stay through un-repentant sin.

Now we have a second generation of fear of man and lying in Isaac. It doesn't stop there, the story is just getting going. Isaac had two sons, Esau and Jacob. Jacob deceived his father Isaac to get his brother's birthright. Jacob had inherited a lying spirit from his father and his grandfather. So we have 3 generations of liars – Abraham, Isaac and Jacob. It doesn't stop there. Jacob had 12 sons: 10 sons who were jealous of their brother Joseph sold him into slavery. They lied to their father and told him that Joseph had been killed by an animal. So there are four generations of fear filled liars and that's where our faith begins. However, Father Abraham was called a friend of God, not because he was sinless but because He believed God (Isaiah 41 v 8; James 21 v 23).

Through sin, the devil not only has a legal right to our life but also to the lives of the generations after us.

The Family Tree of David

King David was called a man after God's own heart, not because he was sinless but because when he was confronted with the knowledge of sin, he repented! However, King David had an evil, perverse spirit of lust that he had inherited and his children also inherited it through him just like the lying spirit with Abraham. A spirit of lust is an evil spirit that likes to manifest itself through humans and do sexual things. Evil spirits want and need humans to manifest their fallen nature through us and when we allow it, it becomes our sin. David saw sexual sin in his family tree and he knew it was in him. The reason I know that is because in Psalm 51 in his prayer of repentance to God, David said this: **Psalm 51 v 5: "Behold, I was brought forth in [a state of] iniquity; And in sin did my mother conceive me."**

What David was saying is "What caused me to go into sexual sin was in my family tree. In fact, it was in my father and mother when I was conceived and it was with me in the womb." What was with him in the womb? Nothing genetic. An evil spirit of lust was right with him and as he became older, it began to give him urges and it began to give him temptation. It began to lead him in a journey of inordinate affection for females because he had a need to be loved (the reason I say he had a need to be loved is explained in the chapter on addictions – page 345). When he said "In sin my mother did conceive me," don't ask because David was the youngest son: it is not sin to be married and have children, so I don't dare speculate. What I do know is that David is saying that what caused him to go into sexual sin was in the family and he just acted out things that were family traits. We know that this is true because one of David's own sons raped his own sister. And look at Solomon, he had an insatiable appetite for females that lead him to having 1000 wives. Can you imagine trying to keep 1000 females happy? In fact Solomon who had so much wisdom for others had none for himself. Those wives eventually lead him astray to worship pagan gods. David's family was a tragedy: another son rose up in sedition and anarchy against him. One son died at childbirth because of the sins of the father, David.

It is not just physical diseases that are genetically inherited, but spiritual problems as well.

So we see that David's family tree was filled with sexual sin. It is not just physical diseases that are genetically inherited, but spiritual problems as well. Over the past few years the psychologists and psychiatrists in their case histories have been able to document that non-genetic factors like personality characteristics including anger, rage, fear, abuse, low self-esteem, divorce and so forth can also be passed down through family trees from generation to generation without a physical genetic abnormality being seen or known. Criminologists know that there are crime families. Psychologists know that there are families that just end up molesting from generation to generation.

This brings us into the understanding that there are things in our families that are invisible that makes people act the way they do. The Bible calls this iniquity which is the body of sin. It is the invisible kingdom of satan spoken about in Ephesians chapter 6 v 12 – 13 that by its fallen nature is strategizing and following you in your personal lives, marriages, families, churches, businesses and in the generations of your nations. It is not the culture that is the problem – it is the iniquity that has joined cultures that is the problem. And every culture has its own iniquity.

Those thoughts and mindsets that come to you from your ancestors that produce biological, psychological and psychiatric disease didn't have their origin in your genetics. Your genes don't think. Your genes don't have a brain – it is a biological genetic code. When certain sins enter into a family tree, they open the door for certain demonic spirits to travel from generation to generation. In the section "Discerning the Source of Your Thoughts" on page 84 I explained how this invisible kingdom that answers to satan programs mankind to think, speak and act like it and so the curse can perpetuate as the descendents end up practicing the same sins as their fathers.

Maybe now you'll understand what the Bible means when it says that rebellion is bound up in the heart of a child. I know it is a shock when you have these cute little babies that end up being little monsters. Where did they learn to throw a tantrum and say "Shut up!" to you? It is the invisible kingdom of Ephesians chapter 6 that has been flowing in the generations that has been teaching our generations the devil's ways. That is why you train up a child in the ways of God and when he is old he will not depart from it (Proverbs 22 v 6).

The Curse of the Sin in Genetically Inherited Diseases Runs through the Father

To get rid of every single genetically inherited disease on earth, it would have to start with salvation and sanctification of the men. Therefore I am calling the men to get right with God and take steps to sanctify your wife and children. God holds the men responsible for spirituality of the family. The failure in all family problems begins with the man. The salvation of the whole family should begin with the salvation of the father and husband of the home. God did not create women to be the spiritual leader of the home.

1 Corinthians 11 v 3: "I want you to know and realize that Christ is the Head of every man, and the head of every woman is her husband, and the head of Christ is God."

The fathers are the holders of blessings and curses in the family. Numbers 30 talks about how a father or a husband is a covering or protection for the wife or daughter.

Numbers 30 v 2 – 6 and 15 – 16: "If a man vows a vow to the Lord or swears an oath to bind himself by a pledge, he shall not break or profane his word; he shall do according to all that proceeds out of his mouth. ³Also when a woman vows a vow to the Lord and binds herself by a pledge, being in her father's house in her youth, ⁴and her father hears her vow and her pledge with which she has bound herself and he offers no objection, then all her vows shall stand and every pledge with which she has bound herself shall stand. ⁵But if her father refuses to allow her [to carry out her vow] on the day that he hears about it, not any of her vows or of her pledges with which she has bound herself shall stand. And the Lord will forgive her because her father refused to let her [carry out her purpose]. ⁶And if she is married to a husband while her vows are upon her or she has bound herself by a rash utterance, ⁷And her husband hears of it and holds his peace concerning it on the day that he hears it, then her vows shall stand and her pledge with which she bound herself shall stand... ¹⁵But if he shall nullify them after he hears them, then he shall be responsible for and bear her iniquity. ¹⁶These are the statutes which the Lord commanded Moses, between a man and his wife, and between a father and his daughter while in her youth in her father's house." There is no such provision for boys because God intends every man to be the spiritual head of his home and to teach his sons how to be head of their homes.

The male lineage traces ancestry through your father, his father and his father's father. What sin and diseases do they have in common with you? The female lineage traces ancestry back through her father and what he brought into the family tree and all the males before him. Your mother had a father and this curse channels down through the female. That's why you can inherit things from your mother, even though they were in the family tree of her father.

Not everything running through your family tree is evil. Apart from the kingdom of Ephesians 6 v 12 called iniquity, there is also the Holy Spirit Who brings the blessings to your generations because of the obedience of your forefathers. All the people in your family bring in to the picture good and evil, blessings and curses.

To get rid of every single genetically inherited disease on earth, it would have to start with salvation and sanctification of the men.

How Genetically Inherited Diseases and the Iniquities Behind Them were Dealt with in the Bible

Nehemiah chapter 8 v 1 right through to chapter 9 v 3 tells of when the Israelites had just come out of captivity from Babylon in the days of Nehemiah and Ezra. All the Israelites gathered together to listen to Ezra as he read the Word of God. The people wept as they heard the Word, because they realized that they had been in bondage and captivity because of disobedience. As a people, they came before God and repented, they took responsibility not just for their sins but for the sins of their forefathers.

Nehemiah 9 v 2 – 3: “And the Israelites separated themselves from all foreigners and stood and confessed their sins and the iniquities of their fathers. And they stood in their place and read from the Book of the Law of the Lord their God for a fourth of the day, and for another fourth of it they confessed and worshipped the Lord their God.”

Why did the Israelites confess the sins of their fathers? So that they could be freed from the curse of sin generationally. They confessed their sins and the iniquities of their forefathers because they were the product of their parents' disobedience. They saw that the same sin that was in their parents and grandparents was in them and they were serving that sin as a way of life. Furthermore, depending on their age, they could also see that the sin that was in them had transferred into their children's lives.

Now that confession for the iniquities of their fathers does not mean that their fathers were forgiven by proxy. That confession means, “Father we recognize that we have served sin and that our forefathers have served sin and we are letting You know that we understand it. We see how this has affected our lives and our families and we take responsibility for that. We don't want it to continue to transfer into our children and grandchildren and so we repent.”

In 2 Chronicles chapters 29 and 30, Hezekiah and the Levites got together because their fathers had sinned, and done evil in the eyes of God, and had forsaken Him. They came together before God to repent for their sins as well as the sins of their fathers, and to sanctify themselves. The Lord heard the prayers of Hezekiah and He healed the people.

2 Chronicles 29 v 1 – 6, 10, 15 and 30 v 18 – 20: “1Hezekiah began to reign when he was twenty five years old, and He reigned 29 years in Jerusalem...2And he did right in the sight of the Lord, according to all that David his father [forefather] had done. 3In the first year of his reign, in the first month, he opened the doors of the house of the Lord [which his father had closed] and repaired them. 4He brought together the priests and the Levites in the square on the east 5and said to them, Levites, hear me! Now sanctify (purify and make free from sin) yourselves and the house of the Lord, the God of your fathers, and carry out the filth from the Holy Place. 6For our fathers have trespassed and have done what is evil in the sight of the Lord our God, and they have forsaken Him and turned away their faces from the dwelling place of the Lord and have turned their backs... 10Now it is in my heart to make a covenant with the Lord God of Israel, that His fierce anger may turn away from us...15So they gathered their brethren and sanctified themselves and went in, as the king had commanded by the words of the Lord to cleanse the house of the Lord...18For the multitude of the people...Hezekiah had prayed for them saying, May the good Lord pardon everyone 19who sets his heart to seek and yearn for God – the Lord, the God of his fathers...20And the Lord hearkened to Hezekiah and healed the people.”

So when you pray for healing, not only must you repent for your sins, but the sins of your fathers also. Why? So that genetically inherited diseases can be broken and the familiar spirits of your generations that rule you in your soul can also be defeated.

The purpose of this teaching is to cause you to think and to begin to recognize the things in your life, in your parents, grandparents, great grandparents and in your children and grandchildren's lives so that you can see the diseases and ways of thinking that are flowing from generation to generation.

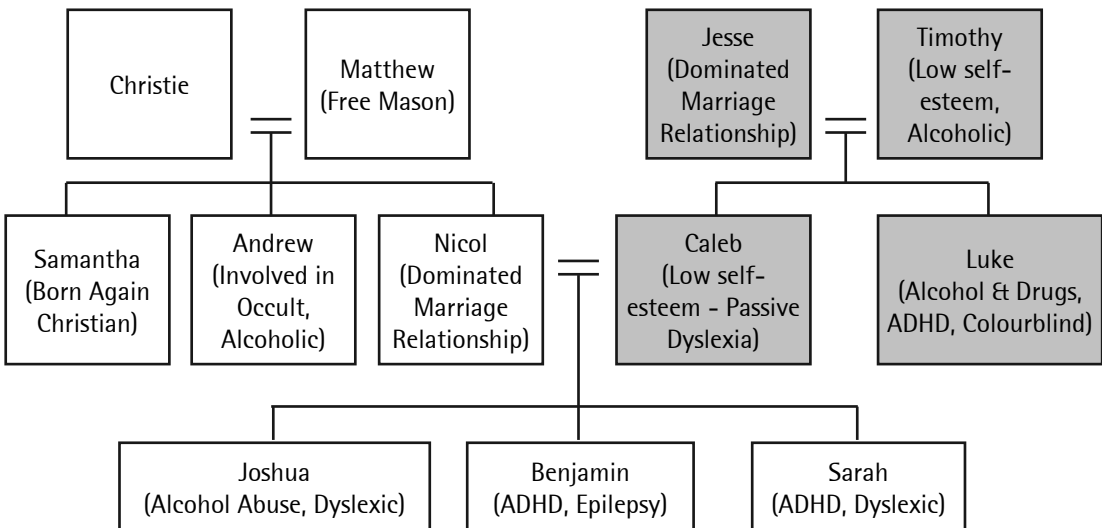
There are some things that you are dealing with in your life that are inherited. The reason I know this is because many Christians have disease that is genetically inherited from their parents. If it's not dealt with before the Lord, you will pass it on to your children. It's not fair but that is the price we pay for sin, disobedience and lack of sanctification. Fear, abuse, victimization, rejection, allergies, heart problems, cancer, diabetes and a large number of diseases can be inherited from both a physical genetic standpoint and a spiritual standpoint.

What this teaching represents is removing the things that are interfering with the blessings that God saw for your families from the foundation of the world. If you can see that the things that were in your parents are already in you, and the things that are in you are already in your children, you can put a stop to it through repentance. And that is what the gospel represents - a change in direction for mankind.

If you can see the things that were in your parents are already in you and your children, you can put a stop to it through repentance.

Take the time to go and build your own family tree. To help you, an example of three generations in a hypothetical family tree is below. Remember to put the siblings in every generation. What diseases are running from one generation to the next? Start thinking about the desolation in the generations in your family. Mark down the characteristics - were your family members in past generations Christians? What were their personalities like? Were they filled with fear, hate, envy, strife, bitterness etc? What did they do for a living? Were they into alcohol, drugs and pornography? Did their lives contain any of the spiritual elements that we are learning are the roots for disease like self-hatred and fear? Wife beater, molester, adulterer, fornicator, murderer, slanderer, division maker...Go back as many generations as you can, this will give you an idea of what is in your family.

A Hypothetical Family Tree



== Married

A Word of Caution

My advice with regards to researching your family history must be taken within balance. I am by no means suggesting that you go on a “mad witch hunt” trying to find out every small detail of iniquity in your family tree. The devil likes to come in and take this out of balance by getting us bogged down in hours and hours of counselling, trying to deal with each little thing that’s happened over the last 100 years. It is not complicated: for example, if you have type 1 diabetes and your family members in the generations before you had type 1 diabetes, then it is obvious that the sin running through your family tree is self-hatred. Therefore you just say a simple heartfelt prayer like, “Father please forgive me and my fathers before me for the sin of self-hatred.” Likewise, if it’s high blood pressure that you and your family members have, you pray, “Father please forgive me and my fathers before me for the sin of fear and worrying about the future.” It’s that simple. It takes less than 60 seconds – not hours and hours of prayer about every little thing your ancestors did in the past 100 years.

What About Adoption?

There are many people that adopt children because they want to try to give them a better life. There have been parents that have adopted children from babies who were devastated when this little child that they raised and loved to the best of their ability turned into a living devil. And they think, “I’ve failed! What have I done wrong? I raised the child in a Christian environment and gave it all the love in the world!” Environment does not shape the child first. Inherited iniquity shapes the child first if the iniquity has not been dealt with. You need to understand this so that when this evil starts to surface in an adopted child, you know how to deal with it. You may ask, “How can I know the iniquity in my family if I don’t even know my father or mother because I was given up for adoption?” The answer is very easy. The things that you struggled with from childhood into your teenage years into your adult years are what was in your parents. Now you can better understand yourself.

The Physical Mechanism Behind Genetically Inherited Diseases

On a physical level, genetic diseases involve a structural abnormality in the strands of DNA in the genes. Your DNA is made up of genes. Your genes are inherited from your father and mother. Each gene has specific instructions for how to make a specific part of your body. For example, you have a gene that has instructions to make your eyes blue or green or brown. You have another specific gene that has instructions to make you a certain height (short or tall). Everything that determines the way you look and your whole body make up comes from an instruction manual which is encoded in your genes. When

Epigenetics shows that our thoughts and perceptions remodel our genes and not the other way around.

these genes are changed, the instructions are muddled up. The result is the formation of a defective part of your body that does not function properly and hence the development of various diseases. I am explaining throughout this book on the discussion of various diseases that the devil is able to get in and alter our body chemistry and genetics through sin in our thought life.

At the beginning of this chapter I explained that your thought life doesn’t just affect your body, it also affects your genes. In other words a toxic sinful thought life can lead to a gene defect that is passed onto our children. Running closely with the science of thought is a new science called epigenetics. Epigenetics shows that our thoughts and perceptions remodel our genes and not the other way around. Now the reality of the scripture **“As a man thinks in his heart, so is he” (Proverbs 23 v 7)** begins to hit home.

Epigenetics shows us the power of our thought life and how it affects who we are. A phenomenal discovery is that our genes can be switched on and off by the thoughts on which we choose to meditate ¹⁰. When a gene is "switched on" certain proteins are made. Proteins are the building blocks used to make different parts of your body as well as the building of memories. Your genes and the proteins made from them are directly affected by the thoughts that you choose to meditate on with your free will. This has changed the conventional understanding that our genes control and determine who we are and what we become. Recent research disproves the myth that our genes shape us. Our thoughts affect which genes are switched on and therefore we shape our genes. This means that we are not, nor have we ever been victims of our biology ⁴.

There are many ways that our thought life can alter our genetics but let's look at one example of how it happens on a physical level. Cancer commonly runs through family trees as it can be caused by an inherited genetic defect. In the chapter on page 385 I explain that a thought life dominated by bitterness and unforgiveness plays a major role in the development of cancer because it puts your body into a toxic state of stage 2 and 3 of stress. One of the consequences of that is cell wall rigidity. The wall surrounding a body cell is semi-permeable which means it acts like a filter. It allows for the diffusion of oxygen and nutrients into the body cell and removal of waste products out of the cell. The high levels of stress hormones during stage 2 and 3 of stress cause the cell walls to become stiff or rigid. As a result the body wall cannot filter substances properly and the things that the body cell needs such as nutrients and oxygen cannot diffuse into the cell. There is also a build-up of waste products inside the cell which cannot diffuse out. Thus the body cells are not able to cleanse themselves as they were designed to. The retention of toxins and waste products inside the cell can damage genes called anti-oncogenes. Anti-oncogenes protect a cell from becoming cancerous as a result of DNA that is damaged through wear and tear. When DNA is damaged, the anti-oncogenes will slow down cell division so that the DNA can be repaired or it causes that cell to self-destruct before it forms a tumour. When the anti-oncogenes are damaged through toxic retention, it leaves that cell susceptible to becoming cancerous. That gene defect is also passed on to your children, causing cancer in the following generations.

“Repentance” according to the original Greek means “changing your thinking”... by changing your thinking, you can change your genes.

Our DNA was perfect when God created it from the foundation of the world: however the devil managed to get in through generations of sin, and mix up the components of the DNA (nucleic acids) which changed the genetics. This defect that causes the disease is passed down the generations in the family tree in the genes. If the devil interfered with and changed the genetics, Who can repair it? The Living God through repentance can! God can change the genetics... and He does, when you are sanctified through repentance of your sin and the sins of your fathers. "Repentance" according to the original Greek word used in the Bible, means "changing your thinking". According to the science of epigenetics, by changing your thinking, you can change your genes.

In the ministry of Henry Wright, they have documented evidence of genetic code changes. For example when a disease such as cancer was diagnosed by investigations where the genes of that person were isolated and studied by an oncologist – after ministry and healing a sample of the person's gene's were studied again and the genetic pattern was changed. Therefore the person no longer had the defect that would cause that disease. They were totally healed, even right down to the DNA in their genetics. Therefore the person is no longer a carrier of the genetically inherited disease and their children will not inherit it.

Healing and complete restoration to health was provided by Jesus through His work on the cross:

Isaiah 53 v 5: "But He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and well being was upon Him, and with the stripes [that wounded] Him we are healed and made whole."

The prophecy of Jesus in Isaiah 61 v 4 is generational in nature and is the foundational scripture for healing of the generations. This is the breaking of inherited genetic curses and inherited familiar spirits in your family trees with regards to spiritually, psychologically and biologically inherited diseases:

Isaiah 61 v 1 – 4: "The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good tidings to the meek, the poor, and afflicted; He has sent me to bind up and heal the broken hearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and the eyes to those who are bound, ²to proclaim the acceptable year of the Lord [the year of His favor] and the day of vengeance of our God, to comfort all who mourn, ³to grant [consolation and joy] to those who mourn in Zion – to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened and failing spirit – that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord that He may be glorified. ⁴And they shall rebuild the ancient ruins; they shall rise up the former desolations and renew the ruined cities, the devastations of many generations."

In terms of ministering to children with an inherited disease (for example allergic asthma) in the ministry of Pastor Henry Wright: when the parents came before God and repented of the sin, the children were often instantly healed of diseases without prayer for healing even occurring on their behalf. When the curse is broken on that level, it is amazing to see God's provision and healing for children that are not yet at the age of understanding. The Bible says that children are sanctified by the believing parents.

1 Corinthians 7 v 14: "For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean, but now they are holy." KJV

In the chapter "Essential Background Knowledge of Disease from a Biblical Perspective" I explained that God's perfect will is not actually healing. His perfect will is that you don't get sick. Would you like to prevent disease in your children? You need to deal with the generational iniquities and junk that is flowing through your family tree so that your children do not inherit the curse. God said in Exodus that He would visit the iniquities of the fathers to the third and fourth generation and since nobody stopped it in the third and fourth generation it has been flowing in every generation – even into your lives. Are we going to go on a roller coaster ride from generation to generation and do nothing about it? My advice to engaged couples who are about to be married is to have a look at what they are bringing into the family package.

Look at your family history and you will see some of the same diseases, personality traits and characteristics of relationships repeating themselves.

Look at your family history and you will see some of the same diseases, personality traits and characteristics of relationships repeating themselves – divorce, fathers and sons or mothers and daughters fighting and hating each other. You will see the sons of an alcoholic father who beats his wife become alcoholics who beat their wives. You will see the daughters of a woman who had illegitimate children repeat the pattern by also falling pregnant outside of marriage. When a man and a woman live

together before marriage, their children go on to do the same thing. These spiritual and physical problems are going to be passed along until somebody takes a stand and says, "Enough is enough!" and breaks the cycle. The curse of genetically inherited diseases will continue down the blood line until it is stopped by repentance and by appropriating by faith the redemption provided by Jesus on the cross.

If we want to do our children a favor, let's give them a break from genetic birth defects, genetically inherited diseases and psychological problems by repenting of the sins of our fathers. Let's get our hearts and lives right before God so that we break the power of sin generationally and begin a new dynasty of people of God that love Him by walking in obedience to His ways. Then the Holy Spirit and the blessings that He brings can flow through us to our children to a thousand generations as it says in Exodus 20 v 6. Then perhaps we can change the destiny of the planet.

Deuteronomy 30 v 19 "I call heaven and earth to witness this day against you that I have set before you life and death, the blessings and the curses; therefore choose life, that you and your descendants may live."

If you have genetically inherited diseases, I encourage you to pray a simple heartfelt prayer that goes something like this:

"Father I come before you to repent for my sins and the sins of my fathers that have opened the door for the curse of disease. I repent of all the disobedience, rebellion, perversion, witchcraft, sorcery, divination, occultic involvement, idolatry, lust, adultery, fornication, abuse, slander, strife, fear, anxiety, self-hatred, guilt, self-accusation, jealousy, envy and bitterness. I ask for Your forgiveness. Wash me with the blood of Jesus. According to Galatians 3 v 13 I have been redeemed from the curse of the law by Jesus' blood on the cross. I take authority over the inherited familiar spirits in my family tree, and I command you to be gone in Jesus Name! I break the power over the genetically inherited curse of (name the disease) in my life and my descendants in Jesus' Name. I claim forgiveness through the blood of Jesus for my sins and the sins of my fathers. May the Holy Spirit of Sanctification have His full work within me. I pray that You would heal me spiritually and physically right through to my DNA. Father I ask You to work a creative miracle and restore my genes to how You originally created them before the foundation of the world – I command my genes to be made whole and perfect in Jesus' Name. In faith I thank You for my healing."

Note: You do not have to go and create chaos by getting all your other family members involved, this is not necessary. You just come before God and get your own heart right before Him. You can break the curse of the genetically inherited diseases running through your family with a simple prayer such as the one illustrated above where it is just you and God.

REFERENCE: I gained this knowledge and insight into genetically inherited diseases from a Biblical perspective from the teaching of Henry Wright in his book "A More Excellent Way" as well as other conferences where he has taught.

When it's Time to Kick the Bucket

Whilst working in a hospital in South Africa I once had a patient with kidney failure. She was only 48 years old. The kidney failure had progressed to a point where there was absolutely nothing we as doctors could do for her. I had to call in the family and tell them that their mother had two weeks to live (that is how long it takes for the toxins to build up in the body and cause multi-organ failure). Whilst I was explaining to them that her disease was incurable I cannot tell you how heavily God convicted me in my heart. The lady did die within two weeks exactly as we had predicted and I wish I had the revelation then that I have now. God has dealt with me as a doctor and told me to get the word 'incurable' out of my vocabulary because it is not Scriptural. 70 to 80% of all diseases in the medical field are considered to be incurable. However, nothing is impossible with God to those that believe – He has conquered and broken the power of Satan and disease (Luke 10 v 17-20; Isaiah 53 v 5; Matthew 8 v 17). No disease is incurable with God, when His conditions for healing are met. I am very thankful that I never again have to tell a patient that his or her disease is incurable and he or she has 'x' amount of months left to live.

Do you think God needs a disease to get you to heaven? Do you think that God needs to torment you and allow you to suffer with disease so you can get to heaven? Why have we become so acclimatized to this kind of thinking that we have to die and move into Glory because of a disease? This goes against everything that I have studied in the Bible. I say that we have been lied to! We've been had! Where did euthanasia come from any way? That is another gospel and I don't agree with it. According to Deuteronomy chapter 28 sickness is a curse and having your life cut short is a curse (I explained in depth why disease is a curse on page 29). When we are living right before God, we don't need the curse to get us to heaven.

Often when I have said that God does not need a disease to get us to Heaven, people have facetiously replied, "Well then how are you going to die?" Abraham, Isaac, Jacob and Joseph lived a full, long life. When their time was up the Bible says that they simply breathed their last breath and died (Abraham – Genesis 25 v 8; Isaac – Genesis 35 v 29; Joseph – Genesis 50 v 26). They did not die of a disease so why should it be any different for us today? After Jacob blessed his twelve sons, the Bible says that he simply lifted his feet up onto the bed and breathed his last.

God does not need a disease to get us to heaven. We can enjoy divine health right up until the second our allotted time on this earth is up

Genesis 49 v 33: "When Jacob had finished commanding his sons, he drew his feet up into the bed and breathed his last and was gathered to his people."

The first major change in mindset is that God does not need a disease to get us to heaven. We can enjoy divine health right up until the second our allotted time on this earth is up and the Lord comes to take us, merely by stopping our heart and other organs and in an instant our spirit is with Him in Glory. The second major shift that is needed in our mindset is that our allotted time on earth is only up after at least 120 years! Allow me to explain:

Psalms 90 v 12: "So teach us to number our days, that we may get us a heart of wisdom."

In the Garden of Eden, man was originally meant to live forever. However, after the fall of man when Adam and Eve sinned, God gave man a limited life span.

Genesis 3 v 19 and 22 – 23: "19In the sweat of your face shall you eat bread until you return to the ground, for out of it you were taken; for dust you are and to dust you shall return. 22And the

Lord God said, Behold, the man has become like one of Us [the Father, Son, and Holy Spirit], to know [how to distinguish between] good and evil and blessing and calamity; and now, lest he put forth his hand and take also from the tree of life and eat, and live forever – * ²³Therefore the Lord God sent him forth from the Garden of Eden to till the ground from which he was taken."

*The foot note in my Amplified Bible says that the sentence at the end of verse 22 is left unfinished, as if to hasten to avert the tragedy suggested of men living on forever in their now fallen state. Up until Genesis chapter 6 the people lived for hundreds of years. For example Adam lived for 930 years, Adam's son Seth lived 912 years, Seth's son Enosh lived 905 years, Enosh's son Kenan lived for 910 years, Methuselah lived for 969 years and so on. When God saw that the wickedness of man was great on the earth, and that every imagination and intention of all human thinking was only evil continually (Genesis 6 v 5), He shortened the life span of man to 120 years.

Genesis 6 v 3: "Then the Lord said, My Spirit shall not forever dwell and strive with man, for he also is flesh; but his days shall yet be 120 years."

Psalm 90 v 10: "The days of our years are three-score years and ten (seventy years) – or even, if by reason of strength, four-score years (eighty years); yet is their pride [in additional years] only labour and sorrow, for it is soon gone, and we fly away."

God has created your body to live for 120 years without disease and God does not need a disease to get you to heaven.

Psalm 90 is credited to Moses, who was interceding with God to remove the curse which made it necessary for every Israelite over twenty years of age to die before reaching the Promised Land because they rebelled against God at Kadesh-barnea (Numbers 14 v 26 – 35). Moses said most of them were dying at seventy years of age. This number has often been mistaken as a set span of life for all mankind. It was not intended to refer to anyone except those Israelites under the curse during that particular forty years. Seventy years have never been the average life span of humanity. When Jacob the father of the twelve tribes had reached 130 years (Genesis 47 v 9), he complained that he had not attained the years of his immediate ancestors. In fact, Moses himself lived to be 120 years old, Aaron lived to be 123, Miriam several years older and Joshua 110 years of age.

In Genesis 6 v 3 God set the life span for man as 120 years and it has not changed since then. I encourage you to teach this to your children from when they are small – tell them that they are going to live to 120 years of age. The reason is you are what you believe. Jesus said, **"According to your faith be it unto you."** (Matthew 9 v 29).

It is not unrealistic for the human body to live 120 years in divine health. Did you know that apart from sin and disease, the human body is designed to regenerate itself? For example your bones regenerate and are totally replaced every 20 years. Certain parts of your skin are replaced every 7 years and the lining of your intestines is replaced every 3 days ⁴⁷.

God has created your body to live for 120 years without disease and God does not need a disease to get you to heaven.

Note as well that in the Millennium a person dying at 100 will still be thought a child and he is considered cursed because his life was cut short as a result of sin.

Isaiah 65 v 17 and 19-20: ¹⁷for behold, I create a new heavens and a new earth. And the former things shall not be remembered or come to mind. ¹⁹And I will rejoice in Jerusalem and be glad in My people; and the sound of weeping will no more be heard in it, nor the cry of distress. ²⁰There shall no more be in it an infant who lives but a few days, or an old man who dies prematurely; for the child shall die a hundred years old, and the sinner who dies when only a hundred years old shall be [thought only a child, cut off because he is] accursed."

The human body is designed to live 120 years and anything less than that is a curse. A life cut short because of a disease is a curse (Deuteronomy chapter 28). Now I am not judging or condemning anybody

that dies at an age less than 120 years as the reason why is none of my business. However I am going to believe God for a long life of at least 120 years (if Jesus doesn't come before then) because I want to touch as many lives for God as I can. I want to be one of the 11th hour harvesters that spread the Lord's Gospel to the ends of the earth. And what about you? If the Israelites were living to 70 years of age in their disobedience, imagine how long you could live for God in your obedience!

I've heard many people say, "Oh, I'd hate to live until 80 or 90 or 100." As soon as they said that they spoke a curse over themselves. They are going to have what they said. You are today what you said about yourself yesterday. Your words shape your world because they have creative ability. What you confess over yourself is what you will become. What you confess over your life is what your life will become. You must never underestimate the power of your words.

Proverbs 18 v 21: "Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life]."

Your thoughts and ultimately your words are seeds – they are containers of power – they will produce a harvest of either blessing and health or sickness and destruction. The reason that people say they don't want to live to such an "old age" is because they envision in their minds an old person who can hardly see or hear, who is bent over and can hardly move, full of aches and pains. Aging is not a disease. You can still enjoy good health in old age. **Deuteronomy 33 v 25: "As thy days, so shall thy strength be." [KJV]** This Scripture clearly reveals that God never intended for man to be sick or weak and to pass away before his days are full, but rather that he should retain his strength and health all of his days. Most people living at older ages today are just barely surviving in old age homes, not enjoying their later years. Moses and many other mighty men of God were able to hike the desert, climb mountains and do many other physical activities in their later years. **Proverbs 23 v 7, "As a man thinks in his heart, so does he become."** You are only as old as you think you are. My grandfather is 82 years old but he does not think of himself as old at all. He is physically active, he walks several kilometres a day whilst at work on his farm and he has a blood pressure as good as that of a 20 year old man. When the doctors take his blood pressure at a check up, he chuckles to himself because they take it two or three times to see if the machine is possibly not working properly. Once again, you are as old as you think you are. I have proved this to myself in my encounters with various elderly patients. The elderly people who are happy and active in their community are fit and healthy. When they have to come into hospital for an operation (for example a broken hip from a fall), they recover remarkably quickly. Those that have retired, have no real purpose in their lives any more, are depressed and are always talking about how old they are getting... are old! I have frequently seen a depressed, negative 60 year old who looks 20 years older than an active 80 year old who still has zest and a passion for life.

If you are 60 or more years old, listen to me – I have something very important to tell you and that is that the worst thing you can do is to retire. Scientific studies indicate that if you retire, you die quicker. I have seen it over and over again: when elderly patients retire and move into an old age home with all the other depressed old people, they get depressed themselves. I have seen their health rapidly deteriorate and it is only 6 months to 3 years before they die.

Don't Retire! You Must Re-Fire!

Refuse to retire as long as you live because it's too much fun serving God! You may not be able to do the job you were able to do when you were younger, but that doesn't mean there is no longer a purpose for you. This is the best time of your life! Stay active and live for God! He can still use you mightily at your age. We need you. Your family needs you. Your cities need you. Mankind needs you. We need your wisdom. If you waste the last part of your life waiting to die, Moses is going to be waiting in heaven for you and he is going to put his finger in your face because he didn't start his ministry until he was 80. At that age he ended up pastoring one of the largest churches in the history of mankind which included 3 and a half

million Israelites. So what's your excuse? And Moses couldn't even talk properly, he had to have his brother speak for him. The great things that Abraham did for God for which he has been remembered throughout history was after the age of 75. In the introduction I shared the story of a lady who went on a mission trip to Ethiopia. God worked many mighty miracles through her and she lead many people to the Lord – she is 72 years old! You still have the potential to have a great impact for God. You have wisdom coming from years of experience behind you – be available for God to use you. D.L. Moody once said, "The world is yet to see what God can do through a man or woman who is totally committed to him."

Dr. Caroline Leaf spoke of an 80 year old pilot who had to stop flying because his eye sight had deteriorated. He then went back to university and studied a 4 year degree to become a chartered accountant. At the age of 84 he qualified and began work in his new job. We all should be doing that. Stay active mentally and physically because your health depends on it.

Old age homes where elderly people are abandoned by their families are an utter disgrace, shame and abomination. The Bible is very clear about the consequences for those of you who are not looking after your parents and grandparents in their old age.

Proverbs 23 v 22: "Hearken to your father who begot you, and despise not your mother when she is old."

Stay active mentally and physically because your health depends on it.

Proverbs 20 v 20: "Whoever curses his father or his mother, his lamp shall be put out in complete darkness."

Proverbs 30 v 16: "The eye that mocks a father and scorns to obey a mother, the ravens of the valley will pick it out, and the young vultures will devour it."

Leviticus 20 v 9: "Everyone who curses his father or mother shall surely be put to death..."

All the billions of dollars that are spent in research by cosmetic companies trying to find ways to prevent aging and prolong life is a waste of time and money. God gave us the answer to long life in the Bible thousands of years ago:

Deuteronomy 5 v 16: "Honour your father and your mother, as the Lord your God commanded you, that your days may be prolonged and that it may go well with you..."

Ephesians 6 v 2: "Honour (esteem and value as precious) your father and your mother – this is the first commandment with a promise. That all may be well with you and that you may live long on the earth."

Psalm 91 v 1 and 14 – 16: "He who dwells in the secret place of the Most High shall remain stable and fixed under the shadow of the Almighty... ¹⁴because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he knows and understands My Name [has a personal knowledge of My mercy, love and kindness – trusts and relies on Me, knowing I will never forsake him, no, never]. ¹⁵He shall call upon Me, and I will answer him; I will be with him in trouble, I will deliver him and honour him. ¹⁶With long life will I satisfy him and show him my salvation."

It will do you good to pay attention to the Word because what it is saying about health and sickness, we are proving in medical science today. The answer to long life is in the Bible – honour your father and mother and "Dwell in the secret place of the Most High." (Psalm 91).

It will do you good to pay attention to the Word because what it is saying about health and sickness, we are proving in medical science today. The answer to long life is in the Bible – honour your father and mother and "dwell in the secret place of the Most High." (Psalm 91). Dwelling in the secret place of the Most High means developing a close relationship with God by spending time in fellowship with Him in that secret place where it is just you and Him. The more time you spend with God, the more you get to know Him. The more you get to know Him, the more you come to genuinely love Him. Out of your love for Him flows a life of obedience. A life of obedience leads to a long life of divine health.

There is one more secret to long life in the Bible which is illustrated in this true story which Kenneth Hagin told in his book called "Mountain Moving Faith": "Brother Smith came out to one of my meetings even though he wasn't a member of that church. When the service was over, he said to me, "You know, Brother Hagin, I'll be ninety years old in three weeks. And you know, I'm just as good a man, just as strong in every way as I was as a young man." And he looked good. He said, "God's kept me. You know I haven't been sick in forty years. I got to reading the Bible one day where Jesus said, "The very hairs of your head are numbered." [Matthew 10 v 30; Luke 12 v 7]. In other words He knows just how many hairs you have on your head. I got to thinking about that years ago. And I said to the Lord, "Well Lord, You know how many hairs I have. I'm just going to believe you to keep my hair." So at age ninety this man had all his hair. Not only that, but Brother Smith at ninety years of age had only a few grey hairs. He believed God to keep his hair from turning grey. My wife had never met Brother Smith before that night. Later I asked her, "How old do you think he is?" She said, "Not a day over fifty five." Brother Smith was also a man of wealth, yet he'd get out and work every day. In fact, he'd outwork most young men. After Brother Smith shook hands with us, he started to go. But then he came back and said, Brother Kenneth, I'll tell you something else. I also believed God to keep my teeth." And he opened his mouth and showed me that he had every tooth in place, and there was not a filling in one of them. They were all his own teeth at ninety years of age! I'd never thought of that! Now you understand this is beyond just divine healing. But right on the other hand, the Bible says, "According to your faith be it unto you." (Matthew 9 v 29) Brother Smith believed God would do it according to His Word and God did it. Brother Smith started to walk away the third time, and then he came back. He said, "Brother Kenneth, I'll tell you the secret of the whole thing. You already know it but I'll tell you anyway. I asked God first of all to help me keep this – to help me keep my tongue," and he stuck his tongue out. "That is what I want you to see, and it has everything in the world to do with a person living a long life and staying healthy. You see, the Bible says in **1 Peter 3 v 10, "For let him who wants to enjoy life and see good days [good – whether apparent or not] keep his tongue free from evil and his lips from guile (treachery, deceit)"**

Kenneth Hagin then continued to tell the story of a man who was a veteran from world war 1 and who had been gassed. As a result of his many traumatic memories he used to drink a lot. When he was drunk he would get very aggressive and was known for beating people up. He had put a few people in hospital because he had stabbed and cut them up severely. It was a small town where everybody knew each other. Nobody pressed charges because they all felt sorry for him as they knew what he had been through in the war. Eventually he got so dangerous that a policeman was forced to shoot him to prevent him from murdering somebody. "Everybody felt bad about it in a way but the whole town almost sighed a sigh of relief. After all, several people had nearly died from being cut up by this fellow. When he was killed everybody talked about it. Some people said, "Well, its good riddance. We hated for it to happen that way, but it's just a good riddance." I remember I went on the job that day, and we were talking about it. And everybody was expressing his opinion about this fellow. But Brother Smith wouldn't say one evil thing about him. I remember hearing him say about the fellow, "Well, one thing about him, he did have lovely eyes." When brother Smith said that I thought, that fellow did have lovely eyes. So Brother Smith said something good about this man. He wouldn't say anything bad about him. And at ninety years of age, Brother Smith was just as strong as a younger man in every way because he had asked God to help him keep his tongue."

Ecclesiastes 7 v 17: "[Although all have sinned] be not wicked over much or wilfully, neither be foolish – why should you die before your time?"

Psalms 103 v 2 & 5: "Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits – ⁵Who satisfies your mouth [your necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!"

Giving Birth Naturally and Painlessly is Possible!

I'd like you to open your heart to consider that God intended the birth experience to be beautiful, wonderful, fulfilling and healing for the woman. This teaching is for God to come into this generation and restore to women what was lost and what the enemy has robbed from them in the birth experience.

Before reading through this chapter, there are two other chapters that you need to read through first which have important background information:

1. "How Long Term Fear, Anxiety and Stress Affects The Body" on page 178 – fear has a great impact on how a birth unfolds. Thus you need to understand the different stages of stress and the body's response to stress hormones.
2. "Genetically Inherited Diseases" on page 151 – we have to take into account generational iniquities because these also affect the baby and the birth process.

Nearly every woman you meet nowadays has had a bad birth experience. They have horrific stories of how it was excruciating and terrible. There are many people who have had to overcome issues coming from a traumatic birth – cords wrapped around necks, not being able to breathe and all sorts of problems that stem from that. During my training as a doctor I worked for several months in the government hospitals in the Obstetrics department where I spent the entire time delivering babies. Sometimes I felt like I was in a horror movie with all the women in the labor ward screaming in agony and the many complications that I had to deal with. I saw miscarriages, still births, cord wrapped around necks, severe physical trauma to mothers who suffered third degree tears, breach deliveries and many other terrible things. And so we have a mindset that has infiltrated our society that giving birth is an awful experience but there are epidurals and other drugs you can take to get you through it. The idea of giving birth naturally with no medical intervention or drugs sounds shocking. Even as Christians we have accepted the idea that delivering babies is a painful, terrible experience because of the curse on women in Genesis after the fall of Adam and Eve where God said that your sorrows will greatly multiply in childbirth.

Open your heart to consider that God intended the birth experience to be beautiful, wonderful, fulfilling and healing.

Genesis 3 v 16: "Unto the woman He said, I will greatly multiply thy sorrow and thy conception, in sorrow thou shall bring forth children." KJV

Amplified Bible: "To the woman He said, I will greatly multiply your grief and your suffering in pregnancy and the pangs of childbearing; with spasms of distress you will bring forth children."

Firstly, when Jesus died on the cross, He became a curse for us so that our sins may be forgiven and that by His stripes we would be healed and made whole. There is power in the blood of Jesus to break all curses over our lives including the curse of child bearing. We are relieved from that curse when we appropriate that blessing by faith.

Isaiah 53 v 4-5: "Surely He has borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains [of punishment], yet we [ignorantly] considered him stricken, smitten and afflicted by God [as if with leprosy]. But He was wounded for our transgressions, He was

bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and well being was upon Him, and with the stripes [that wounded] Him we are healed and made whole."

Secondly, according to the Strong's Concordance, the words in Genesis 3 v 16 which talk about the woman's sorrow being multiplied during child birth are not referring to **pain** as we understand it. When we use the word pain, we equate it to the pain that we would, for example get when we have an injury. However that is not what this scripture is referring to. The word actually comes from **toil** which is also what Adam had to do when the curse was put on him for his sin. The word toil also means **pang** which is a **pressure** that comes – in other words a **contraction during labor**. So if you understand this scripture correctly the word pressure should take the place of the word pain and therefore, Biblically, a painless delivery is possible. And all those women who have had children are going to say, "Yeah, right!" This is not an ideal world but I have listened to several testimonies of women who have learnt the principles of this teaching, applied it and who have literally had a painless birth. It's possible! God intended our births to be beautiful and wonderful, although easy is not in the equation because labor is labor.

The key issue is to get rid of the fear of pain, fear of giving birth and the fear of the unknown and then you really won't experience what we understand to be pain during your labor and delivery.

The Fear of Giving Birth and the Fear of Pain

It is very important, especially for first time mothers, to be educated about what physically happens in the birth process and to know what to expect during labor. Education and getting rid of fear is crucial. The chapter I initially referred you to explained how fear affects the body and it also has a huge impact on the birth process because fear affects the body in the same way during birth. Medical research has shown that anxiety will increase the level of pain experienced by the mother. She becomes exhausted more quickly and this in turn prolongs the labor which ultimately has adverse effects on the baby. If you have fear and anxiety in your thought life during labor and the delivery, your body will go into stage 1, 2 and 3 of stress. Because you are in the "fight or flight" state, the blood flow is shunted away from your uterus to your brain, heart, arms and legs so that you are geared up to either fight or run for your life (flight). As a result the uterus does not get enough blood and oxygen. The labor becomes unproductive because the uterus does not have the fuel or energy to effectively contract and push the baby out like it is meant to. Therefore it is very important to get rid of fear and anxiety so that your body can function in the labor and delivery process as God designed it to.

The key issue is to get rid of the fear of pain, fear of giving birth and the fear of the unknown

The key is to keep your mind fixed on the Lord and His Word throughout the whole birth process. God said in **Isaiah 26 v 3**: **"You will guard and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You."**

Another scripture that is very special is the Lord's promise in **Hebrews 13 v 5–6** **"God Himself has said, I will not in any way fail you nor give you up nor leave you without support. I will, not, I will not, I will not [the Amplified Bible really does say "I will not" three times!] in any degree leave you helpless nor forsake you nor let you down or relax My hold on you. Assuredly not! So we can take comfort and be encouraged and confidently and boldly say: "The Lord is my Helper; I will not be seized with alarm. I will not fear or dread or be terrified."**

Some women have found it helpful to take some praise and worship into the birth room. When your mind is at peace, your body is at peace. As a result the blood flow to your uterus will be good and the

contractions will be effective. Therefore the labor will progress well. Furthermore although you will feel a discomfort during the contractions, they will not be painful.

As I explained in the Introduction of this book, much of my understanding of the spiritual aspects of disease comes from the teaching of Pastor Henry Wright. His wife, Donna Wright had a painless birth when she delivered her daughter. She reported that the only time she had pain was when she was on her way to the hospital and she had this thought, "Oh dear, I might have her in the car" and she had fear come in. At that moment a contraction was coming and she tensed. Fear will make your muscles tense. Your muscles are not able to respond the way they are supposed to when you are all tensed up, anxious and in fear. She quickly got rid of that fearful thought and repented of it. She had her baby in 45 minutes and apparently it was a beautiful birth. So you need to appropriate even what medical science is telling you – get out of fear and your body will behave nicely.

When you feel the intensity of the contraction as it presses down on the baby, it may be uncomfortable (I didn't say painful) but it is important that you don't resist it. Contractions are good – they might not feel good but they are a good thing. They were designed by God and are necessary to get the baby out! Think about it practically: we have a big baby that needs to go through a small exit door but God has designed a way to miraculously make this happen. Therefore rather than resisting those contractions when they come, get into agreement with God's plan for your body. Say, "This is good, this is a God thing. Lord, You are helping me push this baby down." The labor and delivery will be a lot easier if you do this.

Here is another woman's testimony about her birth experience: "A friend and my husband were with me in my labor. We were prayed up [It's not really the time to start praying when you are in labor – you should be prayed up by the time you get to the birth room]. I had gone through everything. We had really walked through this. With everything I had I just believed and I was so excited about this. But I also knew that if it didn't go that way then it didn't go that way and I had come to that peaceful place. I had educated myself a whole lot – I had done a lot of reading on the biology part of things but I didn't know how strong things were supposed to feel – you don't know. We took some praise music for me which was helpful. It was the most awesome experience I think I could describe. God met me in every way. There was no screaming or squeezing or none of that stuff – it was a very calm experience. In Isaiah He tells us that if you keep your mind focused on Him He'll keep you in perfect peace...and that's exactly where my mind was – on God. I just stayed completely at peace and released myself to what was happening. It wasn't a long labor. 10 minutes after the delivery I told my husband I was ready to do the whole thing again! The doctor was leaving and I said "Wait you can't leave, what about my placenta?" She said, "Honey that's gone!" After the birth I just felt whole and complete. I told my husband that I think God blessed women with this. I think it's a huge blessing and sometimes I told him, "I think you guys miss out – I really do." It was the most wonderful and incredible experience and then came our precious little baby..."

It's really just about getting a whole new mindset: we've all been taught that child birth is rough, tough stuff but God has always had something beautiful to give us but we haven't been able to appropriate it because of our ignorance and the different fears that we have.

Some people have to get delivered of the fear that comes from previous traumatic births that they had. One woman phoned Henry Wright's ministry – they had to pray for this woman over the phone and say, "I release you from the fear from that last birth." This lady was having a difficult labor because she had so much fear from what had happened last time. She was worried that it was going to happen again and that fear was affecting how her body was functioning physically. After being prayed for and being delivered of that fear, that lady's baby dropped and came down into birthing position. She gave birth soon after that. That's just an example of how when you are clammed up with fear it affects how you carry your baby and how your labor and delivery unfolds.

Don't allow your friends to tell you their horror stories about their births. When they tell you about somebody who had a traumatic birth, you will struggle with the fear that it might happen to you. Having a difficult delivery is not contagious. But fear is! So just politely say, "Excuse me, I don't want to hear that thank you. Only positive stories please." Pregnancy is a very vulnerable time and you need to guard your heart against fear.

I'd like to challenge you to begin to have faith that God's plan is for your birth experience to be wonderful. Every time a fearful thought comes to your mind during your pregnancy that the birth may be difficult or painful, simply say something like, "Father I repent for believing this fear. I ask you to forgive me. In faith I'm trusting You that my birth will be all that You intended it to be in all its beauty and fullness." Even if you have to do it 25 times a day, just keep renewing your mind and bringing those thoughts captive to the obedience of Christ (2 Corinthians 10 v 5). It's a journey and you need to just take it step by step.

Why You Need to Labor for it

The parents and grandparents of today lived in a generation where they knew what it was to work very hard. However life for the young generation in our society today has been made very, very easy. We have washing machines, dish washers, microwaves, cars, cell phones etc The young generation of today does not have a clue as to how good they have it and because life has been made so easy for them, many of them do not have a very good work ethic. They think that everything must be handed to them on a silver plate. When they get married they expect to have everything that mom and dad have to start with and don't take into account that they worked a lifetime to get where they are. They buy everything on a credit card so that they can have the luxuries now rather than working for it and earning the money first.

Before the fall Adam and Eve also had it very easy. They lived in the Garden of Eden where there was a buffet of fruit whenever they felt like it, there was no need to work and they enjoyed fellowship with God in the cool of the evenings. It couldn't get any better than that. Adam and Eve didn't have to put in any real effort for anything. Then when they sinned, God declared the consequences of that would be that Adam had to work in the lands and Eve would also have to work during childbirth. What was God's wisdom in requiring a woman to labor during childbirth? Well when you have to really work for something, when you finally get it you appreciate it so much more than if it was just handed to you on a silver platter. During childbirth, when a woman has to work for it (I didn't say pain for it), there is a deep work that occurs within her that one cannot begin to articulate in words. Medical studies have shown that epidurals and caesarians take something away from the woman that was supposed to be accomplished during the birth process and they are subsequently more prone to postnatal depression.

How the Woman is Saved during Childbirth

In 1 Timothy 2 v 15 it says that a woman shall be saved in child bearing. The word saved in that scripture is not referring to salvation – women do not gain their salvation through having children! That word saved means that she shall be healed through child bearing; it also means that she shall be preserved and made whole. One of the things that the enemy has tried to cheat women from in the birth experience is being healed, preserved and made whole. When a woman goes from the beginning to the end of the child birth process without some extreme medical intervention or drugs, there is a deep work that is accomplished within her body and soul that is unparalleled to anything in the world that a woman could ever experience.

Here is part of a testimony of one woman who had a beautiful and painless birth: "I don't condemn anybody who had epidurals because I would have been the first candidate to raise my hand for pain relief but it's just that I didn't need it. The way that God met me in those moments is a way that is hard to talk about without getting emotional. It restored to me my womanhood in a way that I didn't know I needed to be restored. It took me to a place in my womanhood, in my identity and in my being where there was a strengthening in who I am. When I have times in my life where I'm having a really rough day or am going through a difficult period, this sounds so bizarre but what I think about to encourage myself in the Lord is my birthing experience! Most people don't want to think about it ever again! But the way God met me and the way God brought life into me through trusting Him through that experience – I'm a better woman because of it. I have more to give out to anybody who comes near me because of what happened in that birthing time where it says that you'll be healed, preserved and be made whole. That's what the Lord intended during child birth. I don't know how He came up with the idea to use that in a birthing experience but He did and I believe that that is what the enemy wants to rob from women."

Through child bearing women are healed, preserved and made whole.

If you didn't experience a good birth, God can still restore to you what you lost because He is God – it doesn't mean you have to go have a baby and relive a birthing experience so you can be restored, healed, preserved and made whole. Childbirth is probably one of many different situations in life that God uses to heal and restore us. If you ask Him, God will restore the years that the locusts have eaten in your life. You can go to Him and say "God I was ripped off back in 1963 and I'm coming to you to get that restoration."

The New Age are tapping into some of these principles of doing childbirth naturally through meditation and keeping fear and anxiety out of your thought life. However they are also teaching hypnosis so that you can be awake but give birth naturally. Do you think that those women are being healed, preserved and made whole like 1 Timothy 2 v 15 says? I don't think so. God's way is the only way to go if you want to reap the full benefits of childbirth.

It is not only the women that benefit from the work that is done during the birth experience but also the men. They are the first ones to reap the fruit of a woman being healed, preserved and made whole. This is why this teaching is for God to come and restore to women what has been lost; because what the women have been robbed of, the men have been robbed of also. The birth experience is also an important bonding time – between the woman and God, between the woman and her husband and with her baby. It's a time like no other where she learns to trust in God more deeply, rest in Him and just see what He's going to do.

If you are a person who always likes to be in control, I recommend that you get over that issue before you go into labor because when you're in labor, you're going until you're done and you get to a place where only God knows what is going on in your body. Even if the birth is going really well and it's all great, there comes a place in that birth when it's you and God and nobody else. It's a place that can't be adequately described in words but it is a place that every woman who has given birth knows: this is where you get to that point where you think, "Am I going to die?" It's not because you're in pain physically, it is just that it is the strangest place you have ever been because you have zero control over your body. That body will do what it is made to do whether you like it or not! And when that thought comes, your relationship with God is the biggest factor that pulls you through that moment.

Allow God to deal with any fear and control issues in your life because it will affect the way your baby is born and interfere with His plan for your birth experience.

Don't Try to Tailor Make Your Own Birth Experience

Something that many women don't realize when they get married is that their bodies are no longer their own (see 1 Corinthians 7 v 4). When you said, "I do" you gave the power of your body over to your husband, and part of that was for having babies. Furthermore, once you conceive and that baby is grows on the inside of you and is eventually born, it is going to get everything. In a sense it is going to rule your life. You may have to change the way you eat, how you think about the way you look and you may have to change your ways about what you can do physically. You are going to have to breast feed and you are going to realize that your body doesn't belong to you any more.

We tend to be very self-centered. It's all about what we want and need. However, when it comes to your birth experience I would like to encourage you to shift your mindset from what it is you think you want to what God wants for you. Many women want to tailor make their own birthing experience: "I want this but I don't want that. I want to be in labor for this long and for the delivery to work out in this way at this time etc" And so they have this whole mental ideal about how their perfect birth experience should unfold and what they want. It's OK to have these desires and in fact many of them are very health orientated. However, often the birth doesn't go exactly as we planned and then when it's finished we are disillusioned and disappointed because we think we've failed God, failed our babies or failed ourselves. Because the birth didn't work out the way we wanted it to, we think that we didn't get the birth experience that God ordained. But that may not necessarily be true.

What we should be saying is, "How does God want it to be?" Only God knows that child. He is the only One who knows the child's personality and what its gifts and talents are going to be. Therefore only God knows what that child needs and what is the best for it. So we need to trust God and ask Him to tailor make the birth experience for what is best for the child. What we want at the end of the day is a healthy baby and a healthy mother and we're going to trust God on how to achieve that. We need to say, "Lord, as parents we want what You want. We want to make sure that You get what You saw when you created

this child before the foundation of the world and the birth is a significant part of that. We are going to trust You Lord to orchestrate the birth according to Your divine plan for this child."

We need to trust God and ask Him to tailor make the birth experience for what is best for the child.

In Exodus chapter 1 v 15 – 20 a decree was issued from Egypt where the king ordered the Hebrew midwives to kill the male babies when the Hebrew women gave birth. When the king saw that the midwives were

not doing this he called them in to find out why they had allowed the male babies to live. The midwives said that they couldn't get there in time because the Hebrew women delivered the babies too quickly. The midwives told the king that the Hebrew women were not as the Egyptian women – they were lively! The Hebrew women were pushing those babies out before the midwives even arrived on the scene. What God allowed then, He can allow now and that is that the labor and delivery happens in a timely manner. I mentioned previously that Donna Wright gave birth to her daughter in 45 minutes. Now we can't use that as a standard as God's timing is different for every woman because every child is different, but it should certainly be a goal in our generation. There is no formula or set pattern of what labor and delivery should look like. I cannot tell you exactly how long it should be because it depends on what you can handle and what God wants to do. It is a different journey for each woman. So rather than comparing yourself with other women, trust in what God has for you.

Here is part of one woman's testimony and the lesson she had to learn in trusting God and His timing rather than on what she wanted: "I like to have my babies in a timely manner. I don't want to sit there for 2 or 3 days in labor and we shouldn't. But when I was having my 3rd child I realized that it wasn't going like I like to have my babies. And it was bothering me! I tell you the mental stuff and spiritual stuff was

more laborious than having my baby because I'm thinking "Do I need to repent for something? Have I done something wrong?" And that's when you start bouncing these things off your other helpers and they're like "You're fine. Chill out. Just rest." And you know this scripture popped into my head...and I didn't even know what the scripture was...I just heard Hebrews 10 v 35. I asked my husband to go read it for me and it said, "Cast not away your confidence which has great recompense of reward" Because I was starting to go into self doubt and was wondering if I had done something wrong. I was beginning to think that I can't do this. God said don't cast away your confidence for you have need of patience! Now this is out of context – if you read all of Hebrews chapter 10 God is not talking about a birthing situation, but He was talking to me in that hospital room at that very moment, "You have need of patience. But after you have done the will of God (and for me the will of God was to have peace and confidence at that point) you might receive the promise, for yet a little while and he that shall come (and it was a boy ok) and will not tarry. Now the just shall live by faith" So God met me with a word right then and it helped me. That was a turning point. I was at 8cm (2cm more before I can push the baby out) and I was at no discomfort...that's a God thing! I ended up waiting at 8cm for a few hours and it was starting to get uncomfortable but as soon as God gave me that word, I had the understanding that this isn't about me. God gave me that conclusion - this is not about me or **my** birthing experience. This is about my child. He wasn't in any hurry to come and I understood that. It started coming to me that this is about how God wants me to bring him into the world – not about what kind of testimony I'm going to have about what God has done in my life. It's about my child's life. When we got to the point of letting God have his way with my body and that child and I got out of the way, that was fun. I found a place of joy and gladness in birthing and that's a God thing. I was singing songs because God was doing something in my heart that was very spiritual at the time and God can do what ever He wants to if we get out of the way."

I encourage you to go into the birth room with the attitude that you'd like to do it as natural as possible but if at any point you can't handle it – order the pain medication! There is no need for you to be a martyr. It is not a failure on your part, it is a place of help. Many of the testimonies of women that I have listened to who gave birth naturally didn't have pain medication simply because they didn't need it. However if for some reason it doesn't go that way for you, don't lose your peace. Sometimes things happen in a birth that we didn't plan for. You just have to look at your options and keep going. Keep trusting and depending on God.

Something that is difficult to deal with where the fear factor is concerned is when you go over your due date. At this time the doctors start getting unsettled and begin pressuring you to induce your labor with medical drugs. The reason is because the medical literature indicates that there is an increased risk of fetal distress during the delivery and meconium aspiration when a pregnancy progresses beyond 42 weeks. Fetal distress is a medical term which means that the baby is in trouble for some reason (for example is not getting enough oxygen) and is in danger. Meconium is the first stool that a baby passes. If the baby passes meconium while it is still in the womb (this is one of the signs of fetal distress), it could swallow and choke on some of the meconium. If the meconium gets into the lungs it can cause damage and lead to pneumonia. Despite the fact that these complications are rare and the possibility of them occurring is so minimal, doctors will want to induce labor because they also have to cover themselves. If you were allowed to continue with the pregnancy and these complications developed, they would be liable to be sued. However the most common cause of a pregnancy being over due is incorrect dates i.e. the due date was not calculated correctly. Most of the time going over dates is not a bad thing. In this light, to those of you who are not pregnant but who know a pregnant woman: when she is very large, looking like she is about to pop and near to or over her due date, please do not go and say to her, "You haven't had that baby yet! Aren't you supposed to have had it by now?!!" This is only going to unsettle her and she doesn't need that. Remember I explained that pregnancy is a very vulnerable time for the woman. She needs your

encouragement and positive affirmation. The timing of the baby's birth comes from the Father and His timing is always perfect. He is the One Who calls that child forth.

You're Blessed, You're There to Be Blessed and to be a Blessing

Many women who are pregnant act like they are sick or disabled. Pregnancy is not a curse! It's a blessing! Infertility is a curse! I encourage you to have the same attitude as this lady who said the following while she was sharing her testimony about her labor and delivery, "I decided that when I went there I was not going to act like I'm sick. I put on my Nike shoes and I had my jogging pants on. I said "No thank you" to the wheel chair. I went up to labor and delivery and said, "I'm here to have a baby!" I was not going to be there because I am sick and there is something terribly wrong with me – I'm there because I'm blessed, I'm there to be blessed and I'm there to bless. I'm just going to be myself and I'm not going to be Miss Sicky while I'm there. As soon as I'd had the baby I put on my make up and when the doctor came afterwards he thought I was the sister visiting."

Catching the Attention of the World

When you see the women doing what God intended and the childbirth being a wonderful, beautiful and peaceful experience– it catches the attention of the world. Donna Wright and various other ladies who have had a birth experience as God ordained have had the nurses and head nurses come and say, "We just don't see that kind of thing around here. How did you do that? What church do you go to? What religion are you all?" They have even been asked to go and share their testimonies and teach the students at nursing colleges. There is no better form of evangelism than demonstrating God's power and love through the way that you live.

The Importance of the Father's Covering

In the 1960's doctors became the authority. It was "The doctor knows what is best and what he says goes." During this time medicine made a very big mistake and that was to take the father out of the birth room. Husbands were not allowed to be there with their wives while they were delivering their babies. We have allowed our culture to take away what God intended for us to be together. Natural birth is not just about taking medicine out, it is about putting the fathers back in. The man has a very important role to play during child birth. Granted men are not very helpful in the actual birth process and certainly don't have a clue as to what you are going through.

We are yet to see the phenomenal results from the fathers speaking blessing over their children as they are coming forth out of the womb.

However the husband is the spiritual covering and authority in his family. When a man has been there to cover his wife, it has prevented many things in the birthing situation, including death. Furthermore just being there with the woman to encourage her through the process does something for the woman that is just incredible. She's comforted by him being there and she wants

him there. Most importantly, the husband must be there so that as soon as the child comes out, he (or she) hears daddy speaking blessing over him. The father needs to be there saying to his child, "Good boy! You're a good son! Good girl! What a beautiful daughter you are! I'm so glad you were born! You are such a blessing and you are going to be blessed everywhere you go and in all you do!" We are yet to see the phenomenal results in the next generation from the fathers being there to cover their wives, administer the father's love and speak blessing over their children as they are coming forth out of the womb.

Don't underestimate the power of the father's covering. Donna Wright told the story of when she was pregnant with one of her daughters. The baby would often stick its foot under her rib which was very uncomfortable. She would get her husband, Henry Wright to speak to the child and tell it to move – and every time the child moved. She knew that it was because he has authority over her and her child. Husbands must speak health and wholeness into the woman's body, sometimes on a daily basis. The Bible says that the power of life and death is in the tongue (Proverbs 18 v 21) and that is very true when it comes to fathers speaking over their pregnant wives and unborn children. Incredible things have happened when fathers spoke to ligaments and commanded them to stretch nicely, to bones to tell them to get ready for the birth and for the baby to get into the correct birthing position.

Husbands, when your wives are pregnant they need your affirmation. A pregnant woman is a beautiful woman and she needs to hear you tell her that. Whatever your woman looks like, even if her belly and hips are three times as big as yours, you tell her that she looks good.

There are some women who are not able to have a husband there to cover and support them when they deliver their babies. That is ok. The Bible says that your first husband is the Lord and He will be there to cover you and help you when your earthly husband can't be there for you.

Isaiah 54 v 5: "For Your Maker is your Husband – the Lord of Hosts is His Name – and the Holy One of Israel is your Redeemer; the Lord God of the whole earth He is called."

Generational Iniquities Need to be Dealt With

Unfortunately in our families and in our lives we are carriers of iniquity – we don't want to be, but we are. If we just leave these things un-dealt with, those iniquities running through our bloodline in our family tree will affect our children as well. One of the principles I am teaching in this book is that God's perfect will is actually not healing, His perfect will is that you don't get sick. The same principles that you apply to be healed are the same principles that when applied to your life now will prevent disease. You can prevent disease in your children's lives by getting right with God and repenting for those iniquities in your life and in the generations of your family tree. You can by faith appropriate the redemption provided by Jesus on the cross and in His Name break the power of sin generationally. It is not only possible for God to reverse the curse but He can also heal genetic defects in the gift of miracles... and He does. I explained genetically inherited diseases and how to deal with them in more detail in the chapter on page 151.

It is a good idea for engaged couples and ideally before the child is conceived to deal with as many of the generational issues as possible in the family tree. This will not only help the child but it will also help the woman with the birth. It is important to get rid of the spirit of death that may be running through your family tree. If family members in the generations before you had miscarriages or complicated births, find out the spiritual roots behind that and deal with it (see page 151). If there's anything physical in your life that may not be related to pregnancy or birth is still good to take a look and see what the root of that is and deal with it.

Before the child is conceived deal with as many of the generational issues as possible.

Here is a testimony of one woman who had to deal with her anger because it was affecting her child in the womb: "When you're dealing with things like anger and other sins, we not only deal with ourselves but we also turn around and address that child in the womb because we're passing down our iniquity, like it or not. When I had my first child I wasn't doing too good and I was angry about something. I justified my anger by saying, "Well Lord You understand". I felt the baby start kicking and kicking. The baby had not been kicking like that previously – my anger was even affecting the child in the womb. I tell you I repented double time because it's one thing to deal with your own stuff but when you see it's affecting another life, you want to deal with it quick. I called my husband

in and I said "I need to repent. I've got anger going on and it's affecting this child." He prayed for me and for the baby. The baby came to total peace and never before or after did that baby act up again like that in the womb. So I want to encourage you that if you are ministering to women that have a child, you can pray for that child in the womb. You don't have to wait till they are born. You can do it now."

Even When There's Complications, God can Still have His Way

I've read several case reports where God miraculously intervened in the lives of women who had complications during pregnancy. For example I know of 3 women who had placenta praevia. Placenta praevia is a condition where the placenta attaches in the wrong place in the womb: instead of attaching in the upper portion of the womb, it attaches at the bottom of the womb near the cervix where the baby is supposed to exit the womb when it is being born. As a result doctors have to perform a caesarian to get the baby out because if left to deliver naturally, both the mother and baby's life could be in danger as a result of complications that can occur with placenta praevia. However, with God, it doesn't have to be that way. There are spiritual roots behind placenta praevia just like most other diseases. These 3 women dealt with those spiritual roots through repentance. When they went to the doctor and had another ultrasound, in all three women the placenta had moved. From a medical perspective this is a radical miracle because once a placenta is attached, it does not normally move. It is like your ears are attached in a certain place and then after repentance and prayer they suddenly move to a different position! That's what happened to these women's placentas in the womb. Here is the testimony of one woman:

15 June 2006: "We especially want to thank all of you who have been praying for us regarding the pregnancy of our little son. There were many days where we wondered if we were going to hold our little one. It was a real fight but the Lord had His hand on us. For those of you who didn't know, I had a few miscarriages and it looked like I was going to have another one. It was a long nine months. When I was five months along I went into labor but our wonderful church family stood with us interceding and believing. Then we found out we were going to have to have a caesarian because the placenta was blocking the baby from being born. The doctor was concerned that the placenta could detach and cause the baby's life to be in danger. Once again we began to pray and intercede for a miracle. At my next doctor's appointment the doctor did another ultrasound and stood there in shock. He said, "I can't believe it! The placenta totally moved!" We looked at him and told him, "We have been praying for a miracle." He looked at us and agreed – that is exactly what it was. God had reached into my womb and moved the placenta."

This baby was born healthy. The mother was healthy. **Mark 11 v 22-24: "22And Jesus said to them, Have faith in God [constantly]. 23Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! And does not doubt at all in his heart but believes that what he says will take place, it will be done for him. 24For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will [get it]."**

Jesus also said in **Matthew 9 v 27 – 29: "According to your faith and trust and reliance [on the power invested in Me] be it done to you."** All things are possible with God! However we have to have the wisdom and discernment to know why these complications happened in the first place; we need to deal with the spiritual roots behind them through prayer, repentance, deliverance and renewing of the mind. Then you will see miracles happen. Placenta praevia! The medical community has never heard of the placenta detaching and reattaching in the right place! That's a God thing! And so I want to encourage your faith to believe that God can have His way with how He wants our children to be birthed, even in the face of serious complications.

Don't Come Under Condemnation

In this chapter I have included several testimonies of women who applied God's principles concerning childbirth and subsequently had beautiful deliveries. However if you had previous births where it didn't go that way for you, please do not allow the devil to use these testimonies as an accusation to bring you under judgment and condemnation. Some of you had bad experiences in child birth and you may never have any more children. I do believe that the devil robbed you but that doesn't mean that God is able to heal and restore you in a way that He wants to. The problem is that as Hosea 4 v 6 says that we perish for lack of knowledge. So I have to teach these principles, I can't avoid telling you the truth because it may offend you. If you have overwhelming feelings of failure because you read through this and realized that you didn't do things the way they were supposed to have been done – release yourself from that in Jesus' Name. You need to release yourself from any guilt and shame surrounding bad birth experiences because when Jesus died on the cross He took your guilt and shame. I ask you to please forgive yourself and just let it go. If you had a bad experience with doctors where there were wrong decisions, negligence or malpractice involved – it is very important for your sake that you forgive them. You may even have to forgive God because you feel that He is to blame for what happened or that He let you down. I explain more about forgiveness in the chapter on page 630.

If you were one of those people who went through a bad birth experience, whether you were the child or the mother and whether it was trauma at the time of birth, cords wrapped around necks, not being able to breath, a death and so on, I recommend that you deal with it through ministry. You need a pastor or somebody who is walking close with God to pray over you. You may need deliverance from the spirit of death and ungodly grief. You need to break the power of it in the Name of Jesus so that is no longer affects your mind and body. There is a grief that is a God ordained way of dealing with loss but there is also an ungodly grief that binds you to the past and prevents you from moving forward into the future and taking hold of all God has for you.

Paul said in **Philippians 3 v 13 – 14: "One thing I do [it is my one aspiration]: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal to win the [supreme and heavenly] prize to which God in Christ Jesus is calling us upward."**

REFERENCE: The knowledge in this chapter came from a teaching by Donna Wright and Adrienne Shales called "Giving Birth A More Excellent Way." To find out more contact the ministry of Henry and Donna Wright at the details shown on the page that has further information just before the Disclaimer at the beginning of the book.

How Long Term Fear, Anxiety and Stress Affects Your Body

The devil knows that if he can control your thought life, he can control your body chemistry and cause disease. One of the tools he uses is fear, anxiety and stress. Understanding the enemy will help you overcome him. Understanding how fear, anxiety and stress works in your brain, and its subsequent reaction in your body will help you to control it. Fear, anxiety and stress is a toxic stronghold or thorn tree

in your mind which disrupts the way in which you function spiritually, intellectually, emotionally and physically.

Understanding how fear, anxiety and stress works in your brain, and its subsequent reaction in your body will help you to control it.

Stress is a modern term - the Greek and the Hebrew in English would identify it as fear or another word is anxiety. We can also use the word worry. According to Hosea 4 v 6, God's children are perishing for lack of knowledge. Fear, anxiety and

stress are destroying your body behind the scenes and initially you don't even realize that it is happening and that is scary. Many people's minds and thought life are plagued by fear: fear of tomorrow, fear of finances, fear of disease, fear of death, fear of security, fear of man, fear of rejection, fear of failure, fear of abandonment, fear of trains, fear of planes...the list is endless. Anything that takes away our freedom produces fear. Anytime we are humiliated, oppressed, victimized, verbally abused, emotionally abused, physically abused, sexually abused or even oppressive legalistic church abuse that crushes people's spirits, are all tragic situations that have the potential to produce fear.

Fear and faith are opposing spiritual forces. Both project into the future and both demand to be fulfilled but they cannot co-exist.

As Faith Decreases, Fear Will Increase

When thinking starts stinking and becoming toxic → faith level drops → fear levels increase → fear dominates and you feel stressed!

Definition of stress: Stress is the mind and body's response to any pressure that disrupts a normal peaceful state. It is your brain converting the thought into a physical reality via the electrical impulses in your nerves and specific biochemicals. Stress is a global term for the extreme strain on your body and its organ systems as a result of toxic thinking.¹

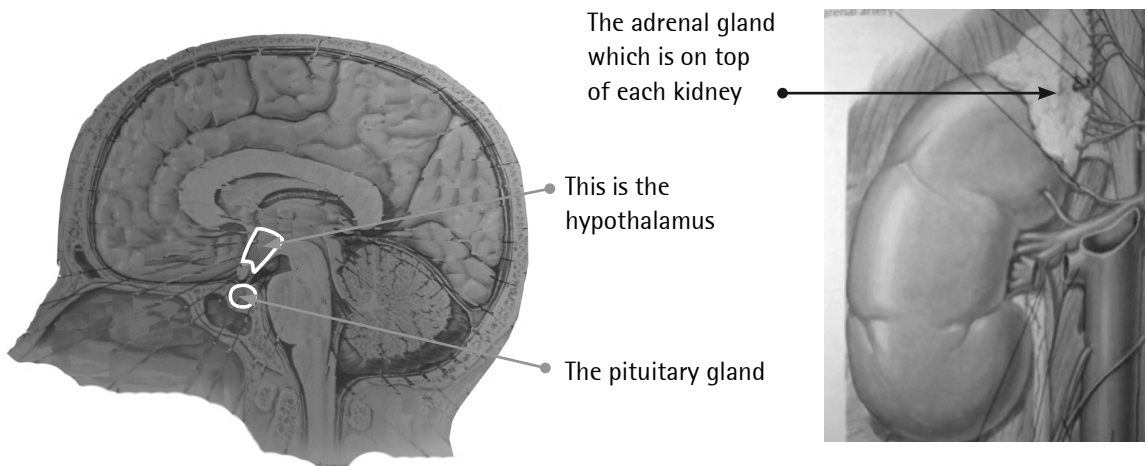
Fear is the root of stress: our body moves into a toxic state when our thoughts become toxic as a result of fear. Fear is a spiritual force that triggers more than 1400 known harmful physical and chemical responses in your body, and activates more than 30 different hormones and neurotransmitters¹⁵! This has an incredible detrimental effect on your body.

There are three stages of stress. The first stage is a temporary stress which you experience for example when you have to stand up in front of an audience and give a speech, when you suddenly swerve your car to avoid hitting something or when meeting your in-laws for the first time. This is where you can feel your heart beating fast and your palms get sweaty.

Then there is stage 2 of stress. This is where your body has been in stage 1 for too long or when the stress reaction is triggered by a negative toxic thought such as fear, anxiety, anger, rage, unforgiveness and bitterness. This is when stress starts becoming harmful to your body.

When you have been in stage 2 of stress for a long time, you shift into stage 3 of stress. This is chronic stress which is also called the exhaustion stage. In stage 3 of stress your organ systems begin to breakdown and serious illnesses develop. These stages of stress are a very good example of how toxic thinking can cause extreme physical reactions that damage almost every organ system in your body. Let's have a look at it in more detail:

The 3 Stages of Stress



STAGE 1 OF STRESS IS CALLED THE ALARM STAGE (FIGHT OR FLIGHT RESPONSE)

This is a reaction generated by your hypothalamus, pituitary gland, sympathetic nervous system and your adrenal glands (which are on top of your kidneys).

This is the "sweaty palm, heart beating fast, adrenalin-pumping" reaction that was designed by God as a survival mechanism in emergency situations. This is what you need when you suddenly have to swerve your car to avoid hitting something, or when you suddenly have to run for your life when you bump into a snake while walking in the bush. This physical response was designed to counteract the danger by mobilizing the body's resources for immediate physical activity. In essence, the first stage of stress or alarm reaction makes sure that large amounts of glucose (for energy) and oxygen are transported to the organs that are most involved in warding off danger which include the following:

- The **brain** which becomes highly alert - you are focused and thinking very clearly.
- The **muscles** in your arms and legs - to either **fight** off the attacker/danger or to run away i.e. **flight**.
- The **heart** - your heart rate increases and the strength of the pumping action of your heart increases to pump as much blood (which contains the glucose/energy and oxygen) as possible to your brain and muscles. (This is why you can feel your heart beating after you have just had a fright.)
- The **liver** increases the levels of glucose (sugar) and fats in your blood stream for the increased energy needed by the brain, heart and muscles.

- The **spleen** (which is a storage reservoir for blood) contracts and discharges more blood into the blood stream.
- The rate of **breathing** increases and your trachea (wind pipe) becomes wider so that you can breathe in more air and get more oxygen, which is needed by your brain, heart and muscles.
- Blood is directed away from your skin and digestive system and sent to the brain, heart and muscles. There is a decrease in the production of saliva, stomach enzymes and peristalsis (movement of your stomach and intestines that helps digest your food). This is because the digestive system is not needed in a danger situation – there's no time to eat when you have to run for your life!

So the alarm reaction (stage 1 of stress) makes you alert, strong and focused and it enables you to react quickly. Stage 1 of stress also helps you to build memory: it enables your nerve cells to build memory branches very effectively and efficiently. You are actually in stage 1 of stress at the moment because your brain has to take in all the information that you are reading, and must be able to build memories. The chemicals that are released during this reaction will alert you and help with memory building – it helps you to focus and concentrate which is good.

The alarm reaction (stage 1 of stress) makes you alert, strong and focused and it enables you to react quickly.

In **stage 1 of stress** a hormone called CRF is released from your hypothalamus in small quantities. CRF stands for Corticotropin Releasing Factor. To make it easier, we're going to call CRF the yellow hormone. This yellow hormone is an excellent chemical to start building memory.

The yellow chemical stimulates the pituitary gland in the brain to release a small amount of a chemical called ACTH. ACTH stands for Adrenocorticotrophic Hormone. We'll call this the red hormone. The red hormone keeps you alert. The red hormone stimulates the adrenal glands on top of the kidneys to release hormones called cortisol and adrenalin. These hormones are all good in small quantities to keep you alert and focused. The adrenalin and cortisol will then go up to the brain to tell the hypothalamus and pituitary gland that there is enough adrenalin and cortisol in the blood stream, and that they can stop secreting the yellow and red hormones (this is called a negative feedback loop). So the process stops, and you go into a settled, peaceful state of processing and building memory. As soon as you lose attention again your body will be shifted back into that cycle where more yellow and red hormones will be produced again. This is a positive cycle when you have short bursts of these chemicals for short periods of time. There are other chemicals involved in the stress reaction but the yellow hormone (CRF), red hormone (ACTH), adrenalin and cortisol are the important ones for the purpose of this discussion.

STAGE 2 OF STRESS (RESISTANCE STAGE/ACUTE LONG TERM STRESS)

Stress becomes harmful when you are in stage 1 for too long or when it is triggered by a negative, toxic thought. This then makes you shift into stage 2 of stress: if you shift from being alert to being anxious, fearful, worried, angry or bitter the hypothalamus will respond by secreting too much of the yellow hormone. In large quantities, the chemical structure of the yellow hormone changes. Because the chemical structure of the yellow hormone changes in stage 2 of stress, we'll now refer to it as the black hormone. So in excessive quantities the yellow hormone shifts from being a good hormone that builds memory, to a black hormone which the medical field has called the **chemical of negative expectation (dread)**. The black hormone then stimulates the pituitary gland to release the red hormone in large quantities. The red hormone in large quantities is referred to in the medical field as the **fear hormone**. This is fear in physical form! When the adrenalin and cortisol go back to the brain to stop it from secreting the yellow (which is now black) and red hormones, the large quantities of the yellow and red hormones will override this negative feedback loop. Thus **large quantities of adrenalin and cortisol are produced**.

Now the situation is that there is too much yellow (now black) hormone, red hormone, adrenalin and cortisol, chaotically flowing through your whole body. This is stage 2 of stress. These stress hormones in large quantities are destructive over time. They are not supposed to flow continuously, only in short bursts. A burst of stress is healthier than constant daily stress which puts your body into a complete state of illness mentally and physically. When all these stress hormones are flowing in large quantities, you can't hear your heart, as the ANF is drowned out/overwhelmed by these stress chemicals. What God created to help you in an emergency situation has now turned on you and begun to destroy your body. What was meant for good has now become harmful.

Stress becomes harmful when you are in stage 1 for too long or when it is triggered by a negative, toxic thought.

SUMMARY OF STAGE 2:

- The hypothalamus produces too much of the yellow hormone.
↓
- In excessive quantities the chemical structure of the yellow hormone changes and it becomes the black hormone which the medical community has called the chemical of negative expectation (dread).
↓
- Too much red hormone (fear hormone) is secreted from the pituitary gland.
↓
- Too much cortisol and adrenalin (the stress hormones) are released from the adrenal gland on top of the kidneys.
↓
- All electrical and chemical feedback loops become disrupted. When the adrenalin and cortisol go back to the hypothalamus to tell it to stop releasing the yellow and red hormones, the message is drowned out by the excessive quantities of the yellow and red hormones.
↓
- The hypothalamus continues to produce too much of the yellow hormone and the negative cycle perpetuates.

As high levels of cortisol flow over your brain, it causes the branches of memory on your nerves to temporarily shrink so that you are unable to access those memories. This is what happens, for example, when you go into an exam and go completely blank where you suddenly can't remember anything. Then when you walked out of the exam and you had calmed down, the cortisol levels were reduced, the branches come up again and you were able to recall that information you had studied.¹⁶ But over time when you stay in a toxic state of stress, the high levels of cortisol flowing through your brain, like battery acid, will corrode and break off those branches – you will literally have broken memory on the branches of your nerves. As a result your thinking becomes foggy, you begin to have difficulty concentrating, you have trouble with your memory and your creativity levels drop. This is because your brain starts being rewired and restructured during this toxic state of stage 2 of stress and it is no longer as efficient as it is meant to be at memory building and memory recall.

When you think, the information in your thoughts travel along your nerves in the form of an electrical current. The nerves in your brain form an intricate network and communicate with each other as the electrical current carrying the information travels from one nerve to the next. The high levels of stress hormones during stage 2 of stress disrupt the electrical current as it travels from one nerve to the next. Your thinking becomes foggy because the flow of electrical current is impaired and slowed down by the stress hormones.

Stage 2 of stress is where you start feeling physically unwell with all sorts of vague symptoms. You are not so sick that you need to be bed ridden but you no longer wake up in the morning full of the joys of spring. You start feeling tense, anxious, overwhelmed, out of control and you begin to feel like giving up. You will find that you start getting constant aches and pains and you are suddenly at the doctor more than you'd like to be: everything seems to be going wrong with your body – whatever infection is out there you seem to be catching, and so on.

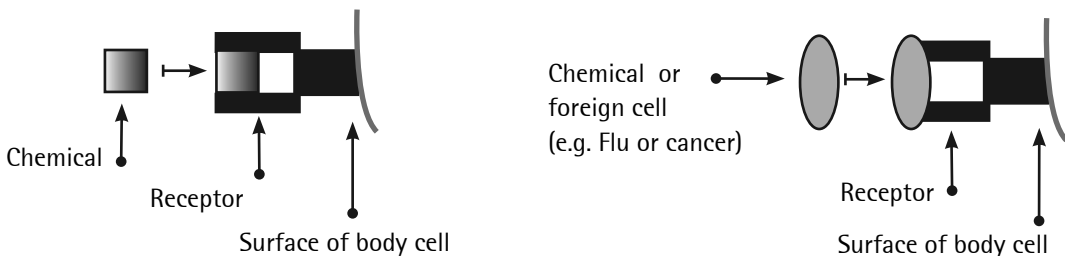
Stage 3 is when it gets very dangerous – this is where you see the big illnesses coming in.

You can stay in stage 2 of stress for 10, 20, 30 or more years. You will shift in and out this stage 2 of stress: when you relax (for example you have a great time on a weekend or go to a movie), the stress hormones will subside and the whole cycle will calm down, and you will rejuvenate a bit. But then you will shift back into stage 2 of stress again. Over time you will shift into stage 2 too quickly. It becomes easier and easier for you to shift into that negative state of high levels of stress hormones, and it becomes more and more difficult to control. Eventually after 10 or 20 or 30 years of this, you'll shift into stage 3 of stress. Stage 3 is when it gets very dangerous – this is where you see the big illnesses coming in.

STAGE 3 (EXHAUSTION STAGE – DEATH CYCLE)

- The whole stress system never stops reacting
- The adrenal glands on top of kidneys become enlarged.
- All organs are on heightened alert for too long, organs don't relax and become exhausted
- Organ and system breakdown
- Memory and all mental functions decrease.
- You feel very ill.
- Feeling of loss of control and failure
- Over time your mind and emotions simply burn out.
- Tissue damage occurs
- Changes occur at cellular level as discussed below:

CELL SURFACE RECEPTORS:



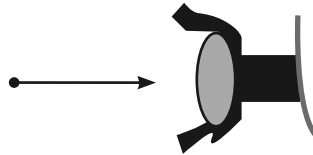
You have special receptors on the surfaces of the cells in your body that respond to the chemicals that flow in your blood stream. You have hundreds of different chemicals flowing through your body (e.g. steroids, peptides, hormones) that carry a copy of the memory that was formed in your mind as well as emotion – they are called information-emotion molecules. The receptors have a very specific shape that

fits with a specific chemical, just like a key fits into a lock. For example, the square chemical in the picture above can fit into the receptor, but the oval one can't.

When a chemical binds to its receptor on the surface of a cell, it stimulates a specific reaction for example metabolism or cell growth. There are thousands of different receptors on the surface of a cell that the different chemicals and hormones in the blood stream bind to, to stimulate a reaction inside the cell. So how does a chemical find the specific receptor that it fits into amongst the thousands of different receptors on the surface on the cell? Well, the chemicals vibrate as they pass over the surface of the body cell and the receptor that it fits into will have a corresponding vibration – this is what is referred to as your body's music because vibrations are basically sound waves.

As well as good chemicals flowing in our blood stream, we also have bad substances e.g. cancer cells, bacteria or flu viruses etc. If you are not stressed, the cancer cell or flu virus will try and get into the cell, but won't be able to because it doesn't fit into the receptor – it is like trying to put the wrong key into a lock – you won't be able to open the door. Eventually your immune system will send out killer cells that will go and kill the cancer cells or flu virus. But if you shift into stage 2 of stress, the high levels of stress hormones corrode/damage these receptors like battery acid. Thus, whatever is floating past is able to drop into the cell. So now the cell gets what it needs plus what it doesn't need i.e. the harmful things like cancer cells, bacteria and viruses.

Anything such as cancer, bacteria and flu viruses can fit into the damaged receptor



That is why it is easier for you to catch flu or become sick when you are very stressed out, for example students at exam time. Any of the sicknesses that are out there hit you and you feel constantly exhausted because the cells have damaged receptors, and are just accepting anything that is floating around.

Fortunately, when you deal with toxic thinking by eradicating fear, anxiety and stress from your thought life and you choose to think correctly, your nerve structure in your brain is changed – your body is connected to your brain and those receptors will be healed and repaired and function as they were supposed to. This is because your brain takes your thought life and converts it into a physical reaction. Here is a physical reaction on a cellular level which is damage to the receptors on the surface of the body cell by fear, stress and anxiety in your thought life. God is an awesome God – we can damage our body for years with toxic thinking but by choosing to think correctly we can start healing.

Proverbs 14 v 30: "A calm and undisturbed mind and heart are life and health of the body..."

The Sequence of Attack of High Levels of Stress Hormones

When the high levels of stress chemicals are flowing through your body in stage 2 and 3 of stress, something very interesting is that they don't move randomly through your body causing damage just anywhere – they move in a very specific sequence of attack:

1. **CARDIOVASCULAR SYSTEM** – the heart and blood vessels are where the destructive stress chemicals go first. If you think of it, the heart pumps blood and the Bible says that the life is in the blood (Leviticus 17 v 11). So in terms of the plan of attack of the enemy, if he can kill and squeeze the life of the person, the enemy has already started winning the battle. High blood pressure, abnormal heart rhythm, angina, heart valve disease, heart attacks and heart failure set in. This is before it gets to your brain so you still have clear thinking at this stage. Your mind is still focused because it hasn't been affected yet. Your heart is weakened first. We often hear of young men in the prime

of their life who've never seemed to have a day's sickness dropping down dead in the gym. That is from toxic thinking and emotions that are not dealt with. Eventually the stress is built up and built up internally, and then... WHAM! It hits the heart and the person drops down dead. The statistics say that 750 000 people die in America every year as a result of heart disease and 50% of these is due to sudden cardiac death.³⁸

Luke 21 v 26: "In the last days men's hearts shall fail them because of fear." (KJV)

Your heart is very sensitive to your thought life and emotions.¹⁴

2. The next area these harmful stress hormones attack is the **DEFENSE SYSTEM** i.e. **THE IMMUNE SYSTEM** – the immune system is an army of cells that defend you from harmful things such as viruses, bacteria and cancer cells. When your immune system detects these harmful substances in your blood stream and body tissue it either destroys or removes them. If the enemy can kill the life of the person (heart), and break down the defense (immune system), he's winning the battle. I explained previously how the high levels of these stress hormones corrode the receptors on the surface of body cells, which then enables toxins, viruses, bacteria, cancer cells etc to enter the cells and cause disease. High levels of cortisol (one of the stress hormones) also directly kills and prevents the production of the different cells of the immune system such as macrophages, lymphocytes, monocytes, helper and suppressor T cells – diminished helper T cells cause a decrease in B cells; B cells produce antibodies that protect you against infection. When the B cells are destroyed, no antibodies are produced that normally kill harmful bacteria and viruses.

In essence your immune system is destroyed by the high levels of cortisol and therefore you now have no defense system against harmful toxins, bacteria, viruses, fungus and parasites. You are susceptible to catching any infection that is going around. Most bacteria, parasites and fungus cannot infect you unless your immune system is weakened. When the immune system is damaged, you can also end up with allergies such as hay fever (allergic rhinitis and allergic conjunctivitis) which causes runny eyes and runny nose, coughing, sneezing, asthma, skin rashes, urticaria and hives, vomiting, cramps and diarrhea (food allergies).

There is a specific cell called interleukin 2 in your immune system. This cell is like a policeman: it puts up road blocks in your blood stream and body tissues and it checks all the cells, hormones and chemicals that drive past. This policeman is able to recognize harmful cancer cells, bacteria and viruses by detecting the foreign proteins on their cell wall. When the policeman recognizes these harmful substances in the blood stream, he sends messages to the other killer cells of the immune system that come and kill that harmful substance before it is able to cause sickness in the body. However, during stage 2 and 3 of stress, the high levels of the stress hormone cortisol distort the DNA of the killer cells of the immune system so that they are less effective in killing cancer cells.¹⁶ The policeman (interleukin 2) is also damaged so that he is no longer able to recognize the cancer cells, bacteria and viruses as foreign harmful substances when they drive past him. Therefore instead of alerting the other cells of the immune system to kill these harmful cells, he says, "Hello Cancer! Hello Mr. Bacteria and Miss Virus, how nice to see you. Welcome to the body. Thank you for coming. Have a nice day!" And so you become what is called "infection prone" where you have infectious diseases that just don't seem to go away.

The devil knows that if he can get you into sin by getting you fearful, anxious and stressed spiritually, he can compromise your immune system so that it is weakened and unable to recognize the harmful things such as viruses, bacteria and cancer cells. Then he can make you physically vulnerable to any illness he wants to bring upon you. We give him permission to do it in our sin and disobedience. Fear and anxiety is a sin. Fear is a lethal poison and Satan knows it. It's time you know what your enemy knows about you so that you will not perish for lack of knowledge.

Proverbs 17 v 22: "A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones." (Amplified Bible). There is so much medical truth in this scripture it is unbelievable. The cells of the immune system are formed in the bone marrow which is in bones. A person who is broken, fearful, anxious, stressed and depressed has a dried out (destroyed) immune system. I mentioned previously that cortisol in excessive quantities (stage 2 and 3 stress) kills the cells of the immune system, thus literally drying out the bone marrow. When you get rid of fear, anxiety and stress in your thought life, those stress hormones are no longer produced, the cells of the immune system re-multiply and regain their strength and your immune system recovers and functions as it should... a cheerful mind works healing... because whatever is going on in your thought life, your brain converts into a physical reaction. The interleukin 2 (the police man) recovers and it recognizes the cancer, bacteria, virus, parasite or fungus and alerts the cells of the immune system to kill off the infection and the body heals. God created and designed our immune system so that it is strong enough to kill off any infection or cancer (no matter how big the tumor or how far it has spread), but there is a condition – we must be well in our spirituality.

God created and designed our immune system so that it is strong enough to kill off any infection... but there is a condition – we must be well in our spirituality.

3. **THE BRAIN:** After weakening the heart and breaking down your defense system, the stress hormones attack the brain. Fatigue, lethargy, exhaustion, insomnia (inability to sleep), lack of peace, phobias and panic attacks, poor memory and fogged thinking set in. By this stage you are really feeling sick.

I just want to make a point here: not everybody will get an illness on all 3 levels – it depends where your genetic weakness is. So if you have a great heart, then you might just get a little rise in blood pressure and maybe a bit of angina, but you won't get a heart attack. Someone who has a weak heart may have a massive heart attack or a stroke. If you have a strong heart, you might get manifestations in your immune system – hitting your pancreas or your skin etc In other words wherever you have a weakness – that is where you are going to see the most problems in your body. The chain will break at the weakest link. It may by pass both your heart and immune system where you just have minor nagging illnesses, and then when it gets to your brain then boy does the exhaustion, foggy thinking and insomnia set in.

4. The next area to be hit is your digestive system – indigestion, constipation, diarrhea, vomiting, nausea, cramping, stomach ulcers, reflux (heart burn), irritable bowel syndrome, ulcerative colitis and malabsorption.¹⁷
5. Fertility problems and amenorrhoea (absence of menstrual periods) or irregular menstrual periods.
6. Affects growth of children – stress can reduce the growth hormone by 87%
7. Muscular tension – for example a tension headache, sore neck and muscle contraction backache
8. The common cold (caused by the Rhinovirus virus). The cold virus can't get in unless you've caused damage to the receptors.
9. High levels of the stress hormone cortisol delays healing of wounds, causes inflammation and decreases bone formation.
10. The list goes on and on – almost every system in your body is affected by unresolved fear, anxiety and stress.¹⁷

Toxic Retention

The wall surrounding a body cell is semi-permeable, in other words it acts like a filter. It allows for the diffusion of oxygen and nutrients into the body cell and removal of waste products out of the cell. The high levels of stress hormones during stage 2 and 3 of stress cause the cell walls to become stiff or rigid. As a result the body wall cannot filter substances properly. The things that the body cell needs like oxygen and nutrients cannot diffuse into the cell. There is also a buildup of waste products inside the cell which cannot diffuse out. Thus the body cells are not able to cleanse themselves as they were designed to.

People that are diagnosed with high levels of toxins such as mercury in their blood are treated with chelation therapy. However, in two months they are just as toxic as they were to begin with and so they have to go for chelation therapy six times a year which costs about U.S \$200 a shot. Furthermore some research indicates that chelation therapy causes permanent tissue damage in 5 to 8% of all cases. Why waste your time and money with chelation therapy and other methods of cleansing when you can deal with the spiritual issue that caused the toxicity to begin with? You can have five people in the same home, exposed to the same chemicals in industries, cars, cities etc and only one is toxic – why? Because only one has a spiritual problem. It has nothing to do with toxins. It has to do with the fear and subsequent stage 2 and 3 stress reaction that caused the cell membrane to become semi-rigid so that the toxic waste could not be eliminated properly.

When you are in right relationship with God, yourself and others and there is no fear, anxiety and stress in your thought life, your body cleanses itself of toxins.

Fear, anxiety and stress which causes toxic retention, can also cause severe allergies. Patients with severe allergies have been found to have high levels of toxins in their blood and tissues. There are several case studies of patients who were healed of these severe allergies simply by dealing with the fear, anxiety and stress behind it.

Their blood tests also showed that their toxin levels had normalized. They had not used any drug therapies or cleansing methods to get rid of their body toxins. As these patients dealt with the spiritual issue of fear, the stage 2 and 3 stress reaction was broken, the cell membranes became more permeable and the cells detoxed themselves automatically. You see, God designed your body to be able to cleanse itself of toxins. Remember what Jesus said in **Mark 16 v 17 – 18: “And these attesting signs will accompany those who believe ... and [even] if they drink anything deadly , it will not hurt them...”**

When you are in right relationship with God, yourself and others and there is no fear, anxiety and stress in your thought life, your body cleanses itself of toxins as it was designed to. That is why it says if you drink anything deadly it shall not harm you...unless you have the fear that it will and then it will. I am not implying that you can do something irresponsible such as drink a bottle of poison. I am talking about a normal lifestyle and things that you are exposed to in your environment. I do believe that we need to keep our environment clean and I am aware of the possibility of chemical injury. However, in the ministry of Pastor Henry Wright for example, they found that the majority of patients that they dealt with who were diagnosed with high levels of toxins in their blood had not had excessive exposure to what is considered harmful chemicals. After dealing with the fear, anxiety and stress in the person's life through ministry, the levels of toxins in the tissue and blood returned to normal.

The retention of toxins and waste products inside the cell damage what is called anti-oncogenes. Anti-oncogenes present within a cell protect the cell from developing cancer, for example when the DNA is damaged through wear and tear. Thus when these anti-oncogenes are damaged by the build up of toxins and waste products inside the cell, the person is susceptible to developing cancer.

External and Internal Stressors

In the chapter “Essential Background Knowledge of Disease from a Medical Perspective” I explained in depth how the brain works, how thoughts form and how toxic thinking leads to the formation of negative strongholds or toxic ‘thorn trees’ in your brain. I explained that every time you think on that toxic thought, the pre-existing memory (toxic thorn tree) in your brain is reactivated by an electromagnetic wave which I called the “breeze through the trees”. When that toxic thorn tree is reactivated, it secretes toxic chemicals that eventually cause disease in your body. At the same time as that toxic thorn tree is reactivated, the emotion associated with it is also reactivated. Therefore when a toxic thorn tree of fear and anxiety is reactivated, a fear-based emotion is reactivated. Information-emotion molecules that carry an imprint of the fear based memory as well as the emotion flow throughout your entire body – they bind to receptors on the cells of your body and you physically feel that strong fearful emotional reaction.

One of the ways that a stressor (the thing that causes fear) will come into your brain is through one of your 5 senses – what you see and hear becomes a thought, which when meditated upon leads to the building of a toxic stronghold in the ‘trees of the mind’. However, you don’t just respond to the external, you respond to the internal as well. Thus you can have an external and an internal stressor: For example, say you were hijacked and you didn’t deal with it and built a negative stronghold of fear about your safety. When you are in a similar environment that reminds you of that incident, that stronghold (thorn tree of fear) will be reactivated. In the absence of the external stressor (the hijacker), the internal stressor (toxic thorn tree of fear) will put you into the same physical stress state.

The toxic chemicals that are released from the thorn tree of fear in your mind will recreate the physical effects associated with intense anger, fear and other stress related feelings. Thus if someone hurt or abused you, and you are bitter towards them, and you have anger in you – those are toxic thoughts that are internal stressors that will keep your body in a constant state of stage 2 and 3 of stress. This is how not dealing with toxic thoughts opens the door to sickness. This gives you a good reason to deal with those toxic thoughts (anger, unforgiveness etc) in your brain. You need to watch your thought life. We tend to think that stress only comes from the external, but most of the time stress comes from what we do with the external inside our head through our thought life, which then determines how our body is going to react.

The hypothalamus responding to improper thinking and lack of peace can set in motion over 100 major incurable diseases!

Science has told me that for every thought that you have either conscious or unconscious there is a corresponding nerve signal, hormone, neurotransmitter or chemical released. If you are not thinking correctly because fear, anxiety and stress is dominating your thought life, your body is going to be put into a state of dis-ease. One unresolved issue that is robbing you of your peace can affect your entire body. The brain and nervous system, heart and blood vessels, immune system, digestive system, urinary system, muscles, bones, connective tissue, the endocrine system (hormones) etc are all put into dis-ease. If that dis-ease is not dealt with, then your body will stay in dis-ease which will eventually become a disease.

God said “Do not fear!” 365 times in the Bible. If somebody said something to you 365 times don’t you think that are trying to get a very important message across to you? Your whole body is affected by those high levels of stress hormones. No organ system in the body is spared when fear, anxiety and stress is running wild in your thought life.¹⁷ That is why we are seeing so many diseases today coming out of fear, anxiety and stress. In fact the hypothalamus responding to improper thinking and lack of peace can set in motion over 100 major incurable diseases! You need to seriously think about this. You don’t have to be a victim of disease.

Life can be full of stressful circumstances which we cannot always control. However we can control our thought life and how we react to those circumstances so that stress doesn't affect us in a harmful way.

As your mind starts going through the thinking process you have the choice via your free will to stop that stress reaction in your body.

Stress in Children

I explained last week that children take 18 years for their brains to grow and fully mature. The stress that children experience is much greater than what we as adults experience – it is catastrophic to put it mildly. What we experience as moderate stress for children is catastrophic because the brain is still growing and in the developmental phase – it is very vulnerable and susceptible. The patterns for adulthood are set during childhood. Thus an excessively stressed child will be prone to lifelong stress-related illnesses.¹⁸ For example research has shown that children who have been exposed to excessive levels of stress before the age of 12 will increase their chance of cancer by 30%. Research has also shown that in pregnant mothers who are very stressed out, more than 60% of oxygen is channeled away from the baby.² This is because when you are stressed, your body is in the state of "fight of flight" where your body is being geared up to run from or fight some form of danger – the blood with the oxygen and nutrients is being channeled away from the womb to your brain and muscles. So the baby is deprived of oxygen and nutrients and therefore also experiences severe stress in the womb.

Children are exposed to excessive levels of stress for example when you try to make your children do too many activities – school and sports all day plus one extra lesson after the next. They then flop in front of the TV at night exhausted from stress. Research has shown that if you try to push your children and force them faster through their academics than they are designed to do, you actually decrease their intelligence through stress. The stress will impair the functioning of the brain. We have become so success orientated and so success driven. Our children are paying a very high price for our drivenness to perform, to achieve and for perfectionism. Parents – it's time to stop it! Lay off your children. They are little, they are supposed to be playing in the rivers and in the sand, playing with the dog and so forth. Get them away from the TV. We need to teach our children to play. Playing is an essential part of a child's physical, emotional and intellectual development.

Our children are paying a very high price for our drivenness to perform, to achieve and for perfectionism

We need to be careful how we expose our children to stress. Their brains are not fully developed and as parents, teachers, pastors etc we need to guide them and walk them through whatever they are going through. Children cannot verbalize and express their emotions as well as we can, so it will come out in behavioral problems. They are finding a lot of ADHD symptoms coming from classroom induced stress. We have a huge responsibility to reduce stress in our children's lives and let them have more fun, play more, and by giving them more love. The best ways of dealing with stress in children is play and love – give them lots of love, hugs and touches. Reduce their activities. Dr. Caroline Leaf (who has been doing research and studying the brain for 25 years) advises parents not to allow their children to do more than 2 or 3 activities a week and those activities must be physical and creative – for example, 2 sports days and one art/music day. Playing a musical instrument (even if they don't play well) calms down a lot of the stress in the brain. We are seeing a lot of problems in children today because of stress. 20 years ago the biggest problem was chewing chewing gum and not throwing it into the dustbin. Now our biggest problem is children have to be screened for guns in school.

Different Types of Fear

What types of anxiety and fear cause us to live in stage 2 and 3 of stress? There are two types of fear that we deal with: There are the superficial fears, for example worrying about not having enough money. We may worry about our family's safety or we may stress about meeting a dead line at work. Then there are much deeper fears that come from victimization or a breach in relationships and a broken heart – fear of man, fear of failure, fear of abandonment, fear of rejection, fear of being vulnerable or trusting somebody again and so forth. We are seeing more serious illnesses come from this type of fear. Most fear, anxiety and stress in disease is not fear of flying or fear of snakes... it is a breakdown in relationships.

Most fear, anxiety and stress in disease is not fear of flying or fear of snakes... it is a breakdown in relationships.

The Bible gives us insight into this deeper type of fear in **1 John 4 v 18: "There is no fear in love; but perfect love casts out fear: because fear has torment. He that fears is not made perfect in love."** There are 4 parts to this scripture and we need to look at each one:

1. There is No Fear in Love

Now think with me: if we have not been loved, covered, nurtured, forgiven, accepted, if we've been verbally abused, emotionally abused, physically abused, sexually abused or we are driven and into perfectionism because we are loved and accepted based on our performance ...do you think fear is at our door? Oh yes, you think about it. You are afraid of people that you don't feel safe with. You avoid them don't you? Do you know that when you have a breach in relationship with somebody, there is a spirit of fear that comes with it? If you are not sure, meet that person that you have a breach with at the local supermarket and see what reaction happens on the inside of you as you see them in the aisle.

And then we become worried about whether we are going to fail somebody else's expectations, including God. Is somebody going to like us or not like us? We are fearful about what others think about us. Do we measure up? There is no fear in love so if you are not being loved perfectly, there is fear that is lurking at your door. But that fear doesn't come to you and say "I am fear! I'm going to get you!" That fear comes with feelings, impressions, not feeling safe, feelings of insecurity, projections of what could go wrong in the future ...and you're about to develop a disease because your body is about to respond to your lack of peace.

Competition, success orientation, drivenness, performance, perfectionism, win at all cost – these are disease makers. We can be driven into performance and perfectionism in childhood when our families make us feel loved based on our achievement. Perfectionism is an attempt to feel loved and complete through works. The basis of love for these people is what they do, not who they are. There are many anxiety disorders and stress related diseases coming out of this mentality such as fibromyalgia and chronic fatigue syndrome. Who you are as far as God is concerned is not what you do. But in today's society your identity is in what you do. We are a success orientated society and if you don't measure up to the survival of the fittest you are a cast away. With performance and perfectionism comes the fear of failure because there is no allowance for weakness. The Bible says that His strength is made perfect in our weakness (2 Corinthians 12 v 9) and though the righteous may fall 7 times the Lord shall lift them up (Proverbs 24 v 16). We don't have to be perfect. In fact we can make a mistake and it might be the beginning of our learning process on the way to success. If you are not careful as parents, you are going to put your children into a straight jacket of performance and perfectionism where they are suffocating in fear while you are so busy trying to form your kids into something that God never made them to be.

There are many diseases that have developed because people have been driven into performance and perfectionism by churches with religion and legalism. You are so busy conforming to the God image that you forgot to be human. In this respect religion has literally been a killer. Religion which is a counterfeit to the Holy Spirit has done more damage to our children and our lives than you could imagine. That is why sometimes we can't get our kids back in church because we have been part of a system that has removed God's love. The Bible says that the letter of the law kills but the spirit of the law gives life (2 Corinthians 3 v 6). It is the same law but there is a different spirit behind it.

If you want to defeat diseases caused by fear that comes from a breakdown in relationships, you are going to have to be prepared to receive love again.

In 1 John 4 v 18 it says that there is no fear in love, so if we have not been loved perfectly and we are humiliated, victimized, abused, driven, or are not being nurtured, loved and accepted – there is a potential for fear to come into our lives.

Unless you have been delivered of that fear and you renew your mind with the Word of God, that fear will stay with you for the rest of your life and it will interfere with all your relationships. It won't let you give and receive love. As a result you don't like being around people because you don't trust them. Some of you back off and you say, "I'll never allow myself to be vulnerable again. I'll just withdraw inwardly and put up a wall of protection for myself. Nobody is ever going to hurt me again." And now you wonder why you have disease. Satan and his kingdom know exactly what they are doing. When you have unresolved fear at this level, the enemy through the mind-body connection is releasing excessive quantities of cortisol that is damaging almost every organ system in your body.

Not only do you not trust others, but you don't even trust yourself in relationships. So you have a spirit of fear coming out of insecurity in relationships that will cause you to withdraw in fear. You don't feel loved and you don't even know if you can give love yourself. You feel like God doesn't love you, you don't love yourself and you feel like others don't love you and that will take you to the 3rd stage of stress.

Fear can come in, in early childhood and even in the womb through inherited iniquity. Colic is an example of inherited fear from the parents.

2. Perfect Love Casts Out Fear

If you want to defeat diseases that are caused by fear that comes from a breakdown in relationships, you are going to have to be prepared to receive love again. You are going to have to be prepared to be vulnerable again and to trust again. You are going to have to be prepared to have your fears driven out. You need to be willing to have your mind renewed by changing your thinking. The antidote to fear is love.

3. Fear Has Torment

If you have fear, you are tormented. If you have peace, you have no torment. It is that fear that has torment that is behind most psychiatric diseases such as paranoid schizophrenia, multiple personality disorder, psychoses, phobias, panic attacks and anxiety disorders. It is a tormenting hell between the ears and in the depth of the heart. 2 Timothy 1 v 7 says that God has not given us a spirit of fear but of power, love and a sound mind. If you have fear, you have no power. If you have fear, you have no love. If you have fear you don't have a sound mind which is the foundation of the psychiatric diseases mentioned above.

4. He Who Fears is Not Made Perfect in Love

If you have fear, you have not been made perfect in love. This means that you have fear because you have a breach somewhere in your relationships: It could be a breach in relationship between you and God. It could be a breach in relationship between you and yourself because you are holding yourself guilty and you won't forgive yourself for what you did in 1963. It may be a breach between you and another person. It could be anybody who was supposed to love you and didn't, who did not cover you with love and acceptance, who did not nurture you, hug you and kiss you, who didn't forgive you and cover your weaknesses, who drove you to attempt to be perfect. This means that you don't feel safe in love and in relationships and are unable to give and receive love without fear. Have you ever hugged somebody and it was like hugging a telephone pole? You come to give these people a hug and they've got the "Don't touch me syndrome". About 2 seconds into the hug they go, "Alright, alright – get away that's enough!"

The fear that comes from broken relationships is the fear that is the foundation of over 100 incurable diseases. That fear is going to stay there until you are delivered from it with perfect love that casts out fear. The antidote to these deep fears coming out of broken relationships is to receive perfect love which is the love of the Father. I speak more about this in the chapter "Dealing With Fear, Anxiety And Stress" on page 672.

A Testimony of 1 John 4 v 18

I have just gone on an in depth discussion with you about **1 John 4 v 18** which says **"There is no fear in love; but perfect love casts out fear: because fear has torment. He that fears is not made perfect in love."**

I explained that it is the fear that has torment that is the basis of most non organic psychiatric disease. I think that it is worthwhile to share a testimony with you about paranoid schizophrenia so that you can see this knowledge applied in real life, in practical reality. If you do not have an understanding of what schizophrenia is, there is an explanation on page 623.

Paranoid schizophrenia is a type of schizophrenia where the person has hallucinations and delusions that are fear related – that is what paranoia means. Paranoid schizophrenia is caused by the excessive production of two chemicals in the brain called noradrenalin and dopamine.

Paranoid schizophrenia does not usually come on a person until their late teens or early twenties. It is not genetically inherited but it follows family trees which have dysfunctional relationships. There is often abuse involved, whether is be verbal abuse, emotional abuse, physical abuse or sexual abuse. There is always an atmosphere of strife, victimization, fear and not feeling safe. 1 John 4 v 18 says that he that fears is not made perfect in love. So the home is filled with a lack of love and therefore fear comes in the door. That fear puts the person into stage 2 and 3 of stress, there is an over production of stress hormones in the body, including the over production of noradrenalin in the brain and that is what causes the symptoms of paranoia in paranoid schizophrenia.

The other half of the profile of paranoid schizophrenia is the overproduction of dopamine which is the pleasure chemical of the body. This involves rebellion. Rebellion is an altered state of consciousness in values and in environmental positioning of thought. For example, let's say you are growing up as a child in a home that is not safe - you don't feel safe in love with your father or your family. While you are little you are under their thumb but as you get older, you go more and more into rebellion. This is what rebellion says, "I don't like what you represent or what you are doing. I don't feel safe in this environment, so I am going to withdraw into a world of my own which is a safe place where I can protect myself from you. I am really sane and you are not." That is the mindset of paranoid schizophrenia. The fear behind that

mindset causes the over production of noradrenalin and dopamine which then causes the disturbance in the person's thought processes and the symptoms of paranoid schizophrenia.

When people have paranoid schizophrenia, nobody wants to be around them because we can't seem to meet with them. They live in a world that is not our world and they don't really want to be a part of our world because they are afraid.

Henry Wright was once teaching about paranoid schizophrenia in a conference in Minnesota. In the audience was a man who had one brother with paranoid schizophrenia who had already committed suicide. He had a second brother who was always being picked up by the police. He should have been incarcerated. As this man was sitting in the audience, he heard Henry Wright make a statement from 1 John 4 v 18 which is "Perfect love casts out fear," and he had this thought about his brother, "What if I started loving my brother and not avoiding him? What if the Word of God is true and what if Henry Wright and what he is teaching is the key to my brother's healing?"

Two years later this man showed up in a conference that Henry Wright was conducting in Dallas Texas. The man approached Henry and said, "Pastor Wright, I've got to tell you a story of my brother's healing: Every Saturday, for 2 to 3 hours in the afternoon, I would go to see my brother to spend time with him, to find a place of communication with him and just to love him. In one year of taking my Saturdays just to love my brother, I watched my brother go from advanced paranoid schizophrenic on high dosages of lithium to normal, no medication and holding down a full time job. He is totally sane today because of one truth – perfect love casts out fear."

Let me tell you from a medical perspective what happened on a physical level: When this man began to feel love, he began to identify with a different type of environment from the home that he grew up in and he began to trust. He began to open his heart to the realization that maybe somebody really did love him. As he began to respond to his brother's love, the stage 2 and 3 stress reaction was broken, rebellion began to diminish, dopamine and norepinephrine levels returned to normal, and at this point the chemical foundation for paranoid schizophrenia was over and sanity is all that was left.

Healing begins with people being prepared to do what it takes to show love to a person who needs help.

I learnt a very big lesson from this case history and many others like it. Healing begins with people having empathy for one another, having compassion for one another and being prepared to do what it takes to show love to a person who needs help. I've learnt as a doctor, that people who come to

me are not patients and they are not clients. They are special people who have such extreme value that the Son of God who is the King of Kings found it worth while to give His own life to save them – they are my brother and sister in Christ and if they are not saved, they are my inheritance. God said in Psalm 2 v 8, "Ask of me and I will give you the nations as your inheritance." The Bible says in Matthew 18 v 11 – 13 that there is more value in the one sheep over the cliff than the ninety nine safe in the fold. The Bible says that nobody is expendable. Everybody has value.

Strife

A study was done at Ohio State University that showed that strife also causes stage 2 and 3 physical stress reactions. In this study, married couples were put in a room together with blood sampling needles in their arms. The blood samples could be taken at any time without the subjects knowing about it. A researcher then interviewed the couples and intentionally provoked a discussion that aroused disagreement and argument. Samples that were taken during the disagreements showed that there were high levels of stress hormones.

Strife includes bickering, arguing, fighting, gossiping, heated disagreements and angry undercurrents. Women are often on the losing end of marital fights. For the man, it is over as soon as it happens, while the woman does not recover for a long time. There is a tremendous amount of damage that is done to the female immune system from strife in the home. 85 to 90% of people with allergies and many other diseases are female. The reason why the woman is the one who gets sick is that she is the one who is more susceptible to the spiritual and emotional damage. God created the woman to be a responder to good strong spiritual leadership, not to abuse. In the above study, the women had steeper increases in the stress hormone levels than the men. The test continued through an overnight hospital stay and more blood samples were taken before discharge. The blood hormone levels were back to normal in the men, but the women still had high levels.

There is a tremendous amount of damage that is done to the female immune system from strife in the home.

Ephesians 4 v 26: "When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down." Do you now understand the importance of the above verse, when it comes to health and sickness? God is saying that if you don't deal with that issue by releasing and forgiving – you're going to have disease beginning in your body by morning. **Romans 12 v 18: "If possible, as far as it depends on you, live at peace with everyone."** It's a lot more fun living in peace. It takes 17 facial muscles to smile and 40 to frown.

Strife puts your body into a toxic state of stress and that in itself opens the door to over 100 incurable diseases. As I mentioned earlier in this chapter, when the stress hormones are flowing at high levels, your immune system is weakened. This predisposes you to cancer, viruses and any type of infection...literally any evil work, just as the Word of God says.

James 3 v 16: "For where there is envying and strife, there is confusion and every evil work."

We tend not to take strife seriously because we don't realize how serious it is! In Galatians 5 v 19 – 21 strife is mentioned in the same verse as murder, adultery, fornication and witchcraft. Strife is like occultism in that it opens the door to almost any disease.

We even sometimes attack each other in the Church – that's an autoimmune disease (i.e. the body attacking and destroying itself)! In Isaiah chapter 58, the Israelites were going through all the motions of externally praising God: they were going to church, singing church songs, fasting and outwardly seeking God but they were destroying each other through strife. As a result God wasn't interested in their superficial praise, prayers and fasting – neither did He heal them. Strife will block you from receiving your healing – that is true both Biblically and medically. If you continue in strife, the high levels of stress hormones will continue to damage your body, keeping you in a toxic state of illness.

If you want to enjoy a long life of good health, you have got to keep the strife out of your life – and that includes your tongue (I'm talking about gossip)!

1 Peter 3 v 10, "For let him who wants to enjoy life and see good days [good – whether apparent or not] keep his tongue free from evil and his lips from guile (treachery, deceit)."

When you talk about the state of the country or the government, what kind of words are coming from your lips – death or life? Did it ever occur to you to pray for those in authority? There is a testimony in the chapter "When it's Time to Kick the Bucket" where a man who applied this principle of not allowing anything evil on his tongue throughout his life. At the age of ninety years old he was still as strong as a twenty year old man, his teeth were in perfect condition and he hardly had any grey hairs. I believe that we need to pay more serious attention to the Bible because we are starting to see evidence in the Medical field that what the Bible says is literally true.

Especially be careful of gossiping about God's children in the church because they are a friend of Jesus! **John 15 v 15: "I do not call you servants (slaves) any longer, for the servant does not know what his master is doing. But I have called you My friends, because I have made known to you everything that I have heard from My Father..."**

How dare you gossip and speak badly of a friend of Jesus? When people gossip about a friend of Jesus, He takes it personally. **Luke 10 v 16: "He who hears and heeds you [disciples] hears and heads Me; and he who slights and rejects you slights and rejects Me; and he who slights and rejects Me, slights and rejects Him Who sent Me."**

It is sin for one person to slight or reject another because they are breaking the law of love (See John 13 v 34 – 35 and James 2 v 9). In the chapter "Essential background Information of Disease from a Biblical Perspective" I explained that if you are walking in love and obedience, it is absolutely impossible from both a Biblical and medical standpoint, for disease to develop in your body (see page 59). Earlier we studied 1 John 4 v 18 which says that the antidote to fear and disease caused by fear is love! Perfect love casts out fear!

We need to be building each other up and edifying one another. **1 Peter 4 v 8: "Above all things have intense and unflinching love for one another, for love covers a multitude of sins [forgives and disregards the offenses of others]."**

When you see somebody slipping up, go and correct them. But let your heart motive be to lovingly draw them closer to God. Don't go with your hammer of judgment and condemnation. **Galatians 6 v 1: "Brethren, if any person is overtaken in misconduct or sin of any sort, you who are spiritual [who are responsive to and controlled by the Spirit] should set Him right and restore and reinstate him, without any sense of superiority and with all gentleness, keeping an attentive eye on yourself, lest you should be tempted also."**

I also have a very strong warning to you to be careful how you talk about your pastor: **1 Chronicles 16 v 22 and Psalm 105 v 15: "Touch not mine anointed and do my prophets no harm."**

If you have a pastor that is in sin or in error, it is up to the elders of the church to straighten him out. I am not too phased what you think about your pastor, but I am concerned for your sake how you handle it. If you go the slander and gossip route, you open yourself up to the curse which includes disease, for example colon cancer. What you say about your pastor and church leaders is very important to your health and well-being. Touching God's anointed with gossip and slander is more serious than most Christians realise. They do not understand the severe consequences of the sin of gossip, slander and creating division against God's anointed leaders who minister to them. God's anointed includes all those appointed in leadership

in the Church as well as their families. In Numbers 12 v 1 – 13, Miriam and Aaron got leprosy for grumbling and murmuring against Moses' wife.

Some people brush off stories from the Old Testament because they think that they don't apply to us under the New Testament covenant. However, in 1 Corinthians chapter 10 Paul was talking about the Israelites in the wilderness and some

of the consequences they faced for their disobedience towards God. In verse 11 he writes: **"Now these things befell them by way of a figure [as an example and warning to us]; they were written to admonish and fit us for right action by good instruction, we in whose days the ages have reached their climax (their consummation and concluding period)."**

The New Testament says that the Old Testament Scriptures are for instruction in righteousness. **2 Timothy 3 v 16 – 17: "Every Scripture is God Breathed (given by His inspiration) and profitable for instruction, for reproof and for conviction of sin, for correction of error and discipline in obedience,**

Touching God's anointed with gossip and slander is more serious than most Christians realise.

[and] for training in righteousness (in holy living, in conformity to God's will in thought, purpose and action), so that the man of God may be complete and proficient, well fitted and thoroughly equipped for every good work."

Let's see what happened to a man called Korah and 250 elders of Israel that went into sedition against Moses:

Numbers 16 v 1 – 3, 8, 11, 19 – 32, 35 and 38: "Now Korah son of Izhar, the son of Kohath, the son of Levi, with Dathan and Abiram sons of Eliab, and On son of Peleth, sons of Reuben, took men, ²And they rose up before Moses, with certain of the Israelites, 250 princes or leaders of the congregation called to the assembly, men well known and of distinction. ³And they gathered together against Moses and Aaron...⁸And Moses said to Korah, Hear, I pray you, you sons of Levi... ¹¹you and all your company are gathered together against the Lord. And Aaron, what is he that you murmur against him? ¹⁹Then Korah assembled all the congregation against Moses and Aaron before the entrance of the Tent of Meeting, and the glory of the Lord appeared to all the congregation. ²⁰And the Lord said to Moses and Aaron, ²¹Separate yourselves from among this congregation, that I may consume them in a moment. ²²And they fell upon their faces, and said, O God, the God of the spirits of all flesh, shall one man sin and will You be angry with all the congregation? ²³And the Lord said to Moses, ²⁴Say to the congregation, Get away from around the tents of Korah, Dathan and Abiram. ²⁵Then Moses rose up and went to Dathan and Abiram, and the elders of Israel followed him. ²⁶And he said to the congregation, Depart, I pray you, from the tents of these wicked men, and touch nothing of theirs, lest you be consumed in all their sins. ²⁷So they got away from around the tents of Korah, Dathan, and Abiram. And Dathan and Abiram came out and stood in the door of their tents with their wives, and their sons, and their little ones. ²⁸And Moses said, By this you shall know that the Lord has sent me to do all these works, for I do not act of my own accord: ²⁹If these men die the common death of all men or if [only] what happens to everyone happens to them, then the Lord has not sent me. ³⁰But if the Lord causes a new thing [to happen], and the earth opens its mouth and swallows them up, with all that belongs to them, and they go down alive into Shoel (the place of the dead), then you shall understand that these men have provoked (spurned, despised) the Lord! ³¹As soon as he stopped speaking, the ground under the offenders split apart ³²And the earth opened its mouth and swallowed them and their households and [Korah and] all [his] men and all their possessions. ³³They and all that belonged to them went down alive into Shoel (the place of the dead) and the earth closed them, and they perished from among the assembly. ³⁵And fire came forth from the Lord and devoured the 250 men...³⁸these men sinned against themselves and at the cost of their own lives..."

Never be part of a church split. You will not prosper and churches that are born out of a church split seldom prosper.

The lesson in the above passage is never be part of a church split. You will not prosper and churches that are born out of a church split seldom prosper. If you want to leave a church, go about it in a Godly way. First of all, you never leave a church because of strife – you only leave because God has genuinely laid it on your heart to leave. Leave in peace, don't burn bridges. Love the pastor even if you don't agree with him. Communicate with him and allow him to send you out in peace. Keep your mouth shut. When people ask you why you left, the only thing you say is, "God laid it on my heart to leave." And when you leave, don't be a division-maker and take others out with you. Don't gather to yourself those who agree with you against God's anointed. If you do, you open yourself up to terrible consequences. If you are not being fed in that church then go to another church where you can flourish and grow, but don't murmur and gossip about that pastor. He is God's anointed servant and God will deal with him.

Unforgiveness and Bitterness

Unforgiveness, bitterness, anger, rage and resentment will also put your body into Stage 2 and 3 of stress, leading to the development of diseases such as cancer (discussed in detail on page 385), cardiovascular disease, pain disorders and stomach ulcers.

Inadequate Rest

Other ways that we put our bodies into a toxic state of stage 2 and 3 of stress is overworking where we do not get enough rest. A study was done on some doctor friends of mine. Their CD4 count was measured in a blood test after they had been working all night on call (we often had to do 24 to 36 hour shifts at the hospital). Your CD4 cells are part of your immune system that helps fight off infections. After working long hours (24 to 36 hour shifts) and/or working seven days a week, the doctor's CD4 counts dropped to less than half their normal value, thus predisposing them to infections and developing a sickness.

In the world today we live in the "acceleration syndrome" of rush! Rush! Busy! Busy! In this toxic environment, the stress hormones are constantly flowing at high levels. They create a "white noise effect" that increases anxiety, makes your thinking foggy and impairs your ability to concentrate and you begin to feel agitated, frustrated, tearful and even aggressive. Those high levels of stress hormones will damage every organ system in your body.

I discuss the necessity to rest in more detail on page 220.

Are You Guarding Your Heart?

You may have fear in you simply because of the movies and the junk that you watch on television. When you watch horror films or movies with violence, rape, murder and the like – you are opening your mind and heart up to the spirit of fear, anxiety, torment, tragedy and horror. Then you wonder why that rubbish is in you spiritually. The same goes for children – the demonic monsters in cartoons is the devil's first in-

introduction to them. Ex-satanists have informed me that some of the monsters in cartoons are the same as what some evil spirits really look like. Then when an evil spirit actually does appear to a child for real – the child is not frightened of it because he/she has been de-sensitized by the cartoons and the child acquires an

If you have fear of evil, you are a sitting duck to the very thing that you fear to come upon you.

"imaginary friend." Your eyes and your ears are the entrance points to your mind and your heart. The Bible says to guard your heart for out of it flows the issues of life (Matthew 12 v 34). You have responsibility to guard your heart in order to enjoy protection by God from fear and torment.

Isaiah 33 v 14 – 16: "14The sinners in Zion are afraid; trembling seizes the godless ones...15He who walks righteously and speaks uprightly, who despises gain from fraud and from oppression, who shakes his hand free from the taking of bribes, who stops his ears from hearing of blood shed and shuts his eyes to avoid looking on evil. 16[Such a man] will dwell on the heights; his place of defense will be the fortresses of rocks; his bread will be given him; water for him will be sure."

The Word is telling you that there is no protection for you from God if you don't guard your eyes and ears from blood shed and evil. When you watch that rubbish on TV, there is no protection for you from sleeplessness, sickness and the projection of fear, tragedy and horror in the future – you have allowed this in your life yourself. So turn that television off and teach your children to do the same. I'm calling you to stop opening your eyes and heart to that evil garbage that is de-sensitizing you to the Holy Spirit and

condoning evil in your heart. Joyce Meyer tells the story of a man whose children were upset with him because he wouldn't allow them to go and watch a popular movie that all the other children were going to watch. They complained that there was only a little violence, language and nudity in the movie but it "wasn't that bad." The next day the man baked his children some cookies. When he offered the cookies to them, he told them, "I've added all the right ingredients plus one extra ingredient – some dog poop. Now it is just a little, it is not that bad." No matter what excuses the man made, his children would not eat the cookies. He then explained to them that the same principle applies to movies and the spiritual "poop" that you allow into your heart. You need to be establishing God's kingdom on this earth, not enthroning evil. If you have fear of evil, you are a sitting duck to the very thing that you fear to come upon you:

Job 3 v 25: "For the thing which I greatly feared has come upon me, and that which I was afraid of is come unto me."

There is one last type fear that I haven't mentioned yet. This is somebody who for example has two or three jobs and who works so hard but they never get anywhere. They take two steps forward but then fall three steps back. It is like trying to fill a bag with sand that has lots of holes at the bottom. That person has a fear of poverty. The harder they try the more they just fail and fail...because as it says in Job 3 v 25 above, the devil is just going to make sure you get what you fear.

PART 2:

GOD'S PRINCIPLES OF EATING, SLEEPING & REST



“...He gives [blessings] to His beloved in sleep.”
Psalm 127: 2

“So then, whether you eat or drink, or whatever you may do, do all for the honour and glory of God.”
1 Corinthians 10: 31

...eat...sleep...

A Warning – Carefully Consider Before Reading Any Further

The knowledge shared in this book comes from the ancient wisdom of God's Word that was written thousands of years ago, which modern science is beginning to prove to be true. However, because it is so opposite to the current beliefs, traditions and customs of the world today, it seems revolutionary and sometimes even radical. If you thought that the teaching in part 1 of this book stretched you to think "out of the box", part 2 will challenge you even more!

John 15 v 22: "If I had not come and spoken to them, they wouldn't be guilty of sin; but now, they have no excuse for their sin."

Many people reject the Scriptural principles I share because they are so addicted to their worldly lifestyle. Their eating habits that they have had for so long is such a comfort zone and held so dear to their hearts that they don't want to hear it is harmful for them, because once I prove that to them, they know they should change.

Before you read part 2 of this book, carefully consider the cost.

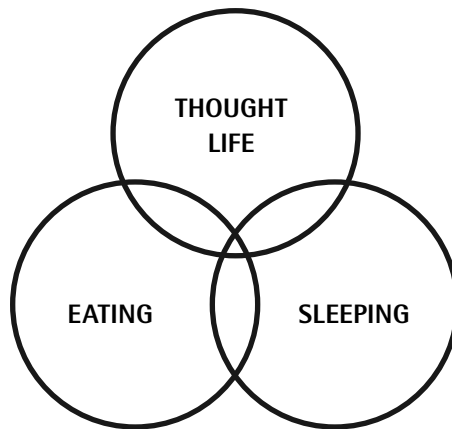
James 4 v 17: "...In fact, if you know the right thing to do, and don't do it, that, for you, is evil."

If you never discovered that what you are doing endangers your health, there could be an excuse to continue doing it. If you didn't know, you had no reason to change. But after you know, what are you going to do?

With knowledge comes accountability and the responsibility to put it into action.

Introduction

In part 1 of this book I explained the impact that your thought life has on your health and how dealing with toxic mindsets through repentance and renewal of the mind is vital to begin the process of healing. In part 2 of this book I would like to introduce Scriptural principles in two more key areas which is your eating and sleeping patterns. Below I have drawn a diagram of three circles which are overlapping to illustrate that your thinking, eating and sleeping habits are interdependent and influence each other. Throughout this chapter I am going to show you how they affect each other and how if you go wrong in one of these areas, the other two areas are also negatively affected.



Your Thinking, Eating And Sleeping Habits Are Interdependent And Affect Each Other

Your thought life is most important and that is why it is in the top circle. Your thought life has a greater impact on your health than your eating and sleeping patterns. For example, later in this chapter I am going to explain how toxic thoughts will override the digestive process so that your food is not digested properly, thus cancelling out the benefits of healthy eating. In Mark chapter 7 Jesus explained that food means nothing if your heart stays the same and you continue in your evil ways. Good nutrition does not

replace repentance. For example you can achieve a measure of control of diabetes or high cholesterol problems through a healthy diet but the underlying disease will always be there. Total eradication of diabetes and high cholesterol only comes through repentance of the sin (or toxic mindset) which causes it in the first place. Healthy eating and sleeping patterns are important, but this alone is not the answer to healing or

If you want to achieve the best health possible and keep it, you need to live by God's principles in all three of these areas.

disease prevention. For example we can eat healthily and have lots of fruit with vitamin C to boost our immune system, but at the same time destroy it through fear, anxiety and stress in your thought life (which

results in high levels of the stress hormone cortisol which kills the cells of the immune system – explained on page 184).

If good nutrition was all that is needed to bring health in our life, then you wouldn't need God because your God would be your belly. The Bible says that the kingdom of God is not what you eat or drink:

Romans 14 v 17: “[After all] the kingdom of God is not a matter of [getting the] food and drink [one likes], but instead it is righteousness (that state that makes a person acceptable to God) and [heart] peace and joy in the Holy Spirit.”

The kingdom of God is not nutrition, it is righteousness. You will not have joy in the Holy Ghost if you do not have peace. You will not have peace unless you have righteousness. Nutrition does not sanctify you. Sanctification of the heart through removing toxic thinking is of primary importance in healing. However the picture is not complete without healthy eating and sleeping habits based on God's Scriptural principles. This can be compared to the situation of a house catching fire. To prevent the house from being completely destroyed, you would need to remove the cause of the problem through putting out the fire. However you cannot expect the house to return to its original state, just by putting out the fire – you also need bricks, cement, wood and materials to rebuild the damaged areas of the house! At the same time, you would also get nowhere if you brought new building materials but did not put out the fire, because the new material would also be destroyed. The same principle applies to your body when it is destroyed by disease: The fire is like the toxic thinking patterns that cause the disease and the building materials come from whatever you eat.

A wonderful ability that the Lord built into our bodies is the ability to self-heal. For example if you cut yourself with a knife by accident, you will witness your body self-heal as it forms a scab and eventually replaces the wound with new skin. Every organ and cell in our body has the same self-healing ability. After dealing with the toxic mindsets that cause a disease (comparable to putting out the fire in the burning house), you can assist this self-healing ability by providing your body with the building blocks and fuel that it needs for rebuilding and repair through eating according to God's design and giving your body time to heal through resting according to God's design.

God's Principles Of Eating, Sleeping And Rest Vs The Ways Of The World

Within the Word of God there is all the knowledge and wisdom that we need to know about to enjoy long lives in the best health possible. Of all the various topics that are preached by pastors in churches today, God's eating patterns and principles of rest are one of the most commonly deserted but yet it is critical for our health and well being. Our magnificent Creator revealed precisely what He designed to be our food and provided a list of what foods are healthy and what foods to avoid to keep our temples (our bodies) pure and clean as well as a timetable for supreme digestion. So in part 2 of this book let's explore the Scriptures together to find out God's principles about eating and sleeping. I am also going to expose how the lifestyle, traditions and customs of this world that affect the way we eat and sleep are the complete opposite to the guidelines and instructions in God's Word and why this endangers our health. There are seven main areas concerning eating and sleeping where most people go wrong and deviate from God's perfect plan:

1. They eat for the wrong reasons – for example for comfort, to de-stress, to feed the need to be loved.
2. They eat the incorrect types of food prepared by methods that destroy rather than nourish their bodies.

3. They eat far too much food.
4. They eat at the incorrect times.
5. They do not have an adequate amount of quality sleep.
6. They do not sleep at the right times.
7. They do not adhere to God's set apart times of rest.

These are the areas that we need to repent of and correct if we want to experience the full blessing of health that God has to offer. The following chapters will address each of these areas in detail and will recapture what was meant to be the standard for each and every one of us. This part of the book is about a return to God's way of eating and His principles of rest.

The Old Testament Law And Its Relevance To Believers Under The New Testament Covenant

In the following chapters I will be sharing God's principles about eating and sleeping and the majority of Scriptures I use come from the Old Testament. Many people say, "I'm under the New Testament covenant so the Old Testament doesn't apply to me." Many Christians say that they are saved by grace, so they no longer need to follow the law. This debate about the law vs. grace has arisen because of a mistranslation of Scripture. In the original writings, the word "law" as we understand it was not there. Instead it said, "Torah" ⁶¹. Many people think the word "Torah" means "law", but it does not. It means "God's guidelines and instructions" or we could say "God's principles". The Torah consisted of the first five books of the Bible which is Genesis, Exodus, Leviticus, Numbers and Deuteronomy. These books are the foundation of the Scriptures. Apart from prophecy, the rest of the Old Testament consisted of stories of people who were either obedient or disobedient to the Torah and what happened to them as a result. Paul said in 1 Corinthians 10 v 11 that the stories in the Old Testament were given as an example and warning to us in order to instruct us for right living.

Although we are under the New Testament covenant, the Bible says that Jesus did not come to abolish the Law but to fulfill it (Matthew 5 v 17). When Jesus came, He did away with some things in the Old Testament such as animal sacrifices because He became the ultimate sacrifice on the cross. But when it came down to instructions in righteousness, nothing has changed. For example, one of the Ten Commandments in the Old Testament is that you are not to commit adultery. It is still unlawful to commit adultery in the New Testament. In Mark chapter 7 v 21 (pre-cross), Jesus spoke against adultery and Paul also spoke against it in Galatians chapter 5 v 19 – 20 (post-cross). So did not committing adultery change because of covenant change? No. Jesus did not do away with God's instructions and guidelines. He was the ultimate example of obedience to God's Word. Jesus used the Torah as His standard and lived according to it. He also taught that the Torah should be man's guide and standard (John 14 v 15, Matthew 12 v 50, 19 v 17). We cannot in our own strength obey God's Word perfectly, but the Holy Spirit strengthens and empowers us (Phil 2 v 13). Anytime, we slip up, the blood of Jesus washes us, of our unrighteousness (1 John 1 v 9), as long as we genuinely repent from the heart.

No matter how much we are obedient to God's Torah, salvation only comes through the blood of Jesus. However, Jesus not only died to get us to Heaven, but so that we can have an abundant life here on earth (John 10 v 10). God gave us the Torah which is a perfect system of moral principles that reflect God's character, teaches us how to properly worship Him and how to express His love towards others. These principles which are represented in both the Old and New Covenants ensure that we remain safe, healthy, blessed and live life abundantly.

Many people only read the New Testament but Jesus and His disciples daily read the first five books of the Bible: Genesis, Exodus, Leviticus, Numbers and Deuteronomy. The bulk of the teachings of the prophets, Moses, Jesus and Paul were from these five books. Within the Torah are all the instructions and guidelines of how to eat and when to rest and it is essential that we gain this knowledge.

God has never altered His set design for our eating patterns over time. He never changes - He is the same yesterday, today and forever (Hebrews 13 v 8). What He intended to be best for us at the beginning of time is still the ideal for us today and it is still important to follow His divine plan for the way we should

eat and sleep. There are many different ways of eating in the world and the ideas of what a healthy diet is change according to popular trends and opinions of the time. However the health principles and dietary guidelines in God's Word never change and always work. God is the Creator and Designer of the human body and He had a plan as to how to provide it with the best possible nourishment. In part 2 of this book I will show you how science confirms that every instruction and guideline that God gave in His Word about health is beneficial to mankind, even today.

In sharing God's principles about eating and sleeping from His instructions and guidelines in the Torah, I would like to emphasize that I am not trying to lead you into legalism. Living by the instructions and guidelines of God's Word is not legalism. It is actually wisdom to live according to Godly principles as long as you understand that you can't earn your salvation through works, but only through making Jesus your Lord and Saviour. However if you truly love Him with all your heart, you will obey Him (John 14 v 15).

Science confirms that every instruction and guideline that God gave in His Word about health is beneficial to mankind, even today.

Living by any law is law-abiding, not legalism. Taking God's laws and "shoving them down somebody else's throat" is legalism. I am not into legalism - I merely want to show you God's incredible wisdom and how you can apply it to achieve the best health possible. What you do with the knowledge I share with you is up to you - you have the freedom to make your own choice.

God has lovingly revealed through His Word what is best for our health and well-being and how we can experience a disease-free, joyful life. It is my desire to reveal to as many people as possible the amazing health message of the Scriptures and I pray that they would fall in love with Him as they get to know and understand their Creator more.

2 Timothy 3 v 16 – 17: "Every Scripture is God-breathed (given by His inspiration) and is profitable for instruction, for reproof and conviction of sin, for correction of error and discipline in obedience, [and] for training in righteousness (in holy living, in conformity to God's will in thought, purpose and action), so that the man of God may be complete and proficient, well fitted and thoroughly equipped for every good work."

Eat, Sleep And Rest At The Right Time

Ecclesiastes 3 v 1: "To everything there is a season, and a time for every matter or purpose under heaven."

God has a timetable for everything, including when we should eat, sleep and rest. Most Christians have no clue that the Bible talks about appointed times that God planned for us to observe for our health and well being. Thousands of years ago the Scriptures revealed the ideal time for eating and sleeping and only recently is medical research catching up to prove that this is best for us. God designed specific times of the day when our digestive system functions optimally and will digest our food the most efficiently. He also designed specific times when we must rest and sleep. When you eat affects the quality of your sleep. Likewise, when you sleep affects the efficiency of how your digestive system digests the food that you eat. Therefore I will explain the Scriptural principles of when we should eat and sleep at the same time to show you the connection that they have with each other.

God has a timetable for everything, including when we should eat, sleep and rest.

The Right Time To Go To Sleep

Isaiah 55 v 9: "For My thoughts are not your thoughts, neither are your ways My ways, says the Lord."

Man's way of thinking and calculating time is very different to God's method of time keeping. While man has created clocks to tell the time, God uses the sun and the moon (Genesis 1 v 14 – 16). We need a watch or a clock to live in this world, for example to plan business meetings or to know when to pick our children up from school. However, if you want to achieve the best health possible, you need to revolve your eating and sleeping patterns around God's timetable.

According to man-made clocks, the beginning of the day is at midnight. However according to Scripture the start of the day is at sunset. Sleep is a vital necessity and a very valuable ingredient that we require for the maintenance of the health of our brain and body. This is the time when our body cleanses, heals and rebuilds itself. Therefore God schedules sleep as the first part of our day. When the sun goes down and it gets dark outside, it is time for us to rest. Unfortunately in the world today most people do not make sleep an important priority; they do not get an adequate amount of sleep and they do not go to sleep and wake up at the correct times. When we do not follow the Creator's design for our sleeping patterns, it has more of a detrimental effect on our health than you may realize. Furthermore when you don't follow God's sleeping schedule, it will be almost impossible to adhere to His eating schedule.

The beginning of the day (when the sun goes down or soon after) is the healthiest time to go to sleep according to God's plan and many health researchers are coming to the same conclusion⁶¹. With the lifestyle of the world today this may seem nearly impossible, especially during the winter season when it gets dark earlier. However, we should still try to slow down and go to sleep as soon as possible after the sun goes down. God purposefully planned the nights in the colder months to be longer because the body needs more sleep during this time. This is because the foods available in the winter season are denser than summer foods and the digestive system has to use more energy to digest the food. The increased workload

on the digestive system means that it needs more rest. The foods available during summer are more liquid and require less energy to digest. Therefore God made the nights in the warmer months shorter as an indication that we need to sleep less. The length of the nights and days provide the model for us to plan

The beginning of the day (when the sun goes down or soon after) is the healthiest time to go to sleep

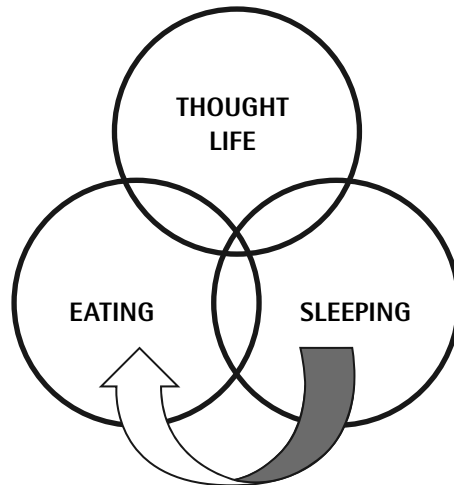
our sleeping and eating schedules around. This will obviously be difficult for people who have moved beyond man's natural environment close to the north and south poles of the earth where there are months where the sun never sets and months where it is continuously dark. In extreme situations like this

adjustments need to be made but it is still important to observe God's timetable. As a general guideline, between 9 pm and 5 am is when you will have the best quality sleep. There is plenty of truth in the old sayings, "Two hours of sleep before midnight are worth four hours after" and "Early to bed, early to rise makes a man healthy, wealthy and wise."

One of the devil's greatest traps to cause people to deviate from the Creator's design for our eating and sleeping schedule is the television. Instead of going to sleep soon after the sun goes down, many people stay up late at night watching TV. We are living in a period of time where people spend more hours each day than ever watching television. Most people today are seriously addicted to watching television. A television set in itself is not evil but rather what is being watched. The majority of movies, programs and advertisements on TV today contain some form of spiritual filth and a message that does not come from the Lord. Apart from making us lazy physically, television robs us of valuable time we could have spent with the Lord in His Word.

Joshua 1 v 8: "This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success."

The Scriptures contain the most vital information for a blessed, successful and prosperous life. Yet most people do not make reading and studying the whole book a priority, they only pick up their Bible on Sundays or to occasionally look up a single Scripture. If most people took the time they spend watching television and instead used it to renew their mind with the Word of God, they would prosper and be in health as their soul prospers (3 John v 2). Many people think that they would not be able to live without television, but if you would just try it, you will see that the quality of your life would improve. When you don't have a television in your house, there is no temptation to waste time watching it. You find that you use your time more constructively, such as having meaningful conversations with your spouse and building relationships with your children. You can always watch DVDs on your computer that you know have good quality content and in this way you can at least control what you expose your heart and mind to (Matthew 12 v 34) as well as discipline yourself not to watch it at the incorrect times. You may not agree with me but the main question to ask yourself is, "Is my television bringing me closer to My Father or is it an idol that I am devoting too much time to?"



Your Sleeping Patterns Have An Impact On The Efficiency Of The Digestion Of The Food You Eat

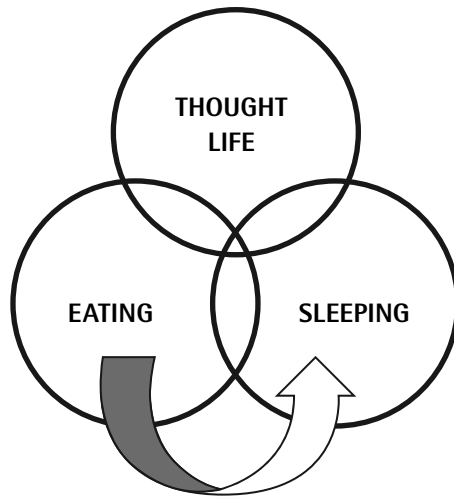
Your body is affected by day, night and the different cycles of nature. For example I have already explained that your body's nutritional needs change with the different seasons. The hormones and organ systems in your body also go through changes and cycles during the day (this is called diurnal rhythms). There are times of the day when the hormone levels are at a peak and the organ systems are functioning at their optimum and there are times of the day when the hormone levels are at their lowest point and the organ systems are resting.

Instead of preparing to go to sleep soon after sunset, most people are eating the largest meal of their day. This is detrimental because the body rhythms begin to slow down and your digestive system is designed to rest when the sun goes down. When it gets dark, there is an increase in melatonin in the body. This hormone plays a major role in restful sleep and it is responsible for slowing the digestive system down. The digestive system does not speed up again until the sun rises. Therefore when you have a heavy meal at night, the digestion is inefficient and your food is not properly assimilated. As a result, when you wake

up in the morning, you have not finished digesting your food even though it may have been over eight hours since you ate your evening meal. Furthermore when the body is made to digest a large meal at night whilst the digestive system has slowed, the time that it takes for digestion to be completed is prolonged and ends up overlapping with the meal eaten at breakfast. When the new food is put on top of the unprocessed load from the evening meal which has not yet digested properly, it results in fermentation of the food which leads to the production of gases and toxins which injure the digestive system. These toxins have to be removed through the elimination organs (bowels, kidneys, skin, liver and lungs) causing, skin conditions, unpleasant smell, constipation and other physical problems.

The body rhythms begin to slow down and your digestive system is designed to rest when the sun goes down.

The Right Quantity And Quality Of Sleep



Your Eating Patterns Have An Impact On The Quality Of Your Sleep

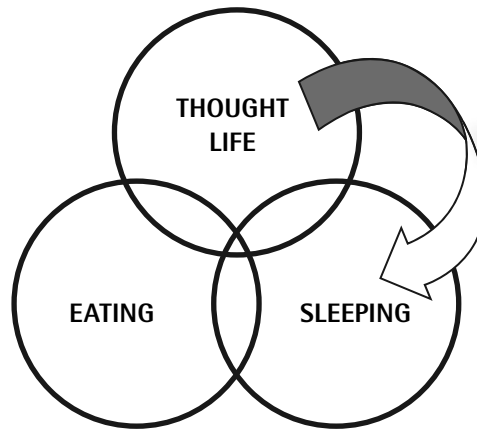
When you eat near or after sunset, your sleep is also adversely affected. There are four different stages of sleep. In stage four which is the deepest stage, your muscles, nerves and brain rejuvenate and your body heals, cleanses itself and rebuilds. However, when you have a meal at night, your body spends its time and energy digesting the food rather than in healing and repair. Therefore you are robbed of a full night of refreshing sleep because you are forcing your digestive system to work when it is supposed to be at rest. For example, if you eat a meal that takes five to six hours to digest, instead of gaining the benefits of eight hours of deep, stage four sleep, five to six of those hours are lost for digestion and only two to three hours (or less) of the important healing sleep has taken place. As a result you wake up tired in the morning

The quality of your life is determined by what you do the majority of the time.

and struggle to get out of bed. Although you may have closed your eyes for about eight hours, in reality you have only had two to three hours of quality sleep and have not gotten the rest that you need. This is why it is not healthy for you eat food when it is dark outside or within five hours of going to sleep. If you eat the same meal earlier

during daylight when the digestive system is active and functioning optimally, the digestion of your food would be completed by the time you go to sleep and it will not interfere with your rest.

The only time in Scripture where we see God's people eating at night was at the last supper and other special feasts such as the Passover. These were special set-apart occasions out of the norm. It is fine to occasionally take a break from the norm for a special function. The quality of your life is determined by what you do the majority of the time. If you follow the Creator's set times for eating and sleeping as He revealed in Scripture, you will have the optimal amount of the deep stage four, healing sleep and you will enjoy supreme energy and divine health.



Your Thought Life Has An Impact On The Quality Of Your Sleep

Obtaining an adequate amount of sleep is vital for good health. The number of hour's sleep that a person needs varies according to a person's age, health status and various other factors but generally you need seven to eight hours of uninterrupted sleep a night and even more on weekends. If you need an alarm clock to wake you up and a stimulant such as coffee to get you going once you are up, then you are probably not getting enough sleep.

Although the number of hours you sleep is important, the quality of the sleep you have (i.e. time spent in stage four) is more significant than the quantity. Most people commonly reach stage four very briefly during their sleeping hours. Your thought life is also important to enjoy the optimal amount of quality sleep. If your mind is dominated by toxic thoughts such as fear, anxiety, worry and stress, the hypothalamus in the brain will stimulate your reticular activating system which is the part of the brain that wakes you up. As a result you will toss and turn all night and struggle to sleep (this is discussed in detail in the section on insomnia on page 442). Therefore you will be tired the next day even though you spent enough hours in bed.

Psalm 4 v 8: "In peace I will both lie down and sleep, for You, Lord, alone, make me to dwell in safety and confident trust."

The hormone melatonin is produced from the pineal gland in the brain during deep sleep. This hormone is known as the "body's natural wonder drug" because it plays an important role in regulating/boosting the immune system and is a powerful anti-oxidant (free-radical fighter) 74. Melatonin counteracts the effect of stress on the immune system whether that stress is caused by an infection, emotional stress, suppression of the immune system by a drug (e.g. steroids or chemotherapy) or aging 75, 76. Melatonin inhibits cancer cell growth and can directly kill many different types of cancer cells. When a person has disrupted sleeping patterns mainly due to chronic stress, significantly less melatonin is produced, which reduces that person's defence against cancer and infections.

The quality of the sleep you have (i.e. time spent in stage four) is more significant than the quantity.

In discussing the importance of sleeping at the right time, I mentioned that you gain the best quality sleep between 9pm and 5am. In October 2001, the Journal of the National Cancer Institute published two papers reporting a significant increase in the risk of breast cancer among women who frequently did not sleep during 1am and 3am which is the period of the night when melatonin levels are typically at their

highest 77. So gaining an adequate amount of uninterrupted sleep at the right times is important. This is only possible if you guard your mind from fear, anxiety and stress.

Apart from guarding your thought life and not eating at night to assist your body in gaining the optimal amount of deep stage four sleep, it is also good not to do any activities that are stimulating at least three hours before going to bed. For example when you watch TV or work on the computer, the images on the screen stimulate the brain. Remember stimulation is the body's response to danger (i.e. stage 1 and 2 of stress – explained on page 179). Stimulation of the brain will make it nearly impossible to go to sleep at the correct time. As I mentioned earlier, when the sun goes down, you must start winding down. Not only must you rest your outer body but the internal organ systems of your body as well. An empty digestive tract creates relaxation throughout the body. Rather than watching TV, the evening is one of the best times to spend with the Lord in fellowship with Him and in study of His Word. Apart from the benefits of developing intimacy with Him, it sets up the ideal environment for a good night of high quality sleep. In this book I emphasize the importance of have "thinking times" where you set aside time everyday to purposefully meditate on the Word of God. Studies have shown that meditation stimulates the pineal gland in the brain to produce melatonin. Having your thinking times in the evening serves two purposes: firstly it stimulates the production of melatonin for that night's sleep and secondly, it calms and brings peace to you mind allowing for uninterrupted sleep.

I also recommend that you do not drink water or any other liquid three hours before you sleep so that you do not have to wake up in the night to go to the bathroom. Each time you wake up during the night, you are spending less time in deep sleep and less melatonin is produced. Ensure that you drink enough water during the day so that you are well hydrated and do not get thirsty at night.

Other factors that will lower melatonin levels apart from chronic stress and sleep deprivation include high protein diets, overeating, alcohol, smoking, lack of natural lighting during the day and sleeping in a room that is not pitch black due to moonlight, streetlights or other things.

The Right Time To Wake Up

The most healthy and ideal time to wake up is at sunrise or a few hours just before. Getting up early whilst still having the necessary hours of sleep, is only possible if you go to bed at the correct time and do not eat at least five hours before going to sleep.

If you want to achieve the best health possible, it is important to adhere to God's timetable for eating, sleeping, cleansing and being active. Nature provides a perfect model for us to understand God's schedule. Apart from nocturnal creatures, just about every animal arises just before or when the sun comes up unless they are sick. The birds begin singing, the flowers start to open and most of nature becomes alive at sunrise. Along with many other people, I always used to say that I was not a "morning person". However,

The most healthy and ideal time to wake up is at sunrise or a few hours just before.

many of the men and women in Scripture who earnestly desired to please God were morning people. Many of the heroes in the Bible were instructed by God to wake up early, for example Abraham (Genesis 19 v 27), Jacob (Genesis 28 v 18), Moses (Exodus 8 v 20, Exodus 9 v 13, Exodus 24 v 4), Samuel (1 Samuel 15 v 12), David (1 Samuel

17 v 20) and the Proverbs 31 woman (Proverbs 31 v 15). The results from studies all over the world reveal that people who awaken at sunrise or just before (without an alarm clock) usually have better health and live longer⁶¹.

Proverbs 6 v 9: "How long will you sleep, O sluggard? When will you arise out of your sleep?"

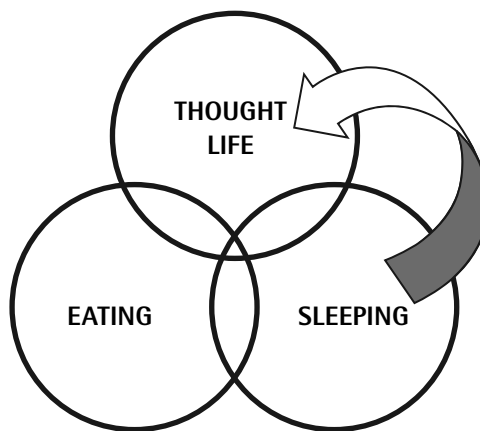
Just like sick animals, only people who are diseased wake up well after sunrise. Most people today are too exhausted to wake up early in the morning because they eat well after dark and go to bed far too late. Then because of work and other daily responsibilities they need an alarm clock to wake them up. This is not healthy, firstly because they have been forced to wake up before the body has managed to complete the cleansing and healing that is supposed to take place during sleep. Secondly, similar to nature where the transition from darkness to daylight does not happen instantly, but gradually as the sun rises, so the body needs time to awaken and adjust naturally from night time to day time before you rush into the activities of the day. There are changes that need to take place in your body as it adjusts from night to the next phase of the day. For example during sleep your body is in an alkaline state which is needed for the best cleansing, rebuilding and repair. As you wake up in the morning, the body's pH swings to a more acidic state which is needed for energy, motivation and enthusiasm for the activities of the day.

Stimulating your body too quickly, for example gulping down your breakfast before rushing to work, is harmful to your body as it has not been given enough time to adjust to the next part of the day. If you follow God's time plan and wake up early, your body will have several hours to adjust before you have your first meal. When you wake up late, your whole body schedule is thrown off.

Walking in obedience to God's set times for eating and sleeping for divine health is like a revolving circle. If you go to bed early, it will be easier to wake up early and for your body to begin the day on "a good footing". It will also be more practical for you to follow God's scheduled times for eating (which I will explain later in this chapter). Furthermore if you follow God's appointed times for eating, it will be easier to adhere to His time schedule for sleeping.

When we eat and sleep at the incorrect times, rather than enjoying supreme health and energy we feel tired, lethargic and unmotivated. As a result we are often too lazy to stick to a schedule. Part of laziness involves a lack of interest in priorities. When it is more important to us to stay up late and watch our favourite TV program, our love for God and His Word is not first priority in our lives and therefore these things are an idol.

Correct Sleeping Patterns Are Important For Renewing Your Mind



The Amount Of Quality Sleep You Have Impacts Your Thought Life

Your sleeping patterns not only affect the digestion of the food you eat, but also your thought life. In part 1 of this book I emphasized the importance of changing your thinking or renewing your mind in order

to recover from disease. When you are chronically sleep deprived, you will not be able to renew your mind effectively. This is because your body is put into a toxic state of stage 2 and 3 of stress where there are high levels of stress hormones such as adrenalin, noradrenalin and cortisol (stages of stress are explained

on page 179). When these stress hormones are constantly flowing at high levels, they create a "white noise effect" that increases anxiety, makes your thinking foggy and impairs your ability to concentrate. The levels of dopamine (a chemical needed for clear, fast thinking) are also depleted. In this toxic state you will not be able to control your thought life efficiently. Those high levels of stress hormones

also make you feel agitated, frustrated, tearful and even aggressive. The toxic emotions experienced as a result of this cause disruptions in the autonomic nervous system leading to erratic heart rhythms¹⁴. Relaxing and gaining an adequate amount of quality sleep is a necessity to keep the nervous system in your brain and body healthy.

Your sleeping patterns not only affect the digestion of the food you eat, but also your thought life.

SUMMARY OF IMPORTANT POINTS ABOUT SLEEP

1. When the sun goes down, it is time for you to begin winding down - avoid eating, drinking water/ other liquids and stimulating activities after dark.
2. Go to sleep early - as soon as possible after sunset.
3. Obtain an adequate amount of sleep (seven to eight hours).
4. Wake up early - at or a few hours before sunrise.

The Right Times To Eat

Ecclesiastes 3 v 1: "To everything there is a season, and a time for every matter or purpose under heaven."

God has a time table for everything; not only are there appointed times for sleep and rest, but also when to eat.

Luke 12 v 42 – 43: ⁴²And the Lord said, Who then is that faithful steward, the wise man whom his master will set over those in his household service to supply them their allowance of food at the appointed time? ⁴³Blessed (happy and to be envied) is that servant whom his master finds doing so when he arrives."

Ecclesiastes 10 v 16 – 17: "Woe to you, land, when your king is a child, and your leaders start their parties in the morning! Happy are you, land, when your king is well-born, and your princes eat at the proper time, in order to stay strong, not to get drunk!"

Both of the above Scriptures mention that there is an appointed time for eating our meals. Other translations of Ecclesiastes 10 v 17, such as the King James say "Blessed art thou, O land when they princes eat in due season, for strength and not for drunkenness." The Hebrew word translated "season" in this Scripture is the same word translated "at appointed times" in Ezra 10 v 14, and "at times appointed" in Nehemiah 13 v 31.

So if there is an appointed time to eat, let's study Scripture together to see if we can discover when that is. This may come as a surprise to most people, but it was not God's design for us to eat three meals a day.

It is commonly taught that it is better to eat many small meals a day or to snack in between meals because it speeds up our metabolism but this is incorrect. Eating lots of meals throughout the day overloads and stresses the digestive system because it has not been able to completely digest the previous meal.

Historically it is known that God's people (the ancient Hebrews of the Old Testament) only ate two meals a day at specific times which was the third and ninth hour after their customary times of worship^{61, 71}. You can see this in Scripture if you look carefully. For example, when God supernaturally fed the Israelites in the desert with manna from Heaven, He did not give them breakfast, lunch and supper – He fed them twice a day in the morning and in the evening.

Exodus 16 v 8 and 13 – 15: "And Moses said, This shall be, when the Lord shall give you in the evening flesh to eat, and in the morning bread to the full..." ¹³And it came to pass, that at even the quails came up, and covered the camp: and in the morning the dew lay round about the host. ¹⁴And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small round thing, as small as the hoar frost on the ground. ¹⁵ And when the children of Israel say it, they said to one another, If is manna: for they did not know what it was. And Moses said unto them, This is the bread which the Lord has given you to eat." KJV

During a draught that was brought on the land for the people's disobedience and rebellion, God supernaturally fed Elijah – also twice a day, in the morning and evening.

1 Kings 17 v 6:"The ravens brought him bread and meat in the morning, and bread and meat in the evening; and he drank from the stream."

That second meal in the "evening" was not after sunset when it was dark. There has been uncertainty amongst Bible scholars as to whether the phrase "in the evening" which is also translated in some Scriptures (e.g. Exodus 12 v 6) as "between the two evenings" refers to "between the decline of the sun and sunset" or "between sunset and nightfall." However this can easily be cleared up by looking at these Scriptures in context. In 1 Kings Chapter 18, we read about the contest Elijah had with the prophets of Baal to prove that there is only one living God. The prophets of Baal had danced around their altar in an attempt to get their god to light up their sacrifice with fire from the morning passed midday into the afternoon. By the time of the evening sacrifice nothing had happened.

***It was not God's design for us
to eat three meals a day***

1 Kings 18 v 36 – 41: ³⁶At the time of the offering of the evening sacrifice, Elijah the prophet came near and said, O Lord, the God of Abraham, Isaac, and Israel, let it be known this day that You are God in Israel and that I am Your servant and that I have done all these things at Your word. ³⁷Hear me, O Lord, hear me, that this people may know that You, the Lord, are God, and have turned their hearts back [to You]. ³⁸Then the fire of the Lord fell and consumed the burnt sacrifice and the wood and the stones and the dust, and also licked up the water that was in the trench. ³⁹When all the people saw it, they fell on their faces and they said, The Lord, He is God! The Lord, He is God! ⁴⁰And Elijah said, Seize the prophets of Baal; let not one escape. They seized them, and Elijah brought them down to the brook Kishon, and [as God's law required] slew them there. ⁴¹And, Elijah said to Ahab, Go up, eat and drink, for there is, the sound of abundance of rain. ⁴²So Ahab went up to eat and to drink... ⁴⁵In a little while, the heavens were black with windswept clouds and there was a great rain. And Ahab went to Jezreel. ⁴⁶The hand of the Lord was on Elijah. He girded up his loins and ran before Ahab to the entrance of Jezreel [nearly twenty miles]."

In this story, the evening meal that was eaten after the evening sacrifice was early enough in the day for Ahab and Elijah to travel twenty miles before sunset.

Ruth 2 v 14 – 17: “¹⁴And Boaz said unto her, At mealtime come thou hither, and eat of the bread, and dip thy morsel in the vinegar. And she sat beside the reapers: and he reached her parched corn, and she did eat, and was sufficed, and left. ¹⁵And when she was risen up to glean, Boaz commanded his young men, saying, Let her glean even among the sheaves, and reproach her not: ¹⁶And let fall also some of the handfuls on purpose for her, and leave them, that she may glean them, and rebuke her not. ¹⁷So she gleaned in the field until even, and beat out that she had gleaned: and it was about an ephah of barley.”

In the above Scripture we can see that the meal that Ruth had was well before sundown because she went back to the field and worked until sunset. Thus the evening meal mentioned in Scripture is not at sunset or when it is dark. As mentioned previously, the Passover was the only time that God's people ate at night, and in this case it is stated as such in Scripture:

Exodus 12 v 7 – 8: “They shall take of the blood and put it on the two side posts and on the lintel [above the door space] of the houses in which they shall eat [the Passover lamb]. They shall eat the flesh that night roasted; with unleavened bread and bitter herbs they shall eat it.”

According to the Hebrew customs of temple worship, the Levites ate after offering their sacrifices (Ezekiel chapter 44) which were in the morning and evening (Numbers 28 v 4) at the third and ninth hour.

Jesus fulfilled both the morning and evening sacrifices by being crucified between the third and the ninth hour:

Mark 15 v 24 – 25; “And they crucified Him; and they divided His garments and distributed them among themselves, throwing lots for them to decide who should take what. And it was the third hour (about nine o'clock in the morning) when they crucified Him.”

Mark 15 v 34 and 37 – 38: “³⁴And at the ninth hour Jesus cried with a loud voice, Eloi, Eloi, lama sabachthani? – which means, My God, My God, why have You forsaken Me?...³⁷ And Jesus uttered a loud cry and breathed out His life. ³⁸And the curtain [of the Holy of Holies] of the temple was torn in two from top to bottom.”

Since Jesus was the final sacrifice on the cross, it was no longer necessary to sacrifice animals. However the third and ninth hours were still observed as set apart times of prayer and worship. For example in Acts 3 v 1 we see Peter and John going to the temple at the hour of prayer (the ninth hour) and in Acts 10 v 3 and 30 we see Cornelius also observing the ninth hour of prayer.

Acts 10 v 2 – 4 and 30: “² A devout man who venerated God and treated Him with reverential obedience, as did all his household; and he gave much alms to the people and prayed continually to God. ³ About the ninth hour (about 3:00pm) of the day he saw clearly in a vision an angel of God entering and saying to him, Cornelius. ⁴ And he, gazing intently at him, became frightened and said, What is it, Lord? And the angel said to him, Your prayers and your [generous] gifts to the poor have come up [as a sacrifice] to God and have been remembered by Him... ³⁰And Cornelius said, This is now the fourth day since about this time I was observing the ninth hour (about three o'clock in the afternoon) of prayer in my lodging place; suddenly a man stood before me in dazzling apparel.”

In Acts chapter two we see the members of the early church enjoying meals and prayer together:

Acts 2 v 42 – 47: “⁴²And they steadfastly persevered, devoting themselves constantly to the instruction and fellowship of the apostles, to the breaking of bread [including the Lord's Supper] and prayers. ⁴³And a sense of awe (reverential fear) came upon every soul, and many wonders and signs were performed through the apostles (the special messengers). ⁴⁴And all who believed (who adhered to and trusted in and relied on Jesus Christ) were united and [together] they had every-

thing in common; ⁴⁵And they sold their possessions (both their landed property and their movable goods) and distributed the price among all, according as any had need. ⁴⁶And day after day they regularly assembled in the temple with united purpose, and in their homes they broke bread [including the Lord's Supper]. They partook of their food with gladness and simplicity and generous hearts, ⁴⁷constantly praising God and being in favor and goodwill with all the people; and the Lord kept adding [to their number] daily those who were being saved."

The term "breaking of bread" referred to both communion (bread and wine) and ordinary everyday meals. The expression 'breaking of bread', or one similar to it, occurs in Matthew 14 v 19; 15 v 36; Mark 8 v 6 and 19 and Luke 24 v 30 and 35, of meals that were clearly not celebrations of communion. "To break bread" was a common Jewish idiom meaning 'to eat'. In Matthew 26 v 26, Mark 14 v 22, Luke 22 v 19 and 1 Corinthians 10 v 16 and 11:24 it is used specifically of communion. In Acts 2 v 42, and 46 and Acts 20 v 7 and 11 either might be indicated.

The term "The Lord's Supper" is a mistranslation, and should be translated, "a supper of the Lord". This phrase originally applied to the daily meals and worship times of the believers⁶². Those meals were also known as the agape "feast of love" (Jude 1:12). Though its use in 1 Corinthians 11:20 - 21 refers primarily to the last meal of the day, its actual usage pertained to every meal which they had where they broke bread in memory of Christ. They ate their meals which included celebrating communion daily at the time of the morning and evening sacrifice and observed the third and ninth hours of the temple worship with the Jewish nation.

Although God's people (the ancient Israelites) originally ate only twice a day after the morning and evening worship, by the time of Christ the Jews were quite divided as to their daily practices. There were still some devout Jews who adhered to God's appointed times but this had been greatly compromised whereby many Jews were eating three times a day after the custom of the world (early in the morning, noon and at night). Others continued to eat twice a day, but had their first meal at noon, instead of the third hour. There is no direct command in Scripture that God's people had to eat at the third and ninth hours and if they did not do so, they were not sinning, but it was not healthy. Science today shows that there is an incredible amount of wisdom in only eating twice a day at the third and ninth hour as I will continue to explain...

When Is The Third And Ninth Hour?

By the time that Jesus walked the earth, man had devised several different methods (such as various types of clocks and sundials) to measure time in hours of equal length. However God's people did not use any of these methods to calculate time or the hours of their day and therefore their times of worship and meal times. In Deuteronomy 18 v 9 God had instructed them not to follow the customs and practices of other nations around them. God's method of time keeping is according to the sun and the moon.

Genesis 1 v 14 and 16: "14And God said, Let there be lights in the expanse of the heavens to separate the day from the night, and let there be signs and tokens [of God's provident care], and [to mark] seasons, days and years...16And God made the two great lights – the greater light (the sun) to rule the day and the lesser light (the moon) to rule the night. He also made the stars"

John 11 v 9: "Jesus answered, Are there not twelve hours in the day?..." Day light is from sunrise to sunset (this is called the photo-period). There are 12 hours of daylight and 12 hours of darkness. However there is not necessarily 60 minutes in each hour; that is a man-made concept. The length of an hour varies according to the different seasons because the days are longer in summer than they are in winter.

Therefore to calculate when the third and ninth hour is, you need to know the times of sunrise and sunset. You can figure that out by personally noting the time that the sun rises and sets or you can obtain that information from a calendar or weather website.

According to Scripture the beginning of the first hour is at sunrise and the end of the twelfth hour is at sunset. Therefore if the sun rises at 6:00am and sets at 6:00pm then there would be twelve hours of daylight with 60 minutes in each hour. In this case the third hour would be between 8:00am and 9:00 am and the ninth hour would be between 2:00pm and 3:00pm.

That was a simple example. Now let's look at a more complicated one: If the sun rises at 4:45am and sets at 6:45pm, there are 14 hours (840 minutes altogether) of daylight according to man's way of calculating time. Therefore to work out how many minutes in an hour according to the Scriptural method of keeping

time, you would divide 840 by 12 which is approximately 70 minutes in an "hour". Therefore to calculate the beginning of the third hour, you would say 4:45 am + 70 + 70 = 7:05 am. The end of the third hour would be 7:05 + 70 = 8:15 am. In this example the ninth hour would begin at 4:45 + 70 + 70 + 70 + 70 + 70 + 70 + 70 = 2:05 pm. The end of the ninth hour would be 2:05 + 70 = 3:15 pm. Therefore the best times to eat your meals in this situation would be between 7:05 – 8:15am and 2:05 – 3:15 pm.

Today many health researchers are rediscovering how the human body is directly affected by sunrise and sunset and how living by the clock rather than according to nature's health laws set in place by God is unhealthy

Let's do one more example to make sure you have got the idea. If the sun rises at 7:00am and sets at 4:00pm, there are 9

hours (540 minutes altogether) of daylight according to man's way of calculating time. Therefore to work out how many minutes in an hour according to the Scriptural method of keeping time, you would divide 540 by 12 which = 45 minutes in an "hour". Therefore to calculate the beginning of the third hour, you would say 7:00 + 45 + 45 = 8:30am. The end of the third hour would be: 8:30 + 45 = 9:15am. The ninth hour would begin at 7:00am + 45 + 45 + 45 + 45 + 45 + 45 + 45 + 45 = 1:00pm. The end of the ninth hour would be 1:00pm + 45 = 1:45pm. Therefore the best times to eat your meals in this situation would be between 8:30 – 9:15am and 1:00 – 1:45 pm.

Today many health researchers are rediscovering how the human body is directly affected by sunrise and sunset and how living by the clock rather than according to nature's health laws set in place by God is unhealthy⁶¹. Man-made clocks that calculate hours in equal lengths do not take into account that the days in the different seasons have different lengths and therefore after a period of time these clocks become inaccurate and have to be adjusted (i.e. Daylight Saving Time). Twice a year, people who schedule their mealtimes and the time that they go to sleep and wake up by the man made clocks have to adjust their watches by either adding or subtracting an hour. This throws off their whole body rhythm and it often takes them months to recover from this shock to their systems because of the drastic changes.

It is best to eat at the same time each day, but as you can see that does not necessarily mean eating at the same time according to the clock because the length of the days vary with the seasons. What is 8:30am today will not be exactly the same as 8:30am in a few weeks time according to a man-made clock. There are conflicts that will develop in our natural bodily cycles when we base our sleeping and eating patterns on man's way of keeping time. For example in North America there are only 10 sixty minute hours of daylight in the winter months and 15 sixty minute hours in summer. Therefore if a person normally has breakfast at 7:00am or supper at 6:00pm, this would be when it is dark during winter which as I explained previously is very unhealthy. That is why the only accurate way of calculating time is by using the Scriptural method where you start counting from sunrise as explained above. You must never eat when it is

dark outside – whether it is at night or early in the morning. If you wait at least two hours after sunrise, you will be eating at the optimal time no matter what the season is. Since God's timetable is decided by the sun and the moon, you are not really eating at a different time of the day because regardless of what the man-made clock says, you will always be eating during the third and ninth hours of daylight.

All of nature responds to the set times of the different seasons. For example plants open and close at the same time each day, animals such as birds begin singing at sunrise and settle down as it becomes dark and even the ocean waves/tides go through annual cycles which are dictated by the sun and moon. Florists have devised strategies to duplicate the natural environments of their plants. They go to a lot of expense setting up fluorescent lights and irrigation to keep the plants as close as possible to their natural cycles of sunlight and rain so as to keep them beautiful and healthy. Zoo keepers go to a lot of trouble to imitate the natural habitats of the different animals. We will spend a lot of time and money making lovely cages for our pet birds and hamsters or beautiful fish tanks that mimic the natural environment of the ocean. However, many people are not prepared to put in the time and effort to adhere to nature's health laws so that they can receive their spiritual and physical nourishment in a timely manner. The further we deviate from God's time schedule, the further we will deviate from divine health and the more we will shorten our lives. A lot of time and money is spent searching for cures for cancer, diabetes and various other chronic diseases, as well as ways to slow down or prevent aging, yet man does not want to pay attention to God's simple natural health laws that are the key to all these secrets.

Daniel 7 v 24 – 25: “²⁴And the ten horns out of this kingdom are ten kings that shall arise: and another shall rise after them; and he shall be diverse from the first, and he shall subdue three kings. ²⁵And he shall speak great words against the Most High, and shall wear out the Saints of the Most High, and think to change times and laws: and they shall be given into his hand until a time, times and the dividing time.” KJV

Daniel 7 v 25: “And He shall speak words against the Most High [God] and shall wear out the saints of the Most High and think to change the time [of sacred feasts and holy days] and the law; and the saints shall be given into his hand for a time, two times, and half a time [three and one-half years].” Amplified Bible

The devil's nature is to steal, kill and destroy (John 10 v 10). Apart from polluting our minds with toxic thinking, he knows that he can also shorten our lives with disease by causing the world to develop customs, traditions and a lifestyle that deviates from the natural health laws and time schedule that were designed by nature's Author for our well being. Not only did he change the times of the Sabbath and other feasts, but he also went so far as to change the hours of the day and therefore our eating and sleeping patterns.

Most people do not realize that the source of the customary times of eating comes from religious practices but it is a well established fact⁶². Whilst the original Judeo-Christian times of eating the two meals a day corresponded with their times of worship at the third and ninth hour, the traditional times of the three meals that most people live by today partly originates from the ancient customary times of pagan worship of the sun and moon. This was at the first, sixth and twelfth hour which was at sunrise, when the sun is at its highest peak (noon) and sunset. Thus the three meals a day custom that this world has adopted (which varies slightly from culture to culture) does not come from Heaven but rather goes completely against the divine design of the Creator. Allow me to explain why this eating pattern is so unhealthy for you:

I have already discussed in detail why supper (i.e. eating near or after sunset when it is dark) is the worst time to eat. The destructive habit of eating at night is exacerbated by eating breakfast early in the morning. The digestive system slows down significantly after dark and therefore it takes much longer to

digest a meal eaten in the evening. By the morning the food is only in a semi-digested state when the next batch of food is added. This puts the digestive system under stress as it is overloaded with work without having the rest and rejuvenation that it was meant to have during the night which deprives it of much needed energy. As a result it often causes the person to feel physically tired and mentally lethargic in the early hours of the day.

Although breakfast is supposed to be the most important meal of the day, most people are not hungry at this time because they are still digesting the large meal from the night before. They typically have a small snack such as a piece of toast (or another form of carbohydrate that releases energy producing sugars in the body) and a cup of coffee because they feel the need for fresh energy.

Snacking in between meals is also unhealthy.

By mid-morning they are feeling weak and so will have a cup of tea or coffee and a snack or piece of fruit for a quick energy rush. A few hours later it is lunch time. Another snack is often eaten mid-afternoon when another energy dip is experienced. This happens because the energy that should have already been available to the body is only just being released which is unfortunate because it is not put to good use during the most active part of the day. Thus many people (even those who are careful to eat healthy foods) drag themselves through the day and can't understand why they are always feeling physically weak or have a lack of energy and are mentally sluggish. The continuous processing of food throughout the day keeps the digestive system under strain whilst it is given no opportunity to rest. We have strayed so far from God's instructions and guidelines in His Word about our eating schedule that we don't eat three meals a day anymore but several meals and we snack all day long.

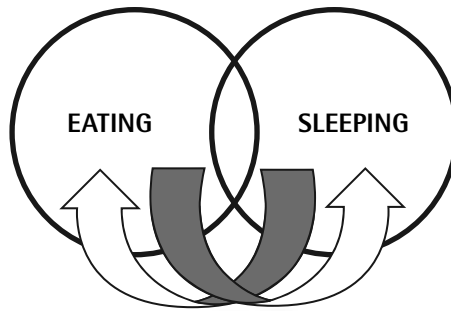
Snacking in between meals is also unhealthy. When more food is eaten only a few hours after a previous meal, the food that is already in the first part of the intestines is ejected from there even though it has not been completely processed. The body does not want to expel the food from the intestines in a semi-digested state so the new food that is eaten before the previous meal is fully digested causes the food from the different meals to be impacted together, which stretches the intestines. Furthermore, as I explained previously, when new food is put on top of food from an earlier meal that has not been completely digested, it results in fermentation of the food which leads to the production of gases and toxins which injures the digestive system. The normal elimination time is also delayed causing constipation. This exacerbates the problem because the food sits fermenting in the intestines for a longer period of time.

A person should go to the bathroom as many times as he/she has a meal. However this seldom happens because of the practice of eating three or more meals a day. Researchers observed that when a person eats a piece of fudge only two hours after eating a meal, the elimination is delayed four hours. If another piece of fudge is eaten after two more hours, the elimination is pushed back eight hours. And thus the problem is compounded exponentially⁶¹. When we eat many meals throughout the day (whether big or small), the digestive system is not able to finish digesting the last meal and it is robbed of much needed rest.

If you desire to develop the health of your body to its maximum potential, I cannot overemphasize how important it is to eat, sleep and rise according to the times God revealed is best for you in Scripture. Many health experts now agree that the third and ninth hours of the day are the ideal times to eat our meals because that is when the digestive system is naturally functioning optimally and the maximum assimilation of nutrients takes place⁷². When you eat according to the schedule of the Designer Who created the human body, you will not experience all of the above complications. When you eat at the third hour, there has been plenty of time for your digestive system to speed up and adjust to the next phase of the day, it is well rested and ready to digest its next meal (provided you have not eaten after dark the evening before and have woken up early). The six hours between the third and ninth hour provide ample time

for the morning meal to be completely digested before you eat your second meal. Furthermore, the food from your afternoon meal at the ninth hour would have been completely digested by the time the sun sets and the digestive system slows down. Your empty digestive tract allows maximal relaxation of your whole body and you are well prepared for a full night of quality sleep. This clearly illustrates how your sleeping and eating patterns are interdependent and like a revolving circle. It is essential to go to sleep and rise at the correct times to keep your eating schedule on track and vice versa. When you eat and sleep at the times God appointed, you set the stage for your body to enjoy divine health.

The third and ninth hours of the day are the ideal times to eat our meals because that is when the digestive system is naturally functioning optimally.



Your Eating And Sleeping Patterns Are Interdependent And Like A Revolving Circle

It may seem unusual to eat only two meals a day without snacking in between because that is not the lifestyle we are traditionally accustomed to. Most people's immediate concern is, "I'll get hungry if I only eat twice a day!" The reason for this is because they not only eat at the wrong time, but they eat poor quality processed food that does not provide the body with the nutrients that it needs. Therefore not long after they have eaten, the body sends out signals that it is hungry again because it still needs nutrition! In response to the hunger pangs the person eats again and the digestive system is overloaded with an excessive amount of "empty food". Most people today are starving on full stomachs. If you eat the right food, (which we will discuss later) you will not feel hungry in between meals or need to eat more than twice a day.

The amount and types of food needed will vary from person to person because the condition of our health is at different stages depending on how we have looked after our bodies in the past. The nutritional requirements of a sick person will be different to a person who has been eating healthily for many years. Not all healthy foods are beneficial for everybody under all circumstances. A suitable food plan for each individual will also vary according to the climate, season and their occupation. For example the food needed by a person whose job involves a lot of physical labour will be different to somebody whose occupation is more sedentary or involves intense mental application. However despite the fact that we are all in different circumstances, the ideal times to have our meals applies to everybody. God does not adjust His divine plan to suite our situation, we need to do our best to re adjust our lifestyle around His timetable. The Bible says that He is the same yesterday, today and forever and His principles do not change (Hebrews

13 v 8). If you are having difficulties adhering to God's time schedule, rather than making excuses, ask Him for wisdom and He'll show you a way (James 1 v 5).

God's Set Apart Times Of Rest

Apart from a daily schedule, God also has a weekly, monthly and yearly schedule that He planned for us to follow so that we can enjoy divine health. God designed a weekly Sabbath rest, a monthly new moon rest and yearly feasts (such as the Feast of Tabernacles, the Passover and Yom Kipper) which are times meant for relaxing and enjoying communion with Him. A large majority of Christians continue working on these days and completely ignore God's principles of rest as if they don't apply to them

God designed the human body to be able to work for six days – then you need to rest for one day.

or don't mean anything. The importance of observing these set apart times of rest is similar to the principle of looking after your car which I shared previously. You need to do maintenance on your car after every so many kilometres by changing the filter, oil, checking the tyres, breaks, shocks and so on. If you choose

to skip having your car serviced every now and then because it is not an important priority to you, it will shorten the life of the engine and the car will eventually break down sooner than it should. Similarly God designed times of rest because the body needs to do maintenance (cleansing, healing, rebuilding and repair). If you choose to ignore these set apart times of rest, you won't experience any harmful consequences immediately but the life of your body will be shortened because you'll develop stress related diseases and die before God intended.

In chapter 2 of Philippians there is a story about a man who got so sick that he nearly died because of overworking and not using wisdom in how much time he spent in ministry serving the Lord. He was emotionally distressed and homesick.

Philippians 2 v 25 – 27 and 30: *"²⁵However, I thought it necessary to send Epaphroditus [back] to you. [He has been] my brother and companion in labor and my fellow soldier, as well as [having come as] your special messenger (apostle) and minister to my need. ²⁶For he has been [homesick] longing for you all and has been distressed because you heard that he was ill. ²⁷He certainly was ill [too], near to death. But God had compassion on him, and not only on him but also on me, lest I should have sorrow [over him] coming upon sorrow. ³⁰For it was through working for Christ that he became so near death, risking his [very] life to complete the deficiencies in your service to me [which distance prevented you yourselves from rendering]."*

What is the point of dying prematurely trying to serve the Lord and save lives? You just do less for Him in the long term and lose out on the destiny to which He called you. That's a high price to pay. I went on a mission trip to Mozambique in 2005. I spent time working in a clinic there where I administered healthcare in the poorer communities that do not usually have a doctor available within 100 kilometres. One missionary couple (we'll call them couple number 1) told me a story about when they first arrived in Mozambique. They came together with another couple (we'll call them couple number 2). Couple number 2 worked day in and day out without a rest. Every day they were up early before the sun rose and worked non-stop until the late hours of the night helping the people in Mozambique where there is such an overwhelming need and tremendous poverty. Couple number 2 looked down on couple number 1, because couple number 1 only used to start at 7h00 every morning and did not allow anybody to disturb them after 18h00 in the evening unless it was a life or death emergency. Within 3 years couple number 2 had totally burnt out emotionally, spiritually and physically. They went back home, disillusioned and never wanting to have anything to do with ministry or missionary work again. After 15 years, couple number 1 are still going strong

and being effective for the Lord in Mozambique. While I was there I also had the privilege of meeting a 90 year old nurse who was still working and serving the community. In her clinic she would see up to 100 patients a day. I could not believe this. When working in a G.P practice, if I saw 40 patients a day, I would be absolutely exhausted by the end of it. This lady was seeing 100 patients a day at the age of 90!! I asked her how she did it and she gave me some wise advice that I will always carry with me. She put her arm around me and said, "My dear, no matter what, you make sure you get enough to eat and enough rest. It doesn't matter how many people are banging on your door with emergencies, you spend your time with the Lord every morning and every evening. Your relationship with Him must always come before your ministry."

No matter what the demands of our occupation are, it is important to make it a priority to look after our temples by adhering to God's principles of eating, resting and sleeping. Even though Epaphroditus was working for the Lord, he still became ill because he was not taking care of himself. We cannot break God's laws of health and expect not to suffer the consequences. You need to use your time wisely and to stay in balance so as to keep yourself from getting into sin and giving the devil a foothold in your life or even better, to prevent disease from developing in the first place.

God designed the human body to be able to work for six days – then you need to rest for one day. If you work 7 days of the week without any rest or do not get an adequate amount of sleep at night, you are going to get sick and you will have done less work in the long term.

God wants you to enter His rest. Hebrews chapter 4 explains that the Israelites did not enter the Promised Land because of their unbelief and disobedience. They also did not enter God's rest because they did not cease from their own labors.

Hebrews 4 v 2, 4 -7 and 9 – 11: "2For indeed we have had the glad tidings [Gospel or God] proclaimed to us just as truly as they [the Israelites of old did when the good news of deliverance from bondage came to them]; but the message they heard did not benefit them, because it was not mixed with faith (with the leaning of the entire personality on God in absolute trust and confidence in His power, wisdom and goodness) by those who heard it; neither were they united in faith with the ones [Joshua and Caleb] who heard (did believe). 4For in a certain place He has said this about the seventh day: And God rested on the seventh day from all His works. 5And [they forfeited their part in it, for] in this [passage] He said, they shall not enter My rest. 6Seeing then that the promise remains over [from past times] for some to enter that rest, and that those who formerly were given the good news about it and the opportunity, failed to appropriate it and did not enter because of disobedience. 7Again He sets a definite day [a new] Today, [and gives another opportunity of securing that rest]...9So then, there is still awaiting a full and complete Sabbath-rest reserved for the [true] people of God; 10For he who has once entered [God's] rest also has ceased from [the weariness and pain] of human labors, just as God rested from those labors peculiarly His own. 11Let us therefore be zealous and exert ourselves and strive diligently to enter that rest [of God, to know and experience it for ourselves], that no one may fall or perish by the same kind of unbelief and disobedience [into which those in the wilderness fell]."

Whilst training at university there was always a huge volume of studying to get through and pressure to have the work done by the next exam. There never seemed to be enough time and I was always stressed about it. I used to work 7 days a week, studying as much as I could. However, the Holy Spirit convicted me about this and said, "If you work 7 days a week, don't think that you will get away with it and not eventually suffer the consequences of sickness due to a worn out body." As you see in the above scriptures, not ceasing from your labors on the 7th day is disobedience. Disobedience is sin and the consequence of sin

includes sickness. God is the Designer of the human body – He engineered it in such a way that it is only supposed to work for 6 days. Push it beyond that and it will begin to break down.

God is the Designer of the human body – He engineered it in such a way that it is only supposed to work for 6 days. Push it beyond that and it will begin to break down.

Initially it was a huge step in faith for me to take one day a week off and have a Sabbath rest. In my own logical mind I just could not see how I was going to get through all the work that was needed. However, it all boiled down to this – do I trust God? Am I leaning on Him with my entire personality in absolute trust and confidence in His Word? I am living for Him, I am serving Him and I am fulfilling His will and purpose for my life. It was His calling and idea for me to be a doctor in the first place. I needed

to allow God to be the Author and Finisher of my life instead of trying to work out His will in my own way and in my own strength. If I live according to His principles, He will give me the grace, wisdom and ability to get done what needs to be done in the other 6 days of the week.

Our primary purpose on this earth (which is more important than working for and serving God) is to fellowship with Him – that is to enjoy a relationship with Him that comes from spending time with Him. We need to rest completely from our labors one day a week, to rest in Him and enjoy extra time spent with Him. Otherwise we begin to lose our joy, burn out and life becomes stressful – and we are exhausted, disappointed and frustrated.

Psalm 127 v 2: “It is vain for you to rise up early and to take rest late, to eat the bread of [anxious] toil – for He gives [blessings] to His beloved in sleep.”

People today are so driven to achieve and to succeed – they are working themselves into the ground. They are spending their whole lives trying to climb the ladder only to find it is lent against the wrong wall.

Solomon said in Ecclesiastes 2 v 17 – 19 and 22 – 25: “¹⁷So I hated life, because what is done under the sun was grievous to me; for all is vanity and a striving after the wind and a feeding on it. ¹⁸And I hated all my labor in which I had toiled under the sun, seeing that I must leave it to the man who will succeed me. ¹⁹And who knows whether he will be a wise man or a fool? Yet he will have dominion over all my labor in which I have toiled and in which I have shown myself wise under the sun. This is also vanity (emptiness, falsity and futility)! ²²For what has a man left from all his labor and from the striving and vexation of his heart in which he has toiled under the sun? ²³For all his days are but pain and sorrow, and his work is a vexation and a grief; his mind takes no rest even at night. This is also vanity (emptiness, falsity and futility)!” ²⁴There is nothing better for a man than he should eat and drink and make himself enjoy good in his labor. Even this I have seen, is from the hand of God. ²⁵For who can eat or who can have enjoyment any more than I can – apart from Him?”

Solomon was a busy man. Angus Buchan defines the word busy as “Burdened Under Satan’s Yoke.” One of Satan’s best and age old tricks is to keep us too busy. In the world today we live in the “acceleration syndrome” of Rush! Rush! Busy! Busy! When we are rushing through life at a hectic and frantic pace – we have no time to hear from God or to get to know Him by spending time with Him.

Relaxing and adequate rest is not just a luxury, it is a necessity and Scriptural principle.

When you are too busy and not getting enough rest, your body will be put into a toxic state of stage 2 and 3 of stress where there are high levels of stress hormones such as adrenalin, noradrenalin and cortisol. These stress hormones damage every organ system in the body (as is explained in the chapter on stress on page 178).

The result is that you become ill, defeating your ability to do the things that stole the time for your relaxation in the first place. Eventually you will find yourself feeling frustrated, unfulfilled and hating your

life. Relaxing and adequate rest is not just a luxury, it is a necessity and Scriptural principle. Simply put, relaxation is never a waste of time. God's desire for you is that you enjoy being in His will. When you are doing what God has called you to do, you enjoy your life and you have peace, fulfillment and satisfaction. You also reap the benefits of good health because you are being a good steward of your body.

If you feel that you don't have time to build rest and relaxation into your lifestyle then it means that you are not using the time in your day wisely. You are the one who makes your own busy schedule which is often filled with things that are not completely necessary. If we are not careful, we can get derailed from fulfilling God's real calling on our lives by getting involved in activities that He did not call us to do. These activities may even be good things like charity work or church work but it doesn't always mean God has called us to do them.

Using your time wisely also has to do with getting your priorities right and deciding what is important and what has to go. If you only had one year left to live, what wasteful activities would you cut out of your daily schedule and what meaningful things have you been leaving out? I encourage you to take a serious inventory of your schedule: get out the pruning shears and, as God leads you, cut unnecessary activities and commitments out of your life until you no longer go through every day and week at such a frantic pace. Make a conscious decision to balance your work and rest before it is too late.

Observing God's appointed times of rest means more than just resting from our jobs and physically draining chores of everyday life. Most of the work that the body does is during digestion and therefore it is also vitally important to rest the digestive system. Each time a person eats a mouthful of food, the body has to use a lot of energy to digest it. The poorer the quality of the food and the greater the amount of food that the person eats, the harder the digestive system has to work and the more energy that is used. Therefore even if you sleep and rest your outer body, your body will not get the true rest it needs during these appointed times if you also eat a large amount of food. Therefore I recommend that you consume less food during these special days of rest to give the digestive system a break from the consistent energy drain that eating causes. The best and ultimate relaxation for the body would be to fast where you have no food at all and only drink water. There is only one time where God commands a complete fast which is at Yom Kipper but there are many other Scriptures about fasting. The main purpose of a fast is to cultivate an intimate relationship with the Lord and to fellowship with Him without distraction, including thinking about food. Fasting is not a situation where you are so busy that you don't have time to eat. Rather it is resting in the Lord's presence which is where we have times of refreshing (Acts 3 v 19). However there are also many health benefits to fasting periodically (as long as it is done with wisdom) and it is an effective way to break an addiction to over eating. If it is not possible or too difficult to fast completely on the Sabbath, I suggest you only have fruit and vegetable juices as the body will be able to assimilate the nutrients with minimal work for the digestive system (I will explain juicing in a later chapter).

God designed these weekly, monthly and annual times of rest, healing and cleansing to help us maintain good health and it is wise for us to stick to His timetable for doing so. Traditionally the day of rest in the week is a Sunday. This was established by the Roman Emperor Constantine who was also trying to accommodate the pagan worshippers of the sun and moon. However the Sabbath day that God appointed for His people is from sunset on Friday to sunset on Saturday. The result of the enemy changing the set times of the Sabbath day from a Saturday to a Sunday is that people eat and move around the most, when God planned for us to move around the least. I don't believe it matters whether we go to church on a Saturday or Sunday or any other day of the week, but we should stick to God's timetable when it comes to eating, sleeping and rest. Whenever we deviate from God's design and principles of His time schedule, our health will suffer in the long term. There are some current health teachers who say they have seen

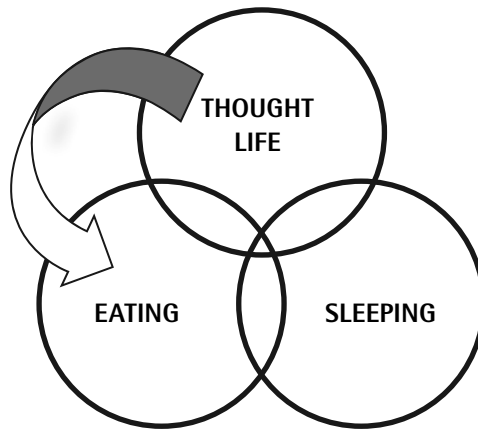
research to confirm that the ideal healing time for the body is on the Sabbath⁶¹. If this is true, then eating less on the Sabbath will give the digestive system a much needed rest each week and provide an optimal environment for healing, cleansing and rejuvenation which is important for maintenance of good health.

SUMMARY OF IMPORTANT POINTS ABOUT EATING AT THE RIGHT TIMES

1. Do not eat when it is dark outside
2. Eat two meals a day at the 3rd and 9th hours
3. Do not snack in between meals
4. Eat less (fruit and vegetable juices) or fast during God's weekly, monthly and yearly appointed times of rest.

Prepare Your Heart For Your Meal – Food and Fellowship

The daily meal times at the third and ninth hours were eaten in conjunction with the daily times of worship in the Old Testament where the Israelites would offer sacrifices to their Lord. The blood that Jesus shed when He died on the cross has done away with animal sacrifices, but the principle of fellowshiping with our Heavenly Father and making a sacrifice of praise to Him at mealtimes is still important. And that is more than saying grace, "Lord bless this food to our bodies in Jesus' Name, Amen." I recommend sacrificing what is most precious to you which is your time. We are so busy today and we make time for everything and everybody else except the One who we should be making time for the most. Communion with the Lord at meal times is an important message that the majority of people miss. We cannot receive the maximum benefit from our food without this vital ingredient. Time spent in praise and worship not only deepens the intimacy of our relationship with the Lord but it also will aid the digestion of your food!



Your Thought Life Has An Impact On The Digestion Of Your Food

We have seen how the way that you eat affects the quality of your sleep and vice versa. I have also explained how your thought life affects the quality of your sleep. If you have toxic thoughts of fear, anxiety and worry for example, it will keep you up at night, depriving you of much needed sleep. When you are deprived of sleep, the digestive system does not get the time of healing, rejuvenation and repair that it needs. This in turn has a negative impact on the digestion of you food. Now it is becoming clearer how our thinking, eating and sleeping habits are interdependent and how if we go wrong in one of these areas, the other two areas are also negatively affected.

Your thought life also has an impact on how well you digest your food. The state of your mind when you eat your meal has a much greater effect on your health than what or when you eat. Eating is a highly emotional event and your digestive system is very sensitive to your thought life and emotions. Your digestive system is connected to your brain by nerves. Your brain and digestive system work together and com-

municate with each other. Your large and small intestines are densely lined with nerves, chemicals called neuropeptides and receptors that are all busily exchanging information laden with emotional content. This is what gives you that "gut feeling". A gut feeling is physically real because you literally have emotions in your gut! Emotions are very involved in the functioning of your digestive system. For example the pancreas releases enzymes to help with the digestion of your food. It also releases insulin and another hormone called glucagon which controls your blood sugar levels. These enzymes and hormones that are released from the pancreas also carry emotion. So for example if you eat when you are anxious, angry, feeling guilty, upset or trying to bury an unpleasant emotion, the toxins gener-

The state of your mind when you eat your meal has a much greater effect on your health than what or when you eat.

ated by those toxic thoughts interfere with the proper workings of the digestive system. You must never eat when you are in an emotional state because your body will not digest that food properly because the emotions will override the digestive process²⁷. As mentioned previously, food that is not digested properly becomes toxic. That is why comfort eating is very unhealthy. Of all the bad eating habits that people have today, eating whilst stressed is one of the most harmful and also one of the most common.

It is important to deal with any toxic mindsets and emotions before partaking of a meal and what better way to do that than worship and communion with the Lord? As we enter His Presence fear, guilt, anger and other toxic emotions will dissipate as we allow the Holy Spirit to fill us afresh with His love, peace and joy. When these Godly emotions are coursing through our veins spiritually and physically, this positive information is conveyed to the digestive system, causing it also relax and be at peace. In this situation, the digestive system will function at its optimal capacity allowing for healthy and efficient digestion of your food.

As previously explained, the term "The Lord's Supper" is a mistranslation, and should be translated, "a supper of the Lord". This phrase originally applied to the daily meals and worship times of the believers. Those meals were also known as the agape "feast of love" (Jude 1:12)⁶². The purpose of these meal times was not only to provide nourishment physically, but also spiritually. This was a special time of fellowship-ing with the Lord and with each other. This was so important and meaningful to the members of the early Church that it was written of them:

Acts 2 v 42 – 47: ⁴²And they steadfastly persevered, devoting themselves constantly to the instruction and fellowship of the apostles, to the breaking of bread [including the Lord's Supper] and prayers. ⁴³And a sense of awe (reverential fear) came upon every soul, and many wonders and signs were performed through the apostles (the special messengers). ⁴⁴And all who believed (who adhered to and trusted in and relied on Jesus Christ) were united and [together] they had everything in common; ⁴⁵And they sold their possessions (both their landed property and their movable goods) and distributed the price among all, according as any had need. ⁴⁶And day after day they regularly assembled in the temple with united purpose, and in their homes they broke bread [including the Lord's Supper]. They partook of their food with gladness and simplicity and generous hearts, ⁴⁷constantly praising God and being in favor and goodwill with all the people; and the Lord kept adding [to their number] daily those who were being saved."

The term, "Communion Service" is an accurate description of what "a supper of the Lord" really is. Though its use in 1 Corinthians 11:20 – 21 refers primarily to the last meal of the day, its actual usage pertained to every meal which they had where they broke bread in memory of Christ. The example of the believers in Acts 2 v 42 – 47 shows us how to partake in the suppers of the Lord in their true nature which is to have an abiding devoted love for God and to walk in love towards each other. In others words our

meals should always be a time of fellowship with our Father and one another – a happy, joyful time where love abounds.

In part 1 of this book I explained that the toxic mindsets that cause disease come from a breakdown in relationship with others, ourselves and/or God. Therefore healing begins with restoration and re-establishing a love relationship with God, ourselves and others. This not only applies to our thought life, but to every area of our lives, including eating. The foundation of the kingdom of God is love (Matthew 22 v 36 - 40). Even in our eating and drinking we should be loving and lovable people. When you are walking in love, you will not have the toxic mindsets that interfere with the healthy functioning of your digestive system which causes disease.

In order to have a clear conscience and a peace that surpasses all understanding that we should have at mealtimes, it is important to deal with anything that would hinder the flow of God's love within us.

In order to have a clear conscience and a peace that surpasses all understanding that we should have at mealtimes, it is important to deal with anything that would hinder the flow of God's love within us. For example this may mean repenting for fear and anxiety and casting all your worries and concerns upon the Lord (1 Peter 5 v 7, 1 John 4 v 18) or coming back into a right relationship with somebody that you have been in strife with through forgiveness and reconciliation (1 John 4 v 20). If you make it a habit to repent for any areas that the Holy Spirit shows you that are not right in your life before you eat your meal, you will maintain good health and wholeness in spirit, soul and body (1 Thessalonians 5 v 23).

1 Timothy 4 v 1 – 5: “But the Holy Spirit distinctly and expressly declares that in the latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach, ²through the hypocrisy and pretensions of liars, whose consciences are seared (cauterized), ³who forbid people to marry and [teach them] to abstain from [certain kinds of] foods which God created to be received with thanksgiving by those who believe and have [an increasingly clear] knowledge of the truth. ⁴For everything that God has created is good, and nothing is to be thrown away or refused if it is received with thanksgiving. ⁵For it is hallowed and consecrated by the Word of God and by prayer.”

As well as having love, peace and joy in our hearts at mealtimes, another essential feature is our attitude towards the Provider of the meal. It is a common practice of many Christians to say “grace” before their meal where they pray for a blessing upon the food. That is fine as we see an example of this 1 Timothy 4 v 1 – 5. However there is much more to “blessing” food than that. To gain a better understanding of this, let's have a look at the “giving of thanks” which Jesus did when He “blessed” food before it was eaten.

Matthew 26 v 26: “And as they were eating, Jesus took bread, and blessed [it], and brake [it], and gave [it] to the disciples, and said, Take, eat; this is my body.” KJV

Mark 14 v 22: “And as they did eat, Jesus took bread, and blessed, and brake [it], and gave to them, and said, Take, eat: this is my body.” KJV

Luke 24 v 30: “And it came to pass, as he sat at meat with them, he took bread, and blessed [it], and brake, and gave to them.” KJV The word “blessed,” in the Greek is “eulogeo” which means “to speak well of.”

The word “thanks” is “eucharisteo” which means “to express gratitude.” There is no implication in either word that petition was a part of Jesus' prayer. When He “blessed” the bread and wine at the Last Supper or other food before meals, all He did was speak well of the Giver and express gratitude for the food by giving thanks. The word “it” is in brackets because they are not a part of the text, but have been added to

the English versions by the translators. What these Scriptures actually say is that Jesus “took bread and blessed”, in other words He took bread and “spoke well of.” Of what? The bread? No. The bread Giver, God⁶².

Psalm 103 v 1 – 5: “Bless (affectionately, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! ²Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits. ³Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases. ⁴Who redeems your life from the pit and corruption, Who beautifies, dignifies and crowns you with loving kindness and tender mercy; ⁵Who satisfies your mouth [your personal necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle’s [strong, overcoming, soaring]!”

The main purpose of a time of “blessing” at mealtimes is to offer up a sacrifice of praise and worship with thanksgiving to your First Love. This is a special time just to express your love, adoration and affection for Him. I encourage you to make intimate communion and fellowship with your Lord an important part of your whole meal. According to Scriptural and historical records, and the current practices of Jews,

When your heart and mind is filled with love, peace, joy and thanksgiving, your brain and digestive system are working in sync with each other to create a healthy environment for the effective digestion of your food.

God’s people were instructed to give thanks in remembrance of the Lord’s blessings both before and after meals (Deuteronomy 8 v 10-14 and 17-18). The Jews have more benedictions (blessings) after the meal than before. I believe we can learn from this. Often in our time with God, the largest part of our prayers consists of petition where we are asking Him for things that we need. I believe that we need to cultivate an attitude of gratitude and a habit of giving God thanks and praise for all His blessings and

benefits that He gives us on a daily basis. This will not only benefit you spiritually, but it is a vital part of helping you achieve the best health possible. Worship, thanksgiving and praise causes the release of endorphins, encephalon’s, serotonin and dopamine which I are all chemicals that promote good health. When your heart and mind is filled with love, peace, joy and thanksgiving, your brain and digestive system are working in sync with each other to create a healthy environment for the effective digestion of your food.

As well as preparing your food for your meal, you need to prepare your heart too.

Eat The Right Quality Foods

Although our meals should be lovely and enticing, it is important that they be comprised of the nutrients that our bodies require. There are so many different ideas about what types of foods are healthy and nutritious. New information is continually being added on a daily basis as on-going research tries to find the ideal diet for mankind that provides supreme energy, keeps weight off and combats disease. In their greed for profit, multi-billion dollar companies have tapped in to the increasingly popular demand for this and are marketing all sorts of diet plans and so called health products. However few of them produce the results or provide the answers people are looking for. There is also tremendous confusion and debate because there is so much conflicting information from research concerning nutrition and which foods are best to eat. One medical journal will have research proving the benefits of a certain type of food and why it is good for you and then there will be research in another journal about the same food proving just the opposite. One advantage about all this is that it has caused more people than ever before to turn back to God and search His Word for the answers.

Psalm 119 v 105: "Your Word is a lamp to guide my feet and a light for my path."

If you want to find wisdom in any area of life – you'll find it in the Word of God. Although there is much that has been discovered in medical research, there is still a lot that we do not know. Since we do not have a complete understanding and knowledge about nutrition and how different foods affect our bodies, it would be wise to come back to the simplicity of God's Word and pay attention to the Creator of the human body Who gave instructions and guidelines about what foods are best to eat. This is the only way that we can ensure that we are eating the best diet with the healthiest foods possible.

There is still so much that man has to discover about health, but if you have the wisdom to study God's principles in Scripture, you can have certain knowledge long before science reveals what is healthy and unhealthy. Much of what medical science is proving today is what the Bible said about health and disease thousands of years ago. It is not a case of God catching up with science – but rather the other way around. God's health guidelines were passed down to the Hebrew people generation after generation by means of the Scriptures. Thousands of years later, science is finally starting to agree with many of the health guidelines found in those Scriptures. In churches today there are more prayer requests for healing than for any other topic. It is sad that the church is so full of disease when it has in its hands the greatest health book ever written.

There are countless researchers and people in the health field who are searching for other ways to attain great health, but there is no other way in the history of the world that has superseded the knowledge in God's Word. There is no greater intelligence than the wisdom of God. He is the Divine Designer of the human body and He knew from the beginning exactly what it needs to function at its optimal potential. Our Creator knows our bodies better than we do. He is the Greatest Physician, the Ultimate Doctor. All we need to do to achieve the best health possible is listen to and obey the instructions in His Word.

Proverbs 4 v 10: "Listen, My son, receive what I say, and the years of your life will be many."

The Scriptures Are A Treasure Map To The Hidden Secrets About Nutrition And The Ultimate Diet

Proverbs 2 v 1 – 9: “**1**My son, if you will receive my words and treasure up my commandments within you, **2**Making your ear attentive to skilful and Godly Wisdom and inclining and directing your heart and mind to understanding [applying all your powers to quest for it]; **3**Yes, if you cry out for insight and raise your voice for understanding, **4**If you seek [Wisdom] as for silver and search for skilful and Godly Wisdom as for hidden treasures, **5** then you will understand the reverential and worshipful fear of the Lord and find the knowledge of [our omniscient] God. **6**For the Lord gives skilful and Godly Wisdom; from His mouth comes knowledge and understanding. **7**He hides away sound and Godly Wisdom and stores it for the righteous (those who are upright and in right standing with Him)...**9**Then you will understand righteousness, justice and fair dealing [in every area and relation]; yes, you will understand every good path.”

Proverbs 2 v 1 – 9 describes the Scriptures like a treasure map which will guide us to the answers and solutions to what man has not yet figured out. Within God’s Word lies the hidden secrets about nutrition and the ultimate diet that can transform our health. So let’s go back to the beginning and explore the history of how God’s diet plan unfolded in Scripture and how it applies to you and me today...

Proverbs 3 v 5 – 6: “Trust God from the bottom of your heart; don’t try to figure out everything on your own. Listen for God’s voice in everything you do, everywhere you go; He’s the One Who will keep you on track.” Message Bible

Fruits, Vegetables, Nuts, Grains And Seeds:

Genesis 1 v 29: “And God said, See, I have given you every plant yielding seed that is on the face of all the land and every tree with seed in its fruit; you shall have them for food.”

Fruit and vegetables are excellent foods according to the guidelines and instructions of God’s Word. Vitamins, minerals, enzymes, amino acids (which make up protein), carbohydrates, fats, fibre and water are the essential nutrients that are needed in our diet for our health to thrive...and every single one of these essential nutrients can be found in raw fruits and vegetables.

Fruit and vegetables are the most important part of our diet and should constitute the largest portion of the food we eat.

You cannot say that about any other type of food – according to everything that is known by modern medical science and nutritionists, there is not a single substance that has been found or manufactured that can even come close to the nutritional value for mankind as the original diet handed down by God in

Genesis 1 v 29. Fruit and vegetables are the most important part of our diet and should constitute the largest portion of the food we eat.

The key in healthy eating and the aim of all the principles shared within part 2 of this book is to optimise the efficiency of digestion so that there is maximal assimilation of the nutrients from the food whilst as little energy as possible is used to digest them, and also to keep the body’s internal environment as clean as possible. A diet found in Genesis 1 v 29 consisting of raw fruit and vegetables does just that: they require the least amount of the body’s energy to digest, yet they provide the most nutrients. In other words, “You get more bang for your digestive buck with fruits and vegetables than with any other foods”⁶¹. They are your best source of energy.

The largest proportion of most people's diet today consists of low quality processed foods full of heated fats and refined sugar with far too little of life giving fruits and vegetables that God intended. If you want to experience the blessings of the best health possible, you need to make sure that the majority of your diet consists of the foods that God designed to be consumed.

Fruits

Any plant that contains a seed is a fruit. Tomatoes, cucumbers, avocado pears and bell peppers are often mistakenly considered as vegetables but are actually fruits since they contain a seed. Of all the different types of food, fruit is the easiest to digest. The more liquid that a fruit has, the better it is for you because the easier it is to digest. Melons have the most liquid of all fruits and thus digest the most easily.

Fruit adds a vital dimension to our diet with its rich supply of living enzymes and organic nutrients as well as its cleansing effect.

Fruit adds a vital dimension to our diet with its rich supply of living enzymes and organic nutrients as well as its cleansing effect. Fresh fruits are the best source of vitamins and the second best source of minerals. Fruit, more than any other food, brings to the body the "essence of the seasons" in the sense that it provides the specific nutrients and enzymes for the body to adapt to the change of seasons.

Vegetables

Raw vegetables are the best source of all minerals and the second best source of all vitamins. Make sure that you eat lots of fresh green vegetables (lettuce, spinach, cabbage, broccoli, green beans, asparagus etc) and other chlorophyll rich plants such as herbs, algae, sea vegetables and sprouts.

Leviticus 17 v 11 says that the life is in the blood. This is accurate medically because the blood contains oxygen and nutrients that keeps all the cells in the body alive. The quality of your blood is a key foundational factor in the quality of your health. The quality of your blood is determined by your thinking, eating and sleeping patterns. In the chapter on allergies I explain in detail how your thought life affects the cells in your blood and on page 196 I explain the influence that sleep (or the lack of it) has. Eating chlorophyll-rich green leafy vegetables are beneficial to the body because they are the blood builders. Haemoglobin is the pigment in our blood that makes it red. The function of haemoglobin is to carry oxygen in the blood to the cells and tissue in the body.

Chlorophyll is the pigment in plants that makes them green. The greener the vegetable, the more chlorophyll it has. Chlorophyll is also known as the blood of plants. It is almost identical to haemoglobin and has been successfully used in emergency blood transfusions. When you consume chlorophyll rich green plants, you are taking in vital oxygen into your body which is why many health spas use wheatgrass and edible forms of sea algae in the treatment of various diseases. Chlorophyll cleans lymph nodes and removes debris that clog, the blood vessels. Chlorophyll is also a deodorizer and it inhibits tumor growth, especially in the lungs⁶³. Green vegetables also contain a large amount of minerals that other foods lack.

Raw vegetables are the best source of all minerals and the second best source of all vitamins.

The beta carotene found in carrots, cabbage, broccoli, cauliflower, brussel sprouts, spinach and other greens is a known antioxidant that inhibits the effects of carcinogens (substances that cause cancer) and it neutralizes harmful free radicals before they damage the DNA within the genes of the body cells. According to the American Cancer Society, three or four of these vegetables should be consumed every day.

Raw, Ripe, Fresh, Organic, In Season!

The best way to eat fruit and vegetables is raw, ripe, fresh, organic and in season:

Raw!

Our bodies digest fruit and vegetables most efficiently and obtain the maximum amount of nutrition from them when they are raw. Cooking food has a devastating effect on nutrition:

- Many important **vitamins and minerals are lost**. According to John Michael Douglas, M.D., PhD., Dr.P.H., F.A.C.P.: "When we treat food with thermal fire, we lose up to 97% of the water soluble vitamins (vitamins B and C) and up to 40% of the lipid soluble vitamins (Vitamins A, D, E and K)."
- The **structure of proteins is dramatically changed** by heat. This is clearly illustrated when you fry an egg. When the clear runny albumen, which is the protein of the egg, hits the hot oil it immediately changes to a white rubbery texture. The protein is obviously not the same substance that it was before it was cooked.
- **Minerals** are changed in a similar way to proteins when they are cooked. They lose their life and vitality and **transform back to an unusable, inorganic form**. There is a difference between minerals that are in the ground versus minerals in plants. Our bodies are not able to use minerals straight

The best way to eat fruit and vegetables is raw, ripe, fresh, organic and in season.

from the ground because they are in an inorganic form that cannot be assimilated by the body. Through photosynthesis and the help of lots of micro-organisms below the ground surface, the plants take the inorganic minerals from the soil and convert them into living, organic nutrients which we are able to eat and use to build new, living, vital cells that become a part of our body. The molecules of a mineral within a living substance such as a plant are alive and vibrant – and they vibrate at a different level to an inorganic, lifeless substance such as a rock or particle of soil. When these minerals within plants are cooked, they are converted back into the dead, inorganic form that has harmful effects in the body.

For example, green leafy vegetables such as spinach contain oxalic acid. This is a very healthy beneficial substance for the body in its raw organic form. It helps with peristalsis which is the wave like movement in the intestinal walls that pushes food along the gastro-intestinal tract. However when spinach and other green leafy vegetables are cooked, the oxalic acid is converted into the inorganic, unusable form which can then form oxalic acid crystals that accumulate in the kidney resulting in kidney stones. Furthermore oxalic acid combines with calcium in food. If both of these nutrients are in their raw, organic form this is a good combination that has constructive benefits for the body. However when oxalic acid is transformed into its inorganic form through heating, then it binds to calcium, destroying the nourishing value of both. This results in a serious deficiency of calcium that causes decomposition of bones⁶⁸.

- When food is heated above 41 °C (105°F) the **enzymes are destroyed**. Water boils between 82 – 100°C and baking begins at 97°C. Therefore enzymes are lost almost immediately from the start of any cooking process, even in steaming vegetables. This is very bad news because when you lose all the enzymes, you are losing more than just the enzymes because enzymes are required for every function in the body. Nothing in the body works the same without enzymes.

Stephen Blauer who wrote "The Juicing Book" very nicely explained the role of enzymes: "Enzymes are the body's labor force, the active construction-and-demolition teams that constantly build and rebuild the body. Approximately 1000 different enzymes are known. At any one time there will be millions of en-

zymes working in every living body. Without enzymes a human would be a lifeless pile of unusable chemicals. Outside the human body, enzymes are found in all living things, including food in its raw, uncooked state... Fresh juices are excellent sources of important food enzymes, as are all raw foods."

There are three types of enzymes:

- i. **Metabolic enzymes** – these are necessary for the organs in the body to function. They are found in every cell and tissue. Some of their functions include boosting the immune system, repair of damaged tissue, rebuilding new healthy cells, regenerating skin, slowing down the aging process and removing toxins from the body.
- ii. **Digestive enzymes** – which are manufactured by the body, break down the food that is eaten so that the nutrients can be absorbed and used.
- iii. **Enzymes in raw fruits and vegetables, soaked nuts and seeds** – some examples of foods high in enzymatic activity are raw figs, dates, pineapple, grapes, avocado and bananas. There are four types of enzymes found in food which are:
 - a. **Lipase** – breaks down fat
 - b. **Protease** – breaks down protein
 - c. **Cellulase** – breaks down cellulose
 - d. **Amylase** – breaks down starch

Among the seemingly infinite functions of enzymes, they facilitate the absorption of all vitamins, minerals and amino acids (protein) so that the body can utilize all these nutrients. Loss of enzymes in the food will impair the absorption of all the other nutrients in the food.

When we are born, God builds into our bodies a supply of enzymes or an "enzyme bank". However, each fruit and vegetable that is an organic plant has enough enzymes already in it for our body to digest it without having to take out any enzymes from the bank that we were born with. When we cook or process our food, those vegetables for example, no longer have their living enzymes in it for our body to naturally digest it. As a result the body has to withdraw enzymes stored in its bank to digest that food. As the person grows older the body produces fewer enzymes and the enzyme reserve gradually become depleted whilst the build up of toxins begins. Because there are no nutrients being provided to regenerate the enzyme supply the person becomes lethargic and the immune system is weakened, allowing disease to gain a foothold whilst the body uses all its reserves just to stay alive!

On the other hand a diet consisting of predominantly raw fruit and vegetables supplies the enzymes which enable the body to work more efficiently without robbing the organs of enzymes in order to digest the food.

The enzymatic content in our bodies has a direct impact on the quality of our health. The simple fact is that enzymes are required to sustain life and without them we would die. A good example of the effect that heating and the subsequent destruction of enzymes has is the pasteurization of cow's milk. A calf that drinks raw milk from its mother will grow up to be healthy and strong. However if the calf is separated from its mother and fed its mother's milk after it has been pasteurized, the calf will die within one to two months. Heat destroys the life in any form of food. Our bodies are composed of living cells which need living food to be properly nourished. Living foods are foods that still contain their enzymes which are the

Loss of enzymes in the food will impair the absorption of all the other nutrients in the food.

life force. All cooked food is devoid of enzymes and therefore is dead food that does not supply adequate nourishment for humans or animals.

A good way to demonstrate the difference between living and dead food is to take five raw carrots. Cut the top off the first carrot, and place it in a shallow basin of water. Over time you would notice this carrot grow. Take the other four raw carrots and cook them – boil one, steam one, bake one and microwave the other one. Then cut the tops of these four carrots and also place them in a shallow basin of water. Will the four cooked carrots grow? No because they are dead i.e. the enzymes which are the life force have been destroyed⁶⁹.

Although most people are able to survive on a cooked food diet, over time their bodies begin to break down. When we are young, the body can handle a lot of abuse because it is able to adapt to our unhealthy, unnatural lifestyle. However, just because we can fairly well train our bodies to accept our bad eating habits, it doesn't make it safe to do so. Sooner or later we will experience the consequences of those habits in ill health.

In summary by cooking food you kill all its enzymes, lose most of the vitamins and transform the proteins and minerals into a form that the body cannot use to make new, vital, living cells. The body then

The enzymatic content in our bodies has a direct impact on the quality of our health.

has to work overtime trying to move the dead, denatured, nutritionally deficient cooked food through the digestive system, causing tremendous stress on the colon whilst leaching the bones and other organs of their enzymes to finish the process. The fibre in raw fruit and vegetables

acts as a broom that cleans out the colon and keeps it healthy. This in turn has an impact on waste elimination and cleansing of every cell and organ in the body. However, when food is cooked, the heat destroys the fibre's magnetism and leaves a mushy coating on the intestinal wall which putrefies leading to disease. Raw food is digested very quickly, usually within 30 to 60 minutes compared to the hours and sometimes even days that are needed to digest cooked food. Remember that when food sits in the intestines, it ferments leading to the production of toxins.

The white blood cells are part of the immune system whose function is to destroy harmful germs such as bacteria, viruses, fungi and parasites when they enter the body before they cause a disease. Research that was done in the 1930's revealed that when cooked food is eaten, the white blood cell count increased immediately. This shows that when cooked food is consumed, the white cells have to stop their work in protecting the body in order to assist with the digestion of toxins that have entered the system. When the same foods were eaten raw, there was no change in the white blood cell count⁶³.

Another experiment was performed in the 1930's by Dr. Francis M. Pottenger who fed 900 cats the same food for 9 years. The food was given raw to half the cats and cooked to the other half. The cats that ate raw food over the entire over the whole nine year period never developed any type of physical disease. The other half of the cats that ate the same food, only cooked, developed many of the diseases that are common to mankind today. Furthermore, they observed that many of the cats that were producing healthy kittens when they began the cooked food diet became infertile over time, whilst the cats which ate the food raw continued to reproduce normally. Dr. Pottenger also found that the longer the cats were on a cooked food diet, the sooner the kittens developed diseases⁷⁰. This has also occurred in recent generations in human children, beginning from around the time that large amounts processed foods, fast foods and meat became part of the average diet. Diseases such as arthritis, type 2 diabetes and cancer which used to be known only to develop in old age are now occurring in increasingly younger children and even babies.

Never heat or cook any of your food in a microwave oven because any food prepared in them is harmful to your health. Microwaves may be convenient for the fast pace in which we live but they have no role in God's eating plan because they completely destroy the nutrients within food, even if it is just briefly heated. They emit high-frequency electromagnetic waves that alternate in positive and negative directions which reverses the polarity of food molecules up to 100 billion times per second. These vibrating molecules then collide at destructive speeds, creating friction and heat. There are no cells in any living raw food that are able to withstand these violent destructive electromagnetic waves – they are torn apart and destroyed and the molecules are completely deformed by the friction. When this lifeless, useless food is ingested it has a degenerative effect that causes deterioration and pathological changes in the body cells and even in the blood. For example the haemoglobin levels drop (which can lead to anaemia), the white blood cells (which make up the immune system) sky rocket in numbers indicating that the body is treating the food as a toxic substance and there is an increase in radiation levels of light emitting bacteria which indicates that the microwave energy is transferred from the food to the body.

By cooking food you kill all its enzymes, lose most of the vitamins and transform the proteins and minerals into a form that the body cannot use to make new, vital, living cells.

Of all the ways of heating or cooking food, microwaving it is the most hazardous. If you have a microwave in your kitchen I strongly encourage you to get rid of it so that there is no temptation to use it. Please especially do not use it for a baby, for example to heat bottles. According to the April 1992 issue of the Journal of Paediatrics, even if breast milk is heated just "a little" in a microwave in order to warm it, 98% of immunoglobulin A antibodies (which protect the baby from infection) and 96% of liposome activity (an enzyme that inhibits bacterial growth) is destroyed. Many people are convinced that microwaves are a convenience that they cannot live without but the health consequences are a lot more inconvenient.

The bottom line is that any fruit or vegetable that is steamed, boiled, baked, micro waved, canned or frozen does not have anywhere near the same nutritional benefit as fresh, raw fruits and vegetables. The human body is a living organism which was designed by our Creator to be nourished with energized, living raw foods – not cooked foods that are devitalized and dead.

Ripe!

When fruit is not ripe, it lacks much of its enzyme activity and has not yet developed everything that was intended to be in it for health purposes. Furthermore unripe fruit can be very acidic and toxic to the body. When fruit is picked before it is ripe, it does not ripen as properly as it would if it were still on the tree or vine. However, unless you grow your own fruit and vegetables, it will be very difficult to obtain truly ripe fruit from the tree; but still ensure that you eat them when they are fully ripe, even if they ripened off the tree.

Fresh!

Sometimes several weeks or months elapse from the time that the fruit and vegetables are harvested and transported to various warehouses, trucking companies, then to your local grocery store, then to your house, your fridge and finally to your table when your meal is served. Just as enzymes are lost through cooking, enzyme activity will decrease the longer the food is in storage before it is consumed. All fruits and vegetables start to lose nutrients once they are picked. Therefore your fruit and vegetables must be as

fresh as possible when you eat them to ensure quality. This is important because the higher the quality of the food, the higher the quality of our health.

Organic!

Although the Scriptures reveal the Creator's ideal diet, there are other factors today that have to be taken into consideration to be able to follow to His plan as closely as possible. There has been a significant decline in the quality of fruit, vegetables and other food that God intended for us to eat. The reason is because the people who produce them have introduced various techniques (hormones, chemical fertilizers, pesticides, genetic engineering etc) to increase their crop yields for the sake of profit at the expense of the nutritional value of the food. Making money takes priority over our health needs.

The vitamins in fruit and vegetables come from the sun and elements above the ground whereas the minerals usually come from the soil and elements below the ground. Thus the quality of food varies according to the quality of the soil. When food is grown in soil that is toxic (for example from chemical fertilizers and pesticides), the food is toxic. Doing your best to obtain organic produce is a very important factor in ensuring that your food is high quality. When food is organic it means that it has been cultivated or processed without the use of fertilizers, pesticides, genetic engineering, growth hormones, irradiation, antibiotics, artificial coloring, artificial flavoring, preservatives or other chemical additives.

At first glance it may seem that buying organic produce is a lot more expensive. The fruit and vegetables that are sold at the standard grocery store are mass produced by farmers who use chemical fertilizers and pesticides so that food will grow quickly, last longer and weigh more. Time is money so they try to grow as much food as possible in the shortest period of time. Most farmers are paid according to the weight of the produce.

Growing food organically takes more time to produce and requires more intensive labor. The results are measured in terms of quality rather than quantity and ultimately the consumer pays for this extra care. Is it worth it? Absolutely! Organically grown food is usually tastier than produce that is grown by the conventional method. Because it is tastier, you will naturally want to eat more of it. However can you afford it? Well work out how much money you spent on food in a month whilst you were eating an average Western diet including all the extra drinks, snacks, sweets, pies and other things that you used to buy. Also note how much food you ate a day as well as your energy levels and general quality of health. Then buy only organic foods for a month and calculate how much it costs you. Also compare your energy levels and general quality of health to your previous diet and take note of how much you eat (When you consume organic foods, you will eat less, feel full sooner and be sustained for longer). After making these comparisons, you may be greatly surprised and amazed how worth it is for both your health and your finances.

While organically grown foods are best, if it is not possible to obtain them then they should be thoroughly washed and scrubbed to remove as much pesticide residue as possible. Apart from chemicals and pesticides, other potential problems include the various coatings that are applied to prevent spoilage after they have been harvested. These include waxes, sodium bicarbonate, and herbicides. Waxes are often used on tomatoes, apples and other fruits to make them appear shiny and fresh. Sodium bicarbonate is used on leafy greens, both at the supermarket and in restaurants. One way to remove toxic chemicals and waxes is to soak your fruit and vegetables in water with a few tablespoons of vinegar or hydrogen peroxide. Another option is to peel the fruits and vegetables (although some pesticides and chemicals are systemic which means that they stay in the plant). However, this may result in the loss of nutrients because directly

underneath the skins of fruits and vegetables are their highest concentration of vitamins and minerals. Also remove blemishes and cracks because they can contain bacteria.

Leviticus 19 v 19: "Do not plant your field with two kinds of seed."

Another way that large businesses alter food in order to boost sales and increase their profit is by hybridization which involves the cross breeding of plants and mixing of their seed. This corruption of nature as God designed it produces lower quality food which contains less, nutrients. These companies claim that that they do this to make the crops more resistant to diseases as well as climate and insect damage. However their primary interest is to make money rather than any concern for the quality of food being lost and the negative impact that it has on people's health. Creating new and seemingly exciting varieties of food keeps the consumer interested but at the same time deceived. For example they have crossed an apricot with a plum to produce a pluot. Another marketing strategy is to produce fruit (for example the water melon) via hybridization that has less or no seeds in it so that it takes less effort to eat because you don't have to spit out the pips. This low quality food is marketed as a "wow watermelon" and people fall for it. Other fruits are modified so that they taste sweeter than they naturally do. Whilst people enjoy this newly created food, they are obtaining much less nutrients out of it. Avoid fruit and vegetables that are seedless or that have been altered in any way.

People don't seem to realize the long term health consequences and potential disaster that they are creating when they interfere with God's design and attempt to change it.

Apart from hybridization, both animal and plant foods are also being genetically modified. For example a farmer may get genetically manipulated maize that can survive frost so that he does not lose any money. This is achieved by taking the DNA from a frost resistant cell and inserting it into the DNA of the maize cell's genes. Other crops that are commonly genetically modified are soybean, sweet corn, rape seed (canola), cottonseed oil, papaya, tomatoes, potatoes, sugar cane and sugar beet. Of all the problems that we are having with transformed foods today, we are seeing the most come from the modifying of seeds and germ cells to create new, dangerous foods. We have entered into a new world of crazy science where scientists are even taking the genes of animals and inserting them into the DNA of plants seeds to produce what we call food. It is not uncommon to cut open a tomato for example, and see a strawberry grown inside. One day somebody will but open a tomato and find a chicken head inside.

People don't seem to realize the long term health consequences and potential disaster that they are creating when they interfere with God's design and attempt to change it. All these non organic, hybridized and genetically modified foods have taken us further than we have ever been from the paradise found in the Garden of Eden. Almost every food source that God provided for us from fruits, vegetables, crops to animals are not as clean and nutritious as God meant them to be.

In season!

Fruit and vegetables that are out of season are not good for you. Your body's, nutritional needs change with the different seasons and that is why God designed certain foods that you require in those seasons to be available at that time. Fresh foods grow in summer and are dormant in winter when dry foods are available. In a warm climate your body needs more fresh food and in the cold months it needs more, dry, concentrated heat-producing foods. When you eat foods out of season, it is comparable to putting on the heaters in your house on full blast in summer and putting on the air conditioning at the coolest temperature in winter. This obviously has a detrimental effect on your body and health. If a deciduous tree

decided to shed its leaves in summer and put them on in winter, it would not survive the next year to try that off-season idea again.

Fruit and vegetables that are out of season are not good for you.

Proverbs 23 v 1 – 3: “¹When you sit down to eat with a ruler, consider who and what are before you; ²For you will put a knife to your throat if you are a man given to desire. ³Be not desirous of his dainties, for it is deceitful food...” Amplified Bible

Proverbs 23 v 1 – 3: “¹When thou sittest to eat with a ruler; consider diligently what is before thee: ²And put a knife to thy throat, if thou be a man given to appetite, ³Be not desirous of his dainties: for they are deceitful meat.” KJV

In Biblical times when there wasn't modern machinery and the different modes of transport available today, only a ruler was able to obtain foods out of season as well as delicacies made from refined sugar, white flour etc. However the conveniences of modern transport have brought the ruler's "meat" into everybody's homes. As a result they are feeding on health destroying food that does not meet the body's nutritional needs.

If you can, grow it yourself!

Jeremiah 29 v 5: “...plant gardens and eat the fruit of them.”

The easiest way to ensure that the fruit and vegetables you eat are raw, ripe, fresh, organic and in season, is to plant your own in your garden. If it is possible for you to do so, it will be well worth the effort as it enables you to have more control over your food. There is a page on our website (www.eagleswings.co.zw) which has helpful information about how to produce healthy high quality fruit and vegetables.

Live Foods

Live foods, also known as life foods take raw foods to the next level. They are the highest quality and will do more to benefit your health. They are fermented live cultured foods which generate pre-digested proteins and enzymes. Live foods include yogurt, seed cheeses and sauerkraut as well as sprouts, sprouted beans and grasses. In these foods the growing process continues even after they are picked.

Sprouted Foods

Sprouted foods include wheatgrass, bean sprouts, sunflower sprouts, sprouted almonds or any type of seed, nut, grain or bean that has been soaked in water, exposed to air and indirect sunlight and has started to form a new plant. They take a bit of work to prepare but are well worth the effort because they are the most nutritious of all plant foods (they are 10 to 30 times more nutritious than the best fruit and vegetables).

Wild Foods

There are hundreds of fascinating, tasty wild herbs, weeds (commonly found in people's gardens), wild vegetables, fruits, nuts and seeds that are often disregarded but are actually, the most, healthy foods for our bodies. Next time you see them in your back yard or your neighborhood; add them to your salad rather

than overlooking them or throwing them away. However, you do need to be careful and research which ones are poisonous but most of them are edible.

Nuts and Seeds

Nuts and seeds provide a great variety and source of nutrients so add them to your meals, but be careful not to eat too much. It is best to eat nuts and seeds after they have been soaked for 12 to 24 hours because it releases the enzymes which make it easier to digest them.

Whole Grains and Legumes

It is best to eat grains that have been sprouted first so that they are easier to digest. Millet, quinoa, amaranth, teff and hulled buckwheat are the most nutritious grains. Rye, spelt, basmati rice, white rice, wheat, barley and maize (corn) have the least nutritional value.

Combine Your Fruit and Vegetables Correctly

It is important to eat the different types of food in the correct combinations so that the body can enjoy the easiest possible digestion and conserve its vital energy. God designed each food to grow in a certain area. If we only ate foods that grow in the area we are in, we would naturally be eating foods that combine and digest well with other foods. However due to the conveniences of modern transport we are able to obtain different types of food from all over the world and eat them at the same time. Consuming too many different types of food in one meal can result in mixing foods together which God never designed to be combined, resulting in fermentation, putrefaction, constipation or diarrhea, bloating, gas and other more serious problems.

The reason that correct food combinations are important is because different food classes require different digestive juices, different enzymes, different lengths of time to digest and different digestive pHs for proper digestion. Combining foods well means eating foods with similar digestive requirements which enables the body to digest meals and assimilate the nutrients more easily. If different foods are combined incorrectly, the specific requirements for their proper digestion tend to cancel each other out. For example, meat and protein foods need an acidic environment for digestion whilst fruit needs an alkaline media. Thus the acidic digestive juices that are produced to digest the protein would neutralize the alkaline digestive juices that are secreted to digest the fruit. Therefore it is not good to combine fruit and protein in the same meal. Fruits and vegetables require different digestive enzymes, which tend to neutralize each other, so these too are best eaten at separate meals.

Some foods digest faster than others. For example, watermelon takes one hour to digest whilst almonds can take up to five hours. Therefore it would be a poor combination to eat these foods at the same meal because if the faster-digesting watermelon is held up in the digestive system by the slower digesting almonds, it will ferment. For the same reason starches cannot be eaten with fruits because the body takes longer to digest them. It is best to eat proteins and starches with vegetables and to eat fruits on their own.

Because of its high sugar content, fruit generally appears in the carbohydrate family, but it actually falls into a class of its own dietary. A general dietary rule regarding fruit is to eat it by itself.

Because of its high sugar content, fruit generally appears in the carbohydrate family, but it actually falls into a class of its own dietary. A general dietary rule regarding fruit is to eat it by itself.

The most important rule in correctly combining your foods is not to eat starches and oils with proteins because it severely compromises digestion and leads to disease states as a result of fermentation, putrefication and the breeding of bacteria in the gastrointestinal tract.

The digestion of protein and carbohydrates has physiologically separate and conflicting functions. The enzymes that digest protein (called proteases) function in an acidic medium (pH of 3) whilst the enzymes that digest carbohydrates (called amylase) are alkaline and function most efficiently at a pH of 7.1 – 7.2. Thus if the enzymes for protein and carbohydrates were produced simultaneously they would neutralize each other and poor digestion would result. However the body's priority is to conserve energy and so it does not produce conflicting enzymes. It either produces one enzyme or the other at a time. When protein and carbohydrates are eaten together, the body opts for the digestion of carbohydrates and neglects the digestion of protein. The impaired digestion of protein leads to poor absorption of amino acids and poisoning of the body due to the putrefying/decaying protein or rotting of meat in the intestines.

If carbohydrates are prevalent, a signal is sent via the hypothalamus to the pancreas to produce more alkaline amylase enzymes to further digest the carbohydrates. If protein is prevalent, the signal is sent to the pancreas to produce more protease enzymes to digest the protein. Usually, some carbohydrates will be eaten in any protein meal, because vegetables contain carbohydrates as do protein foods such as meat and nuts. However, if the carbohydrates are less than 18% of the total volume, the body will still recognize the focus of the meal as protein and digest it accordingly.

Be aware that some protein foods such as beans, maize and peas become starches when cooked for an extended period of time or at high temperatures.

Anything that inhibits digestion is an enemy of health. Energy is wasted when food is eaten in incorrect combinations because the body has to work harder to digest it. Therefore since our goal in healthy eating is to maximize digestion, we need to combine our foods correctly. On the following page is a chart which you can put on your fridge so that you know which foods you can combine and which foods you must not. This chart is just intended as a helpful guide. It is not absolute and is not meant to be a set of unbending rules. For people who are not fighting an illness, less than perfect combinations can be eaten on occasion.

FOOD COMBINING –FRUITS⁶³

ACID FRUITS

Strawberries
Grapefruit
Oranges
Kiwi
Pineapple
Raspberries
Cranberries
Black berries
Gooseberries
Tangerines
Lime
Kumquat
Sour plums
Pomegranates
Tomatoes **
Lemons*

SWEET FRUITS

Bananas
Thompson Grapes
Muscat Grapes
Raisins
Dates
Prunes
Other Dried Fruits

DO NOT COMBINE:

DIGESTS POORLY TOGETHER

SUB-ACID FRUITS

Apples
Apricots
Blueberries
Cherries
Nectarines
Peaches
Pears
Mangos
Plums
Most Grapes
Passion Fruit
Guava
Papaya (paw paw)
Fresh fig

**COMBINE:
DIGESTS WELL TOGETHER**

**COMBINE:
DIGESTS WELL TOGETHER**

NOTE

*Lemons combine with all plant foods and can be used to replace vinegar in recipes.

**Tomatoes only combine with non-starchy vegetables, seeds, nuts, olives, avocados, cucumbers and sweet peppers.

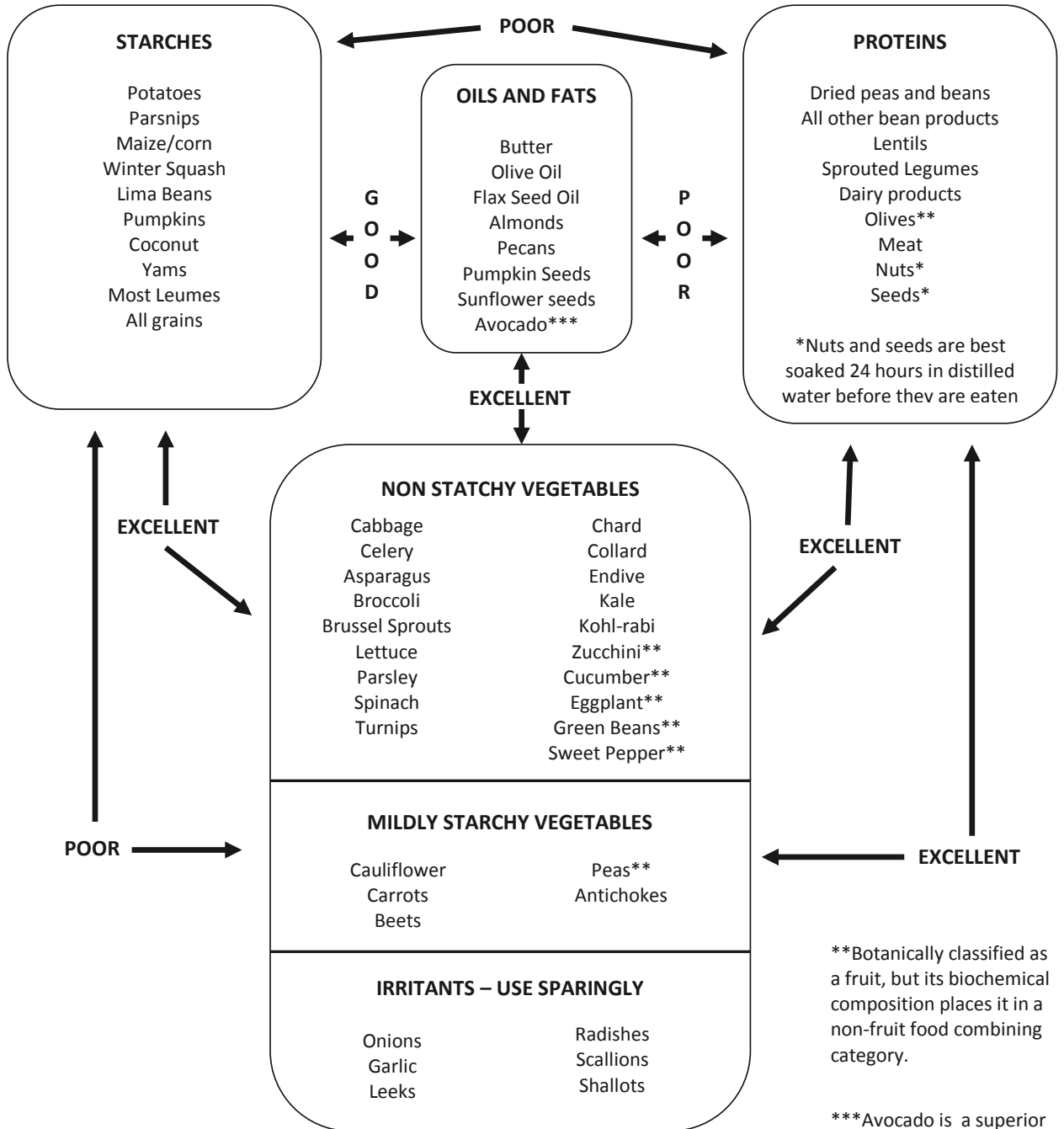
DO NOT EAT FRUIT WITH ANY OTHER FOOD EXCEPT GREEN NON-STARCHY VEGETABLES.

MELONS

Watermelon
Honey Dew
Cantalope
Casaba
Crenshaw
Persian

Melons must be eaten on their own as they do not digest well with any other food. However they can be combined with each other.

FOOD COMBINING – VEGETABLES, GRAINS AND MEAT



*Nuts and seeds are best soaked 24 hours in distilled water before they are eaten

**Botanically classified as a fruit, but its biochemical composition places it in a non-fruit food combining category.

***Avocado is a superior source of essential fatty acids and are best mixed with green vegetables or sub-acid fruits

Vegetables in the Morning, Fruit in the Afternoon

Genesis 1 v 29: "And God said, See, I have given you every plant yielding seed that is on the face of all the land and every tree with seed in its fruit; you shall have them for food."

It is common knowledge today that consuming fruit and vegetables together results in fermentation and other digestive problems. Since God was aware of this from the beginning, He not only showed the separateness of the two in Genesis 1 v 29, but also the order in which to eat them: vegetables first, during the morning meal and fruits second, in the afternoon meal. Grains, nuts, seeds and their oils can be eaten at both times.

Eating fruit for your morning meal is detrimental in the long term. The reason is as follows: In order to have good quality sleep, your body is in an alkaline state which is the best environment for cleansing and repair to take place. As you wake up in the morning and your body adjusts to the next phase of the day, it swings to an acidic pH which is needed for energy, motivation and enthusiasm for the activity and productivity of the morning. However if fruit is eaten for the morning meal, it pushes the body back toward an alkaline pH when the natural body cycle is heading for a more acid swing. This inhibits the digestion of the next meal and also makes the brain sluggish. The resultant slump in energy often causes a person to use a stimulant such as coffee, tea, cigarettes or refined sugars for a boost. Furthermore, by inhibiting the acid pH cycle, fruit pushes the alkaline cycle further into alkalosis which impairs the control of blood sugar levels.

Vegetables should be eaten at the first meal of the day as they provide the best building blocks for the body, while fruits eaten in the afternoon provide the best materials for cleansing the system during sleep. Eating a hearty breakfast of vegetables will provide the energy to do the work of the morning and early afternoon as well as a sense of satisfaction which will sustain you until the afternoon meal. Fruit taken at the afternoon meal will provide you with the energy necessary to complete the day's work and for the body to complete its digestive processes.

Eat protein foods with your vegetables in the morning. This is the best time of the day to have protein not only because it coincides correctly with the body's acid swing and combines well with vegetables, but it triggers the release of nor epinephrine and dopamine in your brain. These chemicals are needed for fast, clear thinking and memory building, which puts you in a good frame of mind for your day's work. If you eat your protein with a salad, don't eat the salad first because the hydrochloric acid needed for digesting the protein will be blocked. Therefore it is better for digestion if you eat the salad after the protein or while eating the protein.

Water

Genesis 2 v 10: "And a river went out of Eden to water the garden."

An adequate amount of clean water is essential for vibrant health. Dr. Norman W. Walker who lived to be 119 year old, wrote: "To retard the process of premature and decrepit old age, it is essential that you drink plenty of distilled water daily."

Don't rely on thirst because thirst is not always reliable. A rough estimate of the amount of water that you need is one cup (250ml) for every 8kg that you weigh. Therefore if you weigh 64 kg, you need about 8 cups of water a day. If you weigh 96kg, you need about 12 cups of water a day and so on. Water has many functions, one of which is to cleanse your body and remove waste products from your body cells.

You would never wash your laundry in only a small amount of dirty water to remove the dirt. If an insufficient quantity of water is consumed, the body will utilize what liquid it has available. For example it will re-circulate water from the colon. When this happens, you can become constipated because the fecal matter becomes sticky and adheres to the intestinal walls.

Even mild dehydration is bad for you because your blood has trouble getting energy and nutrients to your body cells and your brain cannot run at full power. You may not even realize that you are thirsty but the symptoms come out in fatigue and irritability. Dehydration can also cause muscle cramps and more serious problems such as kidney stones, confusion and even symptoms of Alzheimer's disease.

When your energy levels take a dip in the afternoons, you'll be amazed how a decent drink of water will revive you. People often mistake the fatigue of dehydration for hunger or weakness due to "low blood sugar". This causes them to snack in between a meal (which is unhealthy) whilst all they actually need is a good old glass of water. What is even worse is that people consume cup after cup of coffee to wake them-

selves up and get them through the day. The problem is that coffee is a diuretic – in other words it increases the amount of water that is lost through your kidneys. Therefore you get even more dehydrated and even more tired...and what do you do? Reach for another cup of coffee. Coffee also destabilizes

Do not drink water with your meals but rather one hour before or one hour later.

your blood sugar making it difficult for you to control your weight. Water stabilizes and increases your metabolism, which helps with weight control. Also when you drink water, you're not drinking all the other things like sweetened tea, fizzy drinks, juices, energy drinks and so on. If you just cut out those unnecessary drinks and drank a lot of water, you'll be amazed at the weight you'll lose (about 10 kg in a year) without even changing what you eat or exercise. That's the simplest "weight loss program" you'll ever see.

Unfortunately many of our water sources have become polluted with harmful chemicals. Chlorine and fluoride in our water systems is extremely toxic to the body, both inside and out. Pure water is vital for our health to flourish. After the naturally distilled water found in raw fruits and vegetables, steam distillation provides the purest water possible. Steam distilled water is merely the condensed steam from boiling water. Through this process the impurities in the water are left behind. If you are not able to obtain a water distiller, there are also water filters available which filter out most impurities.

Try not to store or drink your water out of a plastic bottle. Plastics, which contain Bisphenol-A are one of the greatest pollutants in man today. You just touch plastic and Bisphenol A exudes. When you drink water out of a plastic bottle, you will be taking in Bisphenol A, which is a potent hormone disrupter, into your body.

Do not drink water with your meals but rather one hour before or one hour later. When water is taken with meals, it dilutes the digestive juices, making digestion less efficient. If you drink cold water with your meals, it causes the blood vessels to constrict, resulting in indigestion. When drinking water, it is best to drink it at room temperature.

Meat

Let's continue to study how God's diet plan unfolded in Scripture after Genesis 1 v 29 which revealed vegetables and fruit as God's primary source of food for mankind. After Adam and Eve sinned and were forced to leave the Garden of Eden, man had to labour for his food by planting and hunting. Although it does not mention whether man started to eat meat or animal products such as milk and eggs at that time, there is an indication that man was not strictly a vegetarian because Abel became a shepherd (Genesis 4 v

2). However it may be possible that Abel was still a vegetarian and had sheep because he wanted to please God with the best possible sacrifices.

Sixteen hundred years later, when Noah left the ark after the flood, he offered the blood of every clean animal and every clean bird on the altar (Genesis 8 v 20). There is no record in Scripture at this time that God had explained which animals were clean and unclean so how did Noah know? God must have revealed this information somehow to Noah even though those instructions were not recorded in Scripture until the time of Moses.

There are no definite answers as to what man's diet was and whether or not God allowed him to eat meat from the time of the Garden of Eden up until the flood. However after the flood God clearly revealed that man could eat meat and the only restriction given at the time is that the blood was not allowed to be consumed.

Genesis 9 v 1 – 4: "1And God pronounced a blessing upon Noah and his sons and said to them, Be fruitful and multiply and fill the earth. 2And the fear of you and the dread and terror of you shall be upon every beast of the land, every bird of the air, all that creeps upon the ground, and upon all the fish of the sea; they are delivered into your hand. 3Every moving thing that lives shall be food for you; and as I gave you the green vegetables and plants, I give you everything. 4But you shall not eat flesh with the life of it which is its blood."

God also warned His people through Moses not to eat the blood of animals in **Deuteronomy 12 v 23 – 25: "23Only be sure that you do not eat the blood, for the blood is the life, and you may not eat the life with the flesh. 24You shall not eat it; you shall pour it on the earth like water. 25You shall not eat it, that all may go well with you and your children after you, when you do what is right in the sight of the Lord."**

God created each of us with our own individual chemical make-up. If we mix somebody else's blood with our own, it can poison our body. Today medical tests can be done to confirm which blood is safe to mix and what blood is not during an emergency blood transfusion. However, no tests are done on animal blood to see whether or not it is safe to be consumed. Animal blood can carry viruses that can cause deadly diseases when eaten. Blood is a special fluid that carries oxygen and other nutrients that sustains our lives, so long as we keep our bloodstreams clean and uncontaminated by the blood of another animal.

Both the Bible and medical research agree that good fats are found in fruits, vegetables, other plants, nuts and seeds whilst certain fats that come from animal flesh are very harmful to our health.

After instructing His people not to eat the blood, in Leviticus chapter 7, God said to also not eat the fat of an animal:

Leviticus 7 v 23 – 24: "23Say to the Israelites, You shall eat no kind of fat, of ox, or sheep or goat. 24The fat of a beast that dies of itself and the fat of one that is torn with beasts may be put to any other use, but under no circumstances are you to eat of it."

There are good fats that are healthy for you and there are bad fats that are toxic to your body. Science has identified which fats your body needs for your health to flourish and which ones are harmful and should never be consumed. It is amazing that what science has discovered as the bad fats is what the Scriptures said thousands of years ago. Both the Bible and medical research agree that good fats are found in fruits, vegetables, other plants, nuts and seeds whilst certain fats that come from animal flesh are very harmful to our health. The body has to work very hard and spend a tremendous amount of energy to digest the fat that God prohibited in Scripture.

Later in this chapter I will explain how the good and bad fats affect your brain. You need unheated fats for your brain and body to be able to function properly but heated and processed fats are toxic to your body and complete brain killers. The fats found in fruits, vegetables, other plants, nuts and seeds can be consumed raw whilst animal fat is usually cooked. Cooking animal flesh is the only way to ensure that bacteria and other harmful germs are killed but it also converts the fat into an even more harmful form.

There are certain fatty foods from animals such as eggs, milk, cheese and fish oil that if eaten raw are healthy and beneficial to you when consumed in small amounts. God did not warn us in Scripture not to eat these types of fats. Only fat from the flesh is harmful. Eggs, dairy products and fish were foods that were commonly eaten by people in the Bible. There is a difference between the fat found in animal flesh which God instructed us to avoid and the fat found in dairy products and eggs. Recent studies also show that the fat in fish (which come from clean water and are listed as part of the clean meats in Scripture) is very beneficial to our health⁶¹.

Some people may be concerned about eating raw eggs and dairy products, but there should be more concern about cooking these products because the fats are converted into an unhealthy, toxic form through heating. Studies show that there is very little chance of having any problems with raw eggs and dairy products provided that the animals are raised in healthy environments with clean food sources and that the products have not been processed, heated, drugged or contaminated.

I don't recommend that you eat fish raw because of the risk of parasites and other harmful bacteria. However, since Jesus was seen cooking fish, I will assume that the fatty oils in the fish are not affected by heat like the fats found in birds and land animals. However the fish that the people ate in Biblical times came from the ocean and water that was not polluted like it is in many places today. Also some fish that is sold today comes from fish farms. These fish should be avoided because of the toxic food and drugs that these farms raise the fish on. Studies show that the good fat of the clean ocean fish has the correct balance of the omega-3 and omega-6 fats, but that is not the same with farm raised fish that contain an unhealthy balance⁶¹.

Meat That Is Healthy

Many years after the flood, God gave further instructions as to what meats were allowed (clean) and not allowed (unclean) in Leviticus 11 and Deuteronomy 14.

Leviticus 11 v 1 – 3: "God spoke to Moses and Aaron; "Speak to the People of Israel. Tell them, Of all the animals on Earth, these are the animals that you may eat: You may eat any animal that has a split hoof, divided in two and that chews the cud, but not an animal that only chews the cud or only has a split hoof." *Message Bible*

Some examples of animals that have a split hoof and chew the cud include cows, oxen, sheep, goats, buffalo and deer.

Clean Fish:

Leviticus 11 v 9: "Among the creatures that live in the water of the seas and streams, you may eat any that have fins and scales."

Examples of clean fish according to Scripture include salmon, trout, bass, bluefish, crappie, perch, pike and sunfish.

Clean Birds:

Deuteronomy 14 v 11: "You may eat any bird that is ceremonially clean."

Some ceremonially clean birds include chicken, turkey, quail and grouse.

Clean Insects:

Leviticus 11 v 20 – 23: "All flying insects that walk on all fours are detestable to you. But you can eat some of these, namely, those that have jointed legs for hopping on the ground: all locusts, katydids, crickets and grass hoppers."

With the exception of a few cultures, most people today don't eat insects. However those that are approved are listed in the Scripture above.

Meat That Is Not Healthy

Deuteronomy 14 v 3: "You shall not eat anything that is abominable [to the Lord and so forbidden by Him]."

The following is a partial list of unclean meats that according to Scripture are unhealthy for you⁶¹:

Unclean Land Animals:

Leviticus 11 v 3 – 8: "You may eat any animal that has a split hoof, divided in two, and that chews the cud, but not an animal that only chews the cud or only has a split hoof. For instance, the camel chews the cud but doesn't have a split hoof, so it's unclean. The rock badger chews but doesn't have a split hoof and so it's unclean. The pig has a split hoof divided in two, but doesn't chew the cud and so it's unclean. You may not eat their meat nor touch their carcasses; they are unclean to you." *Message Bible*

Apart from pork, camel and rock badger mentioned above, other examples of unclean meats are rabbit, raccoon, squirrel, monkey, dog, coyote, fox, wolf, lion, tiger, horse, mule, zebra, bear, elephant, llama, hippo and kangaroo.

Unclean Marine Animals:

Leviticus 11 v 10 – 12: "Anything that doesn't have fins and scales, whether in seas or streams, whether small creatures in the shallows or huge creatures in the deeps, you are to detest. Yes, detest them. Don't eat their meat; detest their carcasses. Anything living in the water that doesn't have fins and scales are detestable to you." *Message Bible*

Unclean fish that are not healthy to consume include crayfish, crab, lobster, shrimp/prawns, oyster, squid, catfish, eel, marlin, shark, abalone, clam, scallops, jelly fish, dolphin, seal and whale.

Unclean Birds:

Leviticus 11 v 13 – 19: "These are the birds you are to detest. Don't eat them. They are detestable: eagle, vulture, osprey, kite, all falcons, all ravens, ostrich, nighthawk, sea gull, all hawks, owl, cormorant, ibis, water hen (duck), pelican, Egyptian vulture, stork, all herons, hoopoe, bat." *Message Bible*

Unclean Insects, Rodents and Other Animals

Leviticus 11 v 29 – 32: **“²⁹These also are unclean to you among the creeping things [that multiply greatly] and creep upon the ground: the weasel, the mouse, any kind of great lizard, ³⁰The gecko, the land crocodile, the lizard, the sand lizard, and the chameleon. ³¹These are unclean to you among all that creep; whoever touches them when they are dead shall be unclean until evening. ³²And whatever they may fall upon when they are dead shall be unclean, whether it is an article of wood or clothing or skin (bottle) or sack, any vessel in which work is done; it must be put in water and it shall be unclean until evening; so it shall be cleansed.”** *Amplified Bible.*

Apart from those mentioned above, other examples include frog, toad, snake, turtle, salamander, newt and snail.

Do God's Instructions And Guidelines About Meat In The Old Testament Still Apply To Us Today?

Some people believe that God changed the original diet given in the Garden of Eden when He included meat, those who believe this claim that the ideal diet still consists of fruits and vegetables, only. However God never changed His plan because He never changes! He is always the same yesterday, today and tomorrow (Hebrews 13 v 8) and He knows the beginning from the end. He knew from the beginning that man was going to sin and would have to leave the Garden of Eden and so since He never changes, animal consumption would have been part of His pre-designed diet plan. He had just not revealed it yet to man in the Garden.

Luke 8 v 10: “He said to them, to you it has been given to [come progressively to] know (to recognize and understand more strongly and clearly) the mysteries and secrets of the kingdom of God...”

Luke 8 v 10 says that we will come to know His knowledge and wisdom progressively - when we are ready more will be revealed to us. He gave the first set of guidelines and instructions which was fruit and vegetables and He later revealed that certain animals can also be eaten if someone was to choose it. God's instructions not to eat the blood or fat of animals, and His guidelines about what meats were clean and unclean, was His wisdom that He gave us to safely include animal flesh as part of our diet and still thrive in health. Interestingly, the difference between clean and unclean animals seems to be based on their primary food source and digestive systems. The animals that God said are unclean are those that eat meat or are scavengers that eat anything and everything. The animals that He said are clean are those that obtain their nourishment from grasses, grains and other plants. It seems that the further we progress from obtaining our nutrients directly from plants, the less nutritious the food is and the worse our health becomes.

There is much debate about whether or not it is good to eat meat or if a strictly vegetarian diet is ideal. Firstly such debates are foolish and a waste of time.

Titus 3 v 9: “But avoid stupid and foolish controversies and genealogies and dissensions and wrangling about the Law, for they are unprofitable and futile.”

In Romans chapter 14, Paul addressed Christians in the church who were arguing about whether eating meat or being strictly a vegetarian is best. He admonished them for judging and criticizing one another and reminded them that it is more important to walk in love, peace and unity with each other. It is not worth allowing strife over what food should be eaten to cause division in the body of Christ and destroy the work that God is doing. He said that there is far more to God's kingdom than what you eat and drink

and that you should not impose your opinions on others. Everybody is at a different place in their walk with God. We are all on our way in the same direction towards the ideal standard set in the Word of God, but everybody is at a different stage in that journey. God meets us where we are at and the Holy Spirit will lead, guide, change and grow us when we are ready and as we work and co-operate with Him. God may convict one person to go higher and become more excellent in their eating habits whilst another person may not be there yet because God is still dealing with other character issues in their lives. God does not deal with everything that is wrong with us in one go. The Bible says from glory to glory we are being changed into His image as the Holy Spirit works within us (2 Corinthians 3 v 18). It is not our place to argue with people about what they eat because it up to the Holy Spirit to convict a person when they need to change their eating habits. As Paul points out in verse 16, strife over what foods to eat and not eat introduces a toxic mindset (soul poisoning) that over rides the benefit of healthy eating any way - whether you eat meat or not. I enjoy the expression and choice of words used in Romans chapter 14 in the Message Bible to address the debate about eating meat vs vegetables only:

Romans 14 v 1 – 9 and 15 – 22 ¹“Welcome with open arms fellow believers who don’t see things the way you do. And don’t jump all over them every time they do or say something you don’t agree with – even when it seems that they are strong on opinions but weak in the faith department. Remember, they have their own history to deal with. Treat them gently. ²⁻⁴For instance, a person who has been around for a while might be well convinced that he can eat anything on the table, while another, with a different background, might assume he should only be a vegetarian and eat accordingly. But since both are guests at Christ’s table, wouldn’t it be terribly rude if they fell to criticizing what the other ate or didn’t eat? God, after all, invited them both to the table. Do you have any business crossing people off the guest list or interfering with God’s welcome? If there are corrections to be made or manners to be learned, God can handle that without your help. ⁵Or, say, one person thinks that some days should be set aside as holy and another thinks that each day is pretty much like any other day. There are good reasons either way. So, each person is free to follow the convictions of conscience. ⁶⁻⁹What’s important in all of this is that if you keep a holy day, keep it for God’s sake; if you eat meat, eat it to the glory of God and thank God for prime rib; if you’re a vegetarian, eat vegetables to the glory of God and thank God for broccoli. None of us are permitted to insist on our own way in these matters. It’s God we are answerable to – all the way from life to death and everything in between – not each other. That’s why Jesus lived and died and lived again: so that He could be our Master across the entire range of life and death, and free us from petty tyrannies of each other... ¹⁵⁻¹⁶ If you confuse others by making a big issue over what they eat or don’t eat, you’re no longer a companion with them in love, are you? These, remember, are persons for whom Christ died. Would you risk sending them to hell over an item in their diet? Don’t you dare let a piece of God-blessed food become an occasion of soul-poisoning! ^{17 - 18} God’s kingdom isn’t a matter of what you put in your stomach, for goodness sake. It’s what God does with your life as He sets it right, puts it together, and completes it with joy. Your task is to single mindedly serve Christ. Do that and you’ll kill two birds with one stone: pleasing God above you and proving your worth to the people around you. ^{19 - 21}So let’s agree to use all our energy in getting along with each other. Help others with encouraging words; don’t drag them down by finding fault. You’re certainly not going to permit an argument over what is served or not served at supper to wreck God’s work among you, are you? I said it before and I will say it again: All food is good, but it can turn bad if you use it badly, if you use it to trip others up and send them sprawling. When you sit down to a meal, your primary concern should not be to feed your own face but to share the life of Jesus. So be sensitive and courteous to the others who are eating. Don’t eat or say or do things

that might interfere with the free exchange of love. ²²Cultivate your own relationship with God, and don't impose it on others..."

Just because God gave permission for us to eat meat, it does not mean that it is compulsory. The only time that God's people were commanded to eat meat was at the Passover. According to Romans chapter 14 we can choose whether or not to eat meat according to the conviction of our own conscience. If you decide to eat meat or animal products, that's fine according to Scripture as long as you follow God's guidelines to ensure that you do it safely. If you choose a vegetarian diet, ensure that you get all the protein, vitamin B and other nutrients you need by eating a good variety of high quality fruits, vegetables, nuts and seeds, adding supplementation if necessary (for example when produce is grown in poor quality/mineral depleted soil). However, although we are given the choice, Romans 14 v 1 – 2 does say that a person who limits his eating to vegetables is weaker in faith.

Romans 14 v 1 – 3: "As for the man who is a weak believer, welcome him [into your fellowship], but not to criticize his opinions or pass judgment on his scruples or perplex him with discussions. ²One [man's faith permits him to] believe he may eat anything, while a weaker one [limits his] eating to vegetables. ³Let not him who eats look down on or despise him who abstains, and let not him who abstains criticize and pass judgement on him who eats; for God has accepted and welcomed him." *Amplified Bible*

Remember that Jesus Himself ate fish (John 21 v 12 and Luke 24 v 43). Would He have eaten animal flesh if it is harmful for you, even in small amounts? However, one also has to take into consideration that the animal flesh of today is quite different from the meat that was available in Bible times because of pollution of the oceans and all the hormones, antibiotics and other chemicals that are added to animals raised on commercial farms. Hence I will later discuss the importance of consuming meat that is organic.

From a medical point of view, it is important not to eat too much meat (as I will later explain) but I have concerns about cutting it out completely because studies show that people who eat only fruit and vegetables develop a vitamin B-12 deficiency within two years. The vitamin B-12 levels in the blood may remain normal for several years. However, the body may be suffering a deficiency at the cellular level which is indicated by raised methylmalonic levels.

Vitamin B12 is an important nutrient for brain function and is often called the "stress" vitamin because it has a calming effect on nerves. It also plays a role in foliate metabolism, production of red blood cells, synthesis of DNA and digestion and absorption of food.

There is a negligible amount of vitamin B-12 in plant foods. Sea vegetables (such as chlorella, spirulina, blue-green algae, nori and dulse) only contain analogs of vitamin B-12 which do not improve B-12 deficiencies. Vitamin B-12 is made by intestinal bacterial flora, but not in sufficient quantities to meet the body's needs. It is also made by bacteria in the soil. Free-range meat contains vitamin B-12 because the animals ingest the naturally occurring bacteria whilst they are eating the grass. Vitamin B-12 can be transferred to humans in the same way if they eat unwashed vegetables with bacteria on them. However this is rarely possible with the necessity to thoroughly scrub vegetables in order to remove pesticides and other chemicals. Nutritional yeast, for example Red Star Vegetarian Support Formula, is grown in a B-12 enriched medium and is a good source of B-12 for vegetarians. If it is not possible for you to obtain this and you do not include any animal products in your diet, it will be necessary to take vitamin B-12 supplements. However, I do not advocate vitamin and mineral supplements for reasons explained at the end of this chapter. The liver stores vitamin B-12, so daily intake is not necessary.

The next question where eating meat is concerned is whether the dietary guidelines about clean and unclean meats in Leviticus 11 and Deuteronomy 14 still apply to us today or were these instructions made obsolete by Jesus? Well let's study the Scriptures which address this matter:

Acts 10 v 9 – 15: ⁹The next day as they were still on their way and were approaching the town, Peter went up to the roof of the house to pray, about the sixth hour (noon). ¹⁰But he became very hungry and wanted something to eat; and while the meal was being prepared a trance came over him, ¹¹And he saw the sky opened and something like a great sheet lowered by the four corners, descending to the earth. ¹²It contained all kinds of quadrupeds and wild beasts and creeping things of the earth and birds of the air. ¹³And there came a voice to him, saying, Rise up, Peter, kill and eat. ¹⁴But Peter said, No, by no means, Lord; for I have never eaten anything that is uncommon and unhallowed or unclean. ¹⁵And the voice came to him a second time, "What God has cleansed and pronounced clean, do not you defile and profane by regarding and calling common and unhallowed and unclean."

It was so unthinkable when God told Peter to kill and eat unclean animals that he said he had never done that because he did not want to defile himself. Many people think that the vision given to Peter in Acts 10 v 10 – 15 did away with God's dietary laws about clean and unclean meats. However if you read this Scripture in context, that is not the case at all. God was preparing Peter's heart to show him that salvation was not only for the Jews but for the Gentiles as well. Anybody can be saved by the blood of Jesus, regardless of what nationality they are. God revealed to Peter that gentile believers were not to be viewed as unclean because he was about to have a divine appointment with a centurion called Cornelius and his family who needed to hear the gospel and be born again (see Acts 10 v 17 – 48).

Acts 10 v 28, 34 – 35 and 45 – 47: ²⁸And he (Peter) said to them, You yourselves are aware how it is not lawful or permissible for a Jew to keep company with or to visit or [even] to come near or to speak first to anyone of another nationality, but God has shown and taught me by words that I should not call any human being common or unhallowed or [ceremonially] unclean... ³⁴And Peter opened his mouth and said: Most certainly and thoroughly I now perceive and understand that God shows no partiality and is no respecter of persons, ³⁵But in every nation he who venerates and has a reverential fear for God, treating Him with worshipful obedience and living uprightly, is acceptable to Him and sure of being received and welcomed [by Him]... ⁴⁵And the believers from among the circumcised [the Jews] who came with Peter were surprised and amazed, because the free gift of the Holy Spirit had been bestowed and poured out largely even on the Gentiles. ⁴⁶For they heard them talking in [unknown] tongues (languages) and extolling and magnifying God. Then Peter asked, ⁴⁷Can anyone forbid or refuse water for baptizing these people, seeing that they have received the Holy Spirit just as we have?"

Next let's have a look at Mark 7 v 14 – 23: ¹⁴And He called the people to [Him] again and said to them, ¹⁵"Listen to Me, all of you, and understand [what I say]. ¹⁵There is not [even] one thing outside a man which by going into him can pollute and defile him; but the things which come out of a man are what defile him and make him unhallowed and unclean. ¹⁶If any man has ears to hear, let him be listening [and let him perceive and comprehend by hearing]. ¹⁷And when He had left the crowd and gone into the house, His disciples began asking Him about the parable. ¹⁸And He said to them, "Then are you also unintelligent and dull and without understanding? Do you not discern and see that whatever goes into a man from the outside cannot make him unhallowed or unclean. ¹⁹Since it does not reach and enter his heart but [only his] digestive tract, and so passes on [into the place designed to receive waste]? Thus He was making and declaring all foods [ceremonially] clean [that

is, abolishing the ceremonial distinctions of the Levitical Law].²⁰ And He said, "What comes out of a man is what makes a man unclean and renders [him] unhallowed.²¹ For from within, [that is] out of the hearts of men, come base and wicked thoughts, sexual immorality, stealing, murder, adultery,²² coveting (a greedy desire to have more wealth), dangerous and destructive wickedness, deceit; unrestrained (indecent) conduct; and evil eye (envy), slander (evil speaking, malicious misrepresentation, abusiveness), pride (the sin of an uplifted heart against God and against man), foolishness (folly, lack of sense, recklessness, thoughtlessness).²³ All these evil [purposes and desires] come from within, and they make the man unclean and render him unhallowed." *Amplified Bible*

Mark 7 v 18 – 19 in Old King James: "And he said to them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; Because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats?"

There are some health teachers such as Paul Nisson who wrote the book "Health According to the Scriptures" who say that the phrase "Thus He was declaring all foods ceremonially clean" in Mark 7 v 19 has been added by modern translators and that this added sentence was not in early translations of Scripture. As a result, this has confused and misled many people. Remember Jesus said in **Matthew 5 v 17**, "Do not think that I have come to do away with or undo the Law...I have come not to do away with or undo but to complete and fulfil them."

Once again it is important to understand the context of this Scripture and the lesson of the whole chapter of Mark 7. The issue was not about food – food was used as a metaphor. Jesus was talking about how the Pharisees had made all sorts of man-made laws and traditions which they followed so carefully but in the process had forgotten about God's Word, and He used their man-made laws about food as an example. The point that Jesus was making is that if your heart is polluted with toxic thoughts of murder, adultery, pride, envy and so on, then why put so much emphasis on the food you eat when more weightier things are making you unclean? Food means nothing if your heart stays the same and you don't turn from your evil ways through repentance. Even though they were keeping a perfectly clean diet, their toxic thoughts were defiling them. Earlier I explained how toxic thoughts will override the digestive process so that the food is not digested properly. This results in fermentation and the release of toxins which cancels out the benefits of healthy eating. That is why I emphasized at the beginning that your thought life is most important. In Mark 7 Jesus was saying to the Jews that defilement comes from an impure heart, not the violation of external rules. Fellowship with God is not interrupted by unclean hands or food, but by sin.

Let's read the context around **Mark 7 v 19** in the Message Bible which puts it across simply: "1-4**The Pharisees, along with some religious scholars who had come from Jerusalem, gathered around him. They noticed that some of his disciples weren't being careful with ritual washings before meals. The Pharisees – Jews in general, in fact – would never eat a meal without going through the motions of ritual hand-washing, with an especially vigorous scrubbing if they had just come from the market (to say nothing of the scouring they'd give jugs and pots and pans).** 5**The Pharisees and religion scholars asked, "Why do your disciples flout the rules, showing up at meals without washing their hands?"** 6-8**Jesus answered, "Isaiah was right about frauds like you, hit the bull's eye in fact: These people make a big show saying the right thing, but their heart isn't in it. They act like they are worshipping me, but they don't mean it. They just use me as a cover for whatever suits their fancy, ditching God's commands and taking up the latest fads."** 9-13**He went on, "Well, good for you. You get rid of God's command so you won't be inconvenienced in following the religious fashions! Moses said, "Respect your father and mother," and "Anyone denouncing father or mother should**

be killed." But you weasel out of that by saying that it's perfectly acceptable to say to father or mother, "Gift! What I owed you I have given as a gift to God," thus relieving yourselves of obligation to father or mother. You scratch out God's Word and scrawl in a whim in its place. You do a lot of things like this." ¹⁴⁻¹⁵ Jesus called the crowd together again and said, "Listen now, all of you – take this to heart. It's not what you swallow that pollutes your life, it's what you vomit – that's the real pollution." ¹⁷When He was back home after being with the crowd, his disciples said, "We don't get it. Put it in plain language." ¹⁸⁻¹⁹Jesus said, "Are you being wilfully stupid? Don't you see that what you swallow can't contaminate you? It doesn't enter your heart but your stomach, works its way through the intestines and is finally flushed." (That took care of dietary quibbling; Jesus was saying that all foods are fit to eat).

*Note that the phrase "That took care of dietary quibbling; Jesus was saying that all foods are fit to eat" is in brackets which means that it is not in the original text, it has been added by the translators.

20-23 He went on: "It's what comes out of a person that pollutes: obscenities, lusts, thefts, murders, adulteries, greed, depravity, deceptive dealings, carousing, mean looks, slander, arrogance, foolishness – all these are vomit from the heart. There is the source of your pollution."

After taking Acts chapter 10 and Mark chapter 7 into consideration, it still seems that unclean meats are permissible because in Romans chapter 14 which addressed the debate about what foods are best to eat, Paul said:

Romans 14 v 14: "I know and am convinced (persuaded) as one in the Lord Jesus, that nothing is [forbidden as] essentially unclean (defiled and unholy in itself). But [none the less] it is unclean (defiled and unholy) to anyone who thinks it is unclean."

If you decide to eat pork, sea food such as crab, lobster, shrimp and other meats that the Bible says are unclean, I encourage you to at least limit it as much as possible because science confirms that every instruction God gave in His Word about eating is beneficial to mankind, even today. In the Old Testament God warned His people not to even touch the carcasses of unclean animals. From a hygienic standpoint, it has been confirmed that these meats often contain harmful viruses and parasites and that coming into contact with the flesh of these animals often spreads communicable diseases⁶¹. For example often whole communities get the flu virus because of contaminated meat (especially pork) from a common source.

In Mark chapter 7 which we looked at earlier, Jesus made the point that your thought life is more important than what you eat. I'd like to make a further comment on that from a medical perspective: On page 184 and 186 I explain that if you have a healthy thought life, your body cleanses itself of toxins that you are exposed to and you will have a healthy immune system which will be able to destroy every harmful germ that invades your body. Therefore your body will get rid of any harmful toxins and germs in unclean meat that may contaminate your body. However since most of us struggle with toxic thoughts on a regular basis and are still learning and maturing in our ability to control our thought life, it is still important to take harmful substances in the food we eat into consideration. Furthermore even if unclean meat is not contaminated with harmful germs, they are not well digested by the body and they generate toxins that are harmful to your health, even when eaten in small amounts.

I don't understand everything that God instructs us to do in His Word, but I do believe that if He says it is not good for me – He knows something that I don't know yet and I take His Word over anybody else's. It is interesting to note that man's lifespan rapidly declined from the time after the flood when man started eating meat until the exodus from Egypt (see Genesis chapter 10 and 11). Life spans stopped declining after God gave Moses the instructions about clean and unclean meats. Those who lived according to the

guidelines and only ate clean meats, lived long lives whilst the life spans of those who ignored them as well as other parts of God's Word continued to decline⁶¹.

1 Corinthians 10 v 23: "Looking at it one way, you could say "Anything goes. Because of God's generosity and grace, we don't have to dissect and scrutinize every action to see if it will pass muster." But the point is not to just get by. We want to live well, but our foremost efforts should be to help others live well." Message Bible

1 Corinthians 10 v 23: "All things are legitimate (permissible, [and we are free to do anything we please], but not all things are helpful (expedient, profitable and wholesome). All things are legitimate, but not all things are constructive [to character] and edifying [to spiritual life]." Amplified Bible

Unclean meats are permissible but they are not good for you and my advice from a medical perspective is to avoid them.

In 1 Corinthians 10 v 23 Paul said that everything is permissible, but not everything is good for you. Romans 12 v 2 talks about the good and acceptable and perfect will of God. In Scripture there are several examples concerning various

topics that illustrate what was allowed versus the true perfect will of God. They were not always the same. Besides the diet debate, another example is the issue of divorce. God's perfect will is that we stay married to one person for life but because of the hardness of our hearts He has permitted divorce in some situations. When we choose to follow God's non-ideal path, there is hardship that comes along with it.

Matthew 19 v 8: "He said to them, Because of the hardness (stubbornness and perversity) of your hearts Moses permitted you to dismiss and repudiate and divorce your wives; but from the beginning it has not been so [ordained]."

So do God's dietary guidelines about clean and unclean meats still apply to us today? I have presented the facts to you and will leave you to make your own conclusion. My personal understanding from a Biblical perspective is that unclean meats are permissible (Romans 14 v 14) but they are not good for you (1 Corinthians 10 v 23) and my advice from a medical perspective is to avoid them.

Eat Organic Meat

Just as it is important to eat organically grown fruits and vegetables, you must also take care to know the source of the animal products you eat and how they are processed and handled. The animals must be grass fed and organic. They must have been raised in a clean environment where their health was maintained by natural means.

The meat that people ate in Biblical times was from literally a different animal compared to most of the meat on the market today which is full of antibiotics, growth hormones, preservatives and chemical toxins from feed. Research has shown that the antibiotics given to animals to control disease as well as the growth hormones which are pumped into them in order to fatten them up more quickly and to become bigger than they were meant to be are passed on to those who consume their flesh. Wild animals eaten during Biblical times had only 3% fat whilst beef today has 20 to 30% fat because of the way cattle are raised on commercial farms.

Apart from antibiotics and hormones which are given to animals, many are fed recycled animal parts that are mixed with their food even though they are by nature strictly herbivores, This is done in order to give them more protein so that they will produce more flesh and be worth more at the market. However

this practice has been proven to lead to diseases (for example Mad Cow disease) which are spread to those who eat their meat⁶²,

If you cannot find meat that is organic, it is better to have none at all.

Don't Eat Too Much Meat

The digestive system has to work harder and longer to digest meat and therefore you must limit the amount that you consume. During Biblical times, only wealthy people were able to eat a lot of meat. Otherwise the average person only ate meat during the special appointed feasts and celebrations which, was about three or four times a year. History shows that these people lived longer than those who could afford to eat meat more often⁶¹. Eat meat no more than three or four times a month and in very small amounts. The more often you eat meat, the less that you should eat at each meal. What those who have a strong appetite for meat should understand is that this appetite is learned and is not inherent within us.

In cutting down their meat consumption to only once a week, some people worry that they may not get enough protein. In previous years health experts believed that a high protein diet is important to achieve great health and prevent disease. This was a result of biased research which was financed by companies that sell meat, dairy products and processed foods for profit. The amount of protein we need was greatly exaggerated in "nutritional education" funded by these industries to encourage the myth that we need to eat a lot of animal products. However, scientific research conducted worldwide has shown that past beliefs in regards to high protein requirements are out dated and incorrect and that the actual amount of daily protein we need is significantly less than what was previously considered necessary. Official U.S policy on human protein needs has changed so drastically that there is no longer even a minimum daily requirement for protein listed on the nutrition labels because nutritionists know that it is very unusual for a person not to meet their protein requirements. Research from independent studies in different parts of the world discovered that our actual daily need of protein is only 25 to 35 grams and that raw proteins are utilized twice as well as cooked⁶⁴.

Eat meat no more than three or four times a month and in very small amounts. The more often you eat meat, the less that you should eat at each meal.

It is easier to meet your minimum daily requirements of protein than you may think...with just fruit and vegetables! A useful method of determining which foods provide sufficient protein is to consider recommendations on the percentage of our total calorie intake that should be made up of protein and then determine which foods meet these recommendations. These recommendations range from 2½ to 8%. Reports from the American Journal of Clinical Nutrition say we should receive 2½ % of our daily caloric intake from protein and that many populations have lived in excellent health on that amount. The World Health Organization established a figure of 4½ %. The Food and Nutrition Board recommends 6%, while the National Research Council recommends 8%. The 6 and 8% figures are more than people need but are higher to include a safety margin. However even the 8% recommendation is met by many fruits and greatly exceeded by most vegetables. For example the percentage of calories provided by protein in spinach is 49%, broccoli 45%, cauliflower 40%, lettuce 34%, peas 30%, green beans 26%, cucumbers 24%, celery 21%, potatoes 11%, sweet potatoes 6%, strawberry 8%, orange 8%, watermelon 8%, peach 6%, pear 5%, pine apple 3% and apple 1%⁶³. When you take these figures into consideration, anybody can see that it is very easy to obtain a sufficient amount of protein from fruit and vegetables. The reason that we have such a low protein requirement is because the body recycles 70% of its proteinaceous waste and our bodies only lose 23 grams of protein a day.

Although protein is an extremely important nutrient, latest research shows that when we eat an excessive amount of protein it is dangerously harmful⁶⁴. The average person on a Western diet eats over 100 grams of protein daily which is three to five times the amount that we need. There are more problems today being caused by eating too much protein than by protein deficiency. In his book *Your Health, Your Choice*, Dr. Morter said, "The paradox of protein is that it is not only essential but also potentially health destroying. Adequate amounts are vital to keeping your cells hale and hearty and on the job; but unrelenting consumption of excess dietary protein congests your cells and forces the pH of your life-sustaining fluids down to cell-stifling, disease-producing levels. Cells over burdened with protein become toxic. In our society, one of the principle sources of physiological toxins is too much protein"

Any excess protein which is not used by the body to replenish the amino acid pool is either burned for energy or stored as fat. In order for this to occur, nitrogen must first be removed from the protein. The nitrogen is then changed in the liver to a waste product, urea, which is then excreted in the urine via the kidneys. This places an extra work load on the kidneys and unnecessarily overtaxes and toxifies the system. The stress on the kidneys causes lesions to gradually develop and the tissues begin to harden. The excess protein waste in the colon putrefies, leading to the production of toxins, some of which are absorbed into the blood stream (autotoxemia) and it creates an acidic environment which is conducive to the development of cancer. A high protein diet also results in a build-up of uric acid and other metabolic waste in tissues as well as premature aging. It is a well established fact, even today, that populations that eat a lot of meat have significantly shorter life spans compared to cultures that have a low protein diet consisting of predominantly fruit and vegetables⁶⁵.

Excess protein from consuming too much meat and animal products also causes deficiencies of other nutrients in the body, such as calcium. Many people believe that they need to consume milk and other dairy products to get calcium because this is what has been widely publicized by the dairy companies. However raw, green, leafy vegetables contain generous amounts of calcium and are the best source for this nutrient. In order for calcium to be properly absorbed, the trace mineral boron is needed which is also found in green leafy vegetables and fruits. John McDougall M.D said, "An important fact to remember is that all natural diets, including purely vegetarian diets without a hint of dairy products, contain amounts of calcium that are above the threshold for meeting your nutritional needs. In fact, calcium deficiency caused by an insufficient amount of calcium in the diet is not known to occur in humans."

Many people, especially elderly women get calcium deficiencies that cause serious problems such as osteoporosis which is a disease where the bones become very brittle as a result of losing 50 to 70% of the original bone material. The conventional way that most doctors and nutritionists treat osteoporosis and other calcium deficiencies is to prescribe calcium supplements and to advise the patient to eat more dairy products. This approach has not worked because calcium deficiencies are not caused by insufficient intake of calcium in our diet but by the excessive acidity caused by eating too much animal protein. When our blood stream becomes too acidic as a result of consuming a large amount of meat, the only way that the body can balance this acidity and bring its pH back to normal is to take calcium from the bones and teeth, because calcium is the most alkaline mineral in the body. Dr. Neal Barnard, M.D observed that when volunteers ate a meal which was high in protein, they lost calcium in their urine. So even if you consume enough calcium in your diet, if you eat too much meat it will cause calcium to be leached from your bones. Dr. John McDougall reported one long-term study finding that even when the subjects had a daily calcium intake as high as 1,400mg, more calcium was lost in their urine than what was absorbed in their body when they ate 75 grams of protein every day. These studies show that it is more important to reduce protein intake and the amount of meat consumed than to increase calcium consumption in order to prevent calcium deficiency.

Anyone successfully indoctrinated by the meat and dairy industry's nutritional education would be baffled by the numerous studies finding osteoporosis (a disease in which there is calcium deficiency) is very prominent among populations which have a high consumption of both protein and calcium⁶³. For example, the March 1983 Journal of Clinical Nutrition found that by age 65, the measurable bone loss of people who eat a lot of meat was five to six times worse than people who's diet consists of predominantly fruit and vegetables. The August 22, 1984 issue of the Medical Tribune also found that vegetarians have significantly stronger bones. African Bantu women have an average daily calcium intake of 350mg which is far below the National Dairy Council recommendation of 1,200mg but osteoporosis is practically non-existent because they have a low protein diet. At the other extreme, Eskimos have the highest calcium intake in the world (more than 2000mg a day) but they suffer from one of the highest rates of osteoporosis because their diet is also the highest in protein⁶³.

Another common erroneous belief about protein is its relationship to strength and energy. Protein has had a great reputation amongst athletes with slogans such as "protein power" and "protein for energy" but these are false and misleading. Research has shown that the protein that is burned during exercise is no higher than during rest⁶⁶. There are several protein supplements and protein shakes available on the market for athletes which, claim to improve performance but the 1978 issue of the Journal of the American Medical Association warned: "Athletes need the same amount of protein foods as non-athletes. Protein does not increase strength. In fact, it often takes greater energy to digest and metabolize the excess protein." The energy wasted during the digestion of excess protein drains energy from working muscles. In the Bible, Daniel and his three friends only ate fruit and vegetables and had more muscle than all the other youths (Daniel 1 v 8 – 17). Below is a list of some of the world's greatest athletes who broke world records and all of whom had a low-protein vegetarian diet⁶⁷:

- Dave Scott – he won the Ironman Triathlon six times and is the only man to win it more than twice.
- Sixto Linares – broke the world record for the 24-hour triathlon
- Paavo Nurmi – he broke 20 world records and won nine Olympic medals in long distance running.
- Robert Sweetgall - world's premier ultra-distance walker.
- Murray Rose - world records in the 400 and 1500m freestyle.
- Estelle Gray and Cheryl Marek – world record in cross-country tandem cycling.
- Stan Price – world record holder in the bench press.
- Andreas Cahlin – Mr. International body building champion.
- Roy Hilligan – Mr. America body building champion.
- Dan Millman – world champion gymnast.

The most ideal source of protein is raw fruit and vegetables because the protein has not been altered by heat and because this protein is not present in an excessive amount. Many people have believed that meat is a superior source of protein to fruit and vegetables because it is a "complete protein". This is lingering misinformation that came from an experiment that was done in 1914 by two men called Mendel and Osborn who found that rats grew faster on animal protein than plant protein. As a result of this research, meat, dairy products and eggs were classified as "Class A" proteins and vegetable proteins as an inferior "Class B". In the mid-1940's, studies showed that a rat requires ten essential amino acids in its diet and that meat, dairy and eggs supply all ten of them whilst maize and rice does not. The meat, dairy and egg industries capitalized on both of these findings to promote their products, without taking into consideration that there are major differences in the nutritional requirements of humans and rats.

There are 23 different types of amino acids that make up all the proteins that we need in our body. The body is able to manufacture 15 of these, leaving 8 "essential" amino acids that must be obtained from food in order to make up "complete" proteins. Fruit and vegetables are an excellent source of all eight essential amino acids. There are many vegetables and some fruits that contain all eight essential amino acids including carrots, brussel sprouts, cabbage, cauliflower, maize, cucumbers, eggplant, peas, potatoes, sweet potatoes, tomatoes and bananas. However we do not necessarily need all eight essential amino acids from one food or from one meal. This is because the body stores the amino acids from the food you eat as well as from the recycling of proteinaceous waste in an amino acid pool for future use. The liver and cells in the body constantly make deposits and withdrawals from this amino acid pool according to the supply and demand of specific amino acids.

The most ideal source of protein is raw fruit and vegetables because the protein has not been altered by heat and because this protein is not present in an excessive amount.

Our bodies don't need to receive all of the amino acids contained in the complete proteins of meat because our bodies make complete proteins just like animals' bodies do. When one eats the complete protein in meat, the protein molecules are not directly transferred from the meat to the person eating it. They first have to be broken down into the basic amino acids and other elements, and then, combined with other matter, formed into new structures. So regardless of what the source of the essential amino acids is our bodies will make "complete proteins". The whole theory, on the need, to consume meat for "complete protein", which was once accepted as fact, by the medical community and nutritionists, has now been unquestionably disproven and disregarded. Dr. Alfred Harper, Chairman of Nutritional Sciences at the University of Wisconsin, Madison and of the Food and Nutrition Board of National Research Council said, "One of the biggest fallacies ever perpetuated is that there is any need for so-called complete protein."

Further research on rats revealed that although animal protein makes them grow faster, it also shortened their lifespan and led to higher rates of diseases such as cancer. Furthermore the protein requirements of humans are very different to rats. For example, human breast milk is composed of 5% protein whilst rat milk has 49% protein. A human baby takes an average of 180 days to double its birth weight whilst rats take only four days. At the time that "experts" were advocating a high protein diet for good health, they said it was a "mistake of nature" that human breast milk was made with only 5% protein. In assuming that they had greater wisdom than the intelligent design of our Creator, they foolishly encouraged people to consume dangerously high amounts of protein. If a human baby can be perfectly nourished during the most rapid period of growth with nothing but 5% protein from breast milk, there is no reason to believe that older humans need more protein⁶³. Most fruits have approximately the same protein content as human breast milk, and this level is exceeded by vegetables.

Milk, Cheese and Honey

There are no direct instructions or guidelines about milk, cheese and honey in the Bible but they are mentioned in a positive light. There are some people who go to the extreme of completely abstaining from dairy products because they come from animals. Some also do not consume honey for the same reason. If milk and honey was not a favorable thing for mankind, God would not have used its presence to encourage His people to seek for a land which "flows with milk and honey".

Exodus 13 v 5: "...He promised and swore to your fathers to give you a land flowing with milk and honey [a land of plenty]..."

Some people avoid dairy products because they think they are allergic to them. In the chapter on page 329 I explain why this is not true. However, we should take care to know the source and type of milk and dairy products we use because there are other problems with them which arise from the way they are presented to the public at large. The milk that is purchased in shops today is unhealthy and should be avoided because it is pasteurized, homogenized and full of chemicals.

Due to the various diseases which may be present in cows, their milk products are usually pasteurized which is a process that involves heating the milk to a certain temperature for a certain length of time. Unfortunately, as I previously explained, the heating alters the structure of the protein and other molecules within the milk into a form that is not easily digested.

Homogenization involves forcing the milk through very fine sieves at very high pressures. This causes the fat molecules to be compressed to about one tenth of their normal size. While this keeps the cream from separating from the milk, and makes its appearance better for marketing, it introduces numerous problems. For example, in this compressed state the outer walls of the fat molecules become hardened so that they are not broken down by the stomach's digestive juices. As a result of this and their extremely small size they pass through the digestive system into the blood stream in a whole state. These compressed fat molecules develop sharp edges which scratch the arteries. The body reacts to these wounds in the blood vessel walls by forming a plaque and blood clot in the irritated areas. Over time this narrows (or blocks) the blood vessels and thus reduces blood flow to the tissues that those blood vessels supply. The compressed fat globules also contain the growth hormones, pesticides, and other chemical compounds given to the cows which might have been broken down in the stomach were they not encapsulated in the hardened fat globules. Thus these toxic substances also pass directly into the blood stream and have their harmful effects on the body. Furthermore the proteins within the compressed fat molecules are not properly digested and broken down into their basic structures so they also enter into the blood stream in a whole state, causing a host of negative reactions in the body⁶².

Just as it is important to eat meat, fruit and vegetables that are organic, you need to find a source of milk and dairy products where the cows have not been pumped with growth hormones in order to produce large quantities of milk, where their health is maintained by natural means and where their products have not been processed by pasteurization and homogenization. Unfortunately unless you live on a farm, obtaining raw milk is difficult because there are many health laws which prohibit the sale of raw animal milk.

The milk that is purchased in shops today is unhealthy and should be avoided because it is pasteurized, homogenized and full of chemicals.

Goats' milk is better than cows' milk. A baby calf grows to be about 360 kg (800 pounds) and the composition of milk that the cow produces is made to support an animal of this large size. This milk has too much protein and fat for a human to consume. A goat grows to be approximately the same size as a human and the milk is very similar in composition to a human mother's breast milk. If you choose to rather consume goat's milk, it is still important to take care to find out the condition of the animals and how their products are processed and handled. In the supermarket, goat's milk is usually pasteurized, but not homogenized.

If you find it difficult to obtain a healthy source of dairy products, there are other substitutes which have been proven to be healthy such as non-fermented soy milk. If you eat cheese, rather have the white cheeses such as feta and haloumi than the yellow cheeses that have been processed.

Proverbs 24 v 13: "My son, eat honey, because it is good and the drippings of the honey comb are sweet to your taste."

Raw honey is a nutritious food source that is mentioned several times in the Scriptures. Whilst it was a special treat for some, it was a main source of food for others such as John the Baptist (Matthew 3 v 4). Be careful not to eat too much honey because it is very high in sugar.

Processed Food

Most people listen to what the world and the media has to say about what is healthy and they follow that advice. They rush out to get the next trendy health product advertised on TV or in the latest fashion magazine instead of having the wisdom to consult God to find out whether or not a certain food is healthy for them. God didn't make food with labels on them and it is not natural to have to read labels and use that as our way to discern if a certain food is good for us or not. We should be reading the Word of God instead because that is where we will find the true answer.

1 Timothy 4 v 1 – 5: "But the Holy Spirit distinctly and expressly declares that in the latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach, ²through the hypocrisy and pretensions of liars, whose consciences are seared (cauterized), ³who forbid people to marry and [teach them] to abstain from [certain kinds of] foods which God created to be received with thanksgiving by those who believe and have [an increasingly clear] knowledge of the truth. For everything that God has created is good, and nothing is to be thrown away or refused if it is received with thanksgiving. ⁵For it is hallowed and consecrated by the Word of God and by prayer."

If God made it, it's healthy for you. If man has made it, processed it or interfered with it, it is not healthy for you.

An excellent first step towards eating healthily according to God's Scriptural principles would be to cut out all processed foods. Anything that comes in a wrapper, bag, container, box, can, jar or bottle has been processed and compromised in some way and therefore is not ideal for your body. All processed foods (and even most frozen products) are dead foods because they have already been cooked. Destroying the enzymes is necessary to prolong the shelf life. Processed foods are not only cooked, but are also loaded with toxins and chemicals that our bodies were never designed to deal with. The Bible said that everything that God created is good and that is a useful rule of thumb to go by. If God made it, it's healthy for you. If man has made it, processed it or interfered with it, it is not healthy for you.

All that your body requires to flourish is within the foods that God provided. Everything that we require to meet our nutritional needs is found in raw fruits, vegetables, nuts, seeds and unprocessed, organic animal products. However man spends time and money finding ways to process food so that by the time we get it, it is as far as possible from the original form in which God designed for us to eat it. The further that we move away from the forms in which God gave our food to us, the worse our health will be. Foods that are processed and taken out of their original whole states, stripped of their nutrients, fortified with chemicals or heated to destroy all the enzymes no longer have the elements and nutrients that God intended them to have. For example because we see bread mentioned in the Bible many people think that it is good for you. However the bread today has been processed to such a degree that it hardly resembles the bread that was made in Biblical times. Even grains such as rice and flour made from wheat are no longer the same as those mentioned in the Bible because they have been stripped of the bran and germ (which contains all the nutrients) and then are bleached. What is left is a nutritionally empty toxic substance that

is totally incapable of nourishing the living cells of our body. In nursery school, little children have lots of fun making paper maché with news paper that they stick together with glue made from white flour and water... can you imagine what this glue from bread and other white flour products does inside our digestive system? It is no wonder that we have an epidemic of constipation today! Many people have to go to the pharmacy and buy dynamite just to blast through this sticky paste! Have you ever heard of a constipated sheep? They don't have a problem and neither would we if we just ate our food in the form God created it for us.

White flour products, not only causes constipation but malnutrition because it combines with saturated fats to form a plaster-like coating on the intestinal walls and colon. These organs are supposed to be permeable so that nutrients from the digested food can be absorbed into the bloodstream. However when the wall is plastered with that sticky paste, the nutrients simply pass through the colon and are eliminated.

The average Western diet which consists of predominantly processed foods is seriously lacking in nutrition! People are consuming a large amount of calories but are starving to death! The nutrients that our body requires cannot be obtained from the dead, unnatural, manufactured products in cans, bottles, jars, boxes and packages that we purchase from the supermarkets. Dr. Malkmus from Hallelujah Acres says, "Once you leave the fresh produce department in your supermarket, you are literally in the non-food section of the store and there is practically zero nutrition in any product found outside of the fresh produce department"⁶³.

Dr. James B. Sumner, a Nobel Prize winner said, "Raw foods contain health-giving rejuvenating enzymes. Cooking, pasteurization, smoking, pickling, air pollution, pesticides, drugs, antibiotics, chlorination and fluoridation of water and many other interferences in nature's processing will denature enzymes, thus making the nutrients in food not readily available."

I am not going to mention much about why processed foods with food additives, preservatives, MSG, artificial colourings etc are unhealthy because this is common knowledge for most of us. However, I would like to highlight three of the most popular yet dangerous, toxic substances in our diet which is processed sugar, salt and caffeine.

Sugar

Sugar in its natural form as glucose (which is found in raw fruits and vegetables) is an essential nutrient for the functioning of the brain and organs in the body. However the unnatural, refined and processed sugar found in almost every manufactured product is very different in quality and quantity to the sugar that we were designed to eat in raw fruits and vegetables. For example, one bar of chocolate contains the quantity of sugar that would be found in 1,5kg of apples!

Sugar has a similar effect in your brain to cocaine leading to decreased attention and reduced IQ.

At the beginning of the 20th century, the average person's sugar intake was 2.5kg per year. Over the last 100 years this has increased to 77kg per year! That is over 50 teaspoons of sugar a day! The amount of sugar that the average person consumes has significantly increased over the decades because more and more processed foods are being eaten and practically all processed foods have sugar added. Most of us think of sugar as the granular, white substance made from sugar cane but sugar is a word that is used to describe over 100 substances. On a label that lists the ingredients in a food, any word that ends in "ose" is probably a sugar, for example sucrose, lactose, maltose, glucose and dextrose. One of the reasons that food industries list several forms of sugar is to help disguise the fact that some of their products consist of

more than 50% sugar. What the manufacturers have done is they have taken the natural foods that God provided and cooked them to give them a longer shelf life. Then because most of the nutrients and flavors were lost, they load it with sugar to restore their taste.

Processed sugar of any kind is the first and most important substance to completely eliminate from your diet because it is the fertilizer that feeds disease and impairs healing.

Processed sugar of any kind is the first and most important substance to completely eliminate from your diet because it is the fertilizer that feeds disease (I am talking about refined sugar, not the natural sugars found in raw fruits which God provided to satisfy our sweet tooth). For example bacteria and cancer cells feed on sugar. Doctors take advantage of this fact to diagnose cancer with a PET scan whereby radioactively labeled glucose is injected into a person. Then the cancer cells go, "Oh my favorite food, thank you!" and they gobble it up. As a result the tumors become radioactive and that is how they glow on the scan to show the doctors where it has spread. Sugar also impairs healing because it weakens the immune system. For example a regular sized coke contains up to eleven teaspoons of sugar. That is enough sugar to knock out your immune system for three hours. If you drink three cokes, it can knock out your whole immune system for an entire day, leaving you susceptible to any infection that is floating around and preventing you from recovering from any disease. However sugar is not only found in colas and fizzy drinks, but literally every manufactured product. For example many breakfast cereals consist of over 50% sugar! It only takes 33 teaspoons of sugar to weaken your immune system and since the average person consumes 50 teaspoons of sugar a day, they are permanently living with a weakened immune system...a walking time bomb for disease to happen.

It amazes me that despite it being a well known documented medical fact that sugar feeds disease and that cancer consists of sugar metabolic cells, oncologists serve cookies and sweets in their waiting rooms and chemotherapy rooms. It is well known that sugar suppresses the immune system and therefore impairs the body's ability to recover from disease – yet you look at the food menu in hospitals and you see five pages of deserts and some of them even include wine. Alcohol is a "no no" because it feeds sugar.

Another reason that sugar accelerates the development of disease is because it increases the acidity in the body. It is well known in the medical profession that disease flourishes in an acid environment. Once the body pH goes into acidity, the blood is unable to transport oxygen. As a result the whole body metabolism goes into a fermentative situation instead of oxidative energy production. The only thing that tissues and cells can do with fermentative energy is to grow and split, grow and spit etc...that is cancer. According to Charlotte Gerson, virtually every patient that they have dealt with who has cancer has a pH below 7 which is acidity. She reports that within one week of putting her patients on a raw fruit and vegetable diet (including lots of vegetable juices), the patients' body pH is above 7 and they are already healing as indicated by shrinking tumors. If we maintain a normal pH in our body cells (slightly alkaline), it would be very difficult for diseases such as cancer to grow. Sugar loaded soft drinks such as cokes are so acidic that it would take 32 glasses of high pH alkaline water to neutralize one glass of coke! When you drink coke and consume refined sugars and processed foods, your body is going to be acidic because you are asking it to do unreasonable acts of biochemistry.

Processed sugar is also harmful to the lining of the stomach (because it causes acidity) and it interferes with the digestion and absorption of other nutrients, leading to nutrient deficiencies. Sugar can remove up to 90% of the vitamins and minerals in your body. It especially robs nutrients from the teeth and bones. Sugar becomes even more toxic when it is combined with starch because it causes fermentation whereby it breaks down into alcohol and other toxins. Sugar can cause the formation of free radicals in the blood stream, cause toxemia during pregnancy, it can damage the structure of DNA, accelerate aging, cause

kidney damage, gallstones, periodontal disease, weaken eyesight, impairs brain function, cause hunger pains and overeating etc etc etc. The list of harmful effects of sugar can go on and on – it is destructive to literally every organ of the body. Since sugar has zero nutritional value, it cannot be considered a “food” but rather as a good-for-nothing toxic drug. Sugar is addictive like a drug, it causes mood swings like a drug and has withdrawal symptoms just like a drug. In short it is a poisonous chemical that is not fit for human consumption. Do not replace sugar with sugar substitutes because they are even more toxic.

Salt

Another common substance on our tables at meal times that many people do not realize is very toxic is table salt. Sodium is vital for the normal functioning of all of the organs in your body. You can obtain all the sodium that you need, in a form that your body can utilize, from raw fruits and vegetables, for example celery. However sodium and table salt (which is sodium chloride) are not synonymous because there are many kinds of sodium. Just as most processed, manufactured foods contain sugar, they contain salt and most people today are consuming far too much of it. Sodium in salt is in an inorganic form that the body is not able to utilize and the body constantly struggles to remove this toxic substance. In an attempt to dilute this toxicity, the body deposits salt with fluid in the tissues. When a person goes on a juice fast, the body immediately begins releasing the excess fluid that was retained to neutralize the salt and the body's sodium level usually normalizes. Salt is used as an anti-septic and food preservative because it is toxic to living things. It effectively kills bacteria and anything else exposed to it in high concentrations including the life force (enzymes) in food. This is beneficial for the manufacturers of the processed foods because it lengthens the shelf life of their products. However it is very detrimental to the consumer because it destroys living cells as well as the immune system. Just like sugar, salt is addictive and is the next most important substance to completely eliminate from your diet. So how should you season your food? What you must understand is that when food is cooked, most of the flavoring is lost and that is what makes it necessary to add something back to enhance the taste.

Genesis 2 v 9: “And out of the ground made the Lord God to grow every tree that is pleasant to the sight and good to eat...”

God has given us a large variety of colourful fruits and vegetables – red, orange, yellow, green, purple, black, white, pink - that are not only pleasing to the eye but truly delicious! Dead cooked and processed foods are pale and empty, needing artificial colourings to be added to them to make them appealing to the eye and artificial flavors to restore their taste. Whilst each fruit and vegetable has its own unique fragrance and vivid taste, dead foods only have three basic variations: sweet, salty and fat.

After many years of straying from God's eating pattern, you may initially find it difficult to enjoy and take pleasure in the taste of the fresh, raw foods that God provided. For example in the first few weeks vegetable juice may taste terrible because your taste buds have adapted to refined sugars and processed foods. You see your body learns to crave what you feed it. The more processed and refined foods you eat, the more you will crave it. Like many acquired tastes, many people develop an addiction to salt and sugar which is perpetuated by needing to add more and more to their food otherwise it seems tasteless. However, as you return to the original eating plan meant for you, your taste buds will be regenerated to their original natural state, the true flavours of food will be wonderful again and you'll be amazed that you actually begin to desire healthy foods. So I encourage you to persevere because as you continue to make right choices, you will enjoy eating God's way more and more. Your body will begin to crave what it was designed to consume whilst your desire for the bad things will reduce all the time.

Caffiene

The last of the toxic foods I'd like to discuss is the "Christian drug" found in coffee, some types of tea, chocolate, coke and several other drinks which is caffeine. If you don't believe that caffeine is an addictive drug, try cutting it out "cold turkey" and see if you don't experience withdrawal symptoms such as headaches.

Caffeine has a stimulating effect on the body that causes a temporary feeling of increased energy and improved concentration because it triggers the stress reaction in the body (stage 1 on stress explained on page 179). The soft drink industry has taken advantage of the addictive stimulant effect of caffeine and included it as an ingredient in their beverages. So not only do you have 11 teaspoons of the addictive drug sugar but you get a double whammy with caffeine as well! When caffeine is consumed on a habitual basis, the persistent stimulation of the stress reaction causes chronic stress on the body with symptoms such as anxiety, irritability and insomnia. On pages 183 I explain the damage that is done to every organ system when there are high levels of stress hormones flowing through the body on a long term basis. It damages the stomach lining, liver, kidneys and is even suspected of causing birth defects. Because caffeine is an acidic substance, it leaches calcium from the bones which will exacerbate osteoporosis.

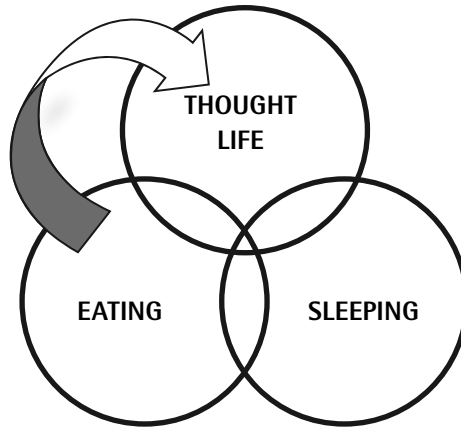
There are some people who use the Scripture in 1 Timothy 4 v 1 – 5 as an excuse to eat whatever food they like whether it is healthy or not because they believe that the food is sanctified when they pray a blessing over it. However that is not true. God revealed to us in Scripture what foods are healthy and what foods are harmful. Jesus never prayed for food to be blessed so that it would receive an additional characteristic or to change its nature before it was eaten. If it is food that was designed by the Creator to be eaten, it is already blessed. If we consume foods that contain processed carbohydrates, heated fats, refined sugar and preservatives that are harmful to the body, then there would be a need for the food to be sanctified or made holy or clean. However with all the prayers that have been said for unhealthy foods, never has a chocolate cake been changed into a fruit or vegetable or provided the nutritional value and health benefits to the body that healthy foods provide. Nor have the adverse effects of consuming the wrong foods at the wrong times been corrected by praying a blessing over the food. Saying a prayer over unhealthy foods that God never intended to be consumed doesn't sanctify the food any more than praying that you don't get caught having an affair can sanctify or protect you from the consequences of that disobedience. Just because punishment is not always immediate, it doesn't mean that it is forgotten. Just because you don't get sick immediately after eating unhealthy food, it does not mean that is not harmful to your body or make it safe to do so.

Remember that anything that is not real food is treated as a foreign toxic poison by the body. Initially your body will attempt to eliminate it through the lymphatic system and digestive system. However, as processed foods continue to be consumed on a habitual basis the body does not manage to eliminate the river of toxins that are flowing through it and so it will store them. The build-up of toxins inside body cells has a degenerative effect, putting the body into a state of illness.

We must keep our temples clean if we want to be healthy. What we leave out is more important than what we add to our diet. That is why many of the popular trendy diets today seem to get results. One thing that they all have in common is that they leave out something harmful. Only when you find a diet that not only leaves out some, but all harmful foods will you experience the best health possible.

How The Food You Eat Affects Your Thought Life And Your Ability To Renew Your Mind

I have explained how your sleeping and eating patterns affect each other, how your thought life influences the digestion of the food you eat, how your thought life impacts the quality of your sleep and vice versa – how your sleep (or the lack of it) affects your thought life. Now let's have a look at the final part of the cycle which is how your eating patterns affect your brain and your ability to think.



What You Eat Affects Your Ability To Think And Renew Your Mind Effectively

Dr. Caroline Leaf has a saying, "Eat yourself clever." The reason that she says this is because what you eat affects how well your brain functions. If you eat according to God's Scriptural principles outlined in His Word, you will be feeding your brain in such a way that it will be healthy and function optimally. As you know from part 1 of this book, a healthy brain leads to a healthy body and the healthier you become, the more intelligent you become!

The most important aspect in your journey of healing is dealing with the toxic thinking behind the disease you suffer from and renewing your mind. However what you eat affects your ability to think and renew your mind effectively. Therefore I am going to share a few points with you about what your brain needs to function as best as it possibly can. These are principles to help you feed your brain and feed your intelligence. When you have a healthy diet that feeds your brain the right foods that it needs, your thinking will improve because you will be more focused and alert. Your emotions will also be stable and you will be in a good frame of mind to control your thought life:

What you eat affects your ability to think and renew your mind effectively.

- Your brain's primary need is for oxygen and second is protein! You need to eat an adequate amount of protein as your body needs protein to grow, build and repair tissue. Protein is also needed for memory building and thinking. Amino acids (the building blocks that make up protein) are needed to make the chemical messengers (called neurotransmitters) that transmit information quickly and efficiently, thus improving your ability to think. When there are not enough chemical messengers due to a deficiency of amino acids from inadequate protein intake, your thinking will be impaired,

you will struggle to focus and concentrate, memory building will be ineffective and you will feel depressed, apathetic and unmotivated. In this state of mind, you are obviously not going to be able to renew your mind very well.

The amino acids that your brain needs for effective thinking can be found in natural foods such as fruit, vegetables, meat, fish, poultry (e.g. chicken and turkey), soya beans, dairy products (e.g. yoghurt) and eggs. Contrary to common belief, eggs are very good for you. They are a complete food with an excellent source of proteins and fats and they contain all the essential nutrients you need. They contain amino acids in an almost perfect ratio³⁰. The myth that eggs are bad for you came from research that was done 70 years ago which was funded by a Cereal business to prove that eggs are high in bad cholesterol. This is invalid because the research was done using dried egg yolk powder which is oxidized and is toxic to blood vessels. Eggs contain lecithin which actually lowers bad cholesterol. Lecithin in eggs is used to make a chemical messenger called acetylcholine which helps with memory building and intelligence. As you are thinking, acetylcholine is burnt up and needs to be replenished. So eggs are a very good way of replacing that special type of fat in a nerve cell.

Make sure that the eggs you consume are from organic, free range and non-animal fed chickens. The healthiest way to eat an egg is raw. For most people the taste of a raw egg is not desirable so adding it to a milk shake or smoothie would give you the benefits without the taste.

As mentioned previously, breakfast is your most important meal of the day and this is the best time to have your protein because it triggers the release of nor epinephrine and dopamine in your brain. These chemicals are needed for fast, clear thinking and memory building, which sets a good stage to work on renewing your mind.

Meat, wheat germ and nuts are also a good source of B vitamins such as thiamine (B1), riboflavin (B2), folic acid and pyridoxine (B6) which are vital to maintain the health of your brain and nervous system. A deficiency of vitamin B can cause difficulty in sustaining attention and memory loss.

- Without enough unheated fat, especially the good fats and the essential fatty acids your thoughts career out of control. Your brain is 70% fat. Fat is needed to protect the nerve cells and memory trees. The nerves that conduct the electrical current carrying the information from your thoughts are covered with a lining of fat (called a myelin sheath – picture on page 10) which acts as an insulator. As the electrical current travels through the nerve, it burns up that fat. Fats get used up in the brain through thinking and needs to be replenished all the time. Therefore if you don't have enough fat in your diet, you are going to have a problem with the electrical current travelling through your brain. This impairs your ability to think fast and to build memory efficiently which obviously adversely affects your ability to renew your mind. So fat is important for intellectual functioning but as I explained earlier, there are good and bad fats.

Unheated fat is essential but fried and processed fat are complete brain killers. **Heated fats or hydrogenated fats** literally eat memory. The minute the fat is heated it changes and becomes an oxidant that attacks and damages the myelin sheath around the nerve cells. **Saturated fat** is any fat that is solid at room temperature such as margarine and lard. Because saturated fat becomes rancid when exposed to air, even for short periods of time, various chemical techniques are used to alter their chemical make up so that they will last longer on the shelf. When these unnatural fats are heated they become very dangerous for your body. For example they cause the blood platelets to become sticky which increases the risk of heart attacks and strokes. Margarine is heated until it goes black and then they add JIK to it to make it go yellow. It's not a good thing to have in your body

and is especially bad for your brain. Fats that are damaged through heating or in over processed oils make your brain sluggish because they harden cell membranes which results in slow thinking.

Unsaturated fats are those that are liquid at room temperature and these are the fats that are good for you. There are two types of unsaturated fat: monounsaturated which is found in for example olive oil, almonds and almond oil and polyunsaturated which for example is found in maize and cotton seed oils.

There are two essential fatty acids which are the most important and these are linoleic and linolenic acids. Over the years our diets have become deficient in these two very important nutrients because the highly processed fats that we eat compete with and replace these essential fatty acids within our bodies. Raw flaxseed oil contains both the essential fatty acids, as well as vitamin A, B1, B2, C, D and E along with many minerals such as zinc, iron and potassium. Make sure that the flaxseed oil that you buy is "cold pressed" and in a dark container because exposure to light destroys some of the nutrients. Keep it in a fridge and eat it within three months from the time you buy it. You may initially experience loose stools but that should resolve in one to two weeks. After approximately three to four weeks you will enjoy healthier hair and skin with increased vitality and some have reported a lessening of arthritic pain⁶³.

Another excellent source of fat is cold pressed virgin olive oil. It is full of omega 3 and 6 and other fats which your brain needs to function. Fat has been linked to IQ. These fats balance your mood, enable you to focus and concentrate and also maximize your intelligence by improving learning and attention. Fat in full cream milk and pure butter is also good. You can also get essential fatty acids that your brain needs in cold water oily fish, for example sardines, salmon, mackerel, pilchards, herring, trout and fresh tuna (oils have been extracted from canned tuna), cheese, eggs, avocado pears, nuts, raw, unprocessed virgin coconut oil and cold pressed (unheated) sun flower oil or sunflower seeds.

Remember that anything eaten in excess is harmful for you. Your body digests fat very slowly at the rate of two teaspoons of fat per hour. A high fat meal can stay in the digestive system for up to 19 hours, during which time it ferments and produces toxic waste.

- Limit your carbohydrate intake. Your brain does need some carbohydrates for energy but they must be good carbohydrates. Avoid or at least drastically limit refined carbohydrates in white bread, processed convenience foods, pre-packaged foods, sweetened fizzy drinks, cakes, sweets and other "junk food" because they are very toxic to your brain. These bad carbohydrates break down into large strings of sugar molecules in your blood, and the excess that cannot be stored in your body cells crosses the blood-brain barrier (a membrane in your brain that separates your blood from the rest of your brain) and attaches onto the nerves like a clump of chewing gum. This impairs the conduction of electrical impulses along the nerves in your brain which dulls your thinking and ability to concentrate and focus. As a result you will not be able to build memory and renew your mind effectively.

According to Dr. Caroline Leaf, sugar has a similar effect in your brain to cocaine. It damages the chemical messengers (called neurotransmitters) that are involved in the conduction of electrical impulses carrying information between the nerves in your brain, leading to decreased attention and reduced IQ. Sugar loaded soft drinks with all the artificial colorings and other toxic chemicals they contain are so hazardous to the brain that Dr. N. W. Walker said, "Supposing you knew that Soft Drinks could cause your brain to disintegrate, would you drink them? More than a million children today are afflicted with cerebral lesions (injury to the brain that causes sudden discharge of excessive nervous energy) and other afflictions caused by Soft Drinks!"

It is recommended not to have refined carbohydrates more than once a week because they force the body to compensate to cope with the added toxic load, at the expense of concentration and intellectual functioning. You get all the carbohydrates you need from vegetables and fruit. You even get carbohydrates from meat and chicken. Unrefined whole wheat flours, whole grains, beans and lentils are also sources of good carbohydrates. You only need very small quantities of carbohydrates such as brown rice, and potatoes.

When eaten in excess, the bad processed or refined carbohydrates will impair the body's ability to distinguish what food it needs. As a result you have an increased desire to eat all the wrong fats and carbohydrates. You also end up eating too much protein as well. In essence your body craves what you feed it. So by controlling your carbohydrate intake, you are going to be able to balance the fats and proteins you eat and it is going to make a significant difference to the way that your brain functions.

- Make sure you eat enough iron rich foods because when you have a deficiency of iron, your physical energy and brain activity levels drop. Dark green vegetables, meat, beans, fish, poultry, grains and rice are all rich in iron. Vitamin C (for example in fruit) will improve the absorption of iron by up to five times. Phytates (for example found in cereals and brans) and tannin (for example in tea and coffee) will significantly reduce the absorption of iron from your food.
- Drinking an adequate amount of water is essential for optimal functioning of your brain. Even mild dehydration is bad for you because your blood has trouble getting energy and nutrients to your brain cells and as a result your brain cannot run at full power. You may not even realize that you are thirsty but the symptoms come out in fatigue and irritability. Dehydration impairs memory building which then makes renewing of your mind difficult because you will struggle to concentrate.
- Seldom drink alcohol because it dissolves essential fatty acids that your brain needs to function, it destroys memories and knocks out vitamins and minerals. God is not against drinking alcoholic drinks such as wine on certain occasions but many health complications and other problems come in when you drink it for the wrong reason (see chapter on addictions) or in excessive amounts. There are many Scriptures that warn against the dangers of drinking so much alcohol that you become intoxicated. Satan tempts people into over indulgence in alcohol to cloud their reasoning and judgment and to numb spiritual perception. If you enjoy a glass of wine, save it only for rare, special occasions.

Proverbs 20 v 1: "Wine is a mocker, strong liquor a rowdy; anyone led astray by it is unwise."

Isaiah 5 v 22: "Woe to those who are heroes at drinking wine, men whose power goes to mixing strong drinks."

If you can base your diet on these principles, you are going to be feeding your brain in a way that will increase your intelligence and ability to renew your mind effectively

Proverbs 23 v 29 – 30: "Who has woe? Who has sorrow? Who has strife? Who has complaining? Who has wounds without cause? Who has redness and dimness of eyes? Those who tarry long at the wine, those who go to seek and try mixed wine."

The word translated as "wine" in the Bible can refer to either fermented or unfermented grape juice. For example 1 Timothy 5 v 23: "Drink water no longer exclusively, but use a little wine for the sake of your stomach and your frequent illnesses." Unfermented, freshly squeezed grape juice is healing to the body, but fermented grape juice or any other fermented sugar would make the issue worse, especially with a gastrointestinal problem.

- Don't use tin foil, aluminum cooking utensils or juices in aluminum lined containers because they leach heavy metals that impair brain function and are very toxic to the body. Ceramic pots can chip. Cast iron cookware needs to be thoroughly cleaned to avoid bacteria build up in its pores. Glass and stainless steel pots and pans are the cleanest.

Aluminum is also found in under-arm deodorants and colas served in aluminum cans. Aluminum is leached from the can into the cola which makes the drink even more dangerous than without the can.

In summary our brain needs unheated fat and protein. You need to carefully control your intake of carbohydrates. If you limit the amount of refined, processed carbohydrates and heated fats, you will find it easier to eat the right amount of protein and fats because your body will crave the right food. If you can base your diet on these principles, you are going to be feeding your brain in a way that will increase your intelligence and ability to renew your mind effectively and you will build good memories.

Vitamin And Mineral Supplements

In his book, "Quit for Good", Ralph C. Cinque, D.C said, "There is no business more profitable than the sale of vitamins, and money is the reason behind the hoopla about vitamins. Take the money out of vitamins, and they would practically disappear overnight. Imagine a product that has a long shelf life, that requires no refrigeration, that can be easily stored and transported, that can be marked up by more than 100%, that promises to do everything, but that can be held to do practically nothing, and you will have a pretty good picture of what vitamin sales are all about."

Conventional nutritionists along with the multi-billion dollar vitamin and mineral supplement industries and extensive advertising through the media have convinced millions of people throughout the world that they need to take all sorts of vitamin and mineral pills and powders because we are not able to gain all the nutrients we need from the food we eat. The main reasons given are:

1. **The average diet consists of predominantly processed foods which are deficient in nutrients** – the obvious solution to this problem is to cut out processed foods and change to a diet consisting of predominantly raw fruit and vegetables.
2. **The soil which fruit and vegetables are grown in are deficient in many essential nutrients** – the quality of food has been reduced in many places because the soil quality has been depleted through loss of mineral content as a result of soil erosion and unwise farming methods. If minerals are lacking in the soil, the food grown in that soil will also be lacking in those minerals. Therefore even organically grown fruit and vegetables are not as nutritious as they used to be and should be. Some minerals are found in a significantly lower quantity and some trace minerals are totally absent. This is one of the reasons why vegetarians are not guaranteed an adequate amount of all the necessary nutrients in their diet. In this chapter I will explain how this can be compensated for by composting if you have your own fruit and vegetable garden, consuming fresh vegetable juices, sea vegetables (especially kelp) and barley green.

The reason that mega-doses of heat-processed vitamin and mineral pills are not the solution to the above problems is because the so called "nutrients" that they contain are not in a form that can be used

The end result of taking all of these mega-doses of vitamin and mineral supplements is to produce expensive and exotic urine and to stress out the kidneys.

by our bodies. Our bodies are composed of living cells that require living nutrients from living fruits and vegetables! God created fruit and vegetables to provide us with every vitamin, mineral and nutrient that we need for our health to flourish.

There are three main types of vitamin and mineral supplements – those that are synthetic, those that are derived from rocks instead of plants and then those that supposedly come

from a natural vegetable-based source. Allow me to explain the problems of each of these three types of supplements:

1. **Synthetic:** anything from a synthetic source is completely useless because no scientist will ever be able to make a synthetic pill or powder that will even come near to duplicating the nutrients that God created in live fruit and vegetables.
2. **Minerals derived directly from soil or rocks in the earth:** I explained on page 232 that there is a difference between minerals that are in the ground verses minerals in plants. Minerals straight from the ground are in an inorganic form which have no nutritional benefit because the body is not able to utilize it. Through photosynthesis and the help of lots of micro-organisms below the ground surface, the plants take the inorganic minerals from the soil and convert them into living, organic nutrients which we are able to eat and use to build new, living, vital cells that become a part of our body. The molecules of a mineral within a living substance such as a plant are alive and vibrant – and they vibrate at a different level to an inorganic, lifeless substance such as a rock or particle of soil. When inorganic minerals which cannot be utilized are taken into the body, they are just an added toxic load to the digestive system and kidneys and they lead to problems. For example calcium in spinach or broccoli is in a living organic form which can be utilized by the body cells for growth and to maintain strong bones. On the other hand calcium derived from rocks and mineral deposits in the earth is in its inorganic form which cannot be used by the body cells. Because it cannot be utilized, it accumulates in the kidneys and gall bladder, resulting in kidney stones and gall stones amongst other problems.
3. **Supplements that are claimed to be made from a natural, vegetable-based source:** the ingredients that these supplements contain do have wonderful nutritional benefits in their raw form. However during the process through which these supplements are made into a pill or powder, the ingredients are usually extracted from their naturally-occurring form and heated and processed. The advantage of processing the vitamins and minerals into a powder or pill for the industries who sell these supplements for profit is that it is easier to market and it extends the shelf life of the product so that it can last for years and even decades. However this is certainly no advantage for anybody in need of nutrition because the nutrients within these heated and processed supplements have no resemblance to the natural, raw nutrients from which they were derived.

Consuming these processed nutrients poses several problems, for example:

- i. A pill that contains an isolated vitamin, such as vitamin C will not work very well on its own because vitamins are designed to work in conjunction with other nutrients in whole food. However, a fresh,

raw orange contains vitamin C as well as lots of other vitamins, minerals and enzymes that your body can benefit from in a perfect combination which was formulated and intelligently designed by our Creator. You do not gain the same benefit from isolating vitamin C from the orange as you would from eating the whole orange in its natural raw form.

- ii. A "natural vitamin" which has been killed by the heat of cooking and processing cannot be utilized by the body to create build new living cells. On page 232 I explained that heat destroys the enzymes and converts the minerals back into their inorganic, unusable form. As a result these substances are converted from a nutritious living food into dead products, devoid of enzymes which are of no nutritional value to the body. The industries that make these supplements purposefully destroy the life force within these products because it is necessary to give them a long "shelf life". As Rhoda Malkamus says, "The phrase "shelf death" would be more appropriate here."

Our bodies were created by God to be nourished with vitamins, minerals, amino acids and enzymes in a living form as they exist in fresh raw fruit and vegetables. Dead foods are not able to supply the body with what it needs to build new living cells.

In summary the problem with vitamin and mineral supplements is that they either start with a substance which was never designed to be food for humans (synthetic vitamins and those derived straight from rock or mineral deposits in the earth) or they start with a natural food and destroy it by an unnatural process, such as heating or freeze-drying, so that its nutrients are no longer in their original, natural, raw form that the body is able to

The sale of vitamin pills is the biggest commercial health racket of all time.

utilize. Fruit and vegetables are living foods whilst vitamin and mineral supplements are dead chemicals. Our bodies recognize only living food as nourishment while they recognize dead chemicals as toxic waste that must be eliminated. In this light, it is obvious that the quality of a nutrient is more important than the quantity. Too much emphasis is put on how many milligrams or international units a certain isolated nutrient that a supplement contains, without any consideration as to whether or not that nutrient can be utilized by the body. The number of milligrams of a vitamin or mineral that a supplement contains is irrelevant because one milligram of a nutrient in its natural form in a raw fruit and vegetable is more beneficial than 5kg of that nutrient in an unnatural processed state that has to be eliminated by the body as a foreign, unusable substance.

All of these vitamin and mineral supplements which the body is not able to utilize is just toxic waste that burdens the organs of your body with the added workload of having to eliminate it. The end result of taking all of these mega-doses of vitamin and mineral supplements is to produce expensive and exotic urine and to stress out the kidneys.

If you want to understand the reason behind the harmful and illogical lie behind the fallacy of vitamin and mineral supplements, you need to realize that there is much more profit that can be made from the sale of vitamin and mineral pills than fruit and vegetables grown in a backyard garden.

In his book "Quit for Good", Dr. Ralph C. Cinque continued: "Don't be tempted to join the vitamin brigade. Notwithstanding the hundreds, if not thousands, of books available, urging you to 'boost your energy', 'enhance your immune system', 'heighten your sexuality', and 'extend your life span' by taking supplements, there is virtually no evidence to support these exorbitant claims made for vitamins. Not a single human life has ever been 'extended' by taking vitamins (except where there have been frank deficiencies to begin with). Vitamin therapy is just another pie-in-the sky promotion, designed to separate you from your money. In fact, the sale of vitamin pills is the biggest commercial health racket of all time."

How To Compensate For The Mineral Deficiency In The Soil

If you grow your own fruit and vegetables, composting is an effective way to maintain the quality of your soil. On our website (www.eagleswings.co.zw) there is a page with information on how to make compost with natural materials from your garden and the waste (peels, skins etc) left over from your fruit and vegetables.

Another way to compensate for a decrease in the quantity of minerals is to drink freshly extracted vegetable juice every day (especially dark green and deeply-colored vegetables). I will explain the concept behind juicing vegetables in more detail in a later chapter on page 287. However the benefit in this context is that you obtain a much higher concentration of all nutrients, including minerals through juicing than you would from eating whole vegetables. For example, you can put half a kilogram of carrots through a juicer and drink it as a 300 ml glass of carrot juice. However it would be very difficult to eat half a kilogram of whole carrots in one meal.

Whilst juicing vegetables supplies an extra dose of all nutrients that are in vegetables, there are some trace elements that are said to have been totally eroded from our soil. This is where the importance of sea vegetables comes in. The only way to obtain nutrients that have been eroded from our soil is from plants grown in the ocean where the minerals have eroded to. Kelp, sea weed, alaria, arame, dulse, hijiki, and nori are rich in minerals and nutrients that are no longer found in adequate amounts in modern soil where fruit and vegetables are grown:

Alaria has a similar amount of calcium to sesame seeds, a high vitamin A content comparable to parsley, spinach or turnip greens and is also rich the B vitamins.

Arame has a high content of calcium, phosphorous, iodine, iron, potassium and vitamin A and B.

Dulse has 22% more protein than chickpeas, almonds or whole sesame seeds. A handful provides more than the RDA of iron and vitamin B6. It also has a high potassium content.

Hijiki is high in calcium, phosphorous and vitamins A, B₁ and B₂.

Nori has 28% more protein than sunflower seeds, lentils or wheat germ. It is a very good source of naturally occurring manganese, fluoride, copper and zinc and of all the sea vegetables it has the highest content of vitamins B₁, B₂, B₆, C and E.

Kelp is rich in all major minerals, especially calcium, potassium, magnesium and iron as well as important trace minerals including manganese, copper and zinc. 30g of kelp provides the RDA of chromium which is important in blood sugar regulation and also the RDA for iodine which is deficient in many soils but is essential to the thyroid gland⁶¹.

There is an abundant supply of minerals, trace elements and nutrients in the ocean water and the ocean floor. Ocean plants which grow in this sea of minerals are able to take these inorganic minerals and change them into an organic form which our bodies can utilize. This makes the many varieties of sea vegetables a very valuable food source today. By adding sea vegetables to your diet, you will ensure that you are getting the maximum nutrition possible.

However, people who do not live in countries near the sea will not be able to easily obtain fresh raw sea vegetables. The other option in this case is to take a nutritional supplement called Barley Green (visit our website to find out where this is available). Barley Green is a powder which is derived from the juice of young barley plants. Green leafy vegetables have the highest concentration of nutrients of all categories of food and leaves of barley have been found to have the widest spectrum of all the vitamins, minerals, protein, chlorophyll and enzymes necessary for human nutrition than any other food source on earth. Kelp

has also been added to Barley Green which brings in the trace minerals which can only be derived from ocean plants. Kelp is the best sea vegetable because it contains every known (and still to be discovered) mineral that exists on the Earth – possibly as many as 100.

Barley Green is the only processed nutritional supplement which I would recommend because the way it is made does not destroy or alter the nutrients. This juice is spray-dried into a powder in a patented process, taking two or three seconds, in which no heat above body temperature is used. The spray-drying process bonds the barley juice to a water-soluble fiber, which stabilizes the nutrients until they come into contact with water or saliva. Since no heat or freeze-drying is involved in the processing of Barley Green, the nutrients are still in their live, raw, natural form.

By consuming Barley Green with kelp, as well as generous daily servings of raw carrots (including plenty of carrot juice), raw green vegetables for example broccoli, spinach and lettuce, raw beets, cabbage, cucumbers, sunflower seeds, pumpkin seeds, watercress and fruit with a high water content, you will ensure that you are obtaining all the vitamins, minerals and trace elements that your body needs.

How To Eat

We have discussed when to eat and what to eat, but how you eat is just as important. Every part of the body was designed for a reason and we have teeth that are supposed to chew our food! This very important step in digestion is often forgotten as most people gulp their food down in a hurry in between the busyness of life.

The goal in healthy eating is to make digestion as efficient as possible. Digestion begins in the mouth and in fact this is where a significant portion of digestion should take place! As you chew your food, the salivary glands are stimulated to release saliva which contains enzymes that immediately begin to digest and break down the food. Up to 80% of starch, 30% of protein and 10% of fat can be digested by en-

zymes in saliva. If you grind your food into a liquid or creamy consistency that is well mixed with your saliva before you swallow it, you create even less work for the digestive system and it is easier for the body to absorb the nutrients from the

“You must chew your drinks and drink your foods!”

food. Swallowing your food in chunks without chewing it sufficiently results in a lack of assimilation of nutrients in the food as well as toxification of the digestive system as a result of the waste products produced by improperly processed food. Therefore it is important to avoid eating in a rush. The shorter the time given for a meal, the less in quantity should be eaten. It is better to miss a meal than to eat without chewing your food properly.

If you get tired of all that chewing and just need a break, there are other methods of preparing your food to save your body the energy such as juicing and blending to make smoothies. However still take care to mix the liquid with the saliva in your mouth well before you swallow it. Swirl it around in your mouth and savor the flavors before gulping it down. The saying goes: “You must chew your drinks and drink your foods!”

It has been well documented in medical research that the body must maintain a slightly alkaline pH (rather than an acidic state) in order to maintain good health and avoid disease. Because of this, some health teachers advise people to eat only alkaline forming foods and to avoid acid forming foods such as certain types of beans, legumes, nuts and so on. However they are not taking into account that saliva is highly alkaline, and when health-giving acid forming foods are well chewed, they are converted to a state where they yield their life-giving properties without harm to the body. Remember that all foods that God created are good.

1 Timothy 1 v 4: “For everything that God has created is good, and nothing is to be thrown away or refused if it is received with thanksgiving.”

Naturally acidic foods fruits, vegetables and nuts are part of what God revealed as our food in Genesis 1 v 29...**And God said, “See, I have given you every plant yielding seed that is on the face of all the land and every tree with seed in its fruit; you shall have them for food.”**

Foods that God never intended to be consumed such as processed products high in refined sugars will put the body into an acidic state. When we eat a wide variety of fruits, vegetables, nuts and seeds as was the design of our intelligent Creator, our body pH will naturally be maintained at the correct level.

Eat The Right Amount Of Food

Raw, ripe, fresh, organic, living foods are the best for our bodies. However when and how much we eat has just as much of an impact on our health and maybe even more. Most people today eat too much food too often. When we are consuming more food than our bodies have a nutritional need for, we are overeating. Let's have a look at three of the main reasons why people overeat:

Reason #1: A Toxic Mindset

Behind over eating is a toxic mindset which is a low self esteem and the need to be loved unfulfilled (explained in depth in the chapter on page 345). I explained in part 1 of this book that we cannot genuinely love others unless we love ourselves. We are only able to love ourselves when we receive and experience the love of the Father. There is a connection between how much people are overeating today and their lack of time spent in communion, worship and thanks to the Father for their food. As people have lost their intimate connection with their Father, it has left behind an emotional void and they have looked towards and idolized food as a source of comfort.

Reason #2: Deficiency Of Nutrients (due to poor quality food)

There are some people who overeat, even when eating the correct foods, but the majority of people who overindulge are those who eat poor quality foods with a low nutritional content. If a person only drinks vegetable juice for seven days, the nutrition he will get is equivalent to the nutrition a person would get from three to four months on an average Western diet. I mentioned previously that most people are starving on full stomachs. Although they are eating large quantities of food, it has little nutritional value. Therefore not long after they have eaten, the body sends out signals that it is hungry again because it still needs nutrition! In response to the hunger pangs the person eats again and the digestive system is overloaded with an excessive amount of "empty food".

Proverbs 13 v 25: "The righteous person eats his fill, but the belly of the wicked is empty."

Proverbs 13 v 25: "An appetite for good brings much satisfaction, but the belly of the wicked always wants more." *Message Bible*

When we eat high quality foods packed with life giving nutrients according to the Lord's guidelines in His Word, our body's nutritional needs will be met and we won't have a tendency to over eat. The right amount of food that each person needs varies on an individual basis, but the higher the quality of the food you eat, the less food will be needed. A healthy, clean body requires only a small amount of nutrients to keep things in great working order. The common mentality "the more the better" is not correct. The quantity of food we need to eat is very little compared to what we are used to consuming. Many of us would be surprised to find out that we are nowhere close to eating the right amount of food that our body needs and that in fact we are eating way in excess. Many are not surprised but simply don't care. However any excess food becomes waste and is harmful to your health. The size of your stomach is supposed to be the size of your fist and your fist is not supposed to be big and fat⁶¹. If you are carrying extra fat in your body it is not good for you and it is an obvious sign that you are overeating. It is not the amount of food that

you eat that keeps you alive, but how much of what you eat that your body can use. You can eat a lot of food and still starve to death if your body cells cannot use anything in the food.

Reason #3: Detoxification

Many people think that they are getting too little food when in fact they are eating too much. Another important factor is how toxic a person is which is determined by the quality of their thought lives and the quality of the food that they have eaten the majority of the time. The more toxic a person is, the more they will feel the need to continuously eat. Let me explain why: Your body uses most of its energy for either digestion or healing/cleansing – but not both at the same time. When there is no food to be digested, the body will focus its energy and attention on healing and cleansing where it will dislodge and get rid of toxins. The release of toxins into the bloodstream causes the person to feel weak or very sick. Therefore they will eat something. When they eat, their body requires the expenditure of energy for digestion and so this stops their body from cleaning out the toxins. As a result of the body's natural cleansing process being stopped by eating, the person feels better. Therefore they mistake it as a sign that they needed to eat more, when in fact they need to be eating much less.

The cleaner a person is internally and the higher the quality of the food they consume, the less they will need to eat and the more their bodies will get out of the food that they eat.

The Damage Done By Overeating

Although eating patterns vary from culture to culture, across the world people are truly addicted to eating more food than they need, more often than they need it. We have turned a daily blessing of nourishment that the Lord gave us into a daily sin of gluttony by over consuming everything we stuff into our bodies. For many years, I was one of the chief offenders until God dealt with me. Gluttony was second on the list of sins and grievances that God had against Sodom:

Ezekiel 16 v 49 – 50: "The sin of your sister Sodom was this: She lived with her daughters in the lap of luxury – proud, gluttonous and lazy. They ignored the oppressed and the poor. They put on airs and lived obscene lives. And you know what happened: I did away with them." *Message Bible*

No matter how good or bad the food you eat, it will cause havoc in the body when you eat too much, resulting in improper digestion and improper elimination. When we eat more food than our body has a nutritional need for, the digestive system has to work harder and waste more energy trying to eliminate the excess. In the meantime there is a build up of food in the gastrointestinal tract. When food stays in the intestines longer than it should, harmful bacterial action occurs. This results in the production of gases and toxins which are absorbed by the tiny blood vessels in the wall of the intestines and they poison the entire bloodstream (this is known as auto-intoxication), thus setting the stage for disease and expensive medical bills.

Proverbs 13 v 19 – 21: "Oh listen, dear child – become wise; point your life in the right direction. Don't drink too much wine and get drunk; don't eat too much food and get fat. Drunks and gluttons will end up on skid row, in a stupor and dressed in rags." *Message Bible*

Proverbs 13 v 20 – 21: "Do not carouse with drunkards or feast with gluttons, for they are on their way to poverty." *New Living translation*

Studies show that gluttony makes people lethargic and drowsy similar to excessive alcohol intake. People can literally get drunk from eating too much! Many Christians are quick to judge and condemn somebody who drinks too much alcohol but gluttony is also rampant in the church and this is hardly noticed. When food is served at church functions, most people are more interested in the food than the message from God's Word. The pastor and church leadership often overindulge the most. Furthermore the food being served is coffee, tea, sweets, cakes and other unhealthy, harmful foods that do not honour the guidelines in God's Word.

Remember that your thinking, eating and sleeping habits are interdependent and affect each other. Over eating will not only cause you to become mentally lethargic, but it will negatively affect your sleep. I explained previously that an adequate amount of quality sleep at the right time is vital for good health. Many people do not get enough sleep because they eat too much. The more food a person eats, the more sleep they need because more cleansing is required. Therefore gluttony also makes it difficult to adhere to God's timetable for sleeping.

Many health teachers advise people to only eat when hungry. This does not work most of the time because when people over eat, it eventually impairs the brain's ability to distinguish what food it needs. As a result this causes the person to eat more and more of especially the wrong foods, and if they miss a meal or don't eat for a few hours they feel hungry. However, this is not true hunger, but habit hunger. When you eat the foods that God designed for you to eat, you will not over eat because it is almost impossible to eat too much raw fruit and vegetables. Furthermore because these high quality nutrients satisfy the nutritional needs of your body cells, your appetite is kept in check, making over eating less likely. There are no calories to count, no formulas to follow and no sense of deprivation because this is real eating that nourishes your body as it was designed to be.

As you re-educate and adjust your body back to proper nutrition, your brain will learn over time to send the right signals to your appetite. Then you can begin to listen to the wisdom of your body, eating more when you are genuinely hungry and enjoying as much as you desire. Your body is designed to tell you through your appetite whether to eat sweet and juicy fruits or savoury crispy salads or rich fats, based on your body's particular needs at the time.

People who eat a diet consisting of predominantly raw fruit and vegetables at the correct times report having more energy, being better rested at night and do not require as much sleep⁶³. To experience the best health possible you need to have Godly thinking, eating and sleeping habits. If you go wrong in one of these areas, the other two areas are also negatively impacted and as a result your health suffers.

In his book "The Natural Food for Man", Dr. Hereward Carrington said, "Every individual should restrict himself to the smallest quantity that he finds, from careful investigation and experiment, will meet the wants of his system, knowing that whatever is more than this is harmful."

At age 35, a man called Luigi Cornaro was diagnosed with a terminal disease, with not long to live. He ate just as much as the average person of that time but he changed his eating habits when he got very sick. He fully recovered and died in 1566 at the age of 102. When asked the secret to long life, he simply said: "Man should live up to the simplicity dictated by nature, which teaches us to be content with little and to accustom ourselves to eat no more than is absolutely necessary to support life, remembering that all excess causes disease and leads to death"⁶¹.

He came to the same conclusion that several other people who lived more than 100 years came to: If moderation has efficacy enough to heal the sick, it must also have the power to preserve us in health and strength. However moderation is a Godly principle that was tucked away in the wisdom of God's Word thousands of years ago.

Proverbs 9 v 11: "For by me [Wisdom from God] your days shall be multiplied and the years of your life shall be increased."

Moderation And Self Control

Proverbs 25 v 16: "Have you found [pleasure sweet like] honey? Eat only as much as is sufficient for you, lest, being filled with it, you vomit it."

Moderation, self control or self restraint is a fruit of the Holy Spirit (Galatians 5 v 23). Jesus said that the only way you can bear fruit is by abiding in the Vine.

Whilst we need to avoid unhealthy foods that God never intended us to eat as much as possible, there are several Scriptures that teach us to practice moderation in all good things, and this includes food and drink. There is truth in the old saying, "We should eat to live, not, live to eat". The amount of food we consume should not be based on what we feel but purely what our bodies need to survive. Any amount above that is going to lessen the condition of our health.

Most people today don't eat out of hunger, they eat for pleasure. There is nothing wrong with experiencing the pleasure of food but we need to practice self control in that pleasure because overdoing it turns into overeating.

Moderation, self control or self restraint is a fruit of the Holy Spirit (Galatians 5 v 23). Jesus said that the only way you can bear fruit is by abiding in the Vine:

John 15 v 4 – 5 & 7: "Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. ⁵I am the Vine; you are the branches. Whoever lives in Me and I in Him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing. ⁷If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you."

Earlier I mentioned that one of the reasons we over eat is because of a lack of intimate fellowship with God the Father. If you are having a problem with self control and moderation, get to know the Father more! The fruits of the Holy Spirit are manifested in your life from spending time in God's presence – that is what abiding in the Vine means.

Galatians 5 v 22 – 23: "22But the fruit of the [Holy] Spirit [the work which His Presence within accomplishes] is love, joy (gladness), peace patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness, ²³gentleness (meekness, humility), self control (self restraint, continence). Against such things there is no law [that can bring a charge]."

1 Corinthians 6 v 19 – 20 says that our body is the temple of the Holy Spirit and we need to bring God glory in our body. What does "glory" mean? It means "a manifestation of God's character" or "a manifestation of His Presence".

When you spend time in intimate fellowship with God, the Bible says that the work that His Presence will accomplish within you is the fruits of the Holy Spirit. The nine fruits of the Holy Spirit are qualities of God's incredible nature and character and as we spend time in His Presence, as a work of the Holy Spirit they become part of our nature and character. God wants His glory to manifest through us. He wants the world to see His character and nature through us.

He wants people to look at us and experience the love of God and self control.

1 Corinthians 6 v 19 – 20: “Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, You were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body.”

When you accept Jesus as your Savior through what He did for you on the cross, then He bought you lock, stock and barrel – spirit, soul and body. Yet many people serve Him spiritually but still serve the world physically. Your body is not your own, you were brought with a price, and you need to bring God glory even with the way you eat and drink.

1 Corinthians 10 v 31: “So then, whether you eat or drink, or whatever you may do, do all for the honour and glory of God.”

When we buy a car we are very careful to look after it according to the manufacturer's instructions because we paid a high price for it. For example we never consider taking our expensive car to an unqualified mechanic and we would not fill it with low-grade fuel or additives that it was not designed to use. Should we be any less conscientious in the care and maintenance of our body which is the temple of the Holy Spirit? Jesus did not pay a very high and incomprehensively agonizing price for us, just so that we could abuse our bodies by overeating and treating them like a trash can with the rubbish food that we stuff into it. Since our bodies are no longer our own and have been brought with a price, we need to treat it with the honor and respect it deserves. There is a self respect crisis and an epidemic of low self esteem amongst people today – many people consider themselves of so little worth that they have given up caring if they are tired, overweight, sick and if life passes them by without enjoying it. Then there are other people which the medical community calls Type A personalities. These are the workaholics who are driven to achieve and succeed. They have a good enough self image but usually can't be bothered to take care of themselves with, exercise, healthy eating habits and adequate rest because they have more important things to do.

However, investing into your health is wisdom. Rather than thinking of the time spent in exercise, adequate rest and eating healthily as a waste – you need to start thinking of it as an investment into your health – for now and later on. People willingly invest money into medical aid schemes and health insurance because they know that the money they are sowing now will earn interest and benefit them later in life when they retire. However these same people are not willing to make simple investments in their health such as eating the right food, in the right quantities, at the right time which is far more rewarding than any health insurance policy. Instead of having to wait until you retire to reap the benefits, your investments start paying off now and for the rest of your life.

When we have a car, we need to do maintenance such as rotating the tyres, checking the oil and water, changing the filters etc. There are no immediate benefits but if we don't, the car eventually breaks down. Running a car into the ground and burning out an engine is far more costly than putting in fresh oil, a new filter and water after every so many kilometers. Similarly our body is the vehicle that we need to get around in life. Our body is the only one we've got, so we need to look after it and be a good steward of it. If you don't do the maintenance, you'll run your body into the ground (the grave) before God intended.

Our Heavenly Father has given us a blueprint to follow for the proper care and maintenance of our bodies. The owner's manual for divine health is of course the Bible. Often it is left accumulating dust and cob webs on the shelf until a time of crisis. Only then do we dust off the cover and search its pages for the answers. However, you don't wait until you crash into another car in front of you before you have your car serviced and your brakes checked. Many people wait until they are sick before they invest into their health. It is certainly easier and cheaper to prevent yourself from becoming sick in the first place! It is better to stop eating two hamburgers and drinking three cokes a day than for example, to endure diabetes

with insulin injections later on. Investing into your health now pays off immensely down the road. You'll save time spent in doctor's offices and in hospital. You will save money that would have been spent on prescription drugs, sleeping pills, surgical operations and hospital stays. Good health is more cost effective. Sickness and diseases are very expensive. When you can't be bothered to look after yourself, you disrespect others because you end up sick and incapacitated and the burden of taking care of you falls on your family and society. However, the greatest tragedy is that you miss out on the awesome plan, calling and destiny that God has for your life because your life was cut short through improper care of your body. Your body is the temple of the Holy Spirit – treat it with the care, honor and respect it deserves. Our bodies belong to the Lord and we have the responsibility to give them proper rest, exercise, water and healthy food...and all of this in moderation.

Overeating Makes You Spiritually Lethargic

What I completely underestimated is how much overeating on foods God never designed us to eat impairs our spiritual advancement. I only became aware of this when I started eating correctly according to God's Scriptural principles, and not only experienced increased health and energy physically, but an exponential growth spiritually as well. You see when you sow to the flesh as you nurture your pleasurable unhealthy eating habits, the stronger that addiction will become. If you sow to the Spirit and eat according to the Spirit, the stronger you become spiritually. Whoever you feed is going to become your master.

What I completely underestimated is how much overeating on foods God never designed us to eat impairs our spiritual advancement.

Galatians 6 v 8: "For he who sows to his own flesh (lower nature, sensuality) will from the flesh reap decay and ruin and destruction, but he who sows to the Spirit will from the Spirit reap eternal life."

Who Do You Put First?

Philippians 3 v 19: "They are doomed and their fate is eternal misery...; their god is their stomach (their appetites, their sensuality) and they glory in their shame, siding with earthly things and being their party."

When was the last time that you fasted or went without food for a whole day? Did you miss your food? Did you think about it a couple of times throughout the day? When was the last time you went a whole day without reading God's Word and spending time with Him? Did you miss it and think about it as much as you missed your food?

We have made food the number one idol in our lives.

One of the most common sins that people commit on a daily basis is idolatry – we have made food the number one idol in our lives. Many Christians sing their love songs of praise to the Lord, but as soon as they sit down to eat their meal God takes second place. The pleasure of satisfying their taste buds takes precedence as they indulge in the appetites of their flesh. Pursuing comfort and pleasure in food is more important to most people than obedience to God's Word about looking after their body which is His Temple. It is important to understand that no matter what food we eat, if we are overdoing it or making an idol out of it, it will have negative results on our health.

Obedience to God, even in our eating habits should come as an overflow of our love for Him (John 14 v 15). In Romans 12 v 1 we are encouraged to present our bodies as a living sacrifice to the Lord (holy, devoted, consecrated and set apart for Him) as a form of service and spiritual worship. When food is more important to us than God, we are worshipping it instead and we are in very dangerous territory. This is breaking the second commandment where God said we are to have no other gods or idols that take first place in our lives over Him (Exodus 20 v 3).

1 John 5 v 21: "Little children, keep yourself from idols (false gods) – [from anything and everything that would occupy the place in your heart due to God, from any sort of substitute for Him that would take first place in your life]."

Job was an example of a man who put God before the desires of his flesh. The instructions of God's Word were more important to him than his necessary food.

Job 23 v 10 – 12: "10But He knows the way that I take [He has concern for it, appreciates, and pays attention to it]. When He has tried me, I shall come forth as refined gold [pure and luminous]. 11My foot has held fast to His steps; His ways have I kept and not turned aside. 12I have not gone back from the commandment of His lips; I have esteemed and treasured the words of His mouth more than my necessary food."

A key word in the above Scripture is the word "necessary". It is one thing to say that you are prepared to skip a few meals or fast for a couple of days, but to treasure and esteem God's Word more than your necessary food is saying that God's instructions and commandments are more important to you than your physical life. There are not many people today who are this serious and passionate about God's Word. Of course I am not implying that God wants us to starve for Him. The point is that food must not take first place above God. Even Jesus said, "Man shall not live by bread alone but by every word that proceeds from the mouth of God" (Luke 4 v 4).

Whilst many people in Scripture put their lives on the line to obey God, most people in the church today are not even prepared to give up their comforts and luxuries for Him. Many Christians sing of their passionate love for God and claim that they want to follow His ways, but their actions reveal just the opposite. As soon as obedience to God causes any discomfort to their flesh, they run in the opposite direction.

Romans 16 v 18: "For they that are such serve not our Lord Jesus Christ but their own belly."

We have taken a simple daily blessing that God gave us which is food for nourishment and turned it into a daily sin. You just have to watch the way people react around food and how it controls their desires and habits to see that idolatry of food and drink has become the most common sin that Christians commit in and out of church.

Many people will make all sorts of excuses why they cannot follow God's instructions and guidelines for eating, sleeping and rest but Daniel put his life on the line to be obedient. The most important thing in Daniel's life was to put God first and please Him by obeying His Word, no matter what it cost him - even if it meant been thrown into a lion's den or a fiery furnace. One of the common apprehensions that people have about changing their lifestyle to eat and sleep according to Scriptural principles is how it will affect them socially. However Daniel was not prepared to compromise in order to follow the crowd or please man.

Exodus 23 v 2: "Do not follow the crowd when it does wrong."

God knew from creation that the cultures and traditions of this world would change and that people would be lead away from His instructions. He knew exactly what was going to happen to the land, the food and the people. He also knew that no matter how hard circumstances became, there would always

be a few who would seek to keep His Word, regardless of what the majority chose. Daniel is an amazing example of a man who faced the test of having to choose between disobeying God to please man or going against man's ways to please God. He was put through some of the harshest trials a person can go through and he still did not abandon God's ways. Not only did he refuse to bow to other gods, but he pursued excellence even in his eating habits (Daniel 1 v 8 – 17). No matter how much pressure he was under from the world, Daniel refused to eat the King's food and said, "I will only stick to my God's diet plan." He was tremendously blessed with wisdom and great health as a result.

Daniel 1 v 8 – 20: "8But Daniel determined in his heart that he would not defile himself by [eating his portion of] the king's rich and dainty food or by [drinking] the wine which he drank; therefore he requested of the chief of the eunuchs that he might [be allowed] not to defile himself. 9Now, God made Daniel to find, favour, compassion and loving kindness, with the chief of the eunuchs. 10And the chief of the eunuchs said to Daniel, I fear, lest my lord the king, who had appointed your food and your drink, should see your faces worse looking or more sad than the other youths of your age. Then you would endanger my head with the king. 11Then said Daniel to the steward whom the chief of the Eunuchs had set over Daniel, Hananiah, Mishael and Azariah, 12Prove your servants, I beseech you, for ten days and let us be given a vegetable diet and water to drink; 13Then let our appearance and the appearance of the youths who eat of the king's [rich] dainties be observed and compared by you, and deal with us your servants according to what you see. 14So [the man] consented to them in this matter and proved them ten days. 15And at the end of ten days it was seen that they were looking better and had taken on more flesh than all the youths who ate of the king's rich dainties. 16So the steward took away their [rich] dainties and the wine they were to drink and gave them vegetables. 17As for these four youths, God gave them knowledge and skill in all learning and wisdom, and Daniel had understanding in all [kinds of] visions and dreams. 18Now at the end of the time which the king had set for bringing [all the young men in], the chief of the eunuchs brought them before Nebuchadnezzar. 19And the king conversed with them, and among them all none was found like Daniel, Hananiah, Mishael and Azariah; therefore they were assigned to stand before the king. 20And in all matters of wisdom and understanding concerning which the king asked them, he found them ten times better than all the [learned] magicians and enchanters who were in his whole realm."

After only ten days of eating according to God's principles, Daniel and his three friends had ten times more beauty, knowledge and wisdom than any of the other slaves. They were in a very stressful environment but did not resort to emotional eating on comfort food, as many people do today while blaming it on their circumstances. If you are serious about overcoming an illness, you need to eat according to God's guidelines, no matter what. You cannot allow your flesh to create your desires, control your actions or dictate what is best for you.

Summary Of God's Principles Of Eating And Rest

Below is a summary of all that I have shared in part 2 of this book about God's principles of eating and rest. The main goal and benefits of these Scriptural principles is to maximize the efficiency of digestion so that the body is kept well supplied with life-giving high quality nutrients whilst minimizing the energy needed to digest them so that as much energy as possible is conserved for healing, rebuilding and repair.

Rest According To God's Design

1. When the sun goes down, it is time for you to begin winding down - avoid eating, drinking water/ other liquids and stimulating activities after dark.
2. Go to sleep early - as soon as possible after sunset.
3. Obtain an adequate amount of sleep (seven to eight hours a night).
4. Wake up early - at or a few hours before sunrise.
5. Have a Sabbath rest.

Eat At The Right Time

1. Do not eat when it is dark outside.
2. Eat two meals a day at the 3rd and 9th hours.
3. Do not snack in between meals.
4. Eat less (fruit and vegetable juices) or fast during God's weekly, monthly and yearly appointed times of rest.

Get Your Mind Right And Eat Your Food With The Right Heart Attitude

1. Deal with any toxic mindsets before you eat (fear, anxiety, worry, anger, unforgiveness, guilt etc) through repentance.
2. When your mind is filled with God's peace which surpasses all understanding and your heart is filled with love, joy and thanksgiving, your brain and digestive system will be able to work in sync with each other to create a healthy environment for the effective digestion of your food.
3. Make praise, worship, communion and fellowship with the Lord an intimate part of your whole meal.

Eat The Right Quality Foods

1. The first step in eating the right foods according to the Creator's instructions and guidelines is to

avoid or at least drastically limit foods that He never intended to be consumed. These foods are listed below, starting with the worst that should be avoided as much as possible and ending with those unhealthy foods that should at least be limited. However the ideal would be to avoid these foods listed below completely. Just because you don't feel sick immediately after eating unhealthy foods that God never designed us to eat, it doesn't mean that they are not harmful for you. It has been proven that these foods shorten the quality and quantity of life.

- The meat of unclean animals.
 - The fat of an animal.
 - The blood of an animal.
 - Animals that have been drugged (for example growth hormones and antibiotics).
 - Foods pumped with chemicals.
 - Genetically modified foods.
 - Hybridized foods.
 - Processed foods (including refined sugar, white flour, salt and caffeine).
 - Alcohol
2. Fruit and vegetables are the most important part of our diet and should constitute the largest portion of the food we eat. They must be raw, ripe, fresh, organic and in season!
 3. Clean meats and eggs (must be organic). Do not eat meat more than three or four times a month. The more often you eat meat, the less that must be consumed with each meal.
 4. Milk and cheese – it is best to eat it raw (not pasteurized and homogenized).
 5. Honey – raw, not too much.

Drink Lots Of Water

Do not drink water with your meals but rather one hour before or one hour later.

How To Eat

Chew your food well – chew your drinks and drink your foods!

Eat The Right Amount

Don't over eat – exercise moderation and self control.

The Process Of Putting These Principles Into Practice

My greatest challenge in helping sick people is to get them to put the principles I share with them into practice. Many people don't like the fact that effort and work on their part is required in their healing process. I thought it was difficult to get people to renew their minds on a consistent basis but what has been even harder is to get them to change their eating habits. Paul Nison, who wrote the book "Health according to the Scriptures" said, "It is easier to change a man's religion than to change a man's diet."

Although they are convinced of the truth and health benefits of these principles, many people just see no way to break the habits that they have been addicted to for so long. For some of us, the changes that we would have to make in our lifestyle are so radical that it seems overwhelmingly daunting. However the good news is that unless you are sick with a very serious or life threatening illness, you do not have to make these changes over night. You can make gradual adjustments and one right choice at a time as the Holy Spirit leads you. Go at your own pace and make the necessary changes when you feel that you are ready mentally and physically. If you try to move at somebody else's pace you will run into problems. If you go too slowly, you won't see any results. If you go too fast, you won't enjoy the changes and will be tempted to give up before you have experienced the benefits.

Just like renewing your mind is a process, developing healthy eating and sleeping habits will take time, but it will be well worth the effort. When you follow God's principles of eating the right quality foods, in the right amounts, at the right times and experience the wonderful feeling of increased energy and the enjoyment of being in good health, you will be inspired to adhere to God's plan more and more.

Now that you have all of this information along with the Word of God as your guide, you need to prayerfully make a plan of how to put these principles into practice: you need to know where you are, where you want to be and how you will get there. In this chapter there is a four stage plan to assist you practically in making a transition to a healthier lifestyle. This plan is just a suggestion or a model around which you can build your own plan. Adjustments will need to be made depending on your own individual situation such as the level of your health, your occupation and other factors. Do not rush into anything that you are unsure of - first gain knowledge and understanding of all that is involved. It is important to understand "the how" and "the why" behind all of these principles.

Stage 1: Preparation

Six Weeks To Three Months

Stage 1 is where you need to prepare yourself mentally and physically to make the change to a healthier lifestyle based on God's Scriptural principles.

This stage is especially important if your main diet up until this point has consisted of fast foods and processed foods. This is where you need to prepare your body, so that it is not shocked by the sudden intake of natural concentrated super-nutrition that you will gain from the vegetable juice in stage 2. Over a six week to three month period you must gradually increase the amount of raw, fresh fruits and veg-

etables that you eat on a daily basis. At the same time reduce the amount of meat that you consume and eliminate the harmful processed foods from your diet as well as sugar, fats, fizzy drinks, caffeine (coffee, tea and coke), alcohol, and cigarettes. Try and build up to the point where you eat at least three pieces of fruit and a large salad with lots of green vegetables with your cooked meals every day. Then begin to add vegetable juices to your meals and eventually replace one meal with a juice. If you already eat salads and/or juice on a daily basis, you can skip this stage and immediately move on to stage 2.

As you begin to prepare your mind for your new journey, prayerfully set goals. Setting goals is important for successfully achieving anything in life. For example, when you travel on a journey, your goal is your final destination and you would plan the route you would take. In order to arrive at your destination successfully, you would set mini-goals, for example towns you would pass through to get there. After reaching point A, you would set a goal for reaching point B and so on until you reach your final goal. If you want to enjoy the best health possible that God intended for you, you must also set mini-goals to help you reach your final goal. Write these goals down as well as your reasons for wanting to reach them. For example if you have cancer, your goal would obviously be to completely recover and your reasons may include wanting to see your children grow up, to be there for your spouse etc. If you don't have an illness at the moment your goal may be to develop your health to its maximum potential and to stay in divine health without getting sick in the first place so that you can fulfill God's plan and destiny for your life. That is a very good reason!

Regularly go back and review the goals and reasons you wrote. As you do this, picture yourself, in your mind's eye, where you, desire to be. You will find that this will help you tremendously with your success as it will be a great motivating force to help you reach your goal. It will reinforce your commitment and encourage you as you see your progress in making your goals become a reality.

Be careful of allowing this preparation period to turn into a procrastination period. Don't fall into the trap that smokers often do when they try to quit. Often they will be prompted to give up their addictive habit with a health scare where they are told by their doctor that if they don't stop smoking they are headed for a heart attack, stroke, emphysema or lung cancer etc. Instead of giving up it up immediately, some people try to cut down on the number of cigarettes they smoke a day. However this typically leads to years of frustration with themselves whereby they desire to quit, yet keep indulging in another cigarette. Each time they light up a smoke, it causes them to want another....and then another...and another...until they eventually die of the consequences of smoking.

The same principle applies to your success or failure in overcoming your harmful eating habits. As long as you just play around with the diet by making a few improvements here and there, whilst still continuing to consume dead, toxic foods that will impair your healing, you will not achieve anything. If you want to equip your body to overcome an illness and to successfully reach your goal of ultimate health, don't mess around with making the change. The best way to do it is to cut out all harmful processed foods as well as sugar, fats, fizzy drinks, caffeine (coffee, tea and coke), alcohol, and cigarettes immediately...or as they say "cold turkey". That is the way that I did and thousands of others with great success. If you are not currently ill with a serious disease, you may prefer to gradually cut out the harmful foods rather than going the cold turkey route. However give yourself a set time period within which to do this, decide on a specific date to start stage 2 and stick to it in order to avoid an experience like some smokers have in trying to quit cigarettes.

SUMMARY OF THE PURPOSE OF STAGE 1

The stage 1 preparation time is designed to help you cope better with the de-tox symptoms of stage 2 by eliminating the harmful processed foods from your diet whilst gradually introducing more raw fruits and vegetables.

In this way your body will become stronger than when you started, preparing you better for the next cleansing stage. By cutting out the harmful foods, your body will be less toxic when you start stage 2 and therefore the symptoms of de-tox experienced during period will not be as pronounced.

Stage 2: Cleansing And De-Tox

Seven Days To Six Weeks

If Possible, Begin With A Fast

An effective way to break an addiction to overindulgence in food or drink or unhealthy eating habits, and start your journey of a new way of eating and sleeping according to God's principles is fast. This fast can involve going without food completely or only drinking vegetable juice. How long you fast depends on the level of your health and how the Holy Spirit leads you. During this period spend time in prayer and repentance, as well as time in intimate fellowship with the Lord. Ask Him for His strength and help. Please make sure that you have read the section on page 117 under the title: "Change Only Comes By Grace".

Apart from the spiritual benefits of fasting to prepare you for your new journey, it allows your body to begin the process of cleansing itself of toxins. It is important to clean out before trying to rebuild.

Juicing

I recommend juicing vegetables during stage 2 to enable the body to cleanse itself of toxins and heal and rebuild its cells and vital organs. It is true that we don't see juicing in nature and God did not provide Adam and Eve with juicing machines in the Garden of Eden. However, the need for juicing arises because our bodies are not as pure, clean, strong and healthy as they were at the time of the original Garden. Our bodies have been starved of life-giving nutrients whilst we have filled them with toxins and poisons from unhealthy eating habits where we have consumed food that God never intended to be put into our bodies.

The cells that make up our bodies are continuously in the process of dying and replacing themselves. Throughout our whole lives approximately 300 million cells die and are replaced by 300 million new cells every minute. As the cells die, each new cell which replaces it is totally dependent on the building materials (nutrients from food we eat) within the body. The quality of the cell in terms of health, strength and vitality is determined by the quality of the building material that it was made with. If the building materials are of poor quality (for example from processed or cooked foods), the new cell will be weaker than the cell it is replacing! Over time as poor quality foods are habitually consumed, the cells and organs become weaker and weaker whilst toxins accumulate within them from the preservatives, artificial colorings and other harmful ingredients in processed food. These toxins have a degenerative effect on the body cells and they continue to deteriorate into a state of sickness. Today the physical bodies of most people, especially on the average western diet, have degenerated to a very serious degree. The reason is because they are supplying their bodies with the wrong building materials! Processed and cooked foods are devoid of nu-

trients – they have no enzymes, they have lost most of the vitamins and minerals, and the proteins have been converted into an unusable form...in other words they are dead low-quality foods! Dead food loaded with toxins cannot provide the proper building materials to make new, healthy, strong, vibrant living cells! It is simple wisdom that living foods are necessary to build living body cells!

Therefore the first two problems that have to be addressed in restoring your body back to health after dealing with the toxic mindset behind a disease is:

1. Deficiency (of nutrients) i.e. high quality material to build body cells.

2. The build-up of toxins.

Juicing deals with both of these problems. Firstly it provides a high concentration of high quality nutrients (vitamins, minerals, amino acids and enzymes) that the body needs to rebuild and revitalize its weakened body cells and organs by creating new cells that are healthier than the ones being replaced. Secondly it supplies these nutrients in a liquid form whereby the nutrients can immediately be absorbed into the blood stream and utilized by the body cells without the time consuming and energy depleting process of digestion. The energy that is conserved can then be used for rebuilding and healing. Let's discuss this in more detail:

BOOSTING THE BODY'S ABILITY TO SELF HEAL

A book called "Acres of Diamonds" tells the story about somebody who travelled across the world in search of wealth only to come back with nothing and discover an acre of diamonds in their own back yard. For years people in the medical profession have spent a fortune in research trying to find cures for the diseases that afflict mankind. We put all sorts of toxic poisonous drugs into our bodies whilst we forget that our intelligent Creator has built an amazing self healing ability into our bodies called the immune system. This self healing mechanism is more capable of defeating diseases than the most well equipped hospital. Our Master Designer built into our bodies, incredible self healing tools including painkillers for emergencies, antibiotics for infections, dressing for wounds and microsurgery theatres capable of replacing damaged cells with new healthy ones.

The body's miraculous self healing qualities are demonstrated when you cut yourself by mistake. The first thing that you saw was blood oozing out of the wound. Blood is a natural antibiotic and cleanser. The next thing that happened (if an artery wasn't cut) was the blood coagulated and formed a scab. This natural wound dressing protected the injured tissue whilst the healing process continued. When the healing process was complete, the scab knew when to fall off. You have just witnessed The Great Physician's masterpiece in the art of healing!

Now say that after the wound in my skin heals, I purposefully cut myself in the same place again and again each time a scab forms. Is the self-healing process still occurring in my body? Yes, it is! Is my body able to complete the process of healing? No, not until I stop cutting myself! I hope you understand the point of this analogy – if you don't remove the cause of the problem, it will impair the body's ability to self heal.

With all that said, I would like to shed light on a very exciting truth: our Creator not only built us with a self healing ability in the skin and tissue on the outside of our bodies but every organ and cell inside our body has the same self-healing ability! After dealing with the toxic mindsets behind a disease, you can boost this self-healing ability by providing the body with the proper building blocks and nutrients that it needs for rebuilding new cells and organs. As you begin to nourish your body with the foods God intended, it will begin to use these high quality nutrients to build a new body, cell by cell, all at the same time. Once

the body has rebuilt the cells of the immune system and vital organs, it will almost always seek out the damaged area and heal it, wherever it may be.

This is not a magic cure – it is simply co-operating with the body by removing the things that are causing disease and assisting the body by providing it with the high quality nutrients and building blocks that it needs to function as God designed it to...which is to naturally self heal.

SUPPLYING THE BUILDING BLOCKS FOR HEALING

The best possible source of nutrition for healing and rebuilding our body cells is fruit and vegetables. The unique nutritional composition of raw fruits and vegetables consists of vitamins, minerals, amino acids (the building blocks of proteins) and enzymes which are all in their natural form and proper combination. These essential nutrients provide all the necessary tools and offer precisely what the body requires for rebuilding our immune system, vital organs and different types of body cells, for example blood cells, cells that make up the blood vessel walls, hair cells, brain cells, heart muscle cells, bone cells, lung cells etc. No man-made vitamin or mineral supplements, no medical drug or any other form of food that man has created can be used by the body to build as strong and vibrantly healthy body cells and organs as fruit and vegetables.

Raw fruits are the best cleansers of the human body, and raw vegetables are the best feeders and healers.

Raw fruits are the best cleansers of the human body, and raw vegetables are the best feeders and healers. Raw fruits are very good cleansers because they are easily and rapidly digested and they contain fibre which acts as an intestinal broom that clears out the colon and is able to flush out our system. Raw vegetables are the best healers because they are higher in most nutritional content than fruit, especially minerals. Vegetables contain the building blocks that develop powerful, healthy muscles, tissues, glands and organs.

I mentioned earlier that the cells in the body are continuously dying and being replaced by new cells. The quality of the cell in terms of health, strength and vitality is determined by the quality of the building material that they are made with. If the building materials are of poor quality (for example from processed or cooked dead foods), the new cell will be weaker than the cell it is replacing! Over time as poor quality dead foods are habitually consumed, the cells and organs become weaker and weaker whilst toxins accumulate within them from the preservatives, artificial colorings and other harmful ingredients in processed food. These toxins have a degenerative effect on the body cells and they continue to deteriorate into a state of sickness. However this process can be reversed – even if the deterioration of the body is quite advanced – if the dead foods are replaced with living foods (raw fruits and vegetables) that contain high quality nutrients and thus high quality building materials. When you supply the body with superior building materials on a daily basis, it will use it to build new higher quality, healthy, vibrant cells to replace the weak, degenerated, sickly cells. In this way the body rebuilds itself cell by cell, by replacing old cells with new, stronger cells until all the organs have been revitalized and it is functioning at its optimal level again (this takes approximately one year).

In his book, "The Hallelujah Diet", George Malkmus shared a testimony from his personal experience that powerfully illustrates the body's ability to heal and rebuild itself, once it is supplied with the high quality building materials that it needs: "At the age of 28, my eyes started to fail me. I could not focus properly nor see things clearly. So I went to the eye doctor, who gave me an eye examination, and as a result of the eye examination gave me a prescription for corrected lenses. I had the prescription filled and when I put on those glasses with those corrective lenses, I could see sharply and clearly again."

Now watch this – for 28 years I had been attempting to nourish my body with the Standard American Diet which is basically a dead (cooked) food diet. Thus, for 28 years I had been trying to nourish the living cells that made up my physical body of which my eyes were a part, with dead food. Thus, as the old eye cells died and were replaced with new cells, the new cells did not have high quality building materials with which to build strong new cells. For 28 years, as my eye cells died and were replaced with new cells that did not have high quality building materials, my eyes slowly deteriorated until I could not focus properly and had to obtain corrective lenses in order to see clearly.

So I brought these new glasses which enabled me to see clearly once again. But what did I do after receiving these new glasses? I continued to consume the same standard American dead-food diet that had caused my eyes to deteriorate in the first place. Thus, once again, as new weaker eye cells, which didn't have quality building materials, replaced the old eye cells, my eyes continued to deteriorate. When I went to the eye doctor a year after first receiving those corrective lenses, I had to have a strengthening of my eye glasses. Between the ages of 28, when I first started wearing eye glasses, and age 42, I had to have my eyeglass prescription strengthened at least three times, as my eyes continued to deteriorate on a mostly dead, cooked food diet.

At age 42, I changed my diet from the standard American diet (consisting of dead cooked food) of this world, to the basically living (Genesis 2 v 29) Hallelujah diet! The Hallelujah diet is comprised primarily of living plant foods and supplemented with raw vegetable juices. These juices are also in a living form and provide the most powerful cell building material I am aware of on planet earth. Now, with these superior building materials, the body has what it needs to build new, stronger, healthier, more vibrant cells, than the ones being replaced.

Now, watch what happened! At the age of 43, after just one year of consuming a living-foods, plant based, Hallelujah Diet, with lots of raw vegetable juices, I went back to the eye doctor, and he had to weaken my eyeglass prescription because my eyesight had improved. Between the ages of 42 and 65, I had to have my eyeglass prescription reduced at least three times, and today, as I write this, I am in my 70s and have not had need of eyeglasses since about the age of 65, for distance or for reading. Hallelujah!"

Simply by switching from the dead food diet of this world, to the living-foods that God designed our physical bodies to be nourished with, George Malkmus's body was able to heal itself and rebuild a literally new eye that no longer required glasses to see clearly. This incredible self-healing mechanism not only happens in the eye, but to the entire structure of the body! For example one surgeon called had a massive heart attack. The blood vessels supplying his heart were narrowed and damaged. After changing to a predominantly raw fruit and vegetable diet which supplied his body with high quality living nutrients as building materials, his body completely rebuilt those blood vessels. The follow up angiograms revealed that his blood vessels had been completely rebuilt and were restored to the correct diameter. George Malkmus not only recovered his eyesight, but he was healed of colon cancer.

Psalm 103 v 1 – 5: "1Bless (affectionately, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! 2Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits. 3Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases. 4Who redeems your life from the pit ... 5who renews your youth like the eagle's [strong, overcoming, soaring]!"

The immune system and self-healing mechanism that God built into our bodies is more effective and more powerful than any treatment modality that science will ever be able to synthesize. This ability to heal cannot be purchased, you cannot buy it over the counter, no doctor can prescribe it, you can only cultivate it within. In other words all you have to do is co-operate with your body's self healing mechanism

by bringing about conditions conducive to healing within it. Then the body will almost always heal itself of any physical problems. The body is a self-healing factory, with a whole team of little workers who renovate defective organs and cells, provided we supply the proper fuel and building materials for reconstruction. What we choose to eat comprises the entire shipment of building materials our body has to work with; so we either build strong healthy cells and organs that make up a healthy body or weak body cells and organs that cause the body to deteriorate into degenerative diseases.

The human body is a living organism which requires living food. Only living food contains the building materials that the body can use to build new living cells and heal itself. After your body has rebuilt itself with living cells, if you continue to eat a living food diet consisting of an abundance of raw fruits and vegetables, the body will continue to maintain its health – the organ systems will not degenerate and you won't get sick anymore!

Unfortunately modern science does not pay much attention to the intelligent design of our Creator. Instead of working with the body's immune system and self healing ability, they subdue it and over power it with drugs which are nothing but toxic poisons to the body. Instead of focusing on healing and rebuilding, the body is forced to deal with these toxins. Many people with cancer are treated with chemotherapy – a drug that completely destroys the immune system. When the immune system is destroyed, there is no possible way that the body can heal itself.

If drugs don't work, the next step is radiation: if they cannot poison it out, they will try and burn it out. Radiation has no healing abilities – it kills cancer cells and everything else around it as well. Then if poisoning and burning doesn't cure the disease, they will attempt to cut it out via surgery. And then if surgery doesn't work, the illness is considered terminal and the person is sent home to die.

None of these three treatment modalities (drugs, radiation and surgery) that comprise the approach of conventional medicine in the treatment diseases assist the self-healing mechanism in the body. Instead, they impair it. However the medical profession at large will probably never treat diseases by dealing with toxic mindsets and assisting the body's healing ability through nourishing it with high quality foods because there is no money in that. If everybody was healed in this way, what would happen to the thriving multi-billion dollar medical industry, insurance companies and pharmaceutical companies? They exist because people are sick and it is not good business to teach people how to avoid expensive treatments. The only hope is for people to take personal responsibility for their own health and apply the knowledge and wisdom that God revealed in His Word for us to enjoy divine health.

REMOVAL OF TOXINS

So far we have established that:

- God built an immune system and self healing mechanism into our body.
- In order to boost this self healing ability, we need to supply the body with high quality building material (living nutrients) that it needs to rebuild stronger, healthier cells and organs.
- The best source of these high quality nutrients is raw fruit and vegetables.

The next question that arises is how do we get the nutrients from the fruit and vegetables to our body cells so that they can be used for rebuilding and repair? For example, say I have a peach in my hand – I know that there are nutrients inside it but how do I access those nutrients from the cells of the peach so that it can be available to the cells of my body? Well the first thing I instinctively do is take a bite. Are the nutrients inside the peach now immediately available at the cellular level of the body as fuel and nourishment as soon as I take a bite? No because the nutrients are locked within the liquid of the peach which is held together by the fiber and the skin. Therefore God had to provide our bodies with a way of extracting

that liquid....hence He created our digestive system. The digestive system processes and breaks down the peach into a liquid form so that we can get the nutrients from the cell level of the peach to the cell level of the body where they can be utilized.

Say as another example I have a carrot in my hand which consists of an orange, hard, fibrous substance. I know that there are wonderful nutrients in there that are excellent materials for building healthy body cells, but how do I access those nutrients? Well I take a bite and start chewing and grinding it with my teeth, breaking down the carrot from a hard, fibrous substance into a pulp which is mixed with saliva. Once this first stage of digestion has been completed, I swallow.

Now that the carrot pulp has been swallowed, it is called a bolus which travels down the esophagus to the upper chamber of the stomach. Here the enzymes contained in the raw carrot work on it for about

The nutrients are in the liquid of the plant.

30 minutes and break it down further. Then the carrot pulp is transferred to the lower chamber of the stomach where digestive juices (hydrochloric acid) are added. Here it is broken down into a semi-liquid mass called chyme consisting of the nutrients in the carrot, liquid and fiber. As the chyme continues its journey through the digestive system, it passes the opening of the common bile duct where digestive juices from the gall bladder and pancreas are added to facilitate digestion. Then the chyme moves into the intestines where the nutrients along with most of the liquid are absorbed through the intestinal walls into the blood stream. Only now are the nutrients in that carrot able to be used by the body at a cellular level. Once the nutrients are in the bloodstream, they are transported through the network of blood vessels to the trillions of body cells to provide nourishment and building blocks for healing and repair. In the meantime the fiber is sent to the colon and then later eliminated from the body in the stools.

Note that the fiber has no nutritional value. It is important for helping move the food through the long digestive tract which has many pockets, loops and bends but the nutrients are in the liquid of the plant. In order to access those nutrients the digestive system needs to extract the liquid from the plant by processing and breaking down the food so that the liquid with the nutrients can be absorbed into the bloodstream where they can be utilized by the body cells.

The advantage of juicing vegetables is that it conserves energy that would have been used for digestion because the juicing machine does exactly what the digestive system does – it extracts the liquid from the plants. Therefore the nutrients within vegetable juice are already in a broken down form that can be easily and quickly assimilated by the body without the need for digestion. Whilst the digestive system is given a rest, the body is able to focus on cleansing out the toxins, healing and rebuilding. Remember I explained earlier that your body uses most of its energy for either digestion or healing/repair – but not both at the same time. When you eat, your body requires the expenditure of energy for digestion and so this stops your body from cleansing out toxins, healing and rebuilding.

In essence, the goal in juicing is to supply large quantities of high-quality nutrients to the body with minimal energy needed to digest and assimilate them. This enables the body to direct most of its vital energy and attention towards cleansing and flushing out toxins stored in the body so that it can heal and rebuild its cells and vital organs.

For example, you can put half a kilogram of carrots through a juicer and drink it as a 300 ml glass of carrot juice. The nutrients within the carrot juice would be absorbed into your blood stream and be on their way to your body cells in a matter of minutes with minimal energy being depleted through digestion. The energy that was conserved can then rather be used by the body for rebuilding and healing with the nutrients in the carrot juice that it has been supplied with.

On the other hand, the amount of nutrients that you would gain from eating whole carrots would be significantly less, because a person would not be able to eat half a kilogram of carrots in one meal. Once eaten, a lot of energy would be spent digesting the carrots and this process would take at least one hour (or longer if combined incorrectly with other foods). Whilst the body is busy with the time consuming process of digestion, the healing and rebuilding process is brought to a halt.

In summary the following is accomplished by juicing:

- i. A large quantity of high quality nutrients is supplied to the body which the body needs as building blocks for repairing weakened body cells and vital organs.
- ii. The nutrients are broken down into a form that is easily and quickly absorbed without the time consuming and energy depleting process of digestion.
- iii. Whilst the digestive system is given a rest, the body is able to focus on flushing out toxins as well as healing, rebuilding and repair with the nutrients in the vegetable juice that it has been supplied with.

During the period of juicing all the body systems begin to function better as they are cleansed of toxins and are rebuilt with live, fresh high quality nutrients. The old unhealthy cells are replaced with strong, vibrant, healthy cells and your whole being will have more vitality than you ever imagined possible. Anybody who has ever given fresh vegetable juice (from a good quality juicer) a serious try knows that it will produce healthful results. The process of juicing was developed by a doctor called Norman. W. Walker. In his early 50's he developed a life threatening illness. Rather than going the conventional medical route, he drank vegetable juice and lived to be 119 years old. He wrote his last book at 115.

Fresh vegetable juice is the fastest way of nourishing the body's cells, rebuilding the immune system and boosting the body's self-healing ability to assist the body to recover from a disease.

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Here is a quote by John Lust, from Drink Your Troubles Away: "Natures medicines are locked in the cells of growing plants and released in their juices... These juices are subtle in their action but yet more potent than any medicine, and without the toxic effect of drugs... Fresh fruit juices are the cleansers of the human system. Vegetable juices are the regenerators and builders of the body... When we consider that vegetables and fruits have been naturally cooked by solar energy; that they contain all the elements the sun and earth have buried deep in their fibre cells; that they are nature's live-cell foods – then it follows as logical that if we crush the juices from the cells of these fresh fruits and vegetables and put their health-giving fluid into our blood stream, we will receive a share of their vital energy."

Tips On Juicing

The most important juice is vegetable juice – remember that vegetables are the best healers and builders. Make vegetable juices with as many different types of vegetables as you can – for example carrots, cabbage, spinach, lettuce, celery, butternut, beetroot, broccoli, cauliflower, baby marrows, beans, red/green/yellow peppers, egg plant etc.

I do not recommend fruit juices at this stage because they are very high in natural sugar. It is important to limit sugar during detox and cleansing because as explained previously, sugar fuels disease. For example cancer cells and bacteria feed on sugar.

Whilst all vegetables are important, some are exceptionally beneficial. Carrot juice is one of the most important, key vegetable juices that must be consumed regularly. Apart from the many benefits of the antioxidants and nutrients that carrot juice contains, it cleanses the liver. Whilst the toxins released from the liver are being eliminated from the body, the skin on your hands may temporarily have an orange tint. Do not worry about that, it will resolve once the cleansing process has been completed.

Carrot and celery, carrot and apple or carrot, lemon and mint are also tasty mixtures. Apple and lemon are the only fruits that can be combined with either fruits or vegetables and are ok during this stage because they have a low G.I. Buy large California carrots, for your juices because they are sweeter than other types of carrots. If your first experience of carrot juice is bitter, you may miss the joy of juicing! Another way to make carrot juice sweeter is to peel the carrots before juicing them.

Remember that enzymes are the life force within the plants. When food or juice is heated over 39°C, the live enzymes are destroyed and other vital nutrients are transformed into an unusable form. Therefore juices that are canned, frozen or bottled lack any nutritional value and should not be used.

It is important to consume your vegetable juice as soon as possible after you have made it in order to obtain the optimum amount of nutrients. The longer juice is left exposed to the air, the less nutritional value it will have because oxygen accelerates the enzymatic digestion of the nutrients which then break down. This is actually a good thing – but you want it to happen inside you, not sitting in a bottle in your basket at work or your fridge. If it is not practically possible for you to drink your juice immediately after it is made and you have to prepare it ahead of time, one way to reduce nutritional loss is to pour it into a glass jar or bottle and fill it all the way up to the very top and tightly screw on the cap. This will minimize the presence of oxidizing air.

I must emphasize the importance of having **vegetable juice** only during this stage – if you also consume whole vegetables or any other food, you will not achieve the best results. The whole point of stage 2 is to rest the digestive system so that the body can focus its attention and energy on healing, rebuilding and cleansing itself of toxins. The largest part of the immune system is in the gastro-intestinal tract. Consuming vegetable juice only enables the immune system to concentrate on diseased cells instead of what is inside the body.

Initially when you begin, you will be hungry if you have been eating a diet of predominantly dead, cooked or processed foods devoid of nutrients. Drink as much vegetable juice as possible – between six and thirteen 250 ml glasses of juice a day (i.e. a glass every one to two hours). Spread it out, rather than drinking large volumes at once as this promotes better internal cleansing and more effective nourishment of your body cells. The 3rd and 9th hour principle does not apply here because the absorption of vegetable juice does not require the full functioning of the digestive system. When you re-introduce solid foods in stage 2, then it will be necessary to eat at the 3rd and 9th hour when digestion is most efficient. By that stage your body cells will be so well nourished with all the high quality nutrients during the period of just drinking vegetable juice that your appetite will be naturally suppressed, thus eliminating the phantom hungers you've fed in the past. As a result you will find eating twice a day is more than enough. Furthermore as you progress through stage 2, you will feel the need to drink less vegetable juice and you can reduce the amount you drink accordingly.

Remember not to drink water an hour before or after your vegetable juice because it will dilute the enzymes and digestive juices. If you are drinking vegetable juice every one to two hours, then don't drink any water at all – you will be obtaining enough fluid from the juices.

Add a teaspoon of cold pressed olive oil or even better – flaxseed oil to two of your juices every day to facilitate the absorption of fat soluble vitamins.

Another important tip for you during this time is to watch what you allow your mind to focus on. For example, I never got hungry whilst fasting on vegetable juice (because of the large quantities of high quality nutrients that were being supplied to my body). However if I allowed myself to start thinking about pizza and all the food I was missing, it didn't take long for me to start feeling the hunger pangs begin to rise up. As soon as I chucked those thoughts out of my mind and focused on something else, those feelings soon went away. Joyce Meyer has a saying, "Where the mind goes, the man follows." In other words if you think about a chocolate long enough, you'll eventually go and get one! So be careful not to allow yourself to meditate on food too much.

Give your experience of juicing vegetables lots of time and try having a positive attitude about it. Think of it as an adventure into new territory with the hope of discovering a level of divine health and energy above whatever imagined possible. Thousands of people across the world are juicing and enjoying the benefits of eating according to Godly principles. We are all here to encourage you to step out with the help of the Holy Spirit and experience God's best for you.

Juicing Machines

It is important to understand the difference between a blender and a juicer. Blenders are wonderful for making fruit smoothies but they are not designed to make juice because they leave the pulp or the fiber in with the juice. You do not want any fibre in the juice that you drink because it is hard to digest. The main purpose of juicing vegetables is to remove the fibre so that the nutrients are literally pre-digested and can be immediately absorbed into the blood stream without the time consuming and energy depleting process of digestion. A blender only produces a small amount of juice which is mixed with the fibre of the plant. In order to drink it as a juice, water has to be added, which creates a mushy, grainy and unpleasant beverage that still has to go through the process of digestion before the nutrients can be absorbed. In contrast a juicer extracts the juice from the fibres of the plant, thus separating the pulp from the juice.

When you purchase a juicing machine, it is important to find out how it works. There are two main types of juicers:

1. Centrifugal Juicers – are the most common type of juicers on the market today. They have a spinning basket that rotates at a very high rate of speed (usually 5 000 to 6 000 revolutions per minute), shredding the food and flinging the juice through the air. Juice from centrifugal juicers is of no benefit for a person who has cancer or any other disease because:
 - i. When the juice is flung through the air it causes oxidation.
 - ii. There is nutritional loss because the shredding action is not efficient in breaking open the cells to extract the nutrients from the pulp. Because less, nutrients are provided in the juice from a centrifugal juicer, it does not produce the same results.

For these reasons a centrifugal juicer is not recommended.

2. Masticating Juicers – operate at much lower speeds to reduce heat and friction so that the enzymes

and other nutrients are maintained. There are different designs of masticating juicers which work in the following different ways:

- i. Some designs (for example the Champion Juicer) have revolving teeth that shred the plant and then press the pulp against a stainless steel screen which forces out more nutrients. This type of juicer will produce the same amount of juice as the centrifugal juicers but it yields three to four times more nutrients.
- ii. There are other designs (for example the Green Power Juicer) which use revolving twin gears that draw the food down between the gears and press out the juice into an airtight chamber, without pumping oxygen into the juice. This type of juicer produces more juice with double the amount of nutrients than the other designs mentioned above and is the juicer which is recommended. Because juice from this type of juicer is not oxidized during the juicing process it is kept fresher for longer. This is especially beneficial for people who find it convenient to make a full day's supply of juice at one time, for instance because they need to drink their juice at work. For example, carrot juice from this type of juicer will still be bright orange in color and will still smell and taste fresh after 24 – 48 hours. Carrot juice from most other juicers begins to turn brown after about 15 minutes and after about an hour it does not taste or smell like fresh juice which is an indication that its nutritional value has greatly deteriorated because it has oxidized.
- iii. There is another type of juicing machine that is better than any of the above, such as the Norwalk Press. This is the limousine of juicing machines and was designed by Dr. N.W. Walker who first invented juicing. It has large, heavy-duty revolving knife blades that force the pulp and juice through a fine strainer. The shredded pulp and juice is then dropped into a cloth bag. The bag is then placed onto a hydraulic press (which is part of the juicing machine) where it is pressed under high pressure. This method of juicing produces a greater amount of juice from the fruit and vegetables than any of the other machines. Although it is the best machine, the draw-back is that it is extremely expensive.

On our website we have more information which we regularly update about different brands of good quality juicing machines and where they are available. You can also visit the following website which has helpful information: www.gonatural.co.za

Prepare For De-Tox

I need to warn you that your body will go through a period of natural cleansing and de-tox when you start eating healthily according to God's principles. During this time you will feel worse before you feel better. Years of eating dead, processed and chemically-laden foods leads to a build-up of toxins in the body that have a degenerative effect on the body cells and vital organs. As you switch from a dead food diet to a diet that brings in raw, fresh, living, clean, high-quality nutrients, your body will begin using these nutrients as building blocks to regenerate new living cells and rebuild its immune system. Because your body now has this new high quality material from the vegetable juice to work with, it will discard the old, lower quality material and it will replace the old damaged body cells with stronger new ones. As

the rebuilding process continues, the body begins to "clean house" and remove the toxins that have accumulated in the body cells. The skin, lungs, colon, kidneys, eyes, ears, nose/sinuses and throat are the exit points where these toxins are eliminated from the body.

Whilst the toxins are passing through the bloodstream on their way to the exit points to be removed from the body, it causes unpleasant symptoms. This can be a great discouraging set back and it worries many people who don't understand what is happening to their body during detoxification. When they give up processed food and start eating raw fruit and vegetables or vegetable juices – and then feel sick – they begin to doubt whether this natural way of eating is really good for them! They say, "My goodness I'm feeling awful – much worse than I did before going on this silly diet – so this does not work for me!" When we start eating healthily we expect to feel better, not worse! Therefore many people misinterpret the symptoms they experience at this stage as a bad sign, but it is actually a good sign because it means that you have entered the first phase of healing. In fact another name for this initial unpleasant period of de-toxing is the "healing crisis".

It is important that you do not begin this cleansing diet until you are aware of what de-tox symptoms to expect and what they mean. Not understanding how the body works and mistaking the de-tox symptoms as a negative sign is the most common reason many "give up". At the first sign of unpleasant symptoms they abandon their newly improved way of eating and return to their old habits.

Symptoms that are often experienced during the de-tox period can include:

Your body will go through a period of natural cleansing and de-tox when you start eating healthily according to God's principles. During this time you will feel worse before you feel better.

- **Dramatic weight loss** – when we eat unhealthily according to the typical diet that most people eat today, there is a build-up of toxins in the body. Eventually a point is reached where the body is not able to keep up with the river of toxins through our digestive and lymphatic systems and so it will isolate them. In order to protect your vital organs, your body surrounds these toxins with fat. When you start eating healthily according to God's principles, your body will start to release these toxins and the fat surrounding them is released as well which leads to the dramatic weight loss. Whilst this is good news for many who want to lose weight, this can cause a lot of concern, especially to patients with chronic illnesses who are already very thin. However do not worry about this because the weight loss will stabilize once all the toxins have been released and the de-tox is over.
- **Loss of energy/weakness/fatigue** – this is not caused by a lack of food or nutrition, but by the toxins being released into the blood stream. The weakness is relieved by eating, not because you are gaining more energy but because it temporarily halts the cleansing process. I explained previously that your body uses its energy for either digestion or healing/repair – but not both at the same time. When you eat, your body requires the expenditure of energy for digestion and so this stops your body from cleansing and therefore stops the old toxins from being released. Rather than being tempted to snack in between meals because of the weakness you are experiencing, allow yourself extra time to rest and sleep during this de-toxing period. For this reason it is a good idea to take off work, if possible, during this time. When the de-tox is over, the weakness will subside and you will find that your energy levels will increase. Once they have gotten through the de-tox, many people report feeling better than they have ever felt in their lives, and have tremendous bursts of energy⁶³.
- **Fever, headaches, light-headedness and nausea** – Whilst the body is eliminating the toxins deep within your body cells and vital organs, they circulate through the blood stream on their way out

of the body and this is what causes the fever, headaches and nausea. Another reason for headaches and a slump in energy is withdrawal from substances that are addictive such as cigarettes, coffee, tea, refined sugar, soft drinks, alcohol and prescription drugs. People who have been long term users of these substances often feel terrible during the de-tox period, especially when experiencing the withdrawal symptoms of caffeine and nicotine. However, remember that these symptoms are only temporary and you will feel much better in the long term. Some people can experience similar symptoms as a result of withdrawal from meat because the protein in meat has a stimulating effect on the body.

- **Pimples/skin rash** – this is caused by the elimination of toxins and impurities from the body through perspiration. You can minimize skin rashes by keeping this elimination pathway open and clear. Most people do not consider sweating a good thing because they don't like to feel self conscious about the way that they smell. However, it is one of the body's best ways of removing toxins. So co-operate with this elimination system by encouraging the body to sweat so that the skin does not become congested with toxins (which causes skin rashes). During the de-tox period it is important to keep your skin clean by bathing or showering often in order to prevent the re-absorption of toxins. Avoid commercial creams and mineral oils because they clog the pores in the skin. Rather not use deodorants during the de-tox period because they inhibit sweating. Your arm pits (where lymph nodes are located) are designed to sweat for a reason – if you block these outlets of toxic elimination it will cause problems because it forces the toxins back into the lymphatic system. Furthermore most deodorants contain aluminum and other chemicals which just add toxic poisons to the body. Once your body has cleansed itself of all the excess toxins, you will not need deodorant anyway because your perspiration, will no longer smell. The reason being it won't have the backlog of toxins that cultivate odor-causing bacteria.
- **Flu-like symptoms** – some people mistake these symptoms (such as a runny nose or coughing up phlegm) for an allergy but they are simply caused by the elimination of excess toxins that have built up in your mucous membranes.
- **Constipation/Diarrhea** – old toxic fecal matter from your intestinal walls may be flushed out in the form of loose stools.
- **Frequent urination**
- **Your eyes may become more crusty than usual in the mornings, or they may form a mucus coating which causes you to rub them.**
- **A white coating may form on your tongue**
- **Body odor/bad breath**
- **Sore joints or muscles or pain in an area where you previously had a physical problem** – this is a wonderful sign that the body is functioning as God designed it to – it is healing and rebuilding that damaged area.
- **Difficulty in concentrating**
- **Nervousness/irritability/mood swings**
- **Inability to sleep well**
- **Feeling generally under the weather**

If you experience any of the above de-tox symptoms, don't be alarmed and don't turn back – the good health and energy you desire is right around the corner. Be encouraged by any de-tox symptoms because

they are a sign that your body's natural process of self-healing is kicking into high gear. Even though experiencing these symptoms is unpleasant and inconvenient, we can appreciate them if we understand the wisdom of our body's process of self healing during this period of detoxification. It is better for our body to temporarily deal with these symptoms on a surface level than to continue storing these toxins deep within our body cells and vital organs where they have a gradual degenerative effect that can eventually culminate in a serious, life-threatening disease.

The symptoms experienced during de-tox vary from person to person. The chance of you experiencing all of the symptoms in the list above is very unlikely. You may even experience none at all. The specific symptoms that a person will have depend on the type and quantity of toxins that need to be eliminated and the health of the organs involved in this elimination. How severe the symptoms are and how rapid the detoxification takes place depends on how quickly you change your habits. If you make the change drastically and overnight (like I did), then, the symptoms will be, more severe but they will be over in a shorter period of time. If you make the change more gradually, the de-tox will take place more gradually and the symptoms will be milder and less uncomfortable.

If you experience de-tox symptoms, be encouraged because they are a sign that your body's natural process of self-healing is kicking into high gear.

Every once in a while somebody who is overloaded with toxins that are released too quickly will experience such severe symptoms that it is unbearable. In this case don't stop the diet – the toxins have to come out if you want to regain your health! In order to make the cleansing process easier to endure, slow it down, by moving onto stage 4, (maintenance). Consume less vegetable juice but don't stop it completely because it is essential for rebuilding the body's cells. Adding back a little extra cooked, starchy vegetables such as a baked potato or sweet potato will cause the toxins to be released more gently over a longer period of time.

The de-tox symptoms, on average, last 2 days, to a week, but rarely, more than 30 days. Sometimes the symptoms of de-tox can be experienced in waves whereby a period of feeling ill is followed by a period of feeling great, then feeling bad again and then better again. In this case the extent of each de-tox episode gets shorter and less severe, while the periods of feeling good get progressively better and last longer.

Avoid taking painkillers and other drugs to mask the symptoms during the de-tox period as this will just dump more toxins into the body. Remember that during this time you are trying to remove toxins, so try as much as possible to limit substances which add toxins to your body: this includes any product that contains fluoride such as fluoridated water, toothpaste, mouth gargle, hair dyes, cosmetics, under-arm deodorants, lipstick, and lotions (including moisturising lotions). Flaxseed oil may be applied to the skin as a moisturizer.

When the symptoms of de-tox subside and you experience increased energy and feel better, it is a good indication that the toxins have been cleansed from your system and you are ready to move onto the next stage. Once you have completed the cleansing, it is a wise idea to continue to eat only healthy foods so that those toxins you have cleaned out do not return.

You can go on this cleansing diet again for shorter or longer periods of time whenever you feel the need to. During a cleansing diet, eat food that is easy to digest whilst avoiding heavy foods such as meat as well as eggs and dairy products and limit your sugar intake. The less you eat, the faster the body will clean itself out. The quickest way to cleanse is to eat no food at all and just to drink water. If you choose to fast completely, three days is recommended during this initial cleansing stage. However the rapid detoxification process in a complete fast can produce more acute, severe symptoms that are very unpleasant

to experience. Therefore unless you are able to take off work and rest in bed for three days, I recommend a raw vegetable juice diet as the most effective way to cleanse and begin the healing and rebuilding process. Raw vegetable juice is also better than just water because it contains vital life-giving nutrients to help regenerate the body's cells and organs while it is flushing out the toxins.

If you are physically frail, for example as a result of a serious or chronic illness, are taking chronic medication or suffer from hypoglycemia, it is best to do this de-tox under the supervision of a doctor. The same applies if you are worried or confused, because anxiety can drastically slow down healing. If in doubt at any stage, consult a qualified medical professional that has specialized knowledge on nutrition (there are many who do not).

The colon is one of the elimination organs where toxins are removed from the body. The body needs a healthy colon to function optimally. An unhealthy colon is a major source of toxins in the body. Occasionally it may be of value to use a colon-cleansing herbal blend at the beginning of your de-tox period to facilitate the removal of dead fecal matter incrustated on the colon walls. Once the colon is cleaned out, an 85% raw fruit and vegetable diet will be sufficient to keep it healthy.

The sooner you get rid of the toxic substances in your body, the better off you will be. Rather than focusing on your temporary discomfort during this period of detoxification and allowing that to discourage you and tempt you to give up, remember that your long term health is more important. Just like the Israelites had to go through the unpleasant conditions of the desert before getting to the Promised Land, think of it as a short trip through the desert on your way to the Promised Land of divine health. Although it may feel like 40 years whilst you are going through it, it will pass and when it does, you'll feel fantastic. A feeling of energy and well-being will be restored to you that you may have forgotten since childhood. So take heart and don't give up.

SUMMARY OF THE PURPOSE OF STAGE 2

The first step in the healing process is to eliminate toxic waste and poisons that have accumulated in the body and to supply vital nutrients that our body needs to rebuild its immune system and regenerate its living cells and organs. This is achieved through a period of drinking vegetable juice only.

It is important during this period to give your body plenty of rest, including your digestive system. Consuming vegetable juice thus also ensures that the digestive system is not over worked whilst the body is trying to eliminate the toxins.

Stage 3: Transition Phase

4 Days To 6 Weeks

The days following the end of stage 2 are sometimes the most difficult, but are very important. As you come to the end of your period on just vegetable juice, psychologically you will probably be really looking forward to the fresh, sweet taste of fruit and other foods you have gone without and as a result the physical desire to eat may be intense. Eating will be a brand new experience as the flavors and textures of food will be enhanced because you have exceptionally clean nasal passages and the taste buds on your tongue would have been regenerated and revitalized. At this time you can be greatly tempted to gorge on meat and other solid foods. Ending the vegetable juice fast in this manner can cause tremendous damage

to your digestive system which is still "asleep" and in a very sensitive state. It can cause stomach cramps, nausea and weakness as well as nullify the benefits you received after completing stage 2. Therefore the purpose of this transition phase is to gently and safely wake up your digestive system by gradually introducing whole foods.

Continue drinking vegetable juices throughout the transition phase. During the first one to four days, begin by eating whole fresh fruits at your meal times half an hour after your vegetable juice. This is the best way to wake up your digestive system because fruits have very high water content and need a minimal amount of energy to break down and digest. Apples, melons, grapes, pears, plums and berries are ideal. Avoid pineapple and paw paw (papaya) in the first four days because they contain strong enzymes that may upset your stomach⁶⁴.

After four days, begin adding more solid foods to your meals, such as salads consisting of raw whole vegetables. Remember to eat slowly and to chew your food very well. Continue to have good healthy fats such as olive oil or flaxseed oil (which can be used together with lemon as a dressing on the salad). Do not add nuts, seeds, cooked foods, dairy products or meat yet. A diet of only raw, organic fruit and vegetables is best for the transition stage. I suggest six weeks for this period but you may have to stay on it for longer if you are sick with a serious disease.

Once you start eating solid foods, begin eating at the 3rd and 9th hour when digestion is most efficient. It may take some getting used to eating twice a day but after feeding your body with the high quality nutrients in the vegetable juice during stage 2, your body cells will be so well nourished that your appetite will be suppressed and you will find two meals a day more than enough.

It is important to wait half an hour after you have drunk your vegetable juice before eating your salad and whole vegetables, in order to give your body time to absorb the vegetable juice first. I emphasize drinking your vegetable juice first on an empty stomach because if it is consumed at the same time with solid food, this will require the juice to go through the same time-consuming and energy-depleting process of digestion as the solid food and you lose the benefits of juicing.

Drink lots of water but remember not to drink it an hour before or an hour after your meals. If you drink water during your meals it dilutes the enzymes and digestive juices making digestion less efficient.

Herbs and spices including black pepper, paprika, basil, oregano, cayenne pepper, jalapenos and so on are not recommended during stage 2 and 3 whilst the healing process is still in progress because they tend to interfere with the healing response. Also avoid alcohol because it limits the blood's ability to carry oxygen and places unnecessary strain on the liver to detoxify and remove it from the body.

The transition phase can still be considered as part of stage 2 in the sense that a little of the de-tox and cleansing may continue during this period. You may occasionally experience slight symptoms of discomfort, but not as bad as during stage 2. Once all of the toxins have been flushed, you will begin to feel some positive effects, for example:

- Improved complexion and more youthful, glowing skin
- Shining hair and brighter eyes
- Fresh breath – the need for deodorant and breath deodorizers often vanishes which is great because most toiletries contain chemicals that are toxic for your body.
- Increased energy levels and greater stamina
- Enhanced memory, concentration and clarity of thought.
- Better quality sleep and less sleep needed

- Improvement in strength and general health.
- A desire to move around and exercise more.
- Mood improvement
- Increased libido.
- Degenerative diseases begin to reverse – I explained earlier that the build-up of toxins in the body from years of eating incorrectly has a degenerative effect on the body cells and vital organs. Thus once you have gone through the de-tox and your body has flushed out the toxins, your body will begin using the high-quality nutrients in the vegetable juice and fresh raw food as building blocks to regenerate new living cells and rebuild its immune system. Once new body cells are regenerated, the degenerative disease disappears.

Charlotte Gerson (daughter of the famous Dr. Max Gerson) said: "Yes you can heal so called chronic degenerative diseases...so called incurable diseases! Yes you can heal so called genetic diseases! It's not a big problem – we've done it! We've got lots of those patients recovered. Cancer is the most severely advanced degenerative change of the body, with the most serious damage to all the body systems and defences. If that's reversible, then all the other chronic degenerative diseases are reversible! And it's true, that's what we are seeing...most of our patients have cancer that has spread to the liver...you mean you can heal it when it's in the liver? Absolutely! The human body is such a wonderful, beautiful organism. It is so finely tuned. It has such a tremendous ability to self heal – if you injure yourself, cut yourself, God forbid you break a bone – it'll heal!"

- As you continue to deal with toxic mindsets and renew your mind, whilst nourishing your body with high quality nutrients, even genetic defects will be reversed! That is phenomenal! Bruce H Lipton, bestselling author of "Biology of Belief" said, "Recently a cardiovascular surgeon in California called Dean Winters revealed a very interesting study on genes: he looked at a whole series of prostate cancer patients and instead of giving them conventional medical treatment, he helped them by changing their lifestyle. He gave them a better diet and helped them change their thinking by turning their stress responses into more favourable responses. He just gave them a way to handle life. What was very interesting is that after several months of just changing lifestyle and behaviour he looked at the genetic readout of the patients and compared it to the genetic readout before he started the process...500 genes changed their readout simply by changing lifestyle!"

Stage 4: Maintenance

For Life

The maintenance stage is where you can add a small amount of meat, eggs, milk, cheese and other dairy products and any other healthy foods that you plan to eat as a lifestyle on a long term basis. Visit our website (www.eagleswings.co.zw) where we are working on tasty recipes and ideas for health bread and other foods with healthy ingredients.

“juice your vegetables and eat your fruits”

It is important to make sure that 75 to 85% of the food you eat is fresh, raw fruits and vegetables. Ensure that the 15 to 25% cooked portion of your diet does not consist of processed foods that are full of chemicals, white flour, sugar, preservatives and other substances that are toxic and difficult for the body to eliminate.

Still include juices as a part of your diet. Whilst the purpose of juicing in stage 2 is to assist the body with healing and cleansing, its value in stage 4 is to ensure that you obtain an adequate amount of nutri-

ents. I explained previously that even organic fruit and vegetables may not contain sufficient quantities of nutrients because the soil quality in many places has been reduced through loss of mineral content as a result of soil erosion and unwise farming methods. The decreased quantities of nutrients in fruit and vegetables that are grown today means that we need to consume more in order to receive adequate nutrition. However, it is difficult to eat enough whole raw fruits and vegetables in order to maintain good health. Furthermore even if your digestive system was working optimally, it wouldn't be able to process all the raw food that you need in a day. For example it would be very difficult to eat and digest half a kilogram of carrots in one meal. However if you put those carrots through a juicer, you can easily drink it as a 300ml glass of carrot juice. Thus juicing enables you to obtain a higher concentration of all nutrients and at the same save energy that would have been used in digestion.

A general rule of thumb in juicing is to "juice your vegetables and eat your fruits" (although you still need to eat whole vegetables as well). Raw vegetables take more time and energy to digest when eaten whole because they break down slowly whilst fruits have a more liquid content and when thoroughly chewed digest easily and rapidly. Juicing removes the fiber and therefore it is better to eat whole fruits because the fiber they contain sweeps and cleanses the walls of the colon, keeping it healthy. This in turn has an impact on waste elimination and cleansing of every cell and organ in the body. Fruits that contain pectin, such as apples and pears contain a digestive aid that helps regulate the body. Pectin is more easily obtained when the fruit is eaten rather than juiced. Fruit that is juiced or blended is very tasty but most fruit juices must not be consumed on a regular basis because they are too high in natural sugar.

Juicing is very personal and as you go along you'll develop your own favourite combinations according to your taste. On our website there are recipes to give you ideas and a place to start. Hallelujah Acres Ministries have been developing lovely fruit and vegetable juices from 30 years of experience. Visit their website for other great tasting juice recipes at www.hacres.com and look for "Beverages" under the recipe page. You will be grateful that you did!

As a bonus, below is one very nutritious fruit juice recipe that has a sugar content that is very low on the G.I chart and is ok to drink often. It may not seem appealing, especially with avocado pear in it but it is surprisingly delicious. This is very good to have for stabilizing blood sugar in a diabetic or somebody who is suffering from hypoglycaemia.

BONUS: DEBBIE'S FRUIT JUICE RECIPE

1. Juice an apple, pear and lemon with a level teaspoon of cinnamon in a juicing machine. Then transfer this mixture to a blending machine.
2. Add a banana, avocado pear, 1 table spoon of coconut and ice/water. Blend the mixture and enjoy your smoothie!

*You can also add natural yogurt, sunflower seeds/pumpkin seeds, dates or coconut milk.

I suggest that you have a vegetable juice with at least one of your meals every day. I have a vegetable juice in the morning with as many different vegetables as I can put into it. At my afternoon meal I have carrot juice with lemon and mint or carrot and celery or carrot and apple. Melon juices are extremely beneficial. If the melons are organically grown, the whole melon can be juiced along with the rind and seeds to provide maximum nutrition. Melons of different varieties can be juiced together, but must not be combined with any other juice.

Have a big salad with your morning meal. Make it interesting with a large variety of tasty, colorful, fresh, raw living vegetables, as well as all sorts of nuts and seeds.

Go back periodically to stage 2 and do a cleanse as you feel the need to. The best suggestion for a cleanse and a maintenance diet is to fast or eat less (i.e. fruit and vegetable juices) one day a week and on God's other appointed monthly and yearly times of rest, as I have mentioned previously.

What you do the majority of the time will have the greatest impact on your health so follow the 80/20 rule. This means you eat correctly 80% of the time and 20% of the time you can cheat. For example if Sundays is your cheat day, then you eat healthily with excellence and discipline on the other days. Having a cheat day is not ideal, but it's "for the soul". It makes it easier for the mind to accept to begin with and it helps you to maintain a healthy way of eating without grieving the total loss of your favorite meals. Further down the road, when you are ready, the Holy Spirit may convict and lead you to eliminate your cheat days too.

I would love to teach that these principles must be adhered to 100% of the time but very few people would be able to do that. They would attempt, but end up cheating and feeling guilty, with the result that they give up altogether.

If You Are On Death's Doorstep With A Serious Life Threatening Illness

The four stage plan that I have described in this chapter is designed for people who are in good health generally or for people who are sick with a disease that is not immediately life threatening. If you are on death's doorstep with a serious illness, for example stage 4 cancer, there is no time to waste in stage 1. You must go straight to stage 2 and do an intense period of de-toxification whilst rushing vital nutrients to your body cells.

The stage 2 cleansing and de-tox on vegetable juice only must be done for the full six weeks. During this time it is necessary to drink a glass (250ml each) of vegetable juice hourly with a total of 12 to 13 glasses per day. This provides the body with the needed enzymes, vitamins and minerals to rebuild new healthy cells and restore the diseased body back to a healthy condition. Furthermore 13 glasses of vegetable juice is necessary to change the pH of the body from an acidic state back to the normal, slightly alkaline state. If for some reason it is not possible to drink this many glasses of juice a day (for example you have kidney failure and this volume of fluid would stress the kidneys), then take $\frac{1}{2}$ teaspoon of bicarb in water three times a day. However this option is less ideal than vegetable juice because bicarb is a processed inorganic product.

Two to four glasses of the vegetable juices must contain generous amounts of green leafy vegetables whilst also containing as many different vegetables as possible. The other vegetable juices can include the following combinations:

- Pure carrot juice
- Carrot and apple
- Carrot and celery
- Carrot, lemon and mint.

Do not drink any water during this period because it dilutes the enzymes and digestive juices, making digestion less efficient. Furthermore it does not allow maximum gastrointestinal tract capacity for nutrition from the vegetable juices. You will gain an adequate amount of water, in the purest form, in the vegetable juices.

As well as providing the body with generous amounts on high quality nutrients, it is necessary to remove the toxins from the body as quickly and as efficiently as possible. This is partly achieved with renewing the mind and juicing. However, in the case of a life threatening illness such as stage 4 cancer, the detoxification may not take place fast enough. Cancer, for example, grows very quickly, so you have to get ahead of it.

Detoxification can be speeded up using coffee enemas, twice a day in the morning and evening. Coffee enemas cleanse the liver by causing dilation of the bile ducts as well as facilitating the excretion of dead cancer cells and the dialysis of other toxins from the blood across the colon wall. This lowers the quantity of toxins in the bloodstream, thus cleaning the poison out of the fluid nourishing the body cells. To find out more about coffee enemas and how to do it, visit our website (www.eagleswings.co.zw).

After completing stage 2, continue onto stage 3 where whole fruits and vegetables are introduced. No cooked foods, processed foods (including refined sugar, white flour, caffeine, salt or alcohol) or animal products (meat, milk, cheese, eggs) must be consumed during this period – only raw fruit and vegetables and vegetable juices.

Only move onto stage 4 (maintenance diet) once you have recovered from the disease you are suffering from or are at least well out of the “danger zone”.

This is a strict program which requires dedication and discipline. However, in a life threatening situation it is necessary to be radical. I must emphasize that it simply will not work if you do not adhere to it fully or if you cut corners and eat a few wrong foods here and there.

Rather than seeing a serious medical diagnosis as a death sentence, I encourage you to see it as an opportunity to change. It is a wake-up call that you have to change and you have to change: IMMEDIATELY, PROFOUNDLY AND PERMANENTLY.

Victory is a decision. If you believe that the disease you are suffering from is going to kill you, it will. Transferring from being a victim to being a victor or an over-comer is a decision, not something that happens by chance. You need to make the personal decision that you are going to get well with the help of the Holy Spirit, that you are prepared to do what it takes and that you can do all things through Christ who strengthens you.

Philippians 4 v 13: “I have strength for all things through Christ who empowers me [I am ready for anything and equal to anything through Him who infuses inner strength into me; I am self sufficient in Christ’s sufficiency.]”

Exercise

Exercise of some form is vital to your healing and health in general. It is well recognized in the medical field that exercise improves the majority of diseases. On a physical level, healing begins with the removal of toxins from your body that accumulated as a result of toxic thinking and eating habits. An important part of de-toxification is exercise. Exercise de-toxes both your brain and body.

Exercise De-Toxes Your Brain

You need to get your heart pumping in order to increase the blood flow to nourish, cleanse and de-tox your brain and all your organs. The increased blood flow also results in an increase in the oxygen supplied to your brain which makes your thinking sharper. The added benefit of exercise is a mood improvement because endorphins are released. Endorphins de-stress you and are natural anti-depressant hormones.

Toxic thinking leaves waste products in your body. Aerobic exercise helps to sweep away the debris left by toxic thoughts and emotions, and it helps you break down those toxic thorn trees in your brain and change your thinking by renewing your mind with the Word of God. Apart from increased muscle mass, fat loss and increased metabolism, the value of exercise in this context is that it helps you to renew your mind more effectively. Medical research has found that exercise helps generate new brain cells and stimulates the production and release of a chemical called BDNF. This is a nerve growth factor which plays a very important role in changing thinking²⁶.

Exercise De-Toxes Your Body

The lymphatic system is the primary system the body uses to deliver toxins to the elimination organs where the toxins can be removed from the body. It consists of a network of vessels that drain fluid with toxins and waste products of metabolism from the cells and vital organs in the body. The lymphatic system does not have a pump so it relies on the movement of muscles which squeeze the fluid along the lymph vessels. Inactivity invites disease into your body because the lymphatic system is not able to remove waste efficiently leading to a build-up of toxins in the system. As a result the cells and organs of the body are left with excess toxicity to deal with.

Exercise is critical for recovery and maintenance of good health. Find a form of exercise that you enjoy and stick to it. Whatever you do, you need to exercise.

A Special Exercise Tip

Recent research reveals that high intensity, short duration exercise has much greater benefits than long duration, low intensity exercise. Thirty to forty minutes of jogging does have some benefit, for example it improves cardiovascular function and burns a little fat during the workout. However long exercise sessions can ultimately do more harm than good because it results in high levels of the stress hormone cortisol. You can maximize the physical benefits you gain from your workout by using a high intensity, short duration exercise technique called "surging"⁷³. You can apply this technique to any form of exercise that you enjoy, whether it be running, walking, swimming, cycling, riding a stationary bike, rowing machine, stepping up and down on a step, lifting weights or whatever.

Surge training consists of short, intermittent bursts, or surges of energy that is done in a limited period of time with recovery breaks in between. This is where you exercise for as hard and as fast as you can (maximum output) for ten to twenty seconds (elite athletes can do it up to a maximum of sixty seconds). After surging for ten to twenty seconds, you rest just long enough to allow your heart rate to slow down to the normal, resting rate and then you surge again. This recovery time must be the same as the length of time you surge for.

The idea of the surge is to safely shock your body into responding physiologically so that afterwards you are left in a more ideal metabolic state for improving your physical condition. Research shows that it is not only what happens during exercise that is important, but what happens afterwards that ultimately makes the difference⁷³. Unlike low intensity, long duration exercise, with surging the physical effects (for example fat burning, muscle building, increased levels of healthy hormones) continues both during and well after your workout session. This makes surging a more superior and effective way to exercise and it works for anyone.

Before exercising it is important to know your maximum heart rate and training heart rate which can be calculated as follows:

- Maximum Heart Rate (MHR): Subtract your age from 220. The difference is equal to your maximum heart rate per minute. For example $220 - 45$ years old = 175 beats per minute.
- Training Heart Rate (THR): is 75 – 85% of your MHR. For example 75% of 175 = 131, 85% of 175 = 149. So THR = 131 – 149 beats per minute.
- Subtract 10 from your THR if you are just beginning to exercise and are not fit or if you are recovering from health problems.
- Add 10 to your THR if you are an experienced athlete. In this case you can even go above your MHR because your heart rate will come down rapidly during the rest period.

As with all forms of exercise, it is important to consult your doctor, especially if you have a physical illness, for example heart problems. However surge training is said to be safe because it is built around that fact that your maximum out-put is what is right for you, not somebody else. This makes it ideal for you, whether you are a grandmother or Olympic champion. The other benefits are that it does not require fancy gadgets or expensive gym equipment – it can be easily done at home and there is no excuse that you don't have time because it only takes 12 minutes! Here is how it is done:

A Surge Cycle⁷³:

1. 20 seconds of full-on exercise as hard and fast as you can (to get your heart rate rapidly up close to THR).
2. 20 seconds rest to allow the heart rate to slow below the bottom end of THR.
3. 20 seconds of full-on exercise.
4. 20 seconds rest.
5. 20 seconds full-on exercise.
6. 2 minutes rest to complete the surge cycle and allow your physiology to calm down and recover more fully before repeating the surge cycle.

WARNING: Stop the surge workout if you are not an experienced athlete and your heart rate reaches 100% or more of your maximum heart rate, if your heart rate jumps or if it won't go down. Consult a medical doctor immediately.

Your work-out session must consist of three surge cycles. In total, you would have performed three minutes of full on exercise at your maximum out-put and with the rest periods in between it would take nine minutes. After completing a surge work-out you will experience for yourself why this is a very effective way to exercise, even in this short period of time. What you achieve physiologically in nine minutes of surging is far more than you would at performing the same exercise activity at a constant slow pace for a longer time (e.g. 30 to 40 minutes).

Repeat these surge workouts four times a week. That works out to be a total of twelve minutes of full-on exercise, which takes of 36 minutes. That is a lot less than most people take to do one work out and that's your whole week! For more information about surge, training go to: www.maximizedliving.com.

...Two More Tips

The downward movement of the diaphragm, as the lungs expand whilst inhaling, creates a negative pressure in the thorax (chest cavity) which also helps draw the fluid through the lymph system back to the heart. You can assist this process by taking a few long deep breaths while you exercise rather than many shallow, quick ones.

Do not exercise just before or after eating because blood is diverted away from the digestive system to the muscles, resulting in inefficient digestion of food.

Now That You Know It, Do It

Now God's principles of eating and sleeping according to Scripture have been revealed to you, it is plain to see how the world's pleasures have seduced man far away from the intelligent design of our Creator. The traditions and customs of this world concerning the way that most people typically eat and sleep are completely opposite to what God intended. I was the same way until I learned the truth. If you never discovered that what you are doing is harmful for you, there could be an excuse to continue doing it. If you didn't know, you had no reason to change. But now that you know, what are you going to do?

With knowledge comes, accountability and the responsibility to put it into action.

James 4 v 17: "...In fact, if you know the right thing to do, and don't do it, that, for you, is evil."

I warned you in the beginning about reading part 2 of this book that with knowledge comes, accountability and the responsibility to put it into action.

John 15 v 22: "If I had not come and spoken to them, they wouldn't be guilty of sin; but now, they have no excuse for their sin."

Knowledge and repentance are insignificant without action. A person cannot make a claim and mean it if his actions do not change. The actions reveal the heart! Action is the mother of change! You need to do it in order to get the results you are after.

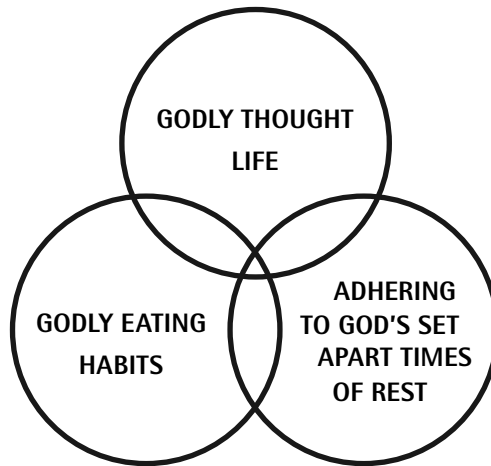
Furthermore, don't give in to the lie of procrastination and make statements such as, "I'll start on Monday", "I'll wait until the New Year", "I first want to finish what I have in my pantry", "I'm too busy now" or "I'll change my way of eating if I get sick." Why wait? Procrastination is just another form of disobedience that the enemy uses to rob you of time and opportunities. We need to be quick to repent and quick to obey. In Romans 12 v 2 in the Message Bible it says, **"Readily recognize what God wants from you, and quickly respond to it."**

Make these decisions to change as if your life is at stake because it literally is. My prayer is that you will not, wait until a crisis arises and you develop a serious disease with painful symptoms before you are motivated to change your eating habits.

Ecclesiastes 7 v 17: "Don't be foolish! Why should you die before your time?"

We are literally committing suicide with the way that we eat. The Scriptures clearly show us that if we make the wrong choices, we can die before our appointed time. Most Christians will agree that suicide is a sin, but they continue with a lifestyle that will end their lives before their appointed time. Whether it takes one quick act or lasts years, knowingly continuing with a way of eating that will end your life prematurely is also suicide.

Not dying before you appointed time is important because Ephesians 2 v 10 says that God has a plan and destiny for your life. All your days were planned before the foundation of the world, where God set apart good works for you to do. My goal in this book has been to reveal to you a simple healthier life style according to the intelligent design and wisdom of our Creator so that you can live your full life of 120 years in divine health and fulfil your God-given destiny.



Foundation For A Healthy Life

Jeremiah 6 v 16: "Thus says the Lord: Stand by the roads and look; and ask for the ancient paths, where the good, old way is; then walk in it, and you will find rest for your souls."

These principles are for the health of renewing the mind so that we think like God thinks, eating the right foods, in the ideal amounts, at the right times and adhering to God's set apart times of rest are ancient wisdom and knowledge that modern science is rediscovering to be true today. The knowledge shared in this book may seem new and revolutionary to many, but actually it simply is a turning back to God and His ways which is the old paths. Godly thinking, eating and resting habits are the foundation of a healthy life. It's time to get a solid foundation!

We are literally committing suicide with the way that we eat.

Furthermore, it is important to understand that these principles of health that were mapped out by our Magnificent Creator apply to everybody, not just for a few chosen people. Unfortunately many people will not listen...

Jeremiah 6 v 16 - 19 in Message Bible: "Go stand at the crossroads and look around. Ask for directions to the old road, the tried-and-true road. Then take it. Discover the right route for your souls. But they said, "Nothing doing. We aren't going that way. I even provided watchmen for them to warn them, to set off the alarm. But the people said, "It's a false alarm. It doesn't concern us." And so I'm calling in the nations as witnesses: "Watch, witnesses, what happens to them!" And, "Pay attention, Earth! Don't miss these bulletins." I'm visiting catastrophe on this people, the end result of the games they've been playing with me. They've ignored everything I've said, had nothing but contempt for my teaching."

In spite of all the knowledge that they have gained, many people will foolishly continue their uncontrollable desire to satisfy their taste buds and full stomachs. They are so addicted to their unhealthy habits that they are not willing to leave their comfort zones and make a change, even though they are well aware of how detrimental it is to their health. There are many people who are struggling with the fact that they know they need to change their diets, but their flesh just doesn't want to make the effort. They are more addicted to pleasing their flesh than hearing the Word of God. Jeremiah 6 v 16 - 19 warns that when we are too lazy to obey, we are on a crash course for destruction.

A **habit** is when you do something that you enjoy on a regular basis, but when you find out that it is unhealthy or bad for you, you stop it. An **addiction** is doing something you enjoy on a regular basis, but when you find out that it is unhealthy or bad for you, you make excuses to keep doing it⁶¹.

When people have a hard time giving up their pleasures, they often make all sorts of excuses to keep indulging in them. Some people say to themselves that it is just too hard. You can do it if you really want to! You will have discipline for whatever it is that you really want. You just have to want to be healthy more than the taste of the food and pleasurable habits that are making you unhealthy. Even though it is difficult (especially in the beginning), it is not impossible. With God nothing is impossible and you can do all things through Christ Who strengthens you (Philippians 4 v 13). As challenging as it is to obey His Word in our present day, God would never demand you to carry out an act that is unattainable. Breaking free of my addiction to the world's way of eating is the hardest thing I've ever had to do up until this point but not only has it been my greatest struggle, but also my greatest victory. The Bible says that in all things God will lead you to triumph in Christ (2 Corinthians 2 v 14). It is certainly not easy, but thousands of people around the world are doing it each day, and so can you! With the help of the Holy Spirit, you can change your addictions to habits and break them. The addiction to unhealthy eating habits that go against God's Scriptural principles is so common that it is just accepted as "normal". It's time that as a people of God, we stopped making excuses and get right with our Father.

Exodus 15 v 26: "If you will diligently hearken to the voice of the Lord your God and do what is right in His sight, and will listen to and obey His commandments and keep all His statutes, I will put none of the diseases upon you which I brought upon the Egyptians, for I am the Lord who heals you."

Throughout Scripture is the message that if we will just believe and obey the instructions of God's Word, we will be blessed, even in our health. However, the sad reality is that we live in a world today where the majority of people, even in the church, have little interest in learning and obeying God's Word. In fact there are more people living against the guidelines and instructions in God's Word than ever before and as a result we are living in a time where there is more sickness and disease than ever before. Many Christians want to live the way they like, eat what they want and then when they get sick expect God to bail them out.

Many people will attempt to cure their diseases with drugs and the other methods of conventional medicine first before making the lifestyle changes that applying God's principles in health requires. And the reason is because they know how difficult personal change is. They would prefer a prescription for a magic pill that solves all their problems. Yes the drug comes with a Pandora's box of side effects, for example with chemotherapy it makes your hair fall out, you vomit, you are depressed, your immune system is destroyed and you feel absolutely terrible, but it's convenient – you just take the tablet and you don't need to do anything else. Most of us will do everything in our power to avoid the pain of personal change. We would rather avoid the pain of change than go through it in order to experience the pleasure of the result we really seek.

There are some people (especially those who do not have an illness at the moment) who don't want to make the effort to change their habits because they are satisfied with where they are at. Whilst I am not trying to push you to convert to something that you are not ready for; I hope that I have managed to show you that wherever you are at, there is a more excellent way! Why settle for anything less than the best God has for you? You can have more health and energy in abundance till it overflows (John 10 v 10). Why not experience the joy and fulfilment of developing your health to its maximum potential? There are many characteristics about an eagle we can learn. Something I find interesting is that they have a liquid film

over their eye which will dry up if they are flying in the wrong direction, causing the eagle to experience a low level pain. Disease may be the outward result of disobedience and not thinking, eating and sleeping according to God's principles, but the inward result will be a low level pain of an unfulfilled life because you know you are living below your potential.

Proverbs 3 v 7 – 8: "Be not wise in your own eyes; reverently fear and worship the Lord and turn [entirely] away from evil. ⁸It shall be health to your nerves and sinews and marrow and moistening to your bones." *Amplified Bible*

In part 1 of this book I emphasized the importance of repentance in healing and health. Repentance means changing our thinking to the way that God thinks and a whole hearted turn towards Him and His ways. Healing and divine health is a blessing that comes with obedience. This involves not only our thought lives, but every area of our lives, including our eating and sleeping habits.

1 Corinthians 10 v 31: "So then, whether you eat or drink, or whatever you may do, do all for the honour and glory of God."

God has never altered His set design for our eating patterns over time. He never changes – He is the same yesterday, today and forever (Hebrews 13 v 8). What He intended to be best for us at the beginning of time is still the ideal for us today and it is still important to follow His divine plan for the way we should eat and sleep. There are many different ways of eating in the world and the ideas of what a healthy diet is change according to popular trends and opinions of the time. However the health principles and dietary guidelines in God's Word never change and always work. God is the Creator and Designer of the human body and He had a plan showing how to provide it with the best possible nourishment. When we reject that plan, we claim that we know better than He did.

Proverbs 14 v 12: "There is a way that seems right to a man and appears straight before him, but at the end of it is the way of death"

Nations and cultures that have rejected God's ways and do not live by God's health principles outlined in Scripture are suffering for it. If we don't reject that culture's ways, we will continue to be sucked into it without even realizing it. Most people don't understand what health is and what the body needs. They take poisonous remedies and prescription drugs which further depress their vital functions whilst they try to mask their symptoms and continue to ignore God's instructions and guidelines. They justify their disrespect with addiction and blame the consequences of their actions on the devil. The enemy wants to get us to destroy ourselves with our own foolishness by overeating on unhealthy processed foods at the wrong times and then seeking a doctor to heal us from our disobedience – or even worse seeking other gods or religious systems of this world.

Romans 12 v 1 – 2: "I appeal to you therefore, brethren, and beg you in view of [all] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship. ²Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]." *Amplified Bible*

Romans 12 v 2 says that we are not to be conformed to the traditions and customs of this world but to be transformed by the entire renewal of our minds. Renewing your mind means changing your thinking to the way that God thinks as described in His Word. We need to change the way that we think about our eating and sleeping habits and do it God's way– even if it doesn't make complete sense to us at the time.

The definition of faith according to Colossians 2 v 5 is: "The leaning of the entire human personality on God in absolute trust and confidence in His power, wisdom, goodness and in His Word."

Proverbs 3 v 5 – 6: "Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding. In all your ways know, recognize and acknowledge Him and He will direct and make straight and plain your paths." *Amplified Bible*

We need to wholeheartedly trust and go on faith that our Father knows and wants what is best for us. I encourage you to just give it a try: for one month eat 100% according to God's principles and experience the great results for yourself. Once you see how your health and energy levels have improved, you will have proved for yourself that God's will and His ways are best for you.

Here is another version of Romans 12 v 2: "In other words, do not let yourselves be conformed to the standards of the world. Instead, keep letting yourselves be transformed by the renewing of your minds; so you will know what God wants and will agree that what He wants is good, satisfying and able to succeed."

In this upside down, backwards world that we live in today, we may be easily called radical or crazy when we choose God's way of thinking, eating and doing things. Many people of the past, including Jesus, were despised, hated, rejected, mocked and ridiculed for teaching God's Word. I have experienced firsthand how some people reacted when I went against the grain and the norm to do it God's way. To me it is an encouraging sign that I am on the right track because it means the Spirit of Glory is resting on me (1 Peter 4 v 14) and the enemy hates the Word. The Word is my protection and my medicine.

Proverbs 3 v 7 – 8: "Don't assume you know it all. Run to God! Run from evil! Your body will glow with health, your very bones will vibrate with life!" *Message Bible*

The way of eating according to God's Scriptural principles may seem radical because it is so different to the world's customary ways of eating, but the world's way is also radical...radically wrong! If we desire to regain our health, we have no alternative but to abandon the world's ways concerning how we eat and sleep and start to live by the guidelines and instructions that our Father has revealed to us in His Word. The sooner we phase out our worldly habits of thinking, eating and sleeping and follow the intelligent divine design of our Creator, the better off we will be. We need to wake up and stop wishing for healing. We need to read the Word of God, believe, obey and experience the healing. No matter where we are in the world, if we walk in obedience and live according to God's Scriptural principles, we will be blessed.

It's time to experience the true beauty and pure joy of God's ways. We need to be prepared to give up every earthly material thing to please our Father, not holding things so dear to our heart that they become idols in our lives. So let's put aside the comforts of this world. Our comfort zones should go along with the Word 100%. Once we do that, we will achieve the best health possible from a spiritual, mental, emotional and physical stand point.

Romans 12 v 1 –2 from the Message Bible: "So here's what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing that you can do for Him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well formed maturity in you."

Do It With Excellence

Anything that is done half heartedly will produce mediocre results or it may not work at all. If you want to recover from an illness and develop your health to its maximum potential, it is essential that you follow God's principles with excellence so that you get the best possible nourishment at the best possible times. However, although you need to know how high the standard in the Word of God is and you must try to stick to God's ideal plan as closely as possible, don't completely avoid it if you can't do it 100%. Excellence does not mean perfection, it means doing something as best as you possibly can. For example, if you are trying to eat healthily by making fruit and vegetables the largest portion of your diet but you heat your vegetables in a microwave or cover your salad with a salad dressing full of processed fat and preservatives, you are not doing the best that you can and you will not enjoy the best possible results.

Luke 5 v 36 – 38: “³⁶He told them a proverb also: No one puts a patch from a new garment on an old garment; if he does, he will both tear the new one, and the patch from the new [one] will not match the old [garment]. ³⁷And no one pours new wine into old wineskins; if he does, the fresh wine will burst the skins and it will be spilled and the skins will be ruined (destroyed). ³⁸But new wine must be put into fresh wineskins.”

I explained earlier that the word translated as “wine” in the Bible refers to either fermented or unfermented grape juice. However, if you have a little background knowledge about how wine is made, you will know that this Scripture is referring to unfermented grape juice. “New wine” was not stored in skins in order to ferment into an alcoholic drink because the skins would not be able to withstand the increased pressure from the gases released during fermentation without bursting. Strong wooden barrels with steel bands around them are usually used to ferment grape juice into alcoholic wine. Skins were used to store unfermented grape juice which had first been boiled down to a syrup-like liquid. In this form the grape juice would not ferment as long as it was sealed in new, unused skins. The problem that would be caused by putting new wine into a previously used, old skin is that some of the old grape syrup that was stuck on the inside of the old skins would ferment when it is exposed to air. This would then cause the new grape juice it comes into contact with to also ferment and the gases produced would cause the skin to expand until it bursts.

If you do not apply God's principles about eating and sleeping with excellence – in other words you try to make improvements by incorporating some of His principles whilst still continuing with some of your worldly habits, unfortunately you are doing what Jesus spoke about in Luke 5 v 36 – 38. You are trying to bring your new found principles (i.e. new wine) into your old incorrect practices i.e. old skins with fermented (corrupted) ideas. For example if you eat the right foods such as lots of raw fruit and vegetables but you stick to your old customary times of eating three meals a day, you are not going to achieve the best possible results that you are looking for. This is one of the primary reasons why conscientious people who try to eat healthily do not get the breakthrough that they need from the illnesses that they are suffering from. Dr. Dean Ornish, M.D said, “When people make only moderate changes in diet and lifestyle, they have the worst of both worlds. They have the sense of deprivation because they're not able to eat and do everything they want, but they are not making changes big enough to make them feel much better or to have much effect on their health. On the other hand, when people make comprehensive changes in their diet and lifestyle, they begin to feel so much better so quickly that the choices become clear and, for many people, worth making.”

Luke 5 v 39: “And no one after drinking old wine immediately desires new wine, for he says, the old is good or better.”

In the beginning we may not desire the "new wine" which is the renewed knowledge of God's ways because our heart is set upon the "old wine" which is our old pleasurable worldly habits that we are accustomed to. Initially it takes a tremendous amount of discipline to break old habits and develop new Godly ones. During this difficult time it is important to apply the next principle which is...

Do It With Joy!

It's one thing to walk in obedience and follow God's guidelines and instructions for eating and sleeping, but to do it with joy is also important for your health! If you do something out of a sense of duty because you feel you have to, you will end up hating it. This is a toxic mindset which leads to "toxic digestion" of your food, nullifying your efforts to eat the right foods at the right time. Obedience to a set of laws out of a sense of obligation is legalism and a form of bondage. The principles and instructions in God's Word were not meant to enslave us, but set us free to enjoy an abundant life and divine health (John 10 v 10).

Scripture promises that one of the blessings of obedience is a long life (Deuteronomy 6 v 2, Psalm 91 v 16) but Jesus also came so that you could **enjoy** life (John 10 v 10). The word "enjoy" is so powerful and makes all the difference. What good is a long life if there is no joy? Although it takes a great amount of discipline to change unhealthy eating habits, it will be a lot easier if you purposefully choose to do it with enthusiasm and a positive joyful attitude.

Do It Because You Love Him

Why invest time to study God's Word to gain wisdom and understanding on how to be a good steward of your body? Why make the effort to change your thinking and renew your mind? Why go to sleep and wake up at the right times? Why eat healthily? Why go through the painful time of discipline and dying to the flesh in order to establish new habits based on God's principles? Our main motive for obeying God's precepts should be our love for Him more than our desire for good health. True obedience can only come out of an overflow of our love for Him.

John 14 v 15 "If you [really] love Me, you will keep (obey) My commandments."

God gave us instructions and guidelines in His Word because He loves us and wants the best for us. We obey those instructions because we love Him.

Training Up A Child In The Way He Should Go – Applying God's Principles Of Eating In Children

Before Conception

It is the desire of every loving parent to give their children the best possible opportunities in life. Preparing your child to experience the best health possible starts way before conception! Firstly, the couple must look at the spiritual and physical problems running through their family trees and break any genetically inherited diseases through repentance (this is explained in detail in the chapter on page 151 and also on page 175). Secondly, it is ideal for both parents to eat healthily according the principles shared in part 2 of this book for at least six months prior to becoming pregnant. The reason is because damaged DNA is repaired with the superior building materials from high quality nutrients in a living food diet consisting of predominantly raw fruits and vegetables. The high quality DNA results in a strong sperm and egg, which gives the child the very best start in life.

During Pregnancy

Eating according to God's diet plan during pregnancy is essential for creating a healthy environment for the baby to grow. An unhealthy diet and lifestyle can contribute to many problems, for example miscarriages, low birth weights and insufficient nutrients for proper cell growth and brain development in the baby.

The high quality nutrients (vitamins, minerals, enzymes, carbohydrates, fats and proteins) that the body requires during pregnancy can best be found in raw fruits, vegetables, whole grains and small amounts of nuts and seeds. Some health teachers say that pregnant mothers need approximately 300 extra calories per day. This can be obtained, for example from half an avocado pear or four apples. However, fruit must not consist of more than 15% of the pregnant mother's diet because it has very high natural sugar content.

Pregnant women need a little extra iron and calcium especially in the latter half of pregnancy. Barley Green, carrot juice, raw spinach, raisins and other dried fruits provide an abundant supply of iron in its natural form which is easily assimilated and utilized by the body. Avoid iron supplements because they can be toxic to the body and have the potential to cause complications, for example a prolonged pregnancy. Similarly calcium supplements can be harmful to both the mother and baby. Green leafy vegetables such as Barley green and kale are rich sources of calcium. Put lots of raw broccoli and celery in your salads because they are high in calcium and iron.

A nutritionally educated medical doctor, Joel Robbins, M.D, D.C., N.D said in his tape "Pregnancy, Child-birth and Children's Diet: "By juicing fresh fruits and vegetables, and by having at least two 250ml glasses of fresh juices daily along with a healthy diet is the best vitamin and mineral supplement there is to ensure mother and baby get all the nutrients that they need."

The B-complex group of vitamins found in green vegetables, grains and whole-grain breads is important for development of the baby's nervous system and will also help prevent the mother from having

sugar cravings. Fats are also essential for the proper development of the brain in the child as well as hormones in the mother. However, remember it must be the good unheated fats such as cold pressed flax seed oil, cold pressed virgin olive oil, avocado pears, nuts, seeds and raw fruit and vegetables.

All vegetables and most fruit supply an adequate amount of amino acids to meet our protein requirements, while higher amounts are found in nuts, seeds and avocados. On page 255 I explain why it is important not to eat too much protein. Dr. M.T. Mortor, Jr. Warned, "Some are going to advise you to eat more protein, but if you do, you are increasing the chances of a complicated pregnancy and delivery."

Water is an important requirement for the developing baby since 70% of its body consists of water and it is suspended in amniotic fluid as it grows within the womb. Therefore it is essential for the mother to drink six to eight glasses of distilled drinking water every day in order to create a healthy environment for the baby.

It is very important for pregnant and nursing mothers to avoid all forms of processed foods/junk foods, heated fats, refined sugars and especially alcohol, caffeine and cigarettes. All of these substances lack the essential nutrients needed to produce a healthy baby and are very toxic to both the baby and mother's brain. It is well documented that there are increased incidences of mental retardation as well as abnormal development of the face, heart and head and other physical defects in women who drink during pregnancy. Caffeine and cigarettes can also cause birth defects and other complications.

Of all the processed and junk foods, one of the worst is soft drinks such as coke. Not only does a regular size coke contain high doses of caffeine and eleven teaspoons of sugar (which weakens the immune system), but the high phosphoric acid content leaches calcium from the bones. When our blood stream becomes too acidic as a result of the high phosphoric acid and refined sugar content in coke, the only way that the body can balance this acidity and bring its pH back to normal is to take calcium from the bones and teeth, because calcium is the most alkaline mineral in the body. In her article "Why I Don't Drink Soft Drinks and I Wish You Didn't", Dr. Mary Ruth Swope said, "My file is full of examples of Americans with soft bones (dissolved, I believe, by their phosphoric acid consumption) and my heart-felt concern for fetuses is now a reality – many are being born without face bones, with missing ribs, with fewer than normal carpal bones and so forth. Do we really care? Do we care enough to change our lifestyle? I sincerely hope so."

Eating healthily will also make the pregnancy easier for the mother. For example, a common discomfort that is often experienced by many women in the first three to five months of pregnancy is morning sickness. There are several theories about what causes morning sickness but women who have healthy eating habits do not have this problem. According to Dr. Joel Robbins, early morning nausea is caused by the elimination of toxins from the mother's body in order to protect the baby living inside her. He writes, "When a mother conceives, her body wants to prepare the best environment possible for the unborn child. So the body will do some extraordinary cleaning to rid itself of toxins. While the mother sleeps, her body is dumping all kinds of poisons into the bloodstream to be removed through the kidneys and liver. A mother who has not been eating well has backed up kidneys and liver, her body is congested and toxic. Through the night the toxins are dumped into the bloodstream which carries them to the kidneys and liver, causing them to be overloaded and toxic first thing in the morning. The sensation of morning sickness is the body's way of saying don't put anything else in here, I'm just barely keeping my nose above water right now trying to deal with the toxins which are being eliminated."

Be cautious with taking any antibiotics or medical drugs during pregnancy because many of them have a negative effect on the unborn baby. Dr. M.T. Mortor, Jr. said, "When you experience morning sickness, your doctor may recommend a pill to eliminate the symptoms and it may work. However, I want to remind you that years ago they recommended thalidomide and it made the expectant mothers feel fantastic in

the morning and totally eliminated morning sickness. Therefore, it was widely used in this country and everyone was happy. What happened, however, was that the babies were born without arms and legs. What a tremendous price the mothers paid to eliminate a little bit of morning sickness. Covering up the symptoms is not the answer, we have to find the cause...Morning sickness can be prevented if mothers follow a healthy diet program before pregnancy. In any case, no medication should be taken for morning sickness."

Birth To 24 Months

The most superior and important source of nourishment for the first 18 to 24 months of an infant's life is a mother's breast milk. Some parents incorrectly believe that the earlier the child begins eating solid foods, the better because it will make the child healthier and stronger. However, this has the opposite effect because there is no food that is more superior than breast milk in meeting the nutritional needs of the growing baby. If the mother has been eating correctly, breast milk contains 100% of the nutrients the baby requires. Furthermore, what is incredible is how God designed the nutritional composition of breast milk to change as the infant grows so that it supplies all the vitamins, minerals, amino acids (building blocks of protein), hormones, enzymes, essential fatty acids and carbohydrates that are needed at each stage of the baby's development. As the baby requires different nutrients, those nutrients are formulated by the mother's body, meeting all the child's needs, which often varies from day to day. Breast milk also provides the baby with a natural immunity to diseases. The mother's body is able to manufacture antibodies which are passed onto the baby in the breast milk to protect it from the specific germs that are in the environment, whilst the baby's immune system is still developing and maturing.

If it is not possible to breast feed, then the next best option is expressed mother's milk which can be stored in a fridge for up to 24 hours. If breast milk is not available at all, try to find raw, unpasteurized goat's milk because it is similar in composition to human breast milk. However, goats' milk has slightly higher protein content so it must be diluted in a proportion of 50% goat's milk and 50% distilled water. Another recommended mixture is one third goat's milk, one third fresh carrot juice and one third distilled water. Goat's milk can be refrigerated for approximately four days.

If neither breast milk nor goat's milk is an option, then well-strained raw almond milk, combined with a green drink (diluted Barleygreen or juiced green vegetables) or well strained, diluted carrot juice may be used. Cow's milk and soy products are not recommended. Approximately 100 vital nutrients are missing in cow's milk and which cannot be duplicated in formulas. In fact, formulas are probably the single most dangerous substance that children today are fed with. For proof of this statement, you only have to observe the frequent mucous membrane problems that formula-fed babies experience. When a baby who is suffering from mucous membrane problems is switched from cow's milk or formula to raw goat's milk, the problems almost always disappear⁶³. Commercially available infant formulas were never designed by God to nourish a baby and it results in many other health complications. To understand the reason why, you need to understand the importance of living foods and their difference to dead foods. Please revise the sections where I explain this in detail:

- The section under the heading "Raw!" on pages 232
- The section under the heading "Supplying The Building Blocks For Healing" on pages 289

High quality living nutrients found in living food is required to build the living cells that make up the human body. Therefore our Creator had a specific plan to provide a growing baby with the living nutrients it needs to grow and develop. According to His ideal plan, the mother obtains enzymes, vitamins, minerals,

carbohydrates and amino acids (that make up protein) from fresh, raw fruit, vegetables, nuts and seeds. Once this living food that she eats is digested, the living nutrients are absorbed into her bloodstream and flow as fuel and nourishment not only to the trillions of living cells in her body, but also through the placenta and umbilical cord to the baby in her womb. The baby utilizes these living nutrients as building material to make new living body cells as it grows and develops. Once the baby is born, the umbilical cord is cut and the mother instinctively takes the child and places it on her breast. As the mother's blood containing the living nutrients from the living food she ate passes through the breast, the mammary glands extract from the blood antibodies, vitamins, minerals and other vital nutrients. These are joined by special proteins, sugars and fats to formulate breast milk which contains living enzymes and is a living food that provides the perfect nourishment for the baby's body as it continues to build new living cells whilst it grows and develops.

However man thinks that he can out smart His Creator and often, instead of feeding the baby with breast milk, he gives it a dead substance called formula which has been cooked and processed, so that the life force (which is the enzymes) are destroyed, most vitamins and minerals are lost and the proteins are converted to an unusable form that the body cannot utilize. This cooked and processed food that is devoid of life giving nutrients is not able to nourish the body with the building materials required to build strong, healthy, living cells. Instead this inferior, low quality building material results in the building of weaker, low quality cells as well as a weakened immune system. And just like a car would react to low quality fuel by developing all sorts of mechanical problems and eventually breaking down, so the child starts to develop all sorts of physical breakdowns, which for example manifest as symptoms of colic, colds, fevers, swollen glands, ear and throat infections and so on. The first thing that the mother does when she notices that her little one is not well is take him/her to the doctor, who usually has not had much training in nutrition at medical school. The doctor then does what he is trained to do which is to prescribe a drug to treat the symptoms. Not only does is the drug devoid of life, but it contains many toxic substances. And so now, not only is the baby's body dealing with the formula which is dead food containing toxins, but now more poisonous toxins are introduced in an attempt to deal with the child's reactions to the first violations. This starts the child on a very slippery slope that will lead to ever-increasing physical breakdowns in his body. What the mother does not understand is that a body made up of living cells was designed by God to be nourished with living food!

The nutrients within breast milk are derived from the nutrients in the food that the mother eats. Therefore the quality of the breast milk is largely determined by the quality of the food the mother consumes. So it is especially important for a nursing mother to eat as healthily as possible and to ensure that the food she eats is organic. For example, if she consumes the meat or milk of a cow that was pumped with hormones, antibiotics and other chemicals, these toxic substances can be passed on to the baby through her breast milk.

Birth Until The Front Teeth Begin To Grow

Raw carrot juice can be introduced as early as one to two months. It must be diluted to 25% carrot juice, 75% distilled water. If the baby develops loose stools, it may be an indication that the juices are too strong and need to be diluted more with distilled water.

Begin with \square of teaspoon of carrot juice and slowly increase the quantities as the child grows and develops. By six months of age, the baby can be given as much as 100ml. \square of teaspoon of Barley Green, diluted in distilled water can be added, along with the carrot juice and gradually increased in quantities.

Another juice mixture that can be given to the baby as early as three weeks of age is carrot/apple juice. Start with 25% carrot/apple juice to 75% distilled water. By four months this can be strengthened to 50% carrot/apple juice and 50% distilled water. By eight months the pure juice can be given. This juice mixture can be used to help alleviate the symptoms of colic whilst the underlying cause it being dealt with.

Remember that the baby's main source of nourishment must be from the mother's breast milk. So avoid giving large quantities of juices because it may suppress the baby's appetite for the breast milk. If the baby does not drink as often, the mother's milk production will be reduced, depriving the baby of the nutrition it needs.

Give the baby the juices 30 minutes before or two hours after breast feeding so that the maximum amount of nutrients can be absorbed. The juices must always be well strained through a very fine stainless steel strainer. Never use nipples containing nitrates or plastic bottles because they exude toxic substances such as bisphenol-A.

After The Front Teeth Have Grown

The baby's primary source of food must still be breast milk, carrot juice and Barley green. It is important not to introduce solid foods too early because it will decrease the baby's desire for breast milk.

Signs that it is time to introduce solid foods are when the baby is not satisfied with breast milk only, the baby cries after feeding for no apparent reason or if the baby starts to chew on the mother's breast. When this happens raw, ripe, organic, fresh fruits can now be added (fresh fruit helps develop the brain and neurological systems). Begin by giving the baby $\frac{1}{4}$ of a teaspoon of raw apple sauce or mashed bananas, peaches, pears, papaya, sweet plums or avocado pears. It is important that the mashed fruit is fresh and very ripe. These fruits can also be grated or pureed. The quantity of fruits served can be gradually increased over several months to the point where up to 40% of the baby's diet consists of raw fruit. However, breast milk must still be the child's main source of nourishment.

It is important to bring in new foods slowly. Only introduce one kind of fruit at a time and do not add any new food for at least a week to give the baby's system a chance to adapt. When adding new foods, you must understand that children are often reluctant to try new things. Therefore give your child new foods along with foods he/she is already familiar with to lessen the shock. Just because a child rejects a particular food one time, don't be discouraged and never try it again. Often with repeated exposure children will accept foods that they rejected at first. A good approach is to make your child try one bite of a new food and don't force them to eat more because it takes time for the taste buds to adjust. Wait a few weeks and then try the new food again. Be careful not to limit your children's diet to the foods you like. Let them enjoy a wide variety of treats that are available.

When a child starts to eat solid foods, it is imperative to teach it to take small bites and to chew its food well so that it is a creamy consistency before being swallowed. Food that is not chewed properly takes longer to break down and places unnecessary strain on the digestive system. You may need to cut the food into small pieces to make the child's transition to whole foods easier. Never leave a baby alone with food because they may take too big a bite and choke. Also teach your children never to run or play with food in their mouth to prevent accidental choking.

Never add salt, sugar or spices to the child's food. Also do not use jarred baby foods or any form of food that has been processed because they have been cooked, thus destroying all the nutrients and often have salt, sugar and other harmful ingredients added to them. God created fruits and vegetables that

contain natural sugar, which is accompanied with vitamins, minerals and fibre. Children do not need the added salt and sugar found in most manufactured products. Refined sugar provides nothing beneficial, only empty calories and is very destructive to a child's body. Every calorie that a child ingests from sugar is one less that they can spend consuming foods rich in nutrients which are required for proper growth and development. Children who eat large quantities of sugar often have trouble obtaining an adequate amount of nutrients.

When The Child's Molars Have Grown

The primary source of food must still be breast milk. Until a child's molars start to develop (between 18 and 24 months), the child's jaws have not been fully formed and the digestive system has not developed enough to handle solid foods. Therefore a child must not be weaned until his digestive system is ready for a more diverse diet.

When the child's molars begin to develop, pureed vegetables can gradually be introduced. As the child begins to chew, the vegetables can be blended so that they have a more coarse consistency. A blended salad can be made in a blender or juicer with avocado, different green vegetables, carrot juice and distilled water. You can also add an apple to make it sweeter. Make different mixtures with a wide variety of vegetables in order to provide all the essential nutrients.

Give the child soft snacks to eat, for example very ripe peeled fruit. Use raisins, dates and figs sparingly because they have a very high sugar content which promotes tooth decay. Acidic fruits such as tomatoes, berries, oranges, grapefruit and other citrus fruits must not be introduced before 14 months, and then in only small amounts so that the enamel coating on their teeth is not eroded.

When All The Teeth Have Grown

Once all the teeth have developed, you can gradually start weaning the child from breast milk whilst adding small amounts of new semi-solid foods for one of the meals each day. Still continue with the carrot juice and Barley Green. Cooked foods can now be slowly introduced but must never be more than 20% of the child's diet. The food must be served warm or at room temperature rather than hot or cold.

As the child is able to handle new foods, vegetables such as baked potatoes, sweet potatoes, squash, beets, brown rice, millet, oatmeal and uncooked grain cereals can be introduced. To make uncooked grain cereals, grind the grain in a blender or coffee mill. Then add just enough distilled water to cover it and soak it overnight. In the morning blend the raw cereal with nut or banana milk, distilled water or fruit juice. You can add additional nut or banana milk or fruit juice when the cereal is served.

Remember that it takes time for a child's digestive system to develop to its full functional capacity. If the child experiences stomach pain after eating it may mean that the food was not chewed properly or the digestive system is not yet able to handle the new food. If you observe whole food in the baby's stool, go back to pureeing the baby's food for a few weeks and then try again.

Cooked carbohydrates and animal proteins must not be introduced before one year of age because the child is not able to digest it as it lacks the digestive enzymes for assimilation. These undigested foods become toxins which creates the beginning of problems for the tiny body.

After The Child Has Been Weaned

Once the child has been weaned, its diet must consist of the following:

- Barley Green - it contains vital nutrients which are essential as the child grows.
- Two carrot juices (approximately 150ml each) every day.
- Three or more servings of raw vegetables every day. At least one of the servings should be raw, dark green leafy vegetables. Use beets sparingly during early childhood.
- Two to four pieces of raw fruit per day.
- Legumes (anything that grows in a pod).
- Whole grains and starches, for example whole-grain breads and cereals.
- Nuts and seeds – the best is almonds and sunflower seeds. Other nuts and seeds must be used sparingly and each serving must be no more than 30 grams.
- Gradually train the child to eat solid foods twice a day at the correct times. Fruit and vegetable juices must be given between meals if they get hungry.
- By the time that children reach school age, they must be on the same nutritional program as their parents (based on the principles recommended in part 2 of this book). Remember that your children will learn from your example. It is impossible to teach healthy, Godly eating habits to children if the parents eat badly.

Whilst it is important to make sure your child's diet consists predominantly of fresh, raw fruit and vegetables which provide live enzymes and love nutrients, also make sure that they have an adequate amount and variety of concentrated foods high in calories i.e. whole grains, legumes and nuts. If your child has too many watery foods, they will not get enough calories. As a result they may become underweight, have low energy, low resistance to infection and will be hungry all the time. When a child is hungry all the time or always wants to eat rather than play, it is a tell tale sign that they are not getting a balanced diet. Children usually have good appetites, but it is not normal for them to be constantly preoccupied with food.

On page 255 I explained the importance of consuming meat in small amounts and not eating an excessive amount of protein. The protein and calcium that your child requires for growth and maintenance can be easily obtained from foods such as almonds, sunflower seeds, lentils, quinoa, brown rice, split peas and so on, Barleygreen is also a rich source of protein. The "protein deficiencies" that caused concern in many parents is because of reports from poor countries where starvation or severely restricted diets of a few food items were the norm. A protein deficiency will not develop when the child consumes a good variety of fruit and vegetables.

Research testing was done to evaluate the IQ of children who eat predominantly fruits and vegetables versus a typical Western diet. They found that the average IQ of children on a fruit and vegetable diet was 116. This should ease the minds of parents who are concerned that this diet may not provide enough nutrition for proper brain development⁶³. Many children raised on a largely plant-based diet are slightly smaller than those who eat the typical western diet, but adult heights and weights are similar to those eating a diet where large amounts of meat are consumed. It is also interesting to note that breast-fed babies grow slower than bottle fed babies, possibly exactly as our Creator designed! Girls raised on a predominantly plant based diet only reach puberty at approximately age 16 whilst girls who eat a typical western diet whereby large amounts of meat, dairy and eggs are consumed (which are pumped with

growth hormones, antibiotics and other chemicals) are reaching puberty at 12 and even earlier. There are health complications associated with reaching puberty earlier than God designed, for example it is an established risk factor for breast cancer.

Children need a greater amount of fat than adults so nuts, seeds and avocados must be included in their diet. Like adults, children need sunlight which allows their bodies to produce vitamin D and it provides other nutrients necessary for proper growth.

Although it is ideal to raise your children with healthy eating habits from the beginning according to the program outlined in this chapter, many parents did not have this information when their children were small. If your children are already used to eating a typical western diet, it is going to be more challenging to help them make a change in lifestyle. However with love, understanding, patience and perseverance it will be possible. Remember that you are their teacher and they will observe and learn from your attitude to a change in lifestyle. Education is the key! Take time to explain to your children the reasons why you are making the changes and help them understand why it is so important for their health.

Involve your children as much as possible to help this life style become a part of them. For example take them grocery shopping or to a farmer's market with you and allow them to choose fresh fruit and vegetables that they would like to try (it is a good idea to feed them before going shopping so that they don't become demanding because they are hungry). As you shop, explain to your children the choices you are making and why. Also involve them in making some of the menus for your meals as well as in the preparation, for example making the juices or salads, setting the table, washing up and so forth. Another way to give them a "sense of belonging" is to plant a small garden that is easy to manage. Allow the children to be involved of taking care of the vegetables. As they watch the plants grow and develop they will become excited about eating what they have helped produce. If you live in a block of flats, for example, where you are not able to have a vegetable garden, planting a few vegetables in a box or container by the window is another option.

On page 225 I explain the impact that your thought life and emotions have on your digestive system. The toxic chemicals released in response to emotions coming out of an unpleasant atmosphere of strife, anger, fear and so forth would over ride the digestive process resulting in inefficient or "toxic digestion". Therefore it is essential to create a loving environment whereby mealtimes are a positive and enjoyable experience. Establish a firm rule in your household that the dining room table is not allowed to be a battle ground. Make your meals a time of fellowship for the whole family, where everybody comes together to share about their day, laugh, tell stories etc. Eating rapidly is very harmful, so teach your children to eat slowly and to chew their food properly. Do not allow them to rush through a meal so that they can watch a favourite program on TV or dash off to do some other activity.

Children do not like to be different. For school lunches, include for example a sandwich with whole grain bread (see our website for a lovely recipe), vege sticks and fruit for dessert. Their sandwiches can include lettuce, tomato, avocado or almond butter with bananas. There are many wonderful and interesting ideas (see Hallelujah Acres Ministries website www.hacres.com for recipes for meals for children). Do something unique and different every day so that their lunches are an event that they look forward to.

Avoid "junk food", processed food, products containing refined sugars, white flour, caffeine, soft drinks, heated oils and so forth, so that your child's tastes and appetites are not spoiled. It will become increasingly difficult to break those habits once they develop a craving for unhealthy foods that God never intended them to consume. Teach your children healthy Godly eating habits from the beginning (or as early as possible) and they won't have the health problems and struggles that most of us are having today in breaking our addiction to unhealthy foods so that we can come back to God's way.

Proverbs 22 v 6: "Train up a child in the way he should go; and when he is old, he will not depart from it."

PART 3:

A GENERAL APPROACH TO DISEASE



“Let us then fearlessly and confidently and boldly **approach** the throne of grace (the throne of God’s unmerited favour to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-times help, coming just as we need it].”

Hebrews 4: 16

General Approach To Ministry For A Person With A Disease

With everything you have learnt so far in part 1 and part 2 of this book, you may be feeling a little overwhelmed? The good news is, once you learn these principles, they become second nature. Sharing what you learn with others will also help to plant this life-saving information into your heart and mind. Your health and life will benefit from every bit of knowledge that you glean from these pages. It might be a bit confusing at first with the huge volume of information, but just take it a step at a time. If you need to stop, go back and re-read any parts of this book, don't worry! Just go at your own pace and remember God loves you and you have the Holy Spirit to help you.

Part 3 of this book is a summary of part 1 and 2. This serves to assist you in practically applying these principles by simplifying all of the information into a few main points. The full teaching and explanation behind each point is indicated by the page numbers in brackets.

When a doctor looks at an x-ray for example, if he is thorough, he will not just look at it and expect the abnormality to automatically "jump out" and catch his eye. He has a mental approach whereby he will systematically check each part of the anatomy (soft tissue, alignment of bones, organs etc) to make sure that he does not miss anything. Similarly, when a doctor does a consultation, he approaches it with a system in his mind so that all important aspects of the history and physical examination are covered. In the same way, this summary is a general approach that you can use to help you cover all the important aspects as you apply these principles in your own life or to help somebody else recover from a disease.

NB: This is just a guideline to help you apply the Biblical principles that you have learnt in this teaching. However do not rely on the method! If you apply this like a ritual or a "10 steps to get what you want out of God" scientific formula, it is not going to work. You must always go into a ministry situation depending on the Lord and relying on the leading of the Holy Spirit. In Mark chapter 9 the disciples were not able to drive out the deaf and dumb spirit from an epileptic because they had turned using the name of Jesus into a scientific formula/method and forgot about the need for intimacy and dependence on the Lord!

1) Deal With The Toxic Mindset Behind The Disease

1. Take The Mystery Out Of The Disease: Read about the specific disease in the book to find out what the toxic mindset behind it is and to gain an understanding of how and why the disease developed.

2. Forgiveness (Pages 630-639)

- God
- Self
- Others

Un-forgiveness of any form is a major block to healing. Therefore it is vitally important for the person to first search their heart and ask the Holy Spirit to reveal to them if they have any un-forgiveness and

bitterness towards God, himself and/or others. There is no point in proceeding any further until this is sorted out.

3. Repentance For The Specific Sin (Toxic Mindset) Behind The Disease:

- Personally (pages 35-41)
- Generationally - when applicable (pages 151-161)

4. Sanctification Of The Spirit: command the spirit behind the disease to leave in Jesus Name (pages 84-95, 98-101, 106-107).

For example, in the case of high blood pressure (caused by a toxic mindset of fear and anxiety), you would command the spirit of fear to leave in Jesus Name. In the case of depression (caused by a toxic mindset of a low self esteem), you would command the accusing spirit to leave in Jesus Name (Revelations 12 v 10 speaks of the devil who is the accuser of the brethren. An accusing spirit will put thoughts in a person's mind; accusing them to themselves and making them feel guilty and bad about themselves). In the case of cancer (generally caused by a toxic mindset of bitterness and un-forgiveness) you would command the spirit of bitterness to leave and so forth.

5. Sanctification Of The Soul (Renewal Of The Mind)

- Counter the toxic mindset by teaching/discipling them from the Word
(For example, if the person has a disease caused by fear and anxiety, you would show them scriptures in the Bible relating to fear and anxiety. Pages 630 to 694 are chapters that contain teaching and scriptures from the Bible that counter the different toxic mindsets)
- Give the person practical advice on how to renew their mind
 - Have a **"thinking time"** every day where the person must spend time meditating/thinking about the relevant Scriptures that counter that toxic mindset in order to purposefully change their thinking to align with those Scriptures.
 - **During the rest of the day, they must be careful to take any toxic thoughts captive to the obedience of Christ:** For example, there is no point in having a thinking time every morning meditating on Scriptures relating to fear and anxiety and then spending the rest of the day with thoughts of worry going wild in their mind.
 - **Speaking out the Word (Faith Confessions):** For example if the person is working on overcoming the toxic mindset of a low self esteem, they would say the faith confession on "Who I Am In Christ" on page 658 or if fear and anxiety is their issue, they would say the faith confession on page 686.
 - **Other principles of renewing the mind are outlined in the chapter on pages 695.**

6. Sanctification Of The Body: this is removal of disease and everything that destroys the body. This naturally follows sanctification of the spirit and soul.

7. Pray For Healing

*Where applicable: the gift of miracles (page 122)

2) Assist Your Body To Self-Heal By Supplying It With The Materials (I.E. High Quality Nutrients) It Needs To Rebuild Its Weakened Organs And Immune System

8. A summary of God's principles of eating and rest is provided in the chapter on page 283.
9. A suggested program of how to apply those principles is provided in the chapter on page 285.

3) Coffee Enemas

10. In a life threatening situation, for example if a person has stage 3 or 4 cancer, the body may not de-tox fast enough just through eliminating toxic mind sets and with good nutrition. Diseases such as cancer grow very quickly and aggressively so you need to get ahead of it; coffee enemas will help you do that through speeding up the detoxification process. Visit our website (www.eagleswings.co.zw) to find out more about coffee enemas and how to do it.

If the person is suffering from a disease that is not immediately life threatening, they can consider doing a once off colon cleanse.

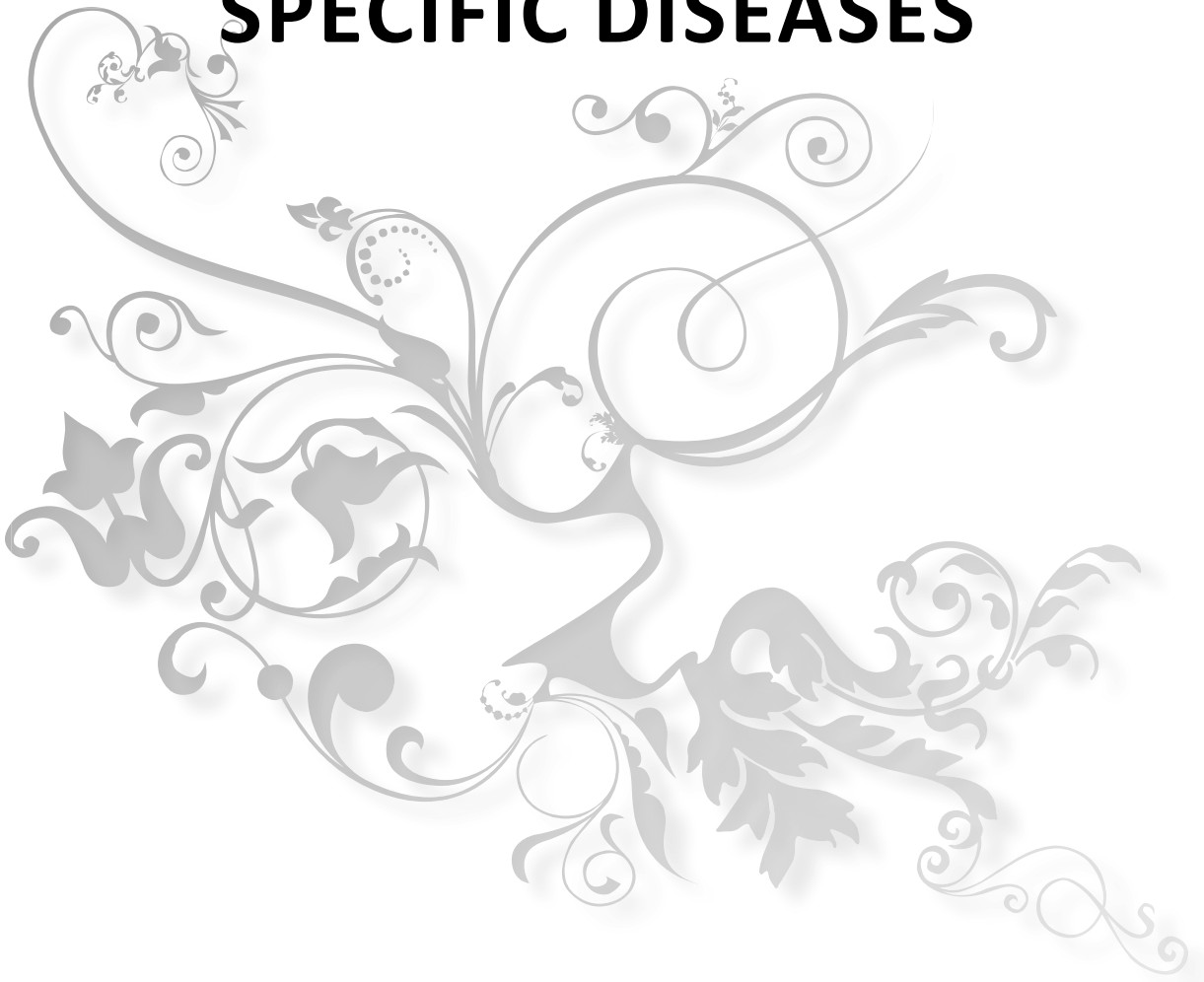
For Those Who Want To Get More Involved:

If you have a heart for helping people and desire to use this material in ministering to others, Eagles Wings Ministries would love to assist you! On our website we have a training program which is a guideline of how to use the DVD series of this teaching, along with this book, to train people in a Bible study/cell group context how to effectively help others who need healing. Also write to us via email (contact information is on our website) with any questions or if you need further assistance on either a ministry or medical level.

Isaiah 61 v 1-3 "The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good news to the meek, the poor and the afflicted; He has sent me to bind up and to heal the broken hearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound. To proclaim the acceptable year of the Lord [the year of His favour]... To grant [consolation and joy] to those who mourn, to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened and failing spirit – that they may be called oaks of righteousness, the planting of the Lord, that He may be glorified."

PART 4:

SPECIFIC DISEASES



“He forgives [every one of] all your iniquities, He heals [each one of] all your **diseases.**”
Psalm 103: 3

...diseases...

Autoimmune diseases

The spiritual root of autoimmune diseases is a low self-esteem, self-hatred, self bitterness, self-rejection, self-condemnation and/or guilt in your thought life.

Sometimes there is a feeling of being unloved and unwanted where self-hatred comes in because of failure of a father or husband to nurture you if you are a female or if you are a male, because your father did not nurture you. Occasionally some men are victims of their wives. Whatever the case, it involves varying degrees of self-hatred

Your immune system is the army of cells in your body that were created to protect you from harmful things such as viruses, bacteria, parasites, fungus, toxins and cancer cells. When the cells of your immune system see these harmful substances floating around in your blood stream and body tissues, they go and kill or remove them, thus helping to protect you from getting sick. However, in science your immune system has been shown to be directly affected by your thought life and emotions. In the chapter "Essential Background Information of Disease from a Medical Perspective" I explained how thoughts form and how memory is stored on the branches of the nerves in your brain. It is not just your brain that stores memory but your body cells as well. Your brain communicates with the cells of your body – this is known as the mind-body link.⁴⁰ When your brain receives incoming information, for example self-hatred or guilt, then every immune cell of your body will receive that information instantly. Your brain sends information to the cells of your immune system via chemicals called neuro-peptides and receives information from your immune system via immune-peptides. There is a direct link between your thoughts, emotions and the subsequent memories built in the trees of your mind in your brain and the way your immune system functions.⁴¹ Your immune system has been definitively shown to be neurologically sensitive to your thought life.

When you attack yourself spiritually through thoughts of self-hatred, self-rejection, condemnation, guilt and self bitterness, the immune system is redirected to attack your own body tissues, while ignoring the true enemy which is viruses, bacteria, cancer cells etc. When you are attacking yourself spiritually in your thoughts, the biogenetic character of the cells of the immune system is changed so that they take on an assignment of the devil and go on a highly

calculated mission of destruction. Thus the immune system, which was originally designed by God for your good (protection against infections, cancer etc) begins to cause disease in your body.⁴² Jesus said that if you hate your brother in your heart you are guilty of murder (1 John 3 v 15). Likewise, if you have a low self-esteem and hate yourself in your heart, in essence you are murdering yourself in your thoughts... and be careful, because eventually your body will follow suit and will begin attacking itself – you will eventually end up with diseases that will lead to your physical death... all because you were murdering yourself in your thoughts. God said that you are valuable and that you were worth the life of His only Son and when you disagree with Him, you set yourself greater than God and that's idolatry. Under the law the penalty of

There is a direct link between your thoughts, emotions and the subsequent memories and the way your immune system functions.

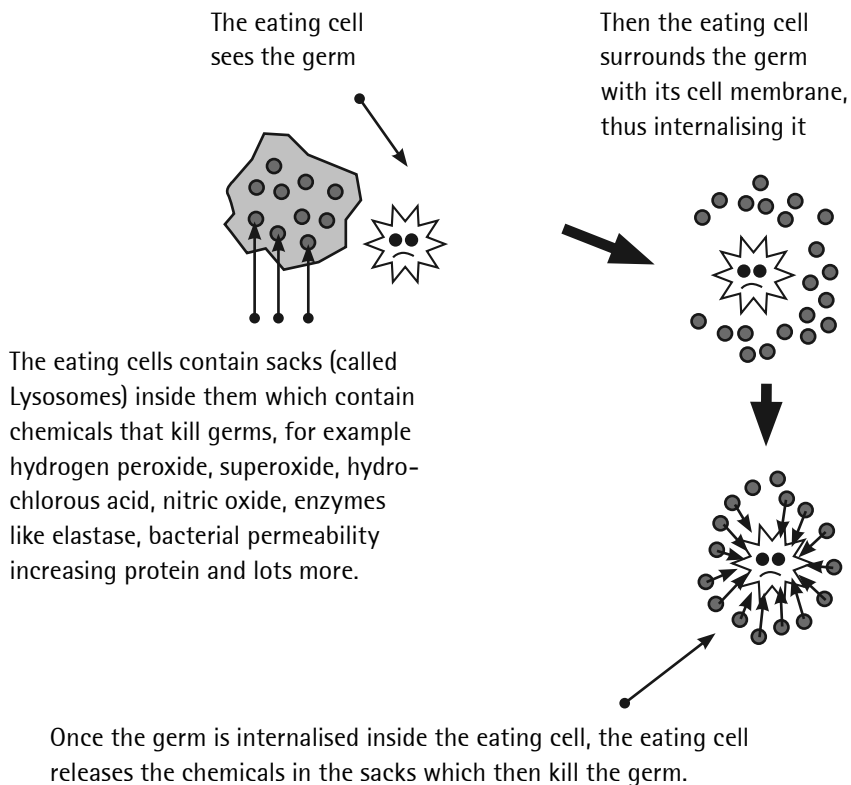
idolatry was death and today the diseases that come from self-hatred lead to death. There is a very high price to pay for not loving yourself.

Note: Autoimmune diseases are commonly genetically inherited. This is related to varying degrees of self-hatred and guilt in previous generations in your family tree. Genetically inherited diseases and how to deal with them are explained in detail on page 151.

To understand autoimmune diseases, I first need to explain to you how your immune system functions normally: Your immune system consists of different cells, each of which has a specific role to play in helping fight off infection. For the sake of simplicity, I will refer to harmful substances like viruses, bacteria, parasites, fungus, toxins, cancer cells etc as '**germs**'.

Phagocytes (Which include Neutrophils, Monocytes and Macrophages)

Phagocytes are cells that kill germs by literally eating them. So that you are not confused by difficult medical names, I'll refer to these phagocytes that eat germs as "Eating Cells" from now on. This is how eating cells kill germs:



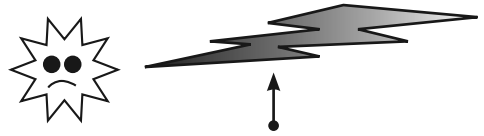
Mast Cells

These are special cells that contain sacks inside them full of histamine, prostaglandins and other chemicals. When the mast cell is activated, it releases these chemicals into the blood stream. Histamine causes holes to form in the blood vessel walls (i.e. increases blood vessel permeability) – this enables the eating cells and other cells of the immune system to leave the blood stream and enter the body tissues where the germs are. Fluid from the blood also leaks through these holes in the blood vessel walls – this causes the swelling and redness that is associated with inflammation.

The Complement System

This is a collective name for 9 different molecules that are activated when germs enter your body:

- C3e stimulates the bone marrow to make more eating cells.
- C3a and C5a send out messages to call the eating cells to the place in the body where the germs are (Medical term for this is chemotaxis). C3a and C5a also activate mast cells (described above).
- C3b attaches to the germ and neutralizes all its defence mechanisms – thus weakening the germ and making it easier for the eating cells to attach to and ‘swallow’ the germ (Medical term for this is opsonisation).
- C5b organizes the other cells of the complement system (C6, C7, C8 and C9) that all join together to form a complex, which I will call the “weapon” (The medical term is the cell wall attack complex).



C5b, C6, C7, C8 and C9 form a weapon that attaches to and damages the germ

Dendrites

These cells are like policemen. When they find a germ, they “arrest it and put handcuffs on it”. They then take these germs to the lymph nodes where cells called T lymphocytes (T cells) are present.

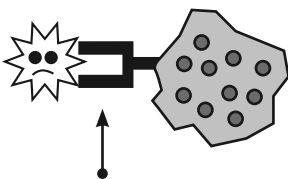
T Cells

When the dendrites show the germ to the T cells they multiply and form 2 different types of T cells: CD8 T cells are specialized for destroying cancer cells and viruses. CD4 helper T cells increase the activity of eating cells and activate B cells to produce antibodies. (Just for interest sake – the HIV virus specifically destroys CD4 helper T cells which is why AIDS patients get so many infections)

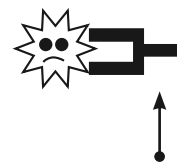
B Cells (B Lymphocytes)

When B cells are activated by T cells, they produce antibodies. There are 5 main antibodies produced by B cells:

- **Ig M antibody** – when this antibody binds to germs, it activates the complement system above.
- **Ig G antibody** – this neutralizes and weakens germs to help the eating cells attach to and kill them. It also activates the complement system above. These antibodies also go through the placenta to the baby in pregnant mothers, to protect the baby against infection when the baby is born.



IgG antibody that has helped attach the germ to the eating cell so that the eating cell can kill it



Ig M or Ig G antibody binds to germ and activates cells of complement system.

- **Ig A antibody** – these antibodies are found in your body secretions (saliva, tears, breast milk, fluid in your lungs and intestines). They are the first line of defence to protect your gut and airways from infection. They also help protect against allergies.
- **Ig E antibody** – these antibodies attach to and activate mast cells (described above). They also send out messages to attract other cells called eosinophils and basophils. Ig E antibodies, eosinophils and basophils play an important role in protection against parasites like worms. When the immune system is damaged by long term fear, anxiety and stress, these cells can also lead to allergies.
- **Ig D antibody** – function not yet known.

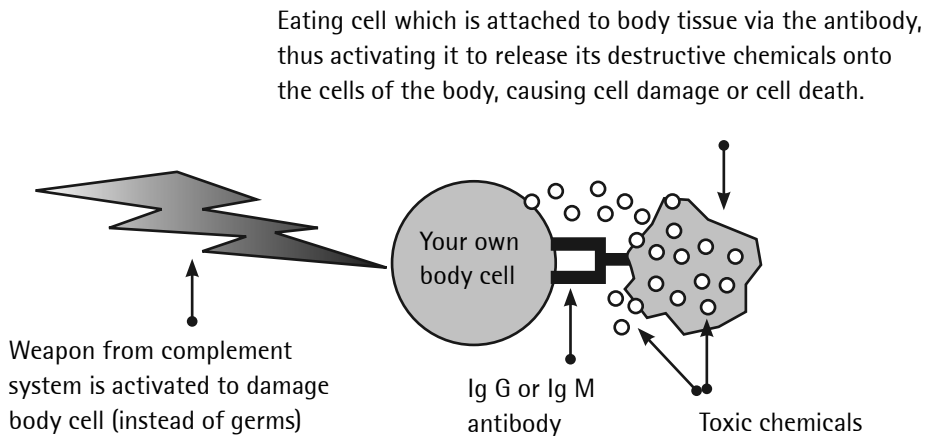
This is how the immune system normally functions, as it was designed to by God to protect you from infections. However, when you are attacking yourself spiritually through thoughts of self-hatred, self-rejection etc - your brain eventually converts your thought life into a physical reaction - and redirects the cells of your immune system to attack your own body instead of germs which is the true enemy. This is how it happens:

How Autoimmune Diseases Develop

There is a combination of 3 different types of reactions that occur (hypersensitivity reaction type 2, type 3 and type 4). Hypersensitivity reaction type 1 is what causes allergies and is not related to autoimmune diseases.

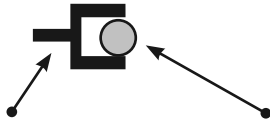
Hypersensitivity Reaction Type 2

The Ig G and Ig M antibodies attach to the cells of your own body tissue, instead of germs. They then also attach to the eating cells. This activates the eating cells to release the toxic chemicals from the sacks inside them. Remember these toxic chemicals (such as hydrogen peroxide, superoxide, hydrochlorous acid, nitric oxide, destructive enzymes like elastase etc) were designed for killing germs. But now they are being unleashed onto the cells of your own body tissue.



Hypersensitivity Reaction Type 3

The Ig G and Ig M antibodies continue to attach to components of your own body tissue (called antigens), forming what is called immune complexes.

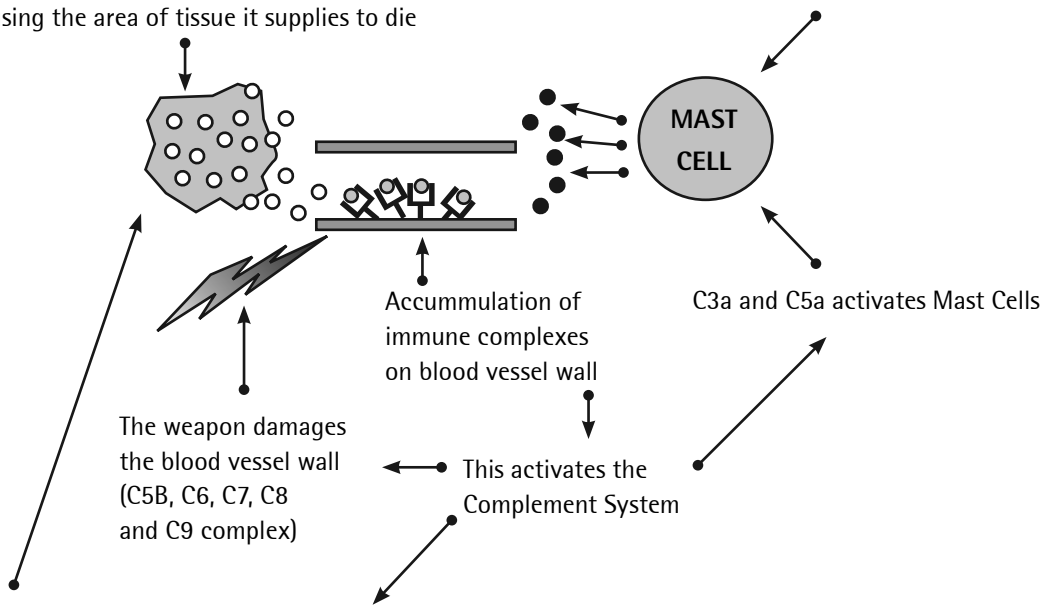


An immune complex = antibody + component of your own body tissue (called an antigen).

These immune complexes are eaten up by the eating cells. However, the immune complexes form in such large quantities that all the eating cells get used up and are exhausted. Because these immune complexes can no longer be eaten up, they start to accumulate in blood vessels and organs in your body, especially your kidney. Accumulation of immune complexes causes damage to the surrounding tissues as shown below:

Eating cells release their toxic chemicals, damaging muscle and elastic tissue in the blood vessel walls, causing bleeding and clots to form. The clots can block the blood vessels causing the area of tissue it supplies to die

Activated mast cells release chemicals like histamine and prostaglandins which cause increased permeability of blood vessel walls leading to inflammation



C3e stimulates bone marrow to make more eating cells

The damage caused by the immune complexes as shown above, leads to **vasculitis** (inflammation and damage to blood vessels) and **alveolitis** (inflammation and damage to the part of the membranes in the lungs where oxygen from the air you breathe is absorbed). Now take a moment to think about the significance of this – what is the best way to kill something? To cut off its oxygen and blood supply... that is what is happening here. As you are attacking yourself spiritually with thoughts of self-hatred, so your

body responds by killing itself. This reaction also causes damage in other areas of the body, for example **glomerulonephritis** (inflammation and damage in the kidney) and in the joints causing **rheumatoid arthritis**. The damage to the skin, joints and kidneys in **SLE (Systemic Lupus Erythematosus)** occurs by this reaction.

Hypersensitivity Reaction Type 4

This is where the T cells cause large amounts of toxic chemicals (hydrogen peroxide, superoxide, hydrochlorous acid, nitric oxide, destructive enzymes like elastase etc) to be released from the eating cells which leads to damage and death of body tissues.

Allergies

- You need to first read through the chapter “How Long Term Fear, Anxiety and Stress Affects the Body” on page 178 which has essential background knowledge that you need to be able to understand how allergies develop.
- Many allergies run in families and can be genetically inherited. Therefore I also recommend that you read through the chapter on “Genetically Inherited Diseases” on page 151.

About 40% of people world-wide have allergies, either simple or complex. Allergies are a mystery to most people. However I am going to give you insight into the spiritual, psychological and physical mechanisms that produce allergies. I believe that this knowledge will help set you free from allergies and enable you to take your life back.

Other names for an allergy is atopy, immediate type hypersensitivity reaction or Ig E mediated type hypersensitivity reaction. An allergy is a hypersensitivity reaction where a person is hyper reactive to an allergen. An allergen can also be called an antigen – this is the substance that is considered to be causing the allergy or hypersensitivity reaction. The allergen or antigen can be pollen, bee venom, animal hair (e.g. cats), fungus, certain medications (e.g. penicillin), certain foods, chemicals and many other things. Are you really allergic to all these things or did your enemy train you how to react to these things? Let’s find out... In this chapter I’m going to take you on a journey into the Bible, into the physiology of your body and right into your bone marrow because allergies are a bone marrow issue. I’m going to show you how the thoughts that you have meditated on long term have lead to the physical manifestation of an allergy.

Parts of the body affected by allergies are:

- Nose (Allergic Rhinitis) – hayfever
- Eyes (Conjunctivitis) – hayfever
- Skin – rashes, atopic dermatitis, hives, urticaria (which is an eruption of itching wheals), eczema.
- Stomach and intestines (Food allergy) – vomiting, cramps and diarrhea.
- Lungs – asthma.

A life threatening reaction called anaphylaxis can occur where the person can’t breathe because the airways get blocked by swelling of the tissues.

How An Allergy Develops (Type 1 Hypersensitivity Reaction)

There are seven words in Proverbs 17 v 22 that are the insight into all allergies. They don’t teach this scripture in medical school because medical schools don’t use the Bible to understand disease, because science only believes what it can see. I’m thankful to science because it allows me to see what God has created. However it was through the teaching of Henry Wright that I got this insight into allergies:

Proverbs 17 v 22: “A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.” (Amplified Bible).

Right here in the Bible it says that a broken spirit dries the bones. It doesn't say a soul, it says a broken spirit. Here we can see a connection between the health of the human spirit and the health of the bones. Now think with me through this: "What is drying of the bones?" I suppose we could think of osteoporosis which is deterioration or weakening of the bones due to loss of calcium and bone density. But we are not talking about osteoporosis, we're talking about allergies. In Proverbs 14 v 30 it says that envy and jealousy cause rottenness of the bones which is what osteoporosis is. But we are not talking about rotting of the bones, we are talking about drying of the bones. So if it is not osteoporosis, what is left? **Bone marrow!** Now what is in bone marrow? In the marrow is the origin of your blood: your blood is manufactured in

In the Bible we see a connection between our spirituality and body chemistry, right down to the health of our immune system.

your bone marrow. Your blood consists of red and **white blood cells**. In allergies you don't have anemia which is a lack of red blood cells – the red blood cells are ok. So what is left? White blood cells which is what makes up the **immune system**. When you have a weakened immune system you have a lowered number of white cells in your blood. Drying of the bones means a weakened immune system. What compromises or weakens the immune system? It doesn't say pesticides or chemicals or certain foods destroy the immune system – it says a broken spirit destroys the immune system. Right here in the Bible we see a connection between our spirituality and our body chemistry, right down to the health of our immune system.

Proverbs 17 v 22 says that a broken spirit dries the bones. What is a broken spirit? In the Bible the word "heart" means "the spirit" or "the soul and spirit" depending on the context that the word heart is used. So we could say that a broken spirit is a broken heart.

In **Luke 4 v 18** Jesus said that He came to heal the broken hearted: **"The Spirit of the Lord God is upon Me, because the Lord has anointed and qualified Me to preach the Gospel of good tidings to the meek, the poor and the afflicted; He has sent me to bind up and heal the broken hearted, to proclaim liberty to the [physical and spiritual] captives..."**

God wants to heal the broken heart. What is a broken heart? A broken heart or a broken spirit can occur in a person's life spiritually when they were damaged by someone who was supposed to love them and didn't. What are some of the life circumstances that can contribute to the broken heart? Well firstly in childhood we may not have been covered or loved like we should have been. Our families can be very dysfunctional. Our marriages can be very dysfunctional. What does dysfunctional mean to you and me? It means we're not at peace with each other. We don't feel safe with each other. Henry Wright has dealt with hundreds of people with allergies both simple and complex over the past 20 years. He has found that multiple allergies follow a class of people who have been victims of one or more or sometimes all of the following five life circumstances, beginning in childhood:

1. Emotional abuse.
2. Verbal abuse.
3. Physical abuse.
4. Sexual abuse.

5. Performance, perfectionism and driven-ness – many times as children we grow up in families in which we're accepted and loved based on our achievements (I discussed this issue on page 178 in the chapter I initially referred you to).

These five areas can produce fear that causes allergies. The fear is a result of the break up in the human relationship between the person who has the allergies and another person who is usually a close family member. The person does not feel safe in relationships and is not able to give and receive love without fear. In severe allergies like MCS/EI, the people are rooted in great insecurity, great mistrust and great fear.

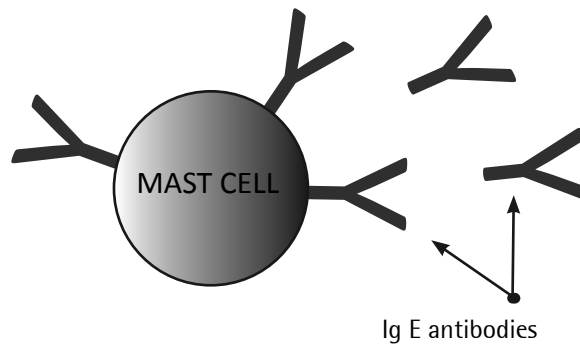
The other part of it is occultism. If you or family members in generations before you have been involved in occultism, this needs to be repented of because it can block healing (see the section on page 52 under the heading, "Separation from God's Word"). Remember allergies can also be genetically inherited.

When you have fear and anxiety in your thought life coming out of a broken heart, you are in stage 2 and 3 of stress. In this toxic state there are high levels of the hormone Cortisol in your blood stream which damages the immune system. Remember, the cells of the immune system (which are the white blood cells) are formed in the bone marrow. There are two main types of white blood cells. There are T cells and there are B cells. The T cells are called killer cells – they directly kill viruses, bacteria and cancer that are dangerous to you. The B cells produce anti-bodies to kill harmful substances. But there are things that will interfere with your immune system serving you - high levels of cortisol kill the T-cells. When the T cells are destroyed, the B cells become over active because the cells of the immune system are out of balance. The B cells produce too much antibodies, particularly an antibody called IgE. There is also an increase in cells called eosinophils.

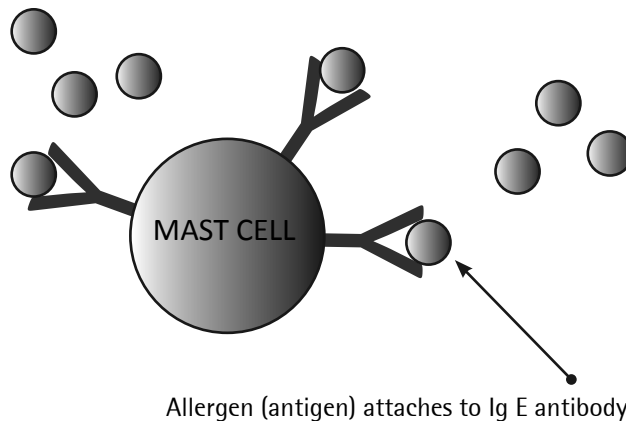
The antibody Ig E and eosinophils are cells of the immune system that were originally designed by God to kill parasites so that they don't cause infection. Ig E antibodies and eosinophils are normally present in very small quantities in the body tissues of healthy people. However, the damage caused by Cortisol can cause the production of Ig E antibodies to be increased so that there are now very high levels in the body tissue.⁴⁸

High levels of IgE antibodies lead to an allergy as follows:

The Ig E antibodies attach to the surface of cells called mast cells. Mast cells are present in tissue throughout the body, especially in the skin, lungs, the lining of your stomach and intestines, the mucous membranes of your nose and around blood vessels.



When the person is exposed to the allergen (antigen), it attaches to the IgE antibodies that are also attached to the mast cells.



When the allergens attach to the IgE antibodies, the mast cells are activated and release substances that cause inflammation such as histamine, prostaglandins and leukotrienes. These substances cause the following:

- Increase in mucous production (e.g. in asthma) and runny nose (allergic rhinitis).
- Contraction of the muscle in intestines leading to vomiting and diarrhea (e.g. in food allergy).
- Contraction of muscle in walls of airways (asthma), making it difficult to breath.
- Increased diameter of the blood vessels (vasodilation) and increased permeability of the blood vessels. This causes the water (plasma) in blood to leak into the surrounding body tissues, which results in swelling and redness. For example:
- Wheal and flare reaction in the skin – rash, hives, urticaria, eczema.
- Swelling of lips, itching and redness around the mouth.
- Drop in blood pressure.
- Swelling in the walls of the airways (asthma) – this makes it difficult to breath because the airways are narrowed and not enough air can get to the lungs. This is made worse by chemicals called leukotrienes which are also released from the mast cells. These chemicals cause the muscles in the airway walls to contract which further narrows the airways. The swelling also causes an imbalance in nerve control of the muscle in the airways causing the muscles to contract even more.

When you had skin rashes, itching, hives, urticaria, blotching, swelling and you went to the doctor, he most probably prescribed a topical cream. Did you ever look at the ingredients? When you look on the fine print of the tube that you squeeze, it's an antihistamine. When you have an over production of histamine in your body (as described above), whether it involves your skin, nose, eyes or intestines, you have swelling. When you have swelling you have pressure on your nerves and surrounding body structures and you get discomfort, irritation and/or pain.

Anti-congestant drugs are often prescribed for sinusitis. My strong advice to you would be to avoid antihistamines and anticongestants as much as possible because they are addictive in the sense that once you start using them you end up using them all the time. Anti-histamines are the number one across the counter addictive drug in the world. Withdrawal from anti-histamines is as strong as the withdrawal from any other drug. Anticongestant drugs contain paracetamol which is a strong painkiller and therefore these drugs do give you relief from the pain of the congestion. However there are other ingredients in the anti-congestant that damage the cilia that line your sinus cavities. Cilia are structures that help keep the mucous flowing and help with the drainage of mucous. When these cilia are damaged, drainage of mucous is not good and this predisposes you to more sinus infections and more sinusitis... so you take the drug again... the cilia is damaged further... more sinus infections...do you see the pattern? So drugs are not the answer. Deal with the root issue and you'll be free of the problem permanently.

WITH REGARDS TO ASTHMA: There are two types of asthma:

Allergic asthma (also called extrinsic asthma) – this is a hypersensitivity reaction just as I have been explaining above. People with this type of asthma have large quantities of the Ig E antibodies. This is associated with a family history i.e. family members in previous generations have had asthma. It generally develops for the first time early in life, usually in infancy or childhood.

Non – allergic asthma (also called intrinsic asthma) – this type generally develops in adult life and is not associated with a family history of asthma. This is not strictly an allergic reaction as people with this type of asthma have normal amounts of Ig E antibodies. The inflammation is not caused by Ig E antibodies - instead it is caused by chemicals (inflammatory mediators) that are released from the muscle in the

airway walls. However the rest of the pathological features of airway inflammation are exactly the same and both types of asthma have the same spiritual root.

In stage 2 and 3 of stress there is an excessive production of stress hormones, one of which is ACTH - the "Fear Hormone". These high levels of ACTH attach to receptors in the alveoli (membranes in your lungs where oxygen is absorbed from the air you breath). This makes the alveoli become 'stiff', so that oxygen is not absorbed very well – which also produces the feeling of being out of breath and causes you to gasp for air.

Let's continue with the explanation of how an allergy develops, so far I have explained that:

- When you have fear and anxiety in your thought life coming from a broken heart and a breakdown in relationships, your body is in stage 2 and 3 of stress
- ↓
- You have high levels of stress hormones in your blood – one of these stress hormones is cortisol.
- ↓
- In high quantities cortisol kills the T cells of your immune system.
- ↓
- This causes the T and B cells to go out of balance
- ↓
- The B cells become over active and they produce too much Ig E antibodies
- ↓
- These anti-bodies activate mast cells and the mast cells produce histamine, prostaglandins and leukotrienes
- ↓
- These chemicals cause inflammation and the symptoms of allergies.

In this process various other chemicals are released that then stimulate an increased production of eosinophils. These cells then release toxic substances (e.g. reactive oxidants) that cause a tremendous amount of damage to the body tissue in allergic reactions.

This leads to persistent (chronic) inflammation that continues even when the so called allergen is no longer present. The airways, skin, walls of the intestine (in food allergy) become hyper-reactive, with the allergic reaction happening even in the absence of the original allergen. Because that body tissue is hyper-reactive, it is like a woman with PMS – almost anything can irritate it. Almost any other substance can then cause this allergic reaction, for example (in the case of asthma) – cigarette smoke, respiratory infections, exercise and aspirin ingestion.

I'm going to prove to you that you are not really allergic to anything. All you are experiencing is a physical manifestation as a result of excessive B cell activity. When cortisol destroys the immune system, it has nothing to do with food or dust or cats or whatever it is that you think you are allergic to. It is fear. When you come to me with an allergy, I know what your problem is - you have a broken heart. You are not able to give and receive love without fear because you don't feel safe in love.

That fear releases stress hormones such as cortisol that kills off the T cells of the immune system, causing an imbalance between T cell and B cell activity. As a result B cell activity increases. An allergy is basically excessive B cell activity. The degree that your immune system is damaged by cortisol, is the degree that your B cell activity increases. So allergies are really the result of a damaged immune system, not what

you are eating or what you are exposed to in your environment. You are not really allergic to anything, you are simply experiencing a biological phenomenon of fear and the resultant consequences of excessive cortisol release, which includes a damaged immune system.

The medical definition of an allergy is an acquired **abnormal immune response** to an antigen that does not normally cause a reaction in most other people.

If you come to me with an allergy, I know you have a damaged immune system, I don't need to see your blood test results to figure that out. How many allergies you have tells me how much your immune system is damaged. To the degree that your immune system is damaged is the degree to which excessive B cell activity increases. The more B cell activity increases, the more allergies you are going to get. One person can have more than 100 different allergies. To the degree that your immune system is healed is the degree that your B cell activity is decreased which is then the degree to which the number of allergies decrease.

Allergic reactions can range from mild to very severe. The most severe type of allergic reaction is called MCS/EI (Multiple Chemical Sensitivity and Environmental Illness). There are more than 250 000 people suffering from this illness today and it is one of the most rapidly growing diseases. People who have this disease are very miserable. Here is the story of one person with this illness: "I'm allergic to everything. I was exposed to pesticides about 10 years ago and since that time my immune system has been damaged and I'm allergic to everything. I can eat hardly anything. All that I can eat is the crust of the bread that has been burnt to charcoal. I weigh 75 pounds and I look like a skeleton wrapped in skin. I am dying and I have no hope. I cannot even bath because I am allergic to water on my skin. I'm allergic to heat and electricity – I can't even be within 60 feet of a light bulb that is on or read a book. I'm living in a single room. I can't be with my family. I'm in a room where the floors are lined with foil. The walls are bare sheet rock; I'm sleeping on dismantled springs of a box spring that has been wrapped in a material that has been specially conditioned for a year. I'm on oxygen and respirators. I cannot leave this room to be in the presence of a human being for too long." Henry Wright went to help this person.

When Henry Wright arrived at this person's house, the person asked, "Has God shown you anything about my disease?" He said, "I've got to ask you a question. I want to know who broke your heart? I want to know what happened that has put this kind of fear in you? Who didn't cover you with acceptance and love?" That question was the open door because what he had then was tears. From that point on the pastor's hands were full. They got to the spiritual roots of the problem (fear from a broken heart) and dealt with it. On the 7th day this person walked out of the house for the first time in 5 years and went down to the local store, ate a fully loaded cheese burger with French fries, yogurt and ice cream. That was for lunch. In the evening they went out to the Sizzler and she ate all she could eat at the buffet. That began her journey out of a prison house. This person is still well today and the MCS/EI has never come back.

There are hundreds of people worldwide who are healed of MCS/EI and have never had a relapse simply through dealing with the fear and broken heart behind it. This is more than medicine has ever achieved. There is no drug or treatment to cure MCS/EI or any allergies. Medical drugs such as anti-histamines and corticosteroids only cause a little improvement and only temporarily dull the symptoms. The environmental ecologist, the allergist with all the modalities of Eastern mysticism, alternative modalities, allergy shots, homeopathy, rotation or elimination diets, sauna, supplements and other treatments have never produced any long terms healings of allergies or MCS/EI.

Food Allergies

You may have your favorite foods and you may have foods that you don't like – this is a matter of preference. When you have allergies you begin to lose those good things that you like. The first thing you begin to lose in allergies are of course your dairy products and that includes milk, things that you love

such as ice cream and cheese cake. You also lose all of the sweet things because you lose your sugars and then you lose your wheats. All of a sudden all those things that God created for your pleasure and also for your benefit you begin to lose. Did God take these foods away from you or did your enemy train you how to react to these foods?

God does not want you to lose your foods. There is not any food that is evil according to Scripture but all foods are profitable if taken with thanks giving because they are sanctified by the Word of God and by prayer.

1 Timothy 4 v 1-5: "But the [Holy] Spirit distinctly and expressly declares that in latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach, ²Through the hypocrisy and pretensions of liars whose consciences are seared (cauterized), ³Who forbid people to marry and [teach them] to abstain from [certain kinds of] foods which God created to be received with thanksgiving by those who believe and have [an increasingly clear] knowledge of the truth. ⁴For everything God has created is good, and nothing is to be thrown away or refused if it is received with thanksgiving. ⁵For it is hallowed (King James Version says sanctified) and consecrated by the Word of God and by prayer."

Romans 14 v 14: "I know and am convinced (persuaded) as one in the Lord Jesus, that nothing is [forbidden as] essentially unclean (defiled and unholy in itself). But [none the less] it is unclean (defiled and unholy) to anyone who thinks it is unclean."

The scripture is for all of you who have food allergies: **Numbers 13 v 27: "They told Moses, We came to the land to which you sent us; surely it flows with milk and honey. This is its fruit."**

When the spies came back from the Promised Land, what was it filled with? Dairy products and sugar! Yet these are the first two products that are often lost in allergies. The Lord gave you richly all things to enjoy – all kinds of food that are taken with thanksgiving are sanctified with prayer and the Word of God. There are many people who were allergic to various foods and are now eating normally today without any allergic reactions. Would that be a viable option for you?

Lactose intolerance in children is a result of inherited fear coming out of fear and insecurity in the parents that is transferred to the child. If the parents repent for this fear and command the spirit of fear to leave them and their child in the Name of Jesus, the child will be healed. The Bible says that children are sanctified by the believing parents.

1 Corinthians 7 v 14: "For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean, but now they are holy." KJV

Allergies, whether mild or severe, are anxiety disorders that compromise the immune system. The only way to get totally healed is to break this anxiety syndrome (stages 2 and 3 of stress) so that the immune system can recover. Then the allergies will fall away. There's no point in using drugs like anti-histamines and corticosteroids to try to get rid of the allergies as that is not a long term solution. You can go and see twelve different specialists who will all prescribe a slightly different medication. People with MCS/EI have ended up going to as many as 30 different doctors and some of them spent up to one million U.S dollars in medical bills but they got nowhere...they were still stuck with their allergies. So let's get to the root – let's start from the inside, not the outside. An average doctor will tell you to avoid the allergen – don't eat chocolate, don't eat cheese, avoid nuts and shell fish etc. I'm here to tell you a startling piece of information – **you have been lied to!** You've been deceived with one of the biggest lies of the devil. **You are not allergic to anything.** The culprit is an abnormal functioning immune system because of fear, anxiety and stress in your thought life. Next time you get a reaction, don't say, "What did I eat", say "What did I think?"

You can eat anything you like! God said in Genesis 1 v 31 that everything He made was not just good – it was very good! Henry Wright has had a lot of experience and success in seeing people totally healed

from allergies after dealing with the spiritual roots. The first thing that they do with people coming out of the food allergies is to get all the foods they ever wanted back into their lives. Do you like pizza? Go for it! Do you like chocolate and ice cream? Go for it! Enjoy that peanut butter and the dairy products! God gave you richly all things to enjoy.

**In creation God made your body to be fully adapted and compatible
to whatever you are exposed to in the environment.**

Satan knows that if he can manage to control your thought life, he can control your body chemistry and cause disease. Jesus said the devil is a thief that comes to steal, kill and destroy (John 10 v 10). The Bible says in Leviticus 17 v 11 that the life is in the blood so the devil knows that if he wants your life, he must get to your blood. Your blood is formed in the bone marrow and as you can now see allergies are a bone marrow issue. The destruction of your immune system was not an accident, it was part of an intelligent design to capture your marrow which is the origin of the life in the blood.

You are not really allergic to anything. What happened is that you allowed the devil to control your immune system – you gave him permission by allowing fear, anxiety and stress to dominate your thought life. Could God stop it? Well, He is not going to because He gave you a free will.

It's about time you know what your enemy knows about you so you can defeat him at the onset. You don't have to be a victim, nor do you have to be ignorant or suffer from disease. Why don't you take your life back before the Lord once and for all, and also tell your friends and family that you have been lied to? When your friends and family tell you they're allergic to this or that, tell them they have been lied to! Get involved in their life and find out what it is that they are afraid of. What is their stressor? What is their conflict? What is the unresolved issue in their life? Who broke their heart?

This may be difficult for you to believe because the medical community is telling you just the opposite. I am completely opposed to where the medical profession out there is coming from because they are still chasing the symptoms and the allergens. I'm after the root cause of allergies. They are saying that the cause is "chemical sensitivity" or "chemical injury". I want to tell you that you are not reacting to any chemical. How is it that the other 98% of our population living in the same environment, going to the same shops, schools, buildings and walking through the same bush with grass, flowers, animals etc don't have this problem? You don't have to be a doctor to use your common sense to work out that if the chemicals were causing damage or injury at a cellular level, we would all be sick with some kind of chemical poisoning.

Asthma

The John Hopkins University Research Team proved something in 1996 that has changed the medical community's belief concerning asthma for the past 50 years: they proved that asthma has nothing to do with what you breathe such as smoke, dust, pollen etc. The asthmatic attack is triggered internally from deep inside the person as a result of fear, anxiety and stress. Asthma is now considered an anxiety disorder in the medical field. The specific fear behind asthma is the fear of abandonment.

According to the Journal of American Medicine, if a child that has just been born is immediately given to the mother so that she can hold, talk to and breast feed her baby, asthma will be prevented in that child for the first 6 years statistically. Separate that baby from its mother by leaving it in an incubator or nursery somewhere because of complications and asthma is right around the corner because the fear of abandonment comes in. The same applies if you hand out your child to other people all of the time while they are small or if you send them to boarding school at the age of six and don't see your child again

for three weeks...the fear of abandonment and asthma is right on the child's door step. Adults can also develop a fear of abandonment, for example when they are separated from loved ones.

Henry Wright told the true story of a couple who went on holiday to Italy with their young child. They were getting ready to fly back home and at the airport the child was being a little naughty. In a moment of frustration and in an attempt to get the child to behave, the mother said, "If you don't come here right now, I am going to leave you behind." Within two days that child had asthma and she had it for years after that. One day the mother learnt through Henry Wright's teaching that asthma was caused by fear of abandonment. The Holy Spirit instantly reminded the mother of what she had said to her child that day at the airport and she was convicted. She went to her child and she repented to him for saying that and released him from that fear of abandonment that came out of her words and that the enemy took advantage of. The asthma left instantly never to return.

What has been discovered is that it is not the cheese, nuts, bee or smoke, for example that causes the reaction: the thing that you think you are allergic to has programmed a response in you – fear. The cheese or smoke is not what you are reacting to, it is the reinforcement of the mental and spiritual stronghold in your mind that keeps you in bondage, and makes that smell or food with cheese or nuts a stressor. Henry Wright told one person with MCS/EI that it was his thought life, not exposure to chemicals that was causing his reaction. This man would not believe him. One day in a ministry session when he had his team with him, he casually walked to the window and said, "Oh! The bug man is here to spray the pesticides." This man went into a massive allergic reaction just at the thought of it! He recovered from his allergic reaction in 15 minutes. Henry looked him in the eye and said, "There was no bug man." This man was angry with him at first, but then he got the message. The same allergic reaction had occurred without the chemical or exposure to it. This man finally realized he had been lied to! This man is totally well today and praising God for his healing.

You can go back and take back every bit of ground that you have lost – every type of food, every building, every part of the bush and its flowers, every bit of clothing, everything you ever lost – you're going to take it back. This teaching is exploding globally and totally revolutionizing people's thinking about allergies. One pastor in America started applying these principles which he learnt through the ministry of Henry Wright. When he first started, 40% of his church had allergies. After two years of applying these principles in relationships, he now has an allergy free church.

Henry Wright is the pioneer of this insight into allergies. God gave him this revelation about allergies from Proverbs 17 v 22 in 1990. Twenty years later he is considered the number one authority on allergies in the world because the success they have had is second to none – there are literally thousands and thousands of people across the world who have been healed through application of this knowledge and insight. From the extremes of being forced by severe allergies to go naked, not being able to wear clothes, being unable to eat almost any known food, allergic even to water, with multiple allergies – these people are today living normal productive lives with no relapse. There are people who had over 100 different allergies and are totally healed today though simply dealing with the fear and broken heart behind it. If they can be healed simply by dealing with the spiritual root, how much more can you be healed from a cheese, chocolate, bee sting or whatever allergy? I'd like to give you your life back because it belongs to you. You can live a normal life because when God heals your broken heart (remember Isaiah 61 v 1), He'll give you a blood transfusion even at the level of your bone marrow and when you have an immune system that has been healed, allergies are a thing of the past. I'm calling you to lay down your protective mechanisms and come out of your isolation because God wants to deliver you of your fears (Psalm 34 v 4, 2 Timothy 1 v 7).

When people have dealt with this one issue of fear and the broken heart, God instantly gave them a blood transfusion – not only in white blood cells but also in red blood cells. Henry Wright has seen people

in hospital whose collapsed veins exploded back into life with red blood with a simple prayer of repentance. Your God can do lots of things when you get right with Him and meet His conditions for healing.

Ultimately, your healing from your allergies is the removal of stage 2 and 3 of stress by renewing your mind which means changing your thinking habits. The more fear and anxiety in your thought life decreases, the more your immune system will start to heal. On the other hand, the more fear and anxiety increases in your thought life, the more the immune system is destroyed. The more the immune system is destroyed, the more you have an increase in allergies. As fear, anxiety and stress in your thought life goes away, the reactions go away, and that's why a person can take back five to ten foods very quickly. It's amazing to them. Why is it that one day they are reacting to a particular food, and the next day they find they can eat it, and can eat it from that day on? What changed? The food...the pesticides...the pollen... the cat? No! They changed! What did they change? Their thought life!

When you deal with your broken heart through forgiving the person who hurt you and you remove the fear and anxiety from your thought life through renewing your mind with the Word of God, you will no longer be in stage 2 and 3 of stress. Therefore the secretion of cortisol will stop and the T cells will be given a chance to regenerate. When the number of T cells increase, the B cells come back into balance and are no longer over-active. Therefore the production of excessive amounts of IgE antibodies stop and mast cells are no longer activated. Therefore less histamine is produced, the symptoms of allergies disappear and allergies are a thing of the past. It is as simple as that.

Pray this with me: "Father, I know that you can heal my broken heart. Please give me the ability to open my heart to receive Your love, peace and acceptance- that I will begin to feel complete in You because I am your son. I am Your daughter. I pray that Your Holy Spirit would nurture my spirit and heal the wounds in the depths of my being. Father I ask You to drive the fear out of my life. In the Name of the Lord Jesus Christ I speak to my immune system and command that cortisol to stop being produced in excess, I command the B and T cells to go back into balance, I command the IgE antibodies to stop being produced in excessive quantities, and I command the fear to be gone. I speak a blood transfusion to my marrow in the name of the Lord Jesus Christ and I command my immune system to be healed! Amen."

For asthma: "I take authority over the spirit of abandonment now and command you leave in Jesus' Name! I command the cell membrane semi- rigidity in the airways and the alveoli of the lungs to be broken and my airways to be relaxed in the Name of Jesus."

The good news is this: you are not allergic to anything! Please turn to page 672 – go and renew your mind and be set free in Jesus Name!

Addictions

(Alcoholism, Smoking, Illegal Drugs, Prescription Drugs, Pornography, Promiscuity, Gambling, Excessive Over Eating And Addictive Relationships)

You may have been going round and round the same mountain – many times you have probably tried to quit whatever it is you are addicted to, or tried to lose weight by going on the latest diet, but it only lasted for a short period of time and then you slipped right back into your bondage. The reason is that you tried to change the external without changing the internal (your mindset) which is the root of your problem. If you want change to be permanent in your life, you have got to deal with the root issues involving the negative strongholds in your mind first. Then external change will naturally follow. I believe that the information in this chapter will help set in motion those things that will bring the conviction necessary to get you out of that bondage and into a place of freedom. It will also help you understand addictions in other people's lives. I hope that not only will the insight in this chapter provide a foundation for you to be able to walk away from your addiction, whatever it is, but that in the future you will also be able to help others break free of their addiction.

What is an Addiction?

Addictions are a growing problem worldwide and I am amazed at how rampant it is in the church. Life can be filled with stress, trouble, curve balls and pain. If we don't know how to deal with these seasons, we can fall into the trap of addictions by attempting to comfort ourselves rather than resolve the source of pain and despair. There are many things that we can become addicted to. Anything that you cannot stop doing by simply using your will is an addiction. Anything that controls and rules you, is an addiction – that thing is your Lord. The word **Lord** means **master** or **ruler of**. God the Father is not your Lord and Master because the thing you have become addicted to is your master. There are obvious addictions such as alcoholism, smoking, drugs and pornography. Then there are more subtle addictions such as food, gossip, ungodly relationships, television (especially soap operas!) and gambling. Addictions also run in family trees and can be inherited.

When it comes to substances such as alcohol, cigarettes and drugs, we have certain criteria that define an addiction and help us as doctors to identify people who are addicts. This is important for us to be able to do because substances that people become addicted to cause many diseases and health complications. There is no point in trying to successfully treat for example a stomach ulcer or heart failure, if you don't know that the person is an alcoholic. Prescribing medicines for the stomach ulcer or heart failure is not going to work if the person continues to abuse alcohol, which is the cause of the problem in the first place. The CAGE Questionnaire below is a quick screening test to find out if somebody is an alcoholic but it can also be applied to any other substance or drug:

Anything that you cannot stop doing by simply using your will is an addiction.

C: Have you ever felt that you need to cut down on your drinking?

A: Have you ever felt annoyed or angry at family or friends for commenting on or criticizing your drinking?

G: Have you ever felt guilty or bad about your drinking?

E: Have you ever had to have a drink as an eye opener in the morning to calm your nerves and give you a boost for the day?

Two positive answers indicates a 80 to 95% probability that the person is an alcoholic. If the answer is yes to all 4 questions, the person is an alcoholic until proven otherwise.

Tolerance and **withdrawal** also indicate that a person is dependant or addicted to a substance:

Tolerance is when a progressively greater and greater amount of the substance is required to produce the desired pleasurable effect.

Withdrawal is a characteristic pattern of symptoms that ensue when use of the substance is stopped and using the substance again leads to relief of the symptoms. For example, if an alcoholic does not have a drink for 1 to 3 days, the person will experience anxiety, anorexia (or loss of appetite), insomnia (can't sleep at night), confusion, delirium, tremors in hands, tongue or eyelids, palpitations (when you feel your heart beating very fast), sweating, agitation and/or high temperatures and sometimes even seizures.

The Physical Mechanisms Behind an Addiction

Alcohol affects many cellular components in the brain, including an alteration in certain chemicals called neurotransmitters and receptors in the Basal Ganglia (These chemical neurotransmitters attach to receptors to stimulate a reaction. The Basal ganglia is a part of your brain just above your spinal cord). Alcohol and any other addictive substance such as nicotine in cigarettes increase the levels of the neurotransmitter dopamine. Dopamine is the pleasure chemical in the human body that stimulates the reward system in the brain. Alcoholics also have a new neurotransmitter that is formed in their brain called THIQ (tetrahydro-isoquinoline), which is formed by the reaction of alcohol with various other chemicals. There are also new receptors that develop in an alcoholic's brain. When the neurotransmitter THIQ stimulates these receptors it produces a permanent craving for alcohol. That is why associations like Alcoholics Anonymous say "Once an alcoholic, always an alcoholic." A person who was previously an alcoholic cannot ever have a drop of alcohol again even if they have not had a single alcoholic drink for 10 or 30 years. Even the small amount of alcohol in throat lozenges or in certain medicines such as cough syrup, can stimulate and reactivate the THIQ neurotransmitters and receptors, sending the person on an alcohol binge and back into the bondage of alcoholism. During my medical training I spent a week at a psychiatric hospital where I spent time with alcoholics and attended AA meetings with them. One "recovering alcoholic" who had been sober for 30 years told me that he still has to make the choice every single day not to have a drink.

I do not agree with the AA's statement which says, "Once an alcoholic, Always an alcoholic." Even in Christian AA groups they do not believe that you can be free from alcoholism. The term that they use is "recovering alcoholic". I use the term "recovered". One of the first things that the Lord showed me when I began learning about the spiritual roots of diseases is that no disease is incurable. He told me to get the word "incurable" out of my vocabulary because it is totally unscriptural. Absolutely nothing is impossible with God. He created the human body and the human brain, and He can restore it back to complete and perfect health and wholeness. **Psalm 103 v 3** says that "**He forgives [every one] all of our iniquities, and He heals all [every one] of our diseases.**" It doesn't say in Isaiah 53 v 5 that "... By the stripes [wounds] of Jesus we are healed and made whole ... except for alcoholics."

Once the root issues behind alcoholism are dealt with, the Lord will deliver and heal an alcoholic or any other addict completely, because when the Son sets you free, you are free in deed! Once the spiritual roots driving the alcoholism are removed, the brain will naturally re-grow itself. New research on the brain shows that it has an incredible capacity to change, re-wire grow and heal. Our brain is truly incredible – it can be reshaped and reformed.¹³ Through thinking correctly you can change the whole neuro-chemical structure of your brain including the removal of the THIQ neurotransmitters and their receptors. There are people who have been healed and delivered by God through the ministry who need no support groups and they are not drawn to alcohol ever again. Thank goodness in Christ there is a greater grace and complete freedom.

John 8 v 36: "So if the Son liberates you [makes you free men], then you are really and unquestionably free."

Galatians 5 v 1: "In this freedom Christ has made us free [and completely liberated us]; stand fast then and do not be hampered and held ensnared and submit again to a yoke of slavery [which you have once put off]."

Although I believe that alcoholics can be completely healed and delivered, I would still advise them never to have a drink again. This also applies to cigarettes, drugs and any other addictive substance.

Matthew 12 v 43 – 45: "But when the unclean spirit has gone out of a man, it roams through dry [arid] places in search of rest, but it does not find any. Then it says, I will go back to my house from which I came out. And when it arrives it finds the place unoccupied, swept, put in order, and decorated. Then it goes and brings with it seven other spirits more wicked than itself, and they go in and make their home there. And the last condition of that man becomes worse than the first."

Jesus told the story of a man who was delivered of an evil spirit and his house (heart, mind and body) was swept clean. However, the evil spirit was given the opportunity to return, and he went and called seven other evil spirits, and the mess in that man's life was seven times worse than before. When you gain victory in an area, you need to maintain it. Maintaining your victory and freedom from an addiction means that you need to remove the things from your life that lead you into that bondage. Joyce Meyer says, "Don't flirt with the devil."

Ephesians 4 v 27 says, "Leave no room or foothold for the devil [give no opportunity to him]."

Some people are born with an inherited predisposition for alcoholism. These people have a defective chemical in their brain that is "not complete". When this defective or incomplete chemical comes into contact with alcohol, there is a chemical reaction and a new chemical is formed – THIQ which I spoke about above. That is the reason why it only takes one drink to get alcoholism moving in these people. Have you noticed that in an alcoholic family they think that it is a funny big deal to give a five year old a beer, "Here, have a beer kid!" In one clinic near where I was at medical school, there was a full blown 6 year old alcoholic. The mother had fed the child shots of Vodka when it was a baby to stop the baby from crying. This child was then dragged by the mother from one night club to the next and the little girl was now stealing the adults' alcoholic drinks when they were not looking. Our patterns for adulthood are set up in childhood.

Furthermore did you know that alcoholics are actually allergic to alcohol? The reason is because they have a compromised immune system because of fear. Allergies are discussed in detail in the chapter on page 335. The allergic reaction to alcohol is what produces the drunkenness. Alcoholism is considered an allergy in the medical field. That is why one person can drink ten glasses of beer and be sober and yet another person will get drunk on just one drink (although as the alcoholism progresses the person acquires a tolerance to it and is able to drink more alcohol before getting drunk). The person who cannot handle the alcohol has an inherited spirit of alcoholism. This has to do with the sin of alcoholism in previous generations and now it is running through the family tree. The basis of this is explained in detail in the chapter

on genetically inherited diseases on page 151. You can have inherited alcoholism from being conceived in drunkenness, being conceived out of wedlock because of alcohol or because of inherited alcoholic patterns in childhood.

Nicotine in cigarettes and the other addictive substances in drugs such as heroin and cocaine work in a similar way to alcoholism as described above. These substances cause an increase in the dopamine levels which as I explained is the pleasure neurotransmitter that stimulates the reward system in the brain. Nicotine also stimulates the liver to release a huge amount of sugar into the blood stream, giving the pleasurable feeling of a rush.

Cocaine is a unique drug in that it is not actually addictive physically – it is psychologically and spiritually addictive. When a person takes cocaine for the first time, there is a massive amount of dopamine that is released which produces the effect in the body of a massive orgasm. During sexual intimacy between a husband and wife, dopamine is released in an orgasm which gives the emotional completeness of the spiritual and psychological union of love. In the normal human relationship of marriage, not all of the dopamine is released during an orgasm because it is regulated. However cocaine releases all of it in one massive explosion.

This massive release of dopamine can never be achieved for a second time because all the body's stores of dopamine have been depleted and the person will never have the same rush ever again. When the person takes it for the second time the rush he was expecting doesn't happen. So he thinks it was a bad dealer who cut it and he goes from one dealer to the next and from one hit, to the next hit to the next hit and then he goes onto other drugs like crack but he is never able to experience the rush that he got the first time. That is why people who take cocaine are tormented; they are continually searching for that massive rush that they will never have again. This is because in our creation God put checks and balances on our immorality in our body chemistry. The body manufactures all the other chemicals in the brain fairly quickly, except for dopamine. When dopamine is released completely in the body by cocaine, it takes two years for the body to restore the dopamine back to the normal levels providing that it is not released again in those two years. That is why flirting with the devil, even if it is just once, is a dangerous game.

The Spiritual Force Behind Addictions

There are spiritual and emotional battles in our thought life that can lead us into addictions. No disease happens just because... You see, addictions do not develop because you took a drug or drank alcohol. You took the drug or had a drink because you have a problem. Without exception, the need to be loved unfulfilled, insecurity and a low self-esteem are behind every type of addiction.⁴⁵ The enemy knows how to control you with your needs if you allow him to. He knows that if he can get you into a place where you

doubt that God loves you, you don't love yourself and you are not sure if you are loved and accepted by others, you're going to start looking for love in all the wrong places and that could be a chemical. In the chapter "Essential Background Knowledge of Disease From a Biblical Perspective" I explained that most disease results from a separation on one of three levels: separation from God (for example you can't receive His love), separation from yourself (you

Behind every addiction lies the unfulfilled need to be loved, insecurity and a low self-esteem.

don't like yourself, you are filled with guilt, shame, condemnation, self disapproval, self-rejection, self-hatred etc) or separation from others. A person with an addiction is separated from love in one of these three areas.

If you are loving God with all your mind, if you love yourself (if you have a healthy self-esteem where your identity and sense of self worth is based on the knowledge and understanding of who you are in

Christ) and if you are walking in love towards others – it is absolutely impossible from both a Biblical and medical point of view – for disease to develop in your body. This is true for addictions: if you stand complete and satisfied in your love relationship with God the Father where receiving His love enables you to love yourself and extend that love to others, you'll have no need to go looking for love in all the wrong places.

The need to be loved was built into each one of us by God. Each person was created to know and to receive God's perfect love. The need to give and receive love is a part of who we are as humans. However there is often a breakdown in this area because our families and our marriages can be so dysfunctional that animals care for each other better than some of us care for our husband, wife or children. We now have the rage of rejection, the hurt, the pain and the bitterness of not being loved and nurtured. When people have not received true, unconditional love as a foundation, they are always in search of getting a need fulfilled. The need to know the love of the Father can open us up to look for love in all the wrong places and that leaves us vulnerable to the deception of satan who seduces us into believing that the world has a better substitute.

A person with an addiction has a need to be loved that arises from a lack of love, care and nurturing either in childhood (especially with a father) or in marriage and/or most importantly a lack of a genuine love relationship with God the Father (in knowledge and experience) beyond the realms of empty religion. People with an addiction are also attacking themselves in their thoughts with self-hatred, self-condemnation, guilt, self-rejection and self bitterness.

Remember, your brain translates everything that goes on in your thought life into a physical reaction - for good or bad. The latest scientific research in the medical field has proven that the mind-body connection is real and the enemy also knows this. He knows that if he can control your thoughts, he can control your body chemistry and he can get your brain to under-secrete a chemical called serotonin. One of the areas of the brain involved in the mind-body connection is the hypothalamus which is the chemical factory of the brain. When you have a lack of self-esteem and your thought life is dominated by thoughts of self disapproval, self-condemnation, guilt and the like or you are not feeling loved in an area, your hypothalamus gland senses these spiritual and emotional problems. One of the first things that the hypothalamus does in response to this is to lower the levels of serotonin. Serotonin is the neurotransmitter in the brain that is called the "feel good" hormone because it makes you feel good about yourself. So whenever you have a deficiency of serotonin, you feel terrible about yourself. Clinical depression is basically a deficiency in serotonin. When those serotonin levels are low you don't feel right or complete physically or spiritually and if you are not careful you'll fall prey to an addiction because you're going to start looking for a fix to make you feel complete again.

The devil wants to rule your life. If you allow him, he will continue to fill your mind with unloving thoughts that will lead to a chemical imbalance in your brain which is the lowering of your serotonin levels so that you start taking steps to enter into various arenas of counterfeit fulfilment. As long as you have these toxic thinking patterns where you feel unloved and you do not love yourself, the enemy knows that there is no way that you can increase your serotonin levels unless you take a drug. As long as you take the drug, you feel better about yourself, but you still have that unloving way of thinking as part of your nature. So even though you are on the drug, you still do not feel satisfied, just more tormented. The enemy alters your body chemistry through your thoughts when you buy into the lies that say God does not love you, you do not love yourself and others do not love you. Then he gives you chemicals to alter that chemical imbalance back into an artificial chemical peace.

Firstly, chemically altered states in your brain violate creation because it is not of God. If God wanted you smoked, He would have created you that way! If God wanted you chemically altered, He would have created you in a different chemical state. Secondly the artificial short term peace that the chemical

provides is a cheap substitute for a love relationship with the Father, the peace that Jesus gives and the comfort of the Holy Spirit.

Jesus said in **John 14 v 27**: **"Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly.]"**

The Bible says that perfect peace belongs to those whose mind is stayed or fixed on the Lord. **Isaiah 26 v 3**: **"You will guard and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You."**

The Mouth was Designed as the Contact Place for Love and Security

When you don't feel good about yourself, you go into insecurity. When you're insecure, you start "sucking your thumb". People who smoke cigarettes have exchanged the thumb for something else. The reason cigarettes are smoked is not because of the nicotine. Science has told us that it is the nicotine of the cigarette that is causing the stress and anxiety. The person thinks they need to smoke to calm them down, when in fact it is just feeding their stress. So what is a cigarette emotionally and spiritually to a person? It has little to do with the nicotine – it is what hits the lips for nurturing. Nurturing is needed and this is driven by the need to be loved. The sucking reflex of eating or of something touching the lips has a nurturing effect. Not many people understand the depths of this need.

People who have weight problems because of excessive eating have made an addiction out of food. This is a direct result of not feeling good about themselves. They have a lack of self-esteem and introspection where they look inside themselves and don't like what they see. Stuffing food into their mouths is an attempt to feed the need to be loved and to soothe or comfort themselves because they don't feel good about themselves. Did you know that many of the diet pills on the market have nothing to do with suppressing appetite? They work by increasing the serotonin levels, which then makes you feel good about yourself. It is an artificial way of increasing your self-esteem. Whenever you feel good about yourself, you don't put your thumb in your mouth – you have no need to put food to your mouth. However these diet pills have many terrible and dangerous side effects and are in themselves addictive.

The mouth and whatever you put in it (food, cigarettes, alcohol etc) is designed to bring you to emotional security. The lips are the nurturing point. That is why there is a strong emotional component to breast feeding a baby or kissing somebody. When people stop smoking, they often put on a lot of weight. The reason is because they are subconsciously craving the sugar rush produced by nicotine when it stimulates the liver. Thus they start eating a lot and they don't realize that they are doing this to try and get that sugar rush, and because they need the satisfaction of putting something to their mouth. Alcoholics can develop a problem where they like sugar, carbohydrates and desserts because the body converts the sugars and carbohydrates into alcohol. So not only does the person get the satisfaction of putting something into their mouth but they also get an alcohol fix. Alcoholics often have a characteristic "beer belly". This weight gain is not only because of over eating, but it is also because of a slowed metabolism. The hypothalamus also responds to thoughts of a low self-esteem, guilt, condemnation and self-hatred by lowering the body's metabolic rate. This predisposes you to putting on weight more easily because the body just does not burn the food that you eat. When people with an addiction bring the food, alcohol, cigarette or drug to their mouth, it triggers the release of dopamine which is the pleasure chemical that I spoke about earlier. In order to compensate biologically for their spiritual deficiency, they need a dopamine rush! The rush of dopamine in the brain produces a "high" which brings temporary relief, comfort

or fulfilment. When a person gets the feel good rush of dopamine or the high from the alcohol, cigarette, drug, pornography etc they have the chemical equivalent of what should come out of a spiritual and emotional relationship. They think, "That was great! I don't need God, I don't need anybody, I don't need a wife, I just need a drink or a pill."

However the dopamine rush is short lasting and it soon wears off. The person goes back into real life and they are faced with themselves and their old feelings of being unloved again! The feelings never went away, they were just drowned out by the chemical rush. The person sinks into a "low" where they feel the pain and the despair and they are drawn to that memory of fulfilment when they had the drink, cigarette, drug etc and they reach for it again. This is how the negative cycle perpetuates.

In Summary

Addictions follow individuals that have a need to be loved unfulfilled and a low self-esteem: they are attacking themselves spiritually in their thoughts with self-hatred, self-condemnation, guilt, shame, self-rejection, self disapproval and self bitterness.



One of the things that the hypothalamus does in response to this (brain translates your thoughts into a physical reaction) is to lower the serotonin levels.



Reduced serotonin levels cause the person to feel bad about themselves and they bring alcohol/cigarettes/food/drugs to their mouth because the mouth is the contact place for love and security. The lips are the nurturing point.



The alcohol/cigarettes/drugs/food causes a rush of dopamine in the brain producing a short term pleasurable, comforting sensation (Dopamine is the pleasure neurotransmitter that stimulates the reward system in the brain).



After the short lasting fulfilment, the pleasurable, comforting sensation wears off and the person often becomes filled with guilt, self-condemnation and/or self-hatred because of the alcohol/food binge they have just been on. In terms of weight gain, the more the person eats, the more the person puts on weight. The more the person puts on weight, the more it assassinates their self-esteem... and what does the hypothalamus do in response to these thoughts? Lower the serotonin levels! And so the negative cycle perpetuates. The devil sure knows how to keep people in bondage and captivity.

Shop lifting is the same as bingeing. Kleptomania (which is compulsive stealing) is a result of self-hatred, self-rejection and guilt. People who take the credit card and spend thousands of dollars on a spending binge are exhibiting the same behaviour as those who are bingeing on food. They are trying to increase the serotonin deficiency artificially and not only that, dopamine is also being secreted, which is the pleasure neurotransmitter because of the rush they get to fill the void.

Sexual Addictions

People who have addictions also have a tendency towards promiscuity. Do you know what is behind fornication and adultery? The need to be loved! A man can have the most perfect and beautiful wife in town and still turn to pornography. Why is that? The reason is because in masturbation there is an orgasm

in which dopamine – the pleasure chemical is released. This is the same chemical that is released by alcohol and drugs. The person needs a dopamine rush to compensate for their lowered serotonin levels which is a result of feeling unloved. If a man has a low self-esteem and does not feel loved, even though he has the prettiest wife, when he is walking down the street, he is continually looking for a woman who will look him in the eye and smile at him. He needs the dopamine and adrenaline rush that somebody notices and desires him. So contrary to what most people believe, the root behind pornography is not lust, it is the need to be loved! Lust is part of it – lust fuels the fire. Lust gives the pictures to create the drive for the dopamine and adrenalin rush. Pornography is adultery if you are married and fornication if you are not.

Jesus said in **Matthew 5 v 28: "But I say to you that everyone who so much as looks at a woman with evil desire for her has already committed adultery with her in his heart."**

However, when you understand that it is not just a sin problem but that there is a spiritual root behind it that produces the sin, you are able to be less judgmental and you are able to help people. We tend to ostracize people in sexual addictions like this because we do not understand the root problems that lie behind the sexual sin. The same thing that is behind addictions to alcohol, cigarettes and drugs is the same thing behind sexual addictions – the need to be loved unfulfilled.

Addictions tend to run in families and so does fornication and adultery along with it. The same thing that applies to pornography also applies to incest and molestation: These people have unfulfilled needs and there are no outlets. They have a need for a dopamine fix that is driven by the need to be loved. This is the root issue behind these abominable behaviours.

Addictive Relationships – An Ungodly Soul Tie

People who are prone to addictions because they have the need to be loved, tend to be overly dependent on others. Often in the marriage where the man is for example an alcoholic, the husband-wife relationship is more like a mother and son. So far in this chapter I've been speaking mostly about chemical addictions but there are also addictions that are not chemical.

Many people become involved in relationships, not necessarily because they want to enjoy a friendship, but because they have a need. This kind of relationship becomes unhealthy because it is addictive and ungodly. You can get best friends who do not necessarily have a homosexual relationship but they are very close. Suddenly one of them begins to develop a friendship with somebody else and they start spending time with this other person. Anger, envy and jealousy develop and verbal and emotional abuse ensues. These people, particularly the one with the attitude, are addicted to each other. They have an unhealthy and ungodly soul tie, which is an ungodly bonding between members of the same sex. The roots behind this are the same as other addictions.

Prescription Drugs and Illegal Drugs

As well as illegal drugs such as cocaine, heroin, marijuana, ecstasy and so forth, people also get addicted to prescription drugs. I mentioned this in the chapter "Essential Background Knowledge of Disease from a Biblical Perspective" but it is worth repeating here:

Galatians 5 v 19 – 21: "Now the doings (practices) of the flesh are clear (obvious): they are immorality, impurity, indecency, idolatry, sorcery, enmity, strife, jealousy, anger (ill temper), selfishness, divisions (dissensions), party spirit (factions, sects with peculiar opinions, heresies), envy, drunkenness, carousing, and the like. I warn you before hand, just as I did previously, that those who do such things shall not inherit the kingdom of God."

The above scripture talks about the works of the flesh which are sin. The word sorcery in the above scripture is translated as witchcraft in other Bibles. The word sorcery or witchcraft that was used here is not the Hebrew word for witchcraft. That word 'witchcraft' is only used once in the New Testament and it is the Greek word pharmakeia, (Strong's number 5331) which means medication (pharmacy, sorcery) and is taken from the Greek word pharmakeus, which means drug, a druggist (pharmacist or poisoner, that is, sorcerer). The word witchcraft in this scripture is referring to the use of legal or prescription drugs. The word drunkenness in this scripture represents illegal drugs (cocaine, heroin, ecstasy, alcohol abuse etc). The Greek word "do" in the above scripture means "they that habitually practice as a way of life" as opposed to "a single act".³³

To put all of the above information in a sentence "The chronic or long term use of prescription drugs is sorcery or witchcraft and they that habitually practice this as a way of life will not inherit the kingdom of God." Now I am not saying that it is wrong to take prescription drugs. Sometimes it is very necessary in an emergency to get you into a place of safety or to save your life. It is ok to take medication **in the short term** but the problem comes in when it is taken on a chronic basis as a way of life without the underlying problem being dealt with. God does not want you artificially maintained and manipulated by prescription drugs for the rest of your life. He wants to heal you and set you free completely.

Whilst working in a general practice, I was absolutely amazed at the number of patients who were addicted to prescription drugs. This includes painkillers such as Stopain, sleeping tablets and tranquilizers. However the number one across the counter addictive drug in the world is antihistamines which people use for allergies. Withdrawal from anti-histamines is as strong as the withdrawal from any other drug. Anti-congestant drugs which are commonly used for nasal congestion and sinusitis are another example. These anti-congestants contain paracetamol which is a strong painkiller. Thus when you take the drug it does give you relief from the pain of the congestion. However there are other ingredients in these drugs that damage the cilia which line your sinus cavities. Cilia are finger-like structures that help keep the mucous flowing and help with the drainage of mucous. When these cilia are damaged, drainage of mucous is not good and you are predisposed to more sinus infections and more sinusitis... so you take the drug again... the cilia are damaged further... more sinus infections...do you see the pattern?

Another example of highly addictive drugs is the many antacids that are available over the counter that provide relief for the symptoms of stomach ulcers and reflux. Antacids neutralize your stomach acid which then causes symptomatic relief. However, many of the antacids contain calcium. Calcium stimulates the pump (called a proton pump) in your stomach wall that produces acid. An excessive amount of stomach acid will cause or exacerbate stomach ulcers. The long term use of antacids that contain calcium cause an increased production of stomach acid... this can lead to more ulcers... so you take more antacids... which leads to increased production of stomach acid...more ulcers... and before you know it you are permanently on antacids.

Another drug that people struggle to stop taking once they start are anti-depressants such as Prozac. These drugs are serotonin enhancers – they increase the levels of serotonin (remember I explained that depression is a deficiency of serotonin due to a low self-esteem and thoughts of guilt, shame, condemnation, self-hatred etc in a person's thought life). You become addicted to the antidepressants which artificially restore the chemical imbalance and serves as a false comforter and false source of peace. Prozac is an amphetamine which is the chemical equivalent of the illegal drug Ecstasy.

There are many other prescription drugs that people become addicted to because their body pitches a fit when they try to stop them.

God has designed your body so that when you love God, when you love yourself and when you love others, your body releases the proper hormones and chemicals that make you healthy and make you feel good. God has given you the chemical fix that you need from enjoying an intimate love relationship with

Him as well as Godly relationships with others. That is why long term use of prescription drugs which is sorcery and drunkenness from illegal drugs are works of the flesh which is sin. They are substitutes for your relationship with God and the peace that comes from that relationship. The Bible says not to be drunk with wine but filled with the Holy Spirit.

Ephesians 5 v 18: "And do not get drunk with wine, for that is debauchery; but ever be filled and stimulated with the [Holy] Spirit."

Proverbs 20 v 1: "Wine is a mocker, strong drink a riotous brawler; and whoever errs or reels because of it is not wise." This scripture is saying that when alcohol is taken in a quantity that alters your

consciousness, the drunkenness will produce a chemical imbalance in your body that is going to impair your ability to differentiate right from wrong – all so that you can drown out your pain.

God gives you the chemical fix that you need through enjoying an intimate love relationship with Him

The alcohol or the drugs allows the person to hide from their fears and insecurities. Alcohol and drugs to the basal ganglia in the brain is a painkiller for emotional turmoil – it is a false comforter to remove

the pain of the void of being loved. This applies to excessive eating, cigarettes, drugs, pornography, gambling and any other addiction as well.

The Disease of Denial

People who refuse to face reality and deal with their problems and who are in denial about them are very prone to developing addictions. In fact alcoholism is called the "disease of denial" because alcoholics often refuse to acknowledge that they have a problem, often until it is too late. God wants you to take responsibility and deal with every issue in your life.

Deliverance from Addictions

It starts with a choice. God has given each one of us a free will and the right to choose. We have the right to make a quality decision for our life. God will not interfere with that and Satan cannot interfere with that. Did you know that God cannot heal and deliver you against your will? God cannot do anything more than what you allow Him to do in your life. Breaking free from addiction starts with you making a stand – you draw the line and you say, 'Enough!' Are you willing to take responsibility? Are you willing to repent, which means renewing your mind and changing your thinking? In spite of your body pitching a fit, are you prepared to do what it takes to make a change and break free? Let me tell you something about addictions – if you stop that drug you are not going to die, but if you don't stop – you will die prematurely. There are no quick fixes, it takes time (about 28 days) to break bad habits and develop new ones. It is going to take effort, determination and dedication on your part. If you are ready to make that quality decision to say, "Enough is enough!" then I am rejoicing because then I can help you.

There have been men and women who have given up an addiction out of sheer will power and determination. They counted the cost of something they did not want to lose and decided to stop abusing and being addicted. They had had enough of their spouse's threatening and ultimatums. However, when you give up an addiction in your own strength with just your will power, you are not really delivered or set free because you still have the same spiritual problems that caused the addiction in the first place. It would be very difficult for you to break free of an addiction while still feeling unloved. In this case you would be in danger of what is called "cross addiction" which is where you lay down one addiction but pick up another, for example you give up smoking but then start drinking alcohol or eating too much.

The AA (Alcoholics Anonymous) was an organization that was developed in the 1930s to help alcoholics. Their 12 step program was originally based on Biblical principles. In order to become a member you had to be born again and you had to accept Jesus as your Lord and Saviour because they knew that this was vital to obtaining freedom from the bondage of addiction. Today they have removed that entirely and the rest of the 12 steps hardly resemble the original program because it has been changed so much. When the AA first started they had a success rate of over 80% but today, out of the two million people attending the AA worldwide, its success rate is down to 2%. The reason is because you cannot achieve anything worthwhile if you remove God.

John 15 v 4-5: "Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit by itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. I am the Vine; you are the branches. Whoever lives in Me and I in him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing."

Apart from God we can do nothing. I do not know how to offer you complete deliverance from addictions (or any disease or sickness) apart from God. Even though Alcoholics Anonymous has removed accepting Jesus as Lord and Saviour from their program, they still acknowledge that it is impossible to overcome an addiction in your own strength, and that you need to rely on the strength of a "Higher Power." Well let's get specific about that "Higher Power"... there is only One God. **Mark 12 v 32 "...There is one God; and there is none other but He."** He is the God that sent His son, Jesus to die for you on the cross. Jesus literally gave His life to provide a way for you to be restored to the Father; because of His work at the cross you have forgiveness of your sins, healing and freedom from all forms of bondage and captivity available to you.

Isaiah 53 v 5 tells of the work that Jesus did on the cross for you: **"He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and wellbeing for us was upon Him and with the stripes [that wounded] Him we are healed and made whole."**

Jesus said in **Luke 4 v 18** and **Isaiah 61 v 1-3** **"The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good news to the meek, the poor and the afflicted; He has sent me to bind up and to heal the broken hearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound. To proclaim the acceptable year of the Lord [the year of His favour]... To grant [consolation and joy] to those who mourn, to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened and failing spirit – that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified."**

You cannot be completely delivered and set free from the bondage of your addiction without an intimate love relationship with the Father beyond the realms of empty religion. You have a God given void within you that only God can fill. Alcohol, cigarettes or whatever it is that you are addicted to, is a false comforter that will never satisfy you or fill that void. You have a deep spiritually rooted need to be loved and the prayer of my heart is that you would get to know the Father heart of God and His overwhelming love for you. If you don't know Jesus as Lord and Saviour, and have never invited Him into your heart and life, please turn to page 640.

The answer to your need to be loved, which is the root of your addiction, is intimacy with the Father – The Lord wants you to know Him. The more you get to know Him, the more you will love Him. The primary reason that Jesus died was to restore you back into a love relationship with the Father. The Father's love is

the foundation to healing and freedom from your addiction. No man or woman can fill or satisfy that need inside of you to be loved. Receive the Father's love. Your ability to defeat addictions comes from the love

The answer to your need to be loved, which is the root of your addiction, is intimacy with the Father

of God. You are His son. You are His daughter. You are loved! The Almighty, Indescribable God says that He loves you!

John 16 v 27: "For the Father Himself [tenderly] loves you because you have loved Me and have believed that I came out from the Father."

Stop buying into the lie that God does not love you, because He does! **1 John 4 v 15 – 19: "15Whoever shall confess that Jesus is the Son of God, God dwells in him and he in God. 16And we have known and believed the love that God has for us. God is love; and he that dwells in love, dwells in God, and God in him. 17Herein is our love made perfect, that we may have boldness in the day of judgment: because as He is, so are we in this world. 18There is no fear in love; but perfect love casts out fear: because fear has torment. He that fears is not made perfect in love. 19We love him because he first loved us."**

The prayer of my heart for you is that your need to be loved would be filled through the revelation and experience of God the Father's love for you. I encourage you to take the time right now to pray this prayer below from **Ephesians 3 v 14 – 20:**

"Father, I ask You to grant me out of the rich treasury of Your glory to be strengthened and reinforced with mighty power in my inner man by the Holy Spirit [Himself indwelling in my innermost being and personality]. May Christ through my faith [actually] dwell (settle down, abide, make His permanent home) in my heart! May I be rooted deep in love and founded securely on love, that I may have the power and be strong to apprehend and grasp with all the saints [God's devoted people, the experience of that love], what is the breadth and length and height and depth [of it]; [That I may really come] to know [practically through experience for myself] the love of Christ, which far surpasses mere knowledge [without experience]; that I may be filled [through all my being] with all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]! Father, You by Your power that is at work within me are able to [carry out Your purpose and] do superabundantly, far over and above all that I [dare] ask or think [infinitely beyond my highest prayers, desires, thoughts, hopes or dreams]."

Pray that you would get to know the Father more:

Exodus 33 v 13: "Father show me Your ways, that I may know You [progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly]."

Exodus 33 v 14 "And the Lord said, My Presence shall go with you and I will give you rest." Believe it. Receive it.

The only true Comforter is the Holy Spirit. **John 14 v 26** says that the Holy Spirit is **"the Comforter (Counsellor, Helper, Intercessor (i.e. He prays for you on your behalf), Advocate, Strengtheners and Standby)."** It is too hard to give up an addiction independently in your own strength. **"Not by might, not by power, but by My Spirit says the Lord!" (Zechariah 4 v 6).** Only by the power of the Holy Spirit will you be able to overcome your addictions: He is your helper, strengthener and standby. He will enable you to do what you cannot do – and I might add, with ease what is too difficult without Him. If you have never been filled with the Holy Spirit I encourage you to pray, "Father I ask You please to fill me with the Holy Spirit!"

Jesus said in **Luke 11 v 11 – 12: "What father among you, if his son asks for a loaf of bread, will give him a stone; or if he asks for a fish, will give him a serpent instead? Or if he asks for an egg,**

will give him a scorpion? If you then, evil as you are, know how to give good gifts [gifts that are to their advantage] to your children, how much more will your heavenly Father give the Holy Spirit to those who ask and continue to ask Him!"

You may have been attending church for years... but you still do not know Him. The only way you are going to get to know Him is to spend time with Him. I'm not talking about five minutes here and there, I'm talking about getting serious. I'm talking about setting aside a decent amount of time every single day to just sit at the Father's feet and fellowship with Him...this involves talking to Him, listening for His voice speaking to you in your heart, getting to know Him through reading His Word, and worshipping Him in that quiet place where it is just you and Him. What is a decent amount of time? Well that's up to you. It depends how serious you are. You will get to know the Father as much as you want to know Him. Every great man and woman of God that I know about who impacted nations with world-wide ministries, like Smith Wigglesworth, John Wesley, Angus Buchan, Joyce Meyer all spend more than two hours with God every day. "Oh I don't have time to spend two hours with God." You are too busy. Busy people are stressed, anxious and sick people. Now I don't want to put a yoke around your neck by making a law out of two hours – you spend the amount of time with God that the Holy Spirit leads you to. The point is you need to get alone with God on a daily basis and get to know Him. If you don't have time to spend with God, you are doing things that He has not called you to do. You are the one who sets your own busy schedule so get rid of those unnecessary things that are robbing you of your time with God.

Only by the power of the Holy Spirit will you be able to overcome your addictions: He is your helper...

As well as spending extra time with God, I recommend that you go on a fast. In your addiction your body and what you feel has become your Lord. Fasting is a wonderful way to subdue the flesh. The reason you fast is not to get something from God, it is to meet with God. Fasting is about drawing away from the world and drawing close to God – this is where you separate yourself from everything else to develop a more intimate relationship with Him.

You also need to stop listening to the lie that you are unworthy and not good enough. Stop listening to the lie that others don't love you. If they do not love you, that is their loss, but you do not have to carry somebody else's sin inside your heart that will cause destruction in your body. Physically your addiction is rooted in a deficiency of serotonin. This was caused by you attacking yourself spiritually through thoughts of self-hatred, self-condemnation and guilt, self-rejection and/or self bitterness. Before continuing with the rest of this chapter, please turn to page 647 – it is vital to overcoming your addiction, that you develop a healthy self-esteem by knowing who you are in Christ and placing your value and sense of self worth in Him. You need to learn to see yourself as God sees you.

I suggest that the first thing you must do before attempting to give up the thing that you are addicted to (for example alcohol or cigarettes), is for the next couple of weeks (or months), just draw close to God. If you're really serious about wanting to be set free from your addiction – spend as much time at the Father's feet as you can. Seek His Face. Get into the Word and renew your mind concerning who you are in Christ. Change your thinking with regards to how you see yourself and learn to see yourself as God sees you. Eventually the point will come where you are about to smoke or pick up a drink, and you'll say, "You know what, I don't need this." And you'll put it down for good...and it'll be done in the power of the Holy Spirit and not in your own strength. The reason for this from a medical or physical perspective is that your serotonin levels have been raised by your experience of the Father's love that has come from getting to know Him through the time spent with Him. When you have a good self-esteem that has come from meditating on who you are in Christ, the hypothalamus in your brain will sense your fulfilment and signal the brain to release and increase the serotonin levels and your spirit, soul and body are in balance again. Because the serotonin levels are restored, you will no longer have the physical craving or desire to put to your mouth the thing that you were addicted to.

An understanding of God's grace is also vital – you cannot quit an addiction in your own strength, so after reading through this chapter, please read through the section on God's grace on page 117.

I recommend that you have a look at www.diseaseanonymous.com on the internet where you can find out how to connect with others who have been through what you are experiencing. Disease Anonymous Global is an organization through which people from all over the world support and help each other on their journey to freedom from addictions.

Finally, if you now understand and know (through heartfelt revelation) that you are loved unconditionally by God, and you have learnt who you are in Christ, and have renewed your mind in this area, you are now ready to pray the following prayer of faith for healing and deliverance:

"Father, I repent for buying into the devil's lies that You do not love me. I repent for not loving myself and for having self-hatred and a low self-esteem. I ask You please to forgive me. I have forgiven and released all who have wronged and hurt me. Father I open my heart right now to receive Your perfect love and the love of the Lord Jesus Christ as a work of the Holy Spirit."

Then, operating in the gift of miracles, you or the person praying for you must say, "In the Name of Jesus I command my brain and my basal ganglia to be normalized, reformed and conformed to the way it was created from the foundation of the world. I break the power of unloving spirits and the inherited spirit of alcoholism and command you to be gone in Jesus' Name! I command my genes and my DNA to be made whole and perfect as God originally created it. I command that defective chemistry and that THIQ chemical to be eradicated as a work of the Holy Spirit. I release that craving physiologically from my body – I command it to be gone in Jesus' Name.

Father, I have a covenant of divine healing with You (Isaiah 53 v 5). You forgive all my sins and heal all my diseases (Psalm 103 v 3). Therefore on the authority of Your Word and in the Name of Jesus, I claim and declare healing and complete wholeness in my mind, brain and body. In faith I declare that I am free from the bondage and captivity of (name the addiction)! (Isaiah 61 v 1 – 3)."

Galatians 5 v 1: "In this freedom Christ has made us free [and completely liberated us]; stand fast then and do not be hampered and held ensnared and submit again to a yoke of slavery [which you have once put off]."

Ephesians 4 v 27 says, "Leave no room or foothold for the devil [give no opportunity to him]."

It is done. Amen!

A Word for Those Who Have a Loved One with an Addiction

Firstly, you must realize that you are wasting your time trying to help an alcoholic or person with any other addiction if they don't really want help – it has to come from the person himself. They have got to be willing to take responsibility, and come to the point where they have had enough, and are ready to make that quality decision and say "No more!" They have to be willing to do what it takes to break free of their bondage.

Secondly, alcoholism is often called the "Disease of Denial". There is a spirit of deception that comes in and the alcoholic genuinely does not believe that he has a problem (often until it's almost too late). This is why in the Alcoholics Anonymous meetings they make the person say, "My name is so and so, and I am an alcoholic." Once the person realizes and admits they have a problem, that is a huge step towards being healed and delivered. While it is important not to deny the facts, I am not very comfortable with somebody saying, "My name is so and so and I am an alcoholic" because that is what you are speaking over yourself. You get what you say. On page 702 I explain why it is very important to be careful what you say and why you must never say "my disease – my alcohol addiction." If you do this, you have taken ownership

of something - you've taken it into your spirit and you've made it part of you. That is not good. When you speak like that you are reinforcing your bondage. You may be suffering from the symptoms of a disease and it is a problem that you have got to deal with, but the disease is not yours.

It is vital for you to understand that no amount of argument or persuasion in words or actions on your part, is going to convince and push the person to the point where he is ready, and genuinely willing to give up that addiction. Trust me, I've tried it... as a doctor I've tried to use scare tactics by telling patients the terrible consequences (including death) of their addiction. It doesn't work. My mother and I fought with my father for years to get him to quit smoking. My mother even once gave him an ultimatum where she said that if he did not stop smoking, she would leave him and go out and get a job because she was obviously going to be a young widower. My father was emotionally blackmailed into stopping smoking for a while but he soon went back to it, as his heart wasn't in it. Only when the Holy Spirit dealt with him, and he was willing to change, did he give up smoking permanently. In all of our own strength and frustration, we just could not change him because that is a work that only the Holy Spirit can do. Withholding rights from your loved one who is an alcoholic, such as refusing to let them see their grandchildren etc is not going to work - that is the world's way. It is only going to lead you into frustration and disappointment. Where your loved one is concerned, it is only going to exacerbate the problem, because whether they realize it or not, they have a deeply spiritually rooted need to be loved. So withdrawing your love is only going to send them deeper into their pit.

So then what can you do to help? Obviously you don't want the person you love to hit rock bottom and destroy their health and marriage, lose their job etc before they are willing to make a change. Stormie O'Martin had a revelation that transformed her marriage and birthed a worldwide ministry. She realized that there was nothing that she could do to change her husband. So she prayed for him diligently on a daily basis - speaking the Word over his life and trusting the Holy Spirit to do the work: to bring conviction and bring about the change. It may initially seem like an anticlimax or let down answer: "Ah, so all I can do is pray." However, that is the most powerful thing that you can do to help break the bondage of addiction in your loved one's life. I'm not talking about a quick flippant prayer here and there. I'm talking about diligence in literally setting time aside every single day to go before the Throne, sit at God's feet and pray on your loved one's behalf. This is the best love gift you could ever give that person. **James 5 v 16** says **"The earnest, heartfelt and continued prayer of a righteous man (that's you!) makes tremendous power available, dynamic in its working."** When you go to the Throne in prayer, Heaven moves on your behalf - tremendous power is made available in your loved one's life, dynamic in its working.

If you're not sure how to pray for that person, remember what the spiritual roots are: the person has a need to be loved and they are trying to fill that void with a false comforter. Pray that your loved one comes to know God more and that they would open their heart to receive the Father's love. Let your prayers be full of the Word because the Word is alive and full of power (See Hebrews 4 v 12). I mentioned Ephesians 3 v 14 - 20 earlier as a relevant prayer for overcoming an addiction: "...I bow my knees before the Father of our Lord Jesus Christ For Whom every family in heaven and on earth is named [that Father from Whom all fatherhood takes its title and derives its name]. May He grant (your loved one's name) out of the rich treasury of His glory to be strengthened and reinforced with mighty power in his/her inner man by the Holy Spirit [Himself indwelling in his/her innermost being and personality]. May Christ through his/her faith [actually] dwell (settle down, abide, make His permanent home) in his/her heart! May he/she be rooted deep in love and founded securely on love, that he/she may have the power and be strong to apprehend and grasp with all the saints [God's devoted people, the experience of that love], what is the breadth and length and height and depth [of it]; [That he/she may really come] to know [practically through experience for him/herself] the love of Christ, which far surpasses mere knowledge [without experience]; that he/she may be filled [through all his/her being] unto all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]!

Father, by Your power that is at work within (your loved one) are able to [carry out Your purpose and] do superabundantly, far over and above all that I [dare] ask or think [infinitely beyond my highest prayers, desires, thoughts, hopes or dreams]."

Lastly, as well as praying for your loved one.... **love him/her**. Find out their love language and ask God to give you wisdom and creative ideas of how you can practically show your love and the Father's love for him/her. Spend time with the person, make a cake, a nice meal, a gift, flowers, surprise them by meeting a need that they have etc. These are obviously just arbitrary examples to give you an idea. The point I'm trying to make, is that with the Holy Spirit's help and guidance – go out of your way to radically and outrageously bless that person and consistently communicate to them in words and actions that they are loved, treasured and appreciated unconditionally. I dare you! Go all out! It isn't necessary for you to bring up the alcohol or other addiction, just love the person and trust the Holy Spirit to do the work and to bring conviction, heartfelt repentance and change. Now obviously by advising you to love the person, I am not suggesting that you open yourself up to abuse or victimization or allow the safety yourself or your family to be threatened. You do need God's wisdom here.

The advice that I have given you may be very difficult for you to receive, especially with regards to somebody who is addicted to drugs or alcohol. People who have an addiction of this kind often become master manipulators, and the person has most probably hurt and abused you on countless occasions. Thus being told to pray for and love that person is the last thing you want to hear, as it is like putting salt in a raw wound. However, God's way is often totally opposite to our natural, logical way of dealing with something. For example, when we have a financial need, God says to sow money into another person's life; by blessing that person in faith, God in turn blesses us and meets our need. In the natural it makes no sense to give away money when you are in a crisis financially. But God requires us to live by faith.

Habbakuk 2 v 4: "Look at the proud; his soul is not straight or right within him, but the just and [uncompromisingly] righteous man shall live by faith."

Hebrews 11 v 6: "Without faith it is impossible to please God."

I was once in a situation where I had to study some subjects in six months that normally take two years. I could not see how it was naturally possible so I called on God to work on my behalf. A principle in God's kingdom is to sow a seed where you have a need. I desperately needed time. So God challenged me to give Him time – specifically three hours every day. During those six months, in faith I spent three hours with Him every day, at His feet, just fellowshiping with Him through prayer and His Word (My motive was not to manipulate God but just to walk in obedience and to please Him in faith). In the natural, I was screaming as it made absolutely no sense to spend so much time with God when I had so much studying to do. However, a small step of obedience in total faith, trust and dependence on Him, is a huge leap to blessing. I passed those exams with top marks. But more than that, by spending so much time in God's presence, I grew exponentially spiritually, I experienced an intimacy with the Father like never before and I got revelations from His word that I still draw on today.

The same principle applies to your situation: in the natural you may have no desire to consistently pray for and love this person but it requires a step in faith with absolute trust and dependence on God. Spending time in God's presence praying for this person on a consistent basis is also going to do a lot of good for you. You are going to grow into a deeper and more intimate relationship with the Father, and you are going to be changed yourself. There is most probably a lot of hurt, anger and un-forgiveness in your heart regarding this person that has to be dealt with.

Abuse and Victimization

In the previous chapter I discussed addictions in depth. People with an addiction become master manipulators. This is often because their whole life begins to revolve around the thing that they are addicted to. This is the point where poverty comes. A person can get to the stage where they will allow their business and marriage to fall apart and they will sell their house, their car and their furniture just to get the next fix. As long as they get their next fix it doesn't matter who they trample over or have to manipulate to get it. This is especially true of alcohol and drugs.

Along with alcohol and drug addictions, there often comes control, violence and abuse. This abuse is in the form of verbal, emotional, physical or even sexual abuse. There is a critical spirit that comes and the person begins to control another – to be hard and cruel on the family. The person has difficulty in giving and receiving love, has a hard and proud heart and hates the spouse to have joy or laugh. They feel insecure, rejected, ashamed, suicidal, selfish and childish. A low self-esteem, guilt, self-hatred, self pity and emotional insecurities drive a person with an addiction to become a controller, intimidator and an abuser. They may sulk and give the silent treatment which is a form of emotional blackmail. There may be explosions of rage and jealousy leading to verbal and physical abuse. Then there is a period of remorse where the person vows never to do it again and this only brings more guilt. The person has multiple fears such as fear of man, fear of rejection and fear of failure.

Do not tolerate victimization on any level. It is time out and it is time to separate.

The victims of this abuse are also full of fear, insecurities and various chronic illnesses. The spouse and children that are the victims have a crushed self-esteem, feelings of worthlessness and suicide, shame and guilt. They are sick, exhausted, depressed, often overweight or anorexic, have sleeplessness, nervous stomachs, headaches, anxiety, emptiness, loneliness, despair and hopelessness. If you are being abused and victimized, I am calling you to immediately separate from that person.

Unfortunately there is something called co-dependency that develops in a victim of abuse. That is why we see that women will stay for on average 10 years or more with a man who regularly abuses and beats them up. Co-dependency condones evil in the name of love. This has to do with built-in guilt. You can still love that person with an addiction but you do not have to be victimized by the sin through them. God does not require anybody anywhere to be a victim for any reason. There is no way that God condones victimization – not in the name of love or under any other name. Do not tolerate victimization on any level. It is time out and it is time to separate. Separation from abusive situations is Godly, it is not ungodly. The Bible says to mark those who cause division and have no part with them. It doesn't mean that you don't love them, it means that you will not partake of their sins or justify their actions in the name of love. I'm not condoning divorce but you cannot stay in a victimization situation in the name of love. That is co-dependency.

The Bible says that an open rebuke is better than secret love (Proverbs 27 v 5). Sometimes you have to tell people, "If you want a relationship with me, I am not going to be a victim. Until you can be with me and not make me a victim, it will be best that we don't have contact. I love you and am ready for reconciliation any time you are but there are things in your life that you must deal with because I refuse to enable you any longer." Then that person has to make a decision. There are many marriages that have been saved

from taking this stand. If we had been doing that a long time ago, people would have come to a decision earlier. Some of you ladies have enabled your husbands to continue to abuse you emotionally, verbally and physically for years because you condone evil in the name of love.

Nobody is strong enough spiritually to be a doormat for abuse and victimization and survive it for long. Therefore sometimes you have to separate yourself from them in order to preserve yourself. After you have been healed and strengthened, you can go back and be alright. It may be that God won't ever want you to go back. I don't know. But if you go back prematurely to a situation where you have been crushed, weakened, abused and victimized, it is not right. First you need to be strengthened and healed yourself. Give the person that is abusing you to the Lord, it is not your job to fix them.

Problems with Weight Gain, Excessive Over Eating, Anorexia, Bulimia and the Fallacy of Diets

The Spiritual and Physical Mechanisms Behind Weight Problems and Eating Disorders

There is a nutritional, genetic and spiritual component to weight gain. Remember the hypothalamus is the area in the brain that connects the mind to the body – it converts everything that is going on in a person's thought life into a physical reaction. The hypothalamus controls many functions in your body including thirst, eating and the rate of your body's metabolism.

The rate of your metabolism can be determined by what you think about yourself!

In response to thoughts of condemnation, guilt, self disapproval and a low self esteem the hypothalamus sends electrochemical signals to the thyroid gland which releases thyroid hormones. One of the functions of thyroid hormones is to control the rate at which the body metabolizes food. When your thoughts are filled with self disapproval, self condemnation, guilt, a low self esteem and so on, the hypothalamus via the thyroid slows the body's rate of metabolism, which causes the person to put on weight more easily. It doesn't matter what diet the person is on, whatever food he eats is going to make him put on weight because the body just does not burn it.

When you have a lack of self esteem and your thought life is dominated by self disapproval, self rejection, shame, self condemnation, guilt etc, your hypothalamus gland senses these spiritual and emotional problems. One way that the hypothalamus responds to this is to lower the levels of a chemical in your brain called serotonin. Serotonin is the chemical that was designed to make you feel good about yourself. Therefore when the levels of serotonin are low, you feel low and depressed. The mouth was designed as the contact place for love and security. That is why there is a strong emotional bond that takes place between a mother and her baby during breast feeding. When young children are feeling insecure they put their thumb in their mouth. When you have lowered serotonin levels due to a low self esteem and are feeling depressed, you want comfort. Instead of your thumb, you put food to your mouth. The food is a pacifier which produces a calming reality. In other words it is a false comforter. Putting food to your mouth triggers the release of a chemical called dopamine. Dopamine is the pleasure chemical in the brain. A rush of dopamine makes you feel good. It gives a satisfying, pleasurable, fulfilling feeling. However, this is short lasting. When the pleasurable sensation wears off, guilt, shame and self condemnation about over eating comes in. Also as the person over eats and puts on weight, when they look in the mirror, they don't like what they see. They attack themselves spiritually with self disapproval and self condemnation – they feel disgusted and ashamed because they cannot control their eating and as a result they have self hatred... and how does the hypothalamus respond to these thought patterns? It lowers the serotonin levels...and the negative viscous cycle starts all over again. The devil sure knows how to keep us in bondage. Excessive eating is a direct result of not feeling good about yourself. Fear of man, fear of failure, fear of

Our relationship with food becomes unhealthy when we turn towards food to meet a need in our life.

abandonment and fear of rejection can also be involved³¹. The bottom line is you don't like yourself and when you look in the mirror you don't like what you see.

Our relationship with food becomes unhealthy when we turn towards food to meet a need in our life. That need is impossible for food to meet. We are supposed to receive our comfort from God. In John 14 v 26 Jesus said that the Holy Spirit is "the Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener and Standby)." When we turn to food as our source of comfort we are sowing to the flesh and we will reap a worsened state.

Galatians 6 v 8a: "For he who sows to his own flesh (lower nature, sensuality) will from the flesh reap decay and ruin and destruction..."

When you are in bondage to overeating, you have made an addiction out of food. Behind addictions is the need to be loved unfulfilled, a low self esteem and the insecurities that come from that. You are spiritually hungry and what you really need is the unconditional love of God to fill you up and to comfort you. We are supposed to hunger for God and we do:

Psalm 42 v 1 – 2a: "As the deer pants for the water brooks, so I pant and long for You, O God. My inner self thirsts for God, for the living God."

God made us with this longing for Him in our hearts and in our souls. If we are not being filled and satiated from His Presence and His Word, then we are going to try to fill our hearts and our souls with a counterfeit. We will constantly reach to the realm of the flesh to satisfy us.

Galatians 5 v 16: "But I say, walk and live [habitually] in the [Holy] Spirit [responsive to and controlled and guided by the Spirit]; then you will certainly not gratify the cravings and desires of the flesh (of human nature without God)."

Part of the source of this low self esteem epidemic is the media. There is so much pressure in our society today to look a certain way. Our self esteem is assassinated as we look at the anorexic supermodels of Hollywood as our standard of acceptance and what is "normal". We have taken our eyes off the living God and what He has to say about us in His Word and we have made Hollywood actors and the people on the front covers of magazines our idols and false gods. Flesh on our bones is God's blessing to His people. It is a sign of health and vitality. Ladies, there is nothing wrong with looking how a female should. If you do have excess weight beyond the parameters of good health, you have a spiritual problem as I've explained above. However, the number one psychiatric disease that causes death in America is anorexia.

Anorexia and bulimia are different manifestations of the same root problem. Anorexia is a condition where the person is extremely underweight or emaciated due to self starvation. The person is often physically overactive and uses laxatives or induces vomiting secretly after meals. This is the criteria used in the medical profession to diagnose anorexia:

DIAGNOSTIC CRITERIA FOR ANOREXIA NERVOSA ⁴⁶

- Weight loss of at least 25% of total body weight (or 25% below normal for age and height).
- Avoidance of high calorie foods.
- Distortion of body image so that the person regards herself (or himself) as fat even when grossly underweight.
- Amenorrhea (no menstrual periods) for at least 3 months. (As a result the person is infertile).

Bulimia is a condition in which there is alternating self starvation with self induced vomiting and eating large amounts of food. These binges are an exchange for the void of not feeling loved. It is related to anorexia but weight is normal. This is the medical criteria used to diagnose bulimia:

DIAGNOSTIC CRITERIA FOR BULIMIA NERVOSA ⁴⁶

- Recurrent bouts of binge eating.
- Lack of self control over eating during binges.
- Self induced vomiting, purgation or dieting after binges.
- Weight is maintained within normal limits.

There are physical complications that develop as a result of persistent self induced vomiting and purging, for example erosion of the enamel on the person's teeth, lowered levels of potassium in the blood (hypokalaemia) and the blood becomes too alkaline. The potassium imbalance and fluid disturbance in the blood can cause fatal abnormalities in heart rhythm and kidney damage. Other complications include constipation, dilation and rupture of the stomach, trauma to the palate, enlarged salivary glands and inflammation of the oesophagus (food pipe where food travels from your mouth to your stomach).

The spiritual roots behind excessive over eating, weight gain, anorexia and bulimia are the same – lowered serotonin levels due to a low self esteem, self hatred, self disapproval, self rejection, condemnation and/or guilt. These spiritual and emotional feelings of unworthiness and lack of value are now reinforced by a chemical deficiency of serotonin.

There are several diet pills on the market today. Did you know that they have nothing to do with suppressing your appetite? They increase the serotonin levels in your brain. This is an artificial way of boosting your self esteem. When you feel better about yourself, you have no need or desire to put food into your mouth. However these diet drugs come with their Pandora's box of side effects. Some of these include heart attacks and other heart problems, depression and mood swings. They are also addictive. Once you start diet pills, your body pitches a fit when you try to stop them. Some diet pills, such as the drug called Fen Phen is an amphetamine. It is the chemical equivalent of the recreational drug Ecstasy. The drug world calls them uppers and then you have to start taking downers (sleeping pills) as well.

The spiritual roots behind excessive over eating, weight gain, anorexia and bulimia are the same – lowered serotonin levels due to a low self esteem, self hatred, self disapproval, self rejection, condemnation and/or guilt.

The Fallacy of Diets

Forget about diets. Ladies listen to me, diets are the bondage and doctrine of the devil. I know that some of you are not going to listen to me on this and are going to take a trip around the mountain a few more times. Medical research indicates that diets do not work in the long term. There is a 95% failure rate in people that diet in terms of managing to keep the weight off⁵⁹. Over 40 billion dollars is spent annually in America on weight loss products but we are still becoming fatter and we are not being set free. The Oxford Handbook of Clinical Medicine states, "The sad truth is that after decades of research we do not know who should eat what or when. Because of the complex interactions between eating and health, all diets have unintended consequences."

One of the reasons why diets do not work long term is because they are based on the wisdom of man and his own understanding. In Proverbs 3 v 5 - 6 God tells us not to lean on our own understanding, but in all our ways to acknowledge Him and He will make our paths straight. Godly wisdom, knowledge and guidelines about what to eat in order to achieve the best health possible are tucked away in the Word of God. You will learn about that in part 2 of this book.

1 Timothy 4 v 1 – 6: “But the Holy Spirit distinctly and expressly declares that in the latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach, ²through the hypocrisy and pretensions of liars, whose consciences are seared (cauterized), ³who forbid people to marry and [teach them] to abstain from [certain kinds of] foods which God created to be received with thanksgiving by those who believe and have [an increasingly clear] knowledge of the truth. ⁴For everything that God has created is good, and nothing is to be thrown away or refused if it is received with thanksgiving. ⁵For it is hallowed and consecrated by the Word of God and by prayer. ⁶If you lay all these instructions before the brethren, you will be a worthy steward and a good minister of Christ Jesus...”

I believe that most diet programs (the Scripture above says teaching people to abstain from certain foods that God created) are of the devil (a doctrine that demons teach) because they are rooted in fear, self hatred and a low self esteem. If you make food your enemy, don't be surprised if you develop malabsorption which is a disease where your food is not digested properly (malabsorption is discussed in detail on page 508). Fear stimulates a stress reaction in your body (explained on page 178). One of the effects of this is that it decreases peristalsis which is the movement of the intestines that helps digest your food; it also decreases the production of saliva, stomach and intestinal enzymes which also help digest your food. The stress hormone Cortisol which is released during the stress reaction causes something called cell membrane semi-rigidity (this is explained under the heading "Toxic Retention" on page 186). Normally, the digested food is absorbed into your blood stream through the lining of your gut which is semi-permeable membrane. However, during the stress reaction the cell membranes that line your gastrointestinal tract become rigid. As a result your food cannot be absorbed through this membrane because it is stiff. Thus the nutrients in your food don't get into your blood stream.

Your digestive system is very sensitive to your thought life and eating is a highly emotional event. Your digestive system is connected to your brain by nerves. Your brain and digestive system work together and communicate with each other. Your large and small intestines are densely lined with nerves, chemicals called neuropeptides and receptors that are all busily exchanging information laden with emotional content. This is what gives you that "gut feeling". A gut feeling is physically real because you literally have emotions in your gut! Emotions are very involved in the functioning of your digestive system. For example the pancreas releases enzymes to help with the digestion of your food. It also releases insulin and another hormone called glucagon which controls your blood sugar levels. These enzymes and hormones that are released from the pancreas also carry emotion. Therefore when you eat out of fear or self hatred or a low self esteem, the toxins generated by those toxic thoughts interfere with the workings of your digestive system. As a result your body will not digest that food properly because the emotions will override the digestive process. Food that is not digested properly becomes toxic. Therefore comfort eating or going on a diet motivated by a toxic mindset is not a good idea.

The main reason why diets do not work is because they do not deal with the toxic mindset or stronghold in your thinking behind over eating and weight problems. Diets will not help you overcome a spiritual problem.

2 Corinthians 10 v 3 – 4: “³For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons. ⁴For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds. ⁵[Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself us against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ.”

If you think that your only weapon to fight this war of weight loss is diet and exercise, and your hope is in those things, then you are setting yourself up for failure, disappointment and discouragement. A

lifestyle of healthy eating and exercise are certainly excellent tools that we can use to transform our lives and we can't live a high quality of life without it. However that is not where our hope for freedom from spiritual bondage to food comes from. The Bible says that our hope is in Christ (Colossians 1 v 27b). Christ is not Jesus' last name. "Christ" means "The Anointed One". Jesus is anointed with burden removing yoke destroying power that will set you free from your bondage.

Jesus said in Luke 4 v 18 and Isaiah 61 v 1 "The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good news to the meek, the poor and the afflicted; He has sent me to bind up and to heal the broken hearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound."

You cannot put your hope in carnal weapons such as a diet or an exercise program to free you from the bondage to food because there is no power there. If your hope and faith is in God, then you can do all things through Christ, the anointed One Who Strengthens you (Philippians 4 v 13).

If diets are a fallacy and a big lie and a doctrine of the devil, what do we do?

The Road to Freedom

The Father's love is the foundation to healing and freedom from a bondage to food and a poor self image. Food will never be able to satisfy that need to be loved on the inside of you. The prayer of my heart for you is that you would gain a revelation, in knowledge and experience of God the Father's love for you. I encourage you to take the time right now to pray this prayer below from **Ephesians 3 v 14 – 20**:

"Father, I ask You to grant me out of the rich treasury of Your glory to be strengthened and reinforced with mighty power in my inner man by the Holy Spirit [Himself indwelling in my innermost being and personality]. May Christ through my faith [actually] dwell (settle down, abide, make His permanent home) in my heart! May I be rooted deep in love and founded securely on love, that I may have the power and be strong to apprehend and grasp with all the saints [God's devoted people, the experience of that love], what is the breadth and length and height and depth [of it]; [That I may really come] to know [practically through experience for myself] the love of Christ, which far surpasses mere knowledge [without experience]; that I may be filled [through all my being] with all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]! Father, You by Your power that is at work within me are able to [carry out Your purpose and] do superabundantly, far over and above all that I [dare] ask or think [infinitely beyond my highest prayers, desires, thoughts, hopes or dreams]."

A diet comes because over eating abounds. When you are not over eating, there is no weight gain and therefore no need for a diet. No sin – no need for a law. In the Old Testament we had the law and the Ten Commandments, but in the New Testament we have a new commandment:

John 13 v 34 – 35: "I give you a new commandment: that you should love one another, just as I have loved you, so you too should love one another. By this shall all [men] know that you are My disciples, if you love one another [if you keep on showing love among yourselves]."

The New Commandment is love. Does that mean that we don't have to keep the Ten Commandments? Well, if you are walking in love, you won't lie or steal or dishonor your father and mother or kill or commit adultery etc. If you have the love of God, you'll never violate any rule that was given to curb sin. You don't have to worry about any of the other commandments, because if you're walking in love, you'll automatically keep all those commandments. When it talks about the fruit of the Holy Spirit in Galatians 5 v 23

(mentioned earlier), it says that against such things there is no law because there is no law that is greater than the law of God which is the law of love.

The kingdom of God is based on love: love God, love yourself and love others – Jesus said upon this all the law and the Prophets hang: **Matthew 22 v 36 – 39: “³⁶Teacher, which kind of commandment is great and important (the principle kind) in the Law?...³⁷ And He replied to him, you shall love the Lord your God with all your heart and with all your soul and with all your mind (intellect). ³⁸This is the great (most important principle) and first commandment. ³⁹And a second is like it: You shall love your neighbor as [you do] yourself. These two commandments sum up and upon them depend all the Law and the Prophets.”**

The most important step in your journey of losing weight is to change your thinking - start loving yourself and your metabolism will speed up.

Your freedom from a bondage to food and a poor self image begins with receiving the Father's love so that you can love yourself. As you build a healthy self esteem, your metabolism will increase causing you to lose the excess weight. Until you sort out your low self esteem, no kind of health diet or exercise is going to help you in the long term. Good nutrition does not replace repentance.

The most important step in your journey of losing weight is to change your thinking - start loving yourself and your metabolism will speed up. Furthermore your serotonin levels will also increase and because you feel good about yourself, you don't need to bring food to your mouth. Therefore eating in moderation will be easier although there will be times where you still have to use discipline and make right choices in terms of eating healthily.

When the low self esteem behind weight gain is dealt with, you will not need to go on any diet. Building a healthy self esteem starts with knowing who you are in Christ, establishing your sense of self worth and value in Him and learning to see yourself as God sees you. The chapter on page 647 will help you develop a new mindset in this area.

When you finally make peace with yourself and learn to love and accept yourself for who you are in Christ, the hypothalamus will recognize your fulfillment and signal the release and increase of serotonin. This will cause your spirit, mind and body to be in balance again so that you feel more complete.

After reading the chapter on “Who You Are In Christ”, please pray this with me: “Father, I repent for a low self esteem and for believing the enemy's lies that I am not special. You said that I am fearfully and wonderfully made (Psalm 139 v 14). In the Name of Jesus I release myself from that unloving spirit of self hatred that is accusing me to myself. In the Name of Jesus I release myself from insecurity and self rejection. I release myself from that need for nurturing that is inordinate. I release myself from the desire to eat too much and gluttony because of a need to be loved. I command my serotonin levels to be normalized and the craving for food to be broken in the Name of Jesus.”

After dealing with the toxic mindset behind weight gain, overeating and other eating disorders, I recommend that you read part 2 of this book which explains God's principles and guidelines about how we should eat. If you have a problem of over eating, pay special attention to the section on page 275 under the heading “Eat The Right Amount Of Food” which explains the nutritional reasons that people over eat.”

Chronic Fatigue, Lethargy and Exhaustion

Fatigue is one of the most common symptoms seen by a doctor in general practice. In this section I am referring to fatigue, lethargy and exhaustion due to something other than a hard day's work or lack of sleep. This is where a person experiences excessive fatigue after minimal physical or mental exertion, has lack of motivation, lack of energy, poor concentration, dizziness, muscular aches and an altered sleep pattern with frequent waking or sleeping more than normal (hypersomnia). These symptoms can follow a viral infection, for example infectious mononucleosis (Ebstein Barr Virus), influenza and hepatitis, as well as other chronic diseases such as cancer and multiple chemical sensitivity and environmental illness (MCS/EI). (Viral infections are discussed on page 600, cancer on page 385 and allergies including MCS/EI on page 335). However in most cases, people with chronic fatigue do not have any evidence of a viral infection or another disease to explain the fatigue.

Apart from the above scenarios, chronic fatigue, lethargy and exhaustion is a fear, anxiety and stress disorder. Therefore to understand why you are chronically tired, you need to first read through the chapter on page 178 which has essential background information. Pay special attention to the discussion on 1 John 4 v 18 on page 189.

If you suffer from chronic fatigue that is not due to another illness or lack of sleep, I recommend that you get your blood glucose levels (i.e. blood sugar) tested. It is a very quick and simple test. If your blood sugar is normal, then you simply have exhaustion which means you are in stage 3 of stress which is in fact called the "exhaustion stage". Part of stage 3 of stress involves a depletion in the body's potassium stores and this causes the fatigue. You are experiencing fatigue and exhaustion due to long term fear, anxiety and stress in your thought life because you are insecure in relationships.

You don't like being around people because you don't trust them and you don't want to be vulnerable. You don't even trust yourself in relationships and so you have a spirit of fear that will cause you to withdraw in fear. You don't feel loved and you don't even know if you can give love yourself. 1 John 4 v 18 says that he who fears has not been made perfect in love. You are afraid because you feel as though God doesn't love you, you don't love yourself and you feel like others don't love you and that has taken you to the 3rd stage of stress. The chapter on page 672 will help you deal with those issues that are robbing you of your peace, including the fears that come from relationship breakdowns.

If your blood sugar is too low (this is called hypoglycaemia) and you have chronic fatigue, then you have chronic fatigue syndrome. If this applies to you, you need to read about hypoglycaemia on page 588 before reading further in this section.

Chronic fatigue syndrome is primarily caused by fear, anxiety and stress in your thought life with an autoimmune component that triggers the hypoglycaemia. Hypoglycaemia is not a proper autoimmune disease but it has an autoimmune component to it. This brings in an additional spiritual root which is a low self-esteem, guilt, self-accusation and self loathing.

Henry Wright unraveled the mystery behind chronic fatigue syndrome by getting involved with many people over several years who have this problem and this is what he found:

The fear and anxiety in chronic fatigue syndrome is due to drivenness to meet the expectations of somebody. It is a performance disorder.

The fear and anxiety in chronic fatigue syndrome is due to drivenness to meet the expectations of somebody (usually a parent, especially a mother) in order to “measure up” and receive love and acceptance. Chronic fatigue syndrome is a performance disorder.³¹

While exhaustion as a result of stage 3 of stress is an insecurity disease, chronic fatigue is a performance disorder. It afflicts individuals who spend all their life being what somebody else expects them to be. Chronic fatigue syndrome is often called the “white collar disease” because it usually hits professionals when they are at the peak of their careers. After they have achieved what they were supposed to achieve to meet the expectations of somebody, they crash. As they crash the low self-esteem, guilt, self loathing and self-accusation comes – this is the autoimmune component that triggers the hypoglycaemia. So now your blood sugar levels are too low and your brain does not get the fuel and energy that it needs. As a result you experience fatigue, brain fog and disorientation.

Henry Wright told the story of a Jewish girl in Florida who came down with chronic fatigue syndrome plus five other diseases at the height of her success as a real estate agent. When she was growing up she wanted to be a school teacher because she loved children. However, when you are a Jewish girl and you have a Jewish mother, and you are in Florida, it is real estate because that is where the money is. At the height of her career with a six digit figure income, she crashed with disease and could no longer work because she hated being a real estate agent. She wanted to be a teacher. So at the height of her pleasing her mother she crashed in guilt, performance, anxiety, fear and self loathing.

There are many people who don't even know who they are because from childhood they have been so busy conforming to the expectations of their parents and others. They forgot that they had an identity from God from before the foundation of the world and they don't know what it is. Well why don't you go ask Him? Quit being what other people expect you to be and be who God created you to be. Follow your heart and don't let anybody stop you and this disease will leave you in conjunction with that decision.

Your sense of self worth and value should be coming from who you are in Christ – it should not be based on your achievement. To be healed of chronic fatigue syndrome you need to renew your mind with the Word and change your thinking in this area. You need to separate your “who” from your “do”. God's love for you is not performance based and you need to see yourself as God sees you. I share more about this in the chapter “Who You are in Christ” on page 647.

Finally, pray with me: “I take authority over the spirit of fear and command you to go in Jesus' Name! I release myself from performance, perfectionism and meeting the expectations of others. In the Name of Jesus I release myself from fear of failure that drives me to do everything right and which tells me that who I am is what I do. I determine in my heart this day to make an allowance for weakness and mistakes for it is written that His strength is made perfect in my weakness (2 Corinthians 12 v 9) and “Though the righteous shall fall seven times, the Lord will lift them up!” (Proverbs 24 v 16). I release myself from the fear of man and what others think of me. I release myself from guilt and I take authority over the unloving accusing spirit that accuses me to myself – you are a lying spirit and I break your power in the Name of Jesus and command you to be gone. I release myself to follow the desires of my heart and to be who God created me to be. I release myself to be who He saw from the foundation of the world.

I release myself from the fears and insecurities that have come from broken relationships for it is written in Romans 8 v 15 that God has not given me to bondage to the spirit of fear but I have received the spirit of adoption whereby I can cry out Abba Father! I release myself from hardness of heart that I have that will not let me trust and be vulnerable without fear. I release myself from the fear of giving and receiving love. Father I open my heart right now to receive Your perfect love which casts out all fear. I release myself to the love of the Father and the love of the Lord Jesus Christ as a work of the Holy Spirit.

In the Name of Jesus I command the chemistry imbalance in my body to be broken and I command the blood sugar and potassium levels to normalize. I speak strength back into my body and clarity of thinking. By the stripes of Jesus I am healed! (Isaiah 53 v 5) Amen!”

Flu and the Common Cold

You first need to read through the following two chapters which have essential background knowledge that is needed to understand flu and the common cold:

- “The Effects of Long Term Fear, Anxiety and Stress on the Body” on page 178.
- Viruses on page 600.

It is important to understand the difference between flu and the common cold. Flu is caused by the influenza virus and is a much more severe illness than the common cold. People who have a runny nose and cough may say that they are sick with flu, meanwhile they simply have the common cold. Furthermore a runny nose and cough over a short period is not necessarily the common cold either- it may simply be the body cleansing itself and flushing out toxic waste. In this case there is not necessarily a spiritual root behind it.

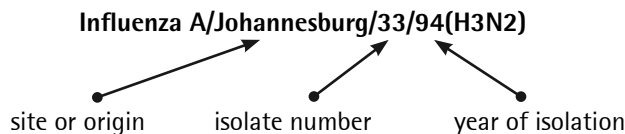
The **common cold** (medical term is acute coryza) is mostly caused by the rhinovirus (also called the coryza virus) although it can also be caused by other viruses such as the coronavirus, enterovirus, adenovirus and respiratory syncytial virus. The symptoms of the common cold are a runny nose, sneezing and nasal congestion. The throat is often sore and sometimes is the initial symptom. The person does not usually get a headache or fever. The symptoms typically last for four to nine days.

Outbreaks of **flu** that vary in severity occur every winter. The symptoms of flu are fevers, chills, headache, muscle pain (especially in legs and lower back), joint pain, weakness, fatigue and respiratory symptoms such as a cough, sore throat and discomfort in the chest. Sometimes the eyes burn, are painful on movement and sensitive to light. The person appears flushed and the skin is hot and dry. The symptoms of the flu generally last for two to five days and most people recover within a week. However a few people (especially the elderly who tend to have weaker immune systems) may experience fatigue/loss of energy for several weeks. The flu will also last longer and get progressively worse if it is complicated by a secondary viral or bacterial infection of the lungs (pneumonia). Most people who die in flu pandemics are those that already have another underlying illness, especially chronic heart, lung and kidney diseases.

The severity of the flu symptoms varies widely and depends on the strain or type of influenza virus. So that you can understand what they are talking about on the News when there are outbreaks of for example swine or bird flu, I thought it would be worth while to briefly explain the different types of influenza viruses to you: There are 3 main types of influenza viruses – Type A, Type B and Type C. The different types of influenza viruses are distinguished by the type of proteins (called antigens) on the outside of their cell coat. The Type A influenza virus is further subdivided on the basis of two antigens called hemagglutinin (H) and neuraminidase (N). In humans there are 3 main subtypes of H antigens – H1, H2 and H3 and 2 main subtypes of N antigens – N1 and N2. For example the subtypes of influenza type A viruses that caused epidemics (outbreaks affecting large areas in several countries) and pandemics (worldwide outbreaks) are summarized on the following page:

Year ⁵⁸	Subtype of Influenza Virus	Extent of Outbreak
1889 - 1890	H2N1	Severe Pandemic
1900 - 1903	H3N1	Moderate Epidemic
1918 - 1919	H1N1	Severe Pandemic
1933 - 1935	H1N1	Mild Epidemic
1946 - 1947	H1N1	Mild Epidemic
1957 - 1958	H2N2	Severe Pandemic
1968 - 1969	H3N2	Moderate Pandemic
1977 - 1978	H1N1	Mild Pandemic

Individual strains of flu viruses are designated according to the site or origin, isolate number, year of isolation (i.e. year the virus was discovered) and subtype, for example:



The hemagglutinin (H) antigen on the virus cell coat enables it to attach to the human cell in order to infect it. After the virus has multiplied and formed new viruses inside the human cell, the neuraminidase (N) enables the new viruses to be released from the infected human cell so that they can infect other cells. Normally, when your immune system is healthy, the cells of the immune system recognize the hemagglutinin (H) antigen on the virus cell coat and produce antibodies that kill off that virus. Antibodies are also produced that destroy the neuraminidase (N) antigen on the virus cell coat which prevents the virus from being able to spread and infect other cells.

The influenza A virus has eight different pieces of genetic material which contain instructions on how to make the different parts of the virus, including the H and N antigens. Because the genetic material is in 8 different pieces, as the virus multiplies the different pieces tend to get mixed around (the medical term is gene reassortment). As a result the instructions are muddled up and a different virus with different H and N antigens on its cell coat is produced.

The most severe and extensive outbreaks are caused by the influenza A virus because of the ability of this virus to periodically change its structure (mutate). When the virus changes the structure of the H and N antigens on its cell coat, it is more difficult for the cells of the immune system to recognize the new virus and produce antibodies to kill it. The greater the change in the structure of the virus, the more severe the outbreak of flu. A minor variation in the structure of a virus (called an antigenic drift) will result in an epidemic which is an outbreak of flu which will affect a large area in several countries. A major variation in the structure of a virus (called an antigenic shift) will result in a pandemic which is a worldwide outbreak of severe flu that kills a lot of people. An example of an antigenic shift where both the H and N antigen of the influenza A virus changed is the flu pandemic in 1957 which killed over 70 000 people in America alone (the virus shifted from H1N1 to H2N2). In 1968, an antigenic shift only involving the H antigen occurred resulting in a less severe pandemic than 1957 (The virus shifted from H2N2 to H3N2).

The viruses not only change their structure by gene reassortment with themselves but they also exchange genetic material with viruses from other animals (birds and pigs) which also leads to pandemics of flu. Animals sometimes serve as reservoirs for the flu viruses in between outbreaks. The factors that result

in the start and termination of flu outbreaks are not completely understood yet by the medical community. However they have recognized that a major determinant of the extent and severity of a flu outbreak is the level of immunity in the population at risk (in other words how strong the people's immune system is).

The influenza virus that causes flu and the rhinovirus (as well as the other viruses mentioned above) that cause the common cold are only able to infect the body when the immune system is weakened. As you read in the chapter which I initially referred you to, when your body is in stage 2 and 3 of stress, the high levels of stress hormones such as cortisol destroy the cells of the immune system, thereby weakening the immune system and leaving you with little defense against viruses (including the flu and common cold viruses) and other infections.

The body is put into a toxic state of stress in the following situations:

- Not looking after your body - over-working, not getting enough rest and sleep and an unhealthy diet with excess sugar, processed foods etc.
- A thought life dominated by fear and anxiety.
- A thought life dominated by bitterness and unforgiveness.
- Strife and gossip.

The common cold and flu is caused by viruses. Antibiotics kill bacteria but they do not kill viruses. Medical research has proven that there is no benefit in taking antibiotics for the common cold and flu; in fact there is an increase in adverse effects of antibiotic use, for example antibiotic resistance. Antibiotic resistance is where bacteria become resistant to the antibiotics i.e. the antibiotics no longer work when the person gets a bacterial infection later on. The only time antibiotics should be taken is if the flu/common cold is complicated by a secondary bacterial infection, for example pneumonia (infection of the lungs by a bacteria).

The best thing you can do when you have the common cold or flu is to rest and get lots of sleep.

As soon as I have felt the symptoms of a common cold developing, I have stopped it in its tracks by simply taking a day of rest. The duration of a cold or flu will be prolonged by overworking, lack of sleep and exercise. It is important not to exercise when you have the cold or flu as this can also damage your heart.

Pain killers (e.g paracetamol), anti – inflammatories and nasal decongestants are often given to relieve the symptoms of a cold or flu. If you have flu caused by infection with the Influenza A virus, the medical drugs amantadine and rimantidine will shorten the duration of the symptoms by approximately 50% if given within 48 hours of the onset of the illness. It is fine to take these drugs in the short term to help you but it is most important to deal with the root of the problem which initially opened the door to the cold or flu:

- Your body is the temple of the Holy Spirit – you need to look after it! That means getting adequate rest and sleep, exercising and eating healthily. Part 2 in this book teaches principles in this regard.
- Keep fear, anxiety and stress out of your thought life – the chapter on page 672 will help you deal with the issues that are robbing you of your peace.
- Deal with any bitterness and unforgiveness – see page 630.
- Keep the strife out of your life!

The viruses that causes flu and the common cold are only able to infect the body when the immune system is compromised as a result of stress.

Healing from flu requires heartfelt repentance for disobedience in any of the above four areas. Flu and the common cold are caused by a virus and therefore deliverance is necessary. After repentance you need to cast out the flu virus (spirit of infirmity) in the Name of Jesus.

I explained in the chapter "Essential Background Knowledge of Disease from a Biblical Perspective" that the same principles that you apply to be healed, are the same principles that when applied to your life will prevent disease. You don't need vaccines and vitamin supplements to avoid flu. You can avoid flu and the common cold by looking after your body (adequate rest as well as sleep and eating healthily) and keeping strife, fear, anxiety and bitterness out of your life. When you are in right relationship with God and you are bringing every thought captive to the obedience of Christ (2 Corinthians 10 v 5), your immune system will be strong enough to defeat any strain of flu virus as well as the common cold.

Sinusitis

It is important for you to first read through the chapter "Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178, because it contains essential background knowledge that you need to be able to understand the physical and spiritual dynamics behind sinusitis.

I explained in the chapter on stress that when a person's thought life is dominated by fear and anxiety, a whole sequence of hormonal and chemical reactions are set into motion through the hypothalamus. The hypothalamus is the area in the brain that is the connection between the mind and the body – it translates everything that is going on in a person's thought life into a physical reaction. One of the effects of stage 2 and 3 of stress is activation of mast cells. Mast cells are part of the immune system that were designed to help you kill and fight off infections. When the mast cells are activated, they release chemicals that cause inflammation, for example histamine, prostaglandins and leukotrienes. Histamine increases the diameter of the blood vessels (vasodilation) as well as increasing their permeability. This allows the water (plasma) in blood to leak into the surrounding body tissues, which results in swelling and redness.

When you have an over production of histamine in your body, whether it involves your skin, nose, eyes or intestines, you have swelling. When you have swelling you have pressure on your nerves and surrounding body structures and you have discomfort, irritation and/or pain. The spiritual root behind this is fear, anxiety and stress over some issue in your life.

In sinusitis, the membranes lining your nasal sinuses become inflamed due to an over secretion of histamine. Your nasal sinuses are located in the upper part of your cheeks, on either side of your nose (maxillary sinuses), at the top of your nose between your eyes (ethmoid sinuses) and in the middle of your forehead (frontal sinuses). The inflammation in sinusitis causes the tissues to become swollen and can block the tubes that drain the mucous out of the sinuses. As a result there is a build up in mucous of your sinuses. This congestion causes a heavy uncomfortable or dull aching feeling in the upper part of your cheeks (i.e. next to your nose), between your eyes and your forehead. This pain is worsened by bending over or tapping on these areas. When the mucous builds up and cannot be drained properly, it is susceptible to bacterial infection. When infection sets in abscesses can form. If the drainage tubes are not blocked, you'll have a runny nose due to the inflammation caused by the histamine. If the fluid from your runny nose is clear – it is either just inflammation or a viral infection (e.g. flu). If the fluid is yellow-green, this indicates bacterial infection. Sinusitis can occur in one of two ways:

1. Infection of the sinuses causing inflammation (and subsequent production of histamine) or...
2. First inflammation (initially no bacterial infection) which causes swelling of tissues (due to production of histamine) that then blocks drainage of mucous, which then becomes infected.

Whether it was the infection or the inflammation that came first is irrelevant, in both cases there is an over production of histamine and the spiritual root is the same – a damaged immune system due to fear, anxiety and stress in your thought life. Fear and the resultant insecurity produce an excessive release of histamine in the body.

Fear and the resultant insecurities cause an excessive release of histamine in the body resulting in inflammation and swelling

In the treatment of allergies, skin rashes and sinusitis, doctors will prescribe antihistamines. Anti-congestant drugs are often prescribed for sinusitis. My strong advice to you would be to avoid antihistamines and anti-congestants as much as possible because they are addictive. Once you start using them, you end up using them all the time. These drugs contain Paracetamol which is a strong painkiller, so when you take the drug it does give you relief from the pain of the congestion. However there are other ingredients in the drug that damage the cilia that line your sinus cavities. Cilia are finger-like structures that help keep the mucous flowing and help with the drainage of mucous. So when these cilia are damaged, drainage of mucous is not good and you are predisposed to more sinus infections and more sinusitis... so you take the drug again... the cilia are damaged further... more sinus infections...do you see the pattern? Drugs are not the answer because they do not deal with the underlying issue causing sinusitis. Deal with the root and you'll be free of the problem permanently. Turn to page 672.

Bacteria, Parasites and Fungal Infections

A common fungal infection is candida. Parasitic infections include Malaria, Bilharzia (schistosomiasis), worms, liver flukes, filariasis, cysticercosis and many more. Whatever the type of infection – the physical and spiritual mechanisms behind it are the same.

Your immune system is the army of cells in your body that were created to protect you from harmful viruses, bacteria, parasites, fungus, toxins and cancer cells. When the cells of your immune system see these harmful substances floating around in your blood stream and body tissues, they kill or remove them, thus helping to protect you from becoming sick. Bacteria, parasites and fungi are only able to infect your body if your immune system is weakened. The HIV virus destroys the immune system and that is why AIDS patients are susceptible to developing any infection. The immune system can also be weakened by other diseases, for example people with diabetes often get bladder infections and fungus infections between their toes. People who have kidney disease (e.g. nephrotic syndrome) or protein losing enteropathy (protein leaks out and is lost through the gut wall) result in the immune system being weakened. This is because the cells of the immune system leak out and are lost through the kidney or the gut wall. As a result these people have no defense against infections. Some people have genetic defects that lead to abnormalities in the immune system so that it is not able to fight off infections properly. If this applies to you, read through the chapter on "Genetically Inherited Diseases" on page 151.

Certain medical drugs, for example corticosteroids and chemotherapy significantly weaken the immune system, thus increasing the risk of infections. If you are taking chronic medication, check the package insert to see if 'immune suppression or immune compromise' is a possible side effect. When people take too many antibiotics it kills the natural bacterial flora in your body and it predisposes you to Candida infections. Medical drugs are often necessary in the short term to bring a person into a place of safety. However, it is not God's will for you to be taking medical drugs for the rest of your life – deal with the spiritual root behind the disease for which you are taking the drug.

Bacteria, parasites and fungi are only able to infect your body if your immune system is weakened.

Apart from the above scenarios, infections with bacteria, parasites or fungi are a result of your immune system being weakened or damaged during stage 2 and 3 of stress. To understand this you need to read the chapter on "Long Term Effects of Fear, Anxiety and Stress on Your Body" on page 178 which has important background information.

When your thought life is dominated by thoughts of fear, anxiety, stress, bitterness and unforgiveness or your life is filled with strife, your body is put into stage 2 and 3 of stress. In this toxic state, the hypothalamus in your brain stimulates the production of large quantities of stress hormones. One of these stress hormones is cortisol, which in excessive quantities directly kills and prevents the production of the different cells of the immune system. The result of this damaged immune system is that you have no defense against infections. The high levels of cortisol also damage the receptors on the surface of body cells, enabling bacteria, fungi and parasites to enter into the body cells and cause an infection.

Furthermore there is a specific cell called interleukin 2 in your immune system. This cell is like a policeman. It is able to recognize harmful bacteria, fungi and parasites by detecting the foreign proteins on the

cell wall. The high levels of the stress hormone cortisol in stage 2 and 3 of stress damages the interleukin 2 so that it is no longer able to recognize the cancer cells, bacteria and viruses as foreign harmful substances. Therefore instead of alerting the other cells of the immune system to kill these harmful cells, it says, "Hello Candida! Hello Mr. Bacteria and Miss Bilharzia, welcome to the body. Thank you for coming. Have a nice day!" The devil knows that if he can get you fearful, anxious, stressed or bitter spiritually, he can weaken your immune system and make you physically vulnerable to any infection he wants to bring upon you.

Improper care of your body through unhealthy eating, lack of exercise, over-working, and inadequate rest also puts your body into a toxic state of stress. The immune system is weakened by a poor diet which is deficient in vitamins and minerals (found in fresh fruit and vegetables) and high in sugar and processed carbohydrates. If you eat healthily, exercise and remove the fear, anxiety, stress, strife, bitterness and unforgiveness from your thought life, the stage 2 and 3 stress reaction will be broken. Therefore excessive quantities of cortisol will stop being produced and the cells of the immune system will be given a chance to re-multiply and come back to full strength. Then your immune system will be able to function as it was created by Godand bacteria, parasites and fungal infections won't stand a chance. The following chapters will help you:

- "Dealing with Fear, Anxiety and Stress" on page 672.
- "Forgiveness – A Necessity For Healing" on page 630.
- Part 2 of this book teaches principals about eating healthily.

Non-Bacterial Inflammation

Introduction

Non-bacterial inflammation is where there is swelling and redness in the body in the absence of infection. Common diseases that involve non-bacterial inflammation include interstitial cystitis (inflammation of the bladder), prostatitis (inflammation of the prostate), ankylosing spondylitis (pain and stiffness in the spine) and myocarditis (inflammation of the heart muscle). Myocarditis is discussed on page 493 in the chapter on cardiovascular diseases and ankylosing spondylitis is explained on page 546.

To understand non-bacterial inflammation, you need to read the following two chapters which have essential background knowledge:

- "The Effects of Long Term Fear, Anxiety and Stress on the Body" on page 178.
- "Autoimmune Diseases" on page 329.

I explained in the chapter on stress that when a person's thought life is dominated by fear and anxiety, a whole sequence of hormonal and chemical reactions are set into motion through the hypothalamus. The hypothalamus is the area in the brain that is the connection between the mind and the body – it translates everything that is going on in a person's thought life into a physical reaction. One of the effects of stage 2 and 3 of stress is activation of mast cells. Mast cells are part of the immune system that was designed to help you kill and fight off infections. When the mast cells are activated, they release chemicals that cause inflammation, for example histamine, prostaglandins and leukotrienes. Histamine increases the diameter of the blood vessels (vasodilation) as well as increasing their permeability. This allows the water (plasma) in blood to leak into the surrounding body tissues, which results in swelling and redness.

When you have an over production of histamine in your body, you have swelling. When you have swelling you have pressure on your nerves and surrounding body structures and you have discomfort, irritation and/or pain. The spiritual root behind this is fear, anxiety and stress.

In non-bacterial inflammation, there is a second spiritual root that comes in which is a low self-esteem, self-hatred, self-condemnation and guilt. This is where the chapter on autoimmune diseases is relevant as the immune system begins to attack the body in a specific area, such as the bladder, prostate, heart or bones in the spine. This results in damage to the body tissue and inflammation.

Interstitial Cystitis (Inflammation of the Bladder)

Before reading about your bladder problem, please make sure you have read the introduction above. Most bladder problems involve either infection or inflammation or both.

In interstitial cystitis there is inflammation and swelling of the tissue in the wall of the bladder due to excessive histamine production. Symptoms include a painful burning feeling when you pass urine, having to go to the toilet more than normal, urgency (i.e. when you feel you need to go to the toilet you have to get there quick!), blood in urine (haematuria) and/or pain above your pubic area.

In two thirds of cases this is caused by bacterial infection. Bladder infections are related to fear, anxiety and stress. Fear and anxiety in your thought life puts your body into stage 2 and 3 of stress. In this toxic state, the hypothalamus in your brain stimulates the production of large quantities of stress hormones. One of these stress hormones is cortisol, which in excessive quantities, directly kills and prevents the production of the different cells of the immune system. When the immune system is compromised, bacteria are able to infect the bladder wall. Both the infection and direct stress related damage to the immune system cause an excessive production of histamine with resultant inflammation.

In one third of cases the inflammation of the bladder is not related to an infection – this condition is called abacterial cystitis in women and urethral syndrome in men. In this case, there is an overproduction of histamine, plus an autoimmune disorder where cells of the immune system are damaging the tissue in the bladder wall causing inflammation as well. Here there are two spiritual roots that need to be dealt with:

1. You have got to be prepared to change the way you think about yourself. You need to choose to see yourself as God sees you. Building a healthy self-esteem starts with learning who you are in Christ and establishing your identity and sense of self worth in Him. The chapter on page 647 will help you with this.
2. You also have to get the fear, anxiety and stress out of your thought life. Deal with those issues that are robbing you of your peace. Turn to the chapter on page 672.

Prostatitis

Before reading about prostatitis, please make sure you have read the introduction at the beginning of this chapter.

Prostatitis is inflammation of the prostate in men. This can be serious because it can eventually lead to prostate cancer. Similar to cystitis described above, prostatitis can result from infection or inflammation or both.

If the prostatitis involves infection you will have fevers and feel generally ill. In this case the spiritual root is fear, anxiety and stress. Fear and anxiety in your thought life puts your body into stage 2 and 3 of stress. In this toxic state, the hypothalamus in your brain stimulates the production of large quantities of stress hormones. One of these stress hormones is cortisol, which in excessive quantities, directly kills and prevents the production of the different cells of the immune system. When the immune system is compromised, bacteria are able to infect the prostate. Both the infection and direct stress related damage to the immune system cause an excessive production of histamine with resultant inflammation.

Prostatitis can also be due to an allergic reaction, usually in men with asthma. Allergies are discussed in the chapter on page 335.

If the prostatitis is due to inflammation alone, there are two spiritual roots that need to be dealt with:

1. Fear, anxiety and stress – on page 672 is a chapter that will help you deal with this.
2. Low self-esteem, self-hatred, self-rejection, self-condemnation and guilt. Building a healthy self-esteem starts with knowing who you are in Christ and learning to see yourself as God sees you –turn to page 647.

HIV/AIDS and Other Sexually Transmitted Diseases

HIV, syphilis, gonorrhoea, herpes and many other bacterial and viral infections can be transmitted sexually. Common symptoms of a sexually transmitted infection are a discharge from the vagina or penis and swelling, ulceration and pain in the genital area. Often a person does not have any symptoms, especially in the initial stages of the disease.

Although there are many different sexually transmitted bacterial and viral infections, the spiritual root behind them is the same. As an example, I will discuss HIV/AIDS in depth since it is a pandemic that afflicts populations worldwide.

To be able to understand HIV/AIDS and other sexually transmitted diseases you need to first read these chapters below which have essential background information:

1. "How Long Term Fear, Anxiety and Stress Affects Your Body" on page 178. Pay special attention to the discussion on 1 John 4 v 18 on page 189.
2. Pages 345 to 352 in the chapter on addictions (up to the heading "Prescription Drugs and Illegal Drugs") – this is to understand the spiritual root behind promiscuity.
3. Viruses – on page 600.

Your immune system is an army of different types of cells that protect you from getting sick by destroying harmful substances such as viruses, bacteria, parasites, fungus and cancer cells. For example B cells of the immune system help destroy these harmful substances by releasing antibodies. Phagocytes will remove these harmful substances by literally "eating" them (picture on page 330). CD8 killer T cells are specialized for killing viruses and cancer cells. CD4 T cells increase the activity of phagocytes and activate B cells to produce antibodies, for example when bacteria in the blood stream are detected. The HIV virus specifically infects and destroys the CD4 T cells.

When you have a healthy immune system, viruses, bacteria, parasites and fungus are not able to infect your body and cause disease. In the chapter on cancer, I explain how God made the immune system so strong that it is able to eat up a tumor of any size, no matter how far it has spread until the cancer has completely gone. Your body is able to destroy every invader including the HIV virus. An HIV virus is no different from any other virus. However there are things that will interfere with your immune system serving you.

If a person has an HIV virus it means that they have a weakened immune system and what is causing the immune system to be weakened is very spiritual. The HIV virus seems to follow sexual immorality. However, what takes people and cultures into sexual immorality is a need to be loved and they seek love in the wrong places, as I explained in the chapter on addictions. 1 John 4 v 18 says that he who fears has not been made perfect in love. When there is a lack of love, fear comes in the door. When you have fear, your body is put into a toxic state of stage 2 and 3 of stress where there are high levels of stress hormones in the blood such as cortisol which kills the cells of the immune system. Therefore these individuals already have a weakened immune system and they have little defence against the HIV virus.

The only way to stop infectious diseases according to the Bible is quarantine.

In the chapter on fear, anxiety and stress, I mentioned a special cell in the immune system called interleukin 2. This cell is like a policeman that is able to detect harmful viruses, bacteria, fungus, parasites etc by the foreign proteins on their cell walls. When the policeman detects these harmful substances in the blood stream and body tissues, he alerts the CD8 killer T cells and other cells in the immune system to come and destroy them. However, when you are in stage 2 and 3 of stress, the high levels of cortisol distort the DNA of the killer T cells so that they are less effective in killing cancer cells and viruses.¹⁶ The policeman (interleukin 2) is also damaged and as a result he is no longer able to recognize the HIV virus as a foreign harmful substance. Therefore the HIV virus is able to infect the body and proliferate without interference from the immune system and there is nothing to stop the HIV virus from killing the CD4 T cells. When the CD4 T cells are destroyed, the person has little defence against bacteria, fungus and parasites which are not normally able to infect the body when the immune system is healthy. Common infections in individuals with HIV include TB, candida, toxoplasma, cryptococcus neoformans, aspergillus fumigates and Entamoeba histolytica. HIV also opens the door for other viruses to come in and cause disease, for example the cytomegalovirus and papovavirus. Some viruses go dormant and hide in the nerve roots, and then when given the opportunity they reactivate and cause the disease to flare up again. Because HIV destroys the immune system, it enables many viruses such as shingles and herpes simplex to reactivate and cause disease.

A person with AIDS does not die of the HIV virus – the person dies of the other bacterial, fungal or parasitic infections which the person had no defence against because the CD4 cells were destroyed by the HIV viruses.

The HIV virus can be transmitted from infected mothers to their babies during child birth. Children can be born with damaged immune systems when a mother has high levels of stress hormones because of fear. Recent research (not related to HIV) has shown that there is a “cortisol wash” that flushes the baby’s brain with this stress hormone in the birth canal. It damages the baby’s immune system immediately upon birth.⁴⁴ Because the immune system is weakened, the baby has no defence against the HIV virus in the mother’s blood that it is exposed to during the delivery.

The only way to stop infectious diseases according to the Bible is quarantine. Quarantine involves identifying and isolating infected individuals from the rest of the population until they are healed. Quarantine is how they stopped the highly contagious TB outbreak in the 1940s and 1950s. The bubonic plague was stopped in the middle ages because somebody found a Bible and saw that under the law of Moses, they curbed leprosy by quarantine. When they began to isolate the infected people that had the plague they curbed it and saved mankind in the middle ages. However, in the world today quarantine for HIV is not legally possible to implement because of all the politics surrounding HIV and the stigma associated with it.

In many countries, if you have the HIV virus you don’t have to tell anybody that you have it and it is a violation of your civil rights if you are required to identify yourself.

The whole issue of HIV/AIDS is rooted in a lack of love and every one of these individuals has a weakened immune system because of fear.

However, quarantine is the only way to curb this HIV pandemic. Then in the quarantine we need to begin to bring the ministry and teaching of these Biblical principles that will bring the change. A form of quarantine that is of primary im-

portance in defeating AIDS is abstinence until the person’s immune system heals. However, abstinence does not solve the problem in itself because the person still has the drivenness to receive love, but doesn’t know how. The whole issue of HIV/AIDS is rooted in a lack of love which drives people into fornication, adultery and sometimes rape and incest and every one of these individuals has a weakened immune system because of fear.

Proverbs 17 v 22: “A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones.” (Amplified Bible).

Right here in the Bible it says that a broken spirit dries the bones. What is drying of the bones? Well we could think of osteoporosis which is deterioration or weakening of the bones due to loss of calcium and bone density. However, osteoporosis is not drying of the bones, it is rotting of the bones. The Bible says that envy and jealousy causes rottenness of the bones (Proverbs 14 v 30). So if it is not osteoporosis, what is left? Bone marrow! Now what is in bone marrow? Well in the marrow is the origin of your blood. Your red and white blood cells are manufactured in your bone marrow. Your white blood cells make up the immune system. When you have a weakened immune system you have a lowered number of white cells in your blood. When a doctor monitors a person with HIV, one of the blood tests he will do, is a measurement of the number of CD4 white blood cells.

A broken spirit dries the bones. What is a broken spirit? Well, in the Bible the word "heart" means "the spirit" or "the soul and spirit" depending on the context that the word heart is used. So we could say that a broken spirit is a broken heart.

In **Luke 4 v 18** Jesus said that He came to heal the broken hearted: **"The Spirit of the Lord God is upon Me, because the Lord has anointed and qualified Me to preach the Gospel of good tidings to the meek, the poor and the afflicted; He has sent me to bind up and heal the broken hearted, to proclaim liberty to the [physical and spiritual] captives..."**

God wants to heal the broken heart. What is a broken heart? A broken heart or a broken spirit can occur in a person's life spiritually when they were damaged by someone who was supposed to love them and didn't. What are some of the life circumstances that can contribute to the broken heart? Well firstly in childhood we may not have been covered or loved like we should have been. Our families can be very dysfunctional. Our marriages can be very dysfunctional. What does dysfunctional mean to you and me? It means we're not at peace with each other. We don't feel safe with each other. We are not able to give and receive love without fear. That fear puts our bodies into stage 2 and 3 of stress. In this toxic state, there are high levels of cortisol which kills the cells of the immune system and also prevents the production of new cells in the bone marrow. So cortisol released from a broken heart or a broken spirit literally dries up the bones.

There is no disease that is incurable when God's conditions for healing are met and HIV is no exception. Psalm 103 v 3 says that God wants to heal all of our diseases. However it is our responsibility to deal with the spiritual roots or toxic mindsets that caused the disease.

Proverbs 17 v 22 says that a cheerful mind works healing. If we can get that fear removed, then the stage 2 and 3 stress reaction will be broken and the cortisol levels will normalize. Then the white blood cells of the immune system will be able to re-multiply and come back to full strength and the policeman (interleukin 2) will begin functioning properly again. Then the interleukin 2 will be able to identify the HIV virus and the CD8 killer T cells will be able to attack and destroy the HIV virus until it is gone. This will then give the CD4 T cells a chance to re-multiply and activate the B cells and phagocytes to kill the other bacterial, fungal and parasitic infections.

1 John 4 v 18 says that perfect love casts out fear. The antidote to fear coming out from a broken heart and a breach in relationships is to receive perfect love which is the love of the Father. As this point please turn to page 680 where I discuss this issue further (you can stop when you get to the heading "Use Your Weapon to Counter a Fear and Worry Attack"). Also work through the chapter on forgiveness and genetically inherited diseases but ignore any other chapters that you are referred to in that section.

If you have had sex outside of marriage, you need to come before God with heartfelt repentance for this. You may also need to repent for any generational iniquity as explained in the chapter on genetically inherited diseases. Then I encourage you to pray this prayer with me:

"Father from my heart I repent for sexual immorality in my life and in the generations before me and I ask for Your forgiveness. Cleanse me of my unrighteousness by the Blood of Jesus and break the power of generational iniquity.

In Jesus' Name I take authority over the spirit of fear, the spirit of infirmity, the spirit of death, and the unclean, unloving accusing spirit that destroyed my immune system. I break your power and command you to be gone in Jesus' Name!

Father, I know that you can heal my broken heart (Luke 4 v 18). Please give me the ability to open my heart to receive Your love, peace and acceptance – that I will begin to feel complete in You because I am your son. I am Your daughter. I pray that Your Holy Spirit would nurture my spirit and heal the wounds in the depths of my being. Father I ask You to drive the fear out of my life. I choose to forgive those who hurt me from my heart. In the Name of the Lord Jesus Christ I speak to my immune system and command that cortisol to stop being produced in excess, I command the cells of my immune system to re-multiply and come back to full strength. I speak a blood transfusion to my marrow in the name of the Lord Jesus and I command my immune system to be healed! In the Name of Jesus I give my immune system an assignment to identify and destroy every HIV virus until it is gone. By the stripes of Jesus I am healed! (Isaiah 53 v 5) Amen!"

If we want to approach the cure and put an end to this HIV pandemic, we have to talk about prevention and prevention is more than condoms. Prevention begins in establishing the Biblical principles of God's kingdom where cultures learn how to love and forgive. That will be the beginning of the turning of the tide.

Cancers

Before reading about the specific cancer that you are interested in, you must read through the background of cancer in general which has information that is relevant to all cancers.

Background Of Cancer In General

What Is Cancer?

Your body is made up of building blocks called cells. The cells in your body are able to increase in number by dividing. One cell can divide to form 2 cells. Then those 2 cells can divide to form 4 cells and those 4 cells divide to form 8, then 16, 32, 64 etc. This is how your body tissue grows or replaces tissue that has been damaged. The division and growth of body cells is tightly regulated by control mechanisms that cause the cells to divide when necessary and prevent them from growing and dividing at inappropriate times. Cancer cells have escaped these mechanisms that control growth and are able to divide continuously. As a consequence of their abnormal growth pattern, some cancer cells eventually form a mass of tissue called a tumor.

There are two types of tumors. **Benign** tumors remain at the spot where they first originated and can be removed by surgery. There is another type of tumor called a **malignant** tumor which is more deadly. The cells in this tumor are able to escape the controls that keep the cells in their proper location. These cells can **metastasize** which means they can spread to different parts of the body and invade other tissues and organs, forming multiple tumors. Tumors cause damage because they literally take over that part of body tissue and destroy it so that the organ no longer functions properly.

The Good News

A book called "Acres of Diamonds" tells the story about somebody who travelled across the world in search of wealth only to come back with nothing and discover an acre of diamonds in their own back yard. For years people in the medical profession have spent a fortune in research trying to find the cure for the diseases that afflict mankind. We put all sorts of toxic poisonous drugs into our bodies whilst we forget that our intelligent Creator has built an amazing self healing ability into our bodies called the immune system. This self healing mechanism is more capable of defeating diseases than the most well equipped hospital. Our Master Designer built into our bodies, incredible self healing tools including painkillers for emergencies, antibiotics for infections, dressing for wounds and microsurgery theatres capable of replacing damaged cells with new healthy ones.

The body's miraculous self healing qualities are demonstrated when you cut yourself by mistake. The first thing that you saw was blood oozing out of the wound. Blood is a natural antibiotic and cleanser. The next thing that happened (if an artery wasn't cut) was the blood coagulated and formed a scab. This natural wound dressing protected the injured tissue whilst the healing

The good news is that God designed your immune system to be able to defeat cancer no matter how big the tumor is or how far it has spread.

process continued. When the healing process was complete, the scab knew when to fall off. You have just witnessed The Great Physician's masterpiece in the art of healing!

Now say that after the wound in my skin heals, I purposefully cut myself in the same place again and again each time a scab forms. Is the self-healing process still occurring in my body? Yes, it is! Is my body able to complete the process of healing? No, not until I stop cutting myself! I hope you understand the point of this analogy – if you don't remove the cause of the problem, it will impair the body's ability to self heal.

With all that said, I would like to shed light on a very exciting truth: our Creator not only built us with a self healing ability in the skin and tissue on the outside of our bodies but every organ and cell inside our body has the same self-healing ability! The good news is that God designed your immune system to be able to defeat cancer no matter how big the tumor is or how far it has spread. You just need to co-operate with your body by removing the things that are causing disease and create an environment where your body can self heal as God created it to. I'll show you how...

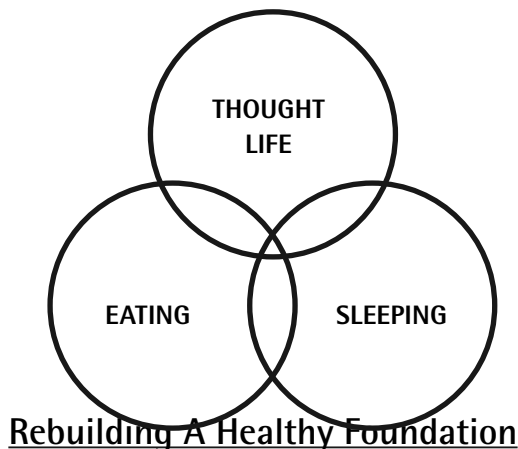
Prevention Is Better Than Cure

In Part 1 of this book, I explained that God's perfect will is not actually healing, His perfect will is that you don't get sick in the first place. These principles that I am going to teach for the healing of cancer are the same principles that when applied to your life will prevent cancer. This is a quote from Charles R. Shaw, Professor of Biology and Chief of the Medical Genetic Section at the University of Texas, MD Anderson Hospital and Tumor Institute in Houston:

"The goal is prevention of cancer. Cancer specialists have long recognized that this is the best approach to the control of cancer. One often hears the question, "Do you think we'll come up with a cure for cancer soon?" The more relevant question is, "Do you think we'll come up with a prevention of cancer soon?"

In this chapter I am going to answer both of those questions. Understanding what causes cancer in terms of the spiritual, psychological and physical dynamics behind it is the primary route to curing and preventing it.

I'm going to share knowledge and insight with you that will give you the chance to defeat cancer forever in your families, in your church and in your nation. You need to teach this to your children and your grandchildren. Teach it! Teach it! Teach it! Teach it because this is knowledge straight off the hot flame of heaven to help you defeat your enemy.



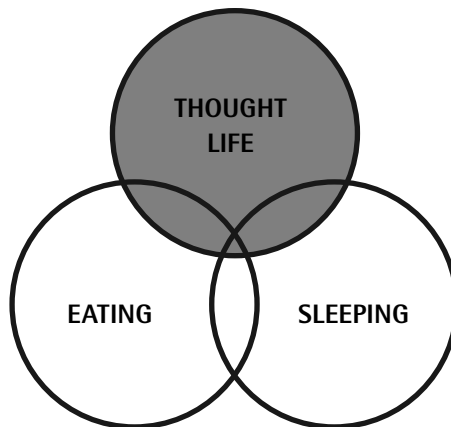
In part 1 and 2 of this book, I explained how your thinking, eating and sleeping patterns determine the quality of your health, how they affect or influence each other and how if you go wrong in one area, the other two areas will also be negatively affected. There is a combination of multiple factors involved in the development of cancer involving all three of these areas. Therefore I will unravel this disease for you like peeling an onion whereby I will deal with one layer or issue in depth one at a time. In summary the following aspects will be covered:

1. Beating Cancer Through Eradicating Toxic Mindsets: fear, anxiety, stress, strife, anger, resentment, hate, bitterness, un-forgiveness, repressed emotions, despair, hopelessness and grief as well as the genetic defects involved.
2. Beating cancer with nutrition.
3. Beating cancer with correct sleeping patterns.

As you read through each section, if you can identify the issue discussed in your own life, I encourage you to deal with it straight away before moving onto the next section. In that way you would have dealt with all the relevant issues once you have read through the whole chapter. At various points I will be instructing you to read through other chapters which have essential background information that are necessary for you to understand the concept that I will be explaining next. It is a lot of information and reading. However just go slowly at your own pace, as they say, you eat an elephant one bite at a time!

One suggestion is just to read through this whole chapter without going to the other chapters I refer you to in order to get the overall picture. Then re-read it this chapter again more slowly and thoroughly, including the other relevant chapters I recommend you read.

With cancer patients often there is a loss of a serious love object up to 24 months prior to the onset of the cancer or continued grief, despair, hopelessness and unresolved issues relative to the love object.



Beating Cancer Through Eradicating Toxic Mindsets

The development of cancer often begins with a stressful life event or emotional trauma. This can involve a breakdown in relationship with somebody or an experience whereby somebody really breaks our heart or when we are rejected, mistreated, jilted, abandoned, victimized, humiliated and abused and so on. Out of these tragic experiences come repressed emotional pain, anger, bitterness, un-forgiveness and difficulty in trusting and loving somebody again without fear. People with cancer often have a poor ability to develop and maintain meaningful long-term relationships without fear, as well as a marked inability to forgive and a tendency to hold onto resentment and bitterness.

According to case studies done on cancer patients, often there is a loss of a serious love object up to 24 months prior to the onset of the cancer or continued grief, despair, hopelessness and unresolved issues relative to the love object. This can involve the loss of a loved one, loss of a business or job, being rejected in vocational pursuits or some other major disaster.

Those susceptible to cancer, are highly vulnerable to life's stresses and trauma, and feel unable to cope when life throws a curve-ball their way. These people are often perfectionists and live in fear of conflict, stress, trauma and loss and are deeply frightened of negative events "happening" to them. And when faced with a highly stressful or traumatic event they have not anticipated, which inevitably happens during their life, they react adversely and are unable to cope. They experience emotional trauma and remain deeply affected by the experience. They have difficulty in expressing their inner grief, their inner pain, their inner

One suggestion is just to read through this whole chapter without going to the other chapters I refer you to in order to get the overall picture.

anger or resentment, and genuinely feel there is no way out of the pain they are feeling inside. And because their mind cannot fathom what has happened, and remains in a state of disbelief or denial, these inner painful feelings are continually perpetuated, shooting up stress levels, lowering melatonin and adrenaline levels and causing a slow breakdown of the emotional reflex centre in the brain which all creates the beginning of the development of cancer in the body⁷⁸.

On top of the above psychological stresses, there is often also exacerbating physical stresses such as a build-up of toxins from poor nutrition, poor sleeping habits and a lack of exercise. All of this adds up to put the body in a chronic state of stress...

FEAR, ANXIETY AND STRESS

An article was written in Discover magazine by Dr. Stephen Rosenberg who is the Head of the National Cancer Institute in America. The title of the article was "I Have Seen Cancers Disappear." This article was a case report about a man who had advanced cancer of the colon. He initially went in for surgery for the tumors in his colon to be removed. However, when the surgeons cut him open to operate, they saw a hard malignant tumor on his stomach that had grown into his liver and had metastasized (spread) to his lymph nodes. They just closed him up, realizing that it was not possible to remove this tumor and there was nothing further they could do to help him. They literally sent him home to die. 12 years later he ended up in a consultation with Dr. Rosenberg complaining of abdominal pain. After examining him Dr. Rosenberg realized that he needed to have an operation to have his gall bladder removed. However, there was a very perplexing question from his case history – why was this man still alive? He should have died 12 years ago! Dr. Rosenberg performed the gall bladder operation at Veteran's Hospital in West Roxbury, Massachusetts, America. When the surgeons opened him up all they saw was soft, pink, healthy tissue with no trace of cancer anywhere in his abdominal cavity. Something happened in that man's life that caused his immune system to strengthen. This led Dr. Rosenberg to study the immune system and its role in the development in cancer.

The Immune System Is Weakened

Before reading further, you need to read through the chapter "Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178. Pay special attention to the discussion on 1 John 4 v 18 on page 189.

In that chapter you learnt that your immune system is the army of cells in your body that were created to protect you from harmful things like viruses, bacteria, parasites, fungus, toxins and cancer cells. When the cells of your immune system see these harmful substances floating around in your blood stream and body tissues, they go and kill or remove them, thus helping to protect you from getting sick and keep you

healthy. However, in stage 2 and 3 of stress (chronic spiritual and emotional turmoil), the high levels of the stress hormone cortisol directly destroy various cells of the immune system and prevent the formation of new cells. As a result your immune system is weakened, leaving you with little defense against infections as well as cancer.

Normally there is a special cell which is part of the immune system called interleukin 2. This cell is like a police man. It patrols around the body checking all the cells. It is able to recognize harmful substances such as cancer, viruses and bacteria by the foreign proteins on the cell wall. The cancer cells are detected by the police man interleukin 2. This alerts the other cells of the immune system such as CD8 killer T cells which come and destroy the cancer cells, thus eliminating them. The cells of the immune system will then surround and destroy the cancer cells in their early state of tumor formation. The bottom line is that when a person has a strong, healthy immune system, cancer just does not happen. According to the American Medical Association, if a cancer cell is present in the blood stream or tissues and the person has a healthy immune system, the probability that cancer will develop is 1 in 1 000 000. That's excellent.

When a person has a strong, healthy immune system, cancer just does not happen.

However, during stage 2 and 3 of stress, the policeman (interleukin 2) is damaged by the high levels of the stress hormones so that he is no longer able to function properly and he fails to detect harmful substances. When a cancer cell comes along, he does not recognize it and instead of alerting the killer cells of the immune system, he says, "Hello Mr. Cancer! How nice to see you, thank you for coming. Welcome to the body. Have a nice day!" The high levels of cortisol also distort the DNA of the killer cells of the immune system so that they are less effective in killing cancer cells¹⁶. So now the immune system is weakened and the chances of a cancer cell attaching to body tissue and developing a tumor and full blown cancer is very, very probable.

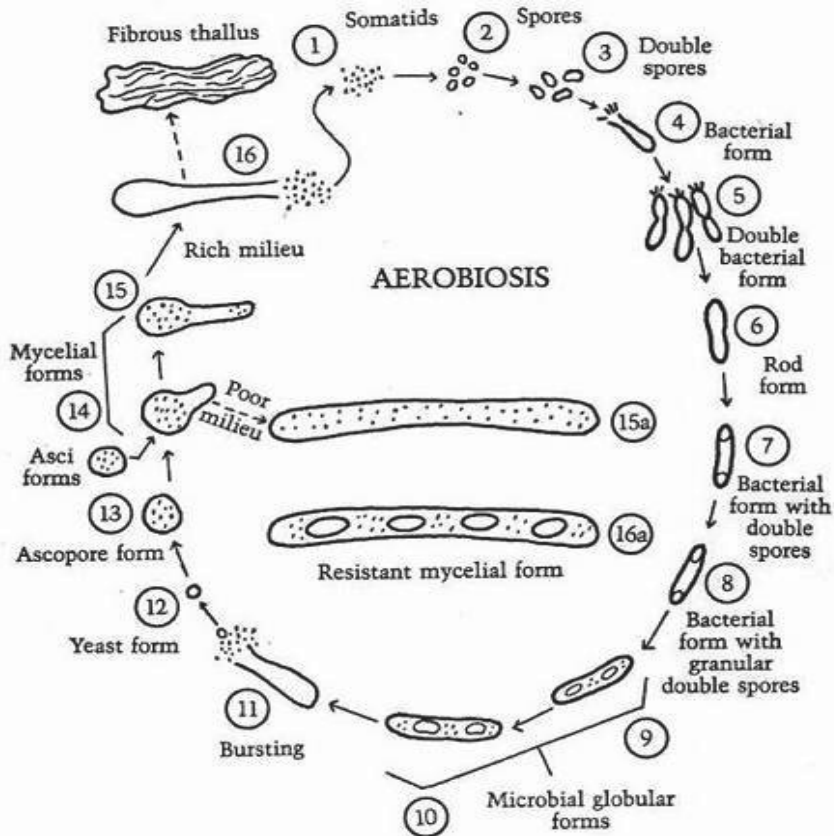
Proverbs 17 v 22 summarizes our discussion so far: **"A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones."**

The cells of your immune system are made in your bones (the bone marrow). When you have a broken spirit or a broken heart coming from an emotional trauma, a breakdown in relationships or a stressful life event, your body is put into a toxic state of stress. The high levels of the stress hormone cortisol destroy the cells of the immune system and prevent the production of new cells in the bone marrow – it literally dries up the bones. Now that your immune system is weakened, stomatids which are tiny living organisms in the blood (that are necessary for life) begin to react.

Infection Sets In

In a healthy person who has a strong immune system that is functioning properly, stomatids only have 3 stages in their life cycle: stomatid, spore and double spore. When the immune system is weakened, these stomatids change (medical term is "pleomorphise") into a further 13 stages (so there is 16 stages altogether). These further 13 stages are harmful (pathogenic) to the body and include viral, bacterial, and yeast-like fungus forms. Professor Gaston Naessens, who discovered the somatid after inventing the world's smallest microscope (the Somatoscope) in the 1950's, discovered that these further 13 stages always progressed over an 18 to 24 month time frame when the body was under severe immunological stress, which manifested as all types of chronic illness, especially cancer.

On the following page there is an illustration of the 16 stage cycle of stomatids (Professor Gaston Naessens):



...Meanwhile Sugar Levels In The Body Cells Are Rising

So far as we study the progression of how cancer develops in the body, we know that an emotional trauma or stressful life event has put the body into a toxic state of chronic stress (stage 2 and 3) where stress hormones are running rampant at high levels. The high levels of the stress hormone cortisol have weakened the immune system and somatids in the blood have changed into harmful organisms.

Initially in stage 2 of stress the stress hormone adrenalin sky rockets to very high levels. However there are only limited reserves of adrenalin in the body and so when a person is chronically stressed, these reserves are quickly depleted. Insulin is a hormone that transports glucose into body cells where it is stored. One of the main functions of adrenalin is to remove sugar (glucose) from body cells and convert it to energy which can be used by the body. When the adrenalin reserves have been exhausted, the sugar levels within the body cells sharply increases. This leaves very little room left for the body cells to accept oxygen from the blood. The lack of oxygen combined with the deficiency of adrenalin to convert sugar from the body cells into energy causes the person to feel weak and lethargic.

The Sugar Feeds The Fungus

The harmful somatid microorganisms that were able to change into a virus-bacteria-fungus form as a result of the weakened immune system now enter the normal body cells to feed on the high sugar levels. As they metabolize and ferment the sugar, they release mycotoxins which are a highly acidic waste product which lowers the cell pH creating an acidic environment. This further inhibits the cell's ability to take

up oxygen and it breaks the Krebs cycle of the cell (a process that uses oxygen to generate energy during cellular respiration) and the number of ATP molecules drop dramatically (ATP molecules carry and provide energy to the cell). As a result the cell transfers from aerobic metabolism to anaerobic metabolism. The only thing that body cells can do with anaerobic energy (where there is a lack of oxygen) is grow and split, grow and split...that's cancer! Remember cancer is uncontrolled cell division.

The acidic state in the body is also caused by the high levels of stress hormones, a poor diet consisting of acidic foods and lack of exercise. Viruses, bacteria, yeast, mould, fungus, candida and cancer cells thrive in a low pH acidic environment.

The Fungus And Cancer Form A Symbiotic Relationship

The viral-bacterial-yeast like fungus begins to work together with the newly formed cancer cells to create an environment that they can both flourish in. The fungus feeds on the high sugar levels in the body cell to obtain energy for reproduction of new stomatids. As they metabolize and ferment the glucose within the cancer cells, they generate energy and a natural growth factor which stimulates the cancer cells to multiply, thereby creating more cells rich in sugar for them to inhabit. The result is a mass of cancer cells which form a tumor.

The yeast-like fungus prevents the cancer cells from re-establishing their Krebs Cycle and reverting back to normal healthy cells, as they continue to produce mycotoxins, a metabolic waste product that maintains the acidic pH within the cells. Cancer cells flourish in a low oxygen acidic state created by the fungus and they also thrive on the fermented sugar produced by the fungus for cell division. Thus a perfect symbiotic relationship forms as the fungus and cancer cells create an ideal environment for them to grow in the body.

Fear can set into motion the very thing we are afraid of. We need to be very careful of the fear of cancer!

The Tumor Spreads

During this final phase in the development of cancer, the high levels of stress hormones called nor-epinephrine and epinephrine levels stimulate tumor cells to produce 3 compounds: MMP-2 and MMP-9 (both matrix metalloproteinases) and the growth compound VEGF (Vascular Endothelial Growth Factor).

The tumor cells develop receptors for these stress hormones on their surface. The compounds MMP-2 and MMP-9 breakdown the scaffolding of tumor cell walls making it easier for the cancer cells to spread to other parts of the body (this process is known as metastasis). The VEGF compound causes blood vessels to grow in new tumor cells, so that they can grow and spread more rapidly.

By this stage the person is very sick and has ended up in a doctor's office where investigations are done. The news of cancer and the fear and uncertainty of death often becomes a further emotional shock, that sends the body deeper into stage 2 and 3 of stress and the cycle begins again with secondary tumors developing in different parts of the body.

The Fear Of Cancer And The Fear Of Death

Cancer is one of the most greatly feared words in medicine because it is associated with a death sentence.

Job 3 v 25 – 26: "For the thing that I greatly feared has come upon me..."

With the diagnosis of cancer, comes the fear of death. Fear of cancer compounds the problem and the devil knows it. As we've seen above, fear can destroy your immune system which leaves you with no defense against cancer. Fear can set into motion the very thing we are afraid of. We need to be very careful of the fear of cancer!

The fear of cancer and the fear of death, if present, is one of the first things that you need to get rid of. You have no need to fear cancer or death because cancer is curable! However, not with medical drugs but with knowledge. If you can understand what causes cancer, and how and why it develops, you can gain insight how to defeat it.

In Summary...What We Know So Far:

- A breakdown in relationship, emotional trauma or stressful life event puts the body into a chronic state of stage 2 and 3 of stress.



- High levels of stress hormones kill the cells of the immune system and prevent the production of new cells.



- The immune system is weakened, allowing stomatid micro organisms in the blood to change into a harmful virus-bacteria-yeast like fungus form.



- The adrenalin reserves are exhausted as a result of chronic stress and the sugar levels within body cells sharply increase (the function of adrenalin is to take sugar from body cells and convert it for energy that can be utilized by the body).



- The harmful virus-bacteria-yeast like fungus enters the normal body cells to feed on the sugar. As they feed and ferment the sugar they release mycotoxins – a highly acidic metabolic waste product which causes body cells to become acidic.



- The high sugar levels and acidity impairs the cell from taking up oxygen and the cell transfers from aerobic to anaerobic metabolism. The only thing that cells can do with anaerobic energy is to grow and divide, forming a mass of tissue i.e. a tumor.



- The tumor is further stimulated to grow by growth factors produced by the virus-bacteria-yeast like fungus.



- The stress hormones norepinephrine and epinephrine stimulate the tumor cells to produce the growth compound VEGF (Vascular Endothelial Growth Factor) which causes blood vessels to grow in new tumor cells, so that they can grow more rapidly and the compounds MMP-2 and MMP-9 which break down the tumor cell walls enabling the cancer cells to spread.

Lothar Hirneise, a world renowned cancer researcher said: "A tumour forms because someone is no longer producing adrenalin, which is needed to break down sugar. An excess of sugar is dangerous, so the body produces tumours.

Tumours burn sugar and use a lot of energy due to the fast division of cells. Cancer cells function like liver cells, only, much more efficiently. The tumour helps you to rid your body of poisons. Without the tumour you would be really ill. I always tell people: 'The tumour is not your problem. A tumour is an incredibly ingenious solution on the part of the body.' When you get healthy, the tumour disappears on its own, which is why you shouldn't immediately operate to remove it. First detoxify yourself. If the tumour continues to grow – which is almost never the case – you can always operate later."

As you can see, the whole problem began with chronic stress. If that is dealt with the whole cascade of events leading to cancer described above can be reversed:

Cancer Cannot Exist Without Stress

Cancer can only exist in the continued presence of unhealed emotional pain. Therefore the releasing and healing of toxic mindsets and emotions surrounding the pain (for example grief, anger, resentment, hatred, bitterness etc) is the most CRITICAL step in recovering from cancer.

Dr Ryke-Geerd Hamer, a cancer surgeon from Germany has examined 20,000 cancer patients with all types of cancer. Dr Hamer noticed that all his patients seemed to have something in common: there had been some kind of psycho-emotional conflict prior to the onset of their cancer - usually a few years before - a conflict that had never fully resolved. Dr Hamer started including psychotherapy as an important part of the healing process and found that when the specific conflict was resolved, the cancer immediately stopped growing at a cellular level. Here is how it happens:

***Cancer is curable! However,
not with medical drugs but
with knowledge.***

When the source of the stress is dealt with and you make your peace with God and learn to trust fully in Him, when you make peace with yourself and with others - the stage 2 and 3 stress reaction will be broken. As a result the high levels of the stress hormone cortisol will come down, which will enable the weakened immune system to recover. Now that there is nothing killing the cells of the immune system, they are able to re-multiply and come back to full strength. Then they can serve you as God designed them to by killing the harmful stomatid microorganisms, allowing the body cells to re-establish aerobic respiration and normal metabolism.

At the same time, the police man interleukin 2 will be able to function properly again. Then he will recognize the cancer cells and alert the killer cells of the immune system to destroy it. God has created your immune system to be so strong that a cancer cell or tumor of any size, no matter how far it has spread will be totally destroyed and literally eaten up by the CD8 killer T cells until the tumor is completely gone. What happened to the man from the article by Dr. Rosenberg in Discover Magazine? His immune system was healed.

The bottom line is that if you have a healthy immune system, it will recognize a tumor and eat it. So if you have a cancerous tumor it represents a weakened immune system. One of the primary causes of a weakened immune system in cancer is chronic un-forgiveness. When a person holds onto hurt, anger, resentment and hate, it puts the body into an internal state of chronic stress where adrenalin reserves are depleted and high cortisol levels destroy the immune system. Furthermore bitterness will cause genetic defects that further contribute to the development of cancer...

THE GENETICS BEHIND CANCER

Researchers have shown that cancer is a disease caused by defects in the genes and that is how cancer can run in families.

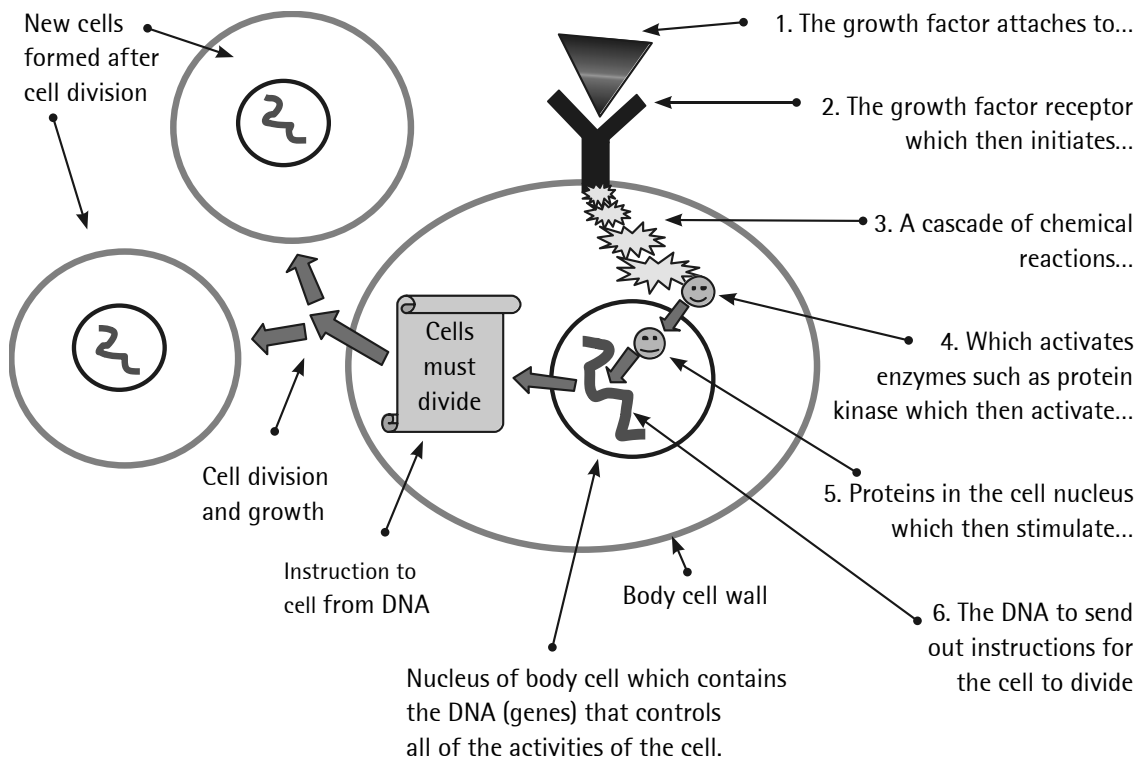
Genetic diseases involve a structural abnormality in the DNA. Your DNA is made up of genes. Your genes are inherited from your father and mother. Each gene has specific instructions for how to make a specific part of your body. For example, you have a gene that has instructions to make your eyes blue or green or brown. You have another specific gene that has instructions to make you a certain height (short or tall). Everything that determines the way you look and your whole body make up comes from an instruction manual which is encoded in your genes. When these genes are messed up, the instructions are muddled up - and the result is the formation of a defective part of your body that does not function

properly and hence the development of a disease. In the case of cancer, the genes that control cell growth are defective. The genes that control cell growth, are called proto-oncogenes which are normal genes found in all body cells. When the DNA in these proto-oncogenes is changed around (i.e. the genes are messed up leading to muddled up instructions), these proto-oncogenes function abnormally and become

oncogenes. Oncogenes means, "cancer, causing genes". These oncogenes transform the normal cell into a cancer cell. The growth and division of cells is triggered by signal chemicals in the blood stream called **growth factors**. These growth factors attach to special **growth factor receptors** on the surface of the body cell. The growth factor "switches on" the growth factor receptor by attaching

to it. This then initiates a whole cascade of chemical reactions which leads to the activation of various enzymes, such as **protein kinase**. These activated enzymes then activate proteins in the nucleus of the cell, which then stimulate the DNA to send out instructions to the cell to divide and grow. This is summarized in the illustration below:

The bottom line is that if you have a healthy immune system, it will recognize a tumor and eat it.



A Simplified Illustration of the Steps Involved in Cell Division and Growth

Even in the simplified scenario presented in this picture, it shows that multiple steps are required to control cell division and growth. Proto-oncogenes are the genes that contain the instructions on how to make the growth factors, growth factor receptors, enzymes and other chemicals involved in the control of cell division and growth. When these proto-oncogenes function abnormally (i.e. when they become oncogenes) they send out inappropriate signals to the cells to divide and grow. For example, the proto-oncogene that has instructions on how to make the growth factor receptor may become defective so that

it causes the growth factor receptor to no longer be regulated. In other words it is always "switched on" even in the absence of the growth factor which normally controls it. Therefore the defective growth factor receptor is continually stimulating the cascade of chemical reactions... which in turn are stimulating the enzymes... which are continually activating the DNA to keep sending out instructions for the cell to divide. As the cells continue to divide uncontrollably they form a mass of cells which is what a tumor or cancer is.

What causes the DNA in the proto-oncogenes to be changed around so that it becomes an oncogene that causes cancer? Well, we've been learning throughout this book that science has shown that the mind-body connection is real - our body is affected by what goes on in our thought life. Running closely along neuroscience (which is the study of the brain and how it affects the body) is a new science called epigenetics. Epigenetics shows that our thoughts and perceptions can remodel our genes and determine which genes are switched on and which genes are switched off ^{10,4}. In other words a toxic mindset can activate a genetic defect. For example, you can be born with an inherited genetic defect that causes cancer from sin in previous generations in your family tree. However, you only get the disease sometime later in life such as in your 20's, 30's, 40's, 50's and even in your 80's. This genetic defect can be triggered to cause the cancer by a stressful life event.

Epigenetics shows that our thoughts and perceptions can remodel our genes and determine which genes are switched on and which genes are switched off ¹⁰.

Viruses also play an important role in the development of many cancers. You must now understand what viruses are by reading pages 600-602. You can stop reading at the point where I say, "I cannot discuss all viruses because there are far too many". Once you have read the section on viruses, please also read through the section on page 84 called "Discerning the Source of Your Thoughts" which also has important background knowledge which is necessary for you to understand what you are about to read.

As you read in the first section I referred you to, viruses are what I suspect the Bible calls spirits of infirmity. I also said that viruses are an alien genetic life force that has an intelligence behind them that defies imagination. Researchers have discovered that viruses can infect cells and transform them into cancer cells. One way they do this is by taking the DNA of the proto-oncogene in the human cell and incorporating it into its own DNA. The virus then uses this DNA that it has stolen from the body cell to inappropriately send out instructions to the body cells to keep dividing. The body cells mistake these instructions as instructions from the real DNA in the human cell - they don't know that these are false instructions from the virus. Thus they divide inappropriately causing cancer. Another way that viruses cause cancer is to take control of the proto-oncogenes in the human cell. They cause the proto-oncogenes to continuously give out instructions to the cell to keep dividing. Thus the cells begin to divide uncontrollably until they form a mass of cells which is a tumor. So even behind the release of a genetic defect is an invisible intelligence. Viruses, which are spirits of infirmity, can set a genetic defect into motion.

In making that statement that a virus is an evil spirit of infirmity, many will think that I have lost my mind. However if you want to crack any incurable disease, you need to understand that there is a spiritual element to disease. In Ephesians 6 v 12 it says that we do not war against flesh and blood but against principalities, powers of darkness and spiritual forces of wickedness. I referred you to the section "Discerning the source of your thoughts" so that you can gain an understanding of how disease begins in the spirit and develops through the spirit-soul-body connection. There is an excellent book called "The Witch Doctor and the Man" by Vagalas Kanco which gives a tremendous education about the reality of the spiritual realm. He was a fourth generation witchdoctor and a Satanist who then was radically born again and delivered from the devil's bondage. He now has a church in Ghana consisting of over thirty thousand people and has a very powerful and effective healing and deliverance ministry because he understands how his enemy operates. In his book he details, how an evil spirit is behind cancer. You, need to recognize this if you want to defeat this disease.

Bitterness is the primary spiritual root that causes or accelerates internal toxicity within cells.

Apart from defective proto-oncogenes, there is another type of gene involved in the development of cancer called tumor suppressor genes, also known as anti-oncogenes. Anti-oncogenes were built into cells as a safety mechanism where their normal function is to block cell division when the cell has transformed into a cancer cell. When these anti-oncogenes are defective, they lose their ability to "put on the brakes" and uncontrolled cell growth ensues. An example of an anti-oncogene is the p53 gene which is a key sensor that detects damaged DNA and either slows down cell division to give time for the DNA to be repaired or it activates a series of chemical reactions that cause death of that cancer cell before it is able to form a tumor. Damage to this p53 gene has been found in at least 50% of all human cancer cells. This defective gene stimulates cell division instead of stopping it.

There are, normally two of each type of anti-oncogene in each cell. There are three classes of cells in the human body:

1. Healthy cells which have 2 anti-oncogenes present – these cells will never become cancerous. You cannot develop cancer when both of the anti-oncogenes are present.
2. Genetically predisposed cells which have only one anti-oncogene present.
3. A compromised cell which has no anti-oncogenes present – this cell can become cancerous at any time.

So far I have explained that cancer can be caused by a proto-oncogene that is damaged and thus transformed into an oncogene (cancer causing gene). Cancer can also be caused by damage to anti-oncogenes that normally prevent cells from forming cancerous tumors. Cancer also involves damage to special "Housekeeping Genes" (for example hMLH1 and hMSH2) that normally repair parts of DNA that are damaged from "wear and tear" when cells divide. This causes the DNA to become unstable and it mutates (becomes defective) more easily. Finally, damage to the nm23 gene enables cancer cells to acquire the potential to spread and invade other body tissue and organs.

Let's have a look at how anti-oncogenes are destroyed by a toxic mindset of bitterness...

THE DEADLY POISON OF BITTERNESS

Environmental factors can be involved in the development of cancer, for example ingestion of carcinogens through cigarette smoke or excessive exposure to radiation. While there are external chemicals that cause toxicity, it is important to understand that we can also experience toxicity internally. In the chapter "Long Term Effects of Fear, Anxiety and Stress" you learnt that the wall surrounding a body cell is semi-permeable, in other words it acts like a filter. It allows for the diffusion of oxygen and nutrients into the body cell and removal of waste products out of the cell.

However, fear and anxiety as well as bitterness and un-forgiveness upstream in a person's thought life will put the body into a toxic state of stage 2 and 3 of stress where there are high levels of stress hormones such as cortisol. Cortisol causes the cell walls to become stiff or rigid. As a result the body wall cannot filter substances properly. So the things that the body cell needs like nutrients and oxygen cannot diffuse into the cell. There is also a buildup of waste products inside the cell which cannot diffuse out. Thus the body cells are not able to cleanse themselves as they were designed to. The retention of toxins and waste products inside the cell, like battery acid, literally eats away and destroys the anti-oncogenes. So there is a lot of truth in the old saying, "Bitterness eats at you like cancer." When the anti-oncogenes are damaged by the accumulation of toxins inside the cell, that cell can become cancerous.

Bitterness is the primary spiritual root that causes or accelerates internal toxicity within cells.⁴³

Bitterness of some form is behind most cancers. This involves long-term, lingering, festering bitterness which can be against others, against, yourself and even against God. As a general rule of thumb: if a cancerous growth is benign, it is bitterness against yourself. If the growth is malignant, it is bitterness against others ³¹.

When you have bitterness, you have fear. When you have a breakdown in relationship with somebody, you can deny it all you want, but it is eating at you left, right and centre. This bitterness does not only affect you and that specific person where it came in, but it affects your relationship with everybody else. This is because you are projecting all that fear of rejection and disappointment into everybody you come in contact with. As a result, you cannot give and receive love without fear (remember the discussion on 1 John 4 v 18 on page 189).

***When bitterness eats at you
in your thoughts, you end
up with cancer cells that eat
away at your body.***

The hypothalamus in your brain, which is the mind-body connection, translates your thought life into a physical reaction. When bitterness eats at you in your thoughts, you end up with cancer cells that eat away at your body. As a man thinks in his heart, so does he become (Proverbs 23 v 7). With bitterness you begin to wish that someone didn't exist. God says, "If they don't exist, neither do you."

1 John 3 v 14 – 15: "We know that we have passed over out of death into Life by the fact that we love the brethren (our fellow Christians). He who does not love, (remains, is held and kept continually) in [spiritual] death. Anyone who hates (abominates, detests) his brother [in Christ] is [at heart] a murderer, and you know that no murderer has eternal life abiding (persevering) within him."

The Bible says that when we hate our brother, even when we speak against our brother with our tongue, we are a murderer. Under the law the penalty of murder was death. Now we can understand why there is a spirit of death on the loose in cancer. If you want to get rid of cancer, it is essential that you get rid of the un-forgiveness and bitterness in your life.

You may have heard of Dr. Don Colbert: he often writes articles in the Joyce Meyer magazines, he appears on the TBN TV station and also has worked with the ministry of Henry Wright. This is a quote by Dr. Colbert from CBN, dated 2 July 2001:

"Nothing strikes fear more in a patient than the diagnosis of cancer. Let me say that yes, nutrition, vitamins and lifestyle changes are critically important in preventing cancer and helping us through cancer, but before we discuss nutrition, let's look at deadly emotions. Many times cancer is associated with bitterness, resentment, un-forgiveness, hatred and especially guilt and shame. These emotions will actually cause the body to produce toxic material. They increase cortisol levels which will in turn weaken the immune system and allow cancer to begin to form in the body."

REPRESSED EMOTIONS

In the chapter "Dealing With Disease From A Medical Perspective" I explain the importance of expressing your emotions. At this point, please read through the section on page 705 under the heading "Express Those Emotions".

A person who is prone to developing cancer has tendency to suppress toxic emotions and denies strong needs. They internalize the rage, anger, hate, resentment, bitterness and grief as well as their problems and weaknesses. They shut down and close up because they do not want to be hurt any more. Sometimes they may put on a fabricated smile and will use all kinds of defense mechanisms to hide the real pain inside. These feelings are not expressed to others. In James 5 v 16 it says that we are to confess our faults to one

another so that we may be healed. But a person who is prone to developing cancer does not trust anybody and therefore does not do well in confession⁴³.

Feelings are created by the mind for the purpose of being expressed. If negative feelings are not expressed, they remain trapped inside the body and over time cause physical illness. This is due to high levels of stress hormones within the body that damage the immune system and can also be due to a breakdown of the emotional reflex centre in the brain.

Here are some quotes from research relating to repressed emotions:

- "Extreme suppression of anger was the most commonly identified characteristic of 160 breast cancer patients who were given a detailed psychological interview and self-administered questionnaire. Repressing anger magnified exposure to physiological stress, thereby increasing the risk of cancer" Journal of Psychosomatic Research
- "Extremely low anger scores have been noted in numerous studies of patients with cancer. Such low scores suggest suppression, repression, or restraint of anger. There is evidence to show that suppressed anger can be a precursor to the development of cancer, and also a factor in its progression after diagnosis." Cancer Nursing - International Journal
- "A 1979 study comparing long-term survivors of breast cancer with those who did not survive, scientists at John Hopkins University found that long-term survivors expressed much higher levels of anxiety, hostility and other negative emotions. Patients who were able to express their feelings lived longer than those who had difficulty in doing so." Journal of the American Medical Association
- Previously I mentioned Dr Ryke-Geerd Hamer, a cancer surgeon from Germany has examined 20,000 cancer patients with all types of cancer. He found that: "cancer people are unable to share their thoughts, emotions, fears and joys with other people. He calls this "psycho-emotional isolation". These people tend to hide away sadness and grief behind a brave face, appear 'nice' and avoid open conflict. Some are not even aware of their emotions, and are therefore not only isolated from other people, but also from themselves."
- In a study conducted at the University of Colorado in the US, researchers found that people who repressed their emotions after a traumatic event had lowered immune systems compared to those who shared their feelings.

FORGIVENESS – FRONT LINE THERAPY IN DEFEATING CANCER

The immune system needs to heal in order for the body to be able to defeat cancer. Therefore the toxic mindsets that weaken the immune system need to be dealt with. Let's begin with the most important: forgiveness.

Here are some quotes from research all over the world:

- "Chronic un-forgiveness causes stress. Every time people think of their transgressor, their body responds. Decreasing your un-forgiveness cuts down your health risk. Now, if you can forgive, that can actually strengthen your immune system". Virginia Commonwealth University
- "The program's preliminary work suggests that forgiveness lowered the stress hormone cortisol that in turn affects the immune system, but only when the patients forgave the ones they blamed". University of Maryland - Institute of Human Virology
- "Forgiveness could boost the immune system by reducing the production of the stress hormone cortisol" Rockefeller University - New York
- "When you hold onto the bitterness for years, it stops you from living your life fully. As it turns out, it wears out your immune system and hurts your heart" Stanford University Center for Research in Disease Prevention

- "Those who received forgiveness training showed improvements in the blood flow to their hearts" University of Wisconsin - Research Dept
- A new study from Duke University Medical Center demonstrates that those who forgive others experience lower levels of chronic pain than those who have not forgiven.
- Researchers at Ohio States University found that highly stressed women had lower levels of natural killer cells than women who reported less stress. "Natural killer cells have an extremely important function with regard to cancer because they are capable of detecting and killing cancer cells. Psychological interventions, such as forgiveness, have important roles in reducing stress and improving quality of life, but also in extending survival." Barbara Andersen, Professor of Psychology, Ohio State University
- "I have collected 57 extremely well documented so-called cancer miracles. At a certain particular moment in time they decided that the anger and the depression were probably not the best way to go, since they had such little time left. And so they went from that to being loving, caring, no longer angry, no longer depressed, and able to talk to the people they loved. These 57 people had the same pattern. They gave up, totally, their anger, and they gave up, totally, their depression, by specifically a decision to do so. And at that point the tumors started to shrink." Yale Medical School - Dr Bernie Seigel, Clinical Professor of Surgery
- "When I suggest emotional healing to people with cancer, they always misunderstand me. They hear it as emotional support. They think I either just want to comfort them, or show them how to have a more positive attitude. They don't get that something like forgiveness might be the key to their getting well. I see their eyes glaze over when I go on to say that emotional toxicity is most likely the cause of their cancer, and that forgiveness, if used with appropriate treatments and lifestyle changes that address the physical, is a 'first-line' primary treatment. Their inability to hear this as a strategy for survival, is a measure of how brainwashed we all are into thinking that treatment for cancer must always be harsh, drastic and violent. With our War-on-Cancer mind-set, it's hard to imagine that something so seemingly soft and gentle as forgiveness could be the answer to our problem." Colin Tipping, Director, Institute of Radical Forgiveness

This is a testimony of a pastor's wife from a book written by Dr. Neil Anderson and Dr Micheal Jacobson. In this testimony I want to show you why and how God healed her instantly and nobody prayed for her. I also want to show you how the body defeats cancer **by itself** without medicine or radiation or chemo. She was a pastor's wife from Ohio in America. She had stage 4 terminal breast cancer which had metastasized to her entire body. It was terminal and fatal. There was nothing further that the doctors could do for her. There was no hope. Had she been prayed for? Oh yes, of course – she was the pastor's wife, the whole church was probably praying for her. Had she been healed? No. Why hadn't she been healed? The reason is there was a root issue – she was not a doer of the Word in an area of her life, and that gave Satan the power to come in and destroy. Satan had a legal right to her life because she had un-forgiveness and bitterness in her heart. She didn't know that satan had a legal right to her life because nobody had told her or disciplined her in the roots of sin behind cancer. This is her testimony:

"If you were to ask her, Candice would say that the most powerful physical healing agent available is not a drug. It is a sound, healthy spiritual heart and mind. As a 50 year old pastor's wife Candice was given the devastating diagnosis of metastatic breast cancer. By the time it was discovered, the disease had already spread through her body and she was given only a few months to live. In response to her diagnosis, she and her husband sought the council of a Georgia Pastor – Henry Wright whose ministry orientation is in identifying spiritual factors in the cause of disease. During the conversation, Candice became aware of the possibility that bitterness towards another woman had weakened her immune system and made her more vulnerable to cancer.

So shortly thereafter she sought forgiveness and was reconciled in her relationship with the woman from whom she had been estranged. Her cancer has spontaneously regressed despite the fact that she has never changed her diet, has never had surgery, has never taken any medication including chemotherapy. It's been at least 10 years now, she still has no symptoms and she feels great."

Henry Wright did not pray for her when she and her husband called him. He taught her with the knowledge that I am sharing, with you now through the Word of God and medical science. He enabled her to recognize the roots behind her disease so that she could take responsibility and repent to God. After she repented to God for her bitterness and un-forgiveness, she went to the woman and made peace. So now the conditions for healing in the Word of God were met. Did God forgive her? Yes. God delivered her of her fears, and bitterness and un-forgiveness no longer dominated her thought life. Therefore the excessive production of cortisol stopped. There was now nothing to destroy interleukin 2 or the other killer cells of the immune system. So interleukin 2 healed and could now recognize the cancer. Then her immune system began to serve her on behalf of God: the interleukin 2 and killer cells identified and killed every cancer cell in her body, even where it had spread and ate every bit of it until it was gone. She is cancer free today... and nobody prayed for her! This is happening all over the world as people are beginning to understand what God and medical science is saying. They are waking up. Are you waking up? Is there a revelation beginning in your heart as a work of the Holy Spirit? As long as the pastor's wife stays in forgiveness, she'll never get cancer again and she hasn't."

Sid Roth interviewed Henry Wright on a show called "It's Supernatural", where he showed the "before" and "after" pictures of a lady with cancer on her face. When she repented of bitterness and self hatred, the tumor fell right off her face onto the floor and in less than a month, the skin underneath was back to normal. Nobody prayed for this lady either – she just got right with God. I encourage you to do the same.

Forgiveness is a way of letting go of the anger and hurt and ultimately a way of improving your health and immune system functioning. Forgiveness does not mean condoning bad behavior or forcing reconciliation with the offender. Ultimately forgiveness should be done because it is good for you. It is a wonderful emotionally freeing experience. At this point, please work through the chapter on page 630 as well as the short section on page 706 under the title "Think Forgiveness" before progressing any further in this chapter.

ERADICATING THE OTHER TOXIC MINDSETS BEHIND CANCER

- After releasing all hurt, un-forgiveness and bitterness, the next step is to eradicate fear that comes in through relationship breakdowns through having the courage to be vulnerable and to trust people again. Please now turn to the chapter on page 672 which will help you deal with that along with other forms of fear, anxiety and stress.
- In some types of cancer there is fear relating to perfectionism and drivenness to perform where the person derives their identity and sense of value and worth from their achievements. The fear of failure comes in because there is no allowance made for weakness. And when there is a weakness (which there is because no human is perfect), the person feels bad about themselves and goes into guilt and condemnation. If this applies to you or you struggle with a low self esteem or self hatred, please work through the chapter on page 647. Our identity and sense of self worth needs to be based on who we are in Christ, not on our achievements or performance.
- Remember that there is often a genetically inherited component to cancer. That means that you must not only repent for the toxic mindsets behind cancer personally, but also generationally. Please turn to the chapter on page 151 which will explain this in more detail.

Henry Wright has documented medical evidence in his ministry of people who have been healed of cancer. These people had had their genes tested by a geneticist in conjunction with an oncologist. It was found that these patients had compromised cells with no anti-oncogenes present (i.e. a genetic defect predisposing them to cancer). After ministry where the issues behind cancer were dealt with, they were re-tested and it was found that both anti-oncogenes were present, where before they were medically proven to be missing. That is a miracle!

There is one more toxic mindset behind cancer to deal with and that is...

DESPAIR, HOPELESSNESS AND GRIEF

Cancer thrives in an atmosphere of sadness. There is much evidence to suggest that severe grief or complicated grief is one of the leading factors involved in the development of cancer. There is also a loss of hope and despair, often related to the loss of a serious love object up to 24 months prior to the onset of the cancer or continued grief and unresolved issues relative to the love object. This could also involve the loss of a significant life role or purpose such as getting fired or being rejected in vocational pursuits. A person who develops cancer responds to loss, whatever it is, with profound feelings of grief, helplessness, hopelessness and despair. Basically, there is a loss of hope or hope deferred and a subconscious desire to give up and die⁴³. This lack of hope or will to live translates into a subconscious communication to the immune system to slow down and to even stop functioning altogether.

Proverbs 13 v 12: "Hope deferred makes the heart sick, but when the desire is fulfilled it is the tree of life."

The grieving individual is at increased risk for physical and mental illness (for example depression) for approximately two years after a significant loss. However, in cases where grief is unresolved or 'complicated' - where the grief process has been arrested due to shock or denial - more serious illness like cancer can follow. Complicated grief puts the body into a toxic state of chronic internal stress where high levels of stress hormones destroy the immune system, depletes the adrenalin reserves and initiates the cascade of events that lead to the development of cancer described in the section under fear, anxiety and stress.

This is an incredible medical statement: "Malignancy at the cellular level is despair that has been experienced biologically." It is possible that many cancers are a state of despair made manifest and real where our thought life gets translated into malignant cells. We reach a point after a severe prolonged period of emotional stress, where we feel tired of life and deep down we want out of the never-ending struggle and pain. Through the mind-body connection this sends a message to the immune system to shut down and we develop cancer.

Even the diagnosis of cancer itself will initiate this cascade of events. Many doctors starting killing their patients with a lack of hope (i.e. telling them that the cancer is terminal).

Here are some quotes from research relating to complicated grief and its association with the development of cancer:

- "Individuals who are extremely closely attached to one another are more likely to experience complicated grief and poor health following the death of a loved one. Sleep and appetite disturbances, alcohol dependence, heightened blood pressure, a greater risk of cardiac problems and an increase in cancer risk can accompany complicated grief." Yale University - School of Medicine
- "Traumatic grief symptoms seldom diminish after the second half of the first year following loss. Symptoms may actually increase as time goes on. Subjects with traumatic grief are at increased risk of developing cancer and other illnesses. Should grief remain unresolved, this vulnerability becomes part of the individual's nervous system, hardwired, so to speak, in the neurochemical substrate." The National Psychologist - Newspaper for Psychologists

- In a landmark study the University of New South Wales studied the effects of bereavement on the immune system by following the lives of surviving spouses during mourning. "At eight weeks, T-cell functions were significantly lower in the bereaved spouses than in age and sex-matched controls." T-cells are important for fighting cancer cells within the body."
- "Left untreated, complicated grief is associated with negative health outcomes, which may include clinical depression, suicidal thoughts or actions, substance abuse, cancer and cardiovascular illness." University of Pittsburgh - School of Medicine
- "Grief impairs both the function of white blood cells processed in the thymus gland - and of natural killer (NK) cells which are responsible for attacking viruses and destroying tumour cells. Suppressed grief results in a weakening of the immune system by reducing the function of cells that defend against viral infections and tumours and which helps keep the body healthy." University of Miami School of Medicine

LIFT UP YOUR EYES - IT IS NOT TOO LATE!

If you have been diagnosed with cancer, I would like to strongly encourage you to not accept the label or the limited time span that the doctors have said you have left. If you give into it that is exactly what you will become. "As a man thinks in his heart, so is he." (Proverbs 23 v 7). Obviously you must not go into denial, you have to acknowledge the facts. However, there is hope! Don't look at your symptoms and the word "incurable" and your prognosis and accept all this as the truth. I encourage you to rather live by faith and not by sight, and pursue healing in the face of what everything in the physical realm says. Jesus said in Matthew 9 v 29: "According to your faith and trust and reliance [on the power invested in Me] be it done to you." The Bible says that the spirit of man will sustain him in his infirmity:

Proverbs 18 v 14: "The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?"

King James Version: "The spirit of man will sustain his infirmity; but a wounded spirit who can bear?"

I say to you, "Wake up Spirit of man! Get up! Lift up your eyes! Take your place in the land of the living!" There is something that has to happen deep inside you for the cancer to be overcome and that is **you must have the will to live!**

All late stage cancer survivors have a "fighting spirit" and strong inner belief that they can beat their cancer and overcome it. This is because all cancer begins with a 'subconscious wanting to die', and if this can be reversed, then the person will survive. This strong will to live sends direct messages to the immune system to 're-activate' and destroy cancer cells in the body. Those who feel cancer has beat them, or who

feel tired of life and have lost their passion and joy for living - in other words have lost their will to live, send subconscious messages to their immune system to shut down and stop working altogether. It is important to understand that cancer is only a warning that you have momentarily 'lost your will to live' and that you can regain it at any time.

It is no good being hopeless and full of despair, just waiting for the fatalistic end of some conclusion. The Lord made a phenomenal statement to Joyce Meyer one day, "You can be pitiful or you can be powerful - make your choice." Pity is like super glue that will bind you to cancer and keep you in your pit. Encourage yourself in the Lord - stand up spirit of man! Get up son or daughter of God! You have an awesome destiny and call of God on your life to fulfill in your generation that God saw from the foundation of the world!

There is something that has to happen deep inside you for the cancer to be overcome and that is you must have the will to live!

Ephesians 2 v 10: "For we are God's [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we would walk in them [living the good life which He prearranged and made ready for us to live]." Only when you have finished that call, then you can lay down your spirit, thank you very much!

Psalms 30 v 9: "What profit is there in my blood, when I go down to the pit (the grave)? Will the dust praise You? Will it declare Your Truth and faithfulness to men?"

Isaiah 38 v 18: "For Sheol (the place of the dead) cannot confess and reach out the hand to You, death cannot praise and rejoice in You; they who go down to the pit cannot hope for Your faithfulness [to Your promises; their probation is at an end, their destiny is sealed]."

I want you to say this out loud to yourself, "I shall not die, but live and declare the works of the Lord!" (Psalm 118 v 17).

Does God get any glory by losing you prematurely off this planet? God does not need you in Heaven before your allotted time is up because you are of no earthly good in heaven. If you are not 120 years old yet, it is not time for you to kick the bucket – you still have work to do for God. If you've lost your purpose for living, you need to seek God until you find it again. You cannot retire – you need to re-fire! God can use you mightily if you will just make yourself available to Him. If you look at all the heroes in the Bible who did great and mighty works for God, they were originally nobodies. Many of them were over 80 years old before they even started in ministry (for example Abraham and Moses). You just need to go before God and say, "Use me Lord, I'm available. Take me, just the way I am, I give all I have to you..."

2 Chronicles 16 v 9: For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong in the behalf of those whose heart is perfect toward him..."

Let me tell you a little about who you are as a child in Christ: I want you to say this out loud to yourself, "I am a victorious over-comer (1 John 5 v 4; Revelations 2 v 11), a mighty woman or man of valor, a champion overcoming warrior, who possesses dignity and honor (Judges 6 v12). I am more than a conqueror (Romans 8 v 35). In all things I gain a surpassing victory (Rom 8 v 37) and in all things God leads me to triumph in Christ (2 Corinthians 2 v 14). Through my union with God, I am strong in the Lord and the power of His might (Ephesians 6 v 10). I have strength for all things in Christ who empowers me. I am ready for anything and equal to anything through Him Who infuses inner strength into me (Philippians 4 v13). Because I believe in, lean on, trust and rely on God, I do the things that Jesus did, and greater things will I do, for His Spirit within me knows no limit. (John 14 v 12 – 14). Therefore I believe that all things are possible and limit not the Holy One within me (Philippians 4 v 13). As Jesus is, so am I in this world (1 John 4 v 17) and the immeasurable, unlimited and surpassing power of God is on the inside of me! (Ephesians 1 v 19). The same power that raised Jesus from the dead lives in me! (Ephesians 1 v 20)."

The same power that raised Jesus from the dead and conquered the grave is in you! The immeasurable, unlimited and surpassing power of God is on the inside of you! It's time that you discovered your potential as a child of God! With the power of God on the inside of you, you literally have the potential to shake nations, never mind overcoming cancer! Are you willing to stand up spirit of man and be what God has called you to be? Don't allow the devil to rob you of your destiny by cutting your life short – aggressively take back the ground he has stolen from you. You need to become aggressive with the existence of cancer and deal with the issues that cause it.

With the power of God on the inside of you, you literally have the potential to shake nations, never mind overcoming cancer!

Much of my understanding of disease from a spiritual perspective, including this chapter on cancer, has come from the teaching of Pastor Henry Wright. He has an international ministry where doctors and patients world-wide consult him concerning diseases. His healing ministry and walk with God was greatly impacted by his mother's testimony of healing from cancer. Angus Buchan has a saying, "The condition for a miracle is not difficulty, but impossibility." His mother was on death's door step. There seemed to be no hope. The doctors could not do anything to help her. Then she had an encounter with the Almighty God with Whom nothing is impossible. I quote directly from Henry Wright as he told this story:

The condition for a miracle is not difficulty, but impossibility.

"When I was in my mother's womb, she was dying of Fibrosarcoma Cancer. Her mother died of cancer shortly after giving birth to her. My mother's cancer was fast growing and fatal. It had wrapped around her jugular vein (the main vein in the neck), up and down her neck and into the base of her brain. When I was two months old she was totally paralyzed and could not care for me, so they hired a nanny. My parents were ministers. They were pioneer pastors in Hatfield's Point, New Brunswick, Canada. My mother was dying and there was no hope. There was nothing they could do. There was no surgery. It was impossible. It was incurable. It was just a matter of waiting it out until she died. All manner of people had prayed for her, but she was not well. Even in her condition, she insisted on being carried on a stretcher to church services so she could lie in the front and be part of the services. That is dedication.

Several years ago my wife and I had the pleasure of having dinner with Lee and Helen Boyd of Hatfield's Point, New Brunswick, Canada. I grew up with their son Carl and their daughters. I am using their names in this testimony because they were eye witnesses to my mother's healing. They were in that service when the invisible, living God reached down out of nowhere and plucked masses of cancer out of my mother as though it never existed. She had no special nutrition, no surgery and no chemotherapy. No one was even praying for her at the time. These two eye witnesses told me it was one of those services they could not get off the ground. Some of us may have been in that kind of service where nothing is happening. In that church service was a man who harbored bitterness against another man across town for 20 years. He stood up at the front of the church in that dead, dead service and said, "This service is cursed because of me. I have had bitterness in my heart for 20 years toward a man across town and God's not going to bless me, or you or anybody in this church until I get it right. I will see you later. I am out of here."

People began to repent, one to another. Knowing a little bit about my father today, I would say, even in that first year of marriage, my mother probably had developed a massive case of bitterness because I had a very difficult father. I am suggesting that because the whole place erupted in repentance and forgiveness. In that meeting, paralyzed and on a stretcher, no one prayed for her. It was just her, God and silence, with everyone else doing what they were doing, when something happened. She connected with the invisible God without even trying.

Something happened. Maybe she forgave my father. Who knows what she was thinking? She came off that stretcher unaided from paralyzed to non-paralyzed, and she ran around the church shouting at the top of her lungs, "I'm healed! I'm healed! I'm healed!" I was told the people's mouths were hanging open as they watched her run around and around and around. She would go up to them, take their hands and thrust them to heaven saying, "Praise Him! Praise Him!" She lived another 34 years disease free. The cancer disappeared! Now that is a testimony!⁴¹

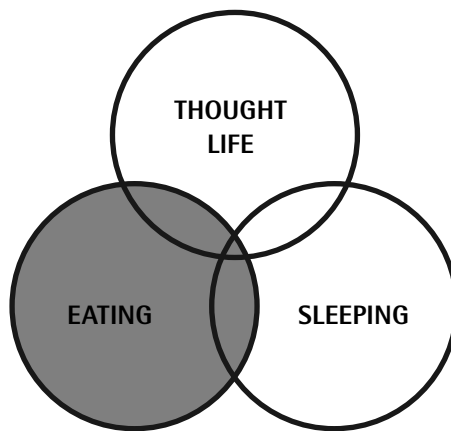
There is absolutely nothing that is impossible with God. He designed the human body and He knows exactly how to fix it. He is faithful to fulfill His promise for healing when His conditions are met. What He did for that lady, He can do for you. The Bible says God is no respecter of persons (Acts 10 v 34). However, you also have a part to play – you need to deal with the issues that caused the cancer in the first place.

If you have worked through the chapters that I have referred you to so far and have responded to the conviction of the Holy Spirit with genuine heartfelt repentance, you have done exactly that.

Pray With Me

I encourage you to speak out the following in faith and with authority:

"In Jesus Name I take authority over the spirit of fear that came in through a breach in my relationships, I take authority over the spirits of bitterness, the spirit of infirmity and the spirit of death. I break your power and I command you to go and to be cast out of my life and the generations in my family in the Name of Jesus! I sever the lifeline to this tumor which is the blood vessels that it's feeding on to supply itself – I command it to dry up and dissolve in the Name of Jesus! I release myself from sadness and despair. I take authority over the spirit of heaviness that has attached itself to me and break its power, in the Name of Jesus – be gone! Father I ask you to heal my broken heart (Isaiah 61 v 1) and I open my heart to receive your joy and perfect love which casts out all fear (1 John 4 v 18). All the insecurities and the fears that are causing cortisol to be released – be gone in Jesus Name! I speak a blood transfusion into my bone marrow. I command my immune system and interleukin 2 to be restored and come back to full strength. I give my immune system and interleukin 2 an assignment to identify every single cancer cell and go eat it and do not stop until you're done. Father, I also ask You to work a creative miracle in my genes to that any genetic defects would be healed. Thank You that I will not die, but live and declare the works of the Lord! In Jesus Name, Amen!"



Beating Cancer With Nutrition

Nutrition plays an essential part in beating cancer. Wrong foods place an enormous amount of stress on the body's cells, causing normal body cells to become acidic and cancerous during the dividing process.

The importance of nutrition in overcoming cancer can be compared to the situation of a house catching fire. To prevent the house from being completely destroyed, you would need to remove the cause of the problem through putting out the fire. However you cannot expect the house to return to its original state, just by putting out the fire – you also need bricks, cement, wood and materials to rebuild the damaged areas of the house! At the same time, you would also get nowhere if you brought new building materials but did not put out the fire, because the new material would also be destroyed. The same principle applies to your body when it is destroyed by disease: The fire is like the toxic thinking patterns that cause the disease and the building materials come from whatever you eat.

In the beginning of this chapter, I mentioned a wonderful ability that the Lord built into our bodies which is the ability to self-heal. For example if you cut yourself with a knife by accident, you will witness your body self-heal as it forms a scab and eventually replaces the wound with new skin. Every organ and cell in our body has the same self-healing ability. After dealing with the toxic mindsets that cause a disease (comparable to putting out the fire in the burning house), you can assist this self-healing ability by providing your body with the building blocks and fuel that it needs for rebuilding and repair. In other words you need to supply your body with high quality nutrients by eating according to God's design. Therefore it is very important that you read through the whole of part 2 of this book where I discuss God's principles of eating in detail. The most essential sections to focus on before reading any further are:

You can assist your bodies self healing ability by providing it with the building blocks and fuel (i.e. high quality nutrients) that it needs for rebuilding and repara.

- The importance of raw foods on page 232
- The section under the title: "Don't Eat Too Much Meat."
- The chapter titled "The Process Of Putting These Principles Into Practice" – once you have read this chapter, I'd like to add a few points specifically relevant to cancer below:

Stage 2: Cleansing And Detox

I recommend that you skip stage 1 and immediately begin the cleansing and detox of stage 2 whereby only vegetable juice is consumed for a full six week period (under the supervision of a medical professional were necessary). It is important to drink as much vegetable juice as possible: the ideal is one vegetable juice every hour with a total of 13 glasses being consumed every day. This many glasses is necessary, firstly to rush a high quantity of high quality nutrients to the broken down, worn out and weakened immune system, body cells and organs, and secondly to restore the body pH from an acidic to alkaline state.

Stage 3: Transition Phase

When you introduce solid foods in stage 3, include a wide variety of vegetables in your salads. Take care to especially include the following vegetables which are particularly valuable for fighting cancer:

- **Carrots** – contain **falcarinol** that suppresses cancer cell growth.
- **Broccoli** – contains **sulforaphane** which causes cancer cell death.
- **Tomato** – contains **lycopene** which is a powerful antioxidant for fighting cancer.
- **Raw beetroot** – contains **betacyanin** that restores the cell respiration (aerobic metabolism) and inhibits cancer cell growth. Raw beetroot should be juiced without pre-cooking and should be mixed with the pulp, to preserve its anti-cancer properties. NB: never drink raw beetroot juice by itself – it can temporarily paralyze your vocal chords and it over taxes the liver. Combine one beetroot with other vegetables to make a juice and grate it in your salad.
- **Red onion** – contains **sulphur** which slows down and prevents cancer cell and tumor growth. It also helps to detoxify the body.
- **Garlic** – restores natural killer cell function (natural killer cells of the immune system destroy cancer cells). Eat 3 to 5 cloves of garlic every day. Crush them and leave for 15 minutes prior to eating – this amount of time is needed to release an important anti-cancer enzyme called allinase. If you swallow the garlic without chewing, it won't make your breath smell.
- **Lemons** – have been used for centuries to purify the body and the bloodstream of toxins, impurities and most importantly, fungus. Since fungus is very involved in the development of cancer, lemons are ideally suited to help the body heal from this disease.

- **Flaxseed oil** – Dr. Johanna Budwig of Germany published extensive research on the tremendous anti-cancer properties of flaxseed oil so add it to your salad dressing. Take two tablespoons for the first month and then reduce to one tablespoon.

I recommend that you do not move on to stage 4 (the maintenance diet) until you have recovered from the cancer. You must not have any animal products (meat, dairy products etc) or processed foods (containing refined sugar, white flour, salt, caffeine, alcohol etc) whilst your body is still in the process of healing.

Acidity Vs Alkalinity

Nobel Prize winner Dr. Otto Warburg discovered that cancer cells only thrive in a low-oxygen state. When your body cells and tissue are acidic (which means that the pH is below 6.5 - 7.0), they lose their ability to take up oxygen. As a result of this the body cells transfer from aerobic to anaerobic metabolism. In this environment, cancer cells are able to thrive because the only thing that body cells can do with anaerobic energy is grow and split.

On the other hand, when your body cells and tissue are alkaline (which means that the Ph is above 7.0) cancer cells find it difficult to survive because of the high amount of oxygen present. Alkaline tissue holds 20 times more oxygen than acidic tissue. This oxygen rich environment prevents further cancer cell growth. In a pH of 8.0 or greater, cancer cells and the cancer-causing harmful micro-organisms (viruses, bacteria, fungus) cannot survive.

When we are born, our body pH is near or at neutral. Maintaining this near neutral body cell and tissue pH is critical for staying healthy and creating an inhospitable environment for cancer cells and virus-bacteria-fungus to multiply. If you can keep your body tissue pH somewhere between 6.5 - 7.0 it is very difficult to get sick.

How Your Body Becomes Acidic

Nearly all cancer patients have high acidity in their body cells. There are two main reasons why the body's pH becomes acidic (sick) as opposed to alkaline (healthy):

1. Prolonged internal stress, as a result of toxic mindsets and suppressed toxic emotions (i.e. fear, anxiety, stress, anger, resentment, bitterness, grief etc)
2. Poor diet high in acidic foods.

Earlier in this chapter, under the section on fear, anxiety and stress I explained that prolonged stress results in a depletion of adrenalin. The function of adrenalin is to remove sugar from cells and convert it into energy for the body. When there is a shortage of adrenalin, the sugar levels rise in body cells which then impairs the uptake of oxygen and thus breaks cell respiration/aerobic metabolism. The harmful virus-bacteria-yeast like fungus enters the body cells to feed on the sugar. As they ferment the sugar, they form highly acidic mycotoxins which cause the body cells to become acidic. Furthermore, the high levels of stress hormones (such as cortisol) during stage 2 and 3 of stress are themselves acidic.

The acidic environment of the body is exacerbated by poor nutrition. Every food has a pH value from very acidic to very alkaline. Raw fruits and vegetables are very alkaline. Lemons, watermelon and figs are extremely alkaline.

Neutral foods include: butter, cheese, honey, eggs, potatoes, oils, beans, lentils, olives, barley, wheat bran, oat bran or oatmeal, rice, wheat, lentils, soy beans, soy milk, rice milk and almond milk.

Highly acidic foods include: excess amounts of meat, seafood, processed foods, refined sugar, artificial sweeteners, white flour, salt, caffeine, breads, pastries, canned or glazed fruits, refined cereals, chocolate, custard, jams, white pasta, pickles, alcohol, cocoa, vinegar, mustard, pepper, aspirin, chemicals, drugs, tobacco and soft drinks/beer. For example coffee has a pH of 4 and coke has a pH of 2! Most beer has a pH

somewhere between 2.5 and 4.2 depending on the make. Coke is so acidic that it would take 32 glasses of highly alkaline water to neutralize one glass of coke! Thus people who drink large quantities of coke, coffee and/or beer are usually acidic and are magnets for most illnesses including cancer.

How To Make Your Body Alkaline And Keep It That Way

1. The toxic thought patterns and resultant suppressed feelings of anger, hate, resentment, and grief that put the body into a toxic state of chronic stress and create a drain and eventual depletion of the adrenaline reserves, need to be expressed and permanently released.
2. Eating an alkaline forming diet: after one week of consuming vegetable juice only (13 glasses a day), your body will be shifted from an acidic to a slightly alkaline pH. Your body will be maintained at the right pH if your lifestyle of eating is based on the principles outlined in part 2 of this book i.e. 80% raw fruit and vegetables with very small amounts meat and where processed products are limited as much as possible.

Whilst recovering from cancer it is essential that you avoid meat, processed products and the above mentioned acidic foods completely. It is essential for a cancer patient to eat a minimum of 80% alkaline foods and 20% neutral foods.

The Importance Of Detoxifying The Liver

“No disease, especially degenerative diseases including cancer and AIDS, could survive longer than a few weeks in the presence of a healthy liver.” Immune Perspectives – Dr Leo Roy MD, ND

Restoring the health of the liver is essential to cancer recovery because the liver is the master organ of the body, and the master organ of the immune system. Its main functions include detoxing and purifying the blood, storing large quantities of glucose (for cells) and producing bile for digestion.

Earlier in this chapter, in the section under fear, anxiety and stress where I described how cancer develops, I explained that when the immune system is weakened, healthy somatids (tiny organisms) that live in your blood change into a harmful pathogenic viral-bacterial-yeast-like fungus. These fungus micro organisms enter healthy cells to feed on their stress-induced high sugar content. As they ferment the sugar they produce highly acidic mycotoxins which in turn cause the body cell to become acidic. This impairs the cell's ability to take up oxygen and the cell reverts to anaerobic respiration and causes cell mutations (cancer cells).

The fungus micro organisms also target the liver cells for their large quantities of glucose and excrete their mycotoxins into the liver cells.

These viral-microbes also damage the liver's ability to repair and strengthen the immune system and to repair itself, as it becomes over-loaded with toxins. This is the reason why cancer patients nearly always have a diseased liver. Other toxins that build up in the body come from a poor diet, microbe and parasite secretions, chemicals, alcohol, tobacco, antibiotics and other medical drugs, chemotherapy, fermentation of stress hormones, lactic acid from a lack of exercise, dead microbes and parasites and dead cancer cells. All of these toxins tend to accumulate in the liver. The more the liver is damaged, the more the immune system is damaged, the greater number of healthy, somatids change, into harmful cancer-causing viral-bacterial-yeast-like fungus in other parts of the body, and the vicious cycle begins all over again.

So it is very important to stop this cycle, by cleansing and detoxifying the liver, for optimum cancer recovery. However, it is very important to first cleanse the colon before detoxifying the liver.

If you detoxify the liver without first removing the waste in your colon, the toxins you have eliminated from the liver will become trapped in the colon whereby they cannot be released through the bowel. As a result they will be recycled back through the body into the liver again. So it is a good idea to first have a

once off colon cleanse with natural herbal products in order to get rid of putrefied food debris that may be impacted inside your colon.

Coffee Enemas

Liver detoxification with coffee enemas is a very important in the treatment and reversal of cancer. It lowers the quantity of blood serum toxins and cleans the poison out of the fluid nourishing normal cells. Coffee enemas cause dilation of bile ducts, facilitating excretion of dead cancer cells by the liver and dialysis of toxic products from blood across the colonic wall. See our website for more details (www.eagleswings.co.zw).

Natural Liver Cleanse With Lemon And Extra Virgin Olive Oil

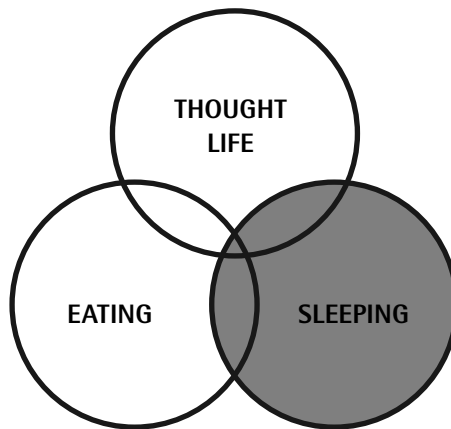
A very effective way to cleanse/detox the liver is with a drink consisting of one lemon put through a juicer and one table spoon of Extra Virgin olive oil in 1□ glasses of clean water. This must be drunk every morning an hour before eating to flush and detox the liver and gall bladder. This drink manages to restore the pH of your saliva which in turn helps you to absorb the nutrients from the food you eat.

Caution: Start off with 1/4 cup of the above lemon drink, and gradually build up to the full amount over 4 weeks (this is especially important if you have a severely weakened liver or liver cancer). Consuming the whole amount in one go, can cause a "healing crisis", resulting in a dramatic drop of bilirubin levels, fever, diarrhea, and generally feeling unwell.

Drinking carrot juice daily will also help to detoxify and restore the health of the liver.

Do A Liver And Colon Cleanse Every 3 To 6 Months

After you have recovered from cancer, there should be, less toxins that accumulate in your body if you continue with the healthy thinking, eating and sleeping habits you have learnt from this book. However it is a good idea to do a detoxification of your liver (the master immune system organ), the colon (intestinal immune system), the gall bladder and the kidneys every 3 to 6 months, to prevent toxins building up within your body.



Beating Cancer With Correct Sleeping Patterns

Obtaining an adequate amount of quality sleep at the right time is critical in the recovery of cancer. In order to defeat cancer you need a healthy immune system and you cannot have a healthy immune system without gaining adequate amount of good quality sleep. Please ensure that you have read the chapter on page 205 in Part 2 of this book entitled "Eat, Sleep and Rest At The Right Time". This is important background knowledge.

The hormone melatonin is produced from the pineal gland in the brain during deep sleep (optimal production of melatonin is between midnight and 3:00am). This hormone is known as the "body's natural wonder drug" because it plays an important role in regulating/boosting the immune system and is a powerful anti-oxidant (free-radical fighter)⁷⁴. Melatonin counteracts the effect of stress on the immune system for example from an infection, drugs (such as steroids), emotional stress or aging⁷⁵. The good news from research is that melatonin has even been shown to reverse the damaging immunosuppressive effect of chemotherapy on the immune system⁷⁶. Most important is that melatonin inhibits cancer cell growth and can directly kill many different types of cancer cells.

Melatonin's potent immune enhancing properties function was first discovered in the early 1980's and ten years later its substantial cancer-repelling power was revealed. A key person involved in this research was Georges Maestroni who was the director of the Centre for Experimental Pathology in Switzerland. He found that animals that did not have pineal glands (which produce melatonin) had shrunken thymus glands. Thymus glands are vital for the effective functioning of the immune system. So if a deficiency of melatonin caused the thymus to waste away, then the melatonin must be just as critical to immunity.

In a key experiment, rodents were injected with a sub-lethal dose of a virus (EMCV virus). Half of the mice were then injected with melatonin. Finally, both groups were subjected to restraint stress, a procedure known to inhibit the immune response. At the end of 10 days, 82% of the melatonin-treated rodents were still alive, compared to only 6 percent of the controls⁷⁵.

This is how melatonin works to boost the immune system and enable the body to defeat cancer:

- There is a melatonin receptor on a key cell of the immune system called a helper T-cell⁷⁹.



- Once the melatonin binds to the cell receptor, it increases the production of Interleukin 2 which is necessary to inhibit the growth of cancer cells.



- The increased production of interleukin 2 in turn stimulates the tumor killing action of natural killer cells as well as tumor necrosis factor alpha and interferon gamma⁸⁰.

Studies have shown that cancer patients have low levels of melatonin. The reason is because the development of cancer begins with an emotional trauma or stressful life event; the chronic stress and suppressed fear, anger, bitterness, grief etc over the unresolved issue causes disrupted sleeping patterns. As a result the person spends less time in deep stage 4 sleep, during the night. This leads to very low melatonin levels which in turn weakens the immune system. This is bad news for a cancer patient because in order to reverse cancer, you need a healthy immune system. That is why correct sleeping patterns are so important. Go to bed early and obtain as much sleep and rest as possible during your recovery.

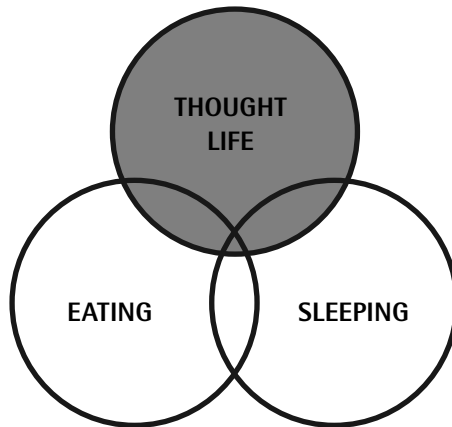
Other factors that will lower melatonin levels apart from chronic stress and sleep deprivation include high protein diets, overeating, alcohol, smoking, lack of natural lighting during the day and sleeping in a room that is not pitch black due to moonlight, streetlights or other things.

Here are some quotes from research across the world on the importance of melatonin and sleep:

- "Prolonged disturbed sleep, as a consequence of complicated grief, significantly decreases melatonin levels in the body that are important for inhibiting cancer cell growth.

The strong link between sleep and the immune system suggests that disrupted sleep following bereavement can indirectly affect health by suppressing the immune system. The relationship between bereavement and sleep has generated great interest among researchers as a factor in increased psychiatric and medical conditions and mortality (death)." American Psychological Association

- "Melatonin can kill directly many different types of tumour cells. It is a naturally produced cytotoxin, which can induce tumor cell death (apoptosis). In instances where the tumour has already established itself in the body, melatonin has been shown to inhibit the tumour's growth rate. Melatonin exhibits natural oncostatic activity and inhibits cancer cell growth. In patients in whom cancer has become a noticeable physical burden and produces overt symptoms, melatonin has been shown to alleviate numerous cancer symptoms and to inhibit development of new tumour blood vessels (tumour angiogenesis), which in turn inhibits the cancer from spreading further (metastasis). Radiation therapy usually induces anemia. Melatonin stimulates platelet production and has been shown to effectively treat cancer patients with low platelet counts and anemia. Melatonin reduces chemotherapy-induced cardiotoxicity, neurotoxicity, thrombocytopenia (reduced platelet counts), stomatitis (inflammation of mouth), and asthenia (weakness), and improves the overall response in cancer patients." Clinical Study, The Life Extension Foundation
- "Results from a new study in laboratory mice show that night-time exposure to artificial light stimulated the growth of human breast tumors by suppressing the levels of a key hormone called melatonin. The study also showed that extended periods of night-time darkness greatly slowed the growth of these tumors." US Department of Health and Human Services – National Institute of Health
- "Researchers at Brigham and Women's Hospital, led by Eva Schernhammer, MD, DrPH, (Assistant Professor of Medicine at Harvard Medical School) were among the first to report that nightshift workers may have an increased risk of developing breast cancer. Decreased levels of melatonin – a hormone, closely linked to sleep patterns – is believed to be a possible cause. Now, in the next phase of this research, Schernhammer reports that lower melatonin levels are associated with a higher risk of breast cancer. The findings are published in the July 20, 2005 issue of the Journal of the National Cancer Institute. The hormone melatonin is typically released from the brain during the night. It is the reason people get sleepy. Nightshift workers, exposed to bright light during the evenings, produce less melatonin. Laboratory studies have shown that melatonin production can put tumor cells "to sleep" by stunting growth. A recent report indicated that in constant light, tumors grew seven times faster than they did in the dark. In this study, the researchers measured urinary melatonin in 147 women who developed invasive breast cancer and 291 matched women who did not develop breast cancer. They found that women with the lowest levels of the melatonin metabolite in their urine were 70 percent more likely to develop breast cancer." Press Release – Brigham and Women's Hospital Research Unit
- On October 17 2001, the Journal of the National Cancer Institute (Vol. 93, No. 20, pp. 1557-1568) published two papers reporting a significant increase in the risk of breast cancer among women who frequently did not sleep between 1am and 3am which is the period of the night when melatonin levels are typically at their highest.
- "Women with breast cancer and men with prostate cancer tend to have lower levels of melatonin than those without the disease. Low levels of melatonin stimulate the growth of certain types of cancer cells and adding melatonin to these cells inhibits their growth. **Meditation appears to be a valuable addition to the treatment of cancer due to a rise in levels of melatonin in the body.**" University of Maryland Medical Center



Thinking Times – Being In God's Presence And Meditating On The Word

The last sentence in the above quote brings us full swing back to what we began with in this chapter which is the importance of correct thinking patterns. If you haven't already, please make sure you read pages 695–700 where I explain the importance of having “thinking times” everyday in order to overcome toxic thinking patterns.

In dealing with the toxic mindsets behind cancer, I recommend the Scripture filled chapters “Forgiveness – An Necessity for Healing”, “Dealing With fear, Anxiety and Stress” and “Who You Are In Christ” that I referred you to earlier as a valuable resource to read through and meditate on in your daily thinking times. These chapters will help you to eradicate fear, anxiety, stress, anger, bitterness, un-forgiveness and a low self esteem through renewing your mind with the Word of God. The results of this on a physical level will be:

- Decreased levels of the stress hormone cortisol.
- Stabilized adrenalin levels to prevent cancer growth.
- Lowered epinephrine and norepinephrine levels that stimulate tumor growth.
- Increased levels of the feel good hormone serotonin.
- A feeling of hope and inner peace.
- Creates self confidence and life purpose.

You don't have to be legalistic about it but I recommend that you have your thinking times in the evenings if you can, because studies have shown that meditation stimulates the pineal gland in the brain to produce melatonin. Thus having your thinking times in the evening serves two purposes: firstly it stimulates the production of melatonin for that night's sleep and secondly, it calms and brings peace to you mind allowing for uninterrupted sleep. This will help increase your melatonin levels which in turn will boost your immune system, and in combination with the changes listed above, will enhance your body's ability to defeat cancer.

According to the American Cancer Society: “A National Institute of Health panel found evidence that regular meditation can also reduce symptoms of post-traumatic stress syndrome, and increase longevity and quality of life. The same study found that those who meditated had a better immune response than those who did not meditate.”

Other Ways To Assist Your Body's Self Healing Ability

Reduce Stress Through Massage

Before reading this section, please quickly flip to page 708 and read the short section under the title "Monkey Hug Therapy" which explains why touch is a powerful healing force and why it is so good for your brain and body.

Regular massage (using gentle strokes over the entire body) is an effective way to help reduce mental anxiety and to break the stage 2 and 3 stress reaction in the body. During a massage the mind sends signals to the nervous system to completely relax the entire body at a very deep level. This results in a significant lowering of stress hormone cortisol levels. It is vitally important for a person with cancer to lower the stress hormone cortisol levels within their body so that their immune system can recover and to restore adrenaline levels to normal to prevent new cancer cell mutations.

Using massage therapy to reduce the levels of the stress hormone cortisol and restore adrenaline levels was further validated when it became the cornerstone of a new program at Memorial Sloan-Kettering Cancer Center, generally considered to be one of the world's top-ranked cancer hospitals.

Studies done at the Touch Research Institute at the University of Miami Medical Centre as well as reports from the International Journal of Neuroscience have found that massage boosts the immune system whereby there is a significant increase in the number of T cells and natural killer cells that destroy cancer cells.

Massage will also stimulate the brain to release healthy chemicals such as dopamine, endorphins and encephalon's, which kill pain in your body and make you feel good.

Nurse researcher, Susie Wilkinson, of the Marie Curie Cancer Centre in Liverpool, England, studied the effects of a series of four weekly, full-body massages on the quality of life for patients with advanced cancer: "Aside from relaxation, 33 percent reported pain reduction, while 20 percent reported other physical benefits such as decreased edema, increased mobility, and improved skin condition. About half indicated that the positive aspects of the massage had been mainly physical, while the other half reported the primary benefit to be emotional or spiritual. One of the important emotional themes that surfaced for patients was the benefit of being given time and attention specifically for them. For some, the massage sessions were a time out from the illness."

Whilst you are recovering from cancer, ask your spouse or carer, looking after you, to give you a 20 to 30 minute massage, every day (or at least twice a week). It is ideal to do it in the evening because it will help you to sleep which as you now know is very important for the recovery from cancer. If you can, use lavender oil for your massage because the combination of smell and touch produces powerful physical and emotional responses in the body. When lavender is inhaled during massage, it stimulates the release of various neuro-chemicals in the brain, for example serotonin, which has a calming effect on the mind and the autonomic nervous system in the body, which steps the stage for a good night of peaceful sleep.

Another way to induce sleep and overcome insomnia is to place 8 drops of pure grade lavender oil in an oil burner in your bedroom before going to sleep and leave it to burn all night.

Learn To Laugh!

Proverbs 17 v 22: "A happy heart is good medicine and a cheerful mind works healing."

Most cancer patients do not laugh or have difficulty with humor, yet this simple part of life is vital for is important in health and is a powerful healing force. Laughing and a happy heart literally is good medicine that works healing because it rejuvenates the neuro-chemicals in your brain and it boosts your immune system. You need to boost your immune system to help you defeat cancer! At this point please turn to page 709 and read the section under the title "Play, Laugh and Put On The Garment Of Praise" where I explain this in detail.

The use of laughter should be strongly considered. There are many instances of cancer patients, such as the famous Norman Cousins who have used laughter therapy to overcome cancer with incredible success. So don't underestimate the healing power of laughter: it reduces stress hormones and boost immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and B-cells, which produce disease-destroying antibodies. Laughter also triggers the release of endorphins, the body's natural painkillers, and produces a general sense of well-being.

Sue Jameson who has become a great friend, has been called and anointed by God to minister to people through teaching them how to laugh! She is a joy activist and laughter coach. Contact her at: sue@joy-activist.com.

What About Chemotherapy?

You cannot do the cleansing and detox with coffee enemas and 13 glasses of veggie juice a day in combination with chemotherapy because it is potentially fatal. If for whatever reason you choose to have chemo then you must not do the stage 2 cleansing and detox but must rather begin with the stage 3 transition stage where you do not have any coffee enemas, only 4 to 7 glasses of juice a day as well as whole foods.

Chemotherapy is aimed at killing cancer cells but it also kills the cells of your immune system. When your immune system is destroyed, your chances of recovering from cancer are very poor.

There was a black lady working in Henry Wright's ministry who had leukemia because of father and husband issues. She had ministry and was healed. She went back to her doctors for tests and they pronounced her totally cancer free. The leukemia had completely gone. Two weeks later her doctors called her back and said that they wanted to put her on a course of chemotherapy. She asked why and they said it was for preventative purposes. The minute he said that fear entered her heart, including the fear of death. She then scheduled for a course of chemo and in two weeks she was dead. The cause of death was side effects to chemo.

If you are on chemotherapy, I cannot tell you to come off it. I am simply sharing knowledge with you so that you can make an informed decision. The information on chemotherapy world-wide is not good. It has not extended the longevity of man, percentage wise by more than a year. It is an incredibly dangerous chemical that destroys your immune system and in this situation your body could never heal you.

I had an in depth discussion on the deception of prescription drugs and the damage done by the multi-billion dollar pharmaceutical industry on pages 74-82. What you must understand is that medicine may have started as a compassion ministry but it is now a huge money making business. The oil companies own the pharmaceutical industries which in turn are so powerful that they have major influence and control over the politicians. The pharmaceutical industries are the one who create and put into place the policies of healthcare. By their own admission they even run the FDA.

Cancer on its own is one of the richest multi-billion dollar industries in the world. I personally do not believe that a drug will ever be invented that will cure cancer because a drug does not deal with the

underlying root issues causing it. However, if a miracle cancer-curing drug was invented, it would never reach the market. The multi-billion dollar cancer industries don't want to know that cancer is curable because their business would fail over night and they would lose a tremendous amount of money. It would ruin the economy! Everybody from the president right down to the senators and everybody involved get paid.

In fact, if you want to get a lot of people very angry at you and you're in the health profession, it's fairly simple; all you have to do is begin to cure incurable diseases. They don't want to hear that you can cure cancer simply through dealing with toxic mindsets, good nutrition and good sleeping habits because there is no money to be made in that – it is a non-patentable process with non-patentable foods that you don't have to buy from the pharmaceutical industries and they do not want that.

About 80% of the patients that I have dealt with so far have cancer. I have noticed that they experience an incredible amount of pressure both from both their families (who in their ignorant desperation want to do everything possible to save their loved one) and also from medical doctors to have chemotherapy, radiation and/or surgery. Many patients are rushed into treatment immediately, sometimes having surgery as soon as the very next day and there has been little discussion, if any at all about what their choices are and how to, actually help the body heal itself. They are told, "You have got to start the chemotherapy immediately - like yesterday - or you are going to die soon. The patient is then overwhelmed with fear and they submit to the doctor's advice in blind faith because we live in this upside down society which says, you are not the professional, you don't know anything about your health and you must be obedient to whatever your doctor tells you to do. Bruce H Lipton, the bestselling author of biology of belief said, "If your doctor says that you can't do anything about it and your belief system has brought into that, then 95% of your subconscious mind is going to fulfil what the doctor just said because you've already attributed the doctor as the professional in charge of your health."

The only reason people die of cancer now anywhere in the world is lack of information! So I pray that this book will serve to educate you about your health and how you can help your body defeat cancer by itself. On the back sleeve of this book is a DVD which focuses mainly on the nutritional aspect behind cancer, but I have included it in the hope that it will encourage you to take control of your own health and give you the courage to stand up against this greedy system that does not want you to think for yourself.

Discussion On Specific Types Of Cancers

On top of the issues discussed in the background to cancers in general, some cancers have very specific spiritual roots behind them which are explained on the following pages. I cannot discuss all the different types of cancer as there just isn't the time and space. Therefore I have mainly discussed the most common cancers. Furthermore, when it comes to cancer, I do not have all the answers. I am still learning and hopefully will have more information in further editions of this book. However the background to cancers in general on pages 385-415 is relevant to most cancers and on page 400I explain how to deal with the issues behind cancer, regardless of what type of cancer it is.

Brain Tumors In Children

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge. The ministry of Pastor Henry Wright has documented evidence of brain tumors in children disappearing through dealing with the spiritual roots behind it.

According to new research a virus that infects about 65% of children by the age of 14 may play a role in the development of the most common type of malignant brain tumor found in the young. This is called the JC virus. It is a viral group called the Neurotrophic Polyoma Viruses. It typically infects the upper respiratory system with airborne particles the same way as the common cold. It is very common: 65 to 70% of human populations world-wide are infected with this virus by the age of 14, so we all basically have this virus in our bodies. The virus causes no disease [no cancer, no tumors even in children] unless a patient's immune system is weakened or destroyed⁴⁴.

Most of the time children with brain tumors have an inherited genetic defect. I explained in the background of cancer in general that a genetic defect can be set in motion by a virus. I also explained that cancer is able to develop when the immune system is destroyed. The immune system can be destroyed by high levels of stress hormones, such as cortisol. Children can be born with damaged immune systems. This is caused by mothers who had high levels of stress hormones during pregnancy due to a conflict in their marriage, their lives or in their homes. Recent research has shown that there is a "cortisol wash" that flushes the baby's brain with this stress hormone in the birth canal. It damages the baby's immune system immediately upon birth. Because the immune system is compromised, the virus is able to set the genetic defect into motion and a brain tumor begins to develop.

If you have had a child with a brain tumor, please do not allow the devil to use this information as an accusation to bring you under judgment and condemnation. Guilt and condemnation is from the devil and it doesn't solve the situation, it will just cause you more health problems. Furthermore if you get into offense, it will blind you to the truth in the principles that I want to share. The problem is that as Hosea 4 v 6 says, we perish for lack of knowledge. Therefore I have to teach these principles – I can't avoid telling you the truth because it may upset you. The information in this book is intended to reveal the plans

and strategies of the enemy so that he can no longer rob you through your ignorance. So rather than responding to this message by being offended or going into guilt and condemnation, I encourage you to rather be grateful for this knowledge and insight because now you know what the problem is and what needs to be dealt with.

In the chapter on genetically inherited diseases I mentioned that there have been testimonies where the parents came before God and repented of the sin behind the disease and the children were often instantly healed of diseases without prayer for healing even occurring on their behalf. When the curse is broken on that level, it is amazing to see God's provision and healing for children that are not yet at the age of understanding. The Bible says that children are sanctified by the believing parents.

1 Corinthians 7 v 14: "For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean, but now they are holy." KJV

Lung Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge. Cancers from other tissue and organs, especially in the breast, kidney, uterus, ovaries, testes and thyroid commonly spread (metastasize) to the lung. In this case the spiritual root depends on the original cancer.

A cough is the most common early symptom of lung cancer. Often the person will cough up blood or purulent (pus) sputum. A change in character of the "regular" cough of a smoker, particularly if it is associated with other respiratory symptoms is a warning sign of lung cancer. Sometimes the person will have breathlessness, a whistling sound (stridor) when the person breathes in or a hoarse voice. Sometimes there will be pain in the chest, shoulder and arms when the pleura (covering of the lungs) and nerves are involved. When the cancer spreads to the oesophagus (food pipe) the person will experience difficulty in swallowing. When the cancer spreads to other areas of the body, the person may experience epileptic seizures, personality changes, jaundice, bone pain, skin nodules, fatigue, anorexia and weight loss.

Latest research has shown that lung cancer is an autoimmune disease². Therefore to understand lung cancer you first need to read the chapter explaining autoimmune diseases on page 329.

Without exception, behind every autoimmune disease, is a low self esteem, self hatred, self rejection, condemnation and/or guilt. Smoking is responsible for more than 90% of lung cancer cases and this is what triggers the autoimmune response. Smoking also increases the risk of many other cancers. When you smoke you are opening the door to the spirit of death because you are bringing into your body a chemical that can help produce cancer. There is a spiritual root behind smoking – it is similar to autoimmune diseases – a low self esteem, insecurity and the need to be loved.

With each puff of a cigarette, cells of the immune system called macrophages come to clean up the toxins in your lungs from the tobacco smoke. Macrophages are what I referred to as eating cells in the chapter on autoimmune diseases. With prolonged smoking there are so many macrophages that they start to mutate (change and become defective) and they start to attack the tissue in your lungs. This is the body attacking the body which is an autoimmune response. These macrophages spread throughout the body and that is how the lung cancer metastasizes (spreads).

The other 10% of lung cancers are said to be caused by exposure to the naturally occurring radon, atmospheric pollution in cities, passive smoke and exposure to asbestos, arsenic, beryllium, cadmium and chromium. However, as I explained in the background to cancer in general, your body is designed to cleanse itself of the toxic substances that you are normally exposed to in your environment. Fear, anxiety, stress, un-forgiveness and bitterness increase the levels of stress hormones in your body. High levels of

stress hormones such as ACTH cause the cell walls in the lung to become stiff or rigid. As a result the cell wall cannot filter substances properly and the things that the body cell needs like nutrients and oxygen cannot diffuse into the cell. There is also a buildup of waste products and toxins inside the cell which cannot diffuse out. Thus the cells of the lung tissue are not able to cleanse themselves as they were designed to. The retention of waste products as well as the toxins from the atmosphere inside the cell damages the anti-oncogenes thus making you susceptible to getting cancer.

I explain how to deal with the issues behind cancer in the background of cancer which I referred you to. Furthermore, in the case of cigarette smoking you need to deal with the spiritual issues behind that which is discussed in detail in the chapter on page 345.

Breast Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge.

Approximately 1 million new cases of breast cancer are diagnosed each year world-wide. It is the most common cancer in women. Approximately 1 in 10 women will develop breast cancer. Hopefully this will change with the application of the principles that I am teaching. Earlier in this chapter I mentioned that the principles that need to be applied for healing of cancer are the same principles that when applied to your life now will prevent cancer. Ladies, I'm about to show you the biggest secret to preventing and

healing of breast cancer that has ever hit this planet and I know it is true because so many females across the world are being healed.

Breast cancer is caused by long term festering bitterness, resentment and strife between the woman with the disease and another female.

The most common symptom of breast cancer is a hard lump that can be felt in the breast and is usually painless. Malignant breast tumors are usually firm and irregular and often produce visible signs of breast asymmetry such as flattening, dimpling or puckering of the over lying skin. It can also cause retraction of the nipple. 50% of breast cancer lumps are

located in the upper outer quadrant of the breast. Other symptoms of breast cancer include swelling and dimpling of the skin (this is called peau d'orange because the skin looks like that of an orange peel) and less commonly pain within the breast. Bleeding or discharge from the nipple can occur in advanced cancer. Sometimes breast cancer can present with a dry scaling or red weeping appearance of the nipple which is known as Paget's disease. When the breast cancer spreads to other parts of the body, symptoms include lumps above the collar bone, bone pain, a cough or breathlessness, lethargy and tiredness, jaundice and headaches, or a sudden onset of grand mal seizures.

Breast cancer is caused by long term festering bitterness, resentment and strife between the woman with the disease and another female. The same spiritual root is behind fibrocystic breast disease although breast cysts are not cancerous. There are other causes of breast cancer which will be mentioned later.

When you allow strife in your life – you open the door to every evil work: **James 3 v 16: "For where there is envy and strife, there is confusion and every evil work."**

Strife includes bickering, arguing, fighting, heated disagreements and angry undercurrents. On page 192 I explained how strife literally puts your body into a toxic state of stress. Strife causes an increase in the levels of stress hormones such as cortisol. In high levels cortisol destroys your immune system thus predisposing you to cancer, viruses and any type of bacterial, parasitic or fungal infection...literally any evil work, just as the Word of God says.

In the background to cancer in general I also explained how long term festering bitterness can lead to the retention of toxins inside your body cells that destroy the anti-oncogenes. The cells in females that are

targeted are the breast tissue because the breasts are the nurturing aspect of the female. When a female is no longer nurturing and is into a lot of strife with bitterness festering within her, the anti-oncogenes in the cells in her breasts are destroyed and she gets cancer.

Henry Wright initially saw the connection between breast cancer and bitterness between the woman with breast cancer and another female just through ministering to thousands of women with breast cancer. He became involved in their lives and found that all of them had bitterness towards their mother, mother-in-law or sister or some other female. There were two doctors, one in Taiwan and one in Denver Colorado who began to collaborate as Christian doctors. At first they were skeptical about Henry Wright's teaching because he is a pastor. So these two doctors began to go back and look at their case histories to see if there really was a connection in breast cancer between the woman with the disease and bitterness and strife towards another woman. And they came to a startling observation:

- If the cysts or the tumors appear in the left breast, it is an indicator of unresolved conflict and bitterness between the female with the disease and another female who is a blood relative – that would be a mother or a sister or grandmother or an aunt.
- If the tumors or cysts appear in the right breast, it's an indication of unresolved conflict and bitterness between the female with the disease and a non blood relative female – mother-in-law at the top of the list or a woman in the work place or a woman in the church.
- If tumors appear in both breasts, it is an indication of unresolved conflict and bitterness between that woman with the disease and both sides – blood relative and non blood relative.

I cannot explain this medically but this is holding true in 90% of case histories that have been looked at over the last 10 years. There are exceptions, for example 10% of all breast cancer is caused by mammograms and I'll discuss this later on. I'd like to share two testimonies by Henry Wright in his experience with breast cancer:

"One of the first cases of breast cancer that I got involved with was in 1984. A lady came to me a couple of days before her surgery for a radical mastectomy (where the whole breast is removed). I got involved in her life and found that there had been competition between the females in her family, I mean sibling rivalry, and the girls were competing with their own mother for supremacy. It was a mess. There was a tremendous amount of bickering. She had a strong root of bitterness. I got with her before God and helped her to forgive her sisters and her mother. She repented before God for this long term feud. Her mother had a history of this same type of behavior with her own sisters. These females had hated one another for generations. It was a cat fight all the way.

She had the mastectomy surgery, and coming out of surgery we were still doing ministry, dealing with spiritual roots and blocks to healing and coming before God. Her doctor said to her, "I'm going to put you on chemotherapy for 5 years." She came and told me that her doctor wanted to do this. I said, "Well, if God has healed you and if your anti-oncogenes are present, you are wasting your time." I suggested that she get her genes retested. She went back to her doctor and they retested her and both anti-oncogenes were present, where before they had not been. That's a miracle! We are now 12 years down the road and she is still alive today. Praise God! There are many other cases."³¹

"When I was teaching in Wycliffe, North Carolina, a lady was in the audience who had lumps in both her breasts. She heard my teaching on cancer in that conference. I was teaching there for 3 days but she did not come to me. She never said a word to me. I never even spoke to her or prayed for her, but she went home from that conference thoroughly convicted. She had simmering bitterness against her mother and her mother-in-law. She went into her prayer closet and began to repent to God for bitterness against her mother. Then in her mind these words formed, "You need to not just repent, you need to go to your mother and make it right," So she made an appointment with her mother and admitted this long term bitterness, irritation and resentment. She made her peace with her mother.

When she was rechecked by her doctor, all lumps were gone – but in her left breast only. She went back into her prayer closet and said, “God, why only one breast?” Again in her mind these words formed, “You’ve only done half the work. What about your mother-in-law?” Whoopsie daisy! Then she made an appointment with her mother-in-law. When she was rechecked by her doctor, all lumps had disappeared in the right breast! This was over 10 years ago, and she is well today. No one prayed for her. Sometimes it is not necessarily prayer we need. Getting right with God, ourselves and our brother is what we need.”⁴³

Now I've told you something very, very important – because of this knowledge you have the chance to defeat breast cancer forever in your life. This breach between females has got to stop because it is extremely dangerous for your health. Ladies, it is very important that you make peace with all other females immediately. Well what if they won't make peace with me? It's not what they do, it's what you do. Somebody has to get spiritual here, who do you think it needs to be?

This breach between females has got to stop because it is extremely dangerous for your health.

There are other causes of breast cancer which I will briefly mention: The American Medical Association came up with a startling statistic – 10% of breast cancers are caused by mammograms! A few years ago published medical reports stopped recommending mammograms but they did not tell you why. They knew that the radiation from mammograms was causing breast cancer and it has been for years. The women who get cancer from mammograms are those that are genetically pre-disposed to

breast cancer. Remember in the background to cancer in general I explained that you have anti-oncogenes in your body cells that normally protect the cell from developing cancer. The anti-oncogenes that are specifically damaged leading to breast cancer are the BRCA1 gene on chromosome 17 and the BRCA2 gene on chromosome 13. There are normally two of each type of anti-oncogene in each cell. I explained previously that there are three classes of cells in the human body:

1. **Healthy cells** which have two anti-oncogenes present – these cells will never become cancerous. You cannot develop cancer when both of the anti-oncogenes are present.
2. **Genetically predisposed cells** which have only one anti-oncogene present. When these women have a mammogram, the radiation destroys this anti-oncogene so that there are now no anti-oncogenes in the cell. Thus it is transformed into a compromised cell which can become cancerous. 10% of women are genetically pre-disposed to breast cancer which is why 10% of breast cancers are caused by mammograms.
3. **A compromised cell** which has no anti-oncogenes present – this cell can become cancerous at any time.

Does this mean that you should never have a mammogram? Well my advice is this: First go to an oncologist and have your genes tested, especially if there is a history of breast cancer in your family (The problem with getting your genes tested though is it is very expensive – it can cost up to U.S \$1000). If your cells are pre-disposed (i.e. they only have one anti-oncogene) then you must not have a mammogram regardless of how safe they tell you it is. The amount of radiation that you are exposed to during a mammogram also depends on the technician. A unit of radiation is called a rad. The maximum amount of radiation that breast tissue should ever be exposed to in a life time is 100 rads. A normal mammogram can expose you to anywhere between 0.5 and 48 rads depending on the technician.

An over exposure to the hormone oestrogen and an under exposure to the hormone progesterone can promote breast cancer. Women who first started their menstrual periods early in life and go through menopause later in life have an increased risk of breast cancer because they have more menstrual cycles in their life time. This is because there is an oestrogen surge during each menstrual cycle that stimulates the growth of the cells of the breast. When the cells in the breast are compromised by the spiritual issues behind cancer, the additional stimulation by the oestrogen will accelerate the development of breast

cancer. That is why women who go through menopause before 45 years of age have only half the breast cancer risk of those whose menopause occurs after 55 years of age.

Women who never have children also have an increased risk of breast cancer as do those who delay having their first child until their mid or late thirties. Breast feeding and having the first child at an early age is protective against breast cancer. A hormone called prolactin is produced during breast feeding and progesterone is produced during pregnancy. These two hormones protect breast cells against oestrogen in the long term. There is also an increased risk of breast cancer associated with obesity because fat cells also produce oestrogen. As a point of interest, this is why men with large stomachs also get bigger breasts because the oestrogen produced from the fat cells stimulates the growth of the breast tissue.

A woman who is on hormone replacement therapy can also be over exposed to oestrogen as can a woman who takes a contraceptive pill which has a very high oestrogen content.

However, remember in the background to cancer in general, I explained that when your immune system is healthy (there is no fear, anxiety, strife, bitterness etc upstream in your thought life), cancer cannot develop. This is because the cancerous cells generated as a result of over exposure to oestrogen are detected by the policeman (interleukin 2) and eaten up by the CD8 killer T cells before they can develop into a tumor.

Uterine Or Cervix Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge.

In our discussion on uterine cancer, I would like to start with a testimony that was shared by Henry Wright in one of his conferences: "My name is Janet. I was diagnosed with stage 3 uterine cancer. I had an emergency hysterectomy operation (this is where the uterus is surgically removed). However, the malignant tumor was still present. My doctor advised chemotherapy treatment so I agreed to the first two. I lost my hair and 25 pounds and felt awful. I was scared to go on with six more treatments because I didn't know how I could go on working as a real estate broker. Then things began to happen. A real estate listing came my way. I got a second call from another broker whose customer gave full price. I arranged to meet the broker to read the contract papers and then came a surprise. After our meeting I asked if he could stay for a while and chat with my husband and me. I had never met this man before and I rarely discuss personal matters with strangers but I felt close to him and told him my story. He listened patiently and then revealed that he had had considerable experience in ministering at the VA hospital and hospice and that he understood my concern. When I asked him what to do he said that he couldn't really help me but he had a booklet that tells you how to help yourself. (This is a booklet that was produced by Pleasant Valley Church of which Henry Wright is the Pastor. The book is entitled □New Insights into Cancer□). I read it twice that same evening. That was Wednesday. I began to realize the importance of forgiving others and that I had to get rid of the bitterness that I had towards my ex-son in law. It was like a light bulb went off in my head – I had to forgive him and I did. It happened in the driveway of my home just before he left my 11 year old grandson to visit me the very next day which was Thursday. They were both in shock when I told him I was sorry and that I loved him. We both cried as we hugged each other. This was on the Thursday – the day after I read the cancer booklet. The next day – Friday, I went to my appointment for chemotherapy treatment and to the surprise of both my oncologist and my radiologist, the cancer had completely disappeared! I now know that bitterness and unforgiveness were the cause of my cancer but most important is that God heard my heart asking Him to forgive me for judging someone else. I call it a matter of divine intervention of a God who loves me. I praise Him and worship Him. He has changed my life forever."

This is a case where when she repented and got rid of bitterness and unforgiveness, God actually took the tumor out of her body overnight. By the way, nobody prayed for her.

Apart from bitterness, unforgiveness, fear, anxiety and stress which is behind most cancers, compelling evidence in the medical field has shown that uterine or cervix cancer is caused by promiscuity. The human papilloma virus (type 16, 18, 31, 33 and 35) is the primary cause of cervix cancer and it is sexually transmitted.

In the background to cancer in general I spoke about anti-oncogenes. The normal function of anti-oncogenes is to block cell division when the cell has transformed into a cancer cell. When these anti-oncogenes are defective, they lose their ability to "put on the brakes" and uncontrolled cell growth ensues. The p53 anti-oncogene is a key sensor that detects damaged DNA and either slows down cell division to give time for the DNA to be repaired or it activates a series of chemical reactions that cause death of that cancer cell before it is able to form a tumor. The human papilloma virus attaches to the p53 anti-oncogene and neutralizes it. This prevents the p53 gene from destroying cells whose DNA is damaged by the human papilloma virus. This allows the accumulation of cells with genetic abnormalities that develop cancer. This virus also affects males and can cause cancer of the penis.

On pages 600 I explain why viruses are actually evil spirits of infirmity. When you have sex outside of marriage, you open yourself up to terrible consequences that are both physical (in the form of disease) and spiritual (evil spirits of infirmity are given access to you and your body).

Behind promiscuity is a low self esteem, insecurity and the need to be loved. Therefore as well as dealing with the issues behind cancer that are mentioned on page 400 you also need to develop a healthy self esteem which starts with knowing who you are in Christ and placing your sense of self worth and identity in Him. The chapter on page 647 will help you with this.

Apart from promiscuity, uterine cancer can also develop in women who were molested or raped. In this case an unloving accusing spirit makes them feel unclean and produces a lot of self hatred. The Bible says that the blood of Jesus has washed away your guilt and shame (Ephesians 1 v 4; Colossians 1 v 14; 1 John 1 v 9). You are beautiful in God's eyes (Psalm 139 v 14 – 15). I encourage you to begin to see yourself as God sees you.

Smoking is a co-factor that contributes to the development of cervix cancer and the spiritual root behind smoking is also a low self esteem, insecurity and the need to be loved (this is discussed in detail in the chapter on page 345). The toxins in tobacco smoke damage the DNA, making the cells of the cervix more susceptible to cancer.

Ovarian Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge.

Ovarian cancer develops in a woman who has self bitterness, self loathing and hatred for herself and her sexuality³¹. Ovarian cancer can also be inherited which is related to self bitterness and self hatred in previous generations. In this case there is damage to the BRCA1 and BRCA2 anti-oncogenes and it needs to be dealt with as explained in the chapter on genetically inherited diseases on page 151.

Otherwise, in the background to cancer in general which I initially referred you to, I explain how to deal with the spiritual issues behind cancer. Pay special attention to the chapter on who you are in Christ on page 647.

Prostrate Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge.

Prostate cancer is the most common cancer in men and is the third largest cause of death due to cancer, after cancer of the lung and colon. A man with prostate cancer will not always have symptoms. Symptoms of prostate cancer include blood in the urine (not always visible) and difficulty in passing urine - there is a poor urine stream, it takes a long time to pass the urine, the bladder does not feel empty after urination and there is a post voiding dribble. He also has to urinate more frequently, goes to the toilet at night more often and experiences urgency (which is where you have to get to the toilet quick!) and urge incontinence. Note that these can also be symptoms of an enlarged prostate that is not necessarily cancerous. When the cancer has spread he may experience bone pain, back pain, fatigue and weight loss.

There are two important factors that lead, to prostate cancer and that is a toxic mindset and a poor diet. The toxic mindset behind prostate cancer is guilt, condemnation, resentment and bitterness against yourself. You have a perfectionist mentality where you are driven to perform and your identity and sense of self worth is in your achievement. It is good and Godly to have a spirit excellence in everything you do, which means you do the best you can. However, when you are a perfectionist, you make no allowance for failure. You have become your own worst enemy because you will not allow yourself to show any weakness. When there is a weakness (and there is, because you are human and therefore not perfect) you will not forgive yourself and you feel bad about yourself, because an accusing spirit comes in and accuses you to yourself³¹. Your identity and sense of self worth should come from who you are in Christ, not what you do. The chapter on page 647 will help you change your thinking in this area. On page 400 I explain how to deal with the issues behind cancer in general.

Finally pray this with me: "I release myself from performance, perfectionism and meeting the expectations of others. I take authority over the spirit of fear and command you to go in Jesus' Name! In the Name of Jesus I release myself from the fear of failure that drives me to do everything right and which tells me that who I am is what I do. I determine in my heart this day to make an allowance for weakness and mistakes for it written that when I am weak, He is made strong (2 Corinthians 12 v 9) and "Though the righteous shall fall seven times, the Lord will lift them up!" (Proverbs 24 v 16). I release myself from the fear of man and what others think of me. I forgive myself and I release myself from guilt. I take authority over the unloving accusing spirit that accuses me to myself - you are a lying spirit and I break your power in the Name of Jesus and command you to be gone. Father this day I choose to love myself for who I am in Christ and not because of what I do."

Both men and women have estrogen and testosterone in their bodies, but in different proportions. Women have more estrogen whilst men have about 20 times more testosterone. The proportion of these hormones is greatly influenced by what a person eats. A diet that is high in animal protein will increase the testosterone levels. An excess of testosterone will cause trouble because it triggers the rapid growth of the prostate which can lead to prostate cancer.

On the other hand a diet that is low in unhealthy fats and animal protein and that consists of predominantly fresh, raw fruits and vegetables will slow the production of testosterone and speed its elimination. In addition to antioxidants, vitamins, minerals and other valuable nutrients, vegetables (especially soybeans and peas) contain plant estrogens (called phytoestrogens) which help normalize the proportion of testosterone to estrogen in the body, which in turn is protective against prostate cancer. It is very important for you to read Part 2 of this book where I explain the principles of healthy eating. Pay special attention to the section under the heading, "Don't Eat Too Much Meat."

Testicular Cancer

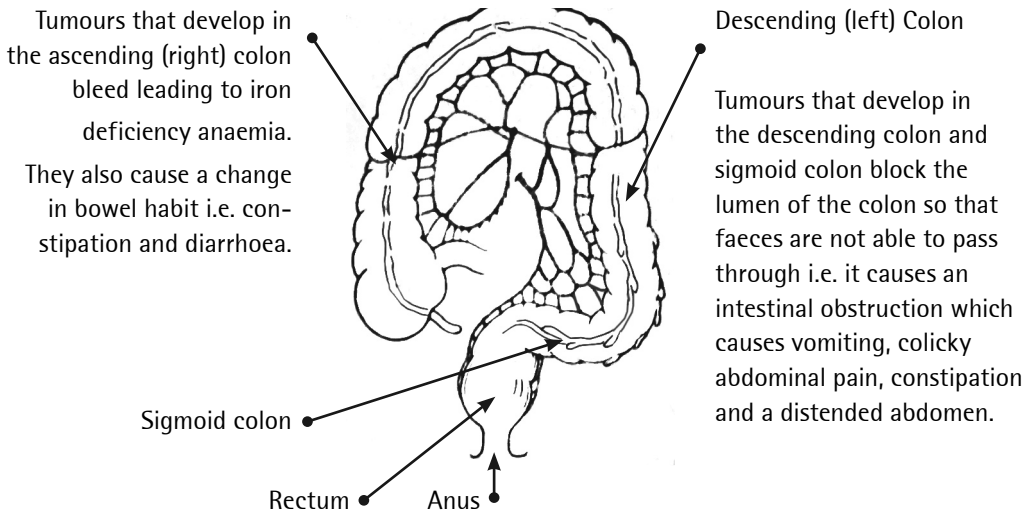
Testicular cancer usually develops between 20 and 40 years of age. It is usually discovered incidentally as a painless lump in the testicles although some people complain of a testicular ache or a heavy feeling in the scrotum. When the cancer spreads, lumps in the abdomen can be felt, the person may cough up blood (if the cancer spreads to the lungs) and the breasts may enlarge because of the increased secretion of a hormone called bHCG.

Testicular cancer develops as a result of self hatred of who you are as a man. You absolutely don't love yourself because you have an unloving accusing spirit that puts you down and accuses you to yourself every single day of the week. On page 400 I explain how to deal with the issues behind cancer in general. Pay special attention to the chapter on "Who You Are In Christ" on page 647.

Colon And Rectal Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge. Colon cancer is the most common cancer in developed countries and the death rate is second only to lung cancer.

10 to 20% of people with colon cancer will only have symptoms of weight loss and iron deficiency anaemia.



Up to 50% of tumours develop in the rectum. These tumours ulcerate and bleed so that blood and mucous come out the anus. It also causes a feeling of incomplete emptying after defecation. It also causes tenesmus which is painful spasms (cramps) accompanied with the urgent desire to empty the bowel, involuntary straining and the passage of very little faecal matter.

Summary of the symptoms of Colon Cancer

Henry Wright has observed a link between colon cancer and bitterness in a slanderer who perpetually gossips. Colon cancer afflicts people who are not kind to others. For example they never have anything nice to say about others, they are critical, they are always finding fault with others, they make fun of peo-

ple, are disrespectful and nasty with their tongue. This has not been researched in science but it is proving to be true in case studies looked at over the past 20 years.

Gossip and slander is a form of strife according to the Bible and when you allow strife in your life – you open the door to every evil work.

James 3 v 16: "For where there is envying and strife, there is confusion and every evil work."

Strife includes bickering, arguing, fighting, heated disagreements and angry undercurrents. Strife also includes gossip, slander, tale bearing, sedition, anarchy and division making. On page 192 I explained how strife literally puts your body into a toxic state of stress and illness. Strife causes an increase in the levels of stress hormones such as cortisol. In high levels cortisol destroys your immune system thus predisposing you to cancer, viruses and any type of bacterial, fungal or parasitic infection...literally any evil work, just as the Word of God says. Did you know that when you speak evil against somebody that is a curse and what you speak against another returns?

Proverbs 18 v 21: "Death and life are in the power of the tongue and they who indulge in it shall eat the fruit of it [for death or life]."

In the chapter "Dealing With Disease from a Medical Perspective" I explain that when you make positive statements, you release positive chemicals in your brain that are healthy for you. There are very sophisticated computer imaging techniques that have been able to measure and picture the sound waves of the words we speak. They have shown that when you speak negative words, it has a very sharp kind of wave form that tends to go out and attract negative. This is not a weird new age philosophy, this is reality. It is a solid scientific and Biblical principle (Proverbs 18 v 21). It's like unto like – what you think and speak is what you get. **"As a man thinks in his heart, so does he become" (Proverbs 23 v 7)**. When you speak love and faith, they have shown that these words have a different type of wave form which attracts love and faith.

Genetic defects play a key role in the development of colon cancer. Sometimes these genetic defects are inherited and this is related to sin in previous generations. Have a look at your family history – were there family conflicts and long term feuds, anger, antagonism and unresolved bitterness that caused damage throughout the successive generations?

On page 400 I explain how to deal with the spiritual issues behind cancer.

Inflammatory bowel disease, such as ulcerative colitis can also cause colon cancer due to the damage to the colon wall by the chronic inflammation. The spiritual root behind ulcerative colitis is similar to those behind cancer and that is fear, anxiety and stress. This is discussed in detail on page 510.

A diet that is high in fat, high in protein and low in fiber (fresh fruit and vegetables) will contribute to or promote the development of colon cancer. Normally when you eat fat, the gall bladder squirts bile into your intestines to help digest it. When you eat an excess of fatty food, a lot more bile is squirted into the intestines. This bile is acidic and in large quantities it is converted by bacteria in the colon (called NDC or nuclear dehydrogenating clostridia) into toxic substances that are carcinogenic (a carcinogen is a substance that causes cancer). Similarly when you eat an excess of protein, it is also broken down by bacteria into carcinogenic substances that damage the wall of the colon, promoting the development of cancer. A large amount of fresh fruit and vegetables is protective against colon cancer because the cellulose improves the health of the lining of the wall of the colon. The fiber also decreases the time that the food is in the colon, so that the carcinogens are flushed out and have less contact time with the colon wall. There is also less time for the bacteria to transform bile acid and protein into carcinogens. However, the high fat and high protein diet in itself does not cause colon cancer, it contributes to it. For cancer to develop, the spiritual issues discussed in the background to cancer in general must be there. If your immune system is healthy (there is no fear, anxiety, stress, bitterness, un-forgiveness etc in your thought life), any cancer

cells generated from the carcinogens produced by the NPD bacteria will be recognized by the policeman (interleukin 2) and eaten up by the CD8 killer T cells before they can form a tumor. Furthermore your body is designed to cleanse itself and flush out toxins and carcinogens. When your thought life is in order, nothing you eat will harm you.

Mark 16 v 17 – 18: “And these attesting signs will accompany those who believe ... and [even] if they drink anything deadly , it will not hurt them...”

When you are in right relationship with God and there is no fear, anxiety, stress and bitterness in your thought life, your body cleanses itself of toxins and carcinogens. I'm not implying that you can be irresponsible and eat as much junk food as you like. I'm talking about a normal lifestyle where you eat everything in moderation and things that you are normally exposed to in the environment.

Stomach Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge. About three quarters of a million people develop stomach cancer every year.

People with stomach cancer often do not have any symptoms in the early stages except indigestion. Later on a person with stomach cancer can experience ulcer-like pain, loss of appetite, nausea, vomit that contains blood, pass black very foul smelling stools (melaena stools), difficulty in swallowing, anaemia and weight loss.

The *Helicobacter pylori* bacteria which causes gastritis (inflammation of the lining of the stomach) and stomach ulcers, has now also been shown to cause between 60 to 70% of stomach cancers. Initially the cancer depends on the presence of this bacteria, but eventually it continues developing on its own. The *Helicobacter Pylori* bacteria are only able to infect your body when your immune system is weakened, for example by fear, anxiety, stress and/or bitterness. As we've seen in the background to cancer in general, a weakened immune system also allows cancer to develop. When you are in right relationship with God and you have no fear, anxiety, stress, un-forgiveness and bitterness in your thought life, your immune system is healthy and it will kill the *Helicobacter Pylori* bacteria before it is able to cause an infection as well as killing any cancer cells generated from the bacteria.

Stomach cancer can also be a complication of surgery where part of the stomach was removed (partial gastrectomy) in the treatment of stomach ulcers. Because part of the stomach is removed, not enough stomach acid is produced, thus allowing the *helicobacter pylori* bacteria to infect the stomach. However, for infection and cancer to occur there still has to be a weakened immune system due to the fear, anxiety, stress, un-forgiveness and bitterness in your thought life as I've just explained. Smoking and heavy alcohol in-take are co-factors that contribute to the development of stomach cancer. There are spiritual roots behind smoking and alcohol abuse which is explained in the chapter on page 345. Stomach cancer can also be caused by autoimmune gastritis (pernicious anaemia) which is where the immune system attacks and destroys the stomach lining. The spiritual roots behind autoimmune diseases are explained in the chapter on page 329. In a few cases, stomach cancer can be due to an inherited genetic defect.

If you have stomach cancer at the moment I also recommend that you eat a lot of fresh fruit and vegetables as these are protective against stomach cancer. However remember that good nutrition does not replace repentance – you still have to deal with the spiritual issues behind cancer which are explained on page 400.

Liver Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge. Cancer from other organs and tissue in the body commonly spread (metastasize) to the liver. Cancers that often spread to the liver include any cancer in the entire gastrointestinal tract including the pancreas and bowel, the lung and the breast. In this case the spiritual root depends on the original cancer.

Symptoms of liver cancer include weight loss, jaundice (eyes and skin have a yellow color), weakness, anorexia, fever, abdominal pain, a mass in the abdomen on the right and/or a swollen abdomen which is full of fluid (ascites).

Liver cancer can be caused by the HIV, hepatitis B and hepatitis C viruses. These viruses are the consequence of sexual promiscuity and/or contaminated needles due to tattoos and drug addiction. Hepatitis B and C are serious infections because they cause long term illness which leads to persistent inflammation, cirrhosis and cancer of the liver. The liver is eventually destroyed (fulminant hepatic necrosis) and this leads to death.

Proverbs 7 v 10, 21-23: "10And behold, there met him a woman with the attire of a harlot and a subtil of heart...21With her much fair speech she caused him to yield, with the flattering of her lips she forced him. 22He goes after her straight away, as an ox goes to the slaughter, or as a fool to the correction of the stocks; 23 till a dart strike through his liver; As a bird hastens to the snare, And he does not know that it is for his life." (KJV)

On pages 600 I explain why viruses are actually evil spirits of infirmity. When you have sex outside of marriage, you open yourself up to terrible consequences that are both physical (in the form of disease) and spiritual (evil spirits are given access to you and your body). You might not get HIV but there are more than 60 known diseases that are transmitted sexually and the chance that you will get at least one of them is excellent. These diseases do not always manifest immediately (so you'll think you got away with it) but they flare up years down the line. The ultimate consequence of sex outside of marriage is death.

Proverbs 6 v 32: "But whoever commits adultery with a woman lacks heart and understanding (moral principle and prudence); he who does it is destroying his own life."

Proverbs 6 v 20 – 29: "20 My son, keep your father's [God-given] commandment and forsake not the law of [God] your mother [taught you]...23 For the commandment is a lamp, and the whole teaching [of the law] is light, and reproofs of discipline are the way of life, 24 to keep you from the evil woman, from the flattery of the tongue of a loose woman. 25 Lust not after her beauty in your heart, neither let her capture you with her eyelids. 26 For on account of a harlot a man is brought to a piece of bread, and the adulteress stalks and snares [as with a hook] the precious life [of a man]. 27 Can a man take fire in his bosom and his clothes not be burned? 28 Can one go upon hot coals and his feet not be burned? 29 So he who co-habits with his neighbor's wife [will be tortured with evil consequences and just retribution]; he who touches her shall not be innocent or go unpunished."

Interestingly, liver cancer has also been associated with men who have heavily been into pornography³¹. Jesus said that if you lust after a woman in your heart, you are guilty of adultery. Matthew 5 v 28: "But I say to you that everyone who so much as looks at a woman with evil desire for her has already committed adultery with her in his heart." Behind pornography, is the need to be loved. This is explained in detail in the chapter on page 345.

Not every single case of liver cancer is caused by sexual promiscuity or pornography. For example toxins produced by the fungus *aspergillus flavus* can also cause liver cancer. This fungus is common in certain parts of Africa. It contaminates food that is stored in humid conditions. Fungi are only able to infect your body when your immune system is weakened by fear, anxiety and stress. As we've seen in the background

to cancer in general, a weakened immune system also allows cancer to develop. When you are in right relationship with God and you have no fear, anxiety, stress, un-forgiveness and bitterness in your thought life, your immune system is healthy and any cancer cells generated from the carcinogenic toxins produced by the aspergillus fungus will be destroyed by the cells of the immune system. Furthermore the immune system will kill the fungus before it is able to cause disease.

Furthermore your body is designed to cleanse itself and flush out toxins and carcinogens. However, as you read in the background to cancer in general: fear, anxiety, stress and bitterness increase the levels of stress hormones in your body. High levels of stress hormones cause the cell walls to become stiff or rigid. As a result the cell wall cannot filter out the waste products of metabolism properly leading to a build-up of waste products and toxins inside the cell. Thus the body cells are not able to cleanse themselves as they were designed to. The retention of waste products as well as the toxins from the fungus inside the cell damages the anti-oncogenes making you susceptible to getting cancer.

Cirrhosis of the liver is a pre-malignant condition that can lead to liver cancer. Cirrhosis of the liver can be caused by the hepatitis B and C viruses which I have discussed. Cirrhosis can also be caused by alcoholism, haemochromatosis, recurrent gall stones and autoimmune hepatitis where the immune system attacks and destroys the liver. Behind all these diseases, including promiscuity and pornography is a low self esteem and/or the need to be loved. These diseases have been discussed in more detail in other chapters.

On page 400 I explain how to deal with the spiritual issues behind cancer. You also need to develop a healthy self esteem which starts with knowing who you are in Christ, placing your sense of self worth and identity in Him and learning to see yourself as God sees you. The chapter on page 647 will help you with this.

Bladder Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge.

More than 80% of people with bladder cancer have blood in their urine which is usually visible and painless. Occupational exposure to the chemicals in rubber, cable, plastics and dyes in textiles and printing has been attributed to some bladder cancers. These chemicals cause cancer in the bladder because they are excreted in the urine. Urine is stored in the bladder for relatively long periods of time. While in the bladder the chemicals from the rubber and dyes react with an enzyme called glucuronidase. A substance is produced from that reaction that is carcinogenic. A "carcinogenic substance" is a substance that causes cancer.

The parasite Bilharzias (*Schistosoma*) has been shown to cause bladder cancer. Parasites are only able to infect your body when your immune system is weakened by fear, anxiety and stress. As we've seen in the background to cancer in general, a weakened immune system also allows cancer to develop. When you are in right relationship with God and you have no fear, anxiety, stress, un-forgiveness and bitterness in your thought life, your immune system is healthy and any cancer cells generated from the bilharzias or chemicals in rubber and dyes will be destroyed by the cells of the immune system. Furthermore the immune system will kill the bilharzias before it is able to cause disease.

Furthermore your body is designed to cleanse itself and flush out toxins and carcinogens. However, as you read in the background to cancer in general: fear, anxiety, stress and bitterness increase the levels of stress hormones in your body. High levels of stress hormones cause the cell walls to become stiff or rigid. As a result the cell wall cannot filter out the waste products of metabolism properly leading to a build-up of waste products and toxins inside the cell. Thus the body cells are not able to cleanse themselves as they

were designed to. The retention of waste products as well as the toxins from the rubber and dyes inside the cell, damages the anti-oncogenes making you susceptible to getting cancer.

Bladder cancer can also be caused by chronic inflammation which damages the cells of the lining of the bladder. Non bacterial inflammation of the bladder is discussed on page 379. An increase in bladder cancer is also seen in heavy smokers and people who abuse pain killers. There is a spiritual root behind smoking and addictions which is explained in the chapter on page 345. Cancers from other organs especially the cervix, prostate, rectum and lung can spread to the bladder. In this case the spiritual root depends on the original cancer.

On the page 400 I explain how to deal with the spiritual issues behind cancer.

Pancreas Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge.

Symptoms of pancreatic cancer are pain in the upper right part of the abdomen that radiates to the back and is relieved by bending forwards. People with pancreatic cancer lose a significant amount of weight and develop obstructive jaundice (yellow color of the eyes and skin which is very itchy, pale whitish stools and dark urine). A few patients will get diarrhea, vomiting, diabetes and depression.

I am still investigating the specific spiritual roots behind pancreatic cancer. The cause is not known in the medical field. As well as the issues discussed in the background to cancer in general, I have a suspicion that a low self esteem, self hatred, self rejection, condemnation, guilt and self bitterness is behind pancreatic cancer. However I can only confirm this with further experience with patients with pancreatic cancer. Pancreatic cancer has been associated with smoking, chronic pancreatitis (long standing inflammation of the pancreas due to alcohol abuse or gall stones) and diabetes. The spiritual roots behind all of these diseases are also a low self esteem, self hatred, condemnation etc.

I recommend that you deal with the issues behind cancer in general as explained on page 400 and also pay attention to the chapter on page 647.

Skin Cancer

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge.

When your immune system is weakened, you have increased risk of developing skin cancer. People who are taking medication that suppresses the immune system, for example those who have had an organ transplant have an increased susceptibility to developing skin cancer.

Skin cancer can also arise in areas of long standing inflammation like an ulcer. The chapter on page 377 is relevant for inflammation caused by infection. Non bacterial inflammation is discussed on page 379. Sometimes there is an inherited genetic component involved in skin cancer.

I have had to make a correction here from the first edition of my book where I said that skin cancer is often caused by exposure to the sun. Recent research indicates that skin cancer has nothing to do with the sun. Melanoma of skin cancer is now considered to be a blood disease. If it is a blood disease then you have self hatred and an unloving spirit in you that will not let you feel loved³¹.

In the background to cancer in general was a testimony of a lady who had skin cancer on her face. When she repented of bitterness and self hatred, the tumor fell right off her face onto the floor and in less than a month, the skin underneath was back to normal.

On page 400 I explain how to deal with the spiritual issues behind cancer. You also need to develop a healthy self esteem which starts with knowing who you are in Christ, placing your sense of self worth and identity in Him and learning to see yourself as God sees you. The chapter on page 647 will help you with this.

Adrenal Tumors

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge.

Malfunctioning of the adrenal glands is strongly tied to fear because the adrenal glands are intimately involved in the stage 1, 2 and 3 stress response (described in detail in the chapter on page 178).

The adrenal gland produces the stress hormones cortisol (from the adrenal cortex) as well as adrenalin and noradrenalin (from the adrenal medulla), among other hormones. A tumor in the adrenal glands often results in these hormones being produced in excess. This causes the following symptoms:

EXCESS CORTISOL (CUSHINGS DISEASE)		
Moon shaped face	Thinning of the hair	Acne
Tendency to develop infections (because the immune system is weakened).	Hirtuism (male pattern of hair growth in a woman.	Loss of height and fractures in spine (bones become brittle and osteoporotic)
Poor wound healing	High levels of glucose in the blood (diabetes)	Menstrual disturbances
Stomach ulcers	High blood pressure	Cataracts
Easy bruising	Central obesity (Weight gain in abdomen)	Wasting and weakness of thigh muscles
Decreased skin thickness	Striae (stretch marks in skin)	
EXCESS ADRENALIN AND NORADRENALIN		
High Blood Pressure	Palor (pale skin)	Sweating and nervousness.
EXCESS ALDOSTERONE		
<p>The adrenal gland also produces a hormone called Aldosterone which regulates the amount of salt (sodium) and water filtered through the kidneys into the urine. When a growth on the adrenal gland causes Aldosterone to be produced in excess, it causes high blood pressure. This is because less salt and water is filtered out the kidney and as a result the blood volume is increased. Excess Aldosterone also causes muscle weakness, pins and needles (paraesthesiae) and abnormal heart rhythm due to loss of potassium through the kidneys.</p>		

A tumor on the adrenal glands afflicts individuals who are perfectionists that are driven to perform. Their basis of love and sense of self worth is in their achievement. Fear comes in because there is no al-

allowance for failure or weakness. When there is a weakness – and there is – the person goes into guilt, condemnation and self bitterness³¹. That self accusation and the fear and bitterness that come with it allows a tumor/growth to form in a part of the endocrine system that is tied to fear.

Below I explain how to deal with the issues behind cancer in general. Your identity and sense of self worth must come from who you are in Christ, not from your achievement or performance. The chapter on page 647 will help you in this area.

Finally pray this with me: "I release myself from performance, perfectionism and meeting the expectations of others. I take authority over the spirit of fear and command you to go in Jesus' Name! In the Name of Jesus I release myself from fear of failure that drives me to do everything right and which tells me that who I am is what I do. I determine in my heart this day to make an allowance for weakness and mistakes for it written that when I am weak, He is made strong (2 Corinthians 12 v 9) and "Though the righteous shall fall seven times, the Lord will lift them up!" (Proverbs 24 v 16). I release myself from the fear of man and what others think of me. I forgive myself and I release myself from guilt. I take authority over the unloving accusing spirit that accuses me to myself – you are a lying spirit and I break your power in the Name of Jesus and command you to be gone. Father this day I choose to love myself for who I am in Christ and not because of what I do."

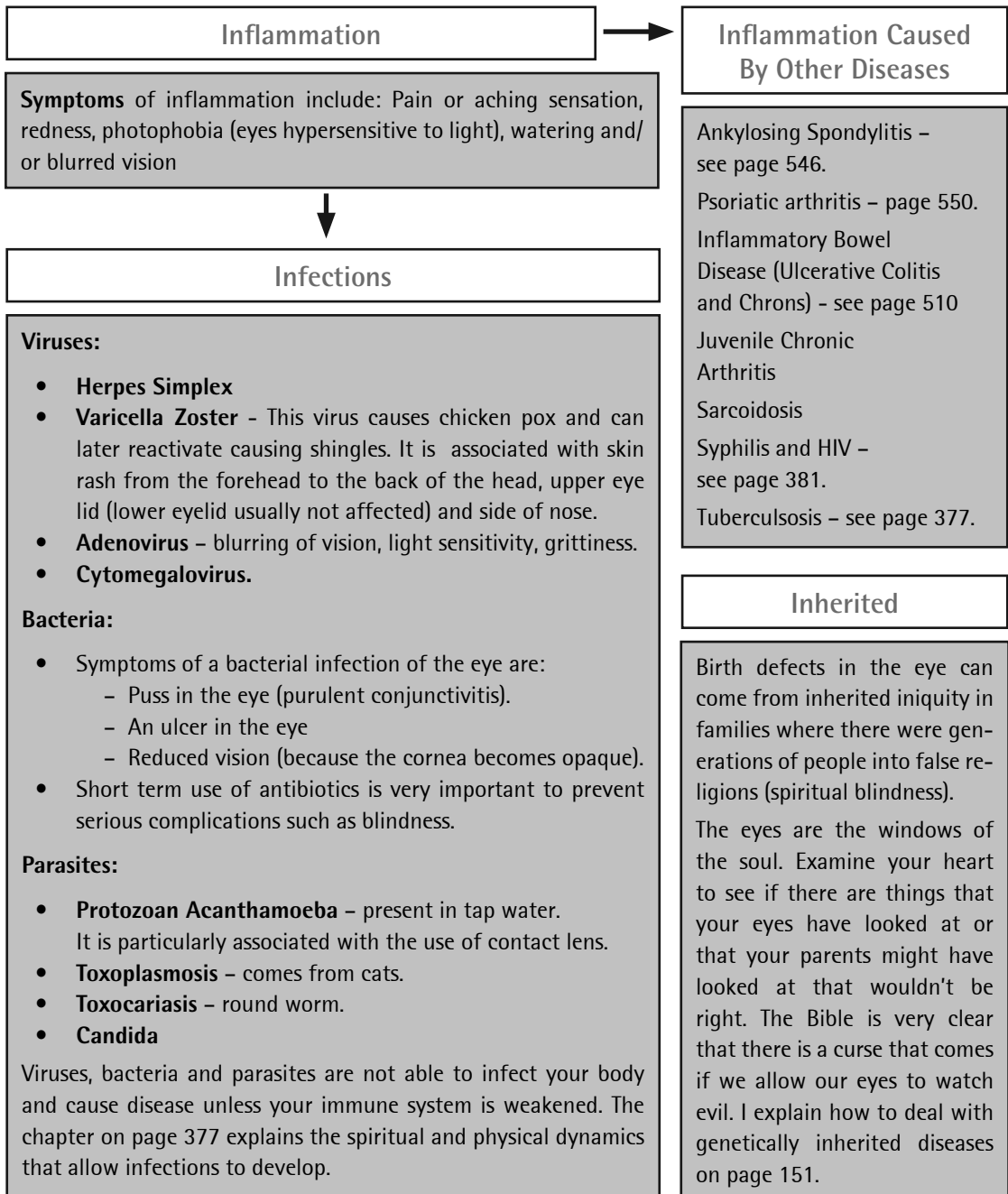
Hodgkin's Disease And Leukemia

Please make sure that you have read the background of cancer in general on pages 385 to 415 of this chapter which has essential background knowledge. Please also read through the section on page 45 under the heading "Separation From God's Love".

Leukemia which is cancer of the blood and Hodgkin's Disease which is cancer of the lymphatic system have the same roots behind them. According to Henry Wright, behind these cancers is deep rooted bitterness coming from un-resolved rejection by a father. He has dealt with numerous patients with these cancers over the years and has always found a breach between the person who has the cancer and their father. He has never found a mother involved in the breach. Abandonment by a father, literally or emotionally is also implicated. I am not able to explain these spiritual roots on a medical level.

A weakened immune system, inherited genetic defects and possibly retroviruses play an important role in the development of leukemia. These issues were discussed in the background to cancer in general.

Summary of Common Diseases of the Eye



Cataracts

A cataract is an opacity that forms in the lens of the eye from an accumulation of pigments in the lens fibres. Cataracts can be caused by infection and inflammation in the eye. They can develop in babies from trauma during birth or infection during pregnancy such as rubella and toxoplasmosis. Apart from being a complication of infection and trauma, cataracts follow people who fail to be doers of the Word in the following scripture:

Matthew 7 v 1 – 3: "Do not judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves. ²For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance with the measure you [use to] deal out to others, it will be dealt out against you. ³Why do you stare from without at the very small particle that is in your brother's eye but do not become aware of and consider the beam of timber that is in your own eye?"

Cataracts follow people who have a critical spirit or a critical eye about others.³¹ Cataracts can also be inherited in critical family trees and in denominations that think they're superior to others – that is called religion or legalism or phariseism. If this applies to you, repent. Then pray this with me, "In Jesus' Name I take authority over the critical spirit in my life and family tree and command you to be gone. I speak a creative miracle and healing into the lens of my eye., I command the cataracts to be gone and my eye sight to return in Jesus' Name."

Trauma

All that is needed here is to pray the prayer of faith for healing (James 5 v 14 – 16). Sometimes part of the eye is permanently damaged. In this case you need to operate in the gift of miracles as explained on page 122 under the heading "Sometimes You Can't Do It Alone."

Glaucoma

Glaucoma is a condition where the pressure in the eye is elevated because the fluid in the eye (aqueous humour) is not able to drain out of the eye efficiently. This is an autoimmune disease that afflicts individuals that have self-hatred and self-accusation. The spiritual and physical dynamics that lead to autoimmune diseases are explained on page 329. Building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. The chapter on page 647 will help you.

Glaucoma can also be inherited. If other family members had this problem, I recommend that you read about "Genetically Inherited Diseases" on page 151.

Complication of other Diseases

Diabetic Retinopathy:

High blood sugar damages the blood vessels that supply the eye. The blood vessels become blocked up, resulting in insufficient oxygen and blood reaching the tissue in the eye. The blood sugar attaches to proteins in the eye (glycosylation) which interferes with its function, leading to gradual visual loss. This will only resolve when the toxic mindset behind diabetes is dealt with. This is explained on page 579.

Hypertensive Retinopathy:

The small arteries in the eye become narrow because the blood vessel walls go into spasm in response to the blood pressure rise. As a result an insufficient amount of blood and oxygen is supplied to the eye tissue, leading to damage and swelling. The swelling compresses and damages the nerves in the eye leading to impaired vision. The walls of the blood vessels become weakened, resulting in bulging at various points (aneurysms). You need to deal with the root issue behind high blood pressure which is explained on page 485.

Macular Degeneration

This is a condition where various structures in a part of the eye called the retina degenerate. The macula is an area in the retina which enables central vision as well as high quality vision. The rest of the retina is for peripheral vision. The degenerative changes are most significant in the macula which is why the person experiences blindness or reduced vision in the centre of the visual field. This leads to difficulty in reading and recognizing distant objects. Straight lines appear distorted so that, for example, doorways and reading print seem to bend.

When body parts disintegrate and degenerate, it indicates varying degrees of self-hatred upstream in a person's thought life. However, it can also be genetically inherited. You need to build a healthy self-esteem based on who you are in Christ. Your identity and sense of self worth must be firmly rooted in Him. The chapter on page 647 will help you develop a new mindset in this area. If other family members also had this problem, the chapter on genetically inherited diseases on page 151 is relevant.

Dry Eyes

Dry eyes can be caused by vitamin A deficiency and damage to the tear glands from trauma, infection or autoimmune diseases such as Sjogren's syndrome (the spiritual and physical dynamics that lead to autoimmune diseases are explained on page 329). If you have an autoimmune disease, you also need to read about "Who You Are In Christ" on page 647.

Apart from the above scenarios, dry eyes can develop as part of a stress disorder. I recommend that you read "The Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178 and "Dealing With Fear, Anxiety and Stress" on page 672.

Pray with Me

"In the Name of Jesus I break the curse of generational iniquity and genetic impurity producing (name eye disease). I release myself from spiritual blindness coming from involvement in false religions (personally or generationally). I release myself from a critical spirit against myself and others. I speak a creative miracle into my eyes - be formed in the Name of Jesus! I speak healing into my eyes. Thank You Father that by the stripes of Jesus I am healed! (Isaiah 53 v 5)."

The Central Nervous System Brain, Nerves, Psychiatric Disorders

Strokes

Each area in your brain controls a specific function in your body. When an area of the brain is damaged, the corresponding function in the body is lost. For example, if the area in your brain that controls speech is damaged, you won't be able to talk. If the area that controls the movement of your left arm and leg is damaged, your left arm and leg will be paralyzed. This is what a **stroke** is – loss of function of a part of the body due to damage in an area of the brain. The spiritual root behind strokes depends on the underlying disease that caused it.

Damage in the brain leading to a stroke can occur by:

1. **Blockage of a blood vessel that supplies the brain** – when the blood supply is cut off, the brain tissue dies. This accounts for 85% of strokes.
2. **Rupture of a blood vessel that supplies the brain** – This can be caused by high blood pressure. The increased pressure eventually causes the walls of the blood vessels to weaken and burst. It can also be caused by aneurysms which is an abnormal weakening in the vessel walls that eventually bursts. When a blood vessel in the brain bursts, there is an explosive entry of blood into the brain tissue that damages the nerves in that area. They are literally split apart by the high pressure jet stream of the blood. The mass of blood in the brain tissue compresses the nerves which also causes damage. This accounts for the other 15% of strokes. The spiritual root behind strokes caused by high blood pressure is fear, anxiety and stress. High blood pressure is explained in detail on page 485. The spiritual root behind aneurysms is anger, rage and resentment. Aneurysms are discussed in detail on page 498.

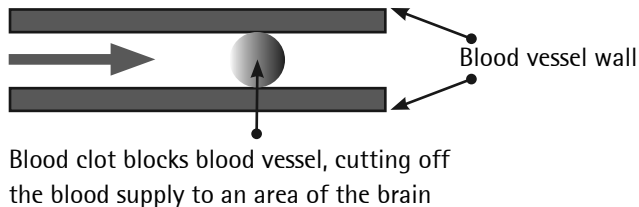
Abuse of alcohol, amphetamines and cocaine also damages the blood vessels that supply the brain, leading to bleeding into the brain and strokes. The spiritual root behind these addictions is a low self-esteem, a need to be loved unfulfilled and the insecurities that come from that. This is explained in more detail on page 345. Drugs that 'thin the blood' (impair clotting), such as warfarin and an overdose of aspirin can cause bleeding into the brain and a stroke.

Blockage of the Arteries Supplying the Brain Which Causes 85% of Strokes

Diseases of the blood vessels that supply the brain is the third most common cause of death after ischaemic heart disease and cancer in the developed world. Blockage of the arteries that supply blood to the brain most commonly occurs as a result of atherosclerosis. This is rooted in self-hatred, self-rejection, self-condemnation and people who are very, very angry with themselves. You have become your biggest enemy because you don't feel loved. This can also be inherited in family trees that don't know how to receive love. When you don't like yourself and you are attacking yourself spiritually with self-hatred in your thoughts, the brain converts this into a physical reaction and you have killing off of your body tissue by blocking off the blood supply.

To understand strokes caused by atherosclerosis and the spiritual root behind it, you need to read through the chapter on cholesterol on page 474.

20% of strokes due to blockage of the blood vessels supplying the brain are caused by heart disease. This is where a blood clot forms in the heart and is then pumped out of the heart into the blood vessels. If the blood clot goes into one of the vessels that supply the brain, the clot can block that blood vessel. This cuts off the blood supply to an area of brain tissue, causing it to die – and hence a stroke.



Blood clots form in the following conditions:

1. When the blood flows over an abnormal surface – for example a scar in the heart muscle from a previous heart attack or a prosthetic valve where a person has had a valve replacement.
2. Changes in blood flow – normally blood flow in the heart and blood vessels is streamline. Blood flow becomes turbulent when blood flows rapidly and chaotically through the heart and blood vessels, similar to rough water in a river with rapids. Turbulent flow can be caused by the heart beating at an irregular, abnormal rhythm. Clots can also form when blood flow is too slow or standing still in an area, for example in heart failure or in the region of a scar in the heart muscle from a previous heart attack.
3. Blood clots can also form when the blood becomes very thick, for example woman who take the contraceptive pill.

The spiritual root behind the heart diseases that lead to blood clots which can cause strokes is fear, anxiety and stress and/or self-hatred. These diseases and an explanation of the spiritual root behind them are discussed in detail in the chapter on cardiovascular diseases on page 481.

The damage done to the brain during a stroke is irreversible. Therefore you need to operate in the gift of miracles where you speak a creative miracle and new brain tissue into being in the Name of Jesus. I explain more about the gift of miracles on page 122 under the heading "Sometimes You Can't Do It Alone."

Cerebral Palsy

If you have cerebral palsy, you do not have a sin issue and there is nothing for you to repent for – you are the product of inherited iniquity. I explain the spiritual and physical basis of inherited diseases on page 151.

For years the medical community has believed that cerebral palsy is caused by injury to the brain during pregnancy (for example Rubella infection) or complications during birth where the baby's brain was deprived of oxygen for too long. However new research has shown that this is not the case at all. Cerebral Palsy is now considered to be an autoimmune disease that afflicts the baby while it is in the womb during the fourth month of pregnancy. The mother's immune system together with the child's immune system begins to attack and destroy the nerves in the baby's brain. What causes an autoimmune disease? Turn to the chapter on page 329 which explains this.

In his ministry Henry Wright has done several case studies on this and they have found that these mothers had a conflict in their marriages, in their lives or in their homes during the fourth month of preg-

nancy. Guilt, shame, self-hatred and self-rejection were found to be strong in every woman they looked at. This is what is behind cerebral palsy.

Cerebral Palsy is now considered to be an autoimmune disease that afflicts the baby while it is in the womb during the fourth month of pregnancy.

I must emphasize that if you have had a child with cerebral palsy, please do not allow the devil to use this information as an accusation to bring you under judgment and condemnation. Please don't do that. Guilt and condemnation is from the devil and it doesn't solve the situation, it will just cause you more health problems. Furthermore if you get into offense, it will blind you to the truth in the principles that I want to share. The problem is that as Hosea 4 v 6 says, we perish for lack of knowledge. So I have to

teach these principles, I can't avoid telling you the truth because it may upset you. The information in this book is intended to reveal the plans and strategies of the enemy so that he can no longer rob you through your ignorance. So rather than responding to this message by getting offended or going into guilt and condemnation which will only exacerbate the problem – I encourage you to rather be grateful for this knowledge and insight because now you know what needs to be dealt with in order to set healing in motion.

In the chapter on genetically inherited diseases I mentioned that there have been testimonies where the parents came before God and repented of the sin, and the children were often instantly healed of diseases without prayer for healing even occurring on their behalf. When the curse is broken on that level, it is amazing to see God's provision and healing for children that are not yet at the age of understanding. The Bible says that children are sanctified by the believing parents.

1 Corinthians 7 v 14: "For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean, but now they are holy." KJV

In cerebral palsy, the brain has been irreversibly damaged. When you cut yourself, your body naturally heals itself by forming a scab which is eventually replaced by new skin. However when the brain is damaged, it is not able to heal itself. Therefore as well as repenting for the original sin that lead to cerebral palsy (explained above), you need to operate in the gift of miracles. It is going to take a creative miracle by God and ministry to restore this type of damage. This is explained in detail on page 122 under the heading "Sometimes You Can't Do It Alone".

If you struggle with a low self-esteem, self-hatred, self-rejection, guilt and condemnation behind, I recommend that you turn to the chapter "Who You Are In Christ" on page 647 which will help you. The only way to develop a healthy self-esteem is to know who you are in Christ, place your sense of self worth and identity in Him, and learn to see yourself as God sees you.

Prayer for a person with Cerebral Palsy: "In the Name of Jesus I release you from the guilt your mother was dealing with that allowed her immune system to attack your nervous system. I speak a creative miracle into your nerves and command those nerves to be formed in the Name of Jesus. I command strength to come into those muscles and I break the power of that curse and release your body to begin to grow again in the Name of Jesus."

Alzheimer's Disease

Alzheimer's Disease is caused by non-bacterial inflammation. Therefore in order to understand the physical and spiritual dynamics behind Alzheimer's Disease, you need to first read about non-bacterial inflammation on page 379 and the chapters that you are referred to in that section.

Alzheimer's disease is a degenerative disease of the brain. It is characterized by progressive deterioration in memory, impaired ability to learn and retain information, inability to calculate, confusion, disori-

entation and deterioration of judgment. Sometimes the person can experience hallucinations (seeing and hearing something that is not there) and delusions (A delusion is a false belief that cannot be corrected by logical reasoning. An example of a delusion is a lady believing that she is the queen of England or that a chip in her tooth controls world events).

Recent medical research indicates that the degeneration and loss of nerves in the brain in Alzheimer's disease is caused by autoimmune damage which is part of the profile of non-bacterial inflammation (Auto-immune diseases are explained in detail in the chapter on page 329). Sometimes the cells of the immune system will destroy body tissue and sometimes they will just form a plaque (an accumulation of a substance called B amyloid). That plaque interferes with the function of that part of the body. Your thoughts exist in your brain in the form of chemical reactions and electrical current that travels along the nerves. Alzheimer's disease is nothing more than an autoimmune disease in the brain in which the cells of the immune system build up a plaque in the neurological pathways so that thought (electrical current) can't get through and so it gets interrupted. The person hasn't lost their memory, they just can't stay in touch with it.

Whenever you see the immune system not functioning as God designed it to, and attacking or damaging its own body tissue, it has been found that without exception there are varying degrees of self-hatred, self-rejection, self disapproval, a low self-esteem and/or guilt upstream in the person's thought life. In Alzheimer's disease, this mindset comes from fear of man where the person has spent his (or her) life performing for others. He has a fabricated personality which he allowed to be formed based on the expectation of others. As a result he has self-accusation and guilt because he lacks personal identity where he does not know who he really is.³¹

Your identity comes from who you are in Christ, so quit being what other people expect you to be and be who God created you to be.

To be healed of Alzheimer's disease, you need to deal with the toxic mindsets causing it. Your identity comes from who you are in Christ, so quit being what other people expect you to be and be who God created you to be. The chapter on page 647 will help you renew your mind in this area.

Sometimes Alzheimer's disease may be so far advanced that the person no longer has the cognitive ability or mental capacity to be able to renew his mind. In this situation, you need to pray for the person with Alzheimer's disease and ask God to work a creative miracle and restore the nerves, neurotransmitters (chemicals in the brain) and brain tissue that has been damaged (I explain more about operating in the gift of miracles on page 122 under the heading "You Can't Always Do It Alone"). Ask God to restore the person's memory and mental ability so that he is able to repent and renew his mind. It is also necessary to operate in the gift of miracles even if the person still has the mental capacity to renew his mind since the damage that is done by the disease already is irreversible because brain tissue is not able to heal or regenerate itself.

10% of cases of Alzheimer's disease are genetically inherited and this is related to the sin of self-hatred in previous generations in the person's family tree. There are certain defective genes that have been found on chromosome 1 and 21 that cause Alzheimer's disease (for example presenilin-1, presenilin-2 and the amyloid precursor protein gene). These defective genes incorporate certain proteins into the nerves of the brain which leads to the death of the nerves by self destruction (apoptosis). If other members in the person's family tree also had Alzheimer's disease, please read about genetically inherited diseases on page 151 and deal with it as explained in that chapter. God created chromosome 1 and 21 perfect from the foundation of the world, and if the devil, because of generations of sin, was able to come in and mix up the DNA in the genes – God is well able to change it back the way it was. The devil is not more powerful than God is. I believe that when we line up with His Word and His conditions for healing, God can fix the genetics... and He does. God wants to heal people with Alzheimer's disease.

Multiple Sclerosis

Multiple Sclerosis is one of the most common neurological causes of long term disability. It is an autoimmune disease which means the body's own immune system attacks and destroys the nerves. Therefore to understand the physical and spiritual dynamics behind multiple sclerosis, you need to first read through the chapter on autoimmune diseases on page 329.

Once you have read through the chapter on autoimmune diseases, please read through the section on page 45 under the heading "Separation from God's Love" which also has essential background information relevant to multiple sclerosis.

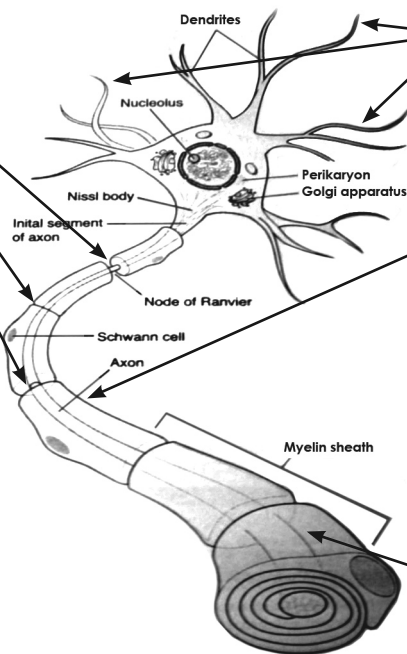
There can also be a genetic defect that contributes to the development of multiple sclerosis. Therefore I also recommend that you read through the chapter on genetically inherited diseases on page 151, especially if other family members also had multiple sclerosis.

To help you understand what multiple sclerosis is, I need to first explain to you how a nerve normally works: Muscles cause different parts of your body to move. For example your arm moves when the muscles in your arm contract and relax. Your legs move when the different muscles in your leg contract and relax. Your muscles are instructed when to make a part of your body move by the brain. Your brain sends instructions to the muscles in the form of electrical current that travels along nerves to the muscles. The "electric shock" from the nerves attached to that muscle make it contract and move. When the electric shock is over, the muscle relaxes.

A nerve is like an electrical wire that is covered with an insulation coat. The insulation coat around a nerve is called a myelin sheath. The myelin sheath is not continuous along the whole length of the nerve - there are gaps in between the segments of the myelin sheath. These gaps where the nerve is not covered by the sheath are called nodes of Ranvier. When the electrical current travels along the nerve, it jumps from one node of Ranvier to the next, skipping out the length of nerve that is covered by the myelin sheath in between. This enables the electrical current to travel extremely fast along the nerve to the muscle.

Picture of What a Nerve Looks Like³⁸

Nodes of Ranvier
A node of Ranvier is a gap of exposed nerve in between the segments of myelin sheaths. The electrical current jumps from one node of Ranvier to the next, skipping out the length of nerve that is covered by the myelin sheath in between. This enables the electrical current to travel extremely fast along the nerve to the muscle.



These nerve branches (called dendrites) receive the instructions in the form of an electrical impulse from other nerves in the brain.

The electrical current then travels towards the muscle along this main nerve branch called the axon. This is the nerve which is similar to the electrical wire along which the electrical current runs to the muscle.

The myelin sheath is the insulation around the wire (nerve).

In multiple sclerosis, the cells of the immune system attack and destroy the myelin sheaths covering the nerves. The T cells release toxic chemicals that damage the myelin sheath and the eating cells (macrophages) literally eat up chunks of the myelin sheath. Because that part of the myelin sheath is damaged, the nerve in that area is exposed – it is like another node of Ranvier has been created. Therefore the electrical current is not able to jump over that portion of the nerve and it slows the speed at which the electrical current is able to travel along the nerve.

The damage caused by the cells of the immune system results in inflammation around the nerve which eventually damages and destroys the nerve itself. The inflammation also directly interferes with the conduction of the electrical current along the nerve. In essence the electrical current is not able to effectively travel along the nerve and so it is slowed down. As a result the muscles are not properly stimulated to contract. Therefore the muscles move very slowly and weakly. There is nothing wrong with the muscles – the problem is the nerves stimulating the muscles. The electrical current can even be blocked completely due to severe damage to the nerve. If the electrical current cannot get to the muscle, the muscle will not be able to move and that part of the body is paralyzed.

The physical symptoms experienced in multiple sclerosis depend on which part of the body the nerves are damaged:

- 40% of people have weakness in the legs.
- 20% have pins and needles or loss of sensation in an area.
- 30% have problems with vision, such as double vision due to damage to the eye nerve (optic neuritis).
- 5% have problems with bladder function.
- 5% have problems with severe dizziness and loss of balance (vertigo).

The disease typically follows a pattern where the person has a relapse and then a period of improvement. During the period of improvement, the immune system has temporarily stopped attacking the nerves and they are given a chance to recover a little. However the recovery from the damage is usually incomplete and therefore the person's overall condition progressively deteriorates. The progress of the disease is variable. The disease is rapidly progressive in some people, especially children, while others may survive for over 20 years with only minor disability. Common complications of the disease include urinary tract infections, chest infections and pressure sores. Most people die as a result of these problems rather than from multiple sclerosis itself. Sometimes a person dies because the multiple sclerosis gets so severe that even the muscles needed for breathing do not work or there is severe damage to the nerves in the brain and spinal cord. However, it doesn't have to go that way. There is no disease that is incurable with God when His conditions for healing are met.

As you read in the chapter on autoimmune diseases, when you are attacking yourself spiritually with thoughts of self-hatred, self-rejection, self-condemnation, self disapproval, guilt and condemnation, your brain will eventually convert that into a physical reaction and your body begins to attack and destroy itself physically. In multiple sclerosis, there is deep, deep self-hatred and guilt that often comes out of a father's rejection. You see, the father is responsible for the spiritual welfare of the family (see Ephesians 5 v 22 – 25). It is the father, not the mother, who reaffirms identity and destiny into a child. The father is responsible for his daughter and his son's self-esteem and sense of self worth and value. It is the father's job to reflect the Father heart of God to His family.

Your healing is going to begin with learning to receive God the Father's love and you may need ministry in this area as I explained on page 51 in the section I initially referred you to. This also involves releasing

In multiple sclerosis, there is deep, deep self-hatred and guilt that often comes out of a father's rejection.

bitterness and forgiving your father or the man who hurt you. The chapter on page 630 will help you in this area.

Secondly, it is vital that you develop a healthy self-esteem. This comes from knowing who you are in Christ and establishing your sense of self worth and identity in Him. You need to change your thinking concerning how you see yourself and learn to see yourself as God sees you. Who God the Father says you are is more important than what your earthly father said about you. The chapter on page 647 which will help you with this. When you learn to love yourself, your new thinking patterns will be converted into a physical reaction, which this time is healthy. Your immune system will recover and begin functioning as God originally designed it to, and will no longer attack and destroy its own body tissue.

Lastly, damage done to nerve tissue is often irreversible. A creative miracle by God and ministry is needed to restore this type of damage. In the Name of Jesus you need to command the immune system to stop attacking the nerves and operating in the gift of miracles you need to speak new nerves into being. I explain more about operating in the gift of miracles on page 122 under the heading "You Can't Always Do It Alone".

Insomnia (Inability to Sleep)

Insomnia is our perception of poor quality of sleep because we have difficulty falling asleep, we wake up frequently during the night, we wake up too early or we feel un-refreshed after sleep. When we are deprived of sleep, we cannot function properly and our health deteriorates. Lack of sleep causes tiredness, difficulty in concentrating, lack of energy, irritability, muscle pain (fibromyalgia) and predisposes us to infections by weakening our immune system. There are many medical conditions that can cause insomnia, especially those that cause pain for example arthritis or problems with breathing such as asthma, heart failure and sleep apnea. Poor sleep can also be a result of hyperthyroidism, kidney failure, Parkinson's disease, depression and mania in bipolar disorder. When the spiritual roots behind those diseases are dealt with, the disease along with insomnia will fall away. A disturbance in the sleep-wake cycle commonly

Insomnia is a recognized fear, anxiety and stress disorder.

develops with jet lag and in shift workers or somebody who has a continually disrupted sleep/wake schedule. This is not abnormal, and with the practice of good sleep hygiene (explained on the following page), it should normalize after a short period of time. Alcoholism, drug abuse, smoking before bedtime and excessive caffeine intake will have adverse effects on quality of sleep.

There are also several drugs that have insomnia as a side effect such as appetite suppressants, Ritalin, steroids, drugs used to treat asthma and some drugs that are used to treat high blood pressure. If you are taking chronic medication – have a look at the package insert or speak to your local pharmacist to find out if insomnia is a possible side effect.

Apart from the above scenarios, insomnia is a recognized fear, anxiety and stress disorder. (There is an extensive teaching on how long term fear, anxiety and stress affect the body on page 178.) Remember the hypothalamus is the area in your brain that converts everything that is going on in your thought life into a physical reaction – it is the centre of the mind-body connection. It also controls sleep and wake patterns. When there is fear, anxiety and stress in your thought life, the hypothalamus responds to this emotional and spiritual conflict by stimulating an area in your brain called your reticular activating system that wakes you up. This is why stressful life events such as tragedy, breaches in relationships, strife, abuse, victimization, unrest, worrying about the future, fears and so on are enough to keep you awake at night.

After the initial stressful event that causes the insomnia, some people become pre-occupied with lack of sleep where they fear trying to get to sleep, expect to have difficulty sleeping and worry about it. Fear

of not being able to sleep will only compound the problem and cause the vicious cycle to perpetuate. Fear can set in motion the very thing that we are afraid of.

Job 3 v 25: "For the thing which I greatly feared has come upon me, and that which I was afraid of is come unto me."

You cannot sleep at night because you are not at peace with God, yourself and/or others. You may not be at peace with God, simply because you are not obeying Him – you are not doing what He has called you to do. You may not be at peace with yourself because you have conflict with yourself over an issue. For example you are carrying guilt and condemnation and you won't forgive yourself for what you did in 1963. One of the devil's greatest tools to make us feel bad about ourselves is condemnation. How many "could have", "would have", "should have", "if only" statements have you made today? These are guilt statements and thoughts that are full of condemnation. How many times have you replayed in your head a conversation or a situation that pained you or one that hasn't even occurred yet? When you think like this you waste precious time building up a toxic thought that releases chemicals that put your body into a toxic state of stress which will inhibit the way in which you function. This not only robs you of your sleep, but can cause many other diseases.

Romans 8 v 33 – 34: "Who shall bring any charge against God's elect [when it is] God Who justifies [that is, Who puts us in right relation to Himself? Who shall come forward and accuse or impeach those whom God has chosen? Will God, Who acquits us?] Who is there to condemn [us]? Will Christ Jesus (the Messiah), Who died, or rather Who was raised from the dead, Who is at the right hand of God actually pleading as He intercedes for us?"

Romans 8 v 1: "Therefore [there is] now no condemnation (no adjudging guilty of wrong) for those who are in Christ Jesus, who live [and] walk not after the dictates of the flesh, but after the dictates of the Spirit."

Many people who love God and are serving Him, are tormented by negative thinking about themselves. They think that God must be so disappointed and angry with them for all their failures and shortcomings. How much time do you waste living under guilt and condemnation? I purposely said how much time is wasted because that is precisely what that kind of thinking is – a waste of time. Every time the devil brings a condemning thought to your mind, quote Romans 8 v 1 to him and tell him to take his condemnation and "Hit the road Jack!"

In order to be free from guilt and condemnation, you not only need to receive forgiveness from God, but you need to forgive yourself. You need to stop hitting yourself over the head with something that God has forgiven and forgotten (Hebrews 10 v 17). This does not mean that you are perfect and will never mess up again, it just means that you can go on with your life without being weighed down with a constant burden of guilt and condemnation for what happened in the past. As long as you have repented from the heart and your heart is right with God and you are doing the best that you can, you can stay out from under the burden of guilt. God is more interested in your heart than what you do. He knows that when your heart is right toward Him, your actions will eventually come in line with His will.

If you are struggling with guilt and unforgiveness towards yourself, I recommend that you read through "The Day Sanctification Begins" on page 115 because the teaching in that section will greatly help you in this area.

Those feelings of unforgiveness that you have towards yourself aren't even your thoughts and feelings anyway. It is an accusing spirit (Relations 12 v 10) of self-hatred and self-rejection that accuses you to yourself with thoughts in the first person - you believed its lies and you've made it part of your thinking as if it was you. Remember your battle is not with flesh and blood (Ephesians 6 v 12) and therefore your battle is not with yourself. You have a medical need to forgive yourself because the diseases that come from self-hatred and guilt lead to death and it is just not worth it to believe the devil's lies.

I want you to say this out loud, "I am not guilty!" Some people are so deep into guilt and self-hatred that the accusing spirit attached to them will not allow them to say it because the minute they get it out and say, "I am not guilty" that lying spirit is defeated.

I encourage you to say this to yourself, "I'm not guilty. I became one with sin as if it were me and have been blaming myself and have been bitter against myself all these years. I've felt guilty, unworthy, ashamed and inferior and have compared myself to others. I repent Father for bitterness and unforgiveness towards myself and I forgive myself. I command the accusing spirit of self-hatred, self-rejection and guilt to be gone out of my life in the Name of Jesus." It is as simple as that. You may need to have a renewing of the mind to apprehend that over the next month.

If you're not at peace with others, you've gotten into strife and there is a breach in a relationship. On page 192 I explained how strife puts your body into a toxic state of stress. Just like guilt and condemnation, strife will not only rob you of your peace and your sleep, it will make you sick. **James 3 v 16: "For where there is envying and strife, there is confusion and every evil work."**

Ephesians 4 v 26: "When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down." Do you understand the importance of the above verse, when it comes to health and sickness? God is saying that if you don't deal with that issue by releasing and forgiving, you are going to have disease beginning in your body by morning. **Romans 12 v 18: "If possible, as far as it depends on you, live at peace with everyone."** It's a lot more fun living in peace. It takes 17 facial muscles to smile and 40 to frown.

Maybe you have lost your peace simply because you are worrying about the future and what could happen tomorrow. A toxic thinking habit like this will not only rob you of your sleep but it puts you at risk of developing high blood pressure.

Matthew 6 v 34: "Do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble."

If you have a problem, it will still be there tomorrow, so you may as well just cast your cares on the Lord, keep your peace and enjoy a good night's sleep.

If you have a problem, it will still be there tomorrow, so you may as well just cast your cares on the Lord (1 Peter 5 v 7), keep your peace and enjoy a good night's sleep. Besides, Psalm 34 v 19 says that many are the afflictions of the righteous, but the Lord promises that He will deliver us out of them all. Whatever it is, deal with those issues that are robbing you of your peace and your sleep. The chapter on page 672 will help you with this.

Furthermore I encourage you to speak these scriptures as a "faith confession" over yourself before you go to bed at night: **"In peace I will both lie down and sleep, for You, Lord, alone make me dwell in safety and confident trust (Psalm 4 v 3). When I lie down I will not be afraid, yes, I will lie down and my sleep shall be sweet (Proverbs 3 v 24). The Lord gives [blessings] to His beloved in sleep (Psalm 127 v 2)."**

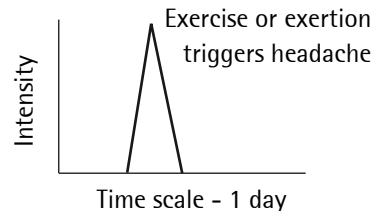
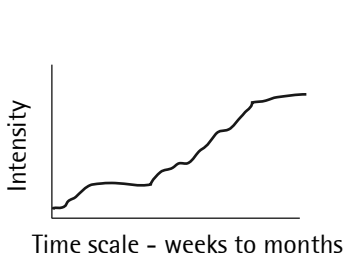
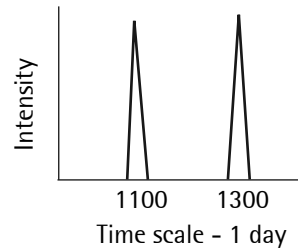
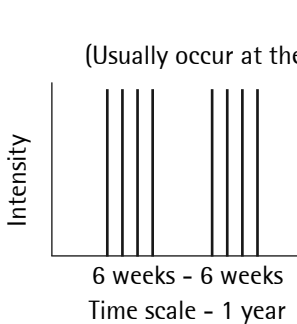
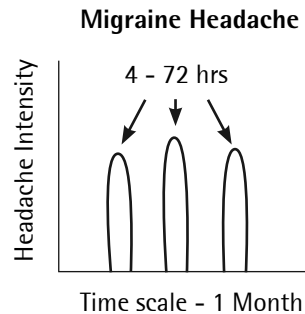
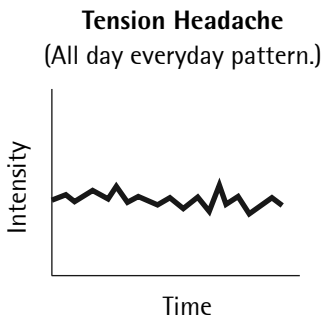
Apart from renewing your mind and getting fear, anxiety and stress out of your thought life, here are some tips to help you along the way. This is what is referred to as good sleep hygiene:

- Go to bed and get up at the same time every day. Consistent wake time is important.
- Avoiding stimulating activities such as the TV, computer or work an hour before bed – have a quiet time with God or quality time with your spouse instead!
- Avoid sleeping during the day.
- Avoid having heavy meals and a large amount of protein at night.
- Avoid alcohol and caffeine after 14h00.

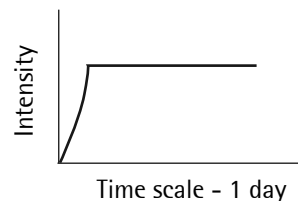
- Exercise! According to Ecclesiastes 5 v 12, the person who labors physically during the day will have little trouble going to sleep and his sleep shall be sweet. So if you have a sit down job, make sure you set aside time to exercise. It is not just good for sleep, but it is vital for your overall health as well. It is better to exercise in the morning and not near bed time.
- Avoid sleeping pills – they are psychologically addictive and they do not sort out the underlying issue causing the insomnia in the first place. I speak more about the problem with taking chronic medication on pages 74-82.

Headaches

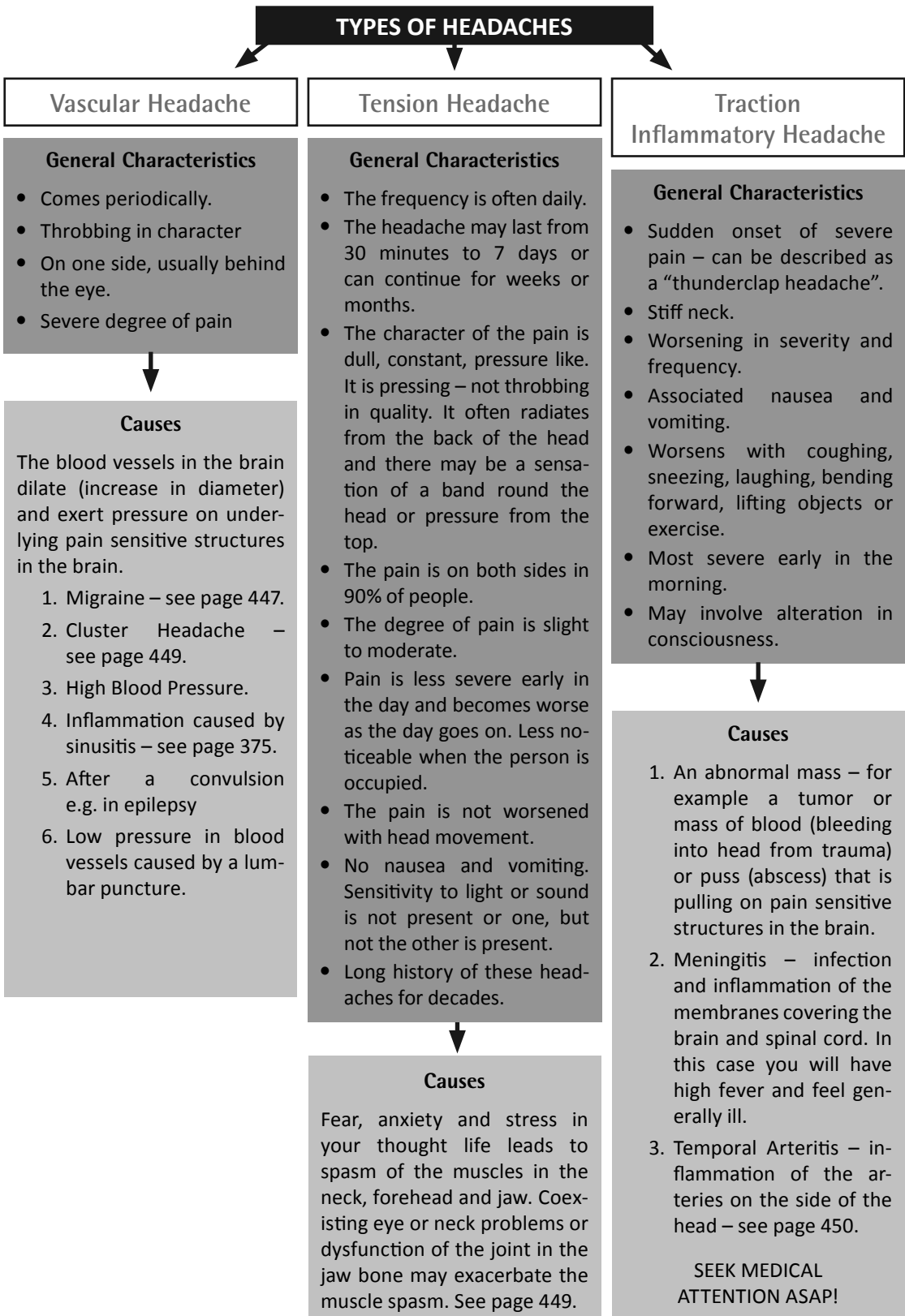
Typical Characteristics of Different Types of Headaches



Brain Hemmorage (i.e. Bleeding into Brain)
Neck stiffness and decreased level of consciousness usually present



Headaches



Migraines

Definition of a Migraine: at least 5 attacks which meet the following criteria:

- Headache lasts 4 to 72 hours.
- The headache has at least two of the following characteristics:
 - Pain on one side of the head.
 - Throbbing in quality.
 - Moderate to severe in intensity.
 - Movements of the head exacerbate the pain.
- During the headache, at least one of the following occur:
 - Nausea and/or vomiting
 - Sensitivity to light (photophobia) or sensitivity to sound (phonophobia).

*Sometimes an 'aura' may precede the migraine. This aura can be visual (for example you see flashing lights or shimmering, silvery zigzag lines which flicker in front of your eyes and sometimes temporary visual loss) or it may be a sensory aura where you have tingling followed by numbness which moves over 20 to 30 minutes from one part of the body to another. The person may also temporarily not be able to talk. The aura develops gradually over more than 4 minutes and does not last longer than 60 minutes. The migraine usually follows the aura within 60 minutes. During the headache phase the person prefers to be in a quiet, dark room where they can sleep the headache off (in contrast to a person with a cluster headache who paces to and fro). A migraine attack often occurs after a period of strain so the person tends to get it on weekends or at the beginning of a holiday.

Migraines are triggered in people who have conflict with others in which they do not like themselves anymore concerning the issue.

There are two aspects to a migraine: Firstly there is a reduction in a chemical in your brain called serotonin. Secondly there is an increase in the production of histamine. This is triggered by thoughts of guilt and condemnation over a conflict in your life, followed by fear and anxiety. It is not the conflict that triggers the migraine, it is the guilt and condemnation that you have with yourself over the conflict that triggers the migraine. For example, say you went to a party and had too much to drink, and you had an argument with your wife about it. Or say that a woman spends too much money and ends up having a fight with her husband about it. The argument or fight is not what causes the migraine – it is the guilt that you have with yourself over the conflict that produces the migraine. Migraines are triggered in people who have conflict with themselves about a conflict in life with others where they do not like themselves anymore about this issue. It begins with guilt and out of that guilt comes fear – in that order.

Here is what happens on a physical level: The way in which we think affects our whole body. Remember that the hypothalamus is the area in your brain that is the connection between your mind and your body. It converts everything that goes on in your thought life into a physical reaction. The hypothalamus responds to those thoughts of self-condemnation and/or guilt by lowering the levels (amount) of a hormone in the brain called serotonin. When the serotonin levels are lowered, it causes the whole central portion of your brain called the deep limbic system to inflame. This is when fear and anxiety in your thought life over the issue begins to develop and this leads to an over secretion of histamine which is the chemical that causes inflammation.

Serotonin has several functions in the brain, one of which is to maintain the normal diameter of the blood vessels so that they supply the correct amount of blood to each area of the brain at just the right pressure.

- Serotonin is a vasoconstrictor – in other words this chemical decreases the diameter of the blood vessels.
- Histamine is a vasodilator – it increases the diameter of the blood vessels.

Serotonin and histamine have antagonistic or opposite actions in the body. When the serotonin levels are reduced because of the guilt in your thought life, the histamine levels are able to increase because of the fear and anxiety. Therefore as the serotonin levels decrease, the brakes are off vasodilatation and the histamine levels increase causing the diameter of the blood vessels to increase. The enlarged and swollen blood vessels exert pressure on pain sensitive nerves and structures in your brain and that is what causes the pain of a migraine.

Drugs that are used to treat migraines such as Imitrex work by increasing the levels of serotonin and decreasing the levels of histamine – in other words it is a serotonin enhancer and an antihistamine. Imitrex is a beta blocker which means that it stops that whole stage 2 and 3 stress reaction which comes as a result of fear and anxiety in your thought life (The different stages of stress are explained in the chapter on page 178). When the stage 2 and 3 stress reaction is stopped, it prevents the release of histamine. It also increases the levels of serotonin which is the “feel good” hormone because it makes you feel good about yourself. It is very similar to how anti-depressants like Prozac work. It does not actually increase the quantity of Serotonin, it just prolongs the time that it is out in circulation before it is taken up again by the nerves for recycling.

In summary the drug:

- Decreases the histamine levels by stopping the stage 2 and 3 stress reaction caused by fear and anxiety in your thought life.
- It increases the serotonin levels which were reduced by you not feeling good about yourself where there was guilt and condemnation in your thought life.

This returns the blood vessels to the normal diameter and the migraine is over. However it is just an artificial way of restoring you to peace in your soul – it did not solve the underlying problem. It has deluded you into feeling good about yourself but in your heart you still do not like yourself. So if you feel better what does it matter? Well did God create you to be chemically manipulated and deluded where you pretend that you don't have a spiritual problem? Imitrex is a cheap substitute for the peace of God.

When your thought life is right before God, you won't get an imbalance in your serotonin and histamine levels and a migraine will not happen.

You don't have to rely on drugs to stop or prevent migraines, you can do it by controlling your thought life and renewing your mind with the Word. That is God's way. Deal with the guilt, self conflict and fear that is tormenting you, so that you can enjoy God's peace. When your thought life is right before God, you won't get an imbalance in your serotonin and histamine levels and a migraine will not happen. Even when you feel a migraine coming on, you can stop it from fully developing by quickly sorting out your thought life. This may take time and practice but this is what will produce long term freedom.

This is what true spiritual warfare is about – bringing every thought captive to the obedience of Christ (2 Corinthians 10 v 5).

The devil knows that if you allow him to control your thought life he can control your body chemistry and cause migraines. However, now you know your enemy, you understand his tactics and how he makes the migraine happen. Hopefully you now understand what is needed to overcome migraines, and you have God's grace and the power of the Holy Spirit to help you. Deal with those issues that are causing conflict and robbing you of your peace with yourself and others. Simply put, get the strife out of your life.

Cluster Headaches

Definition of a Cluster Headache:

- Two to five headaches are encountered daily for a period of four to eight weeks, followed by a headache free period for months to years.
- The duration of the headache is usually longer than 15 minutes and shorter than three hours.
- The headache has a tendency to come at the same time of the day, frequently between one and two in the morning and again between ten and eleven in the morning.
- The pain is intense and is most severe over the eye – this is caused by dilation (an increase in diameter) of an artery called the internal carotid artery which refers pain to the eye.
- About half of people who get cluster headaches get what is called “Horner’s Syndrome” during the headache. Horner’s Syndrome is where:
 - One pupil is smaller than the other.
 - One eye lid droops down further than the other (ptosis).
 - Sweating on only one side of the forehead. This is because the dilated internal carotid artery squashes several nerves called sympathetic nerves against the bone of the skull. This impairs the nerves’ function, leading to the symptoms of Horner’s Syndrome. There are also disturbances in the parasympathetic nerves which cause tearing from one eye and a blocked nose.
- The person is hyperactive during the headache – they walk to and fro in contrast to a migraine where the person goes and lies down to sleep it off.
- The dilation of the blood vessels in the head causes redness and mild swelling of the face.
- Eyes may be red due to dilation of the blood vessels in the eye.

A cluster headache is 9 times more common in males.

The underlying physical mechanism behind cluster headaches is dilation of the blood vessels in the brain (i.e. the diameter of the blood vessels is increased). When the blood vessels are enlarged and swollen, they exert pressure on nerves and other pain sensitive structures in the brain which is what causes the pain of a cluster headache. The physical and spiritual dynamics behind cluster headaches are similar to migraines – so read through the section on migraines on the previous 2 pages.

Tension Headaches

The characteristic type of pain of a tension headache was described on page 446. I explained there that fear, anxiety and stress in your thought life leads to spasm of the muscles in the neck, forehead and jaw. Coexisting eye or neck problems or dysfunction of the joint in the jaw bone may exacerbate the muscle spasm. To understand tension headaches, you need to learn about the different stages of stress and how it affects your body. Therefore please read through the chapter on page 178 which has essential background information.

The nerves that stimulate your muscles to make them contract are told what to do by the central nervous system, which in turn is under control of the hypothalamus in your brain. Remember the hypothalamus is the area in your brain that is the mind-body connection – it translates your thoughts into a physical reaction. When you have long term fear, anxiety and stress in your thought life, your body is put into stage 2 and 3 of stress. In this toxic state, the hypothalamus sets in motion an imbalance between the sympa-

thetic and parasympathetic nervous systems. The sympathetic nerves become over active and this leads to sustained contraction or spasm of the neck and facial muscles thus producing the tension headache.

To eradicate tension headaches from your life – you are going to have to deal with the fear, anxiety and stress causing it.

To eradicate tension headaches from your life – you are going to have to deal with the fear, anxiety and stress causing it. When you have peace of mind, the stage 2 and 3 stress reaction will be broken and the hypothalamus will respond by restoring the balance between the sympathetic and parasympathetic nervous systems. Thus the facial and neck muscles will relax and the foundation for tension headaches is broken. Turn to page 672.

People with tension headaches often also have depression. If this is the case with you, read about depression on page 460.

Headache as a Result of Temporal Arteritis

Temporal arteritis most commonly develops in elderly people over the age of 50 years old. In this type of headache, the pain is over your temples i.e. on the sides of your head in front of your ears, at the level of your eyes. Sometimes the pain is felt at the back of the head with tenderness of the scalp. This pain is caused by inflammation and swelling of the blood vessels in your head, especially the temporal artery which is situated where you feel the pain at your temples. The inflammation of these vessels is not caused by an infection – it is referred to as non-bacterial inflammation. When the blood vessels are inflamed, there is a tendency for blood clots to form which narrow or block the vessels. This can lead to jaw pain on chewing or talking because the jaw muscles (masseter) are not getting enough blood supply from the inflamed arteries. The person can also have visual disturbances when the eye nerve (optic nerve) is not getting a sufficient supply of blood. The person commonly has other symptoms such as anorexia, fatigue, weight loss, fever, depression and generally feels ill.

To understand the two spiritual roots behind the non-bacterial inflammation of temporal arteritis you need to read through the following two chapters which have essential background information:

1. "The Effects of Long Term Fear, Anxiety and Stress on the Body" - page 178.
2. "Autoimmune Diseases" - page 329.

In the chapter on stress, I explained how fear and anxiety in a person's thought life puts the body into a toxic state of stage 2 and 3 of stress where a whole sequence of events are set into motion through the hypothalamus. One of the effects of stage 2 and 3 of stress is activation of mast cells. Mast cells are part of the immune system that was designed to help you kill and fight off infections. When the mast cells are activated, they release chemicals that cause inflammation such as histamine, prostaglandins and leukotrienes. One of the effects of histamine is that it increases the diameter of the blood vessels (vasodilation). It also increases the permeability of the blood vessels. This causes the water (plasma) in blood to leak into the surrounding body tissues, which results in swelling and redness.

In your case you had an over production of histamine that caused swelling of your blood vessel walls. When you have swelling you have pressure on your nerves and surrounding pain sensitive structures in your head and you get discomfort, irritation and/or pain.

In non-bacterial inflammation, there is a second spiritual root that comes in which is a low self-esteem, self-hatred, self-condemnation and guilt. This is where the chapter on autoimmune diseases is relevant. In response to those thoughts of self-hatred, guilt and condemnation, the biogenetic character of the immune system is changed and it is redirected to attack your own body tissue (the walls of the blood vessels) instead of the true enemy which is harmful substances such as viruses, bacteria, cancer cells etc. This results in damage to the blood vessel walls and inflammation.

To be healed of headaches due to temporal arteritis, you need to deal with the two spiritual problems behind it:

1. You need to get the fear, anxiety and stress out of your thought life and deal with the issues in your life that are robbing you of your peace. The chapter on page 672 will help you with this.
2. You need to stop attacking yourself spiritually with those thoughts of a low self-esteem, self-hatred, self-rejection, self disapproval, condemnation, guilt etc. Building a healthy self-esteem starts with knowing who you are in Christ and placing your sense of worth and identity in Him. You need to learn to see yourself as God sees you. I share more about this in the chapter on page 647.

When you renew your mind in these areas and learn to think correctly concerning how you think about yourself, your immune system will recover. It will no longer attack its own body tissue and will function as God designed it to. When the fear, anxiety and stress in your thought life is removed, histamine will no longer be produced in excess. Therefore the foundation for the swelling and inflammation of the blood vessel walls will be broken and the pain of temporal arteritis will be gone.

Anxiety Disorders

The main types of anxiety disorders (which are discussed in the following pages) are:

- Generalized Anxiety Disorder
- Panic Disorder and Phobias
- Post Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Anxiety Disorder due to another medical condition such as hyperthyroidism.

Generalised Anxiety Disorder

It is important that you first read through the chapter "Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178 which has essential background information.

This is the criteria that is used to diagnose generalized anxiety disorder³²:

1. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities.
2. The person finds it difficult to control the worry.
3. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms present for more days than not for the past six months):
 - i. Restlessness or feeling keyed up or on edge.
 - ii. Being easily fatigued.
 - iii. Difficulty in concentrating or mind going blank.
 - iv. Irritability.
 - v. Muscle tension.
 - vi. Sleep disturbance – difficulty falling or staying asleep, or restless unsatisfying sleep.
4. The anxiety, worry and associated physical symptoms cause significant impairment in social, occupational or other important areas of functioning.

5. The disturbance is not due to the physical effects of a substance, for example drug or alcohol abuse, the side effect of a drug (for example Prozac) or another medical condition (such as hyperthyroidism).

The name of the disorder gives away the spiritual root behind it – long term fear, anxiety and stress in your thought life is behind a generalized anxiety disorder. You have a learned mental habit of worry and you've allowed the spirit of fear into your life.

Doctors often prescribe drugs such as anti-depressants and tranquilizers for general anxiety disorder. They work by blocking the whole cascade of stage 2 and 3 stress reactions in your body and so you are chemically manipulated into a false sense of 'peace'. However the underlying problem is still there, so although you feel a little better, deep in your heart you are still tormented. Anti-depressants and tran-

quilizers are a cheap substitute for the Holy Spirit and the peace of God. It is OK to use drugs for a short period of time to help you but when drugs become your source, you become guilty of the sin of sorcery and idolatry (I explain more about this on page 74).

Drugs such as anti-depressants and tranquilizers are not the answer because they just treat the symptoms and not the underlying problem. These drugs are merely a form of disease management and they come with their own Pandora's box of side effects. When taken for long periods of time your whole body chemistry is disrupted and you become psychologically and chemically dependant on them. God does not want you artificially maintained and chemically manipulated

by drugs, He wants to heal you and set you free from fear and anxiety once and for all because He did not give these things to you. 2 Timothy 1 v 7 says that God did not give you a Spirit of fear, but power, love and a sound mind.

To defeat anxiety disorders, you are going to have to change your thinking habits. The battle is won or lost in your mind. Changing your thinking habits doesn't happen over night, it is going to take dedication and discipline on your part. It may be difficult but with the help of the Holy Spirit it is not impossible to retrain your mind to think differently. I am not offering you a quick fix, but I can give you the knowledge and the tools you need, that when applied to your life will set you free and give you real heartfelt peace. Rather than disease management with drugs which is just another form of bondage, would you consider being permanently set free a viable option? Turn to the chapter on page 672 which will help you deal with fear and anxiety.

Drugs such as anti-depressants and tranquilizers are not the answer because they just treat the symptoms and not the underlying problem.

Panic Attacks And Phobias

It is important that you first read through the chapter "Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178 which has essential background information.

A panic attack is an aggressive fear, anxiety and stress disorder and it is caused by the spirit of fear. Remember the hypothalamus is the area of the brain that is the mind-body connection – it converts everything that is going on in your thought life into a physical reaction. When there is fear and anxiety in your thought life, your hypothalamus sets into motion a whole sequence of physical reactions that puts your body into a toxic state of stage 2 and 3 of stress (as explained in the chapter that I initially referred you to). As a result the following symptoms are experienced during a panic attack (they develop abruptly and reach a peak within 10 minutes)³²:

- Your heart beats faster and you can feel it pounding in your chest (this is called palpitations).
- Trembling and shaking.

- Your breathing rate increases, there is a sensation of shortness of breath, smothering or choking.
- Chest pain or discomfort. The blood vessels supplying the heart go into spasm and not enough blood reaches the heart which is the cause of the chest pain.
- Nausea or abdominal distress. This is because the blood is diverted away from your gastrointestinal tract to your heart, brain and muscles (remember your body is being geared for the flight or fight response). The nausea and abdominal distress is a result of insufficient blood supply to the gut.
- Feeling dizzy, unsteady, light-headed or faint.
- Fuzziness of thinking, a feeling of derealization (feelings of unreality) or depersonalization (being detached from one self) or a shutting down. The fuzzy thinking is caused by the high levels of cortisol flowing through your brain. Remember cortisol makes the nerves in your brain shrink which is why you go blank or can't think properly.
- Numbness or tingling sensations.
- Chills or hot flushes.
- Fear, for example fear of dying, losing control or going crazy.

Sometimes panic attacks are associated with what the medical profession calls "agoraphobia". This is where the person develops a fear of getting panic attacks in situations where they will face embarrassment or where escape may be difficult. They worry about the consequences of having a panic attack, for example not being able to keep driving the car or having a heart attack. These fears typically involve situations that include being outside the home alone, being in a crowd, standing in a line, being on a bridge or traveling on a bus, train or motor vehicle. The person then takes steps to avoid these situations and can eventually become house bound because they are too afraid to leave. Or if they do leave, they experience significant distress with anxiety about having a panic attack or panic-like symptoms and often require the presence of a companion. In essence they develop fear and anxiety about getting fear and anxiety. This obviously greatly exacerbates the problem. Fear will set in motion the very thing that you are afraid of!

Job 3 v 25: "For the thing which I greatly feared has come upon me, and that which I was afraid of is come unto me."

A phobia is when a person is very afraid of something, someone or a specific situation. This could be an animal, insect, the environment (heights or storms), blood, injury, injections, airplanes, closed spaces (claustrophobia) or other things like loud noises. The person may have a social phobia where they have great, persistent fear of social performance (or performance situations) where the person is exposed to unfamiliar people or scrutiny. Social phobias can involve fear of talking to others, asking questions, speaking over the telephone, talking to a member of the opposite sex, talking to strangers, giving a speech, performing in front of an audience, going for oral exams, writing, eating or drinking in front of others. They fear being humiliated or embarrassed. When they are exposed to the thing they fear, the hypothalamus sets into motion the whole stage 2 and 3 stress response and a panic attack ensues. Thus the person either avoids the situation or endures it with great anxiety and distress. This often interferes with daily routine and impairs social or occupational functioning. These social phobias can get to the point where the person isolates him/herself, becomes unemployed, financially dependant and can develop other problems such as depression and addictions (for example alcohol abuse).

The phobia is a learned mental habit of anxiety and panic where you have been trained by the enemy (fear) to respond to a situation in a specific way. Somewhere in your past, you experienced great fear and then you associated the problem with a place or situation. Thus when you are exposed to that situation again, those fearful feelings come back and are reinforced. I explained why this happens in the section on "Internal and External Stressors" on page 187 in the chapter I initially referred you to. When you initially allowed the fear to come in, you built a toxic thorn tree of fear in your brain. Then when you are exposed

to an environment or situation that reminds you of the initial event, the pre-existing memory (toxic thorn tree) in your brain is reactivated by an electromagnetic wave which I called the "breeze through the trees". When that toxic thorn tree is reactivated, the fear-based emotion associated with it is also reactivated. Information-emotion molecules that carry an imprint of the fear based memory as well as the emotion flow throughout your entire body – they bind to receptors on the cells of your body and you physically feel that strong fearful emotional reaction associated with a phobia.

Doctors will often prescribe drugs such as anti-depressants, beta blockers or benzodiazepines for panic attacks. They work by blocking the whole cascade of stage 2 and 3 stress reactions in your body and so you are chemically manipulated into a false sense of 'peace'. However the underlying problem is still there, so although you feel a little better, deep in your heart you are still tormented. Anti-depressants and tranquilizers are a cheap substitute for the Holy Spirit and the peace of God. It is OK to use drugs for a short period of time to help you but when drugs become your source, you become guilty of the sin of sorcery and idolatry (I explain more about this on page 74).

Anti-depressants, beta blockers and benzodiazepines are not the answer because they just treat the symptoms and not the underlying problem. These drugs are merely a form of disease management and they come with their own Pandora's box of side effects. When taken for long periods of time your whole body chemistry is disrupted and you become psychologically and chemically dependant on them. God does not want you artificially maintained and chemically manipulated by drugs, He wants to heal you and set you free once and for all. 2 Timothy 1 v 7 says that God did not give you a Spirit of fear, but power, love and a sound mind.

To defeat panic attacks and phobias, you are going to have to change your thinking habits. The battle is won or lost in your mind. Changing your thinking habits doesn't happen over night, it is going to take dedication and discipline on your part. It may be difficult but with the help of the Holy Spirit it is not impossible to retrain your mind to think differently. I am not offering you a quick fix, but I can give you the knowledge and the tools you need, that when applied to your life will set you free and give you real heartfelt peace. Rather than disease management with drugs which is just another form of bondage, would you consider being permanently set free a viable option? You can have the confidence to enjoy life without fear about anything. The chapter on page 672 will help you deal with the underlying issues.

Post Traumatic Stress Disorder

This is usually experienced by men who have had previous combat experience and by women who have had a horrifying experience such as a physical or sexual assault.

To be able to understand the physical and spiritual dynamics behind post traumatic stress disorder, it is important for you to first read through the following three chapters which have essential background information:

- You need to have an understanding of how the brain works (how thoughts and toxic strongholds form) which was explained in the chapter "Essential Background Knowledge of Disease from a Medical Perspective" on pages 7-23.
- "Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178. Pay special attention to the section under the heading "External and Internal Stressors".
- "Discerning The Source of Your Thoughts" on page 84.

The following criteria are used to diagnose post traumatic stress disorder³²:

1. The person was exposed to an event where both the following were present:
 - a. The person experienced or witnessed an event that involved actual or threatened death or serious injury or threat to physical integrity of self or others.
 - b. The response involved intense fear, helplessness or horror. (In children this can be expressed by disorganized or agitated behavior).
2. The traumatic event is persistently re-experienced in more than one of the following ways:
 - a. Recurrent and intrusive recollections of the event including images, thoughts or perceptions (repetitive play with event themes in children).
 - b. Recurrent and distressing dreams about the event.
 - c. Acting or feeling as if the traumatic events were recurring (children reenact the event) and may include the following:
 - Sense of reliving the experience.
 - Illusions, delusions (a strong false belief about something) or hallucinations (seeing or hearing something that is not really there).
 - Flashbacks.
3. The person experiences intense psychological distress and has a physical response (stage 2 and 3 of stress and/or the symptoms of a panic attack described 2 pages back) on exposure to internal or external cues that symbolize or resemble some aspect of the traumatic event.
4. The person persistently goes out of their way to avoid anything that reminds them of the event, for example:
 - a. Efforts to avoid thoughts or feelings or conversations associated with the trauma.
 - b. Efforts to avoid activities or places or people that arouse recollections of the trauma.
 - c. Inability to recall an important aspect of the trauma.
 - d. Marked diminished interest or participation in significant activities.
 - e. Feelings of detachment or estrangement from others.
 - f. Does not show emotions.
 - g. Sense of foreshortened future.
5. Persistent symptoms of increased arousal:
 - a. Difficulty falling or staying asleep.
 - b. Irritability or outbursts of anger.
 - c. Difficulty concentrating.
 - d. Being excessively alert (hypervigilance)
 - e. Exaggerated startle response.
6. The symptoms cause significant distress and impairment of social, occupational or other important areas of functioning.

After a traumatic event it is normal to have the above symptoms for a few days or even weeks, but when they persist for more than a month, this is post traumatic stress disorder. A person with post traumatic stress disorder is at risk of developing depression and many people fall into the trap of substance abuse (for example they start drinking).

In the chapter "Long Term Effects of Fear, Anxiety and Stress on Your Body" I explained that you don't just respond to external things, you respond to what is going on internally in your thought life as well. In post traumatic stress disorder, the traumatic event was not dealt with properly in your mind and that lead to a toxic memory or "thorn tree of fear" being developed in your brain. This also opened the door to the spirit of fear which comes in to reinforce that memory.

When you are exposed to situations (people or places) that resemble or symbolize that event, that pre-existing memory (toxic thorn tree of fear) in your brain is reactivated. The toxic thorn tree then activates the hypothalamus which sets in motion the whole cascade of physical reactions of stage 2 and 3 of stress. Therefore your body is put in the same physical state of fear and stress, even in the absence of the original external stressor (i.e. you are just as anxious and afraid as you were in the original traumatic event).

You can take your life back by getting rid of the spirit of fear and renewing your mind with the Word of God.

I initially referred you to the section on "Discerning the Source of Your Thoughts" on page 84 because I wanted you to understand where those thoughts of fear come from. The spirit of fear reinforces and amplifies the memory of the traumatic event by giving you thoughts, feelings and flashbacks of what happened in the first person. As long as that toxic thorn tree of fear and the spirit of fear reinforcing it is there, it is going to keep your body in a constant state of stress. However you do not have to allow that traumatic event and the memory of it to ruin your life. You can take your life back by getting rid of the spirit of

fear, pulling down that toxic thorn tree in your brain and renewing your mind with the Word of God. The chapter on page 672 will help you with this.

In ministry you cannot remove the trauma as the memory of the event will always be there. However when God heals you and delivers you of the spirit of fear that is amplifying and reinforcing that long term memory, the pain of the victimization and trauma will be gone.

Often when we experience serious traumatic events, we get angry – often at God. Life events like these can be a staggering attack on our faith. We begin to question why God would allow something like this to happen and we even begin to question if there really is a God. I have been through two traumatic faith shaking events myself that lead me to ask these questions. I don't claim to have all the answers to why these things happen, but what I would like to say to you is let the cross be your anchor of hope. Allow me to explain:

As children of God, we are not promised a trouble free life. Psalm 34 v 19 says that many are the afflictions and evils that confront the righteous, but the Lord delivers them out of them all. Jesus said in **John 16 v 33: "I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]"**

One reason we may go through traumatic life events is because we have simply stepped out of God's umbrella of protection through disobedience – we are not living in right relationship with God. According to Psalm 91, when we are walking in obedience, the devil cannot touch us because we are utterly inaccessible to Him. The Lord's protection (His angels) will be there to protect you in all your ways of obedience and service. I discussed this in detail on page 65 under the heading "Protection from Physical Trauma and Disease Comes from Obedience."

Psalm 91 v 1 – 12: "He who dwells in the secret place of the Most High shall remain stable and fixed under the shadow of the Almighty [Whose power no foe can withstand]. ²I will say of the Lord, He is my refuge and my Fortress, my God; on Him I lean and rely, and in Him I [confidently] trust! ³For [then] He will deliver you from the snare of the fowler and from the deadly pestilence. ⁴[Then] He will cover you with His pinions, and under His wings shall you trust and find refuge;

His truth and His faithfulness are a shield and a buckler. ⁵You shall not be afraid of the terror of the night, nor of the arrow (the evil plots and slanders of the wicked) that flies by day. ⁶Nor of the pestilence that stalks in darkness, nor of the destruction and sudden death that surprise and lay waste at noonday. ⁷A thousand may fall at your side, and ten thousand at your right hand, but it shall not come near you. ⁸Only a spectator shall you be [yourself inaccessible in the secret place of the Most High] as you witness the reward of the wicked. ⁹Because you have made the Lord your refuge, and the Most High your dwelling place, ¹⁰there shall no evil befall you, nor any plague or calamity come near your tent. ¹¹For He will give His angels [especial] charge over you to accompany and defend and preserve you in all your ways [of obedience and service]. ¹²They shall bear you up on their hands, lest you dash your foot against a stone."

However, not every hardship and trial that comes our way is because we have stepped out of God's umbrella of protection through disobedience. We may have terrible faith shaking things happen even whilst we are serving and loving God to the best of our ability. These trials and hardships come our way to mature our faith and develop our character – this is the refiner's fire that moulds us into the image of Christ.

James 1 v 2- 4: "2Consider it wholly joyful my brethren, whenever you are enveloped in or encounter trials of any sort or fall into various temptations. 3Be assured and understand that the trial and proving of your faith bring out endurance and steadfastness and patience. 4But let endurance and steadfastness and patience have full play and do a thorough work, so that you may be [people] perfectly and fully developed [with no defects], lacking in nothing."

In the emotional aftermath of a traumatic or faith shaking event, we are not able to see how it can possibly have any good purpose, we feel as though our world has crumbled and God is not there. When "the bottom falls out" in your life, I'd like to encourage you to look to the cross and hold onto it as your anchor of hope.

Try to imagine what it must have been like for the disciples on that Friday when Jesus died on the cross. They must have thought that this is the worst thing in the world that could ever happen – the Son of God crucified and killed. As they stood at the foot of the cross, looking at Jesus' ravaged and bleeding body, they must have thought, "How could there ever be any good purpose in this? How could God allow this to happen?" There seemed to be no hope or sense in it at all. But for us, over two thousand years later, we look back at the cross and we see the glorious purpose in it – Jesus' shed blood paid the price that we could not pay, that we might have eternal life and be restored back into a love relationship with the Father. Furthermore by the stripes that wounded Him, we are healed and made whole and set free from our diseases (Isaiah 53 v 5; Matthew 8 v 17). For us, the cross is the most beautiful thing in the world.

When "the bottom falls out" in your life, I encourage you to look to the cross and hold onto it as your anchor of hope.

You may not be able to understand why that terrible thing happened, and as long as you live you may never understand why. But my message to you is to hold onto the Cross – let that be your anchor of hope. Don't get angry with God or doubt Him – stay in Him. Remember Jesus said "**In Me you will have [perfect] peace and confidence**" (John 16 v 33).

Hebrews 6 v 12, 16 – 19: "12In order that you may not grow disinterested and become [spiritual] sluggards, but imitators, behaving as do those who through faith (by the leaning of the entire personality on God in Christ in absolute trust and confidence in His power, wisdom and goodness) and by practice of patient endurance and waiting are [now] inheriting the promises...16Men indeed swear by a greater [than themselves], and with them in all disputes the oath taken for confirmation is final [ending strife]. 17Accordingly God also, in His desire to show more convincingly and beyond doubt to those who were to inherit the promise, the unchangeableness of His purpose and plan, intervened (mediated) with an oath. 18This was so that, by two unchangeable things [His promise

and His oath] in which it is impossible for God to ever prove false or deceive us, we who have fled [to Him] for refuge might have mighty indwelling strength and strong encouragement to grasp and hold fast the hope appointed for us and set before [us].¹⁹[Now] we have this [hope] as a sure and steadfast anchor of the soul [it cannot slip and it cannot break down under whoever steps out upon it – a hope] that reaches further and enters into [the very certainty of the Presence] within the veil."

Faith always involves some unanswered questions. Although your circumstances may tell you otherwise, He is a good God, His plans are to prosper you, not to harm you – His plan is to give you a hope and a future (Jeremiah 29 v 11). Know that God is in control, and that there is a good and divine purpose to all of this. When Jesus was crucified, there were people who made choices – the crowd chose to set free Barabbas and wanted Jesus crucified. The guards made choices to whip Jesus and nail Him to the cross. There was freedom to make choices in terms of the crowd and the soldiers...but was God still in control? Oh yes. Did His plan and purpose prevail? Definitely.

Romans 8 v 28: "We are assured and know that [God being a partner in their labor] all things work together and are fitting into a plan] for good, to and for those who love God and are called according to [His] design and purpose."

In dealing with the fear and anxiety coming from this terrible event, you are going to have to make your peace with God, forgive others and maybe even forgive yourself. The chapter on page 630 will help you deal with this.

Obsessive Compulsive Disorder

In short, obsessive compulsive disorder is where a person has an abnormal obsession about something, for example that their hands are dirty and contaminated. This obsession causes significant anxiety which leads to the compulsion where the person repeatedly washes his hands. The compulsion is the act that the person performs to relieve the anxiety from the obsession. Another example is that a person can become obsessed about locking his house. When he (or she) leaves for work in the morning, he goes back to check that every window and door is locked and keeps doing it over and over again for several hours, thus making him late for work. Then when the person gets to work, he may still feel anxious about whether or not the house is locked and will want to drive back and check again. In severe cases this can eventually take up the whole day, leading to a total impairment in social and occupational functioning.

The medical criteria used to diagnose an obsessive compulsive disorder are³²:

1. Either obsessions or compulsions:
 - a. Obsessions are defined by:
 - Recurrent and persistent thoughts, impulses or images that are experienced, at some time during the disturbance, as intrusive and inappropriate and that cause significant anxiety or distress.
 - The thoughts, impulses or images are not simply excessive worries about real life problems.
 - The person attempts to ignore or suppress such thoughts, impulses or images or to neutralize them with some other thought or action (i.e. a compulsion).
 - b. Compulsions are defined by:
 - Repetitive behaviors for example hand washing, ordering, checking or mental acts such as counting or repeating words silently. The person feels driven to perform these repetitive behaviors in response to an obsession, or according to rules that must be applied rigidly.

- The behaviors or mental acts are aimed at preventing or reducing distress or preventing some dreaded event or situation. However these behaviors or mental acts either are not connected in a realistic way with what they are designed to neutralize or prevent, or are clearly excessive.
2. At some point during the course of the disorder, the person has recognized that the obsessions or compulsions are excessive or unreasonable.
 3. The obsessions or compulsions cause significant distress, are time consuming (take more than one hour a day) or significantly interfere with the person's normal routine, occupational or academic functioning or usual social activities or relationships.
 4. The obsessions and compulsions are not due to another psychiatric illness for example, preoccupation of food in the presence of an eating disorder; preoccupation with drugs in a substance abuse disorder (addiction); preoccupation with having a serious illness in the presence of hypochondriasis or guilty ruminations in major depressive disorder.
 5. The disturbance is not due to the direct physiological effects of a substance (drug abuse or medication) or a general medical condition.

The following criteria are used to diagnose a person with an obsessive compulsive personality (which is not as severe as obsessive compulsive disorder):

A pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness and efficiency, beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:

1. The person is preoccupied with details, rules, lists, order, organization or schedules to the extent that the major point in the activity is lost.
2. The person shows perfectionism that interferes with task completion, for example is unable to complete a project because his (or her) own overly strict rules are not met.
3. The person is excessively devoted to work and productivity to the exclusion of leisure activities and friendships (not accounted for by obvious economic necessity).
4. The person is over conscientious, scrupulous and inflexible about matters of morality, ethics or values (not accounted for by cultural or religious identification).
5. Is unable to discard worn-out or worthless objects, even when they have no sentimental value.
6. The person is reluctant to delegate tasks or to work with others unless they submit to exactly his or her way of doing things.
7. The person adopts a misery spending style toward both self and others; money is viewed as something to be hoarded for future catastrophes.
8. The person shows rigidity and stubbornness.

When people feel bad about themselves, they usually become involved in obsessive compulsive or addictive behaviors of some kind.

Emotional insecurity as a result of a low self-esteem is behind obsessive compulsive disorder (OCD). When people are feeling bad about themselves, they will usually become involved in obsessive compulsive behavior or addictive behaviors of some kind. Remember your hypothalamus is the area in your brain that translates everything that is going on in your thought life into a physical reaction – it is the mind body connection. When you have a lack of self-esteem and your thought life is dominated by thoughts of self disapproval, self-condemnation, guilt, self-hatred and the like, your hypothalamus senses these spiritual and emotional problems. One of the first things that the hypothalamus does in response to this is to lower the levels of a chemical in your brain called serotonin. Serotonin is the chemical that was designed to make you feel good about yourself. Therefore when the levels of serotonin are low, you feel bad about yourself. The spiritual and emotional feelings of unloveli-

ness are now reinforced by the chemical deficiency. The obsessive compulsive behavior is an attempt to neutralize these feelings.

Healing from obsessive compulsive disorder has to begin with changing your thinking concerning how you think about yourself. Building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. You need to learn to see yourself as God sees you. Turn to page 647.

Depression

Depression is extremely common. It is present in a quarter to a half of all medical patients. It affects people in all walks of life: professionals like doctors, lawyers and professors, blue collar workers, laborers, housewives, teenagers, small children, elderly people and even pastors. Even great kings and prophets in the Bible battled with depression such as Elijah (1 Kings 19 v 3) and King David (Psalm 40 v 3).

The diagnosis of depression is made according to the following criteria³²:

Diagnostic Criteria Of Depression

1. Five or more of the following symptoms present during the same two week period:

- i. Depressed mood – most of the day, nearly every day.**
- ii. Loss of interest and pleasure – in almost all activities, most of the day, nearly every day.**
- iii. An increase or decrease in weight – change in more than 5% of body weight in a month.**
- iv. Insomnia (difficulty sleeping) or sleeping too much nearly every day.**
- v. Movement is agitated or very slow (psychomotor agitation or retardation).**
- vi. Fatigue and loss of energy.**
- vii. A low self-esteem, feelings of worthlessness or excessive and inappropriate guilt.**
- viii. Difficulty in thinking or concentrating. Indecisiveness.**
- ix. Recurrent thoughts of death or suicide or suicide attempts.**

*At least one of the symptoms must be a depressed mood or loss of interest and pleasure.

- 2. Symptoms impair social, occupational or other areas of functioning.**
- 3. The symptoms are not the direct effect of a drug (for example ecstasy), medication or a medical condition (Medical conditions and medical drugs that cause depression are mentioned later).**
- 4. The symptoms are not better accounted for by bereavement.**

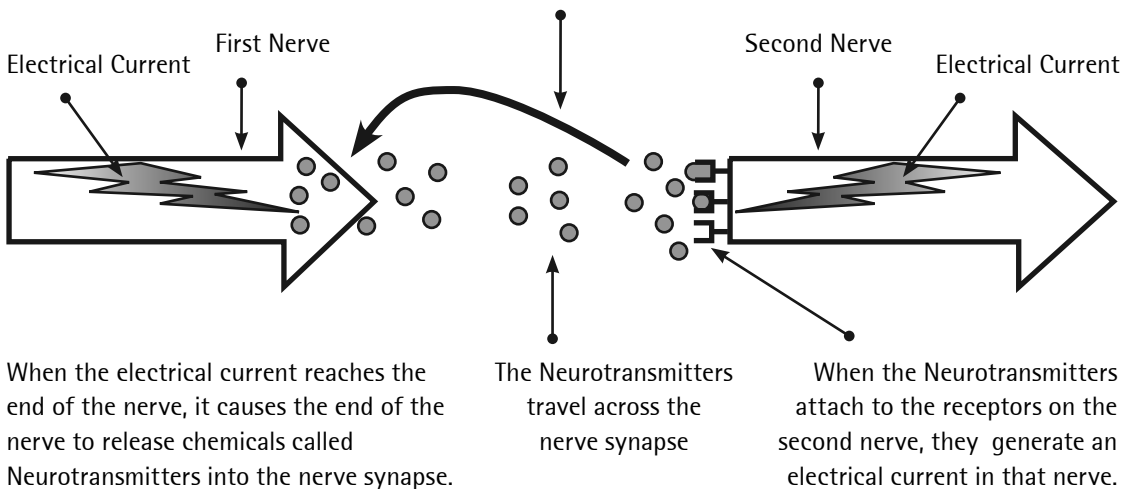
Depression can be genetically inherited. Therefore if other family members and those in generations before you have depression, it is very important for you to read through the chapter on genetically inherited diseases on Page 151.

The root cause of depression is a low self-esteem, self-hatred, self-rejection, self-condemnation and/or guilt in a person's thought life. This has been identified by both the medical field (as you can see in the diagnostic criteria above) and by those in ministry. Henry Wright has dealt with many people with depression as a pastor over the years. He has observed that the low self-esteem behind depression often (but not

always) comes from a lack of nurturing during childhood – often this is caused by the father although in some cases it can be the mother. The inherited component comes in because of lack of nurturing that has been there from generation to generation.

In order for you to understand depression, I need to first explain a little about how your nerves in your brain work. Your brain consists of 3 trillion nerves. These nerves are all joined or linked to each other. Information travels along these nerves in the form of an electrical current. At the joining or junction between two nerves, there is a gap which is called the nerve synapse. Like a bridge across a river joins two roads, so a nerve synapse joins two nerves. When the electrical current reaches the end of a nerve, it stimulates the production of chemicals called neurotransmitters that travel across the bridge (nerve synapse) to the next nerve. When these chemicals reach the next nerve, they attach to special receptors. This then generates an electrical current in that nerve. This is how an electrical current is passed on from one nerve to the next. The chemicals in the nerve synapse are then taken up again by the first nerve. This process is summarized in the picture below:

When the electrical current has been generated in the second nerve, the first nerve takes the neurotransmitters up again (re-uptake) to use them again next time.



How information in the form of an electrical current travels from one nerve to the next in your brain

There are different types of neurotransmitters in your brain. The most important ones in depression are Serotonin, Norepinephrine and Dopamine.

The hypothalamus (picture on page 13) is the mind-body connection - it releases chemicals in response to our thoughts that travel throughout our whole body, thus affecting the way in which we function. The hypothalamus responds to those thoughts of a low self-esteem, self-hatred, self-rejection, self-condemnation and/or guilt by lowering the levels (amount) of the neurotransmitters in your brain. Serotonin is lowered the most. Norepinephrine and to a lesser extent Dopamine is also lowered. When the levels of these neurotransmitters are lowered, it causes the whole central portion of your brain called the deep limbic system to inflame. Serotonin is the chemical that was designed to make you feel good about yourself. Therefore when the serotonin levels are too low, no matter what you do, you feel terrible – you feel depressed. Migraines, binge eating and weight problems are also caused by lowered levels of serotonin because of a low self-esteem.

The second nerve tries to compensate for this deficiency of serotonin by increasing the number of receptors. These excess receptors on the nerves cause the symptoms of depression. The hippocampus is part of the deep limbic system in the brain. Some of its functions are learning, memory building and emotion. Neurogenesis is a continuing process which involves building nerves that store memory and emotion (I explained more about how memory is stored in your brain on page 10). Neurogenesis only works when you feel good about yourself and the serotonin levels are correct. When you have a low self-esteem and you don't like yourself, the serotonin levels within the hippocampus are low and neurogenesis is not very efficient. As a result you have difficulty in maintaining memory, emotional stability and you experience a low-grade degree of confusion.

The devil is the only one benefiting when your serotonin is imbalanced. He knows that the mind-body connection is real and he knows the physiology of your body better than most doctors. He knows that if he can get a low self-esteem, condemnation and guilt to dominate your thought life, he can cause the brain to under produce serotonin. He also knows that there is no way you can increase your serotonin levels unless you take a drug because you are in chemical imbalance. Now enters the sorcerer, otherwise known as your friendly local pharmacist or family doctor (I explained pharmacy and it's relation to sorcery on page 74). They will say, "Ok, your deep limbic system is inflamed and your serotonin levels have dropped. Therefore we're going to give you a serotonin enhancer like Prozac to change that. This drug will make you feel good again." You then become addicted to the drug that artificially restores the chemical imbalance and serves as a false comforter and false source of peace. As long as you take the drug you feel better about yourself, but you still have those unloving feelings of a low self-esteem, guilt and condemnation as part of your nature. Therefore even though you are on the drug you still do not feel satisfied, just more tormented.

God doesn't want you to be chemically manipulated and artificially maintained by anti-depressants for the rest of your life. This is just disease management which is another form of bondage. Why don't you sort out your thought life, which is the root of your problem so that you can be free from depression permanently? The situation is that depression is a result of the inflammation because of the lack of serotonin in the deep limbic system, which all started upstream in your thought life. Depression is not the problem – your thought life is the problem. Depression is merely a symptom of your toxic thought life.

It is OK to take medication for a short period of time to help you and to reduce the inflammation and bring a bit of balance back into the serotonin levels, but it certainly does not solve the underlying problem. You have to parallel that with working on your thought life. According to the latest scientific information and research on how your brain works, excess amounts of medication will upset the natural chemistry in

your brain². Very often we see that people need medication as a crutch or as an excuse to hide behind, "Well there's a defect in my brain – I don't have enough serotonin. I can't help it." We use this victim mentality as an excuse to submit to that disease, meanwhile we can rise above it. We need to take back responsibility. We are fully able to control our thought life.

According to the latest scientific research on how your brain works, excess amounts of medication will upset the natural chemistry in your brain.

I would strongly recommend that you never start anti-depressants in the first place because it is not easy to wean your body off them once you start and they have terrible side effects. However, since many people are already taking antidepressants, it is worthwhile to discuss them. There are different types of drugs that are prescribed to treat depression. The most well known anti-depressants are Prozac (generic name is Fluoxetine) and tri-cyclic anti-depressants such as Amitryptaline and Imipramine. These drugs work by preventing the neurotransmitters (serotonin and norepinephrine) from being taken up again by the first nerve. Therefore the levels of serotonin in the nerve synapse increases. The effectiveness of serotonin is prolonged because it is out there for longer and it gives the person a sense of well-being. It is an artificial way on increasing your self-esteem. The

increased amount of serotonin in the nerve synapse causes the second nerve to decrease the amount of receptors it has. As a result of the decreased receptors, the symptoms of depression disappear.

Side effects of tri-cyclic anti-depressants (Amitryptaline and Imipramine):

- Heart can be affected – can cause abnormalities in heart rhythm.
- Can cause problems with constipation, passing urine, dry mouth and blurred vision.
- Can cause weight gain which worsens the depression because the excess weight makes people feel even worse about themselves.
- The biggest problem is that many people with depression have a suicidal tendency and it is common for them to purposefully overdose on their anti-depressant medication. An overdose of tri-cyclic anti-depressants causes convulsions, severe abnormalities in heart rhythm, suppression of breathing and death.

Prozac (fluoxetine) is the most frequently prescribed anti-depressant drug. This is a drug that is far too frequently and flippantly prescribed by doctors without any real consideration about the consequences. Prozac is an amphetamine. It is the chemical equivalent of the recreational drug Ecstasy. They are identical. Prozac is an illegal drug re-packaged as a legal drug. Prozac was the first illegal drug to be made legal and not many people know that. The drug world calls it an upper and then you have to start taking downers (for example sleeping pills) as well. Because Prozac is an amphetamine, it has a serious side effect and that is violence, aggression and psychotic behavior. The teenagers that were involved in the high school shoot outs in America were on Prozac. In fact, a large number of mass murders in America were done by people who were on Prozac.

Prozac is an amphetamine. It is the chemical equivalent of the recreational drug Ecstasy. They are identical.

Another side effect of Prozac is amnesia, "Now that I'm on this drug I feel better about myself but I just can't remember who I am!" The list of side effects continues: allergic reactions, palpitations and chest pain, dizziness, drowsiness, flu symptoms, coughing, dry mouth, nausea, indigestion, diarrhea and other intestinal disorders, increased appetite, weakness, apathy, sweating and tremors. Those are the most common side effects. Others include confusion, convulsions, hallucinations, paranoid reactions, twitching, muscle tension, slurred speech, suicidal thoughts and sometimes cessation of breathing.

One of the main side effects of Prozac is sexual dysfunction because it causes anxiety and loss of libido (sex drive). So the man is impotent and nervous and the wife wonders why he is no longer chasing her. Because of the Prozac he loses all interest in his wife and he thought he had problems before! Women taking Prozac can also lose their libido which has adverse effects on their marriage relationship with their husbands. This creates another problem – more conflict, more guilt, more rejection and more anxiety. This all leads to a further decrease in serotonin levels and now we have a deeper depression.

So as you can see, these drugs do not solve the problem. In fact they interfere with dealing with the root problem because they mask the real issues. I'm a doctor who loves the Lord and wants to give you knowledge that when applied to your life will set you free from depression permanently. I'm not going to send you to Prozac. Anti-depressants are a cheap substitute for the Holy Spirit, who was called the Comforter by Jesus. In John 14 v 26 Jesus said that the Holy Spirit is **"the Comforter (Counselor, Helper, Intercessor, Advocate, Strengtheners and Standby)."**

Jesus said in **Matthew 11 v 28 – 30: "28Come to Me, all you who labor and are heavy laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls]. 29Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls. 30For**

My yoke is wholesome (useful, good – not harsh, hard, sharp or pressing, but comfortable, gracious and pleasant), and My burden is light and easy to be borne.”

If you are suffering from depression know that God loves you more than you could ever imagine (See Ephesians 3 v 16 – 20) and He deeply cares about your problem. He doesn't want you to battle with it any more. He wants to set you free from depression permanently and heal you totally. He wants to heal you physically and right down to the wounds in the depths of your soul. However, you also have to take responsibility and deal with the key issue behind depression which is a low self-esteem. This is the only way that the serotonin deficiency behind depression is going to be resolved.

You Need to See Yourself as God Sees You

Building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. Before you read through the rest of this section on depression, turn to the chapter “Who You Are in Christ” on page 647 where there is an extensive teaching on learning to see yourself as God sees you. There are two important points in this chapter that I'd like to highlight which are particularly relevant to depression:

- **CONDEMNATION** – is a very common cause of depression. Even the medical community has picked this up as you may have noticed in the box with the diagnostic criteria of depression. People with depression spend a large part of their lives feeling guilty. When you ask them what it is that they are particularly feeling guilty about, they couldn't tell you. All they know is that they have this vague, underlying nagging feeling of guilt all the time. Remember that thoughts of guilt and condemnation are extremely toxic to your body. The chemicals that are released from thoughts of guilt and condemnation immediately put your body into a toxic state which will make you depressed. Condemnation and guilt is one of the devil's greatest tools that he uses to make us feel badly about ourselves and he uses it to steal our joy. So take note of what I said about condemnation in the chapter “Who You Are In Christ.”
- **HANG OUT WITH THE NEW YOU** – you will become like those that you hang around. If you are suffering from depression and you sincerely want to overcome it, it is vital that you do not hang around other depressed people. You need to spend most of your time with stable, happy people who are full of the joy of the Lord. If you have no choice but to be regularly around someone who is depressed, keep yourself covered by faith with the blood of Jesus for protection against the spirit of depression. You must be more aggressive against depression than it is against you. There is nothing wrong with trying to help other depressed people. However, you must remember that not all people want help because they just want to be depressed. Some people get mad when you try to cheer them up. Depressed people want others to be depressed and to wallow with them in their misery. Joy and a positive attitude irritates them. Well actually joy irritates the spirit of heaviness (Isaiah 61 v 3) oppressing them. The bottom line is that if you are struggling with depression, your friendships are very important. Don't spend time with depressed people if you need to overcome depression yourself.

Laugh, Sing and Make Music!

There is another secret in the Word to overcoming depression which is also medically proven to be correct – laugh and sing, and make music!

Isaiah 61 v 3: “Put on the garment of praise instead of a heavy, burdened and failing spirit...”

Playing or listening to music, laughing and singing may be the last thing that you feel like doing, but it causes the release of chemicals called endorphins and enkephalins that are natural anti-depressants.

It also releases serotonin and dopamine which naturally balances the deficiency of serotonin that causes clinical depression in the first place. Playing music, laughing and singing have been proven to de-stress your brain and body, and it protects you from getting sick by strengthening your immune system.²⁵ Sometimes you have to begin in the flesh to laugh and sing whether you feel like it or not. It is like priming an old fashioned pump by repeatedly moving the handle up and down until the pump kicks in and the water begins to flow. If you have ever used an old fashioned pump you will know that when you initially begin to move the handle up and down, it feels as though it will never kick in and begin to supply water. It actually feels like it is connected to nothing and is just pumping air. As you continue it becomes more difficult to move the handle up and down which is a sign that the water is about to flow.

It is the same way with joy. One of the fruits of the Holy Spirit is joy (Galatians 5 v 22) and He is on the inside of you. Therefore you have a well of joy on the inside of you. The pump handle to bring it to physical manifestation is smiling, laughing and singing. Initially these physical expressions may not seem to be doing much. After a while it gets even harder, but if you keep it up you will soon get a "river of joy". You can't always feel joy until you activate it by purposefully operating in it. Often the decision comes first, then the feelings follow.⁵⁰

Paul said in **Ephesians 5 v 19 – 20: "Speak out to one another in psalms and hymns and spiritual songs, offering praise with voices [and instruments] and making melody with all your heart to the Lord, at all times and for everything giving thanks in the Name of our Lord Jesus Christ to God the Father."**

Acts 16 v 25 – 26: "About midnight, as Paul and Silas were praying and singing hymns of praise to God... Suddenly there was an earthquake, so that the very foundations of the prison were shaken; and at once all the doors were opened and everyone's shackles were unfastened."

Paul and Silas were in a miserable position. They had just been severely beaten and were sitting in shackles in a cold and dark prison. However they choose to praise God in the midst of this situation, even though I'm sure they probably did not feel like it. There is great power to break any bondage in simply smiling, laughing and praise. The same power that broke the walls of the jail and shackles around Paul and Silas and the others in prison with them, is available today to break the bondage of people who are imprisoned and shackled with depression. If you react by choosing to smile, laugh and sing songs of praise to God at the onset when you feel the symptoms of depression coming on, it will lift. The devil and his kingdom cannot stand God's joy – so when you begin to purposely operate in it and start praising God, they will not stick around!

Psalm 42 v 5: "Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for Him, for I shall yet praise Him, my Help and my God."

Even the great spiritual giant David had to battle with depression. To overcome his down cast and depressed feelings and emotions he used to sing songs of praise to God and shouts of deliverance, in the midst of difficult and miserable circumstances. That is why so many of his Psalms are songs of praise to God.

David said in **Psalm 1 v 1 – 3: "I waited patiently and expectantly for the Lord; and He inclined to me and heard my cry. ²He drew me out of a horrible pit [a pit of tumult and of destruction], out of the miry clay (froth and slime), and set my feet upon a rock, steadying my steps and establishing my goings. ³He has put a new song in my mouth, a song of praise to our God..."**

You can't always feel joy until you activate it by purposefully operating in it. Often the decision comes first, then the feelings follow.

Part of praise is thanksgiving. You need to maintain an attitude of gratitude. In the laboratory they have proven that giving praise and thanks causes the release of those healthy feel good chemicals such as serotonin, dopamine, endorphins, enkephalins and ANF which flow throughout your body and brain. These chemicals are wonderful because they uplift you and make you healthy. You can get those healthy chemicals in your body flowing by being grateful for everything around you. Thank people. Every time you want to wince, groan and complain – think of your blessings. Even if it means thanking God for a new day. Thank Him for His Son and the privilege of being able to have a relationship with God. That is awesome and a lot to be thankful for!

Psalm 103 v 1 – 5: "Bless (affectionately, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! ²Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits. ³Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases. ⁴Who redeems your life from the pit and corruption, Who beautifies, dignifies and crowns you with loving kindness and tender mercy; ⁵Who satisfies your mouth [your personal necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!"

Get to Know the Father More!

Nehemiah 8 v 10: "...for the joy of the Lord is your strength and stronghold."

One of the meanings of the Hebrew word joy in Nehemiah 8 v 10 is "to be joined". In order for the joy of the Lord to be your strength, you must be joined with God. I mentioned earlier that joy is one of the fruits of the Holy Spirit - Jesus said that you cannot bear fruit unless you are abiding in the Vine:

Joy is one of the fruits of the Holy Spirit - Jesus said that you cannot bear fruit unless you are abiding in the Vine!

John 15 v 4 – 5 & 7: "Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. ⁵I am the Vine; you are the branches. Whoever lives in Me and I in Him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing. ⁷If you live in Me [abide vitally united to Me] and My words remain in you and continue to

live in your hearts, ask whatever you will, and it shall be done for you."

Being joined to God and abiding in the Vine means spending time in fellowship with God (daily quiet times!) and acknowledging and talking to Him continually through the day as you go about your business. An intimate relationship with God the Father and getting to know Him more through time spent with Him, is the key to healing from any disease. You cannot expect to experience any real form of joy and peace in your life, if you are so busy doing other things that you never get around to spending time with God.

Psalm 16 v 11: "You will show me the path of life; in Your presence is fullness of joy, at your right hand there are pleasures forevermore."

Rejection, Adoption and Depression

If you have suffered from depression it might be due to the root of rejection in your life. To be rejected means to throw away as having no value or worth or being unwanted. We were designed for acceptance, not rejection. The emotional pain from rejection is one of the deepest kinds of pain known, especially when it comes from a person we love or expect to love us, such as parents or a spouse. I once read the story of a woman who had been adopted. Here is part of her testimony:

"My adoptive parents told me that I was adopted as soon as I was old enough to understand, but nothing more: I didn't know who my parents were or why they had given me up. This knowledge – or the lack of it – hit me hardest in my teens. I felt worthless and repulsive – why else would my own mother abandon me? I suffered from bouts of depression. Being adopted affected every relationship. I was cool towards my adoptive mother and the more I thought about it the less I trusted people. I was possessive and unreasonable with those I loved. As for boyfriends I was attracted to the men who never called – as if every relationship had to re-enact the one maternal act that had defined my life. The slow dawn of maturity and meeting the right man, who proved that I could love someone and they would stay, meant that adoption was less of an issue in my twenties. Yet it slyly informed the way I thought about myself – as a mother, as a person. My fiercest wish was to be a good parent, to counteract what she had done..."

Many people who are adopted have a deep feeling that something is wrong with them and that is why they were not wanted by their real parents. The only way that these people are going to fill that empty void is to receive the love of God the Father. I say receive because many people understand the concept theoretically in their heads that God loves them but it is not a reality in their hearts and lives. The lady in the above story was ruining her life because she was striving to get something she would probably never have, which is the love of her natural parents. The devil had taken advantage of her emotions from this tragedy in her early life and depression had become a stronghold in her mind.

If you have been adopted or rejected and are deeply emotionally scarred by it, I want you to know that God, your Heavenly Father accepts and approves of you (Jeremiah 1 v 5). **Psalm 27 v 10 says: "Although my father and my mother have forsaken me, yet the Lord will take me up [adopt me as His child]."**

If you have been adopted or rejected and are deeply emotionally scarred by it... know your Heavenly Father accepts and approves of you.

This is the prayer of my heart for you and I encourage you to take the time right now to pray this prayer below for yourself from your heart: Ephesians 3 v 14 – 20: "Father, I ask You to grant me out of the rich treasury of Your glory to be strengthened and reinforced with mighty power in my inner man by the Holy Spirit [Himself indwelling in my innermost being and personality]. May Christ through my faith [actually] dwell (settle down, abide, make His permanent home) in my heart! May I be rooted deep in love and founded securely on love, that I may have the power and be strong to apprehend and grasp with all the saints [God's devoted people, the experience of that love], what is the breadth and length and height and depth [of it]; [That I may really come] to know [practically through experience for myself] the love of Christ, which far surpasses mere knowledge [without experience]; that I may be filled [through all my being] with all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]! Father, You by Your power that is at work within me are able to [carry out Your purpose and] do superabundantly, far over and above all that I [dare] ask or think [infinitely beyond my highest prayers, desires, thoughts, hopes or dreams]."

Instead of feeling unloved and worthless because your parents did not love you, you need to renew your mind to the fact that God loves you so much that He sent His only Son to die for you. You are extremely valuable and precious because you were worth the life of the King of Kings! Overcoming rejection is not easy but you can do it by drawing close to your Heavenly Father and receiving His love. And watch for all the ways that He shows you His love! God is continually showing His love for us in little ways everyday but we often do not even notice it. When God showed me this years ago I asked Him to open my eyes to notice when He showed me His love. I personally love the bush and natural beauty of nature. I began to see Him spoiling me with a beautiful sunset or when a flock of lovely birds came into the garden around me while I was studying. I recognized His love when a family member would bring me a cup of coffee with marshmallows or an unexpected gift from a friend. I saw Him show me favor at work and wherever I went. There are many, many ways that God shows His love specifically for you every single day, you just

have to watch out for it. When you respond to Him with an attitude of gratitude even in the little every day things and express your thanks in praise, depression doesn't have a chance.

When people reject you, Jesus takes it personally. **Luke 10 v 16: "He who hears and heeds you [disciples] hears and heeds Me; and he who slights and rejects you slights and rejects Me; and he who slights and rejects Me, slights and rejects Him Who sent Me."** It is sin for one person to reject another because they are breaking the law of love (See John 13 v 34 – 35 and James 2 v 9). However, you don't have to allow that sin to define your life or control your emotions.

Romans 12 v 21: "Do not let yourself be overcome by evil, but overcome (master) evil with good." Drawing close to God through spending time with Him, praising Him, putting a smile on your face, laughing and being joyful on purpose are good things that will overcome the evil of rejection and the result of depression in your life.

Failure

Many depressed people have a low self-esteem coming from what they perceive as a failure in their life. We are programmed by a worldly mentality that winning is everything and that success is living in the absence of failure. However, failures and mistakes are important lessons learnt on the road to real success. One of these lessons is humility because God cannot use us when we are full of pride. We are not automatically humble as we all deal with a generous portion of pride. However humility is soon worked into our character after a few experiences with failure. Failures will disappoint, discourage and depress us if we let them. However God sees it in a totally different light – He uses our failures and weaknesses to

develop our characters, all in preparation for His calling on our lives. You haven't really failed until you have given up. Joyce Meyer has a successful ministry now but she had to endure some failures that were sometimes very embarrassing on the way. She maintains the attitude: "Satan may knock me down, but He is not going to knock me out!" Failing at something is not the same as being a failure.

Learn to separate your who from your do. You may do something and fail at it but that does not mean that you are a failure.

I explained in the chapter on "Who You Are In Christ" that you are not loved by God based on your performance. You are not accepted because of what you have done but because of what Jesus has done. Learn to separate your **who** from your **do**. You may **do** something and fail at it but that does not mean that **you**

are a failure. You are a child of the King and you are being changed from glory to glory into His Image (2 Corinthians 3 v 18) with a few lessons learnt along the way. You see it is not actually failure that causes a low self-esteem that results in depression, it is our attitude towards failure that causes it. There'll be no room for depression if you choose to see your failure as an opportunity to learn from the experience and allow God to develop your character and make you a better person for it. People who don't know God have no choice but to go to depression when they fail, but you can be encouraged because you know that you don't have to stay that way. Joyce Meyer has a good saying, "I'm OK and I'm on my way. I'm not where I need to be but thank God I'm not where I used to be!" God's grace is the power and ability that He gives you to overcome sin. **Romans 5 v 20: "...where sin abounded, grace did much more abound."** How can anybody fail with a system like that set in motion on their behalf?

Rise Up Out of Your Pit and Take a Hold of Your Destiny!

There are many other different circumstances that can trigger the depression (for example after having a baby, getting fired from your job, etc) but in the end the devil is behind it all. For every thought that you meditate on, there is a physical reaction in your body in the form of electrical current traveling along

nerves in your brain. There is also the production of hormones and chemicals somewhere in your body in reaction to that thought. That is why if you allow Satan to control your thought process, He can control your body chemistry and cause disease. When you start listening to that self-hatred, condemnation, guilt and rejection, your body produces chemicals in response to those attacks that is counterproductive to your health and peace. If you will listen to God rather than the devil, God will cheer you up and make you feel good about yourself because you know who you are in Christ, He will give you peace about the past, joy for the present and hope for the future.

1 Corinthians 2 v 9: "...Eye has not seen and ear has not heard and has not entered into the heart of man, [all that] God has prepared (made and keeps ready) for those who love Him [who hold Him in affectionate reverence, promptly obeying Him and gratefully recognizing the benefits He has bestowed.]"

Ephesians 2 v 10: "For we are God's [own handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live.]"

The point of the above two scriptures is that God has a unique purpose and an awesome destiny laid out for you. The devil knows this, so his goal is to keep you in the pit of despair where you are hopeless and miserable, and where you will never rise up and fulfill God's call on your life. The devil comes and brings every negative thought imaginable to your mind. He reminds you of every tragic and disappointing thing that has ever happened to you and tries to make you believe that nothing good will ever take place in your life. You see, God cannot use a depressed and discouraged Christian.

The principles for overcoming depression are not complicated. You simply need to meditate on (spend time thinking about) who you are in Christ, you need to see yourself as God sees you, and apply the principle of laughing and singing songs of praise to God at the onset when you feel that depression coming on.

Isaiah 60 v 1: "Arise [from the depression and prostration in which circumstances have kept you – rise to a new life]! Shine (be radiant with the glory of the Lord), for your light has come, and the glory of the Lord has risen upon you!"

Don't Play Around with Depression

Depression can be dangerous because it can get to a point where the serotonin levels are so low that you become suicidal. Studies from autopsies on patients who committed suicide showed that these people had very low serotonin levels in their brain. Joyce Meyer has a saying, "Don't flirt with the devil!"

1 Peter 5 v 8 – 9: "Be well balanced, temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a roaring lion [in fierce hunger], seeking someone to seize upon and devour. Withstand him, be firm in faith [against his onset – rooted, established, strong, immovable and determined], knowing that the same identical sufferings are appointed to your brotherhood (the whole body of Christians) throughout the world."

2 Corinthians 10 v 5: "... lead every thought captive to the obedience of Christ."

You need to resist the devil at his onset. As soon as those depressing, negative thoughts come to your mind, you need to purposely chuck them out and replace them with the Truth of the Word of God. I recommend that you don't even allow yourself to dwell on those negative thoughts for even a little while. It may be all the time the devil needs to set up a stronghold that is not easily broken. We cannot flirt with the devil like that. Joyce Meyer also preaches, "Once we open the door to the devil, he may get a foothold. Once he gets a foothold, he can obtain a stronghold. He is progressive and aggressive in his action towards us. Therefore we must be aggressive and not passive towards him."

God has given us His Word which is like a two edged sword which is our weapon that we can use in spiritual warfare to defeat the enemy. You cannot defeat Goliath with your mouth shut. You need to speak out the Word of God to counter the enemy's attacks. Secondly, remember I explained previously that Jesus gave you the "garment of praise for the spirit of heaviness" (Isaiah 61 v 3). If you don't use what He has given you, you will sink deeper and deeper into the pit of depression, and you could end up in serious trouble.

Ephesians 4 v 27: "Leave no [such] room or foothold for the devil [give no opportunity to him]."

If we flirt with the devil we will always get hurt. Refusing to put on the garment of praise and speak out the Word because we don't feel like it or don't want to is dangerous. It opens the door for more serious problems. However, when you choose to resist the devil at His onset with the Word and with praise, he will flee from you.

James 4 v 7: "Be subject to God. Resist the devil [stand firm against him]. And he will flee from you."

From what I've studied in medicine and in the Word, I have come to believe that it is nearly impossible to get depressed if our minds are under control. That is why God said in Isaiah 26 v 3 that He will guard and keep us in perfect and constant peace, if we will keep our mind stayed on Him.

Isaiah 26 v 3 – 4: "You will guard him and keep him in perfect and constant peace whose mind [both its inclination and character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You. So trust in the Lord (Commit yourself to Him, lean on Him, hope confidently in Him) forever; for the Lord God is an everlasting Rock [the Rock of Ages]."

When you begin to love and accept yourself... the symptoms of depression will disappear.

When you renew your mind and begin to love and accept yourself for who you are in Christ, the hypothalamus will recognize your fulfillment and signal the release and increase of serotonin. This will cause your spirit, mind and body to be in balance again so that you feel more complete. When the serotonin levels are normalized, the symptoms of depression will disappear.

If you are already taking anti-depressants I do not recommend that you all of a sudden stop taking your medication cold turkey, as your body will pitch a fit because it becomes chemically dependent on it. You have to gradually train your body to exist chemically without these drugs by tapering them down slowly over a period of two to four weeks. For example, start by only taking half your normal dose, then a quarter and then taking it only every second day and so on. Reduce your medication under the supervision of a doctor. Furthermore, do not even start tapering down your anti-depressant medication until you have dealt with the spiritual root of a low self-esteem and have renewed your mind first!

Other Causes of Depression

In essence, depression is a chemical imbalance of the neurotransmitters in your brain. I've just explained how this can happen as a result of a low self-esteem, self-hatred, self-rejection, self-condemnation and guilt in your thought life. This chemical imbalance can also be caused by uppers (Alert pills) and downers (sleeping pills), recreational drugs (for example ecstasy) and medical drugs such as:

- Oral contraceptives.
- Corticosteroids.
- Phenothiazides – this is an anti-psychotic drug used to treat disorders such as schizophrenia.
- Methyl dopa and Reserpine - these drugs are sometimes used to treat high blood pressure.

- Phenylbutazone – this drug is used to treat ankylosing spondylitis.
- Interferon – a drug used to treat certain cancers and certain viral infections.

In some people depression is a symptom of another underlying medical condition which disrupts the function of the neurotransmitters or interrupts the structural pathways in the brain. Examples of diseases that cause depression are:

- Cerebrovascular disease (this is where the blood vessels in the brain are narrowed by fatty plaques (atherosclerosis) which eventually leads to strokes) *
- Brain tumor
- Multiple sclerosis*
- Parkinson's disease*
- Alzheimer's disease*
- Epilepsy
- ADHD*
- Hypothyroidism*
- Hyperthyroidism*
- Infections such as glandular fever, herpes simplex, typhoid and toxoplasmosis.

It is interesting to note that the conditions with a star next to them also have an element of a low self-esteem and self-hatred as a spiritual root behind them.

Bipolar Disorder (Manic Depression)

Bipolar disorder is characterized by episodes of unpredictable swings in mood from one extreme of depression to the other extreme of mania. I recommend that you first turn to page 460 where I have discussed depression in detail.

In that section I explained that depression is caused by a deficiency of a chemical in the brain called serotonin. This is a result of a low self-esteem and guilt in a person's thought life. Mania, which is the opposite to depression and the other half of bipolar disorder, is caused by an excess of serotonin. Thus in Bipolar disorder (which means two opposite poles) there is a deficiency and then an excess of serotonin which causes the mood swings. The diagnostic criteria for a manic episode is defined in the box below:

CRITERIA USED TO DIAGNOSE A MANIC EPISODE

(Taken from the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition)

- 1. An abnormally and persistently elevated or irritable mood lasting at least one week (or any duration if hospitalization is necessary).**
- 2. During the period of mood disturbance, three or more of the following symptoms have been present to a significant degree:**
 - i. Inflated self-esteem or grandiosity (This is because the serotonin levels are abnormally high. Remember serotonin is the chemical that makes you feel good about yourself, so when the levels are increased, you have an elevated feeling (like being on a high) where you feel great about yourself – it is as if you can take on the world).**
 - ii. Decreased need for sleep (for example you feel rested after only 3 hours of sleep).**

- iii. **Increased goal directed activity (i.e. you become hyperactive) either at work, socially or sexually or you are not able to sit still – somebody would describe you as having “ants in your pants” (the medical term for this is psychomotor agitation).**
 - iv. **More talkative than usual or pressure to keep talking.**
 - v. **Flight of ideas – the feeling that your thoughts are racing.**
 - vi. **Easily distracted.**
 - vii. **During a manic episode the person tends to become involved in pleasurable activities that have a high potential for painful consequences, for example:**
 - **Going on an unrestrained shopping spree and getting severely into debt.**
 - **Sexual indiscretions.**
 - **Foolish business investments.**
- 3. The mood disturbance is sufficiently severe to cause significant impairment in occupational functioning or in relationships with others. There are two types of Bipolar disorder: in Bipolar type 1 the manic episodes are more severe and can require hospitalization to prevent harm to self or others. A person with Bipolar type 1 can also get psychotic features such as hallucinations (for example hearing or seeing something that is not really there) or delusions (a false belief that cannot be corrected by reasoning – for example the person may believe that a chip in his tooth controls world events). A person with Bipolar type 2 has less severe manic episodes that do not require hospitalization and does not have psychotic features such as hallucinations or delusions.**
- 4. The symptoms are not due to the direct physical effects of a substance, for example drug abuse or a side effect of a medication or another medical condition such as hyperthyroidism.**

The serotonin excess in mania is a result of fear and anxiety.⁴⁹ Therefore, before reading further, it is important for you to read through the chapter on page 178 which has essential background information on the different stages of stress and how long term fear and anxiety affects your body. Pay special attention to the discussion on 1 John 4 v 18 on page 189.

I spent several months working in a psychiatric hospital where I treated many patients with bipolar disorder. What I personally noticed is that most, if not all of them came from dysfunctional families. There is often abuse involved, whether it be verbal abuse, emotional abuse, physical abuse or sexual abuse. There is always an atmosphere of strife, victimization, fear and not feeling safe. 1 John 4 v 18 says that he that fears is not made perfect in love. So the home is filled with a lack of love and therefore fear comes in the door. That fear puts the person into stage 2 and 3 of stress, there is an over production of certain hormones in the body, including the over production of serotonin in the brain which caused the symptoms of mania.

Inheritance plays a very large role in bipolar disorder. It is inherited from a gene that is passed down from the mother on the X chromosome. (Males have an X chromosome from the mother and a Y chromosome from the father. Females have two X chromosomes – one from the father and one from the mother). The only way to overcome this is for the Lord to heal the genetics. God created the X chromosome perfect from the foundation of the world, and if the devil, because of generations of sin, was able to come in and mix up the DNA in the genes – God is well able to change it back the way it was. The devil is not more powerful than God is. I believe that when we line up with His Word and His conditions for healing, God can fix the genetics... and He does. Please read more about genetically inherited diseases and how to deal with them on page 151.

Antidepressants and Lithium (the drug of choice used to treat or prevent mania) are not a long term answer to Bipolar disorder because they do not deal with the underlying problem. These drugs are just a form of a form of disease management which often complicates the problem with their Pandora's box of side effects. Apart from unpleasant side effects such as nausea, anorexia, diarrhea, excessive urination, fatigue, hair loss, swelling of the feet, skin eruptions and weight gain, Lithium can have more serious problems such as kidney failure, hypothyroidism, and can have a toxic effect on nerves causing tremors, in-coordination, interference with concentration and memory (Note: Not everybody experiences all these side effects).

Total healing of Bipolar disorder is only going to come through dealing with the root issues and toxic mindsets behind it. I explained how to deal with a low self-esteem, self-hatred, self-rejection, self-condemnation and guilt under the section on depression. You also need to deal with the fear that has come in through relationship breakdowns. The section on page 680 under the heading "Dealing with the Deeper Fears" will help you.

When you renew your mind and love yourself for who you are in Christ and receive the perfect love of the Father which casts out all fear (1 John 4 v 18), the hypothalamus will sense your peace and fulfilment by stabilizing the serotonin levels and the symptoms of Bipolar will be a thing of the past.

Lastly, if you have Bipolar 1 and you experience psychotic episodes (such as hallucinations and delusions) it is important for you to read through the section on psychosis on page 619.

***When you love yourself
for who you are in
Christ and receive
the perfect love of the
Father... the symptoms
of Bipolar will be a
thing of the past.***

Type A Personality

Interestingly, most doctors have a type A personality. A type A personality is where a person is driven to perform and achieve. They are workaholics and perfectionists. This is rooted in the fear of poverty and the need to perform and achieve in order to receive or earn love, acceptance and respect. This can also be a result of pressure and expectations by a parent or spouse.

When you are driven to succeed and you work yourself into the ground, you put your body into stage 2 and 3 of stress (A teaching on stress and the different stages is in the chapter on page 178). This predisposes you a multitude of stress related diseases, such as heart disease, gastrointestinal problems, chronic fatigue syndrome, allergies and many others.

Your sense of self worth and value should be coming from who you are in Christ – it should not be based on your achievement. You need to separate your "who" from your "do". God's love for you is not performance based and you need to see yourself as God sees you. It is important for you to renew your mind with the Word and change your thinking in this area so that you can prevent serious illnesses down the road. Please turn to the chapter "Who You are in Christ" on page 647.

High Cholesterol

If you went to the doctor and he diagnosed you with high cholesterol, and you're avoiding fatty foods to keep the cholesterol down – well that's not really the point. Why is it that some people eat whatever they want and never develop a problem with high cholesterol? Why do others have a problem? The reason is because certain people have a predisposition to high cholesterol. Part of this predisposition has to do with genetically inherited defects in cholesterol metabolism. Therefore before reading through this section, it is important for you to read through the chapter on "Genetically Inherited Diseases" on page 151 which has essential background knowledge.

High cholesterol has a deep spiritual root – that of great anger towards oneself.

I once worked in a hospital with a nurse who became a good friend. She had very high cholesterol. Despite being unbelievably disciplined and strict with eating healthily and avoiding fatty foods, she just could not get her cholesterol to come down. The reason is because high cholesterol problems have a deep spiritual root – that is people who are very, very angry with themselves. They are against themselves and there is a high degree of hostility towards themselves about a specific issue or issues. As a result they have self-hatred and self-rejection.³¹

The liver (which releases cholesterol and fats into the blood stream) has been considered to be the organ of anger since antiquity. Recent scientific studies are demonstrating definite links between hostility and diseases affecting the heart and blood vessels. Although the exact mechanisms are still not yet completely understood and appear to be independent of conventional risk factors, there is now a plausible suggestion that the liver mobilizes fat in response to anger. This is partially an energy strategy, but also a homeostatic one as fat increases the coagulability of the blood which can accelerate the development of atherosclerosis and formation of blood clots, as will be explained later.⁶⁰

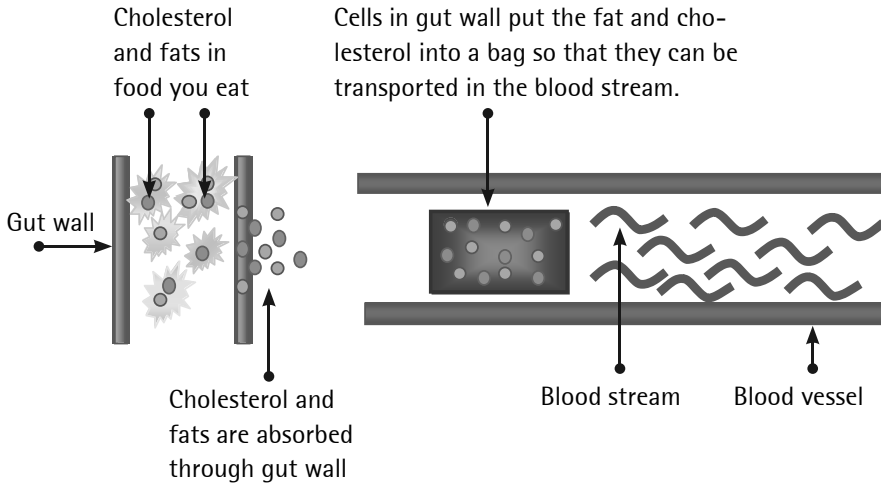
Yes, looking after our bodies by eating healthily is very important. However, if you don't deal with the underlying spiritual root or toxic mindset behind high cholesterol problems, the cholesterol will not come down despite a healthy diet. Good nutrition does not replace repentance.

To help you understand what causes high cholesterol, I need to first explain to you how the metabolism of cholesterol normally works. I'm going to show you that cholesterol problems have nothing to do with what you eat, it has to do with how the cholesterol is processed in the body.

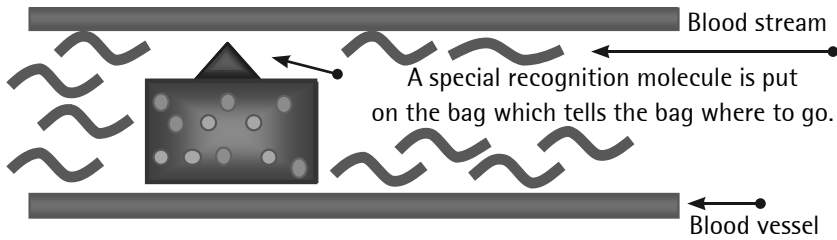
The Normal Metabolism Of Cholesterol

1. Cholesterol and fats (medical name for fats is triglycerides) are very important for the normal functioning of your body. For example, they are needed to make membranes (which are the walls around body cells) and are an important source of energy.
2. When you eat, the cholesterol in the food is absorbed through your gut wall.
3. Just like oil cannot mix with water (i.e. is not soluble in water), so cholesterol and fats are not soluble in blood. Therefore cells in your gut wall put the cholesterol and fats into a "bag" (medical term is lipoproteins). By putting the cholesterol and fats into this bag, it enables the cholesterol and fats to be soluble in blood so that they can be transported in the blood stream.

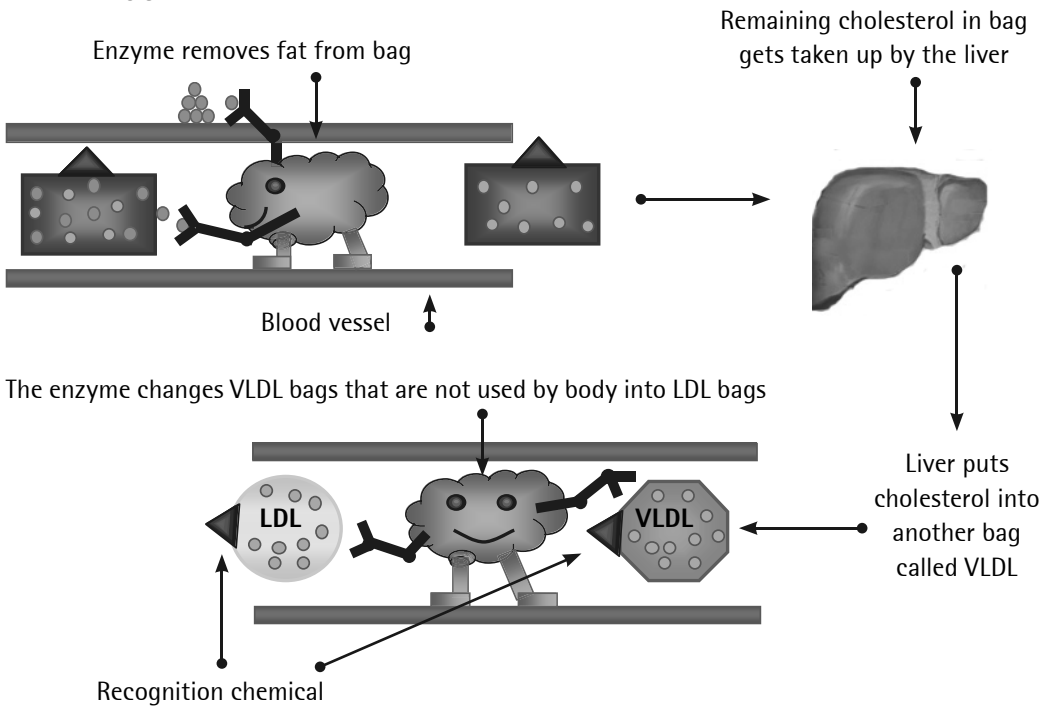
Pic 1



Pic 2



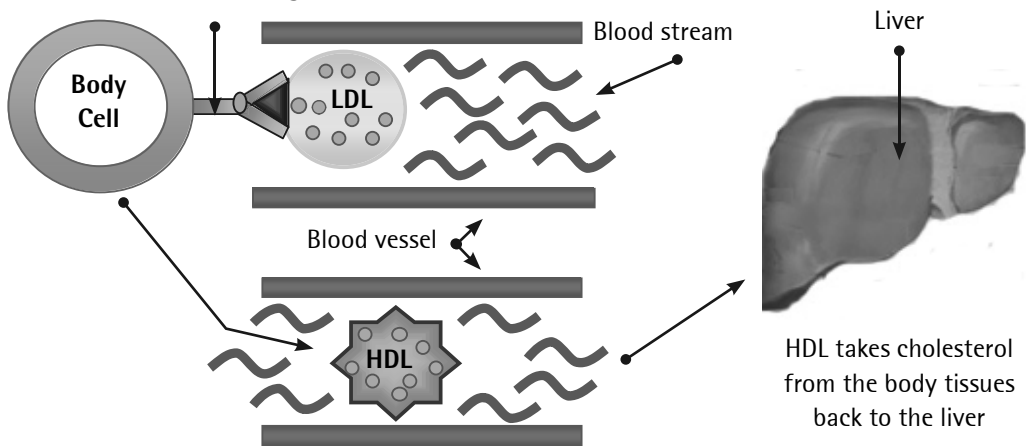
Pic 3



4. A special recognition chemical (called an apoprotein) is put on the bag. This is like an address that is put on a letter which is the instruction as to where the letter must be sent – the recognition chemical on the bag is the instruction as to where in the body the bag must go.
5. As these bags taking fat and cholesterol travel through the blood stream, special enzymes (called lipoprotein lipase) removes the fat from the bag. The liver takes the bag with the remaining cholesterol inside and puts it into special storage places inside the liver.
6. The liver uses the cholesterol to:
 - a. Make bile – bile then goes to the gall bladder where it is stored. When you eat, the gall bladder contracts and the bile is squirted into your gut. Bile helps digest fat and cholesterol in your gut and also helps the cholesterol and fat to be absorbed through your gut wall.
 - b. The liver puts some of the cholesterol into another bag called VLDL (Very Low Density Lipoprotein). These VLDL bags go back into the blood stream and serve as a source of energy to cells of the body (especially when a person hasn't eaten for a while).
7. Eventually the enzyme (lipoprotein lipase) changes the excess VLDL bags that are not used by the body into another type of bag called LDL (Low Density Lipoprotein).
8. These LDL bags are then removed from the blood stream by specific receptors on the body cells that recognize the recognition chemical on the bag.

Pic 4

Receptor on body cell recognizes recognition chemical on the LDL bag and removes the cholesterol from the blood stream, storing it in body tissues



9. There is another bag called HDL (High Density Lipoprotein) which takes cholesterol from the body cells back to the liver. (When the liver has run out of cholesterol, it tells the HDL to go and fetch some cholesterol from the stores in the body tissues).

The higher the levels of HDL the better: HDL is the “good type of cholesterol” because it removes excess cholesterol from the circulation and body tissues, which protects you from developing heart disease. The LDL type of cholesterol in large quantities is the “bad cholesterol” because it forms fatty lumps (atheromatous plaques) on your blood vessel walls. This narrows the lumen of your blood vessels so that an insufficient amount of blood is supplied to your body tissues and heart muscle, causing a lot of damage (This is discussed in more detail on the chapter on atherosclerosis on page 481.) High levels of LDL also cause other complications such as gall stones and pancreatitis (inflammation of the pancreas which is extremely painful). Cholesterol in normal quantities is good for you.

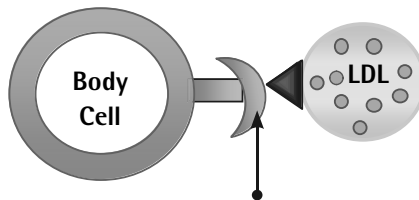
It is a source of energy for your body tissues and it is used to make many parts of your body cells. In excess, it starts to cause disease.

I explained in the chapter on genetically inherited diseases that your thought life not only affects your body, but also your genes. Your DNA is made up of genes. Your genes are inherited from your father and mother. Each gene has specific instructions for how to make a specific part of your body. For example, you have a gene that has instructions to make your eyes blue or green or brown. You have another specific gene that has instructions to make you a certain height (short or tall). Everything that determines the way you look and your whole body make up comes from an instruction manual which is encoded in your genes. There is a specific gene that has instructions on how to make the recognition chemical on the LDL bag that contains the cholesterol. Another gene has instructions on how to make the receptors on the body cells that recognize the recognition chemical. There is a gene for every chemical and enzyme that is involved in each step of the cholesterol metabolism described above.

The devil is able to alter our body chemistry and genetics through sin in our thought life. When these genes are altered, the instructions are muddled up. As a result the receptor or recognition chemical that is made from these muddled up instructions is defective and does not work properly...then you end up with high cholesterol problems. Here's how it happens:

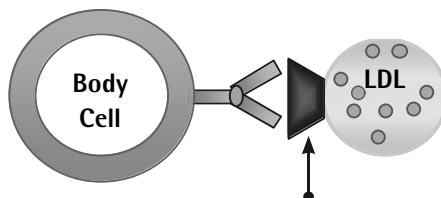
Familial Hypercholesterolaemia (Type IIa)

The word "hypercholesterolemia" means high levels of cholesterol in the blood. In this disease, the gene is messed up that has instructions on how to make the receptors on the body cells that recognize the recognition chemical on the LDL bags. There are over 700 different defects that have been identified that occur in this gene so far! As a result of this defective gene, the receptors that are made are dysfunctional. They have the wrong shape and cannot recognize or fit into the recognition chemical on the LDL bags. The consequence of this is that the cholesterol in the LDL bags cannot be removed from the blood stream to be stored in the body tissue. Therefore the cholesterol starts to accumulate in the blood vessels, which eventually causes disease.



The defective receptor can't recognize or fit into the recognition chemical on the LDL bag – thus the cholesterol cannot be taken out of the blood stream and stored in the tissues.

Furthermore there is also a defect in the gene (called B3500 defect) that has instructions on how to make the recognition chemical on the LDL bag. As a result this recognition chemical is also defective. It has the wrong shape and cannot fit into the receptors on the body cells. This is another reason why the LDL cholesterol cannot be removed from the blood – resulting in accumulation of high levels of cholesterol.



Defective recognition chemical is the wrong shape and can't be recognized by the receptors on the body cells. Therefore the cholesterol in the LDL bags can't be removed from the blood stream.

Familial Combined (Mixed) Hyperlipidaemia (Type IIb)

The word "hyperlipidaemia" means high levels of fat in the blood. In this disease there is a gene defect that sends muddled up instructions to the liver, causing it to produce too many VLDL bags (Remember the VLDL bags contain both fats and cholesterol). There is also a gene defect that results in a defect in the enzyme (lipoprotein lipase). As a result this enzyme can't remove fat from the VLDL bags. In essence, too much cholesterol and fats (in the VLDL bags) are being produced by the liver. The excess fat cannot be removed by the defective enzyme. There is so much cholesterol that the receptors on the body cells cannot remove it all. The consequence is accumulation of high levels of cholesterol and fats in the blood.

There are other types of gene defects leading to high cholesterol problems. However, I hope that you can now see how genetic defects lead to abnormal cholesterol metabolism, and why avoiding fatty foods is not really the issue. I'd like to explain one more genetic defect to you because it is very interesting – it makes the spiritual root of high cholesterol (self-hatred and anger towards yourself) begin to make sense:

Remnant (Type III) Hyperlipidaemia

In this disease the person has high levels of cholesterol due to a genetic defect (mutation in apoE2). However this person also has another problem – diabetes mellitus, hypothyroidism, obesity (weight gain due to excessive over eating) and/or alcoholism. All of these diseases are discussed in detail in other chapters of this book. If you take the time to read about them and understand how these diseases develop, you'll notice that every single one of those problems (diabetes, hypothyroidism, obesity, alcoholism and high cholesterol which we are discussing now) all have the same spiritual root which is self-hatred and low self-esteem. All these diseases run in families i.e. they can be genetically inherited.

It now becomes interesting when we look at what is called "Metabolic Syndrome". Whenever you see the word "syndrome" in the name of a disease, it means a cluster of symptoms or disorders that have been noted to occur together. In metabolic syndrome the person has high levels of VLDL and LDL (the bad cholesterol), low levels of HDL (the good cholesterol which protects you from disease), type 2 diabetes mellitus (insulin resistance and high levels of insulin) and high blood pressure (hypertension).

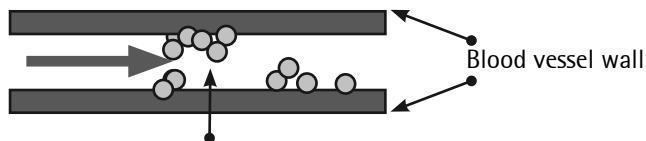
When you are attacking yourself spiritually through thoughts of self-hatred, self-rejection, a low self-esteem, guilt and condemnation, you release the spirit of death and the spirit of infirmity to agree with you. Your brain is eventually going to convert those thoughts into a physical reaction. Jesus said if you hate your brother in your heart, it is the same as committing murder (1 John 3 v 15). Likewise, when you hate yourself, in essence you are murdering yourself in your thoughts. Through the mind-body connection the body will eventually conform to this image and will respond to this by "murdering itself". What is the best way to kill body tissue? The answer is to cut off its blood supply. That is exactly what happens with high cholesterol, diabetes and hypertension in Metabolic Syndrome. All three of these diseases damage the blood vessels and the heart. The Bible says in Leviticus 17 V 11 that the life is in the blood. This is also very accurate medically because the blood contains oxygen, nutrients and energy needed to keep body cells alive. The heart pumps the blood and the blood vessels transport the blood to the tissues, organs and muscles all over your body. Therefore by damaging the heart and blood vessels – you cut off the blood supply – you cut off the life – you kill off the body tissue:

- **Diabetes:** Part of the diseases process in diabetes involves deposition of material called hyaline on the blood vessel walls. This narrows the blood vessels, which then cuts down the amount of blood that is able to reach the body tissues. This inadequate blood supply causes the body tissues to slowly die. In the advanced stages of diabetes, patients often have to have their toes, feet and lower legs amputated because of gangrene. When body tissue dies (because of lack of adequate blood supply), it quickly becomes infected. Dead tissue plus infection equals gangrene. When a part of the body becomes gangrenous, it has to be amputated, otherwise the gangrene will quickly spread, killing the

person. Diabetes also damages the blood vessels in the person's eyes and can eventually lead to poor vision or blindness.

- **High Blood Pressure:** High blood pressure over a long period of time puts strain on the heart, making it work too hard. Eventually the heart becomes so exhausted that it fails. Apart from heart failure, other common complications of high blood pressure are:
 - Heart attacks - a heart attack is when the heart stops working because the blood supply to the heart muscle is cut off.
 - Strokes - the increased pressure eventually causes the walls of the blood vessels to weaken and burst. The explosive entry of blood into the brain tissue damages the nerves in that area. They are literally split apart by the high pressure jet stream of the blood. The mass of blood in the brain tissue compresses the nerves which also causes damage. Each area in your brain controls a specific function in your body. So for example, if the area in your brain that controls speech is damaged, you won't be able to talk. If the area that controls the movement of your left arm and leg is damaged, your left arm and leg will be paralyzed. This is what a stroke is - loss of function of a part of the body due to damage in an area of the brain. Many people who have strokes had high blood pressure previously.
- **High Levels Of Cholesterol:** there is strong evidence from medical research that has linked high levels of cholesterol with the development of a disease called atherosclerosis. Atherosclerosis is where fatty plaques form on the blood vessel walls.

Fissures or cracks form in the interior lining of your blood vessel walls. The cholesterol flowing past drops into the cracks and begins to build up. As it builds up to the lining it reaches out and other cholesterol hits it and attaches to it. It eventually forms a plaque which becomes thicker and thicker until it completely occludes the blood vessel. As a result an insufficient amount of blood is supplied to the tissues.



Clumps of cholesterol (Atheromatous Plaques) on blood vessel walls narrow the blood vessels, obstructing blood flow so that less blood can reach the body tissues, organs and muscles

When the cholesterol plaques narrow the blood vessels that supply the heart muscle, the person experiences angina (chest pain). Whenever there is insufficient blood supply to an area of your body, it causes intense pain. It is the body's way of letting you know that that area of tissue is in trouble! When this happens in the blood vessels supplying the legs, the person experiences what is called intermittent claudication. This is intermittent painful cramps in the legs after the person walks a certain distance (for example 200 metres). This is because the leg muscles are running out of oxygen and energy due lack of blood supply. The fatty lumps of cholesterol can block the blood vessel completely and this is what causes 90% of heart attacks. This is responsible for 50% of all deaths in America. 25% are sudden cardiac death where the person drops dead suddenly without having had any significant symptoms previously. The cholesterol lumps can also cause strokes by blocking the blood vessels supplying the brain tissue. As a result that area of brain tissue dies.

In summary we have metabolic syndrome consisting of high cholesterol, diabetes and high blood pressure. All of these diseases lead to death in body tissue (brain, heart, legs). This is a result of self-hatred, anger towards oneself and guilt upstream in the person's thought life.

In the ministry of Henry Wright, there was a lady with a fat level in her blood of 378. Within 48 hours of ministry it dropped to 178. What changed? It had nothing to do with her diet. She dealt with the underlying issues causing high cholesterol.

The only way to permanently lower your cholesterol levels and prevent the above complications is to deal with the toxic mindsets causing it. The following chapters will help you:

- "Forgiveness – A Necessity For Healing" on page 630 – you need to release that anger and guilt. Repent for self-hatred and forgive yourself. It is also important to deal with any unforgiveness towards others because this can become a block to healing.
- "Who You Are In Christ" on page 647 – you need to build a healthy self-esteem which comes from knowing who you are in Christ and establishing your identity and sense of self worth in Him.
- If other family members also had high cholesterol, you need to break this genetically inherited curse as explained in the chapter on genetically inherited diseases.

Finally pray this with me: "Father I repent for self-hatred and guilt in my life and in the generations of my family tree. I forgive myself. In Jesus' Name I break the power of this curse of high cholesterol. I take authority over the spirit of death and the spirit of infirmity and command you to be gone in Jesus' Name. In the Name of Jesus I speak a restorative creative miracle to the interior linings of my blood vessels. I command those fissures to be healed. I command the cholesterol that is there to dry up and move out of the way and for the blood flow to be restored in the Name of Jesus."

In this chapter I have emphasized that a change in your thought life is of primary importance in lowering your cholesterol. However, it is also important to be a good steward of your body: Your body is the temple of the Holy Spirit and you need to honor God with your body. **1 Corinthians 6 v 19 – 20: "Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, You were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body."**

I believe that part of honoring God and being a good steward of our bodies is to eat healthily. If you are going to fill your body with junk food full of sugar and preservatives, you cannot expect to enjoy the divine health and abundant life that Jesus died to give you. When it comes to cholesterol, here are some tips for eating healthily:

- Eat lots of fresh fruit and vegetables and minimize margarine, fried and refined foods.
- Garlic and onion are very good for lowering the harmful LDL type of cholesterol that narrows and blocks blood vessels.
- Omega 3 which is found in fish, sardines and cold pressed extra virgin olive oil is also very good for you in helping prevent blocking of your blood vessels.
- Eat lots of fibre found in oat bran, peas, beans and lentils.
- Drink lots of water – this is very important for a healthy metabolism and good health in general.
- Raw carrots and apple (high in pectin) bind with excess cholesterol to remove it from the body.
- Good supplements include vitamin E which is an antioxidant that helps prevent blocking of the blood vessels.
- Vitamin B complex with vitamin B3 has long been used as a safe anti-cholesterol treatment.

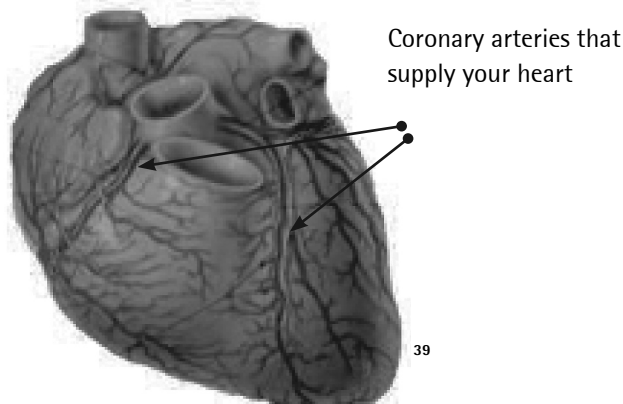
However, none of this will help if you don't change your thinking first!

Cardiovascular Diseases (Heart and Blood Vessels)

Coronary Artery Disease (Atherosclerosis) and Heart Attacks

Most heart problems result from poor or insufficient blood supply to the muscle of the heart. The coronary arteries are the arteries that supply the muscle of the heart. They carry blood with oxygen and energy to the heart so that it can keep pumping.

The Heart



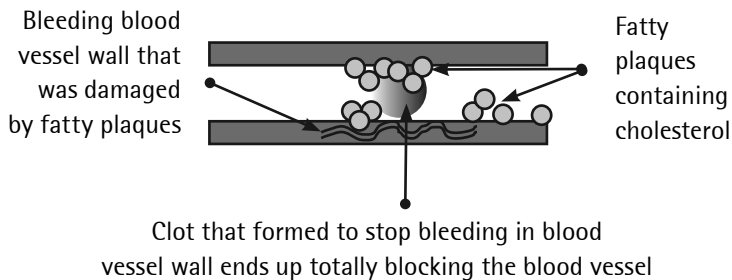
The majority of heart attacks are caused by coronary artery disease which is the leading cause of death in America. Coronary artery disease is where the arteries are narrowed by fatty plaques (lumps) on the walls of the arteries. These fatty plaques are made up of cholesterol. High cholesterol and atherosclerosis is rooted in self-hatred, self-rejection, self-condemnation and people who are very, very angry with themselves. You have become your biggest enemy because you don't feel loved. This can also be inherited in family trees that don't know how to receive love. When you don't like yourself and you are attacking yourself spiritually with self-hatred in your thoughts, the brain converts this into a physical reaction and you have killing off of your body tissue (in this case the heart) by blocking off the blood supply.

In order to understand coronary artery disease (and heart attacks) and the spiritual root behind it, it is important for you to gain a background understanding of cholesterol on page 474 before reading this section any further.

As you read in the chapter on cholesterol, fatty plaques (called atherosclerosis) on the blood vessel walls narrow the arteries. This obstructs the flow of blood. Therefore not enough blood reaches the heart, and the heart muscle does not get an adequate supply of oxygen and energy. This damages the heart muscle and can eventually cause areas of the heart muscle to die. The dead tissue is replaced by a scar. Unlike heart muscle, scar tissue cannot contract. Therefore if the heart has lots of areas of muscle that have been replaced by scar tissue, it will not be able to contract and pump blood efficiently, and the heart will eventually fail (heart failure). Another complication of coronary artery disease (mentioned in the chapter

on cholesterol) is angina which is pain in the chest. Whenever there is insufficient blood supply to an area of your body, it causes intense pain. It is the body's way of letting you know that that area of tissue is in trouble! (Angina is discussed in more detail below).

The fatty plaques damage the blood vessel walls. This causes cracks (fissures) and ulcers to form in the blood vessel walls, which cause the walls to bleed. If you fell off your bicycle onto a tar road, you may end up with a few grazes or cuts on your arms and knees. These grazes and cuts bleed, but eventually the bleeding stops. This is because clots form which are like plugs that cover the holes in the damaged blood vessel so that no more blood is lost. After the clot forms, the tissue in your graze or cut is able to heal. The same thing happens when the walls of your blood vessels are bleeding due to damage by the fatty plaques: A clot forms which covers the bleeding area in the blood vessel wall, as well as the fatty plaque. The problem with a clot forming is that it often totally blocks the already narrowed blood vessel. This then completely cuts off the blood supplied by that artery to the heart – this is a **heart attack**. A heart attack is where an area of heart muscle dies because of lack of blood supply. There is more than one coronary artery supplying the heart (as you can see in the picture above). Thus the heart will still have some blood supply from the other arteries that are narrowed, but not completely blocked. However the damage to the heart during a heart attack is often severe enough to cause heart failure, shock and death. 85 to 90% of people who survive a heart attack develop life threatening complications. 35% die within the first year after the heart attack, 45% within 2 years and 55% within 3 years. (However, it doesn't have to go that way – this can be stopped by dealing with the spiritual roots behind it).



When a coronary artery is blocked, an operation called a 'by pass' is performed. For example, if there is a stretch of tar road that is full of pot holes and needs to be repaired, construction workers will block off that portion of road. They will create a detour (another dirt road) for cars to travel on past that stretch of road that they are busy repairing. The concept is the same in a by pass operation – a vein from the leg (Great Saphenous vein) or from the chest (internal mammary artery) is used to create a detour for blood to travel through, around (i.e. by-pass) the blocked coronary artery. If three coronary arteries are blocked, it is called a triple by-pass because three veins are used to by-pass three areas where the coronary arteries are damaged. Similarly a quadruple by-pass involves four by-passes. However, because this doesn't sort out the underlying spiritual problems behind the disease, the veins that were used to by-pass the blocked coronary arteries also become blocked within 10 years.

Heart attacks can also be caused by high blood pressure. When the heart has to pump out the blood against a high pressure in the vessels it puts strain on the heart, as the heart has to work much harder. To try to compensate for this increased workload the heart muscle gets bigger. When the heart is enlarged, it requires more oxygen (there is more muscle, therefore more oxygen is needed for energy to make it pump). The normal blood supply to the heart with the usual amount of oxygen is no longer adequate. This relative insufficiency of blood supply can result in a heart attack. When a heart attack is caused by high blood pressure, the spiritual root is different – fear, anxiety and stress. High blood pressure is discussed in more detail below)

There are two areas in your heart called an **SA node** and an **AV node** which generate electrical impulses. These electrical impulses spread through the heart muscle causing it to contract rhythmically... when you listen through a stethoscope, you hear lub dub lub dub lub dub (i.e. rhythmic sounds of the heart beating). These electrical impulses continuously stimulate the heart muscle to keep it pumping. If the blood supply to these nodes is cut off, this results in malfunction of the SA node and AV node. The nodes then stimulate the heart abnormally, leading to an abnormal heart rhythm. The contractions of the heart in this abnormal rhythm are not effective, and the result is what is called sudden cardiac death, where the heart suddenly stops beating. This is where a person drops dead suddenly, without having had any significant symptoms previously, except within an hour before the person dies. Of the 750 000 deaths every year in America caused by heart disease, approximately 50% are sudden cardiac death.³⁸

If you have had a heart attack, don't be scared by the above statistics, just be warned. It is not too late for God to bring healing and restoration. All you need to do is sincerely repent for your self-hatred, self-condemnation and guilt, and in faith trust God to work a healing creative miracle by giving you a new heart (see Ezekiel 36 v 26). God is a merciful God – His mercy is new every morning and it endures forever. He is faithful to fulfill all of His promises, when you line up with His Word and meet His conditions for healing. My grandfather had a massive heart attack. God healed him and gave him a totally new heart. At the age of 82 he has a heart and blood pressure like that of a 20 year old man. When he goes to the doctor for a check up, they cannot believe his blood pressure for his age. They often take his blood pressure two or three times to see if the blood pressure machine is possibly not working properly. What God did for my grandfather, He will do for you! Acts 10 v 34 says that God is no respecter of persons.

Of the 750 000 deaths every year in America caused by heart disease, approximately 50% are sudden cardiac death

Psalm 36 v 5: "Your mercy and loving kindness O Lord, extend to the skies, and Your faithfulness to the clouds."

Psalm 136 v 1: "Give thanks to the Lord, for He is good; For His mercy and loving kindness endures forever!" The rest of this psalm goes on to say that "God's mercy endures forever" 26 times. So if God tells you that His mercy endures forever 26 times, are you going to finally get the message?

Isaiah 30 v 18: "And therefore the Lord [earnestly] waits [expecting, looking and longing] to be gracious to you; and therefore He lifts Himself up, that He may have mercy on you and show loving kindness to you. For the Lord is a God of justice. Blessed (happy, fortunate, to be envied) are all those who [earnestly] wait for Him, who expect and look and long for Him [for His victory, His favor, His love, His peace, His joy, and His matchless, unbroken companionship!]" That is one of my favorite scriptures. If you will take a moment to think about it, it will bring you tremendous hope. God is literally sitting on the edge of His seat, looking for an opportunity to bless you. Rather than having a negative pessimistic attitude, expect God to be good to you, to heal you and to give you a new heart! Have faith! He is a merciful and faithful God. However you also have a responsibility to deal with the spiritual issues behind coronary artery disease. Turn to the chapter "Who You Are In Christ" on page 647 which will help you.

Angina Pectoris

Angina is a Greek word which means a 'strangling'. It refers to painful suffocation and spasms. Angina pectoris refers to the heart, where there is a sudden onset of severe chest pain that has a crushing feeling. The pain sometimes radiates down the left arm and up to the left side of the jaw. Angina is often associated with sweating, nausea, shortness of breath and anxiety.

The spiritual root behind angina depends on the underlying cause. There are 3 different types of angina:

1. STABLE ANGINA: This is associated with exercise – for example you get chest pain after running a certain distance, or when walking, especially up a hill or when climbing stairs. The pain lasts less than 10 minutes and is relieved by stopping to sit down and rest. In the majority of cases, this type of angina is caused by narrowing of the arteries that supply the heart. To understand how this works you need to first read the following chapters in this order:

- Genetically inherited diseases on page 151.
- Cholesterol problems on page 474.
- Coronary artery disease, which is the first disease discussed in this chapter.

In summary of the above chapters, cholesterol (which is partly due to inherited genetic factors), forms fatty plaques on the blood vessel walls. This narrows the blood vessels which leads to insufficient blood reaching the muscle of the heart. Whenever there is insufficient blood supply to an area of your body, it causes intense pain. It is the body's way of letting you know that that area of tissue is in trouble! This is the reason for chest pain in stable angina. The spiritual root is a low self-esteem, self-hatred, self-condemnation, guilt and/or people who are very, very angry with themselves. This can also be inherited in family trees that have this mindset.

2. UNSTABLE ANGINA AND VARIANT ANGINA: The spiritual root behind these two types of angina is fear, anxiety and stress. In this case, the chest pain comes any time, even when you are at rest. The pain is more severe than with stable angina and it lasts longer (more than 10 minutes). The pain is not relieved by stopping to rest. This type of angina often leads to heart attacks. This is caused by spasm of the muscular walls of the coronary arteries. To understand how this works, you need to read the chapter on "How Long Term Fear, Anxiety and Stress Affects Your Body" on page 178, before reading this section further.

As you read in that chapter, the first organ system to be targeted and damaged during stage 2 and 3 of stress is the heart and blood vessels. The life is in the blood and if the enemy can strangle the life of a person, he's winning the battle.

Luke 21 v26: "In the last days men's hearts shall fail them because of fear." (KJV)

A thought life dominated by fear and anxiety will put your body into stage 2 and 3 of stress. In this toxic state, the hypothalamus (which is the mind-body connection) sets in motion an imbalance between the sympathetic and parasympathetic nervous systems. These two nervous systems have opposite effects on the body – in other words they counteract each other. The sympathetic and parasympathetic nervous systems work closely together to regulate many functions of the heart, for example the rhythm, speed and strength at which it beats. For example, when you start running the sympathetic nervous system will stimulate the heart to beat faster and more strongly so that it pumps out more blood which is needed by the muscles. When you stop and rest, the parasympathetic nervous system will stimulate your heart to slow down.

The life is in the blood and if the enemy can strangle the life of a person, he's winning the battle.

These two nervous systems also affect the diameter of the blood vessels in the heart. Stimulation by the parasympathetic nervous system will make the blood vessels wider. Stimulation by the sympathetic nervous system will cause the muscular walls of the heart blood vessels to contract, thus decreasing the diameter of the blood vessels. Normally this effect is over ridden by other break down products of metabolism which cause the blood vessels to widen. However, with persistent stimulation by the over active sympathetic nervous system during stage 2 and 3 of stress, the blood vessels go into spasm. Spasm of the walls of the blood vessels results in narrowing of the arteries, which are often already narrowed by the fatty plaques described in stable angina above. The consequence is not enough blood reaches the heart, which causes the chest pain of unstable and variant angina.

Remember I explained that the sympathetic nerves also make the heart beat faster – this makes angina worse. When the heart pumps blood it contracts and then relaxes, contracts and then relaxes, contracts and then relaxes... The heart muscle is supplied with blood from the coronary arteries during the period that the heart relaxes. When the heart is beating fast, the time during which the heart relaxes is shortened. Therefore the time during which the heart muscle is supplied with blood is shortened. As a result less blood is supplied to the heart which worsens the angina.

Angina is a symptom of a compromised blood supply to the heart which has potentially serious complications. Therefore I recommend the use of medical drugs such as nitrates for the treatment of angina in the short term. These drugs cause the blood vessels of the heart to widen so that more blood reaches the heart muscle, temporarily protecting it from damage. However, these drugs are not a long term solution - you must parallel that with dealing with the spiritual issues and toxic mindsets behind it. This is the only way that angina will be permanently eradicated and the diseases that it causes prevented.

In this regard, the following two chapters will help you:

- "Who You Are In Christ" on page 647 - Freedom from guilt, self-hatred, self-rejection, anger and hostility towards yourself etc comes from understanding who you are in Christ, establishing your identity and sense of self worth in Him and learning to see yourself the way that God sees you.
- "Dealing with Fear, Anxiety and Stress" on page 672.

High Blood Pressure (Hypertension)

High blood pressure is caused by fear of tomorrow which is worrying about the future.³¹ Therefore you first need to read about "How Long Term Fear, Anxiety and Stress Affects the Body" on page 178. This chapter has essential background knowledge that you need to be able to understand high blood pressure.

Hypertension means high blood pressure. It is the second leading cause of death after coronary artery disease (discussed in the beginning of this chapter). One in every four Americans has high blood pressure.³⁸ High blood pressure can be caused by other diseases, most commonly kidney disease. However, 90% of people have essential hypertension (also called primary or idiopathic hypertension). "Essential", "primary" and "idiopathic" are fancy words that doctors use for "I don't have a clue". In other words, they just cannot see what is causing the high blood pressure. This is because it is rooted in something very spiritual which cannot be seen with your physical eyes and that is the spirit of fear. At this point you need to read through the section on "Discerning the Source of Your Thoughts" on page 84 which has a thorough explanation of how high blood pressure develops, beginning in the spirit realm.

When your thought life is dominated by long term fear, anxiety and worry, your body is put into a toxic state of stage 2 and 3 of stress. In the section I have just referred you to, you learnt that the hypothalamus (which is the mind-body connection) responds to the lack of peace upstream in your thought life by setting in motion an imbalance between the sympathetic and parasympathetic nervous systems. The sympathetic nervous system is overactive and it causes the heart to contract more strongly and beat faster. The effect of this is that an increased volume of blood is pumped out the heart (i.e. increased cardiac output). This is useful during stage 1 of stress as more blood goes to your brain and muscles so that you can either fight off or run from 'the danger'. However when this carries on for too long in stage 2 and 3 of stress, it causes high blood pressure. When you water your garden with a hose pipe, the water squirts a certain distance when it leaves the hose pipe. If you open the tap some more, there is a greater volume of water running through the hose pipe, and as a result the pressure in the hose pipe is greater. Because of the increased pressure, the water squirts a

High blood pressure is caused by fear of tomorrow which is worrying about the future.

further distance when it leaves the hose pipe. It works the same way with blood in your blood vessels – as your heart pumps out more blood (like opening the tap some more), the pressure inside your blood vessels is increased.

Excess fluid in your blood is normally filtered out by the kidney. Fluid that is filtered out by the kidney is drained into the bladder. When you go to the toilet to urinate, the fluid is excreted from your body in the form of urine. During stage 2 and 3 of stress, there are high levels of stress hormones. One of these stress hormones is ACTH (remember – the fear hormone). ACTH causes an increased release of a chemical called Aldosterone from the adrenal glands on top of the kidneys. Aldosterone has an action on the kidney that causes less fluid in the blood to be filtered out by the kidney. Because less fluid is filtered out, the blood volume increases, thus resulting in a further increase in blood pressure.

Remember, during stage 2 and 3 of stress, the adrenal glands on top of your kidneys release adrenalin and another chemical called noradrenalin. The adrenalin and noradrenalin stimulates the muscular walls of the blood vessels, causing them to contract and become narrow. So back to our story of watering the garden with a hose pipe – if you now change your hose pipe and use a hose pipe with a smaller diameter, the same volume of water has to travel through a narrower space. Thus the pressure inside the hose pipe increases and the water squirts even further when it leaves the hose pipe. In the same way adrenalin and noradrenalin increase the pressure inside the blood vessels by causing the blood vessels to contract and become narrower.

When the heart has to pump blood into the blood vessels against a high pressure, it puts strain on the heart because the heart has to work harder. In order to compensate for this increased work load, the muscle of the heart gets bigger (medical term is hypertrophy). A man who goes to the gym and lifts up 50 kg weights will have bigger arm muscles (e.g. biceps) than a man who only lifts 20 kg weights. Similarly, when the heart has to push out blood against a higher pressure, it enlarges. Unlike muscles in your arm, it is not good for the muscle of the heart to enlarge because this damages the heart muscle. The damaged areas are replaced by scar tissue (fibrosis). Normally the heart muscle is very elastic – it stretches as the heart fills with blood and then contracts to pump the blood into the blood vessels. When the heart muscle is replaced by scar tissue, it becomes very stiff and cannot contract and relax properly. Therefore it pumps blood less efficiently so that an insufficient volume of blood is pumped into the blood vessels. As a result, the body tissues do not get enough blood supply and this is what heart failure is. One third of people with high blood pressure develop heart failure.

Luke 21 v26: "In the last days men's hearts shall fail them because of fear." (King James Version)

Furthermore, when the heart is enlarged, it requires more oxygen (there is more muscle, therefore more oxygen is needed for energy to make it pump). The normal blood supply to the heart with the usual amount of oxygen is no longer adequate. This relative insufficiency of blood supply is the reason why many people with high blood pressure get **heart attacks** (a heart attack is when an area of heart muscle dies because of lack of blood supply).

High blood pressure is also dangerous for the blood vessels in the brain: The increased pressure eventually causes the walls of the blood vessels to weaken and burst. The explosive entry of blood into the brain tissue damages the nerves in that area. They are literally split apart by the high pressure jet stream of the blood. The mass of blood in the brain tissue compresses the nerves which also causes damage. Each area in your brain controls a specific function in your body. So for example, if the area in your brain that controls speech is damaged, you won't be able to talk. If the area that controls the movement of your left arm and leg is damaged, your left arm and leg will be paralyzed. This is what a **stroke** is – loss of function of a part of the body due to damage in an area of brain. Many people who have strokes had high blood pressure previously.

High blood pressure also damages the blood vessels in the kidney, causing kidney failure. It can also damage the blood vessels in your eyes, causing deterioration in your vision.

Because high blood pressure does not have symptoms that cause too much discomfort, we can become complacent in dealing with it. However, in view of the above common complications of high blood pressure (heart failure, heart attacks, strokes, kidney failure and visual impairment), this disease needs to be dealt with as soon as possible. To prevent these complications in the short term, it may be necessary to take anti-hypertensive medication (drugs to treat high blood pressure). However, anti-hypertensive drugs are not the ultimate answer because they do not deal with the spirit of fear and toxic mindset of worrying about the future that caused the high blood pressure in the first place. Turn to the chapter on page 672 which will help you deal with these underlying issues.

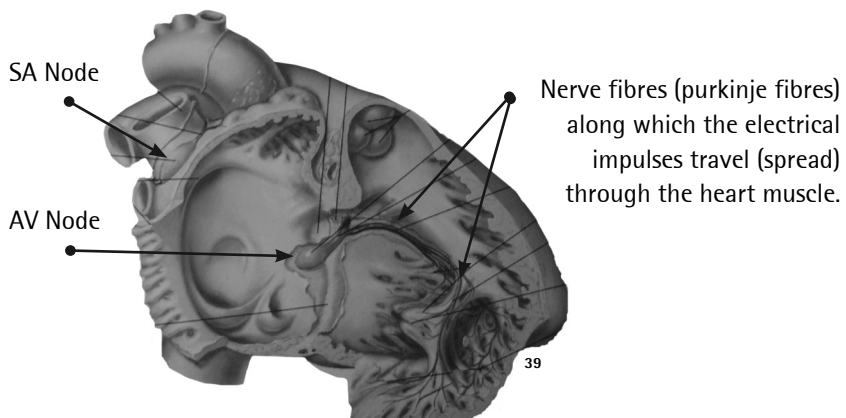
Matthew 6 v 34: "Do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble."

Anti-hypertensive drugs are not the answer because they do not deal with the toxic mindset of worrying that caused the high blood pressure in the first place.

Abnormal Heart Rhythm (Arrhythmias)

Most of the time, an abnormal heart rhythm is caused by fear, anxiety and stress in your thought life. Therefore, in order to understand abnormal heart rhythms, it is important for you to first turn to page 178 to gain a background understanding of the effects of long term fear, anxiety and stress on your body.

There are two areas in your heart called an **SA node** and an **AV node** which generate electrical impulses. These electrical impulses spread through the heart muscle causing it to contract rhythmically. When you listen through a stethoscope, you hear lub dub lub dub lub dub (i.e. rhythmic sounds of the heart beating). The electrical impulses that are generated by the SA node and AV node travel or spread through the heart muscle along special fibres called purkinje fibres.



Picture of the heart cut in half so that you can see the two nodes that generate electrical impulses which cause the heart to contract (pump)

A heart attack can occur when there is an inadequate blood supply to the heart because the blood vessels are narrowed by cholesterol plaques on the blood vessel walls. If there is a lack of blood supply to the nodes during the heart attack, the nodes will not function properly because that area of tissue dies. As a result, the nodes then stimulate the heart abnormally, leading to an abnormal heart rhythm. If you have an abnormal heart rhythm as a complication from a previous heart attack, the relevant spiritual roots that you need to deal with are explained under the section on "Coronary Artery Disease" on page 481.

The nodes or the fibres along which the electrical impulses travel may not function properly from birth (this is a congenital abnormality). In this case there is an inherited genetic abnormality that leads to an abnormal SA node, AV node and fibres which do not function properly. If you have had an abnormal heart rhythm from birth, the relevant chapter for you to read is genetically inherited diseases on page 151.

A baby's heart can also be damaged or injured while it is developing in the mother's womb, leading to abnormalities in heart rhythm. This can be caused by infections or toxins in the mother while she is pregnant – this is a consequence of fear and anxiety in the mother's thought life which damaged her immune system making her susceptible to infections. Toxins are also not cleared properly by the body when a person is in stage 2 and 3 of stress, leading to damage (this is discussed in more detail on page 186). When a mother drinks alcohol or takes certain medication while she is pregnant, the baby can be born with an abnormal heart. If this applies to you, all that is required is for you to pray in faith and ask God to work a creative miracle and restore the heart tissue that has been damaged.

Viral infections which cause inflammation of the heart muscle, as well as bacterial infections which cause inflammation and abscesses in the heart muscle can interfere with the electrical impulses stimulating the heart. This can result in an abnormal heart rhythm. An immune system that is damaged during stage 2 and 3 of stress leaves the person susceptible to infections. The thyroid affects the heart. The hormones it releases can make the heart beat faster. Therefore a person who has thyroid disease (hyperthyroidism or hypothyroidism) can also have abnormalities in heart rhythm. Thyroid disease has a fear, anxiety and stress component to it (discussed in detail on page 589).

However, many people with an abnormal heart rhythm have none of the above mentioned problems, and it is a direct result of fear, anxiety and stress. The central nervous system in your brain consists of 2 parts:

- **The sympathetic nervous system (fight or flight)** – is what is active during stage 1, 2 and 3 of stress
- **The parasympathetic nervous system (rest and digest)** - which is the part of the nervous system that is active when you relax, eat and digest your food.

The SA node and AV node are regulated by nerves from the sympathetic nervous system as well as nerves from the parasympathetic nervous system. Stimulation of the nodes by sympathetic nerves causes the nodes to make the heart beat faster. Stimulation of the nodes by parasympathetic nerves causes the nodes to make the heart beat slower. The sympathetic and parasympathetic nerves are controlled by the hypothalamus. Remember the hypothalamus is the area in your brain that is the connection between the mind and the body – it translates everything that is going on in your thought life into a physical reaction. During stage 2 and 3 of stress, the hypothalamus alters the way in which the sympathetic and parasympathetic nerves function, leading to an imbalance and misfiring of these nerves. The misfiring of these nerves, leads to abnormal stimulation of the SA node and AV node. As a result the SA node and AV node generate electrical impulses at an irregular rate, leading to an abnormal heart rhythm.

It is dangerous to walk around with an abnormal heart rhythm because there is a high risk of the heart stopping altogether, resulting in sudden cardiac death. Therefore it is necessary to take anti-arrhythmic heart medication in the short term to keep you in a place of safety. However, these drugs are not the ultimate answer because they do not deal with the toxic mindset that caused the problem in the first place.

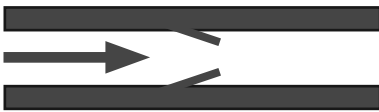
You have to parallel that by renewing your mind. The chapter "Dealing With Fear, Anxiety and Stress" on page 672 will help you.

Luke 21 v26: "In the last days men's hearts shall fail them because of fear." (KJV)

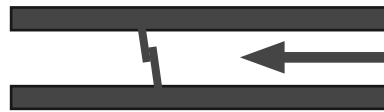
Heart Valve Disease

First let's understand what heart valves are: There are 4 different compartments inside the heart. Blood flows from one compartment to the next in one specific direction. To make sure that the blood flows in one direction, there are valves at the door between two compartments. If blood flows forwards, the valves open. As a result of pressure changes in the different compartments as the heart contracts and relaxes, the blood has a tendency to flow backwards at certain stages. If blood flows backwards, the valves close – this forces the blood to flow forwards again in one direction. This is illustrated in the sketch below.

Valves make sure blood flows in one direction in the heart



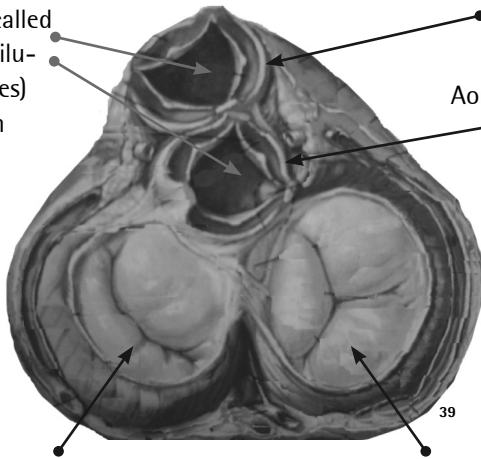
Normally the mitral valve opens when blood flows forwards



Normally the mitral valve closes when blood flows backwards, thus forcing the blood to flow forwards again

What the heart valves look like as viewed from the top:

These 2 valves (called the Semilunar Valves) are open



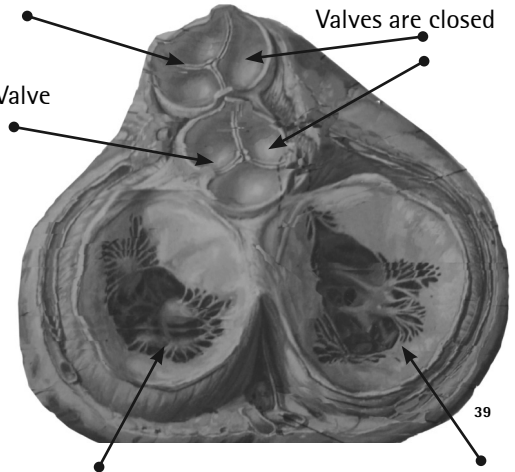
This valve is on the left side of the heart. It is called the Bicuspid Valve because it is made up of 2 parts. Another name for this valve is the Mitral Valve. In this picture the valve is closed.

Pulmonary Valve

Aortic Valve

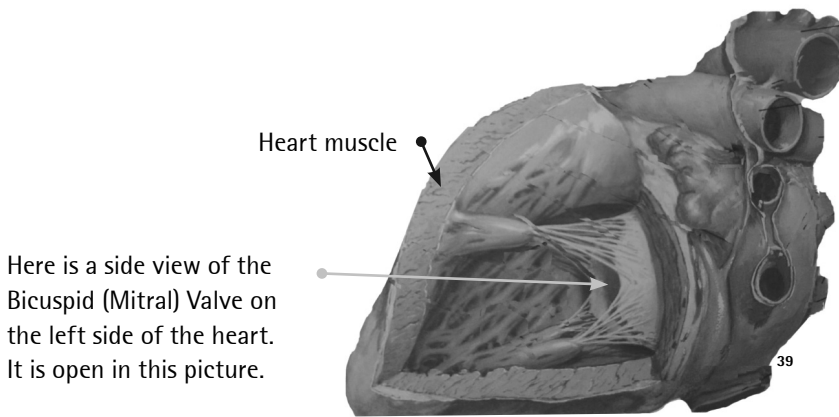
This valve is on the right side of the heart. It is called the Tricuspid Valve because it is made up of 3 parts. In this picture the valve is closed

Here the Semilunar Valves are closed



Here the Bicuspid (Mitral) Valve is open

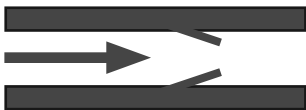
Here the Tricuspid Valve is open



The opening and closing of these valves is partly a passive process – in other words the pressure of the blood pushes the valves open and closed depending on which way the blood is flowing. However the opening and closing of the valves are also controlled by stimulation from nerves. Malfunctioning or misfiring of these nerves, resulting in abnormal opening and closing of the valves can be caused by fear, anxiety and stress in your thought life. Therefore in order to understand heart valve disease, it is important for you to first gain a background understanding of the effects of long term fear, anxiety and stress on your body on page 178.

Mitral Valve Prolapse

Mitral valve prolapse is where the mitral valve does not close properly, allowing blood to flow backwards back into the heart.



Normally the mitral valve opens when blood flows forwards



Normally the mitral valve closes when blood flows backwards, thus forcing the blood to flow forwards again



During mitral valve prolapse, the valve leaflets stretch (prolapse) backwards allowing backflow of blood into the heart

This puts strain on the heart because there is a greatly increased volume of blood in the heart (the blood coming into the heart plus the backflow of blood that was supposed to be pumped out the heart). The increased volume of blood leads to an increased pressure inside the heart. This overworks the heart and can eventually lead to heart failure. During heart failure, not enough blood is pumped to the body tissues, including the brain. When the brain doesn't get enough blood, the person has a "black out".

Mitral valve prolapse can be caused by a defect in connective tissue metabolism (an inherited genetic disorder) and can also occur in Marfan's syndrome (Marfan's syndrome is a genetic abnormality where a baby is born with many heart defects, one of which is mitral valve prolapse). If this applies to you, the relevant chapter to read is "Genetically Inherited Diseases" on page 151. Infections can cause mitral valve prolapse (this is explained under Infective Endocarditis later on in this chapter). Mitral valve prolapse is a fast growing disease and in most people the above causes are not found.

A person with mitral valve prolapse often has disease in the other valves on the right side of the heart as well. The mechanism behind mitral prolapse is very similar to abnormal heart rhythms explained above. Remember the hypothalamus is the area in your brain that is the connection between the mind and the body – it translates everything that is going on in your thought life into a physical reaction. A thought life dominated by fear, anxiety and stress will put the body into a toxic state of stage 2 and 3 of stress where a whole sequence of reactions is set in motion through the hypothalamus. One of the consequences is an imbalance in the central nervous system leading to misfiring of the nerve that controls the mitral valve. The valve doesn't close properly and you end up with prolapse.

Normally blood flow through your heart and blood vessels is smooth or stream line. When valves are not functioning properly, such as with mitral valve prolapse, the blood flow past the valves is turbulent (like rough water in a rapid). Turbulent flow causes the blood to form clots. These clots are pumped out of the heart and can end up blocking smaller blood vessels in your body, resulting in death of the area of tissue that that blood vessel was supposed to supply. This can result in strokes (blood supply to an area of brain is blocked by the clot) and DVT (deep vein thrombosis) in the legs. A prolapsed mitral valve often gets infected. This is a result of high levels of the stress hormone cortisol which weakens the immune system, thus leaving the body with little defense against infections.

To eradicate mitral valve prolapse, you need to deal with the toxic mindset of fear, anxiety and stress causing it. The chapter on page 672 will help you. When your mind is at peace, the stage 2 and 3 stress reaction will be broken and the imbalance in the central nervous system will be restored. As a result the nerves that stimulate the mitral valve will function normally again and your mitral valve will no longer prolapse.

Rheumatic Heart Disease

To understand rheumatic heart disease you need to first read through two other chapters which have necessary background information:

- "The Long Term Effects of Fear, Anxiety and Stress on your Body" on page 178.
- "Autoimmune Diseases" on page 329.

Rheumatic heart disease begins with an infection (Acute Rheumatic Fever) early in childhood between 5 and 15 years of age. Rheumatic fever is caused by bacteria called group B Beta Haemolytic Streptococci. Initially this bacteria causes an infection in the throat, middle ear or tonsils. From there, the bacteria spreads into the blood stream where they go to the heart, infecting the lining and valves of the heart.

As you read in the chapter "The Long Term Effects of Fear, Anxiety and Stress on your Body", Children take 18 years for their brains to grow and fully mature. The stress that children experience is much greater than what we as adults experience – it is catastrophic to put it mildly. What we experience as moderate stress, for children is catastrophic. This is because the brain is still growing and in the developmental phase. It is very vulnerable and susceptible. Fear and anxiety in the child causes the hypothalamus in the brain to stimulate the production of large quantities of stress hormones. One of these stress hormones is cortisol. In large quantities cortisol directly kills and prevents the production of the different cells of the immune system. The result is a weakened immune system that leaves the child with no defense against harmful bacteria, such as group B Beta Haemolytic Streptococci which causes Acute Rheumatic Fever. This fear can also be inherited from fear in the parents (the basis of this is explained in the chapter on genetically inherited diseases on page 151).

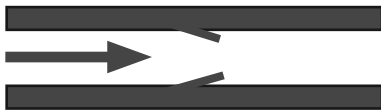
The initial infection (Acute Rheumatic Fever) lasts a few weeks. Then a problem flares up again in early adulthood – this is where the second spiritual root of low self-esteem, self-hatred and self-rejection

comes in: an autoimmune reaction develops where the immune system attacks its own body tissue. The antibodies that were initially produced to kill the group B Beta Haemolytic Streptococci bacteria, begin to attack and damage the body's own tissue in the heart, lungs, joints and abdomen. In the heart, the damage by these antibodies causes inflammation of the heart valves that persists for a long time. This long standing inflammation causes fibrosis, where the valves are scarred and become very stiff. As a result the valves are deformed and don't function properly. This is called Rheumatic Heart Disease.

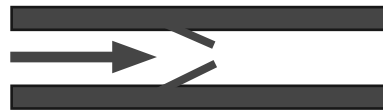
The mitral valve is most commonly affected (in 80% of cases). The aortic valve is affected in the other 25% of cases (the aortic valve is the semi-lunar valve on the left side of the heart – see the picture 2 pages back). There are two different types of valve abnormalities that occur in rheumatic heart disease (often it is a combination of both):

Stenosis Of The Valve:

"Stenosis" is a Greek medical word which means narrowing. The heart valve cannot open properly because it is stiff from the scarring (fibrosis) as a result of the inflammation and damage caused by the antibodies. Because it is stiff, blood flow is obstructed through the narrow opening. This results in increased pressure inside the heart because of the back up of blood which has difficulty in passing through the narrowed opening in the valve. The heart has to work harder to push the blood through the narrowed opening and this eventually leads to heart failure. Abnormal rhythm of the heart is another complication. Mitral stenosis is most commonly caused by rheumatic heart disease.



Normally blood flows unhindered through the valve



Stenotic valve is narrowed so that not much blood can pass through

Valve Incompetence Or Regurgitation:

This type of valve dysfunction is very similar to mitral valve prolapse discussed previously in this chapter. The antibodies and inflammation can damage the edge of the valve leaflets so that they don't touch, resulting in a gap between the valve leaflets when the valve closes. Thus blood flows backwards through this opening, which is why it is called valve incompetence or regurgitation. This can also occur due to tears in the valve leaflets. This also results in an increase in blood volume and pressure in the heart, which eventually leads to heart failure.



Valve normally closes to prevent back flow of blood



Incompetent valves - torn valve leaflets that are damaged at the edges leave a gap that allows the backflow of blood

During the winter months, almost every second patient that a general practitioner sees is a child (or adult) with a streptococcal infection of the throat and/or ears. However most of them do not develop Rheumatic fever and Rheumatic Heart Disease later in life. This is because there is something spiritually rooted in nature behind rheumatic heart disease – that is a low self-esteem and self-hatred. To prevent heart failure as a result of rheumatic heart disease, surgery is performed to replace the damaged valve with a prosthetic valve. You can avoid this by learning to love yourself. Jesus came so that you could have and enjoy life to the full (John 10 v 10). He not only wants you to enjoy divine health, but He wants you to enjoy who you are! Building a healthy self-esteem comes from knowing who you are in Christ and learning to see yourself as God sees you. Turn to page 647 to learn more about this.

Incompetent Valves and Infective Endocarditis

To understand infective endocarditis, it is important for you to gain a background understanding of the effects of long term fear, anxiety and stress on your body on page 178.

An explanation of valve incompetence is given above and on the previous page. Apart from rheumatic heart disease, there are other infections that cause valve incompetence. Bacteria (mostly staphylococcus aureus and streptococcus viridians) infect the heart and valves, causing a disease called **infective endocarditis**. These bacteria eat through the valve leaflets, damaging the edges and causing tears and holes in the valves, leading to incompetence as previously explained. These bacteria form abscesses in the heart muscle that can interfere with the conduction of electrical impulses that cause the heart to pump, leading to abnormalities in heart rhythm. Abscesses that form in the papillary muscles (which hold the valves in place) can cause mitral valve prolapse. The damage to the heart valves can eventually lead to heart failure.

Luke 21 v26: "In the last days men's hearts shall fail them because of fear." (KJV)

Remember the hypothalamus is the area in your brain that is the connection between the mind and the body – it translates everything that is going on in your thought life into a physical reaction. Fear and anxiety in your thought life causes the hypothalamus in your brain to stimulate the production of large quantities of stress hormones (stage 2 and 3 of stress). One of these stress hormones is cortisol. In large quantities cortisol directly kills and prevents the production of the different cells of the immune system. The result of this damaged immune system is that you have no defense against harmful bacteria such as those that cause infective endocarditis and heart valve disease.

When fear, anxiety and stress in your life are dealt with, the stage 2 and 3 stress reaction will be broken and the cortisol levels will normalize. The cells of the immune system will then be able to re-multiply and come back to full strength and kill off the bacteria infecting the heart valves.

Turn to page 672 which will help you deal with those issues that are robbing you of your peace.

Myocarditis

Myocarditis is inflammation of the muscle of the heart that can eventually lead to death of the muscle tissue. There is a picture of the muscle of the heart under heart valve disease 3 pages back. To understand myocarditis, you need to first turn to page 379 where you must read the introduction under non-bacterial inflammation. Please also make sure that you read the two chapters that you are referred to in that section.

Myocarditis can be caused by infections with viruses, bacteria and parasites. The toxins released by these infections cause damage to the heart muscle, resulting in inflammation. Viral infections (coxsackie B virus, polio, rubella and influenza) are the most common cause of myocarditis. Bacteria such as diphtheria and meningococci can also cause myocarditis. Parasites, especially trypanosome cruzi (Chagas Disease) can cause myocarditis. There are some areas in South America where 50% of the population is infected with this parasite, and this is a common cause of heart failure in these areas.

Whether it is infection by viruses, bacteria or parasites, the spiritual root is the same – a weakened immune system due to fear, anxiety and stress in your thought life.

Luke 21 v26: "In the last days men's hearts shall fail them because of fear." (King James Version)

A thought life dominated by fear and anxiety puts your body into stage 2 and 3 of stress. In this toxic state, the hypothalamus stimulates the production of large quantities of stress hormones. One of these stress hormones is cortisol which directly kills and prevents the production of the different cells of the immune system. The result of this damaged immune system is that you have no defense against infections.

Myocarditis can also occur in the absence of infection (noninfectious myocarditis). This can be part of an allergic reaction, which is also related to fear, anxiety and stress. This is explained in detail in the chapter on allergies. However, most of the time non infectious myocarditis (for example in rheumatic fever and SLE) has two spiritual roots behind it:

- Fear, anxiety and stress in a person's thought life leading to an overproduction of histamine (as explained in the introduction under non-bacterial inflammation).
- Low self-esteem, self-hatred, self-rejection, self-condemnation and/or guilt, which results in the immune system attacking the body (as explained in the chapter on autoimmune diseases.)

Myocarditis is very serious because it can cause heart failure. Thus you must deal with the spiritual roots behind it:

- On page 672 is a chapter that will help you deal with fear, anxiety, stress and the issues in your life that are robbing you of your peace.
- Getting rid of self-hatred and guilt, and building a healthy self-esteem starts with knowing who you are in Christ, and learning to see yourself as God sees you. Turn to page 647 where you will learn more about this.

Pericarditis

The mechanism by which pericarditis develops and the spiritual roots behind it is exactly the same as myocarditis explained just above. Pericarditis is inflammation of the outside covering of the heart. It can cause chest pain and fevers. To understand pericarditis, you need to first turn to page 379 where you must read the introduction under non-bacterial inflammation. Please also make sure that you read the two chapters that you are referred to in that section.

Pericarditis can be caused by trauma, surgery, radiation or cancer tumors. Some cancers and the spiritual roots behind them are discussed in the chapter on page 385. Pericarditis can also be caused by viral (e.g. coxsackie virus), bacterial, fungal and parasite infections as well as tuberculosis. Infections are a result of fear, anxiety and stress in a person's thought life. A thought life dominated by fear and anxiety puts your body into stage 2 and 3 of stress. In this toxic state, the hypothalamus stimulates the production of large quantities of stress hormones. One of these stress hormones is cortisol, directly kills and prevents the production of the different cells of the immune system. The result of this damaged immune system is that you have no defense against infections.

Pericarditis can also occur in the absence of infection. It can be caused by damage from a heart attack. A heart attack has two spiritual roots behind it – fear, anxiety and stress as well as self-hatred and a low self-esteem. Heart attacks were explained in detail previously in this chapter. Non infectious pericarditis can occur in diseases such as rheumatic fever and SLE. This has two spiritual roots behind it:

- Fear, anxiety and stress in a person's thought life leading to an overproduction of histamine (as explained in the introduction under non-bacterial inflammation).
- Low self-esteem, self-hatred, self-rejection, self-condemnation and/or guilt, which results in the immune system attacking the body (as explained in the chapter on autoimmune diseases.)

Pericarditis is very serious because it can cause heart failure. Thus you must deal with the spiritual roots behind it:

- On page 672 is a chapter that will help you deal with fear, anxiety, stress and the issues in your life that are robbing you of your peace.
- Getting rid of self-hatred and guilt, and building a healthy self-esteem starts with knowing who you are in Christ, and learning to see yourself as God sees you. Turn to page 647 where you will learn more about this.

Cardiomyopathy

To understand cardiomyopathy and the spiritual root behind it, it is important for you to first read through the following two chapters which have essential background knowledge:

- "Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178.
- "Genetically Inherited Diseases" on page 151.

Cardiomyopathy it when the muscle of the heart does not function properly. This can lead to angina, passing out (syncope), formation of blood clots (which can cause strokes and heart attacks), fatal abnormal heart rhythms (i.e. irregular rate of pumping), heart failure and sudden death. It often occurs in young people, even just after puberty. In some cases cardiomyopathy can be caused by nutritional deficiencies such as scurvy (deficiency of vitamin C) and thiamine deficiency which is caused by long term alcohol abuse. However, no visible cause for cardiomyopathy can usually be found on autopsy.

Through many case studies over the past 20 years of his ministry Henry Wright has observed a link between cardiomyopathy (an enlarged heart) and family trees where there is anger, rage, conflict and strife running through the generations.

In the chapter "Long Term Effects of Fear, Anxiety and Stress on the Body" which I initially referred you to, I explained how strife puts the body in a toxic state of stage 2 and 3 of stress. In the discussion on 1 John 4 v 18 I explained how when you have a breach in relationships, fear comes in the door.

When your body is in stage 2 and 3 of stress, a whole sequence of reactions is set in motion via the hypothalamus (which is the mind-body connection) which leads to high levels of stress hormones flowing through the body. One of these stress hormones is cortisol. In large quantities cortisol causes breakdown of proteins (proteolysis). Protein is a vital structural building block of muscle. Break down the protein and you have severe weakening of the muscle – this causes the heart muscle to dilate (i.e. stretch outwards) and it cannot contract properly or pump blood effectively, and eventually the heart fails.

There is a link between cardiomyopathy (an enlarged heart) and family trees where there is anger, rage, conflict and strife.

Luke 21 v26: "In the last days men's hearts shall fail them because of fear." (KJV).

There is another type of cardiomyopathy where the heart muscle does not dilate and stretch outwards, instead it thickens (medical term is hypertrophy). The result is that there is less room for blood to flow into the heart. Because the heart is not receiving enough blood, it cannot pump out enough blood. This leads to all the complications of cardiomyopathy mentioned previously. This is caused by a defect in the genes.

I explained in the chapter on genetically inherited diseases that it is not just physical diseases that are genetically inherited, but spiritual problems as well. The strife and conflict opens the door to the spirit of fear which runs through the generations of that family tree and cardiomyopathy is the product of this inherited iniquity.

The devil is able to get in and alter our body chemistry through sin in our thought life. Science has proven that the mind-body connection is real – whatever goes on in your thought life, your brain converts into a physical reaction. However, a thought life dominated by strife, conflict and fear not only affects our body, but our genes as well, and in this case the genetic defect resulted in the heart muscle being improperly built.

Remember that your DNA is made up of genes. Your genes are inherited from your father and mother. Each gene has specific instructions for how to make a specific part of your body. For example, you have a gene that has instructions to make your eyes blue or green or brown. You have another specific gene that has instructions to make you a certain height (short or tall). Everything that determines the way you look and your whole body make up comes from an instruction manual which is encoded in your genes. There is a specific gene that has instructions on how to make the different components of the protein that makes up your heart muscle. When these genes are messed up, the instructions are muddled up – and then for example, your heart muscle is made too thick.

To date, genetic defects that produce this disease have been found in seven different heart muscle proteins. The amino acids (which are the building blocks of your DNA in your genes) are changed and swapped around, which is why the instructions on how to make the proteins in the heart muscle are muddled up. The progression and severity of the cardiomyopathy depends on which amino acid was changed. In some cases, the instructions for making heart muscle are misplaced and put on the white blood cells– this results in the continual inappropriate instruction to the heart to keep building more muscle and the result is the heart muscle becomes too thick. There is evidence that drugs called beta blockers and calcium channel blockers improve the condition of patients with cardiomyopathy where the heart muscle is too thick. These drugs work by blocking the effects of the stage 2 and 3 stress reaction on the heart.

However, medical drugs are not the ultimate answer – they have never cured cardiomyopathy because they do not deal with the underlying issues causing the disease. Healing of cardiomyopathy requires the removal of strife from your life as well as dealing with this iniquity generationally as I explained in the chapter on genetically inherited diseases. The following two chapters will help you:

- "Forgiveness – A Necessity for Healing" on page 630.
- The chapter on "Dealing with Fear, Anxiety and Stress" – start on page 680 from the heading "Dealing with the Deeper Fears".

Pray this with me from your heart: 'Father I repent for the strife in my life as well as in the generations of my family before me. In the Name of Jesus I release myself from the inherited rage, anger, conflict, fights, arguments and the fear that comes out of the stress. I take authority over the spirit of fear and the spirit of strife and command you to be gone out of my life and my family tree in the Name of Jesus! I command the heart muscle to return to normal size and the power of death to be broken over it in the Name of Jesus. By the stripes of Jesus I am healed and made whole (Isaiah 53 v 5) and I thank You Father for a new heart. Amen."

There is another type of cardiomyopathy where the heart becomes stiff because of scarring of the heart muscle. When the heart muscle is stiff, it cannot stretch to fill with blood. Because the heart is not able to receive enough blood, it cannot pump out enough blood. This leads to all the complications of cardiomyopathy mentioned previously. This happens for example in a disease called sarcoidosis which usually develops in people less than 25 years old. Most of the time the lungs are affected by this disease, but the heart can also be damaged. In sarcoidosis the immune system attacks and damages its own body tissue (which is what causes scarring of the heart). Whenever there is the body attacking the body – there is a low self-esteem and self-hatred in a person's thought life. The chapter on autoimmune diseases on page 329 explains this in detail. If you have cardiomyopathy as a result of sarcoidosis, you need to build a healthy self-esteem which starts with knowing who you are in Christ and learning to see yourself as God sees you. The chapter on page 647 will help you with this.

Another disease that can cause this type of cardiomyopathy is amyloidosis which usually develops after the age of 40 years. It can be genetically inherited. It involves faulty/defective components of the immune system (antibodies) that are deposited on and damage the tissue all over the body, including the heart muscle. The spiritual root behind it is the same as sarcoidosis.

Heart Failure

Hear failure is where the heart is no longer able to pump the blood efficiently. As a result your brain, organs and body tissues do not get an adequate blood supply with oxygen and energy. To understand heart failure, it is important for you to first read through the chapter on the effects of long term fear, anxiety and stress on page 178 which has essential background knowledge.

Luke 21 v26: "In the last days men's hearts shall fail them because of fear." (KJV)

I have quoted the above scripture many times in this chapter as I have explained how the different heart diseases caused by fear, anxiety and stress eventually lead to heart failure. Heart failure is a complication of another underlying heart disease. The most common causes are listed below.

- High blood pressure (hypertension) – the heart is overworked by the strain of having to pump blood against a high pressure.
- Coronary artery disease – the heart muscle is not getting an adequate blood supply.
- Heart valve disease – this leads to an increase in blood volume and subsequently an increased pressure inside the heart. The high pressure puts strain on the heart, causing it to be overworked.
- Abnormal heart rhythm.
- Failure of the right side of the heart can be caused by lung disease (the medical term is cor pulmonale) –diseases such as chronic bronchitis, emphysema and TB cause narrowing and high pressure in the blood vessels in the lung. Thus the right side of the heart has to pump blood to the lung against a high pressure. This puts strain on the right side of the heart, eventually causing it to fail.
- Damaged heart muscle – for example by a heart attack or myocarditis.
- Cardiomyopathy i.e. abnormal functioning of the heart muscle (explained above).

The spiritual roots behind the diseases mentioned above that cause heart failure have been discussed in detail previously in this chapter. All of these diseases involve different types of fear, anxiety and stress upstream in a person's thought life that puts the body into a toxic state of stage 2 and 3 of stress. (Coronary Artery Disease, bronchitis and some forms of cardiomyopathy also have an element of self bitterness, guilt and varying degrees of self-hatred).

Patients with heart failure have been shown to have high levels of stress hormones in their blood (such as norepinephrin released from the adrenal glands in the kidney) and hyperactivity of the sympathetic nervous system.

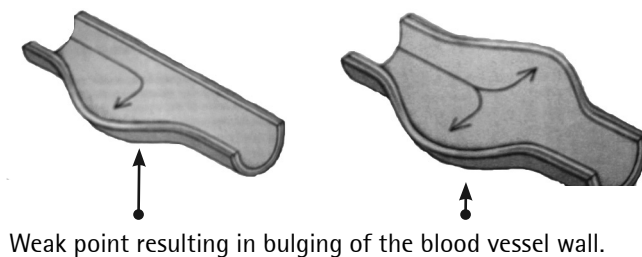
Normally the kidneys filter out excess fluid in the blood. The fluid that is filtered out by the kidneys then drains into the bladder. This fluid is then excreted from your body along with other waste in the form of urine. During stage 2 and 3 of stress, there are high levels of stress hormones. One of these stress hormones is ACTH (which is the fear hormone). ACTH causes an increased release of a chemical called Aldosterone from the adrenal glands on top of the kidney. Aldosterone has an action on the kidney that causes less fluid in the blood to be filtered out by the kidney. Because less fluid is filtered out, the blood volume increases, which in turn causes an increase in the blood pressure. Eventually the pressure is so high that it forces fluid in the blood out of the blood vessels into the surrounding tissues. This is why people with heart failure get swelling in their ankles and legs. Fluid also leaks into the lungs, interfering with the absorption of oxygen from the air that is breathed in. This results in a sensation of shortness of breath and labored breathing (medical term is dyspnoea). Difficulty in breathing during exertion such as walking up stairs or up a hill is one of the earliest symptoms of heart failure. The fluid in the lungs also makes it difficult to lie flat while sleeping – the person has to sleep on two or three pillows, otherwise he/she can't sleep properly (medical term for this is orthopnea). The fluid in the lungs can also result in the person waking up at night with a sensation of severe breathlessness. He/she sits up immediately and gasps for air (medical term for this is paroxysmal nocturnal dyspnea).

Heart failure is considered a terminal condition in the medical field. However, no disease is incurable with God when we line up with His Word and meet His conditions for healing. My grandfather had a massive heart attack. God healed him and gave him a totally new heart. At the age of 82 he has a heart and blood pressure like that of a 20 year old man. When he goes to the doctor for a check up, they cannot believe his blood pressure for his age. They often take his blood pressure two or three times to see if the blood pressure machine is not working properly. What God did for my grandfather, He will do for you! Acts 10 v 34 says that God is no respecter of persons. However you have a responsibility to deal with the underlying spiritual issues that cause heart failure. The following two chapters will help you:

- "Dealing With Fear, Anxiety And Stress" on page 672.
- "Who You Are In Christ" on Page 647 – this is relevant if you have struggled with self bitterness, self-hatred, guilt, self-rejection and/or a low self-esteem.

Aneurysms

An aneurysm is an abnormal weakening in the muscle walls of the blood vessels, resulting in bulging or ballooning out of the blood vessel wall at the point of weakness. A blood vessel with an aneurysm can eventually rupture (burst) with serious consequences, including death.



Often a person with an aneurysm does not have any symptoms. The aneurysm is frequently picked up by chance when the person has an abdominal x-ray or ultrasound for another reason. 20% of people will have symptoms which include pain in the centre of the abdomen, lower back, loins or groin.

In the past most aneurysms were thought to be caused by the fatty plaques on blood vessel walls in atherosclerosis. However it has now been shown that aneurysms develop by a distinctly different mechanism to atherosclerosis, although both diseases can occur in the same person.⁵¹

The spiritual root behind weakening in the blood vessel walls leading to aneurysms is anger, rage and resentment.³¹ Your brain converts everything that goes on in your thought life into a physical reaction: as you are exploding spiritually with thoughts of anger, rage and resentment, so your body will respond in your lifetime by literally exploding physically. This anger and rage is not always externally explosive against others – it can be internalized. The person bottles it up and is fuming and steaming inside. Whether it is externalized or internalized, it is still sin and the result is the same.

As you are exploding with anger spiritually so your body will respond in your lifetime by literally exploding physically.

Ephesians 4 v 26: “When angry, do not sin; do not ever let your wrath (your exasperation, your fury or indignation) last until the sun goes down.” Do you now understand the importance of the above verse, when it comes to aneurysms? God is saying that if you don't deal with that issue by releasing and forgiving, you're going to have disease beginning in your body by morning.

According to the Journal of American Medicine, when a person has an intense episode of explosive rage where they really lose it, for the next two hours the chances of a heart attack double. Recent scientific studies are demonstrating definite links between hostility and cardiovascular disease.⁶⁰

One Pastor approached Henry Wright and said, “Pastor, I know you believe that God heals. I just got a call that my brother's aorta split and they have rushed him to the emergency room (The aorta is the main blood vessel that transports blood from the heart to the rest of the body). Will you pray with me and agree with me that God will heal him?” Henry Wright replied, “No Sir, I will not. I am wasting my time.” The pastor said, “What do you mean? I thought you believed in healing.” Henry explained, “Your brother has a burst aorta because he is in sin and I do not have the faith that he will be healed until I teach you what caused his aorta to split. Now I don't know you or your brother but from studying case histories of people with cardiovascular disease, I know what causes aortas to split. Let me ask you a question, was your brother a peaceful man or was he always angry and hostile?” The Pastor said, “How could you possibly know that? He has been that way since he was molested at age nine. He is impossible to deal with. You can't get around him because he is so hostile and angry. So Pastor what can I do?” Henry Wright said, “I will pray with you and agree with you and ask God to use the doctors to keep him alive so that you can get there and disciple him and get him to repent so that he can release that anger that he has. Then I believe that God can heal him and he won't have a problem again.” So the pastor left and did exactly that.

If you want to enjoy long life, good health, fulfill your destiny and do all that God has called you to do – get rid of that anger, rage and resentment as fast as you can, lest your life be cut short. Turn to page 630 to deal with it.

There is a strong genetic component to aneurysms – in other words it can be inherited and it runs in families. It is inherited as a genetic defect as well as a spiritual disease (the basis of this is explained in the chapter on “Genetically Inherited Diseases” on page 151). Aneurysms can be congenital, which means they were present from birth – for example Berry aneurysms of the blood vessels in the brain. In this case the person does not have any symptoms until the age of about 20 years, when he/she then gets brain hemorrhages (bleeding into the brain with severe headaches and vomiting). Congenital aneurysms are part of

the genetic curse. This can be broken through repenting for anger and rage in the generations before you. I explained how to deal with this in the chapter on genetically inherited diseases.

In a minority of cases, aneurysms can be a complication of another underlying disease. A rare cause of aneurysms is syphilis. Syphilis causes inflammation of the blood vessel walls which weakens the walls, resulting in aneurysms. This is a consequence of sexual promiscuity. Behind sexual promiscuity is the need to be loved (this is explained in the chapter on addictions on page 345). Other infections such as bacteria called salmonella can also cause inflammation leading to aneurysms. Infections can spread from infective endocarditis (explained previously in this chapter) – the root behind these infections is fear, anxiety and stress. High blood pressure (also caused by worry and fear of the future) can cause weakening and aneurysms in the small blood vessels in the brain. Diabetes can cause inflammation, weakening and aneurysms in the small blood vessels in the retina at the back of the eye (the spiritual root behind diabetes is on page 579).

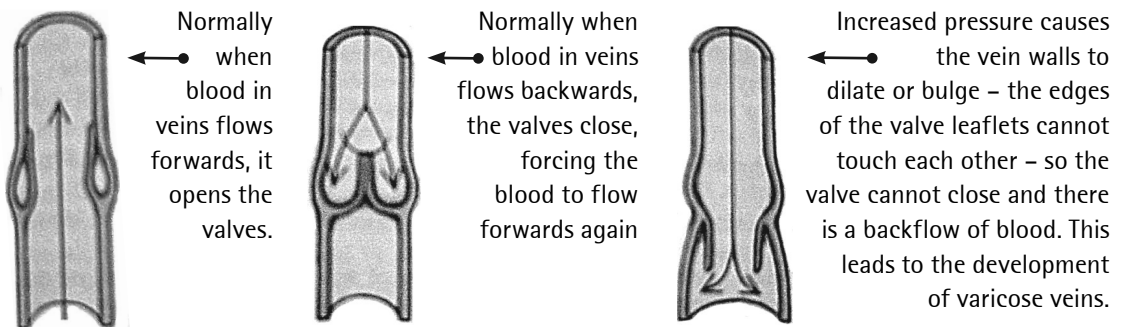
Varicose Veins

Varicose veins are similar to aneurysms – there is swelling and bulging out of the walls of the veins, so that the veins become visible through the skin. This most commonly occurs in the veins in the lower leg. There is often associated ulcers, usually on the inner side of the ankle and lower leg.

Whenever there is bulging or exploding blood vessels, there is personal or generational anger, rage and hostility.

The swelling and bulging out of the walls of the veins is caused by an increase in pressure in the veins. Normally there are valves in your veins that only allow the blood to flow in one direction i.e. forwards. When blood flows backwards the valves close, forcing the blood to flow forwards again. When there is increased pressure inside the veins, with subsequent enlargement and bulging of the vein walls, the valve leaflets can no longer touch each other. Therefore

the valve cannot close and back flow of blood occurs. This results in an increase in the volume of blood in the veins (blood flowing forwards plus the blood that flows backwards that was supposed to have been pumped out of the veins). The increased volume of blood further dilates the veins, making the varicose veins even worse.



In some cases there is an inherited genetic component to varicose veins. The spiritual root behind varicose veins is the same as aneurysms – whenever there is bulging or exploding blood vessels, there is personal or generational anger, rage and hostility. Therefore read the section on aneurysms just above.

Hemorrhoids (Piles)

Hemorrhoids is one of the curses listed in Deuteronomy chapter 28 (see page 29). Hemorrhoids are enlarged veins that prolapse (hang out) of the anus. The veins enlarge as a result of breakdown and stretching of the surrounding tissue. The hemorrhoids can bleed intermittently which can be seen when you go to the toilet (blood on the pan or streaks of blood on the outside of the stool) or only on wiping. There may also be an aching or dragging discomfort on defaecation, and sometimes the person has to push the hemorrhoids back in to get relief after each bowel motion. These veins can become inflamed, causing clots to form which block the veins, resulting in sudden severe pain.

Hemorrhoids can be genetically inherited - in other words it can run in families. It is not necessarily inherited as a physical genetic defect but as a spiritual disease (the basis of this is explained in the chapter on "Genetically Inherited Diseases" on page 151). Hemorrhoids are basically varicose veins in the rectum/anus and the spiritual root behind it is the same as aneurysms - whenever there is bulging or exploding blood vessels, there is personal or generational anger, rage and hostility. Therefore read the section on aneurysms just above.

Note: Hemorrhoids during pregnancy are common. This may not necessarily have a spiritual root. The raised hormone levels can cause the body tissue in that area to relax. Also, pressure from the baby's head may impair drainage of blood from these veins, thus causing the veins to enlarge due to the accumulation of blood. However, after birth of the baby the hemorrhoids should resolve in this case. Constipation and sitting on the toilet for long periods while reading has been associated with hemorrhoids. However there has never been any real evidence that this causes hemorrhoids. Constipation has a spiritual root of its own - this is explained on page 506.

Thrombophlebitis and Deep Vein Thrombosis

Thrombophlebitis is inflammation of the walls of the veins. Redness and tenderness follow the line of the vein. Deep vein thrombosis is where a blood clot forms in the veins in the lower leg. When a vein is blocked by a blood clot, it causes an inflammatory reaction in the vein walls. The opposite process also occurs where a vein that is inflamed will cause a blood clot to form in the vein. The end effect is the same - an inflamed vein with a blood clot. Over 90% of blood clots and inflammation of veins occurs in the deep veins of the leg. If the calf is warm, bluish in color, slightly swollen, and it is painful to stretch the calf muscle by bending the foot upwards - this is highly suggestive of a deep vein thrombosis. Inflammation of a vein can develop from a drip or catheter inside the vein that becomes infected or from injection of a medical drug that irritates the vein.

A blood clot can form in the following conditions:

1. When the blood flows over an abnormal surface - for example a scar in the heart muscle from a previous heart attack or a prosthetic valve where a person has had a valve replacement.
2. Changes in blood flow - normally blood flow in the heart and blood vessels is streamline. Blood flow becomes turbulent when blood flows rapidly and chaotically through the heart and blood vessels, similar to rough water in a river with rapids. Turbulent flow can be caused by the heart beating at an irregular, abnormal rhythm. Clots can also form when blood flow is too slow or standing still in an area, for example in heart failure or in the region of a scar in the heart muscle from a previous heart attack.

The return of blood from the veins in the legs to the heart is reliant on the contraction and relaxation of calf muscles which massages the veins. The blood is kept moving forwards by valves in the

veins that only allow the blood to move in one direction (i.e. forwards). So if a person is immobilized (for example after an operation) or bedridden (especially elderly people), they are at high risk of developing clots in their veins because the blood flow in the veins is slow and sluggish (no contraction and relaxation of calf muscles).

3. Blood clots can also form when the blood becomes very thick, for example woman who take the contraceptive pill. Oestrogen has a tendency to promote the formation of blood clots.

The heart diseases mentioned above that can lead to blood clots have been discussed previously in this chapter. The spiritual root behind these heart diseases is fear, anxiety and stress. Sometimes there is a component of self bitterness, guilt and varying degrees of self-hatred, depending on the underlying physical disease process that caused the blood clot. The following two chapters will help you:

- "Dealing With Fear, Anxiety And Stress" on page 672.
- "Who You Are In Christ" on page 647 – this is relevant if you have struggled with self bitterness, self-hatred, guilt, self-rejection and/or a low self-esteem.

Pregnancy can sometimes predispose to blood clots because the veins in the pelvis are compressed by the pressure from the baby. This obstructs blood flow in the veins. The result is that blood flow is slow and sluggish, which predisposes to blood clot formation. Blood clots can also form after physical trauma, for example a broken bone in your leg or hip or after surgery. Certain cancers can activate the formation of blood clots. If several generations of your family members had blood clots, it is very likely that you have an inherited clotting disorder (for example, antithrombin 3, protein C and S deficiency). In this case you need to turn to page 151 and read through the chapter on genetically inherited diseases.

However, blood clots also form in veins of young, active people who have none of the above mentioned diseases. In this case, thrombophlebitis and deep vein thrombosis almost invariably occurs in a varicose vein. This is where the spiritual root of anger, rage and resentment comes in (varicose veins are discussed two pages back). Inflammation of the vein and blood clots in the leg causes pain and swelling.

Congenital Heart Disease

Congenital heart disease is where a baby is born with a heart defect which leads to heart disease and other complications. This can be caused by injury to the heart while it is developing in the first 16 weeks after conception. This injury can result from infections such as Rubella (German measles), smoking and alcohol abuse by the mother. If you as a mother are struggling with alcohol or smoking, don't feel guilty, judged or condemned, turn to the chapter on addictions on page 345 which will help you deal with it.

In the case of injury to the heart from when the baby was developing in the womb, simply ask God to do a creative miracle and restore the part of the heart that has been damaged (I explain more about operating in the gift of miracles on page 122 under the heading "You Can't Always Do It Alone"). A congenital abnormality in the heart can also be part of the curse of genetically inherited diseases – to understand this you need to read through the chapter on "Genetically Inherited Diseases" on page 151.

Abortion – What the Doctors Don't Tell You

Psalm 139 v 14 – 15 says that a baby is intricately, fearfully and wonderfully made by God in the womb. The Bible also says in Leviticus 17 v 11 that the life is in the blood. A baby's heart, blood vessels and the blood itself begins forming in the 3rd week after conception and by the 4th week the heart is already beating. This is amazing when you consider that the baby is only 5mm in size at this stage. **The baby is alive** (Leviticus 17 v 11) and growing in your womb before it is even possible to know that you are pregnant. So let's not deceive ourselves – abortion is murder. Where the big debate about pro-choice and pro-life are concerned – both are wrong. Both arguments are theologically incorrect. Life does not begin at birth and it doesn't even begin at conception – life begins from the heart of God before the foundation of the world. In the Bible there are people who were called by God in gender and name before they were ever conceived. For example Isaiah prophesied about King Siras by name and gender 200 years before he was born about how he would give the decree to let God's people go from captivity to rebuild the temple in Jerusalem. Jeremiah is another example:

Jeremiah 1 v 5: "Before I formed you in the womb I knew you and approved of you [as My chosen instrument], and before you were born I separated and set you apart, consecrating you; [and] I appointed you as a prophet to the nations."

This not only applies to King Siras and Jeremiah but to all God's children – even you and I today:

Psalm 139 v 14 – 15: "I will praise You for I am fearfully and wonderfully made: Marvelous are Your works; And that my soul knows very well! (KJV) My frame was not hidden from You when I was being formed in secret [and] intricately and curiously wrought [as if embroidered with various colors] in the depths of the earth. Your eyes saw my unformed substance, and in Your book all the days [of my life] were written before ever they took shape, and when as yet there was none of them. How precious and weighty also are Your thoughts to me, O God! How vast is the some of them!" (Amplified Bible)

2 Timothy 1 v 9: "God has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace, which was given to us in Christ Jesus before the world began."

Ephesians 1 v 4: "Even as [in His love] He chose us [actually picked us out for Himself as His own] in Christ before the foundation of the world, that we should be holy (consecrated and set apart for Him) and blameless in His sight, even above reproach, before Him in love."

Abortion is by no means an easy way out – it doesn't get rid of the problem. In the medical field we have seen that over 80% of women are still emotionally scarred by the event, even 30 to 40 years later. One woman who had had an abortion 15 years earlier said that every single day she thinks of that baby. You never forget it. Even if your pregnancy occurred out of a tragic event, I beseech you not to go down that road. Know that God can take any bad situation and turn it around for good:

Romans 8 v 28: "We are assured and know that [God being a partner in their labor] all things work together and are [fitting into a plan] for good to and for those who love God and are called according to [His] design and purpose."

Life does not begin at birth and it doesn't even begin at conception – life begins from the heart of God before the foundation of the world.

Gastrointestinal Diseases

Many diseases of the gastrointestinal tract (which includes your stomach, intestines, colon and rectum) are caused by not having peace in your heart regarding issues in your life. This is true for all the diseases mentioned in this chapter except Chrons disease.

Nausea, Vomiting and Indigestion

I recommend that you first read through the chapter "How Long Term Fear, Anxiety and Stress Affects Your Body" on page 178 where there is important background information relevant to nausea, vomiting and indigestion.

Nausea and vomiting is a symptom of another underlying disease. There are literally hundreds of causes for nausea and vomiting. Some of the most common causes are:

Infections	Infection in your gut (Gastroenteritis) Infection in your liver (Hepatitis) Infection in your bladder
Inflammation in various parts of your body	Appendicitis Inflammation of the gallbladder (cholecystitis) – caused by gall stones. Inflammation of the pancreas (Pancreatitis)
Neurological Problems	Migraines Meningitis (infection and inflammation of membranes covering your brain and spinal cord) Raised pressure inside your brain (intracranial pressure)
Stomach ulcers	If the ulcer is bleeding there may be blood in your vomit which is seen as either bright red specks or small black lumps that look like coffee granules.
Diabetes Mellitus	Low blood sugar (Hypoglycaemia) High blood sugar (Hyperglycaemia) Diabetic Ketoacidosis – This is a condition where the blood sugar levels are dangerously high in diabetics.

The spiritual root depends on the underlying cause. Diabetes, hypoglycaemia, migraines, gallstones and pancreatitis are discussed elsewhere in this book (see contents page). However, most of these causes can be traced back to long term fear, anxiety and stress in your thought life.

Damage to the immune system during stage 2 and 3 of stress makes you susceptible to infections (which you don't normally get if your immune system is healthy). Infection causes inflammation and some

of the diseases mentioned in the table above. Apart from inflammation caused by infection or trauma, there is also non-bacterial inflammation which is discussed on page 379.

However, often when you have nausea and vomiting, you don't have any of the above diseases. Stage 2 and 3 of stress alters the way in which the central nervous system processes sensory information coming from your gut. The nerves that stimulate your gut (your gut includes your stomach, intestines, colon and rectum) are told what to do by the central nervous system, which is under control of the hypothalamus in your brain. Remember the hypothalamus is the mind-body connection – it translates your thoughts into a physical reaction. When you have long term fear, anxiety and stress in your thought life, the hypothalamus alters the way in which the central nervous system functions. This results in an imbalance in the central nervous system and 'wrong instructions' are sent to the nerves that stimulate your gut – one of the consequences of this is that it causes malfunctioning or misfiring of these nerves. Misfiring and persistent stimulation of nerves can cause irritation and inflammation, for example of your stomach lining. The misfiring nerves also cause contraction of the muscles in the walls of your stomach, resulting in an overactive stomach which is also called a nervous stomach. When your stomach is over active it makes you feel nauseous and if severe can lead to vomiting. It can also lead to indigestion (dyspepsia).

Note: if you suffer from indigestion and are also experiencing difficulty in swallowing, weight loss, vomiting where your vomit contains blood, melaena stools (this is when the stools are tar black with an abnormally excessive foul smell) or a lump (mass) that can be felt in your abdomen – seek immediate medical attention from a doctor to exclude serious underlying diseases such as a ruptured stomach ulcer or cancer.

Nausea is also a very common side effect of medical drugs, for example anti – inflammatories, antibiotics and heart medication. Indigestion can also be caused by many medical drugs, such as anti-inflammatories, iron and potassium supplements, steroids and digoxin (a drug used in heart failure). So if you are taking medical drugs of any kind, look in the package insert to see if your nausea or indigestion is a possible side effect.

Otherwise on page 672 is a chapter "Dealing with Fear, Anxiety and Stress" which was written to help you deal with the issues in your life that are robbing you of your peace.

Diarrhoea

There is no need to be concerned about occasional diarrhoea. Diarrhoea is a response that was originally designed to flush out toxins, viruses and bacteria when they are accidentally ingested, for example in your food. However this reaction was only meant to last a short while. Over a long period diarrhoea can be dangerous because it can for example cause dehydration and abnormalities in the electrolytes in your blood which can interfere with the function of your heart. Chronic diarrhoea indicates that there is an underlying spiritual problem which is extreme anxiety.

Therefore, to understand diarrhoea, I recommend that you turn to page 178 to gain a background understanding of the effects of long term fear, anxiety and stress on your body.

Stage 2 and 3 of stress alters the way in which the central nervous system processes sensory information coming from your gut. The nerves that stimulate your gut (your gut includes your stomach, intestines and colon) are told what to do by the central nervous system, which is under control of the hypothalamus in your brain. Remember the hypothalamus is the mind-body connection – it translates your thoughts into a physical reaction. So when you have long term fear, anxiety and stress in your thought life, the hypothalamus alters the way in which the central nervous system functions. This results in an imbalance in the central nervous system

Chronic diarrhoea indicates that there is an underlying spiritual problem which is extreme anxiety

and 'wrong instructions' are sent to the nerves that stimulate your gut – one of the consequences of this is that it causes malfunction or misfiring of these nerves. Misfiring of the nerves causes contraction of the muscles in the walls of your gut. These contractions push the food at a rapid speed through your gut so that there isn't enough time to digest the food properly and the colon doesn't get a chance to absorb much water... and diarrhoea results. Persistent misfiring of the nerves can cause irritation and inflammation of the gastrointestinal lining which exacerbates the diarrhoea. In stage 2 and 3 of stress the liver produces an excessive amount of bile which also contributes to the development of the diarrhoea.

Diarrhoea can be caused by an infection in your gut. In this case, the high levels of the stress hormone cortisol during stage 2 and 3 of stress weakened the immune system, making you susceptible to infections (which you don't normally get if your immune system is healthy). The infection causes inflammation of the wall of your gut, which then causes diarrhoea. When diarrhoea lasts for more than 10 days, the cause is not usually an infection. Diarrhoea can also be a complication of other diseases such as irritable bowel syndrome (most common), inflammatory bowel disease (e.g. ulcerative colitis and chrons) and malabsorption (these diseases are also discussed in this chapter). Diarrhoea is also a common side effect of medical drugs such as anti-inflammatories and antidepressants. Therefore if you are taking medical drugs of any kind, look in the package insert to see if your diarrhoea is a possible side effect.

What is it that happened that has put this fear in you and made you so anxious? What is that issue in your life that you have no peace about? What is it that stresses you out internally? What are you perpetually stressed and worried about? I encourage you to deal with the fear, anxiety and stress in your thought life – turn to page 672.

NB: I do not want to cause unnecessary alarm, but I would like to warn you that a sudden change in bowel habits (i.e. prolonged constipation or diarrhoea) in a middle aged or elderly person could be the earliest sign of cancer of the colon. This will often be accompanied by other symptoms such as rectal bleeding, pain or weight loss. In this case you must not delay in going to your doctor to be checked.

Constipation and Diverticular Disease

Occasional constipation is no cause for concern. However chronic constipation indicates an underlying spiritual problem. Constipation is often caused by poor dietary habits where there is too little fibre and roughage (fruit, vegetables, bran, oats, prunes). Other causes are intestinal obstruction, pregnancy, diabetes, hypothyroidism, hypoparathyroidism and neurological problems such as spinal cord injuries, strokes and multiple sclerosis. The spiritual roots of diabetes, hypothyroidism, strokes and multiple sclerosis are explained in other chapters (see contents page). Constipation is

also a very common side effect of many drugs, for example pain killers that contain codeine, aluminium containing antacids and iron supplements. Therefore if you are taking medical drugs of any kind, look in the package insert to see if your constipation is a possible side effect.

Otherwise constipation is related to long term fear, anxiety and stress in your thought life. Specific fears that are often intertwined in constipation are the fear of conflict and the fear of failure.³¹

Constipation is related to long term fear, anxiety and stress in your thought life, particularly fear of conflict and failure.

To understand constipation, I recommend that you turn to page 178 to gain a background understanding of the effects of long term fear, anxiety and stress on your body before reading this section any further.

The nervous system in your brain consists of 2 parts:

- **The sympathetic nervous system (fight or flight)** – this is what is active during stage 1, 2 and 3 of stress

- **The parasympathetic nervous system (rest and digest)** - this is the part of the nervous system that is active when you are at rest or when you relax, eat and digest your food.

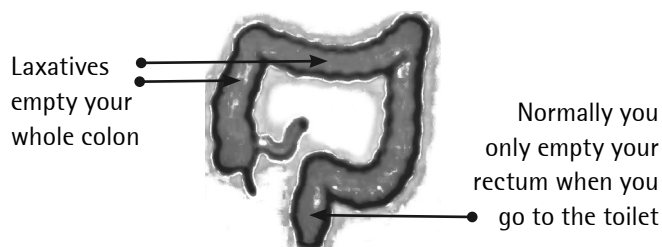
When the sympathetic nervous system is activated, it suppresses the activity of the parasympathetic nervous system and vice versa. When you are perpetually in a stressed state, the sympathetic system is active. One of the effects of this is that it increases the tone of the sphincters (muscles) in the wall of your intestines. It also decreases peristalsis which is the movement of the intestines that helps digest your food. The reason for this is that the sympathetic nervous system (stress reaction) was meant for emergencies. There's no time to eat and digest food in a danger situation so your brain diverts blood away from your stomach and intestines towards more important organs such as your heart, brain and muscles. However the sympathetic system (stress reaction) was only designed to be active for short periods of time; when it is active for a long time (because of fear, anxiety and stress in your thought life), you start getting sick.

Laxatives are addictive in the sense that you end up using them all the time.

The sympathetic nervous system which is constantly active will result in an increase in the tone of the sphincters (muscles) in the wall of your intestines and it literally closes the tube at various points where your faeces pass through which is why you end up constipated. If you are constipated all the time, when you go to the toilet you have to exert a lot of pressure in your abdomen to pass the faeces through the lumen of your intestines that is closed or narrowed by those sphincters. Over a long period of time this high pressure in the abdomen weakens the walls of your intestines and you can end up with complications like anal fissures (which is where the wall eventually splits), diverticular disease and hernias.

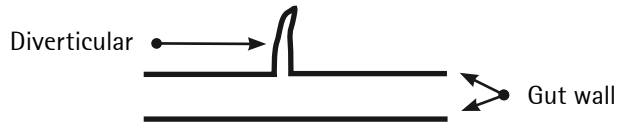
With prolonged constipation, your body eventually becomes so desperate to get rid of the build up of faeces, that in desperation to get it out, the walls start secreting water into the lumen of your intestines. This makes your faeces softer and runny and you end up with what is called 'overflow diarrhoea.' That is why you can alternate between constipation and diarrhoea. Allergies to certain foods and chemicals (also rooted in fear, anxiety and stress) can result in constipation and diarrhoea by this same mechanism described above.

Laxatives are not a good solution to the problem, in fact they are addictive in the sense that you end up using them all the time. When you normally go to the toilet, you only empty the faeces in your rectum. However, when you use laxatives, the whole of your colon is emptied. Therefore, after taking the laxative, you will be constipated for a few days until enough faeces accumulate to provide the 'back pressure' that is needed to push your faeces out when you go to the toilet. However, because the person feels constipated again, they take more laxatives and that is how you can end up being hooked on them.



Therefore unless you sort out the root of the problem (fear, stress and anxiety in your mind) you are going to continue to suffer from constipation. Turn to page 672 and deal with the issues that are robbing you of your peace.

DIVERTICULAR DISEASE is a complication of chronic constipation – the continuous high pressure inside the abdomen causes diverticula to form. Diverticula are basically herniations or bulging of the lining of your gut through weak points in the muscle walls of your gut. This disease is also related to a diet that does not have enough roughage and fibre (for example in fruit, vegetables, oats and bran). These diverticula cause problems because they can become blocked and infected (diverticulitis), they can cause obstruction of the lumen of your gut, they can rupture causing infection and inflammation of your whole abdomen (peritonitis) and can bleed.



Note: I don't want to cause unnecessary alarm, but I would like to warn you that a sudden change in bowel habits (i.e. prolonged constipation or diarrhoea) in a middle aged or elderly person could be the earliest sign of cancer of the colon. This will often be accompanied by other symptoms like rectal bleeding, pain or weight loss. In this case you must not delay in going to your doctor to be checked.

Malabsorption

Malabsorption is a problem where the food that is eaten is not properly digested and absorbed into the body. As a result the person develops various types of malnutrition. People with malabsorption often have diarrhoea that is watery and large in volume. Pale and offensive stools can indicate fat malabsorption (steatorrhea). They also have distended/bloated stomachs, cramps, weight loss and undigested food in their stools. People often try and compensate for this by spending large amounts of money on health food and multivitamin supplements but these things pass right through, just like the original food. Therefore you need to deal with the root of the problem which is fear, anxiety and stress in your thought life.

To understand malabsorption, I recommend that you turn to page 178 to gain a background understanding of the effects of long term fear, anxiety and stress on your body before reading this section any further.

The physical mechanism for malabsorption is similar to constipation described above: The nervous system in your brain consists of 2 parts:

- **The sympathetic nervous system (fight or flight)** – this is what is active during stage 1, 2 and 3 of stress
- **The parasympathetic nervous system (rest and digest)** - this is the part of the nervous system that is active when you are at rest or when you relax, eat and digest your food.

When the sympathetic nervous system is activated, it suppresses the activity of the parasympathetic nervous system and vice versa. When you are perpetually in a stressed state, the sympathetic system is overactive. One of the effects of this is that it decreases peristalsis which is the movement of the intestines that helps digest your food; it also decreases the production of saliva, stomach and intestinal enzymes which also help digest your food. The reason for this is that the sympathetic nervous system (stress reaction) was meant for emergencies. There is no time to eat and digest food in a danger situation so your brain diverts blood away from your stomach and intestines towards more important organs like your heart, brain and muscles. But the sympathetic system (stress reaction) was only designed to be active for short periods of time – when it is active for a long time (because of fear, anxiety and stress in your thought life), you can't digest your food properly and malabsorption results.

Fear and anxiety also causes something called cell membrane semi-rigidity (this is explained under the heading "Toxic Retention" in the chapter I initially referred you to on page 186). Normally, the digested food is absorbed into your blood stream through the lining of your gut which is semi-permeable membrane. However, the sympathetic nervous system, which is over active during stage 2 and 3 of stress, causes the cell membranes that line your gastrointestinal tract to become rigid. As a result your food cannot be absorbed through this membrane because it is stiff. Thus the food doesn't get into your blood stream and it just goes out the other end into the toilet.

You can be healed of malabsorption by getting the fear, anxiety and stress out of your thought life. This is because you will no longer be in stage 2 and 3 of stress and therefore the balance between the sympathetic and parasympathetic nervous system will be restored. The cell membranes lining your gut will become permeable again and your gastrointestinal tract will serve you as God originally designed it to. Turn to page 672.

Irritable Bowel Syndrome

Irritable bowel syndrome is one of the most common gastrointestinal problems that we as doctors see in general practice. It is also one of the most common causes for frequent absenteeism from work. A large proportion of patients with irritable bowel syndrome also have indigestion (dyspepsia), chronic fatigue syndrome, painful menstrual periods (dysmenorrhoea), urinary frequency (going to the toilet too often), headaches and poor sleep. All of these disorders, including irritable bowel syndrome are traced back to fear, anxiety and stress in your thought life. The medical professionals have noted that exacerbations of irritable bowel syndrome are linked with stressful life events, occupational dissatisfaction and difficulties with interpersonal relationships. Statistically from the secular medical community 75% of people with irritable bowel syndrome are females who were physically or sexually abused by their fathers and sometimes a husband. There is a fear that comes from that abuse that leads to irritable bowel syndrome. Sometimes fear of abuse can come in when a child witnesses improper corporal punishment where a sibling was improperly beaten by a father or mother

75% of people with irritable bowel syndrome are females who were physically or sexually abused by their fathers and sometimes a husband.

In irritable bowel syndrome the person has to go to the toilet often and has loose, watery or pellet like stools. Diarrhoea rarely occurs at night and is most severe before and after breakfast. At other times the person is constipated. Most people with irritable bowel syndrome alternate between episodes of constipation and diarrhoea. They also experience recurrent, colicky or cramping pain in the lower part of the abdomen which is relieved by defecation. They often have a painful rectum and mucous in their stools. The person often gets bloating of the abdomen that worsens throughout the day. There is also a feeling of incomplete defecation.

To understand irritable bowel syndrome, I recommend that you turn to page 178 to gain a background understanding of the effects of long term fear, anxiety and stress on your body before reading this section any further.

The walls of your intestines contract and relax as your food is mixed and digested and moved along your gut (this is called peristalsis). The sympathetic nervous system stimulates the walls of your intestines to contract and the parasympathetic nervous system stimulates it to relax. The fine balance between these two nervous systems helps you to digest your food efficiently. However in stage 2 and 3 of stress, the hypothalamus responds to the lack of peace upstream in your thought life by setting in motion an imbalance between the sympathetic and parasympathetic nervous systems. As a result the walls of the

intestines either squeeze too hard or not hard enough causing the cramping and colicky pain of irritable bowel syndrome.

The physical mechanisms by which diarrhoea and constipation develop are explained previously in the chapter on pages 505 and 506.

Irritable bowel syndrome can also follow an episode of gastroenteritis (infection and subsequent inflammation of the walls of your gut). In this case, the immune system was weakened by the high levels of cortisol during stage 2 and 3 of stress, making you susceptible to infections (which you don't normally get if your immune system is healthy). Irritable bowel syndrome can also be caused by intolerance to certain foods like lactose and wheat. Intolerance is another word for allergies. If this relates to you, then you also need to read through the chapter on allergies on page 335. The root of allergies is fear, anxiety and stress coming from a broken heart.

There is no drug that cures irritable bowel syndrome. The permanent solution lies within eradicating fear and anxiety from your thought life. Then the stage 2 and 3 stress reaction will be broken, the balance between the sympathetic and parasympathetic nervous systems will be restored and then your gastrointestinal system can begin serving you as God created it to. So turn to page 672 and deal with those issues that are robbing you of your peace.

Where a harsh and abusive father or husband is concerned, you need ministry. I discussed this issue on page 45 under the heading, "Separation from God's Love."

Inflammatory Bowel Disease (Ulcerative Colitis and Chrons Disease)

There are two types of chronic (i.e. long standing) inflammatory bowel diseases: these are **ulcerative colitis and chrons disease**. In both these diseases there is inflammation of the wall of the gut which causes ulcers to form in the gut wall. If you were riding a bicycle on a tarred road and fell off and grazed your arm, the grazed area would be raw (i.e. has no skin on it), the underlying flesh is exposed and it bleeds a little. Ulcers in the wall of your gut look the same – they are raw areas where the lining of the gut have been destroyed by the inflammation, the underlying flesh is exposed and the ulcers bleed.

In ulcerative colitis the inflammation and ulcers only involve the wall of the colon. In chrons disease the inflammation and ulcers can involve any part of the wall of the gastrointestinal tract from the mouth to the anus. In ulcerative colitis the inflammation is limited to the lining of the gut wall, whereas in chrons disease the inflammation is very severe and involves the whole thickness of the gut wall.

In both diseases the person experiences bloody diarrhoea and mucous in the stools, as well as fatigue, no energy, anorexia and weight loss. A person with chrons disease often has abdominal pain caused by the inflammation of the wall of the gut and sometimes abscesses block the lumen of the gut, resulting in an obstruction. The person often avoids food because eating provokes the pain. The inflammation impairs absorption of food in the gut and so the person has malabsorption and various degrees of malnutrition. This all contributes to weight loss.

Ulcerative colitis and chrons disease can both be genetically inherited. The genes responsible for this have been identified on chromosomes 6, 12, 14 and 16. A gene called HLA-DR103 is associated with severe ulcerative colitis. A gene called HLA B27 is also involved. Therefore after reading this section it is important for you to also read the chapter on genetically inherited diseases on page 151.

Each disease will now be discussed separately:

Ulcerative Colitis

As I mentioned above, ulcerative colitis involves inflammation and ulceration of the lining of the gut wall. **This was caused by extreme fear, anxiety and dread in your thought life. Ulcerative colitis is an anxiety disorder.** To understand how it develops, you need to have read the background information in the chapter "How Long Term Fear, Anxiety and Stress Affects the Body" on page 178.

Stage 2 and 3 of stress alters the way in which the central nervous system processes sensory information coming from your gut. The nerves that stimulate your colon are told what to do by the central nervous system, which is under control of the hypothalamus in your brain. Remember the hypothalamus is the mind-body connection - it translates your thoughts into a physical reaction. When you have long term fear, anxiety and stress in your thought life, the hypothalamus alters the way in which the central nervous system functions. This results in an imbalance in the central nervous system where 'wrong instructions' are sent to the nerves that stimulate your gut - one of the consequences of this is malfunctioning or misfiring of the nerves. The persistent stimulation of the gut wall by the misfiring nerves causes irritation and inflammation of the lining. The inflammation damages the lining of the gut wall causing ulcers to form.

Azothioprine and steroids like Predisone are often prescribed by doctors to treat ulcerative colitis. These drugs do not cure ulcerative colitis, they are only a form of disease management and often complicate the disease with unwanted side effects such as increased risk of infections because the immune system is suppressed. The only way for ulcerative colitis to be truly eradicated is to deal with the fear and anxiety causing it. Turn to page 672.

Crohns Disease

Chrons disease is inflammation of the whole thickness of the wall of the gut and can involve any part of the gastrointestinal tract. This is caused by extreme self-rejection, self-hatred, a lack of self-esteem, guilt and/or drivenness to meet the expectation of another.³¹ Chrons disease afflicts individuals who are false burden bearers. The enemy has given them a false sense of responsibility for other people's problems. Because they can't control or fix the other person, or the other person is not getting well or doing what they think they should do, they go down into guilt and blame themselves for the failure of another. They have a "Christ complex" where they feel responsible to be the Saviour for others.

Chrons disease afflicts individuals who are false burden bearers.

To understand crohns disease, you first need to get a background understanding of autoimmune diseases. Please read through the chapter on page 329, before reading this section any further.

Whatever goes on in your thought life, your brain converts into a physical reaction. As you read in the chapter on autoimmune diseases, when you attack yourself spiritually through thoughts of self-hatred, self-rejection, self-condemnation and/or guilt in your thought life, your body (immune system) responds by attacking its own tissue. In your case, the cells of your immune system attacked the lining and wall of your gut.

Eating cells (called macrophages) in the wall of your gut sends messengers called Tumour necrosis factor alpha (**TNF-a**) and interleukin 1 (**IL-1**) to go and call another type of eating cell (called **neutrophils**), the neutrophils then attach to the lining of the gut wall and enter into the tissue in the wall. The messenger TNF- α causes the person to feel very sick (the person gets a fever, doesn't want to eat and it causes bone disease). The messenger IL-1 activates the **T cells** which then activate **mast cells**. Remember mast cells produce chemicals that cause inflammation. Therefore the inflammation in the gut wall is caused by the eating cells (neutrophils) and mast cells which release toxic chemicals that damage the

tissue of the gut wall. The damage to the gut wall by the inflammation causes ulcers to form. Normally the macrophages and T cells stop this type of inflammation from going on too long and causing damage. But in a genetically predisposed person (remember chrons disease can be genetically inherited) and when a person is attacking themselves spiritually with thoughts of self-hatred, self-rejection and guilt – the macrophages and T cells don't function as they were designed to – they turn on you and attack your own body tissue.

Azothiaprine and steroids like Predisone are often prescribed by doctors to treat ulcerative colitis. These drugs do not cure ulcerative colitis, they are only a form of disease management and often complicate the disease with unwanted side effects such as increased risk of infections because the immune system is suppressed. In order to eradicate Chrons disease you need to get rid of the toxic mindset causing it. Stop allowing the enemy to hammer you over the head with guilt and self-accusation concerning other people's problems. You are not responsible for fixing their mess. Do what you can to help and then leave them in God's hands. It is the Holy Spirit's job to bring conviction and the change.

Pray this with me: "Father I repent for buying into the enemy's lies that lead me into self-hatred and guilt and I ask for Your forgiveness. I release myself from guilt and self-accusation and the false sense of responsibility for others. I take authority over the spirit of death and spirit of infirmity that was released through the guilt and self-hatred to attack my colon producing chrons disease – in Jesus' Name I command you to be gone! In the Name of Jesus I command the immune system to stop attacking the colon and I command the lining and walls of my gastrointestinal system to be healed!"

When it comes to a low self-esteem and self-hatred, you need to renew your mind. In other words you need to change how you think about yourself and see yourself as God sees you. This comes from knowing who you are in Christ. Turn to page 647.

Stomach Ulcers

To understand stomach ulcers, you need to first read through the chapter "How Long Term Fear, Anxiety and Stress Affects Your Body" on page 178 where there is important background information.

A stomach ulcer occurs when the protective lining of the stomach has been damaged. There is a hole in this protective lining, and the underlying flesh of the stomach wall is exposed to the stomach acid. The function of stomach acid is to help digest the food that you eat. However, when it comes into contact with the flesh of your stomach wall (which is no longer covered by the protective lining), it burns the flesh (which may cause pain), just like pool acid poured onto your arm would burn your skin.

The use of pain killers and anti-inflammatory drugs (e.g. Aspirin, Brufen etc) for a long period of time (more than 10 days), excessive alcohol intake and smoking can damage the protective lining of the stomach which then results in an ulcer. Smoking and alcohol abuse have spiritual roots of their own and are discussed in the chapter on addictions. If you are taking pain killers all the time – what is the reason? Deal with the spiritual roots of the disease that is causing your pain.

However, 75 to 95% of stomach ulcers are caused by bacteria called *Helicobacter Pylori*. Over 50% of people have this bacteria in their stomach, but it does not cause an ulcer. This is because your immune system normally protects your body from disease by killing bacteria and other harmful substances before they can cause infections. However there are things that will interfere with your immune system serving you. When your thought life is dominated by fear, anxiety and stress, your body is put into stage 2 and 3 of stress. In this toxic state there are high levels of the stress hormone cortisol in your blood stream which kills the cells of the immune system and prevents the production of new cells. Now that your immune system is weakened, you have little defence against the *Helicobacter Pylori* bacteria which is now able to infect the stomach lining resulting in inflammation and an ulcer.

Furthermore, the high levels of cortisol in stage 2 and 3 of stress stimulates an increased production of stomach acid. Cortisol also prevents growth of the protective lining of your stomach. Increased stomach acid and less protective lining in your stomach further contributes to the development of a stomach ulcer.

Treatment of stomach ulcers: Medical drugs are initially necessary because stomach ulcers have dangerous complications such as bleeding which can lead to anaemia and low blood pressure (which can cause you to collapse). The ulcer can rupture (i.e. the hole caused by the H.Pylori bacteria can go through your whole stomach wall) and this is life threatening. Therefore I would recommend you take antibiotics and Omeprazole in the short term to get you into a place of safety, so that you have time to go and deal with the root of the problem which is fear and anxiety in your thought life.

It is necessary to take a 2 week course of 2 different antibiotics to kill the Helicobacter Pylori bacteria. The antibiotics you must take are:

- Metronidazole (400mg three times a day) and Amoxicillin (500mg three times a day). If you are allergic to penicillin, then take Clarithromycin (250 mg twice a day) instead of Amoxicillin. These antibiotics can only be obtained with a prescription from a doctor.
- You also need to take Omeprazole (20 mg twice a day) for 2 weeks. This will reduce the amount of acid being produced by your stomach.

By killing off the bacteria with the antibiotics and reducing the amount of acid in your stomach, it will give the ulcer a chance to heal. Avoid alcohol and anti-inflammatory drugs as these things will aggravate the stomach ulcers.

A word of caution: there are many antacids that are available over the counter that provide relief for the symptoms of stomach ulcers and reflux. I strongly recommend that you don't take them because they are addictive, in other words you end up taking them all the time. Here's why: antacids neutralize your stomach acid which then causes symptomatic relief. However, many of the antacids contain calcium. Calcium stimulates the pump (called a proton pump) in your stomach wall that produces acid. Therefore in the long term antacids cause an increased production of stomach acid... this can lead to more ulcers... so you take more antacids... which leads to increased production of stomach acid... more ulcers... see the pattern?

Ultimately drugs are not the answer. In the long term, if the spiritual root (fear and anxiety) is not dealt with, the medical drugs are a waste of time because the ulcers will just keep coming back. Here is a direct quote from one of my medical text books: "After drug therapy that either reduces stomach acid or eradicates H. Pylori, relapse often occurs after 6 to 12 months and apparently the drugs therefore do not change the fundamental course of the disease." (De K Sommers, Pharmacology, 1st edition pg 329).

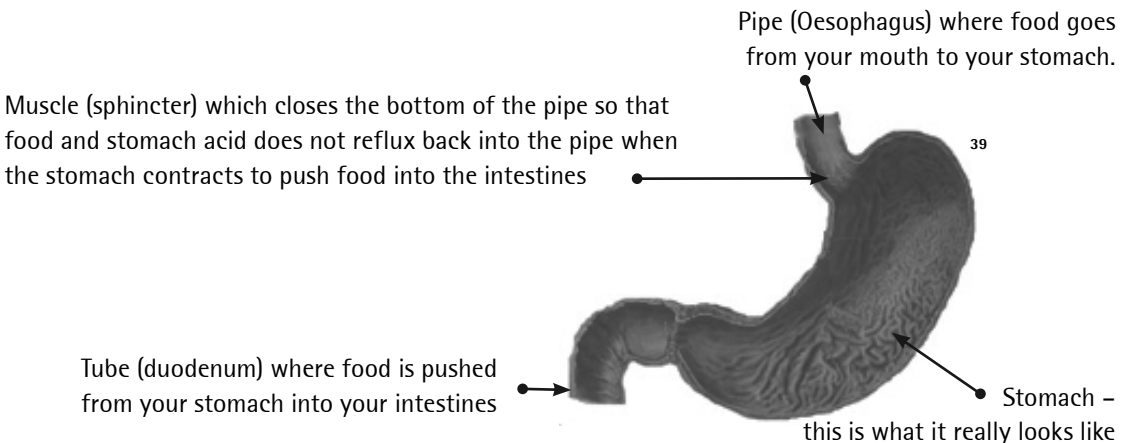
Permanent eradication of stomach ulcers requires the removal of fear and anxiety from your thought life.

Permanent eradication of stomach ulcers requires the removal of fear and anxiety from your thought life. This is so that the stage 2 and 3 stress reaction can be broken. Then the cortisol levels will normalize and the cells of the immune system will be given the opportunity to re-multiply and come back to full strength. Then the immune system will be able to kill the helicobacter pylori bacteria and the stomach lining will be able to heal...and then ulcers are a thing of the past. So turn to page 672 and deal with those issues that are robbing you of your peace.

Reflux Disease (Heart Burn)

Hearthburn is caused by fear, anxiety and stress in your thought life. Therefore to understand heartburn, it is important for you to turn to page 178 to gain a background understanding of the effects of long term fear, anxiety and stress on your body before reading this section any further.

Heart burn is where a person experiences burning pain in the middle of the chest which can radiate to the back and the upper, middle part of the abdomen. This pain is often exacerbated by bending, straining or lying down. Heartburn is often made worse when the person eats fat, chocolate, alcohol and coffee. The person can also experience regurgitation of acid and stomach contents in the mouth (acid brash) and formation of lots of saliva in the mouth (water brash). Pain and/or difficulty in swallowing occur in severe reflux. Normally when you chew food and then swallow it, the food goes down a pipe (called the oesophagus) to your stomach. Food moves down the pipe by contractions in the muscular wall which pushes the food along. These contractions are caused by stimulation from nerves. When the food reaches your stomach, it begins to be digested by the acid that is produced by the stomach wall. Then the muscles in the wall of the stomach contract, pushing food into your intestines where it is digested further. Once again, stimulation by nerves causes the contractions of the muscles in the stomach wall. The lower end of the pipe has a muscle called a sphincter that contracts and closes the pipe. This sphincter opens and closes the pipe in response to stimulation by nerves. It closes the pipe so that when the stomach contracts to push the food into the intestines, food does not go backwards (reflux) back into the pipe.



The nerves that stimulate your stomach, oesophagus and sphincter that opens and closes the oesophagus are told what to do by the central nervous system, which is under control of the hypothalamus in your brain. Remember the hypothalamus is the mind-body connection - it translates your thoughts into a physical reaction. When you have long term fear, anxiety and stress in your thought life, the hypothalamus alters the way in which the central nervous system functions (during stage 2 and 3 of stress). This results in an imbalance in the central nervous system where 'wrong instructions' are sent to the nerves that stimulate your oesophagus and stomach - one of the consequences of this is that it causes malfunction or misfiring of these nerves.

As a result, these nerves do not properly stimulate the sphincter that opens and closes the oesophagus. This causes the sphincter to malfunction where it either does not contract strongly enough so that it does not close the oesophagus, or it contracts at the wrong time. Thus the lower end of the oesophagus is open when the stomach contracts to push food into the intestines. The result is that food and stomach acid is pushed back (refluxes) back into the oesophagus. The lining of the oesophagus was not designed to come

into contact with stomach acid. So when there is reflux of food and stomach acid back into the oesophagus, the acid burns the lining of the oesophagus causing inflammation and pain (heartburn).

The misfiring nerves are also not stimulating the contractions of your stomach muscles properly. As a result the stomach is not pushing food into the intestines efficiently and there is delayed stomach emptying. Thus there is an accumulation of food in the stomach which also contributes to the reflux of food and acid back into the oesophagus.

There are drugs that doctors prescribe that work by reducing the amount of acid that is produced by the stomach wall. Therefore less acid is refluxed back into your oesophagus. This does help in alleviating the symptoms. However these drugs are not the ultimate answer because they do not fix the underlying problem which is misfiring of the nerves. To cure reflux, you need to remove the fear, anxiety and stress from your thought life. This is so that the stage 2 and 3 stress reaction can be broken so that the balance in the central nervous system can be restored. Then your oesophagus sphincter and stomach can begin to serve you as God created them to. So turn to page 672 and deal with the issues that are robbing you of your peace.

Note: Obesity (especially a big fat belly) can cause heartburn which is not related to fear, anxiety and stress. In this case the large amount of fat in the abdominal wall exerts pressure on the stomach, shifting it out of its normal position. The change in position of the stomach causes the pipe to 'kink', which results in the sphincter not functioning properly. This then leads to reflux. In this case, if the person loses weight, it will sort out the problem and the symptoms of heart burn will disappear. If you are having problems with weight gain due to over eating, I suggest you turn to page 363 which will help you deal with the relevant spiritual root.

Abdominal Pain

There are many causes for abdominal pain and it is important for you to go to a doctor so that investigations and tests can be carried out to find the exact cause.

Below is a table summarizing the most common causes of abdominal pain that has been present for a short period of time (i.e. acute abdominal pain).⁴⁶ The underlying spiritual root depends on the cause.

Acute Abdominal Pain

Inflammation:

The pain develops gradually over several hours. The pain is usually all over your abdomen at first, then it becomes localised to a specific place.

Movement exacerbates the pain and the front of your abdomen is very rigid.

- Appendicitis
- Diverticulitis (This disease is explained in the section on constipation above)
- Infection and/or inflammation of the gall bladder (cholecystitis)
- Inflammation of the Pancreas (Pancreatitis)
- Infection and inflammation of the kidneys (Pyelonephritis)
- Pelvic inflammatory Disease
- An abscess inside the abdomen (caused by infection)

Perforation or Rupture of a Structure in Your Body:

Pain starts abruptly and is extremely severe

- Ruptured stomach ulcer (see page 512)
- Diverticular Disease
- Ovarian Cyst
- Aortic Aneurysm (Weakening and bulging of the wall of the aorta which is the main blood vessel that carries blood from your heart to your body).

Obstruction:

The pain is colicky i.e. Spasms with pain that comes and goes. Colicky pain that does not disappear between spasms, suggests complicating inflammation. The pain causes the person to writhe around and double up in a fetal position.

- Something that is blocking the lumen of your gut (intestinal obstruction) – this can be caused for example by a hernia or scars from previous surgery
- Biliary colic – a gall stone is blocking the bile duct resulting in pain
- Ureteric pain – the tube that drains urine from your kidneys into your bladder is blocked.

Most of the causes for acute abdominal pain listed in the table (exceptions are mentioned below) can be traced back to fear, anxiety and stress in your thought life. Therefore it is important for you to turn to page 178 to gain a background understanding of the effects of long term fear, anxiety and stress on your body before reading this section any further.

Stage 2 and 3 of stress alters the way in which the central nervous system processes sensory information coming from your gut. The nerves that stimulate your gut (your gut includes your stomach, intestines, colon and rectum) are told what to do by the central nervous system, which is under control of the hypothalamus in your brain. Remember the hypothalamus is the mind-body connection – it translates your thoughts into a physical reaction. When you have long term fear, anxiety and stress in your thought life, the hypothalamus alters the way in which the central nervous system functions (during stage 2 and 3 of stress). This results in an imbalance in the central nervous system where 'wrong instructions' are sent to the nerves that stimulate your gut – one of the consequences of this is that it causes malfunction or misfiring of these nerves. Misfiring and persistent stimulation of the nerves can cause irritation and inflammation of different body structures as well as contraction of the muscles in the gut wall which causes pain. Damage to the immune system during stage 2 and 3 of stress, makes you susceptible to infections (which you don't normally get if your immune system is healthy). So the combination of inflammation and infection leads to some of the diseases in the table above. Abdominal pain is just a symptom of these underlying diseases.

On page 672 is a chapter which will help you to deal with those issues that are robbing you of your peace.

Aneurysms can cause abdominal and/or back pain – this has a different root which is anger, rage and resentment. This is discussed in the chapter on cardiovascular disorders on page 481.

Cholecystitis (inflammation and infection of the gallbladder) and **biliary colic** is caused by **gall stones** (This is discussed in detail on page 574). When the gall stones are large, they get stuck in the bile duct. This blocks the flow of bile and the pressure in the gall bladder and bile duct builds up. This stretches the gall bladder, causing inflammation and pain, which is what biliary colic is. The pain is felt in the upper, middle part of your abdomen (70% of patients) or in the right upper part of your abdomen (20% of patients). It can radiate to the upper middle part of your back between your shoulder blades or your shoulder. Less commonly the pain can be in the left upper part of your abdomen or the lower part of your chest. The pain

is typically of sudden onset and lasts for about 2 hours. The pain comes and goes. If the pain lasts continuously for more than 6 hours, this suggests a complication has developed like cholecystitis or pancreatitis. There are two spiritual roots behind the development of gall stones and the subsequent complications of biliary colic and cholecystitis – self-hatred, self-condemnation, self-rejection, people who are very, very angry with themselves plus fear, anxiety and stress.

Pancreatitis (inflammation of the pancreas) can be a complication of alcohol abuse – the root for this is low self-esteem, insecurity and the need to be loved unfulfilled – this is discussed in the chapter on addictions. The other common cause of pancreatitis is gall stones mentioned under cholecystitis above.

A person with pancreatitis has pain in the upper, middle part of the abdomen that can radiate to the back. The pain is typically eased by leaning forward or getting on all fours. Some people experience pain in one or both loins and gain relief by lying on one side. Sometimes the pain is brought on by eating, especially fatty foods. Application of heat brings relief. The person also has severe nausea and vomiting. When the pancreatitis has been present for a long time, the person loses a lot of weight (because of mal-absorption and not eating properly due to pain). The person's stools become pale, they have an abnormally offensive odour and float on water (this condition is called steatorrhoea which is due to fats not being absorbed in the gut).

The spiritual root of **ovarian cysts** is bitterness, anger and great resentment of a girl towards her mother – there is a break up in the relationship and unresolved issues between them (this is discussed in detail on page 553).

Intestinal obstruction can be caused by constriction of your gut wall by **scars from previous surgery** to your abdomen. There is no spiritual root here – it is just a complication of surgery. All that is needed is to in faith ask God for a creative miracle and heal the tissue that has been damaged. However what was the reason for your surgery? Is there a spiritual root associated behind the disease that led to you needing surgery? **Hernias** result from weakening of the abdominal muscles. When the abdominal muscles are weakened, a portion of your gut can push (i.e. herniate) through the abdominal muscle walls. The abdominal weakness can be exacerbated by a build up of intra abdominal pressure during straining (constipation), coughing or lifting heavy weights. I am not sure of the spiritual roots behind hernias, although according to the Bible there is sin and disobedience behind it. 2 Chronicles 21 v 4, 6 and 12 – 20 tells the story of King Jehoram who disobeyed God and did evil in His sight. The Bible says that as a consequence of this he got a sickness in his bowels where his "bowels fell out". That sounds like the description of a hernia to me. There are many other causes of intestinal obstruction and the spiritual root depends on the underlying disease causing it.

Chronic Abdominal Pain

Abdominal pain that has been present for a long time is called chronic abdominal pain. As I mentioned previously, it is important for you to go to a doctor, so that the appropriate investigations and tests can be done to establish the exact cause of your abdominal pain. There are also many causes for chronic abdominal pain. Some common causes are:

Indigestion, stomach ulcers, constipation, diverticular disease, irritable bowel syndrome, muscle cramps (neurological misfiring), abscess (infection) in the abdomen, diabetes mellitus – the spiritual root for all of these conditions, as discussed above is fear, anxiety and stress in your thought life. Diabetes also has an autoimmune component to it which has an additional spiritual root – self-hatred, self-rejection and guilt – this is discussed in more detail on page 329.

If you have been diagnosed with atherosclerosis (high cholesterol that deposits on the walls of your blood vessels), and your abdominal pain is provoked by food – then you could have **mesenteric ischaemia**

(insufficient blood supply to the tissues around your intestines). In this case you need to look up the spiritual root for atherosclerosis, which is discussed on page 481. You also urgently need to go see a doctor as surgery may be necessary to remove tissue that has died (tissues eventually die when they don't have enough blood supply. Dead tissue quickly becomes infected leading to potentially life threatening complications).

Pain in the upper part of the abdomen which radiates to the back, with a history of alcohol abuse, weight loss and diarrhea suggest **pancreatitis** (inflammation of the pancreas) or **pancreatic cancer**. You need to go to a doctor to have an ultrasound, CT scan and pancreatic function tests. This is a complication of alcohol abuse - the root for this is low self-esteem, insecurity and the need to be loved unfulfilled - this is discussed in the chapter on addictions on page 345.

Recurrent attacks of abdominal pain that radiates to the flanks or is in the loins, with problems experienced when passing urine can indicate **kidney stones**.

Crohns disease can cause abdominal pain because the inflammation of the gut walls and abscesses block the lumen of the gut causing an obstruction. This disease and the spiritual root behind it is discussed in detail previously in this chapter on page 510.

Many of these conditions that cause abdominal pain require urgent medical attention as they have complications that can be life threatening. That is why it is essential for you go and see a doctor if you have abdominal pain that fits one of the descriptions mentioned here. Often antibiotics and surgery may be necessary to get you back into a place of safety, so that you have time to sort out the underlying issues. If you don't sort out the root problem, the illnesses are just going to keep coming back.

Colic

Before reading about colic, please read the chapter on genetically inherited diseases on page 151 which has essential background information.

A baby will cry continuously if it is:

- Tired, hungry or thirsty.
- Has a dirty or wet nappy.
- Too hot or cold.
- Itchy – itchy clothes or labels or eczema.
- Needs to be winded.
- Is in pain for example due to a nappy rash or an underlying medical problem, for example a bladder or kidney infection or intestinal obstruction,

Colic affects babies in the first 4 months of life. This is a condition where a baby cries uncontrollably for none of the above mentioned reasons. The crying lasts several hours a day over a few weeks. It usually gets worse in the late afternoon and evening and can disrupt the baby's sleep. Whilst crying the babies arch their backs, draw their legs towards their tummy, become red in the face, pass wind and scream continuously. However the baby is not in pain although it may appear to be. Colic is not a serious condition in that the baby will continue to grow and develop normally. The main problem with colic is the stress and anxiety that it creates in the home, especially if it is the first child. The parents find it difficult to cope with the constant crying and the feeling of not being able to comfort their child or provide something the child desperately wants or needs. This can result in stress, anxiety, feelings of helplessness, a low self-esteem and depression. The sleep deprivation that the parents experience as a result of the crying exacerbates the problem.

Research done at the Colic Clinic at Brown University showed that half of babies with colic had gastro-oesophageal reflux which is heart burn (discussed in detail on page 514). Symptoms of this include vomiting and difficulty sucking. Behind gastro-oesophageal reflux in a baby is fear, anxiety and stress which is inherited.

Colic is directly caused by an inherited spirit of fear, often from the mother. The medical research has linked colic with prenatal stress, birth trauma and/or maternal stress. The excessive crying is the baby's way of expressing and releasing the internal stress.

Firstly in dealing with colic, it is necessary for the parents to repent for fear – both personally and for fear in previous generations. I explained in detail how to deal with genetically inherited diseases in the chapter on page 151 which I initially referred you to. Secondly you must understand that fear is not just an emotion, it is an evil spirit (see 2 Timothy 1 v 7). In order for the child to be healed of colic, the spirit of fear has to be cast out. Now I don't know if that is part of your theology but if your baby can be healed another way, then God bless you! All I know is that when the spirit of fear is gone – babies have recovered from colic. People are so afraid of the term "evil spirit".

Colic is directly caused by an inherited spirit of fear, often from the mother.

Mark 16 v 17: "And these signs will accompany those who believe: in My Name they will drive out demons. They will speak in new languages; they will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well"

All you have to do is say "On the authority of the Name of Jesus I command the spirit of fear to leave! Be gone in Jesus Name!" (I explain more about deliverance in the chapter on page 596). If fear, anxiety and stress dominate your thought life as a parent, I strongly recommend that you deal with it as this has the potential to cause over 100 incurable diseases. These two chapters have important teaching on fear, anxiety and stress:

- "How Long Term Fear, Anxiety and Stress Affects the Body" – page 178.
- "Dealing with Fear, Anxiety and Stress" – page 672.

Dr. Caroline Leaf who has been involved in research on the brain for over 25 years teaches that the best way to relieve stress in a child is touch and love. The baby needs lots of close contact. The best place to put the baby is on your chest where it can hear your heart beat (carry your baby in a front sling). The close contact and sound of your heart beat will stimulate the baby's parasympathetic nerves as well as the release of hormones such as endorphins, encephalins, serotonin, dopamine and many other healthy chemicals. The parasympathetic nerves calm the baby. The endorphins and encephalins are natural de-stressing hormones as well as pain killers. Serotonin makes you feel good and dopamine is the pleasure chemical. These hormones will also be released if you sing or talk softly to your baby. Pray and speak the Word over your baby!

In Henry Wright's book "A More Excellent Way", there is a testimony of a baby who was healed of colic through dealing with the spirit of fear behind it: "When the baby was born, they brought her home and she began to have all night colic and they couldn't sleep. They even put her on a clothes basket on the dryer one night and turned the dryer on hoping the vibration of the dryer would make her go to sleep. They were frustrated. The daughter had an inherited spirit of fear. This is an iniquity of the generations, a familiar spirit, a fear of abandonment...they dealt with it and she slept 7 hours. And they slept 7 hours too. She never had colic ever again. When they had another daughter, the first thing they did when they brought her home is that they set her before the Lord by faith and they broke the power of iniquity that was travelling in her also, and that child never had colic one time."

Diseases of the Muscles and Bones

Osteoporosis

Osteoporosis is a deterioration of bone tissue, resulting in weakening of the bones. Osteoporotic bones break (fracture) very easily. People with osteoporosis commonly get fractures in the hip, just above the wrist and bones in the spine called vertebrae. When the vertebrae fracture they 'collapse' and squash the underlying nerves, which can cause severe pain. Collapse (compression) of the vertebra can also cause the spine to curve so the person has a 'hunch back'. Bone fractures as a result of osteoporosis are a major public health problem: For example in the UK bone fractures from osteoporosis affect 200,000 people every year, with treatment costs of £1.4 billion. Osteoporosis has been called the silent epidemic because it affects so many people, and because there are often no associated symptoms or warning signs until a bone fracture appears. This epidemic of osteoporosis indicates that there is an epidemic of jealousy and envy in people's thought lives. Why? **Proverbs 14 v 30: "A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy and wrath are like rotteness of the bones."** The primary spiritual root behind osteoporosis is jealousy and envy.

Sometimes there is also a genetic component to osteoporosis. Our brain translates our thought life into a physical reaction – science calls this the mind-body connection. However, our thoughts don't just affect our body, they also affect our genes. Envy and jealousy can cause a genetic defect leading to osteoporosis in successive generations. The basis of this is explained in detail in the chapter on "Genetically Inherited Diseases" on page 151.

The primary spiritual root behind osteoporosis is jealousy and envy.

Your bone is mainly made up of calcium and phosphate. Normally, there is continual activity in your bone tissue. There are bone-building cells (called osteoblasts) in your bone that make or build new bone, for example to increase the length of a bone when a child is growing and to replace bone that was broken. There are other bone-removing cells (called osteoclasts) that break up the bone again and release the calcium and phosphate back into your bloodstream. The bone-building cells are continually forming new bone and the bone-removing cells are continually removing old bone. A fine balance is maintained between the bone-building cells and the bone-removing cells – so that not too much bone is removed or formed. This balance is controlled by several hormones, such as growth hormones, thyroid hormones, oestrogen, insulin, cortisol and parathyroid hormones. These hormones (except parathyroid hormones*) are in turn under the control of the hypothalamus in your brain. Remember the hypothalamus is the area in your brain that is the connection between your mind and your body – it converts your thoughts into a physical reaction. The hypothalamus responds to envy and jealousy upstream in a person's thought life by setting in motion a series of chemical and hormonal reactions that cause an imbalance in the activity between the bone-building cells and the bone-removing cells. The result is that the bone-removing cells are over active and break down too much bone, and not enough bone is formed by the bone-building cells.

Osteoporosis usually only becomes evident after the age of 50 years (after menopause). This is because the body produces less oestrogen after menopause (oestrogen stops the bone-removing cells from breaking down bone, and helps the bone-building cells to build new bone). Also, the bone-building cells are worn out with age in elderly people and become less efficient in making new bone. However, not

all postmenopausal women or elderly people develop osteoporosis, despite having less oestrogen and bone-building cells. This is because they have an adequate reserve of bone tissue to last them into old age. However, people who have lived for years with envy and jealousy have an imbalance between the bone-removing and bone-building cells where there is an increased breakdown of bone and not enough new bone being formed. As a result they do not have enough bone reserve to last them into old age. This is summarized below:

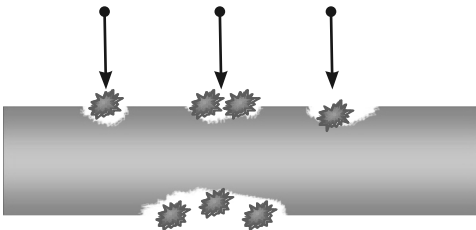
Normally after menopause and in old age



Normally a person builds up a good reserve of bone before menopause and/or old age.



Bone removing cells breaking done bone

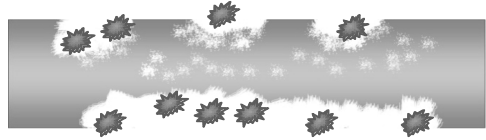


After menopause and in old age, there is less oestrogen and bone-building cells. Thus there is more bone that is removed by the bone-removing cells and less new bone being formed.



The result is that a person has less bone after menopause and old age. However the bone is still strong and the person does not get osteoporosis.

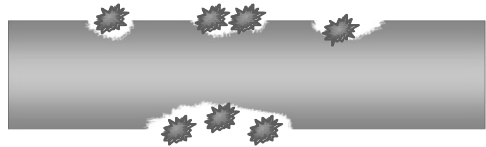
How osteoporosis develops when a person lives with thoughts of envy and jealousy



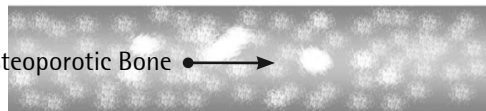
In response to a thought life dominated by envy and jealousy, the hypothalamus (which is the mind-body connection) causes an imbalance between the activity of the bone-removing and bone-building cells. The result is that bone-removing cells are over active causing too much bone to be broken down, and the bone-building cells do not make enough new bone.



Therefore there is less bone tissue and the person does not have a good bone reserve to last into old age.



After menopause and in old age, there is less oestrogen and bone-building cells. Thus there is more bone that is removed by the bone-removing cells and less new bone being formed.



The result is that the person does not have enough bone tissue after menopause and in old age. This is osteoporosis. Note that osteoporosis can develop even before menopause and old age.

There was a 60 year old Jewish lady from New Jersey in America with severe osteoporosis who contacted the ministry of Henry Wright. She had started with osteoporosis in her 30's and by her early 40's was in the advanced stages. Although this lady was Jewish, she did not know God – she did not have an intimate relationship with Him. She also had envy, jealousy and bitterness from tragic circumstances in her life. The staff in Henry Wright's ministry spoke to her over the phone. First she was brought back into an intimate love relationship with God the Father. She then dealt with the envy and jealousy that had been in her heart all those years. What makes this testimony incredibly significant is that she was on prednisone. One of the side effects of this drug is that it decreases the amount of bone tissue. Therefore you have very little chance of recovering from osteoporosis if you are taking prednisone. She was still taking this drug when she went back to her doctor to have her bone scan. When she went for her test results, her doctor told her, "I don't know what has happened to you. I've been your doctor for years, and I have been in this business for years. All osteoporosis has been stopped (osteoporosis is known in the medical field to be a progressive disease that a person does not recover from i.e. it only gets worse over time), and not only has the osteoporosis been stopped, but in all bone scan areas throughout the structure of your bones, you have an average bone density of 15% to 18%!" A bone density of 15 to 18% is equivalent to the bone density of a 30 year old woman (remember she was 60 years old). In Psalm 103 v 5 it says that God will renew our youth like the eagle's (strong, overcoming and soaring). It happened to her when she applied God's principles in His Word. When you deal with the spiritual root and get rid of jealousy and envy in your thought life, the hypothalamus sets the body back into balance – new bone is formed and the osteoporosis disappears.

If you have struggled with jealousy and envy coming out of tragic circumstances in your life, the chapter on page 689 will help you.

Finally, after you have worked through that chapter, pray this out loud with me: "In Jesus' Name I command the bone removing and bone forming cells to come back into balance. Calling those things that are not as if they were (Romans 4 v 17), I now speak a creative miracle into my bones, I speak the bone tissue into place now ...be formed! By the stripes of Jesus I am healed and made whole! (Isaiah 53 v 5)"

To facilitate your recovery from osteoporosis, it is important not to eat too much protein, especially meat. Please read the section on page 255 under the heading "Don't Eat Too Much Meat".

Other Causes of Osteoporosis:

Osteoporosis can be a side effect of certain drugs such as corticosteroids, anticonvulsants and sedatives. So if you are on chronic medication, check the package insert to see if osteoporosis is a possible side effect. Why are you taking this medication? What is the spiritual root behind that disease? Deal with it so that it will no longer be necessary for you to take those drugs. Then your bones will be able to recover and the osteoporosis will resolve.

Fear, anxiety and stress can also cause osteoporosis. Just as a calm and undisturbed mind leads to health, a thought life dominated by fear and anxiety will put the body into a toxic state of stage 2 and 3 of stress that leads to disease. (The different stages of stress and how long term fear and anxiety affects the body is discussed in depth in the chapter on page 178).

In stage 2 and 3 of stress there are high levels of stress hormones. One of these stress hormones is cortisol. In excessive quantities cortisol increases the activity of the bone-removing cells and inhibits the bone-building cells from making new bone. The result is that too much bone is broken down and not enough new bone being made, and thus osteoporosis develops. If you have perpetual fear, anxiety and stress in your thought life, turn to page 672.

Osteoporosis can be the complication of other diseases, such as those mentioned below. When the spiritual root behind those diseases is dealt with, the osteoporosis will also fall away.

- Anorexia/ low body weight, diseases of the pituitary gland and excessive decrease in oestrogen after menopause – in these conditions insufficient sex hormones (e.g. oestrogen) are produced resulting in not enough bone being formed. Anorexia is explained on page 363.
- Excess alcohol and smoking – these problems and the spiritual root behind them are discussed in detail in the chapter on addictions on page 345.
- Immobility – for example if you are bed ridden for a long period of time, osteoporosis will result. This is because exercise and movement keeps your bones strong.
- Hyperthyroidism and hyperparathyroidism can cause osteoporosis. In normal concentrations thyroid hormones promote bone growth, but when there is excess quantities of thyroid hormones (such as in hyperthyroidism), they cause bone break down and osteoporosis. Hyperthyroidism is discussed on page 589.
- Inflammatory bowel disease (ulcerative colitis and chrons disease) and malabsorption – not enough calcium is absorbed from your gut. Calcium is needed to make bones. Therefore if you have a shortage of calcium (for example due to malabsorption), osteoporosis can result. Inflammatory bowel disease and malabsorption is explained in the chapter on gastrointestinal diseases on page 508.
- Rheumatoid arthritis which is also discussed in this chapter can cause osteoporosis.
- Untreated diabetes can cause osteoporosis. Diabetes is explained on page 579.

Arthritis

Arthritis is inflammation, swelling and pain in one or more joints. There are several causes for arthritis and the cause that is relevant to you has to be diagnosed by a doctor. The spiritual root behind it depends on the cause. Some causes of arthritis include:

- Infection – fungi, bacteria and TB (Spiritual root behind bacterial and fungal infections is explained on page 377).
- Viruses – for example hepatitis B and C, mumps, rubella, chicken pox and Epstein Barr Virus (Infectious Mononucleosis) – see page 600.
- Gout – see page 533.
- Trauma where there is bleeding into the joint.
- Bleeding into the joint because of a clotting abnormality such as haemophilia.
- Reaction to a foreign body, for example a plant thorn.
- Psoriasis – see page 550.
- Rheumatoid arthritis and osteoarthritis – see pages 524 and 529.
- Intestinal inflammatory disease for example ulcerative colitis and chrons disease – page 510.
- Sarcoidosis and amyloidosis (spiritual root is a low self-esteem, self-hatred, self-rejection, self-condemnation and/or guilt.)
- Systemic Lupus Erythematosus – page 594.
- Cancer of the joint (cancer is explained in the chapter on page 385).
- Sometimes arthritis can be the side effect of a drug, for example:

People with simple arthritis have bitterness and unforgiveness over an unresolved issue

- Withdrawal from steroids.
- Glibenclamide – used to treat diabetes.
- Methyldopa – used to treat high blood pressure.
- Isoniazid – used to treat TB.
- Ciclosporin – an antibiotic.
- Barbiturates.

About 30% of people with arthritis have none of the above mentioned diseases. In this case it is simple arthritis and the spiritual root behind it is unforgiveness and bitterness towards others. This has been determined by many case studies of people with simple arthritis who were all found to have bitterness and unforgiveness over an unresolved issue.³¹ There are also case reports of people being healed of arthritis after dealing with the unforgiveness and bitterness (for example the testimony on page 71).

Rheumatoid Arthritis

Rheumatoid arthritis is a very common cause of joint pain. It is a progressive and often disabling chronic inflammatory disorder. Everybody knows about Rheumatoid arthritis affecting the joints in the hand and wrist, but it also affects the ankles, knees, elbow, shoulders, neck, hips, jaw and virtually any joint. The inflammation of Rheumatoid disease also affects other parts of the body including the heart, blood vessels, lungs, skin and body tissues, eyes and salivary glands. However, inflammation of the joints, especially in the hand, is generally the first and most dominating and disabling feature, which is why I have included it in this chapter.

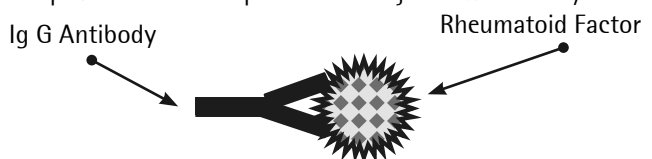
To be able to understand the spiritual and physical dynamics behind Rheumatoid Arthritis, you need to read through the following two chapters which have essential background knowledge:

- "Autoimmune Diseases" on page 329 – Rheumatoid arthritis is an autoimmune disease.
- "Genetically Inherited Diseases" on page 151 – In 30% of people with Rheumatoid arthritis, this abnormal immune response can be genetically predetermined (It involves a defect in the gene called HLA-DR4).

Behind Rheumatoid arthritis, as with all autoimmune diseases, is a low self-esteem, self-hatred, self-bitterness, self-rejection, self-condemnation and/or guilt upstream in a person's thought life. Sometimes there is a feeling of being unloved and unwanted where self-hatred comes in because of failure of a father or husband to nurture you if you are a female or if you are a male, because your father did not nurture you. Occasionally some men are victims of their wives. Whatever the case, it involves varying degrees of self-hatred.

You learnt in the chapter on autoimmune diseases that when you attack yourself spiritually, your body eventually conforms to your thought life and it begins to take on a mission of self destruction physically. The biogenetic character of the immune system is changed and it begins to attack and destroy its own body tissue, which in this case was the bone and cartilage in your joints.

In the chapter on autoimmune diseases you learnt about a type III hypersensitivity reaction where immune complexes are formed. In Rheumatoid arthritis the body produces antibodies called Rheumatoid factors which attack the body's own IgG antibodies. The Rheumatoid factor binds to the IgG antibodies forming immune complexes. These immune complexes are then deposited in the joints where they cause irritation and inflammation.

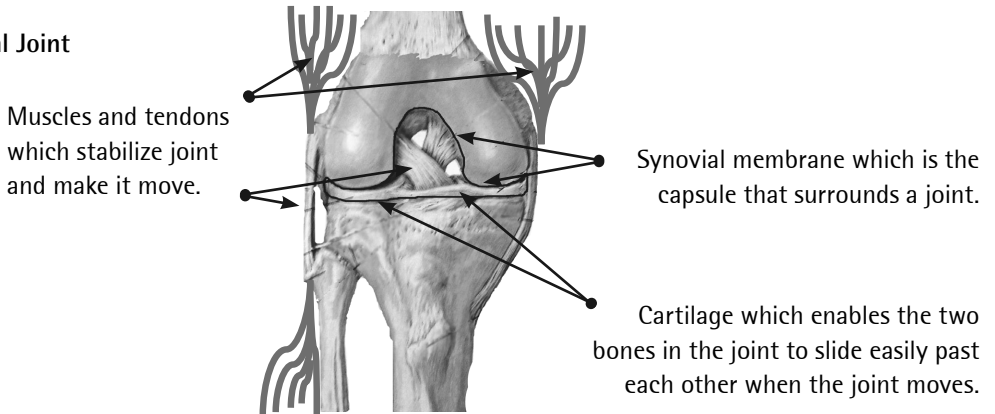


An Immune Complex formed by Rheumatoid Factor Attaching to the Ig G Antibody

However the main cause of Rheumatoid arthritis is the type IV hypersensitivity reaction where the cells of the immune system directly attack and destroy the joints. The T cells, eating cells (macrophages) and other inflammatory cells produce chemicals called **TNF α** (Tumor Necrosis Factor Alpha) and **interleukin 1**. These two chemicals stimulate the cells in the joint (called synoviocytes) to produce toxic chemicals (enzymes) that destroy the tissue and bone in the joint. The TNF α and interleukin 1 also stimulate the cells in the joint to multiply. This leads to the formation of a thick layer of inflammatory tissue called **pannus** that spreads over the joint and cartilage which is progressively eroded and destroyed. As the cartilage is destroyed, the joints become stiff as the bones in the joint are not able to slide over each other very well. Muscles and tendons make the joints move and they also stabilize the joints. As the inflammation in the joint continues, the muscles around the joint are also damaged and they start to shrink (atrophy) and weaken. The tendons which attach the muscles to the joints break (rupture). This causes the joint to become unstable and the damaged bones slide out of place. Thus the joints become deformed.⁵² This is summarized in the following diagrams:

Summary of the Progression of Rheumatoid Arthritis

1. Normal Joint



Normal Hand



Normal X-Ray of a Hand

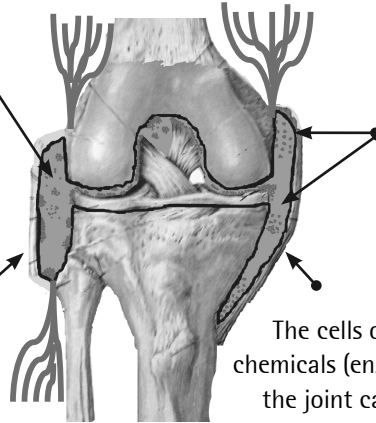


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2. Inflamed Joint

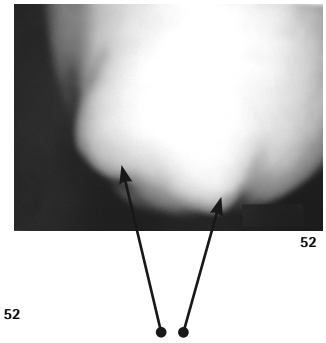
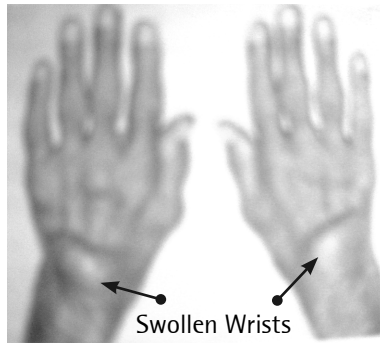
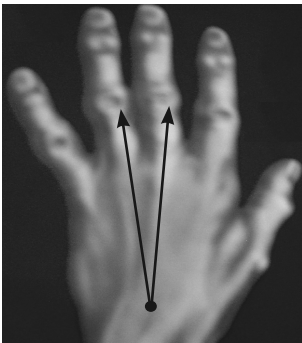
Inflammation leads to the accumulation of fluid which is what causes the pain and swelling in the joints

The joint capsule becomes inflamed and is stretched by the accumulation of fluid in the joint.



Immune complexes are deposited in the joints causing irritation and inflammation.

The cells of the immune system and toxic chemicals (enzymes) produced by the cells of the joint cause damage and inflammation.

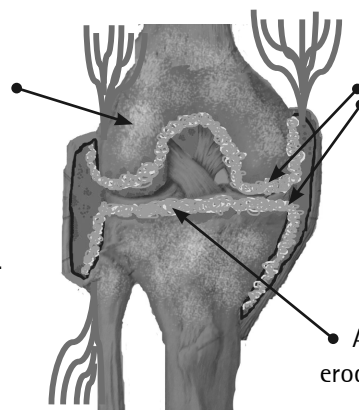


In Rheumatoid Arthritis the middle joints in the fingers and the wrists swell and become warm and tender. (If the skin around the joint is red, it means there is also an infection.) Later the disease spreads to the elbows, shoulders, knees, ankles and feet.

Hard lumps or nodules can sometimes be felt over the elbow bone, lower back (sacrum), at the back of the heel or toes.

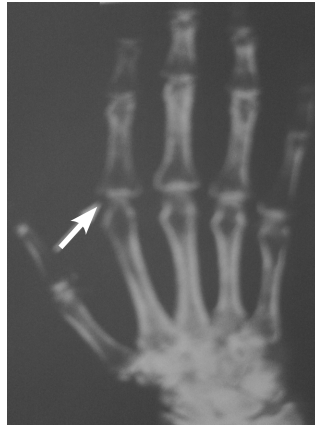
3. Destruction of the Joint

Bone and cartilage is destroyed from attack from cells of immune system and toxic chemicals (enzymes). This causes the bone near the joint to become osteoporotic (weak and brittle). More and more bone and cartilage becomes eroded until the joint is destroyed.



Inflammatory tissue called pannus spreads over joint. The cartilage is progressively eroded causing the joint to become stiff.

As the cartilage is progressively eroded, it is broken into fragments and the debris causes further irritation and inflammation.

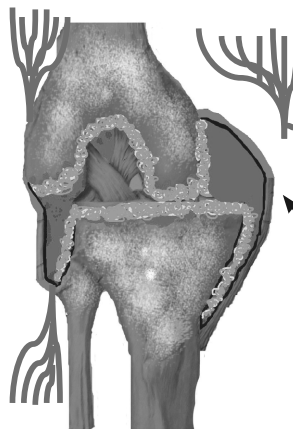


If you compare this x-ray with the one on page 525, you can see that the edges of the bone have been eroded as shown by the arrow.

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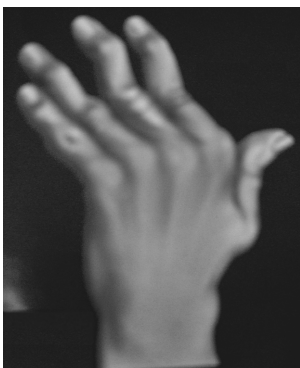
4. Final Stage: Joint Deformity

The combination of damage to the bones and cartilage, stretching of the capsule and rupture of the tendons leads to progressive instability and deformity of the joint.



The damaged muscle and tendons rupture so that the joint is now unstable.

The joint capsule is stretched by the fluid from the inflammation



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In advanced Rheumatoid Arthritis, the destruction of the finger joints causes the fingers to slant in the direction of the baby finger.

You also get swan neck deformities of the fingers as shown in the picture on the left. The thumb also becomes "Z shaped".

Sometimes the fingers are not able to straighten (trigger finger) because inflammatory nodules prevent the tendons from being able to stretch.

In this x-ray you can see that the damaged bones have become displaced, resulting in joint deformity

How Rheumatoid Disease is Diagnosed

If a person has at least 4 of the following criteria⁴⁶, the person is diagnosed with Rheumatoid Arthritis:

Diagnostic Criteria For Rheumatoid Arthritis	
Morning Stiffness	Morning Stiffness in and around the joints for at least 1 hour.
Arthritis Of 3 Or More Joint Areas	This can involve the finger joints, wrists, elbow, knee, shoulder or ankle. A joint is considered to have active arthritis when it is swollen, tender on pressure or pain on movement.
Arthritis Of Hand Joints	At least one area of arthritis (as described in point 2) involves the middle finger joints or the wrist.
Symmetric Arthritis	Simultaneous involvement of the same joint areas on both sides of the body e.g. the same finger joint on both hands is involved.
Rheumatoid Nodules	Hard lumps can be felt, typically over the elbow joint, the lower back (sacrum), back of the heel or the toes.
Rheumatoid Factor	When you have a blood test, there are abnormally high levels of the autoantibody called Rheumatoid factor.
Radiographic Changes	X-rays show abnormalities typical of Rheumatoid arthritis as shown in the previous 2 pages.
The above symptoms have been present for at least 6 weeks	

Other Areas Affected by Rheumatoid Arthritis

- **Feet:** the toes become clawed, which is painful when standing up or walking because weight is exerted on areas of bone that were not designed as pressure points. This leads to the development of calluses. The heel turns outward due to damage in the ankle joint and there is the loss of the long arch of the foot (flat foot) due to rupture of the tendons at the back of the ankle (Tibialis posterior tendon).
- **Eyes and Salivary Glands:** The inflammation and damage caused by the immune system can also impair the function of the salivary and tear glands. This results in dryness, irritation and redness of the eyes and dryness of the mouth which is called Sjogren's Syndrome. The eyes feel gritty, sensitive to light (photophobia) and vision can be impaired.
- **Spleen:** becomes enlarged.
- **Heart:** pericarditis, disturbances in heart rhythm (heart block), impaired function of the muscle of the heart (cardiomyopathy) and damage to the heart valves (aortic incompetence). The blood vessels become inflamed (vasculitis) which can cause the blood to form clots which block the blood vessels. When blood vessels are blocked the tissue or organ the blood vessel supplies is damaged. For example when the blood vessels to the heart (coronary arteries) are blocked, this leads to a heart attack. When the blood vessels to the kidneys (renal arteries) are blocked, this can cause kidney failure.
- **Lungs:** Interstitial fibrosis (scarring of the lung tissue) and obstructive airway disease.
- **Nerves:** The thickening of the inflamed tissue and the displacement of the bones in the joints can sometimes squash a nerve causing pain or pins and needles. This most commonly involves the median nerve as it passes through the wrist. As a result the person feels pain and pins and needles in the hand (carpel tunnel syndrome). The ulnar nerve that passes by the elbow joint is also commonly affected. The spinal cord in the neck can be compressed by the vertebra in the spine sliding out of

place. This causes a headache at the back of the head with pins and needles or an electric shock in the arms.

- **Infections:** People with Rheumatoid arthritis are vulnerable to infections, especially septic arthritis (infection in a joint), pneumonia, septicemia (infection in the blood) and suppurative pericarditis (infection of the covering of the heart).
- **General:** Anorexia or loss of appetite, weight loss and fatigue. Generalized osteoporosis (where the bones become brittle and weak) and muscle wasting occur due to inflammation throughout the body. Sometimes people with Rheumatoid arthritis also get amyloidosis. This is where defective pieces of antibodies from the immune system are deposited in various tissues and organs all over the body. This causes irritation and inflammation. This is not an autoimmune disease but it is another form of the body destroying the body and is also a result of the person attacking themselves spiritually with thoughts of a low self-esteem, self-hatred, self-rejection, self-condemnation and/or guilt. Rheumatoid arthritis and the spiritual dynamics behind it can also increase the risk of the development of lymphoma which is cancer of the lymph.

Rheumatoid arthritis is a life long disease that will progressively get worse with intermittent periods of exacerbations and periods of improvement. It is a disease that is considered incurable in the medical field and the best that doctors have to offer is to put you on drugs such as methotrexate, sulphasalazine, steroids (prednisone) and anti-inflammatories. These drugs do not cure Rheumatoid arthritis, they just slow down the progression of the disease. And they come with their own Pandora's box of side effects. For example methotrexate causes liver damage and the long term use of anti-inflammatories causes stomach ulcers. These drugs cannot cure Rheumatoid arthritis because they don't deal with the underlying issue.

Permanent eradication of Rheumatoid arthritis requires the removal of the toxic mindset causing it. You have got to change your thinking concerning how you think about yourself. Building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. You need to learn to see yourself as God sees you. The chapter of page 647 will help you with this.

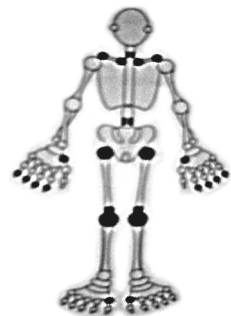
Finally, after you have worked through that chapter, pray this out loud with me: *"In Jesus' Name I command the cells of the immune system to stop attacking and eating the connective tissue and cartilage of my joints. Calling those things that are not as if they were (Romans 4 v 17), I now speak a creative miracle into my joints, I speak the cartilage back into place now ...be formed! By the stripes of Jesus I am healed and made whole! (Isaiah 53 v 5)"*

Osteoarthritis

Osteoarthritis is a common, disabling degenerative disease that causes pain and limitation of movement in the joints, especially in the knee, hip, hands and the spine in the neck. It also affects the elbow, shoulder joints and ankle.

These are the typical characteristics of joint pain due to osteoarthritis:

- Develops slowly over months to years.
- The degree of pain fluctuates over time (you have good days and bad days).
- The pain is mainly related to movement and weight bearing.
- Pain is relieved by rest.



Picture illustrating the joints that are most commonly affected by osteoarthritis.⁴⁶

- Brief morning stiffness that lasts for less than 15 minutes and stiffness that lasts less than 1 minute after rest.
- Usually only one or a few joints are painful (not multiple regional pain).

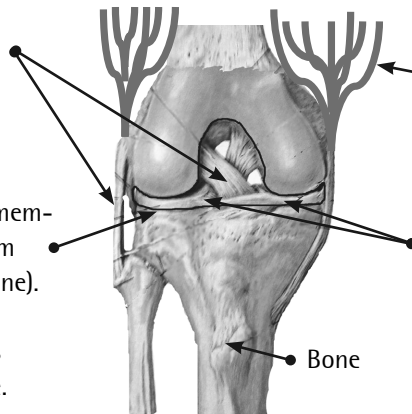
Signs of osteoarthritis include:

- Restricted movement.
- You can feel and sometimes even hear the grinding in the joint when it is moved.
- There may be swelling and tenderness around the joint.
- The joint may be deformed.

To understand osteoarthritis, you need to know the basic anatomy of a joint:

The ligaments stabilize the joint, making sure it doesn't slip out of place.

The joint is lined with a membrane called the synovium (represented by a black line). The joint is also enclosed within a capsule which is not shown in this picture.



The muscles around a joint reduce the pressure on the joint and also stabilize it.

This is the cartilage – it is the softer tissue that is present between two bones in a joint. It helps the bones in the joint to move smoothly over each other and it acts like a shock absorber that distributes the pressure from your body weight evenly throughout the joint.

Osteoarthritis is mostly found in people who are in their 50s and 60s or older. This does not mean that osteoarthritis is a disease due to old age, it is because the disease takes a long time to develop. There is often a genetic factor that contributes to osteoarthritis, so I recommend that you also read through the chapter on genetically inherited diseases on page 151.

There are two types of osteoarthritis – primary and secondary osteoarthritis. Secondary osteoarthritis is caused by trauma to a joint (such as rupture of a ligament) or a joint that is over used during competitive sports or a particular job. For example coal miners often develop osteoarthritis in the elbow joints, golfers in their big toe and foot ball players in the knees. Osteoarthritis can also result from a previous hip dislocation, a congenital deformity in the joint, abnormal bone structure (acromegaly) or a previous fracture in that bone. In secondary osteoarthritis there is damage or loss of the cartilage in the joint as a result of the injury. To compensate for this insult, the bone remodels the joint resulting in an altered pain free functioning joint. Sometimes, because of either an overwhelming injury or persistent injury on a chronic basis, this compensatory repair process fails, resulting in progressive tissue damage and secondary osteoarthritis. In the case of secondary osteoarthritis there is not necessarily a spiritual root behind it so you can just pray in faith for healing. If there is permanent damage to the bones, cartilage, ligaments or muscles you will have to operate in the gift of miracles. This is explained on page 122 under the heading "You Can't Always Do It Alone".

However the majority of people have primary osteoarthritis which involves none of the above scenarios. This is particularly true of the vertebra in the spine which can produce severe pain and disability. The word "primary" means the cause is unknown. In other words no visible abnormality or infection has been found

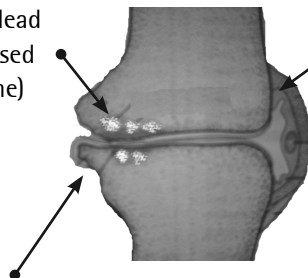
that initiates the osteoarthritis. Whenever a cause behind a disease cannot be found, there is a spiritual root behind it and a toxic mindset upstream in the person's thought life. The degeneration and joint damage in primary osteoarthritis is the result of self bitterness: you are holding a record of wrongs against yourself, you won't forgive yourself and are holding yourself guilty for some issue in the past.³¹ Well that is what you think, but it is an accusing spirit (Revelations 12 v 10) that is reminding you of failure and how you don't measure up. It accuses you to yourself in everything you do.

Whatever goes on in your thought life, your brain converts into a physical reaction. As bitterness against yourself eats at you spiritually in your thoughts, your body will eventually respond to this by in a sense "eating itself". Interleukin 1 is a chemical that is part of the immune system. The immune system is an army of cells that was originally designed by God to protect you from harmful substances like viruses, bacteria, cancer cells and so forth. When the cells of the immune system see these harmful substances in your blood stream or body tissues, the immune system kills or eliminates them, thus preventing you from becoming sick. However when you are attacking yourself spiritually with thoughts of self bitterness and guilt, the physical reaction via your brain results in interleukin 1 changing the biogenetic character of the cartilage cells. The cartilage cells release enzymes (called aggrecanase, collagenase and stromelysin) that degrade the structural components (called aggrecan and collagen) that make up the cartilage in your joints. This results in an increase in water concentration and swelling pressure in the cartilage that further damages the remaining scaffolding in the cartilage, making it vulnerable to load bearing injury. Cracks develop in the cartilage and the cartilage cells die. Thus there is a decrease in the thickness of the cartilage. The cartilage is lost mainly at the area of the joint that takes most of the pressure of your body weight. Eventually the full thickness of the cartilage may be lost, resulting in the two bones in the joint grinding against each other. This grinding can be felt with the hand when the person moves the joint. The changes in the cartilage encourage crystals (calcium pyrophosphate and apatite) to be deposited in the joint which can cause further irritation, inflammation and swelling.

The joint damage is the result of self bitterness: you are holding yourself guilty for some issue in the past and won't forgive yourself.

All the different parts that make up a joint (cartilage, bone, synovium, capsule, ligaments and muscle) depend on each other for health and function. When one part is damaged, the others are also adversely affected. Because the cartilage has decreased in thickness or has been lost altogether, the bone immediately below it increases in thickness (this is called sclerosis). The muscles that are attached to the joint are also damaged – they are weakened and they shrink (atrophy). This causes further instability of the joint which worsens the osteoarthritis. As the cartilage changes worsen, there is increasingly severe bone damage. Holes that become filled with fluid (cysts) develop in the bone. This is caused by areas of bone that die as a result of the increased pressure in the bone because the weakened cartilage has failed in its load transmitting function. To try to compensate for the cartilage damage and consequent abnormal distribution of pressure, the edges of the bone grow to form what is called osteophytes which deform the joint surface. These osteophytes interfere with movement (especially in the hip), thus making the joint stiff.

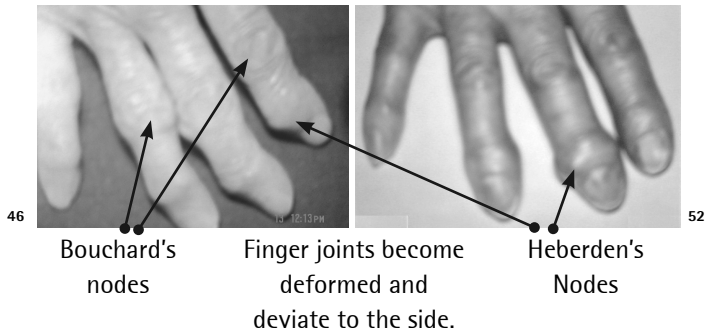
Damaged areas of dead bone (due to increased pressure on the bone) which forms cysts.



The synovium (membrane that surrounds the joint) and the joint capsule also thicken which further restricts movement of the joint.

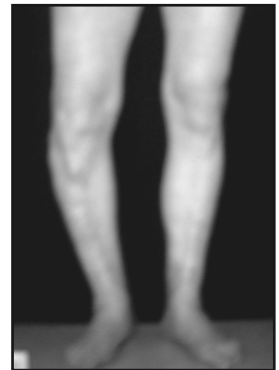
This is an osteophyte (compare it with the normal looking bone on the right of the joint)

In the finger joints near the tip of the fingers the osteophytes produce characteristic nodular swellings called Heberden's nodes and Bouchard's nodes in the middle finger joints. The affected finger joints become deformed and bend to the side. The thumb is also commonly affected where osteophyte formation and the joint slipping out of place result in "squaring" of the base of the thumb. People who have this "nodal" type of osteoarthritis are at risk of developing osteoarthritis at other sites, especially the knee. This type of osteoarthritis has a very strong genetically inherited component. These people have a clear family history, especially in their female relatives.



In the neck these osteophytes squash the nerves in the spinal cord causing pain (this condition is called cervical spondylosis). The pain of osteoarthritis is as a result of increased pressure on the bone (due to the loss of cartilage), small fractures in the bone (due to the increased pressure), stretching of the joint capsule or damage in the area where the tendons and muscle attach to the joint as a result of altered joint mechanics.

Osteoarthritis in the Knee: Common functional difficulties include walking for a long time, rising from a chair, getting in or out of a car or bending to put on shoes and socks. The person walks with a jerky, asymmetric gait (called an antalgic gait) with less time bearing weight on the painful leg. The knee is deformed and curved. There is weakness and wasting of the quadriceps muscle above the knee. There is restricted movement where the person cannot fully flex and extend the knee. Grinding of the bones can be felt during movement of the knee. There may be swelling around the knee joint.



Osteoarthritis in the Knee

Osteoarthritis in the Hip: Hip pain is usually maximal deep in the front of the groin and sometimes can radiate to the buttock, front and side of the thigh, knee or shin. The functional difficulties are the same as mentioned for the knee above. The earliest and most accurate sign of hip osteoarthritis is pain and difficulty to rotate the leg inwards with the leg bent forwards at the hip joint. The person also has an antalgic gait (described above), weakness and wasting of quadriceps muscles above the knee and the gluteal muscles in the buttock. When the hip joint becomes deformed, the leg is held in a position where it is rotated outwards and the leg is flexed forwards at the hip joint. The leg can even become a little shorter than the other one.

In the medical field osteoarthritis is considered to be a progressive disease (in other words it gets worse, it does not improve) and the damage done in osteoarthritis is considered to be permanent. However it doesn't have to be that way. There is nothing impossible with God when His conditions for healing are met. However you have a responsibility to deal with the underlying issues and toxic mindset causing osteoarthritis. The following chapters will help you:

- "The Day Sanctification Begins" on page 115 – you need to separate yourself from your sin.

- "Forgiveness – A Necessity For Healing" on page 630 – You have got to be prepared to let go of that self bitterness and forgive yourself.
- "Who You Are In Christ" on page 647 – You need to develop a healthy self-esteem which starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. You need to see yourself as God sees you.
- I also recommend that you read through part 2 of this book where there is advice on exercise and healthy eating. You need to strengthen the muscles around that joint with exercise which must include both aerobic exercise and weight lifting. Just because God heals you, it does not negate your responsibility to be a good steward of your body. If you are over weight, it is important that you lose those excess kilos because it puts additional strain on your joints. There is a chapter about weight gain on page 363.
- Because the damage done during osteoarthritis is irreversible, you also need to operate in the gift of miracles as explained on page 122 under the heading "You Can't Always Do It Alone". For example: "Calling those things that are not as if they were (Romans 4 v 17), I now speak a creative miracle into my joints. In Jesus' Name I speak the cartilage back into place now... be formed! Osteophytes dissolve! I command my joints to be reformed and reshaped as God created them to be from before the foundation of the world. By the stripes of Jesus I am healed and made whole! (Isaiah 53 v 5)"

Gout

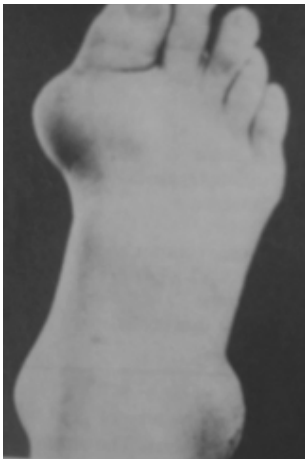
Gout is not strictly considered an autoimmune disease, but it involves the immune system attacking and destroying the joints and body tissues. Therefore I recommend that you read through the chapter on "Autoimmune Diseases" on page 329 to gain a background understanding of the immune system and how and why it can damage body tissue.

Symptoms of gout include a sudden onset of joint pain reaching maximum severity in two to six hours, often waking the person early in the morning. The pain lasts for one or two weeks and is severe; it is often described as "the worst pain ever". The sites most commonly affected include the joint in the big toe, the ankle, mid-foot, knee, finger joints, wrist and elbow. The skin looks red and shiny and there is considerable swelling. The joint feels hot and is extremely tender – the person is unable to wear a sock or to let bedding rest on the joint. Sometimes the only symptom is pain and tenderness in the heel or sole of the foot. The person may also develop a fever and feel generally ill (malaise).

Over time, the deposits of uric acid crystals may build up in the joints and tissues around the joints forming 'tophi'. Tophi most commonly develop in the joints of the big toe, the Achilles tendon at the back of the heel, the elbows and the pinnae of the ears. They can ulcerate through the skin, discharging white gritty material and pus. The cartilage and bone around the joint is destroyed causing chronic pain, stiffness and deformity.

Gout is associated with high levels of uric acid in the blood (medical term is hyperuricaemia). About 5% of men and less than 1% of women have hyperuricaemia, the majority of whom suffer no abnormal symptoms. In some people the uric acid forms crystals which are deposited in the joints and tissues. These crystals absorb an antibody from the immune system called IgG which stimulates the cells of the immune system to release toxic chemicals (lysosomal enzymes, oxygen derived free radicals, collagenase, protease etc) which cause damage to the cartilage and tissue leading to inflammation.⁵⁸ Whenever you see the immune system not functioning as God designed it to, and attacking or damaging

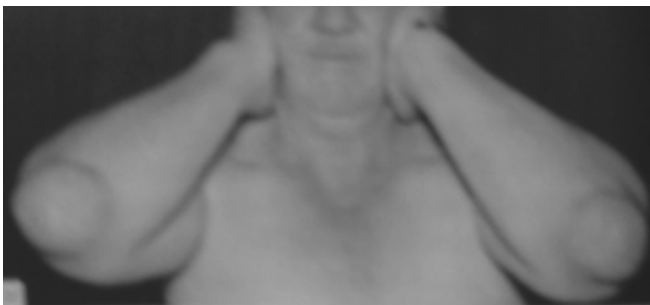
Whenever you see the immune system attacking its own body tissue, it has been found that there is self-hatred in the person's thought life.



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Pictures illustrating gouty tophi on the foot, finger, elbows and hand.

its own body tissue, it has been found that, without exception, there are varying degrees of self-hatred, self-rejection, self disapproval, a low self-esteem and/or guilt upstream in the person's thought life.³¹

Gout can also be precipitated by over eating (gluttony) and excessive alcohol intake (especially beer). If you are struggling in this area, I recommend that you read through the chapter on "Addictions" on page 345 and "Problems with Weight Gain, Excessive Overeating, Anorexia, Bulimia and the Fallacy of Diets" on page 363. Other provocative factors include stress (fear and anxiety), trauma, infection and surgery.

Gout can develop as a complication of other diseases for example kidney failure as well as certain medical drugs such as diuretics ('water pills' used to treat high blood pressure) or salicylates (pain killers and anti-inflammatories such as aspirin).

In the short term, anti-inflammatories and drugs called Colchicine and Allopurinol will help relieve the symptoms of gout. However these drugs are not the ultimate answer because they don't deal with the underlying issues. To permanently eradicate gout, you need to deal with the toxic mindsets causing it. The following chapters will help you:

- "Who You Are In Christ" on page 647– building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. You need to see yourself as God sees you.
- If fear, anxiety and stress dominate your thought life, I recommend that you read the chapter on page 672.

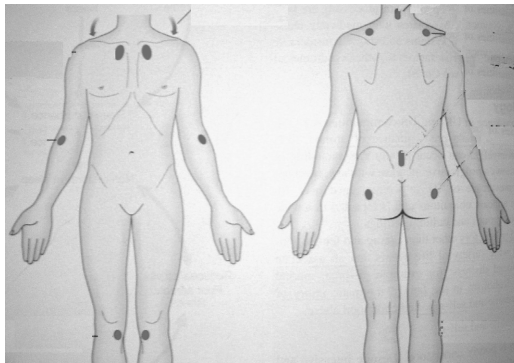
Old Injuries that Still Have Pain

Sometimes osteoarthritis (discussed above) can develop in joints that were previously injured, causing chronic inflammation and pain. When old injuries still have pain, it is an indication of hatred.³¹ This could involve bitterness against someone such as the person who caused the injury or against yourself because you caused the injury and you blame yourself for that. Bitterness and hatred are pro-inflammatory states and vulnerable sites (e.g. gouty or arthritis joints, old injuries) would be the primary responders to a pro-inflammatory state.

Bitterness and unforgiveness is a block to healing and therefore it needs to be dealt with. The chapter on page 630 will help you. Once you have dealt with any unforgiveness, operating in the gift of miracles, you must ask God for a creative miracle and speak to that damaged part of the body and command it to be healed and made whole in the Name of Jesus. I explain more about operating in the gift of miracles on page 122 under the heading "Sometimes You Can't Do It Alone."

Fibromyalgia (Wide Spread Body Pain)

Fibromyalgia is a disease that is often misunderstood, even by doctors. Fibromyalgia refers to pain in the muscles, tendons and ligaments at various sites all over your body. Most pain that we experience comes from infection or inflammation where the swollen or damaged body tissue compresses a nerve or pain sensitive structure. However, in fibromyalgia there is no underlying physical or structural abnormality – there is no infection, inflammation, metabolic or hormonal abnormality that is causing the pain. Fibromyalgia is true pain with no physical abnormality present.



Common Sites of Pain in Fibromyalgia. ⁴⁶

Common symptoms of fibromyalgia are:

- The major problem is pain in multiple areas all over the body, especially in the neck and back. The pain is typically not improved much by simple pain killers or anti-inflammatories. Physiotherapy often makes it worse. The person has a lowered threshold for pain in certain areas – when these areas are pressed with the finger with moderate pressure, it is uncomfortable in normal people, but a person with fibromyalgia will wince in pain.
- The second major problem is chronic fatigue i.e. always feeling tired, especially in the mornings. Although the person is able to perform normal activities such as getting dressed, feeding and grooming themselves, daily tasks like shopping, housework or gardening is often too exhausting. A person may even give up their job because the pain and fatigue is so disabling.
- Poor sleeping habits – does not get enough deep sleep.

- Poor concentration, forgetfulness, irritability, weepiness.
- Early morning stiffness.
- Depending on the person's age, they may have signs of osteoarthritis, but of insufficient severity to explain such wide spread pain and disability.
- Swelling of the hands and fingers.
- Numbness and tingling of the fingers.
- Non throbbing headache (tension headache).
- Colicky abdominal pain, bloating or irritable bowel syndrome.
- Have to go to the toilet to urinate more frequently than normal.
- Pain during sexual intercourse or discomfort when touched.

To understand fibromyalgia, you need to first read through the following two chapters which have essential background information:

- "Separation from God's Love" on page 45.
- "The Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178– pay special attention to the discussion on 1 John 4 v 18 on page 189.

Fibromyalgia is ten times more common in women. According to medical studies, it typically occurs in women who are young and healthy, but who are stressed, anxious, tense, insecure, driven and perfectionists. Fibromyalgia develops in women who were not loved, nurtured, covered and protected as they should have been. It is associated with women who have been through stressful life events such as abuse (verbally, emotionally, physically or sexually) in childhood or in marriage, divorce, alcoholism in the family, assault or other traumatic experiences. The symptoms are exacerbated by environmental or emotional distress or by a doctor who is insensitive to the problem by not taking the patient's symptom's seriously and disregarding the matter as "all in the head". If you want fibromyalgia to flare up, just get a doctor or somebody to tell you that you are a hypochondriac who is just "putting it on." This only leads to more hopelessness, despair, anxiety and stress.

The spiritual root behind fibromyalgia is fear, anxiety, stress, drivenness and perfectionism that comes from not being loved, nurtured, covered and protected by somebody that should have loved you and didn't (most often a father or husband).³¹

These women feel responsible and carry the burden of life on their shoulders. God did not create you females to carry all these things within you. Women were created by God to be nurtured, loved, covered, cared for, protected and made to feel safe so that she can be a helpmate and mother without fear. When the Bible says that the woman is the weaker vessel, it is not a derogatory statement that says that she is inferior. It simply means that there is something stronger than her to protect her namely a loving male and the men haven't always done a good job of that. God did not create the females to hold the burden of the planet. The women are not doing too well and their diseases are many because they have been asked to do something that God did not intend them to do. He never intended the women to hold things together, He intended them to be held together by something stronger than her which is a loving husband/father who is the king and priest of his home.

Women were created by God to be nurtured, loved, covered, cared for, protected and made to feel safe so that she can be a helpmate and mother without fear.

The same spiritual root that is behind fibromyalgia is also behind a severe allergy disorder called Multiple Chemical Sensitivity and Environmental Illness (MCS/EI). This is where a person becomes allergic to

almost everything. The disease is described in more detail on page 340. A person with MCS/EI also has fibromyalgia. 85 to 95% of people with MCS/EI are female. Nearly 100% of people with fibromyalgia are female. Why is that? Apart from being different sexually, the male and female body in terms of the muscles and nerves is basically the same. So why does fibromyalgia develop mainly in women? The reason is because women are more emotionally wired than men and they are more susceptible to the spiritual and emotional damage. In the section on strife in the chapter on fear, anxiety and stress which I initially referred you to, I wrote about how women are often on the losing end of marital fights. For the man, it is over as soon as it happens, while the woman does not recover for a long time. The women had steeper increases in the stress hormone levels than the men. The next day the blood hormone levels were back to normal in the men, but the women still had high levels.

God designed a woman with a strong need to be nurtured and loved, while he designed men with a strong need to be respected. That is why in 1 Peter 3 v 2 God instructed wives to **respect** their husbands while in Ephesians 5 v 25 God told husbands to love their wives as Christ loved the Church and gave Himself up for her. He did not say husbands respect your wives – He said husbands **love** your wives. It is the man's job to reflect the father heart of God and His love to his family. Wives and daughters were created to be loved and nurtured. When that does not happen because the father is victimizing or verbally, emotionally, physically or sexually abusing his wife or daughters, fear and diseases such as fibromyalgia and MCS/EI come knocking at the door.

This is how fibromyalgia develops: You have fear, anxiety and stress in your emotions and in your thought life as a result of the conflict and lack of love and nurturing in a relationship. Remember the hypothalamus is the area in the brain that translates everything that is going on in your thought life into a physical reaction. It is the connection between the soul and the body. The hypothalamus also controls the sleep and waking patterns. The hypothalamus senses the emotional and spiritual conflict and responds by stimulating you to keep awake. As a result you don't get a good sleep at night. You don't get enough of that deep sleep. There are different phases or depths of sleep. There is shallow sleep, also called REM sleep (Rapid Eye Movement) which is where you dream. Then you get the deep sleep (non REM sleep). Each phase of sleep has different functions. While you sleep, your body is restoring and recharging itself for the next day. One of the functions of your deep sleep is repair and restoration of your muscles. Even if normal people do not get enough deep sleep, their muscles will begin to ache.

Secondly, there is abnormal processing of pain because your nerves are not functioning normally. This is partly due to the lack of sleep and partly due to the fear, anxiety and stress in your thought life. There is a reduced threshold and tolerance to pain at specific areas on your body. Normally there are control mechanisms in place that control the levels of pain and inhibit it from continuing. In Fibromyalgia, the thoughts of fear, anxiety and stress, via the hypothalamus lead to an imbalance between the nerves that transmit pain and the nerves that control or inhibit pain. As a result the nerves that transmit pain keep firing and this is what causes the pain all over your body. This is how you can have pain without any infection, inflammation or any other significant visible physical abnormality.

Poor sleep causes the nerves to malfunction and vice versa, the pain caused by the misfiring nerves result in poor sleep.

The only way to break this cycle and be healed from fibromyalgia is the deal with the spiritual issues causing it. Where an abusive or unloving earthly father is concerned, you may need ministry as I explained in the section on separation from God's love. Otherwise the following chapters will help you:

- "Forgiveness – A Necessity For Healing" on page 630 - need to get your heart right with God concerning the conflict or breach in the relationships where your heart was broken and where the abuse or victimization put that fear in you. This involves forgiveness, releasing and letting go.

- "Dealing with Fear, Anxiety and Stress" – start from the heading "Dealing with the Deeper Fears" on page 680.
- "Who You Are In Christ" on page 647 - When you go through tragic circumstances where your heart is broken or you are abused, humiliated or victimized in a relationship, your self-esteem and sense of self worth is inevitably crushed. You need to take steps to rebuild your self-esteem. This starts with knowing who you are in Christ and learning to see yourself as God sees you.

I encourage you to speak these scriptures as a "faith confession" over yourself before you go to bed at night: **"In peace I will both lie down and sleep, for You, Lord, alone make me dwell in safety and confident trust (Psalm 4 v 3). When I lie down I will not be afraid, yes, I will lie down and my sleep shall be sweet (Proverbs 3 v 24). The Lord gives [blessings] to His beloved in sleep (Psalm 127 v 2)."**

When you receive the Father's love and learn to love yourself for who you are in Christ, the hypothalamus will sense your fulfillment and respond by restoring the balance in the nerves that control pain. When you make peace with yourself and others, you will be able to have a good night's sleep and your muscles and nerves will be repaired and restored and the symptoms of fibromyalgia will disappear.

Intermittent Claudication (Pain on Walking)

Pain on walking is a complication of an underlying disease (this is excluding pain from physical trauma or injury due to 'over doing it' during sports or other physical activities). There are several diseases that can result in pain on walking, which are listed in the table below. The character and description of the pain as explained in the table will give you a clue as to the possible cause of your pain on walking. However, the exact cause can only be confirmed with various tests and investigations done by a doctor. The spiritual root behind it depends on the underlying disease.

	Arteries	Veins	Nerves
Site of the pain:	Calf muscles. Sometimes the pain is also felt in the thigh and buttock.	Whole leg – bursting in nature.	Not in any specific area – involves the whole leg. Shooting in nature. Can be associated with tingling, numbness and muscle weakness.
Side of the body affected:	Usually only one leg is affected, but both legs can also be affected in advanced disease.	Almost always involves only one leg.	Often involves both legs.
Onset of pain:	Gradual onset after walking a certain distance, usually a few hundred metres.	Gradual onset but may start from the moment the person begins walking.	Often immediate upon walking or even standing up. The symptoms worsen as the person continues to walk, often to the point where the person can no longer walk. Sometimes the pain can be worsened by coughing and straining.

Specific Diseases

Pain is relieved by:	Stopping walking and the pain disappears completely in 1 – 2 minutes. Resumption of walking returns the pain.	Elevation of the leg relieves the pain.	On cessation of walking, the pain gradually subsides over 5 to 10 minutes. Often the person has to sit down or lean against something.
Colour of leg:	Normal or pale.	Bluish. Often visible varicose veins. Ulcers, eczema and dermatitis may be present.	Normal
Temp. of leg:	Normal or cool.	Normal or warm.	Normal
Swelling:	Absent.	Always present.	Absent
Straight leg raising:	You are able to lie flat on your back and raise your leg while it is straight without any problems.	You are able to lie flat on your back and raise your leg while it is straight without any problems.	When you lie on your back and try to raise your leg while it is straight, pain is experienced at 80 to 90°.
How the pain is caused:	Fatty plaques on the blood vessel walls (atherosclerosis) narrow the blood vessels, which impairs blood flow. Thus insufficient blood reaches the muscles in the legs. Therefore the muscles do not receive adequate oxygen and energy – pain is the muscles' way of telling you that they are in trouble! Smoking also causes significant damage to the blood vessel walls.	Impairment of blood flow in the veins because of an obstruction for example by a cancer tumour or due to blockage of the vein by a blood clot (deep vein thrombosis) or due to reflux of blood (where the blood flows backwards) due to varicose veins. This leads to increased pressure in the veins with subsequent leakage of fluid and blood cells into the surrounding tissue. The blood cells in the tissues break down releasing substances that cause an inflammatory reaction.	The nerves that exit your spinal cord in your lower back are being squashed – usually by the bones (called vertebrae) in your spinal cord. This can happen in diseases such as spinal stenosis (narrowing of the holes between the vertebrae where the nerves exit the spinal cord), osteoarthritis, sciatica and disc prolapse (slipped disc) in the spinal cord.

<p>Spiritual root behind it:</p>	<p>Self-hatred – people who are very, very angry with themselves. Turn page 481 for a full explanation of atherosclerosis. The spiritual root behind smoking is a low self-esteem, a need to be loved unfulfilled and the insecurities that come from that – this is explained in detail in the chapter on addictions on page 345. If you are having pain on walking which fits the description of this column - IT IS ABSOLUTELY ESSENTIAL THAT YOU STOP SMOKING COMPLETELY AND IMMEDIATELY. This is to avoid loss of your leg by amputation later on.</p>	<p>Anger, rage and resentment. This is explained in the section on varicose veins and deep vein thrombosis on page 501. The spiritual root behind certain cancers is discussed on page 385.</p>	<p>Degenerative disc disease or prolapsed disc (slipped disc)– see page 543. Advanced Osteoarthritis – see page 529. Spinal stenosis – see page 546. Spondylololthesis – see page 545-546.</p>
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***In Severe Advanced Atherosclerosis:** the narrowing of the blood vessels and impairment of blood flow is severe. Therefore the person even gets pain while they are at rest and at night. The pain typically develops in the forefoot about an hour after going to bed – this is because there is even less blood flowing to the feet due to the loss of the beneficial effects of gravity and because blood pressure falls during sleep. The person has to get up and walk around to get relief from the pain and when this happens with increasing frequency they lose a lot of sleep. The person then takes to sleeping on a chair which results in swelling of the leg. The swollen tissue then squashes the arteries closed, worsening the problem of inadequate blood supply to the leg muscles. The person ends up in a vicious cycle of pain and sleep loss. Atherosclerosis discussed on page 481.

About 40% of people who have a severe decrease in blood flow to the muscles of the legs and feet also have diabetes. In diabetes, material (calcium and hyaline) is deposited on the blood vessel walls, which narrows the blood vessels. This impairs blood flow in the vessels in the same way as atherosclerosis explained above. The spiritual root behind diabetes is explained in detail on page 579.

A Word of Advice: If you have pain on walking as a result of decreased blood flow in your arteries – exercise is very important. It promotes the development of new blood vessels and it improves your cholesterol levels by lowering the bad cholesterol and increasing the good cholesterol. Most importantly deal with the spiritual root behind atherosclerosis (which involves high cholesterol), smoking and/or diabetes to be healed permanently.

The Backache Problem

In Western countries backache is the most common cause of sickness-related absence from work. In the U.K it accounts for 80 million work days lost annually with a cost of £500 million.⁴⁶ Backache can be caused by trauma (see page 542) or excessive strain on the back, for example occupations that involve heavy lifting and twisting. Apart from trauma and overuse, the toxic thought patterns and spiritual roots behind backache depend on the underlying disease. The characteristics of the back pain can give you a clue as to what is most likely behind it:

Mechanical pain

Responsible for 90% of back pain:

- Age: 20–55 years
- Pain gets worse with physical activity and is relieved by rest.
- Pain developed suddenly and can be brought on by lifting or bending.
- Recurrent episodes.
- Pain is limited to back, buttock or thigh and does not radiate below the knee.
- Pain is worse on one side of the body.
- Painful restriction of some but not all back movements.

Causes:

1. Muscle Contraction Backache
2. Early Osteoarthritis
3. Spinal Stenosis
4. Spondylolysis
5. Osteoporotic Compression Fractures (Osteoporosis is explained on page 520).

Pain due to compression of nerves in spine

- Pain is severe, sharp, radiates down the back of leg beyond the knee (this is called sciatica).
- Pain is aggravated by coughing, sneezing and straining to pass a stool more than by back movement.
- Pins and needles.
- **Straight leg raising test:** If you lie on your back and raise your leg with it straight at the knee, it produces tightness and pain in the buttock at 80–90°. If you then bend your ankle so that you lift your toes upwards, this causes an added stab of pain.
- **Bow string sign:** At the point where you feel pain during the straight leg raising test, bending the knee slightly makes the pain disappear. Then if firm pressure is applied by grabbing the hamstring muscle on the outer side of the leg just above the knee, the pain recurs with renewed intensity.

Causes:

1. Prolapsed Disc
2. Degenerative Disc Disease
3. Advanced osteoarthritis
4. Spondylolisthesis
5. Spinal Stenosis

Danger signs Seek medical attention asap!

- Age: under 20 or Over 50 years.
- The pain is constant or getting progressively worse and is not relieved by rest.
- Spine movement in all directions is painful.
- The location of the pain is above the level of the belly button (Thorax).
- Difficulty in passing urine
- Loss of anal sphincter tone or faecal incontinence.
- Progressive weakness in legs with difficulty walking.
- Loss of sensation in an area.
- Alternating sciatica or sciatica affecting both legs.
- Major trauma.
- Generally ill e.g. fever, weight loss.

Causes:

These symptoms indicate possible serious conditions such as

1. Cancer (stomach, pancreas, colon, prostate, uterine or ovarian cancer can cause this type of back pain). Cancer is explained on page 385.
2. Fracture of spine (broken back)
3. Infection in the spine (see page 377)

Pain due to inflammation

- Pain has a gradual onset
- Pain is the same on both sides of the body and can include the upper back or buttock
- Pain is worse in the morning and improves rather than worsens with activity.

Causes:

1. Infection (spiritual root behind infections are explained on page 377)
2. Ankylosing Spondylitis
3. Osteoarthritis and prolapsed disc

Sometimes backache can be caused by a disease that does not involve the bones and nerves in the spine or the ligaments and muscles in the back, for example infection and inflammation of the pancreas or kidneys and an aortic aneurysm. Thus a consultation with a doctor is required to establish the exact cause of your back pain.

You can develop pain in your spine from involvement witchcraft or occultism, personally or generationally.

You can develop pain in your spine from practicing witchcraft or as a result of involvement in occultism, personally or generationally. Occultism involves contacting mediums, consulting witch doctors, wizards, fortune tellers or some other occultic practitioner, dabbling in sorcery and even contacting evil spirits by means of the Ouija board game. If you have been into anything involving table tipping, spoon bending, tealeaf reading, astral projection, cults, yoga, false religions such as Free Masonary or anything of this nature, you have opened yourself up to pain and to the spirit of divination, the spirit of occultism, the spirit of error, spirit guides and/or spirit of sorcery and pharmakeia. If you practice yoga or have practiced yoga you will have pains in your spine because you have an evil spirit in you called Kundalini Python (Paul called it Python, yoga calls it Kundalini). The spirit of Kundalini and spirits of occultism will manifest up and down your spine.

If any of these apply to you – repent. If family members in generations before you were involved in some form of occultism, deal with this inherited iniquity as explained in the chapter on “Genetically Inherited Diseases” on page 151. After repentance, ministry and deliverance is necessary where the spirit of Kundalini, spirit of occultism, the spirit of error etc need to be removed in Jesus’ Name. Turn to “Diseases Where Deliverance is Necessary” on page 596 and read through the section under the “Introduction.”

On page 10 I explained how memory is stored in your brain. New Research shows that the nerves of your spine can remember pain just like your brain and your spine can generate pain when there is no reason for it. If you have a predisposition or addiction to pain killers, your body will kick up pain just to get the drug.

Backache Due to Trauma or Over Exertion

Not every disease has a spiritual root or toxic thinking pattern behind it. An example is damage to the back due to trauma. In this case, no repentance is needed, you just need to minister and pray for healing or a creative miracle in Jesus’ Name **provided there are no blocks to healing**. For example, if the person has bitterness against the reason for the accident (for example the person who caused it) or self-hatred and guilt against themselves because they blame themselves for the accident, then those are secondary sins that can become blocks to healing, even though there was no sin that caused the problem initially.

When the nerves, bones, ligaments and muscles in the back are injured, sometimes the damage is permanent because some body structures cannot heal. In this situation, it is going to take a creative miracle

by God and ministry to restore this type of damage. This is explained in detail on page 122 under the heading "Sometimes You Can't Do It Alone".

Muscle Contraction Backache

The toxic thought pattern behind muscle contraction backache is fear, anxiety and stress. Sometimes this can come out of conflict or fear of conflict. To understand muscle contraction backache, you need to first read through the chapter on page 178 which has essential background knowledge.

The function of motor nerves is to stimulate muscles to contract and relax in order to produce movement. The nerves that stimulate your muscles to make them contract are told what to do by the central nervous system, which in turn is under control of the hypothalamus in your brain. Remember the hypothalamus is the area in your brain that is the mind-body connection – it translates your thoughts into a physical reaction. When your thought life is dominated by fear and anxiety or you are living in conflict and strife, your body is put into stage 2 and 3 of stress. In this toxic state, the hypothalamus alters the way in which the central nervous system functions. One of the consequences of this is that it results in an imbalance between the sympathetic and parasympathetic nervous systems. The sympathetic nerves become over active and this leads to sustained contraction or spasm of the muscles on one side of your spine which results in pain.

If you want to eradicate muscle contraction backache from your life, you are going to have to deal with the fear, anxiety and stress behind it. Turn to page 672.

Backache Due to Osteoarthritis

Osteoarthritis affects many joints, especially the knee, hip, hands and the spine in the neck, but it can also affect the vertebrae (bones in the back). Backache as a result of osteoarthritis typically occurs in a person over 40 years of age. The pain is intermittent and related to hard physical work, standing or walking a lot or sitting in one position for a long time. The pain often radiates to the buttock and sometimes down the leg like sciatica. The movements of the lower back are limited and may be painful at their extremes. The pain is relieved by lying down. You may have had incidences where your back locked or gave way. A typical characteristic is difficulty in straightening up after bending forward.

The physical and spiritual dynamics behind osteoarthritis and how to deal with it have been explained in detail on page 529.

Degenerative Disc Disease and Prolapsed Disc (Slipped Disc)

Degenerative disc disease and slipped discs most commonly affect the lower back because this is where the mechanical pressure is the greatest. Typically, the person is seized with back pain by merely coughing or during heavy straining such as lifting something and is not able to straighten up. The person usually stands slightly bent to one side and all back movements are severely limited. There is often tenderness in the midline of the lower back. Degenerative disc disease that is not caused by trauma can be genetically inherited. Therefore I recommend that you first read through the chapter on page 151 which has important background teaching on genetically inherited diseases.

In degenerative disc disease, the centre of the disc gradually degenerates which means that it softens and weakens. The result is that it is no longer able to sustain the pressure in the back as it was originally designed to. The pressure on the weakened central part of the disc can cause it to herniate (rupture)

through the back of the spine (in between the bones) – this is what is referred to as a slipped disc. The herniated disc becomes flatter and as a result the space between the vertebrae narrows. You have nerves that lie in between the vertebrae in your spine. These nerves can be squashed or pinched by the herniated disc as well as by the narrowed space between the bones. This causes severe pain that radiates to the area of the body that is supplied by the squashed nerve. For example, sciatica is when the sciatic nerve is squashed resulting in pain that shoots across the buttock and down the leg. The herniated disc also causes swelling that increases the pressure on the nerve in that area, thus further contributing to the pain. The pain is also caused by the herniated disc pressing on the ligaments that run down the back of the spine (posterior longitudinal ligament).

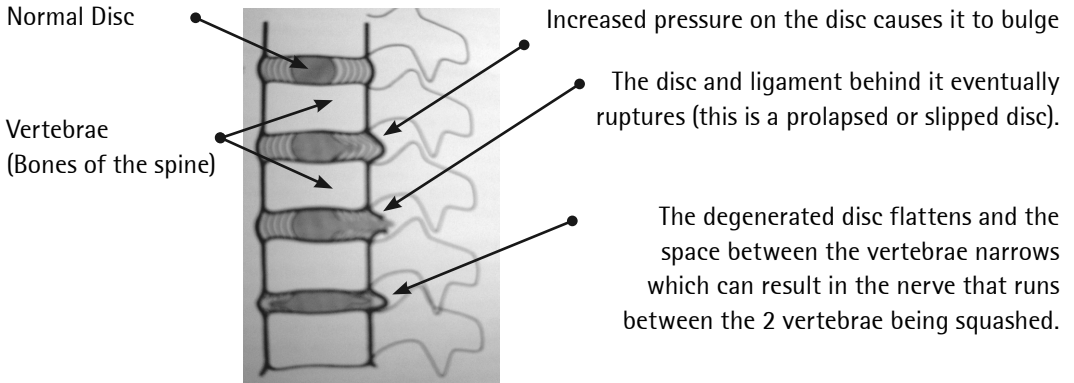


Illustration of Degenerative Disc Disease and a Disc Prolapse

When a nerve is squashed, it may not be able to function properly. The function of nerves in the spine is to either electrically stimulate specific muscles to contract in order to produce movement or to carry sensory information to your brain (which enables you to feel). Thus when a nerve is squashed, the muscle it supplies will not be able to contract properly (it is weakened) or you will get pins and needles or not be able to feel at all in the area of the body that the nerve supplies. For example if the nerve that runs between the L4 and L5 vertebra is squashed, it causes weakness of the big toe so that you can't lift it up, weakness of the knee (making it difficult to bend the knee) and loss of sensation (feeling) on the outer side of the leg and the back of the foot.

Degenerative disc disease and the associated back problems came out of drug addictions.

Henry Wright has dealt with many cases of degenerative disc disease in his ministry over the past 20 years. In taking the histories of these people he noticed that degenerative disc disease and the associated back problems came out of drug addictions or were inherited from a family tree where someone was a drug or alcohol addict or who used to sell drugs or alcohol. This is an observation which I am not able to explain from a medical perspective at this point. The Bible says that there are consequences (a woe or a curse) for adversely influencing somebody else's welfare by getting them drunk. It isn't a good idea to be a bar owner.

Habakkuk 2 v 15-16: "Woe to him who gives his neighbors drink, who pours out your bottle to them and adds to it your poisonous and blighting wrath and also makes them drunk, that you may look on their stripped condition and pour out foul shame [on their glory]! You [yourself] will be filled with shame and contempt instead of glory...The cup [of wrath] in the Lord's right hand will come around to you [O destroyer], and foul shame shall be upon your own glory!"

Henry Wright has had some success in seeing people healed from degenerative disc disease by dealing with the addictions behind it – either personal or inherited. If you suffer from degenerative disc disease and also have an addiction to either prescription or illegal drugs or alcohol (or any other addiction), it is essential for you to read through the chapter on addictions on page 345. If you have degenerative disc disease as a result of addictions or somebody selling drugs or alcohol in your family tree, you need to deal with it as I explained in the chapter on genetically inherited diseases. This would involve repenting for the sins of your forefathers and asking for the forgiveness for the sin of a low self-esteem (Behind addictions is a low self-esteem, insecurity and a need to be loved) or adversely contributing to somebody else's welfare by selling alcohol or drugs.

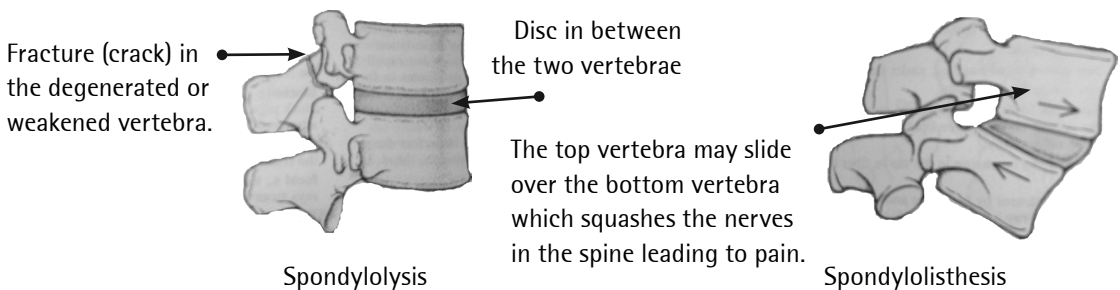
Behind the degeneration of spondylolysis is a toxic thought pattern of self-hatred.

The damage done to the vertebral discs, bones and nerves in your spine is irreversible. Therefore when you pray for healing, you need to operate in the gift of miracles where you must speak to the discs, vertebrae and nerves and command them in the Name of Jesus to be made whole and perfect as God created them before the foundation of the world. I explain more about operating in the gift of miracles on page 122 under the heading, "Sometimes You Can't Do It Alone".

A prolapsed disc which later becomes degenerated can also be caused by trauma. In this case please see page 542 where I have written about backache as a result of trauma.

Spondylolysis and Spondylolisthesis

Spondylolysis is a disease where the bones in the spine (vertebrae) progressively degenerate. The degenerated or weakened vertebrae can fracture (break in an area) and this can sometimes cause a condition called spondylolisthesis which is where a vertebra slides out of place. The displaced vertebra can compress the nerves in the spine leading to pain.



Behind the degeneration of spondylolysis is a toxic thought pattern of self-hatred, self-rejection, self-accusation and/or self bitterness. Therefore in order to be healed of this condition, you are going to have to be prepared to forgive yourself if necessary and change the way that you think about yourself. You need to learn to not only love yourself, but also to like yourself. Building a healthy self-esteem starts with knowing who you are in Christ and choosing to see yourself as God sees you. Turn to the chapter on page 647 which will help you with this.

Sometimes spondylolysis and spondylolisthesis are inherited conditions. In this case a portion of the vertebra does not develop properly. If other members in your family tree also suffered from spondylolysis or spondylolisthesis, it is important for you to read about genetically inherited diseases on page 151 and

deal with it as explained in that chapter. This will have to involve repenting for your forefathers' sin of self-hatred.

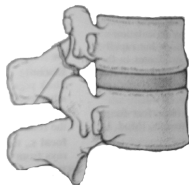
50% of the time, spondylolisthesis is caused by spondylolysis. Other causes include:

- The degeneration of osteoarthritis (25% of cases). Osteoarthritis is explained in detail on page 529.
- Fractures as a result of trauma. Backache due to trauma is discussed on page 542.
- Tuberculosis. This is an infection related to a weakened immune system as a result of fear, anxiety and stress. Infections are explained on page 377.
- Cancer that has spread (metastasized) from another part of the body. There is a chapter explaining cancer on page 385.

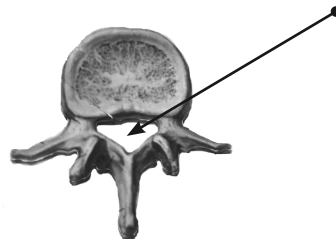
Spinal Stenosis

The word "stenosis" means narrowing. Spinal stenosis refers to narrowing of the space in the middle of the bones of the spine where the spinal cord lies (The vertebrae are the bones that make up the spinal cord).

This is the space in the middle of the vertebrae (bones in the spine) where the spinal cord lies. When this space is narrowed (spinal stenosis), the spinal cord/nerves in the middle are squashed.



Side view of 2 of the 24 vertebrae that make up the spine



Top view of a vertebra

A person with spinal stenosis will have a backache and/or numbness or pins and needles in the thighs, legs or feet. The symptoms develop after standing or walking for 5 to 10 minutes and are relieved by sitting or squatting and leaning forward. The narrowing of spinal stenosis is usually caused by the degeneration of degenerative disc disease or osteoarthritis. The physical and spiritual dynamics behind degenerative disc disease is explained on page 543 and osteoarthritis on page 529.

Ankylosing Spondylitis

This disease develops very gradually over months or years with recurring episodes of back pain or back stiffness. The movement of the back is restricted in all directions. The pain sometimes radiates to the buttock or back of the thigh and is thus often misdiagnosed as sciatica. It differs from mechanical back pain in that the pain is present in many areas of the back and on both sides. The pain is the worst early in the morning and is relieved by activity. The lower back is primarily involved, but in some people the upper back and neck is affected the worst. The disease typically progresses over several years from the lower spine upwards until the stiffness affects the whole spine. The bones in the ribs can become involved resulting in chest pain on breathing or difficulty in expanding the chest. The Achilles tendon at the back of the ankle/heel, the bottom of the feet and bones in the hips, knees, elbows or shoulders can also be affected and are

stiff and tender. People with ankylosing spondylitis often experience chronic fatigue because of long term sleep interruption as a result of the pain.

Ankylosing spondylitis is chronic non-bacterial inflammation of the bones in the spine. The physical and spiritual dynamics behind non-bacterial inflammation are fully explained on page 379 under the heading "Introduction". After reading about how and why the non-bacterial inflammation of ankylosing spondylitis developed in that chapter, the next step is to deal with the two spiritual roots behind it:

You have got to be prepared to change the way you think about yourself – you need to choose to see yourself as God sees you. Building a healthy self-esteem starts with learning who you are in Christ and establishing your identity and sense of self worth in Him. The chapter on page 647 will help you with this.

You also have to get the fear, anxiety and stress out of your thought life. Deal with those issues that are robbing you of your peace. Turn to the chapter on page 672.

Ankylosing spondylitis can also be genetically inherited – this is a result of fear, anxiety and self-hatred/a low self-esteem in previous generations of your family tree. If other family members also suffered from ankylosing spondylitis, please turn to the chapter on page 151 which explains more about genetically inherited diseases and how to deal with them.

Skin Disorders

The chapter on page 377 is relevant for infections of the skin such as Candida (a fungal infections) and scabies. Skin rashes caused by Herpes Simplex and Herpes Zoster are explained in the section on viruses on page 600 . The chapter on allergies discusses allergic skin rashes.

Many skin disorders are highly related to the fear of man, including people who blush very easily. We are so afraid of what other people think about us. One of the fastest growing psychiatric disorders in America today is something called "social anxiety". 20 million Americans have been diagnosed with this problem. Social anxiety is the fear of man and what he thinks about you. There is a fear of rejection and fear of failure that comes and an insecurity that doesn't let you feel safe about yourself with others.

Many skin disorders are highly related to the fear of man and what he thinks about you.

Skin disorders can also be a manifestation of a problem with your "covering" which could be for example your father or your husband. This issue of an unloving father and husband is big in disease – it is the foundation of over 70 incurable diseases. I have discussed this in depth on page 45 under the heading "Separation from God's Love". Your covering can also include your leadership in your church or somebody that you work for. When you have a

breach in these relationships, you have fear. This is explained in a discussion on 1 John 4 v 18 on page 189.

Furthermore, your skin will not be in a good condition when you are not looking after your body through healthy eating, exercise and adequate rest. I discuss this issue in part 2 of this book.

Eczema/Dermatitis

The terms "eczema" and "dermatitis" are synonymous. The word 'eczema' comes from the Greek meaning 'to bubble up'. This is a good description of the red, scaly, itchy rash on the skin which can involve papules, vesicles and rarely large blisters. The skin becomes inflamed and dry. It can also crack and bleed. The skin becomes tender and is often complicated by a secondary infection. Eczema is caused by a combination of fear and self-rejection upstream in a person's thought life.

Most of the time eczema is an allergic reaction in the skin. The physical and spiritual dynamics behind allergies is explained in depth in the chapter on page 335.

Eczema is commonly genetically inherited where a person has a genetic predisposition to form excessive amounts of IgE antibodies (I explained the role of IgE antibodies in an allergic reaction in the chapter I've just referred you to). If other family members have also suffered from eczema, I recommend that you read the chapter on "Genetically Inherited Diseases" on page 151.

Apart from an allergic reaction, eczema can also be caused by a yeast infection with *Pityrosporum ovale*. This is characterized by a red scaly rash that classically affects the scalp (dandruff), central face, sides of the nose, eyebrows and central chest. In its milder forms it is the same as dandruff, whereas when severe it may resemble psoriasis. This infection was able to develop because the immune system was weakened as a result of fear, anxiety and stress. This is explained in detail in the chapter on infections on page 377.

In some cases eczema is associated with alcohol excess. If you are struggling with this addiction, the chapter on page 345 is relevant for you.

Eczema can also be caused by repeated rubbing or scratching, as a habit or in response to stress. Common sites in this case include the nape of the neck, the lower legs and anogenital area.

To permanently eradicate eczema, you need to deal with the toxic mindset causing it. The following two chapters will help you:

- "Dealing With Fear, Anxiety And Stress" on page 672.
- "Who You Are In Christ" on page 647 – building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. You need to see yourself as God sees you.

Acne

Acne usually affects the face, shoulders, upper chest and back. It develops primarily in teenagers, but can persist into a person's thirties, especially in females. For many years the medical community believed that acne was just a result of excessive oil production in the skin due to the hormonal surge in puberty. Medical research has now made a very interesting discovery: acne is a fear, anxiety and stress disorder related to peer pressure (fear of man and fear of rejection). Children with acne are afraid of other children. There is a background teaching on how long term fear, anxiety and stress affect the body in general in the chapter on page 178. You need to first read through this to get an understanding of the different stages of stress and the sequence of physical reactions that occur as a result of fear, anxiety and stress in a person's thought life.

Thoughts of fear (in this case fear of man/fear of rejection due to peer pressure) trigger a cascade of electrical and chemical reactions that lead to the release of stress hormones from the adrenal glands on top of the kidneys. These stress hormones (adrenalin and cortisol) increase the secretion of a chemical called histamine. The production of oil in the skin is also increased. Histamine causes inflammation (redness and swelling) by increasing the permeability of the blood vessel walls so that fluid from the blood leaks out of the blood vessels into the surrounding tissue in the skin. There are glands in your skin that produce oil and sweat. The oil and sweat is released onto the outside of the skin via a duct. The swelling caused by histamine and the increase in the amount of oils being produced causes the ducts to become blocked. These blocked ducts then become infected with bacteria (called *Propionibacterium Acnes*) which cause further inflammation and swelling which forms the characteristic pustules of acne.

Acne can also be a side effect of some medical drugs, for example, corticosteroids, lithium, oral contraceptives and anticonvulsants.

The bottom line is if you want to get rid of acne, you have got to get rid of the fear of man.

Proverbs 29 v 25: "The fear of man brings a snare, but the man who leans on, trusts in and is confident in the Lord, shall be safe and set on high."

Your security, identity and sense of self worth should be rooted in who you are in Christ. Your acceptance and approval comes from God, not from man. Turn to page 647.

Psoriasis

Psoriasis is a non-infectious chronic inflammatory disease of the skin. It is characterized by a red rash that has well defined margins, with silvery-white scales. When these scales are scraped off, it reveals a series of small bleeding points. The elbows, knees, lower back, scalp, nails, skin folds under the breast and arm pits and the palms of the hands are commonly involved. The first appearance is often at the site of trauma such as a surgical wound. Psoriasis is an autoimmune disease which means that the body's own immune system attacks and destroys the tissue in the skin. Therefore you need to first read through the chapter on autoimmune diseases on page 329 which has essential background knowledge.

There are two different patterns of psoriasis: The first type develops in teenage or early adult years. In this case it is often genetically inherited. Up to 80% of psoriasis cases can have a genetically inherited component to them. If this applies to you, you also need to read through the chapter on genetically inherited diseases on page 151. The second type of psoriasis only develops when a person is 50 or 60 years old. This is less commonly genetically inherited.

As you read in the chapter about autoimmune diseases, when you attack yourself spiritually with thoughts of self-hatred and a low self-esteem, your brain eventually converts that into a physical reaction. The result is the body attacking and destroying its own body tissue, which in this case is the skin. The damage from the immune system causes inflammation which leads to the redness and swelling. The cells of the immune system also release chemicals that cause the cells in the skin to multiply more quickly; this is why the nails of people with psoriasis grow faster than normal people. Abnormal immature skin cells are formed because the multiplication process is abnormal. These abnormal skin cells are what forms the silvery scales. The life of the skin cells is also shortened from the normal 28 days to about 5 days.

Rosacea

Rosacea is a condition where there is redness and small papules or pustules on the cheeks, nose, forehead and chin. The physical and spiritual dynamics behind rosacea and psoriasis are the same. Rosacea also has an autoimmune component to it and is a result of a low self-esteem, self-hatred, self-rejection, self-condemnation and/or guilt. To understand autoimmune diseases you need to read through the chapter on page 329.

Dealing With Psoriasis And Rosacea

Fear, anxiety and stress in a person's thought life will exacerbate or contribute to the development of psoriasis. If this applies to you – I also recommend that you read through the chapter which explains the effects of long term fear, anxiety and stress on the body on page 178. The chapter on page 672 will help you deal with those issues that are robbing you of your peace.

To be healed of psoriasis and rosacea, you need to renew your mind with the Word and change your thinking concerning how you see yourself. Building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. You need to learn to see yourself as God sees you. When you are thinking correctly in this area, your immune system will recover and function as God originally designed it to. It will attack the true enemy which is harmful bacteria, viruses, parasites, cancer cells etc and will no longer attack its own body tissue. Then the psoriasis and rosacea will disappear. Turn to page 647.

Alopecia (Hair Loss)

Hair loss for any reason is alopecia. The most common form is male pattern baldness which is characterized by a progressive loss of hair from the temples and from the crown of the head. The loss is permanent and occurs without any signs of inflammation.

Diet can play an important role in hair loss. Both men and women have estrogen and testosterone in their bodies, but in different proportions. Women have more estrogen whilst men have about 20 times more testosterone. The proportion of these hormones is greatly influenced by what a person eats. A diet that is high in animal protein will increase the testosterone levels. An excess of testosterone will increase curly chest hair but unfortunately it encourages hair on the head to fall out.

On the other hand a diet that is low in unhealthy fats and animal protein and that consists of predominantly fresh, raw fruits and vegetables will slow the production of testosterone and speed its elimination. In addition to antioxidants, vitamins, minerals and other valuable nutrients, vegetables (especially soybeans and peas) contain plant estrogens (called phytoestrogens) which help normalize the proportion of testosterone to estrogen in the body, which in turn will help you keep that full mane of hair on your head. In this regard it is very important for you to read Part 2 of this book where I explain the principles of healthy eating. Pay special attention to the section under the heading, "Don't Eat Too Much Meat."

Total hair loss can occur in some forms of poisoning such as thallium intoxication or from chemotherapy and radiotherapy treatment for cancer.

Apart from the above scenarios, there is another type of alopecia called "alopecia areata" which is caused by autoimmune damage to the hair follicle. To understand the spiritual and physical dynamics behind this problem, you must read through the following two chapters which have essential background knowledge:

- "Autoimmune Diseases" on page 329.
- "Separation From God's Love" on page 45.

In the chapter on autoimmune diseases I explained that when your thought life is dominated by self hatred and guilt, through the mind-body connection, your body conforms to this image and starts attacking itself physically. Instead of attacking harmful viruses, bacteria and cancer cells, the immune system decides that the hair follicles are the real enemy. The damage from the autoimmune attack results in inflammation and the hair falling out.

The low self esteem, self accusation and guilt in alopecia comes from a lack of nurturing by a father or husband³¹. The men are responsible for the spirituality of their families. It is their job to reflect the Father Heart of God to their wives and children. It is the father who reaffirms his son or daughter's destiny and identity. The Bible says that the woman is the weaker vessel, not because she is inferior but because she was created to be nurtured, loved, covered and protected by something stronger than her, namely the men and they haven't always done a good job at that. As a result you have all this insecurity that is attacking you. You also feel inferior because you compare yourself with other females.

If you want your hair to stop falling out, repent for believing the enemy's lies about who you are and your value and worth. Stop attacking yourself spiritually with thoughts of guilt, a low self esteem and self

hatred. Choose to believe what God says about you. He says that you are special. He put such a high value on you that you were considered worth the life of the King of Kings – His only Son. Building a healthy self esteem comes from knowing who you are in Christ and establishing your identity and sense of self worth in Him. The chapter on page 647 will help you develop a new mindset in this area.

Finally, pray this with me: "In the Name of Jesus I command my follicles to tighten up. I command the hair to stay in place and where growth is needed I release growth into my follicles right now in Jesus' Name."

Alopecia can also be caused by other infections:

- Fungal infections of the scalp (*Microsporum canis* (from dogs and cats) *Tinea Capitis*, *Trichophyton Tonsurans*, *Microsporum Audouini*), Chapter on page 377 explains why infections develop.
- Herpes Zoster viral infection – see viruses on page 600.
- Syphilis and HIV – see page 381.

Alopecia can also be a complication of other diseases:

- Hypothyroidism or hyperthyroidism – see page 589.
- Hypopituitarism (under active pituitary gland).
- Diabetes Mellitus.
- Liver Disease
- Nutritional Deficiency

In this case the alopecia will resolve when you deal with the spiritual root or toxic mindset behind these diseases.

Gynaecological Diseases

Breast Cysts, Ovarian Cysts and Systolic Acne

Systolic acne develops mainly in females on the back. It involves cysts on the skin that erupt. Systolic acne, ovarian cysts and breast cysts are being discussed together here because they have the same spiritual root behind them. People who have breast or ovarian cysts or systolic acne have great bitterness, anger and deep resentment towards their mother, sister or some other female. There are unresolved issues that lead to a break up in relationship between the girl with the condition and another female. There is no fellowship between them, and as a result they have a spirit of grief.

The same spiritual root behind breast cysts is also behind breast cancer. Henry Wright initially saw the connection between breast cancer or breast cysts and bitterness between the woman with breast cancer/cysts and another female just through ministering to thousands of women with this problem. He got involved in their lives and found that all of them had bitterness towards their mother, mother-in-law or sister or some other female. There were two doctors, one in Taiwan and one in Denver Colorado who began to collaborate as Christian doctors. At first they were skeptical about Henry Wright's teaching because he is a pastor. So these two doctors began to go back and look at their case histories to see if there really was a connection in breast cancer/cysts between the woman with the disease and bitterness and strife towards another woman. They came to a startling observation:

People who have breast or ovarian cysts or systolic acne have deep resentment towards their mother, sister or some other female.

- If the cysts or the tumors appear in the left breast, it is an indicator of unresolved conflict and bitterness between the female with the disease and another female who is a blood relative – that would be a mother or a sister or grandmother or an aunt.
- If the tumors or cysts appear in the right breast, it's an indication of unresolved conflict and bitterness between the female with the disease and a non blood relative female – mother-in-law at the top of the list or a woman in the work place or a woman in the church.
- If tumors or cysts appear in both breasts, it is an indication of unresolved conflict and bitterness between that woman with the disease and both sides – blood relative and non blood relative.

I cannot explain this medically but this is holding true in 90% of case histories that have been looked at over the last 10 years. There are exceptions, for example 10% of all breast cancer and breast cysts are genetically inherited.

There has been great success in healing of ovarian cysts, breast cysts and systolic acne when the woman dealt with those issues that caused a breakdown in her relationship with her mother, sister or another female. She had to deal with the grief issue or unresolved conflict through forgiveness and releasing the anger and bitterness. Turn to page 630.

Fibroids (Uterine Leiomyomas)

A fibroid is a growth in the smooth muscle wall of the uterus (medical term is leiomyoma). It is a benign growth which means that unlike malignant cancerous tumors, it does not spread to other parts of the body and is not usually life threatening.

The symptoms that the person experiences depends on the size and location of the fibroid. While some people have no symptoms, others may complain of discomfort, a heavy feeling, backache and/or chronic lower abdominal pain. Fibroids can cause increased blood loss and excessive pain during menstruation, infertility as well as pain during sexual intercourse.

In the chapter on cancer on page 385, I explain the spiritual and physical dynamics that lead to the development of a growth (or tumor). As a general rule of thumb: a cancerous growth that is malignant (i.e. that spreads) is related to bitterness against others. A benign growth, as in the case of a fibroid is related to bitterness against yourself. Revelations 12 v 10 says that the devil is the accuser of the brethren. You have an accusing spirit that has been accusing you to yourself, pulling you down and making you feel guilty. The following chapters will help you:

- "The Day Sanctification Begins" on page 115 – you need to separate yourself from your sin.
- "Forgiveness – A Necessity For Healing" on page 630 – you need to forgive yourself.
- "Who You Are In Christ" on page 647 – you need to build a healthy self-esteem by establishing your identity and sense of self worth in who you are in Christ and by seeing yourself as God sees you.

Endometriosis

It is important for you to first read through the chapter on autoimmune diseases on page 329. Endometriosis is not strictly an autoimmune disease but that chapter has essential background information that you need to be able to understand this disease.

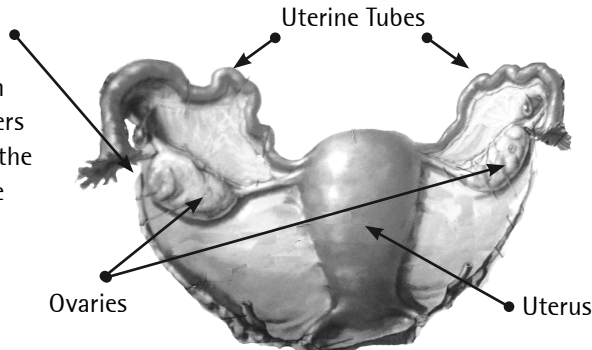
The endometrium is the tissue that lines the inner wall of the uterus (womb). Normally, during a woman's menstrual cycle, the endometrium (under the influence of oestrogen) gradually thickens in preparation for a possible pregnancy. After a sperm fertilizes a female egg and the baby begins growing, it implants into the endometrium in the uterus where it continues to develop. If the woman does not conceive, the endometrial tissue begins to break down and is shed as blood during menstruation each month.

Endometriosis is a disease where the endometrial tissue is present in another part of the body outside of the uterus (womb) such as in the pelvis, abdomen, on the ovaries, bladder, rectum or vagina. The endometrial tissue, which should not be present in these parts of the body, causes damage and inflammation. This causes the body tissues and/or organs such as the bladder and bowel to stick together (adhesion formation). It also can cause stretching or distortion of the ovaries and/or uterine tubes. This results in chronic pelvic pain, abnormally severe pain during menstruation (dysmenorrhea) and pain during sexual intercourse (dyspareunia). Endometriosis can also cause infertility.

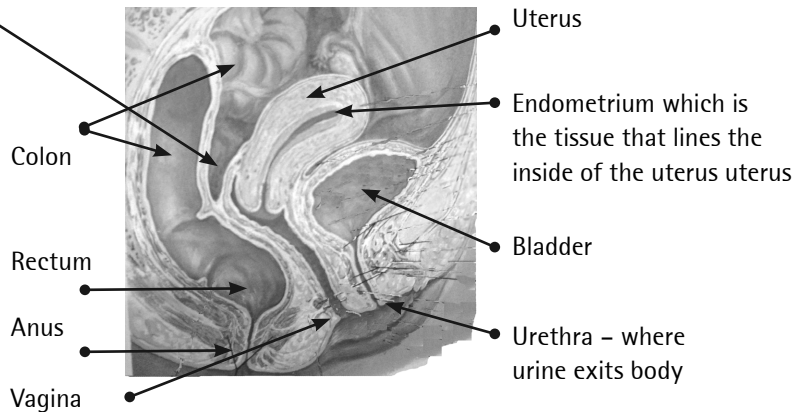
Endometrial tissue has the potential to adhere to other tissues or organs and grow. This does not normally happen because the endometrial cells that land up outside the uterus in the pelvis during menstruation are cleared up by the cells of the immune system. Endometriosis results when the cells of the immune system are dysfunctional and fail to remove the endometrial cells in the pelvis. As a result, the endometrial cells in the pelvis attach to and grow on other body tissue and organs causing the problems/symptoms of endometriosis previously described. Endometriosis is also associated with other autoimmune diseases and is a result of self-hatred and self-rejection in a person's thought life. This is where a woman hates herself and who she is.

Specific Diseases

In 90% of women, during menstruation some blood travels backwards through the uterine tubes and enters the pelvic cavity through the space between the uterine tubes and the ovaries.



The blood that enters the pelvic cavity usually collects in the pouch of Douglas which is the space between the uterus and the rectum. Endometrial cells can also spread to other parts of the body via the blood and lymphatic vessels.



Side View of the Organs in the Pelvis

In Henry Wright's book "A More Excellent Way", there was mention of research that has shown that women who have had an abortion often end up with endometriosis. This may be due to the guilt, condemnation and self-hatred because of the abortion as well as the hormonal interruption because it is not a natural miscarriage.

To be healed of endometriosis, you have got to be prepared to change how you think about yourself. Learning to love yourself and building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him. The chapter on page 647 will help you with this.

Endometriosis is a result of self-hatred in a person's thought life... where a woman hates herself and who she is.

Inheritance plays an important role in endometriosis as there is a seven times higher risk of developing endometriosis in a first degree relative who suffered from endometriosis. Therefore, if other members in your family tree had this disease, you also need to read through genetically inherited diseases on page 151 and deal with it as explained in that chapter.

Lastly, in endometriosis it is possible for tissues and organs in the pelvis and abdomen to be irreversibly damaged. This is where it is necessary to operate in the gift of miracles where you ask God to work a creative miracle and you command the organs and tissue to be made whole and perfect as God created them before the foundation of the world. This is explained on page 122 under the heading "You Can't Always Do It Alone".

Amenorrhea (Absence of Menstruation)

Amenorrhea is a condition where a woman does not have menstrual periods. The importance of amenorrhea is that the woman is not able to conceive and have a baby. There are two types of amenorrhea:

1. Primary amenorrhea which is where a female has not had her first menstrual period by the age of 16 years.
2. Secondary amenorrhea which is the absence of menstruation for 6 months or more in a non pregnant, pre-menopausal woman who previously had normal menstruation.

There is another condition called oligomenorrhea which is where there is an increase in the interval between menstrual periods of more than 35 days (instead of the normal 28 days between each menstrual cycle). The causes behind oligomenorrhea are closely related to secondary amenorrhea.

The cause of primary amenorrhea is usually related to a genetic or developmental defect, for example abnormal development of the uterus and/or vagina. In this case, you need to read through the chapter on genetically inherited diseases on page 151. You also need to ask God to work a creative miracle and restore the genetics, ovaries, uterus and/or vagina back to how He originally created it before the foundation of the world. This is what it means to operate in the gift of miracles. I explain more about this on page 122 under the heading "You Can't Always Do It Alone".

The most common causes for secondary amenorrhea are:

- Polycystic ovarian syndrome.
- Ovarian, adrenal and brain tumors (discussed in chapter on cancer on page 385).
- Destruction of ovaries due to:
- Infection, for example TB (discussed on page 377).
- Autoimmune diseases (discussed on page 329).
- Chemotherapy and radiation.
- Damaged during surgery.
- Hypothyroidism or hyperthyroidism (discussed on page 589).
- Cushings disease.
- Obesity, severe weight loss or anorexia (discussed on page 363).
- Extreme physical exercise, for example marathon runners.

If you have secondary amenorrhea, it is important for you to consult a doctor to exclude the above causes. When the spiritual root behind those diseases is dealt with, your menstrual cycle will normalize.

Toxic thinking patterns of fear, anxiety and stress is a powerful driving force behind amenorrhea.

Many people with amenorrhea have none of the above underlying medical conditions. In this case toxic thinking patterns of fear, anxiety and stress is a powerful driving force behind amenorrhea. Therefore, before reading this section further, it is important for you to read through the chapter on page 178 which has important background teaching on the different stages of stress and how long term fear and anxiety affect your body.

Menstruation occurs under the control of a hormone cycle (involving oestrogen and progesterone) which in turn is under the control of the hypothalamus, the pituitary gland, ovaries and several other hormones, the most important being the thyroid hormones which are released from the thyroid gland. Remember the hypothalamus is the mind-body connection – it is the area of your brain that converts everything that is going on in your thought life into a physical reaction (See picture on page 13). A thought

life dominated by fear, anxiety and stress disrupts the whole sequence of chemical and hormonal reactions in the hypothalamus – pituitary gland – ovary pathway, resulting in amenorrhea.

In his ministry Henry Wright has dealt with many people who suffered from amenorrhea. He has noted that when women who had not menstruated for years dealt with fear, anxiety and stress in their thought life, return of their menstrual cycle was one of the first fruits of their healing. When your menstrual cycles are restored, you feel better about yourself because your hormone levels are correct. To be healed of amenorrhea, you have need to deal with those issues that are robbing you of your peace. The chapter on Page 672 will help you with this.

Miscarriages

Before reading through this section on miscarriages, you need to first read through the chapter on page 151 which has essential background knowledge that you need on genetically inherited diseases.

A miscarriage is often a very messy and painful experience from both a physical and emotional standpoint. The devil is often right there hammering the woman over the head with guilt, condemnation, shame and an overwhelming sense of failure. After reading through this section you may realize that you didn't do things the way they were supposed to have been done but you need to release yourself from that in Jesus' Name. You need to release yourself from any guilt and shame surrounding previous miscarriages because when Jesus died on the cross He took your guilt and shame. Romans 8 v 1 says that **there is now no condemnation for those in Christ**, who live according to the spirit and not according to the flesh. I ask you to please forgive yourself, if you are holding yourself guilty for any reason. If you had a bad experience with doctors where there were wrong decisions, negligence or malpractice involved, it is very important for your sake that you forgive them. You may even have to forgive God because you feel that He is to blame for what happened or that He let you down. I explain more about forgiveness in the chapter on page 630.

If you have had a miscarriage, do not allow the devil to use this information as an accusation to bring you under condemnation

Before you read this section on miscarriages, I must emphasize right at the start that if you have had a miscarriage, please do not allow the devil to use this information as an accusation to bring you under judgment and condemnation. Furthermore, if you get into offense, it will blind you to the truth in the principles that I want to share. The problem is that as Hosea 4 v 6 says, we perish for lack of knowledge. Therefore I have to teach these principles. I can't avoid telling you the truth because it may upset you. The information in this chapter is intended to reveal the plans and strategies of the enemy so that he can no longer rob you through your ignorance. This knowledge when applied can prevent further miscarriages in your life and in future generations of your family tree.

If you lost a child through a miscarriage, I do believe that the devil robbed you, but that doesn't mean that God is not able to heal and restore you in a way that He wants to. If you still have deep, festering wounds in the depths of your soul concerning a previous miscarriage, I recommend that you deal with it through ministry. You need a pastor or somebody who is walking close with God to pray over you. You may need deliverance from the spirit of death, the spirit of guilt, an accusing spirit and/or ungodly grief. You need to break the power of it in the Name of Jesus so that it no longer affects your mind and body. There is a grief that is a God ordained way of dealing with loss but there is also an ungodly grief that is like the superglue of hell that binds you to the past and prevents you from moving forward into the future and taking hold of all God has for you.

Paul said in Philippians 3 v 13 – 14: “One thing I do [it is my one aspiration]: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal to win the [supreme and heavenly] prize to which God in Christ Jesus is calling us upward.”

In the first trimester (i.e. the first 12 to 14 weeks of pregnancy) the most common cause for a miscarriage is chromosome abnormalities and genetic defects. Not all male sperm and female eggs are pure because of the flow of iniquities in the family tree that cause genetic defects. And there is no guarantee that every human, Christian or otherwise is going to figure out all their sins and iniquities to prevent a bad conception. When there is an abnormality in the genetics that prevents the fetus from being able to develop further, the pregnancy becomes non-viable.

When the body realizes that a pregnancy is no longer viable, it expels the fetus in the form of a miscarriage. A miscarriage is God's way of protecting the woman. If that fetus which is no longer viable dies in the womb and stays there, it will rot, become toxic, poison her body and eventually kill the woman. God is bigger than sin and thankfully He designed the body to expel a non viable fetus that should no longer be there. That is of God. However the cause behind the miscarriage is not of God – that is of the devil.

When it comes to miscarriages that occur in the second trimester (i.e. 14 to 28 weeks of pregnancy), latest medical research has found that there is autoimmune activity in the mother that causes the cells of the immune system to attack and damage the umbilical cord. Your immune system is the army of cells in your body that was designed by God to protect you from harmful viruses, bacteria, parasites, fungus, toxins and cancer cells. When the cells of your immune system see these harmful substances floating around in your blood stream and body tissues, they go and kill or remove them, thus helping to protect you from getting sick and keep you healthy. However, whatever goes on in your thought life, your brain converts into a physical reaction. When you attack yourself spiritually through thoughts of guilt, condemnation, self-hatred, self-rejection, self bitterness and/or a low self-esteem, the immune system is redirected to attack your own body tissues, while ignoring the true enemy which is viruses, bacteria, cancer cells etc. When you are attacking yourself spiritually in your thoughts, a spirit of infirmity comes and it alters the biogenetic character of the cells of the immune system so that they take on an assignment of the devil

and go on a mission of destruction. Thus the immune system, which was originally designed by God for your good (protection against infections, cancer etc) begins to cause disease in your body (I explained autoimmune diseases in more detail on page 329).

In this case, the cells of the immune system decide that the umbilical cord is the true enemy and they begin to attack it, causing inflammation and swelling. Within the umbilical cord are blood vessels that transport oxygen and nutrients that the baby needs to grow and stay alive. When there is swelling in the umbilical cord as a result of autoimmune damage,

the pressure from the swelling blocks off the blood vessels. As a result no oxygen and nutrients gets to the baby, and this leads to the baby's death. Once again, when the body realizes that this pregnancy is no longer viable because the fetus is dead, a miscarriage ensues. God is the One Who made the body expel the dead fetus to protect the woman, as I explained previously. However what made the fetus die is not of God – it was the damage done by the immune system that became defective as a result of guilt upstream in the person's thought life. Whenever you see the immune system not functioning as God designed it to, and attacking and destroying its own body tissue, it has been found that without exception there is varying degrees of self-hatred, self-rejection, self disapproval, a low self-esteem, guilt and/or condemnation in the person's thought life. The person is in conflict with themselves spiritually and psychologically.

Further second trimester miscarriages can be prevented by dealing with guilt and condemnation. Blaming yourself and holding yourself guilty about miscarriages in the past can cause more miscarriages in

Blaming yourself and holding yourself guilty about miscarriages in the past can cause more miscarriages in the future.

the future. they have been able to stop miscarriages in ministry – when women have had symptoms of miscarriages such as spotting – because of ministry and application of this knowledge, they were able to stop the spotting.

There are several case reports of women who were able to have a baby after years of multiple miscarriages through dealing with the roots behind it. One woman had miscarried every year for 14 years, and this included two sets of twins. She had had multiple medical illnesses including Systemic Lupus Erythematosus (which is also an autoimmune disease) and a severe allergic condition called multiple chemical sensitivity and environmental illness. God healed her of all her diseases and they just assumed that she would fall pregnant. However she continued to miscarry again and again. Do you think she was struggling with her identity after losing so many babies? Definitely. Henry Wright who ministered to her, asked her “You lost children for 14 years. Do you blame yourself for that and do you have guilt concerning losing that many children?” The minute he said that, she just began to weep because he had just identified her enemy. Henry and his wife ministered to her and removed the accusing spirit and the spirit of guilt. After that she conceived very quickly and today they have a son and she never miscarried again. She never miscarried again after 14 years!

There are also other causes of miscarriages. For example:

- Sexually transmitted diseases such as syphilis – I have written more about sexually transmitted diseases on page 381.
- Bacteria called Chlamydia and mycoplasma – this could also be a result of sex outside of marriage or as a result of a compromised immune system due to fear, anxiety and stress. I explained the physical and spiritual dynamics behind bacterial and parasitic infections on page 377.
- Viral infections such as cytomegalovirus – viruses are discussed in the chapter on page 600.
- Protozoa such as toxoplasma – see the chapter on infections on page 377.
- The mother may have a congenital abnormality in her uterus that makes it impossible for the uterus to support a pregnancy. This can be diagnosed by a doctor who performs an ultrasound which enables the uterus to be visualized. For example a woman may have a uterine septum that mainly consists of scar tissue. When the fetus is developing, the placenta will not be able to grow on this scar tissue. As a result the fetus will not get an adequate blood supply of oxygen and nutrients. Thus the fetus will die and be expelled in a miscarriage. This is a genetic defect due to inherited iniquity. I explained how to deal with genetically inherited defects in the chapter on page 151. In the case of a physical abnormality in the uterus, you can operate in the gift of miracles where you, in faith, ask God to work a creative miracle and restore your uterus to how God originally created it before the foundation of the world. I have explained more about the gift of miracles on page 122 under the heading “Sometimes You Can’t Do It Alone”.

Understandably women who have had miscarriages may be struggling with a sense of inadequacy in themselves and in their identity. However your identity and sense of self worth does not come from having children, it should come from who you are in Christ. Therefore I recommend that you read through the chapter on page 647 which has an extensive teaching about building a healthy self-esteem based on who you are in Christ and seeing yourself as God sees you.

PMS, Menopause And The Hormone Roller Coaster

The symptoms of PMS and menopause are related to the fluctuations of the hormones oestrogen and progesterone. Every woman knows who rides the month long wave of shifting hormones that these small chemical components of our blood take us on quite a roller coaster ride. However there is a lot that

you can do to smooth this hormonal journey. The hormones circulating through our bodies are powerfully affected by our thinking and eating patterns.

Oestrogen and progesterone is produced by the ovaries, under the control of the pituitary gland in the brain, which in turn is under the control of the hypothalamus (area of the brain which is the mind-body connection i.e. which is responsible for translating our thought life into a physical reaction). This hormone cycle can be disrupted by long term fear, anxiety and stress, **including the fear of or expectation of symptoms** (see Job 3 v 25). In this regard, I recommend that you read the following chapters in this book:

- "How Long Term Fear, Anxiety and Stress Affects The Body" – page 178
- "Dealing With fear, Anxiety and Stress" – page 672

A more key factor in PMS and menopause is nutrition. Whilst menopause is a "hot topic" for women in the Western world, it seems less "hot" for Chinese women in the East. Monthly periods and menopause are a normal part of life, but God did not intend them to be a living hell. There are populations of women in China who do not experience difficult symptoms in menopause and the difference is their diet.

Women who have a typical western diet have higher oestrogen levels than Chinese women. Many researchers suspect that the unpleasant symptoms of menopause are caused by the degree that the oestrogen levels fall. In other words, if the oestrogen levels are not so high to begin with, their fall is a lot shorter and therefore the woman will experience fewer symptoms⁶⁵.

The high levels of oestrogen are a result of a diet high in meat, chicken and dairy products. These foods contain foreign oestrogens and other growth hormones which are fed to animals to increase their weight and production so that the industries who sell them make a greater profit. Those oestrogens are absorbed into our blood stream when we eat these animal products with resultant harmful effects on the body. These raised oestrogen levels in the body not only set the stage for difficulties with menstrual periods and menopause but they increase the woman's risk of breast cancer.

Chinese girls only start menstruation when they are 15 to 19 years old. This is significantly later than women on a typical western diet who begin puberty as early as 10 to 12 years old. Diets high in animal products which are pumped with growth hormones hasten the start of menstruation by accelerating growth. When a woman starts menstruating too early it puts her at risk of breast and cervical cancer.

A diet low in unhealthy fats and animal products and high in raw fruits, vegetables, legumes and grains will stabilize your hormone levels and cycles, and you will not have the difficult and unpleasant symptoms associated with menstrual periods and menopause. In this regard I highly recommend that you read through part 2 of this book where I explain healthy eating habits based on Scriptural principles in depth. Pay special attention to the section under the heading, "Do Not Eat Too Much Meat" on page 255.

Many plant foods such as soy products and beans, contain phyto-estrogens (plant oestrogens) such as genistein which binds to oestrogen receptors in the breast and endometrium, "locking out" the bad oestrogens associated with disease. Furthermore they also provide a natural and gentle source of oestrogen as the women's oestrogen levels drop during menopause.

Infertility

Infertility is defined as the inability of a couple to conceive after unprotected intercourse for a period of 12 months or more. Infertility can be caused by a number of factors, some of which are listed below:

- Damage to male or female reproductive organs by surgery, radiation or infection. Infection is the most common cause of infertility and is often the result of a sexually transmitted disease. I have discussed sexually transmitted diseases on page 381.
- Diseases of the ovaries such as polycystic ovarian syndrome.
- Endometriosis (page 554).
- Hyperthyroidism and hypothyroidism (page 589).
- Liver and kidney problems.
- Autoimmune diseases where antibodies damage and destroy the sperm (autoimmune diseases are explained on page 329).
- Infertility can be inherited either spiritually or physically in the form of chromosome abnormalities or abnormal development of reproductive organs. Upstream in the generations it could be a genetic defect coming out of a curse due to abortions. There could be a curse in the family tree when the mother or father did not like the gender of the child that was born. If other members of your family tree had infertility problems, you need to read about genetically inherited diseases on page 151 and deal with it as explained in that chapter.
- Sexual problems (discussed on page 563) such as impotence and retrograde ejaculation (semen flows backwards into the bladder instead of forwards during ejaculation).

A doctor will need to do several tests to investigate the exact physical cause behind your infertility. If the infertility is the result of another medical illness such as those mentioned above, when the spiritual root behind that specific disease is dealt with, your fertility will most likely return as you are healed of that disease. Apart from the above mentioned medical conditions, a thought life dominated by fear, anxiety and stress is a powerful driving force behind infertility. Therefore it is very important for you to read through the chapter on page 178 which has essential background knowledge on the different stages of stress and how long term fear, anxiety and stress affects your body.

In order for your fertility to be restored, you have got to be prepared to get the fear, anxiety and stress out of your thought life. The chapter on page 672 will help you with this.

A thought life dominated by fear, anxiety and stress is a powerful driving force behind infertility.

Many of the above mentioned medical conditions that cause infertility also have a component to them that involves a low self-esteem, self-hatred, self-rejection, guilt and/or condemnation. If after an honest inspection of your own heart, you find that these thinking patterns are in any way a part of your thought life, I recommend that you also work through the chapter on page 647. Building a healthy self-esteem starts with knowing who you are in Christ, establishing your identity and sense of self worth in Him and learning to see yourself as God sees you.

Lastly, if there is an inherited genetic defect, abnormally developed reproductive organs or irreversible physical damage behind the infertility, it is necessary to operate in the gift of miracles where you ask God to do a creative miracle and you command the reproductive organs and chromosomes (genes) to be made whole and perfect just as God created them before the foundation of the world. This is explained further on page 122 under the heading "You Can't Always Do It Alone".

A word of caution: When you in faith start believing God for a baby after dealing with the spiritual roots behind infertility, be careful that you don't become overly concerned and focused on falling pregnant. When you are trying really hard to get pregnant – do you know that that is fear and anxiety which will shut down the ability to fall pregnant? It is an old cliché but what you literally have to do is release it and "Let go and let God."

Infertility can and has been cured by God when His conditions for healing are met. However, you have the responsibility to deal with the spiritual roots behind the cause of the infertility. Take this promise as your own:

Psalm 113 v 9:

"He makes the barren woman to be a homemaker and a joyful mother of [spiritual] children. Praise the Lord!"

Sexual Problems

Impotence and Frigidity

Impotence

Definition: Impotence, also known as erectile dysfunction, is defined in the medical field as the inability to produce or maintain an adequate erection which enables vaginal penetration and successful intercourse. Impotence can also involve ejaculatory failure, premature ejaculation or inability to achieve orgasm.

Impotence is another silent epidemic. A recent medical statistic indicated that impotence affects up to 40% of men in America. Isolated incidences of failure of erections or inability to maintain an erection are common. This is not erectile dysfunction and is usually related to factors such as fatigue, flu, alcohol abuse, lack of privacy or tension.

An erection is achieved by a complex mechanism involving nerves, blood vessels, smooth muscle in the penis, hormones (testosterone) and chemicals called neurotransmitters in the brain. Impotence can develop if anyone of these structures is damaged. Impotence can be caused by physical diseases or psychological problems or both.

Impotence is another silent epidemic. A recent medical statistic indicated that impotence affects up to 40% of men in America.

Some physical causes of impotence include:

1. Damaged nerves

- Parkinson's Disease
- Alzheimer's disease (page 438)
- Multiple Sclerosis (page 440)
- Strokes (page 436)
- Brain tumor or trauma (page 385 and 416)
- Alcoholism (page 345)
- Vitamin deficiency
- Damage to nerves by Diabetes mellitus (page 579)
- Amyloidosis (amyloidosis is related to self-hatred, self-rejection, a low self-esteem, self-condemnation and/or guilt).

2. Hormone Abnormalities

- High levels of the hormone prolactin which is produced by a tumor in the pituitary gland.
- Excess levels of the hormone estrogen, for example due to liver disease (liver failure or liver cirrhosis).
- Hyperthyroidism or hypothyroidism.

3. Blood vessels and heart – impotence can be an early symptom of a silent heart problem if it is caused by an abnormality in the blood vessels. In this case the person may get a heart attack within 6 to 12 months. An example is damaged blood vessels due to diabetes or atherosclerosis (deposits of cholesterol on the walls of the blood vessels which eventually blocks the blood vessel). High blood cholesterol levels, cigarette smoking, high blood pressure, damage done by radiation (x-rays) and injuries to the groin can increase the risk of damage to blood vessels which could result in impotence.

4. Other diseases

- Kidney Failure
- Cirrhosis of the liver
- Diabetes Mellitus – as many as half of men with diabetes mellitus develop impotence within 6 years of the onset of diabetes.
- Severe depression

5. Trauma

- Trauma to the spinal cord.
- Damage to nerves during surgery (especially surgery on the bladder, rectum or prostate).
- Fracture of the pelvis.
- Direct trauma and injury to the penis.

6. Medication – check the package insert or ask your local pharmacist if impotence is a possible side effect of any chronic medication you are taking. Some examples are:

- Diuretics (water pills) often used to treat high blood pressure.
- Beta blockers for example atenolol – also used to treat high blood pressure.
- Spironolactone – used to treat high blood pressure.
- Certain antidepressants.
- H-2 blockers such as Cimetidine used to treat stomach ulcers.
- Finasteride which is used in the treatment of benign prostatic hypertrophy.
- Antipsychotics.
- Anti-anxiety drugs such as diazepam.
- Sedatives.
- Addictive drugs such as alcohol, methadone and Heroin.

If a man has impotence caused by one of the above medical conditions, when the spiritual root behind that disease is dealt with, the impotence will most likely also fall away. In the case of damage done by trauma, you simply need to pray the prayer of faith to ask God to heal you. You also need to operate in the gift of miracles where you need to ask God to work a creative miracle by restoring the nerves, blood vessels and tissue that was irreversibly damaged. I explain more about this on page 122 under the heading “Sometimes You Can’t Do It Alone”.

From early childhood right through to his eighties, a man normally has several erections whilst sleeping. The purpose of this is to increase blood flow to the penis to oxygenate the tissue. If a man has good early morning and nocturnal erections, the nerves, blood vessels and penile tissue is intact and it is more likely a psychological problem than a physical abnormality that is causing his impotence. Even if his impotence is caused by an underlying physical abnormality, because a man's masculinity is strongly tied up in his ability to satisfy his wife sexually, if he is not able to produce an erection on demand, intense psychological problems may follow. Apart from the above mentioned medical conditions that cause impotence

(which need to be excluded by consultation with a doctor), erections can be suppressed by fear, anxiety and stress in a person's thought life which comes from a lack of self-esteem and self-rejection. Fear of sexual competence, marital conflict and guilt because of misconceptions that sex is wrong or dirty can also contribute to impotence. Similarly premature ejaculation is related to anxiety in the sexual situation and unreasonable expectations about performance.

The chapter on page 178 has a detailed teaching on the different stages of stress and how long term fear and anxiety affects your body. I explained in that chapter how thoughts of fear and anxiety lead to a whole cascade of chemical and electrical reactions resulting in high levels of stress hormones that cause damage to the body. At the centre of the mind-body connection is the **hypothalamus** which is the area in the brain that translates everything that is going on your thought life into a physical reaction.

Erections can be suppressed by fear, anxiety and stress in a person's thought life which comes from a lack of self-esteem and self-rejection.

The parasympathetic nervous system causes the blood vessels in the penis to dilate (enlarge) and swell with blood which is what produces an erection. Ejaculation occurs under the control of the sympathetic nervous system. The effects of the parasympathetic nervous system are opposite to the effects of the sympathetic nervous system i.e. the two nervous systems counteract each other. The parasympathetic nervous system and the sympathetic nervous system are controlled by the **hypothalamus**. When your thought life is dominated by fear and anxiety, your body is put into stage 2 and 3 of stress. In this toxic state, the hypothalamus sets in motion an imbalance between the sympathetic and parasympathetic nervous systems. There is a misfiring of the nerves that takes place and the sympathetic nervous system is over active. The sympathetic nerves cause the blood vessels in the penis to constrict (become small or narrow) which then restricts the flow of blood to the penis so that it cannot swell. As a result an erection cannot occur. The misfiring of the sympathetic nerves can also cause a premature ejaculation.

A man's fear of erectile failure can be compounded with each further attempt, eventually causing a "self fulfilling prophecy". As Job said in **Job 3 v 25 – 26: "For the thing that I greatly feared has come upon me."** Fear can set in motion the very thing that we are afraid of. The fear of erectile failure can lead to a vicious circle of performance anxiety → self criticism → lack of concentration → loss of erection → heightened fear of performance failure.

The devil knows that if he can control your thought life by setting up toxic thinking patterns of a low self-esteem, self-rejection, self criticism and fear in your mind, he can cause impotence. He also knows that there is then no way you can function sexually unless you take a drug. Now enters the sorcerer, otherwise known as your friendly local pharmacist (I explained pharmacy and it's relation to sorcery on page 74). Viagra (Sildenafil) is the drug of choice that is most often prescribed by doctors for impotence. It works by stimulating the release of nitrous oxide which is a chemical that causes the blood vessels to dilate so that the penis fills with blood and an erection results. The problem with Viagra and other medical treatments for impotence is that it does not deal with the root problem, it just "sweeps it under the rug" and you are chemically manipulated into a false sense of peace. As long as you take the drug you can function sexually but in your heart you still have that underlying low self-esteem, self-rejection and fear. Therefore even while you are on the drug you still do not feel satisfied, just more tormented.

It's ok to take medication for a short period of time to help you but it certainly does not solve the problem. God does not want you artificially maintained and manipulated by medical drugs, He wants you to sort out your thought life, which is the root of your problem so that you can be free from impotence permanently. Impotence is not the problem – your thought life is the problem. Impotence is merely a symptom of your toxic thought life.

Frigidity or Sexual Dysfunction in the Female

Frigidity is impotence in the female. A frigid woman is sexually cold and unresponsive. Frigidity also refers to any form of female inadequacy ranging from inability to achieve orgasm to any degree of sexual response considered unsatisfactory by either the woman or her partner.⁵⁴

Medical illnesses that impair the function of nerves such as diabetes mellitus and multiple sclerosis can prevent normal sexual arousal. Infection and inflammation of the vagina (vaginitis for example due to candida infection), endometriosis and infection and inflammation of the uterus and ovaries may inhibit sexual function because of pain during intercourse. Debilitating diseases such as cancer and heart prob-

lems can also indirectly inhibit a woman's sex life. When the spiritual root behind the underlying disease is dealt with, the sexual problems will most likely resolve.

However, in the majority of cases, failure of a normal sexual response in a female is due to fear, anxiety and stress in her thought life because her self-esteem and sense of self worth has been devalued. The misconception that sexual satisfaction is wrong or that sex is dirty, feelings of guilt and shame about promiscuity or previous psychologically traumatic events such as rape, incest or unwanted pregnancy can also

Failure of a normal sexual response in a female is due to fear, anxiety and stress in her thought life because her self-esteem and sense of self worth has been devalued.

be contributing factors. She may have a low self-esteem because she does not feel physically attractive, especially if she has had surgery such as a mastectomy (breast removed due to breast cancer) or is grossly over weight. Anxiety, depression, exhaustion, marital strife and conflicts in relationships can all lead to failure of the woman to be able to respond sexually on a physical level (vaginal lubrication etc does not occur). The underlying stressor behind a woman's sexual dysfunction needs to be identified and dealt with, primarily through getting rid of those old negative mindsets in her thought life and renewing her mind through accepting the truth of God's Word in her life.

Dealing with Sexual Problems in Marriage

It's a Beautiful Thing

In Proverbs chapter 5 God gives beautiful, positive instruction on how a couple's sexual needs are to be fulfilled, satisfied and enjoyed with great delight through union in marriage.

Proverbs 5 v 15 and 18 – 19: "Drink from your own well my son – be faithful and true to your wife. Let your manhood be a blessing; rejoice in the wife of your youth. Let her charms and tender embrace satisfy you. Let her love alone fill you with delight." (Living Bible)

Amplified Bible: "Drink waters out of your own cistern [of a pure marriage relationship], and fresh running waters out of your own well. Let your fountain [of human life] be blessed [with rewards of fidelity], and rejoice in the wife of your youth. Let her be as the loving hind and pleasant doe [tender, gentle, attractive] – let her bosom satisfy you at all times, and always be transported with delight in her love."

The wife is referred to symbolically in this scripture as a well or a cistern and in other translations "fresh running water" or a "fountain". The beautiful parallel is between a person's thirst being satisfied by drinking cool, fresh water and a husband and wife's sexual thirst being satisfied by regular sexual union in marriage. The sexual relationship, within the boundaries of marriage, is a beautiful, pure, sacred, God-

given gift designed to provide you with great pleasure and fulfillment and is to be enjoyed with uninhibited freedom. The book of the Song of Solomon as well as other scriptures describes in vivid language the physical delight in the union of the bodies of married lovers (Song of Solomon 6 v 1-10 and 7 v 1-9). Your heavenly Father is interested in your sexual life being totally fulfilling for both you and your mate.

John 10 v 10: "The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)."

Satan hates the purpose of sex because its ultimate expression is new life. The Lord consistently commands us to choose life, and within the intimacy of the marriage bed is the seed and the incubator for new life to continue developing in your relationship and union with your mate, even after bringing babies into the world. Satan hates marriage and he wants to destroy the intimacy and fruitful happy unions of life-giving couples. If the devil can succeed in destroying a marriage, he can destroy a family. In orchestrating the breakdown of families, he can destroy a nation. There are more married couples who have sexual problems than there are those who are able to enjoy the sexual union with uninhibited freedom.

The sexual relationship, within the boundaries of marriage, is a beautiful gift designed to provide you with great fulfillment and is to be enjoyed with uninhibited freedom.

Satan's Abuse and Distortion of Sex

Hebrews 13 v 4: "Let marriage be held in honor (esteemed worthy, precious, of great price and especially dear) in all things. And thus let the marriage bed be undefiled (kept undishonored); for God will judge and punish the unchaste [all guilty of sexual vice] and adulterous."

Satan has taken this pure and beautiful sexual union in the marriage relationship and attempted to cheapen, misuse and distort it through practices such as adultery, fornication, homosexuality, lesbianism, bestiality, sexual abuse (molestation and rape) and pornography. There are other causes for impotence and frigidity which were mentioned previously in this chapter, but sometimes psychological and physical sexual problems within marriage are a direct result of these sexual sins. God designed a complete, satisfying sexual relationship within certain boundaries. This is because He loves you and knows what is best for you. He designed you and knows how you are wired physically, emotionally and spiritually. Sex has commonly been compared to fire: Fire in a fire place brings warmth and comfort. However fire outside the boundaries of the fireplace, such as in the middle of the lounge carpet, brings destruction and ruin. Similarly, God warns us not to distort or misuse sex outside the boundaries of marriage that He has set. The consequences of un-repentant sexual sin are severe:

Proverbs 6 v 32: "But whoever commits adultery with a woman lacks heart and understanding (moral principle and prudence); he who does it is destroying his own life."

Proverbs 6 v 20 – 29: "20My son, keep your father's [God-given] commandment and forsake not the law of [God] your mother [taught you]...23For the commandment is a lamp, and the whole teaching [of the law] is light, and reproofs of discipline are the way of life, 24to keep you from the evil woman, from the flattery of the tongue of a loose woman. 25Lust not after her beauty in your heart, neither let her capture you with her eyelids. 26For on account of a harlot a man is brought to a piece of bread, and the adulteress stalks and snares [as with a hook] the precious life [of a man]. 27Can a man take fire in his bosom and his clothes not be burned? 28Can one go upon hot coals and his feet not burned? 29So he who co-habits with his neighbor's wife [will be tortured with evil consequences and just retribution]; he who touches her shall not be innocent or go unpunished."

When you have sex outside of marriage, you open yourself up to terrible consequences that are both physical (in the form of disease) and spiritual (evil spirits are given access to you and your body). When you

have sexual intercourse with somebody outside of marriage, whatever garbage they are carrying spiritually is transmitted into you.

1 Corinthians 5 v 18 – 20: **“¹⁸Shun immorality and all sexual looseness [flee from impurity in thought, word or deed]. Any other sin which a man commits is one outside the body, but he who commits sexual immorality sins against his own body. ¹⁹Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, ²⁰You were brought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body.”**

If you have sex outside of marriage, you might not get HIV but there are more than 60 known diseases that are transmitted sexually; the chance that you will get at least one of them is excellent. These diseases do not always manifest immediately (so you'll think you got away with it) but they flare up years down the line. The ultimate consequence of sex outside of marriage is death. For example, viruses such as hepatitis B and C are transmitted sexually. These viruses cause inflammation, cirrhosis, cancer and eventually destruction of the liver, which leads to death. Interestingly, a link has been observed between liver cancer and men who have been heavily into pornography. Jesus said that if you lust after a woman in your heart, you are guilty of adultery. **Matthew 5 v 28:** **“But I say to you that everyone who so much as looks at a woman with evil desire for her has already committed adultery with her in his heart.”**

Proverbs 7 v 10, 21–23: **“¹⁰And behold, there met him a woman with the attire of a harlot and a crafty heart...²¹With her much fair speech she caused him to yield, with the flattering of her lips she forced him. ²²He goes after her straight away, as an ox goes to the slaughter, or as a fool to the correction of the stocks; ²³till a dart strike through his liver; As a bird hastens to the snare, And he does not know that it is for his life.”** (KJV)

Marriage is no longer held in honor by the world but God instructed us in Hebrews 13 v 4 to esteem marriage as worthy, precious and of great price, and to keep the marriage bed pure. There is nothing worse than that low level pain and internal heaviness when we know we are not living in right relationship with God. Sexual sin outside of marriage causes both the man and woman to become laden with guilt. As I mentioned previously, guilt together with a low self-esteem and anxiety are toxic thinking patterns that

can affect your body by causing you not to be able to function properly sexually. It also destroys your soul oneness with your mate and robs you of full enjoyment of the marriage relationship. In a woman, sex outside of marriage or promiscuity can lead to nymphomania (insatiable sexual desire) or frigidity (lack of or decreased sexual desire). The corresponding effects in a man would be satyriasis and impotence.

If you have been involved in immoral sexual sin outside the boundaries of marriage, this is going to have to be dealt with before you can expect healing of impotence, frigidity or other sexual problems. There is no need to be filled with guilt, shame and condemnation, remember that Jesus died on the Cross to pay the price for that sin also. You simply need to confess your sin and with deep conviction, repent from the heart.

Psalm 51 v 17: **“My sacrifice [the sacrifice acceptable] to God is a broken spirit; a broken and a contrite heart [broken down with sorrow for sin and humbly and thoroughly penitent], such, O God, You will not despise.”**

1 John 1 v 9: **“If we [freely] admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought and action].”**

Marriage is no longer held in honor by the world but God instructed us to esteem marriage as precious and to keep the marriage bed pure.

Accept God's forgiveness and leave the filth, guilt and shame at the cross and move on to enjoy the abundant life and marriage that God intended for you in all its beauty and fullness. As Jesus said to the adulterous woman in **John 8 v 11: "Go and sin no more."**

Warped Ideas of Love, Sex and Marriage

Sexual problems can develop as a result of the husband or wife having a warped idea of sex coming from childhood experiences. For example if you asked your parents the very normal question, "Where do babies come from?" Their reply may have been, "Shush, good boys and girls don't ask such questions. When you are older you will learn about such things." Their attitude may have lead you to believe that there is something wrong with where babies come from and you never spoke to your parents about that subject again. You may have gotten the rest of your sexual education in an atmosphere of secrecy, causing you to feel sex is dirty rather than a beautiful God given expression of love. There are many other ways that the devil will try to present sex to you as dirty, but as I explained previously, sex was God's idea. God is the One who put a strong sexual drive in men and women. Every good and perfect gift is from God (James 1 v 17). Unless perverted and misused outside of the boundaries of marriage, sex is a beautiful, pure, sacred God-given gift. It is holy in God's sight. Proverbs 30 v 18 – 19 lists several things that are too wonderful to explain and one of them is **"the way of a man with a maid."**

Unfortunate experiences such as molestation or sexual abuse may have made you feel dirty and full of shame. There are some women who will not allow their husbands to see their naked body because they feel so ashamed. The negative mindsets that stem from abuse can cause frigidity and impotence. If you have been through the tragic experience of sexual abuse, I strongly recommend Joyce Meyer's book "Beauty for Ashes". This book provides powerful insight into dealing with the wounds of sexual abuse. She was sexually abused by her father as a child. In her book "Help Me I'm Married", Joyce Meyer shared part of her testimony about her sexual abuse and how through obedience to God's Word and renewing her mind in this area, she was eventually set free. I share her story here because there are many others who have severe bondages and obstacles in their sexual relationship in marriage because of past abuse. What God did for Joyce Meyer, He can do for you.

In her early married life, Joyce used to have a bad attitude towards sex. Although her physical body would respond fairly well, she would dissociate herself in her mind from the situation. She said that she would endure whatever she needed to, but she didn't participate. She would just lie there like a dead fish with the attitude, "Here I am; do whatever you have to do, but don't expect me to get involved." In frustration Joyce Meyer asked God, "When am I ever going to get anything out of this?" God's answer to her was, "When you decide to put something into it." Many women have a similar passive attitude that is destroying their ability to enjoy intimacy with their husbands. They procrastinate doing the right thing because it seems too hard to overcome the problems and negative mindsets from their abusive pasts and are not willing to put in the effort to do what it takes to heal.

Some people who were abused in the past retaliate on their spouse when it is not their fault. God showed Joyce that her emotional reaction to her husband in the bedroom was a result of her abusive past and she needed to let go of those old patterns of thinking and renew her mind according to the God's Word and His view of sex. As Joyce trusted in God to restore her sexually and as she grew in the knowledge of the Word, God began to convict her of areas that needed to be changed. For example, in her childhood, in order to survive her father's abuse, she had learnt to pretend that it was happening to somebody else. She had trained herself to not mentally participate in the sex act. She then carried this mental habit of fantasizing that it wasn't happening to her into her marriage with her husband. Once God had helped her overcome imagining that she wasn't even in the room with her husband, He began to deal with her about the fact that she always kept her eyes shut so she wouldn't see anything. It was initially very hard for her to step out in obedience when the Holy Spirit said to her, "Now it's time to open your eyes." She also strugg-

gled to walk in obedience when the Lord first instructed her to take the initiative and approach her husband to let him know that she wanted to make love. She learnt to pray her way through her wrong ideas of sex, for example that it was dirty and that the angels and the Holy Spirit went and hid when she and her husband made love. One day the Lord said to Joyce, "Now, why don't you leave the lights on tonight." God kept encouraging her to step out in obedience, rather than just doing what she felt like doing. She had to die to self, allow her flesh to be crucified with Christ and accept God's truth in her life. There were times when she went through agony while trying to obey God and get rid of the bondage in her soul from the

abuse that she experienced in childhood. There were many times when she allowed her husband to make love to her simply out of obedience although she was hurting so bad emotionally that the tears would run down her face. Once in a while her husband would notice her crying and would want to know what was wrong. She would tell him that she was just trying to obey God but was having a hard time doing so. However as she continued to obey God, follow His direction and renew her mind, little by little God walked her out of bondage and brought her to the place where she could enjoy her sex life.

Will you have the courage to trust God and renew your mind according to His original plan concerning the beauty and purity of the sexual union in marriage?

Eventually Joyce's obedience brought victory, freedom and a great reward. She is a living witness and proof that it pays off to do it God's way. Will you have the courage to trust God and renew your mind (change your thinking) according to His original plan concerning the beauty and purity of the sexual union in marriage? Your flesh will most probably feel the pain as you are getting free from those old negative mindsets that held you in bondage; but know that your heavenly Father can heal those wounds in the depths of your soul and give you beauty for ashes. Jesus said in **Luke 4 v 18** and **Isaiah 61 v 1-3** **"The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good news to the meek, the poor and the afflicted; He has sent me to bind up and to heal the brokenhearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound. To proclaim the acceptable year of the Lord [the year of His favor]... To grant [consolation and joy] to those who mourn, to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened and failing spirit – that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified."**

It doesn't matter how many times you go up for prayer or how many hours of counseling you sit through, you are only going to be set free when you renew your mind and change your way of thinking concerning your sexual relationship in marriage. There is no quick fix – it takes courage, hard work and determination along with God's grace and the help of the Holy Spirit to develop new mindsets and get rid of the old ones. Everybody's problems are different, but God knows what it is going to take to overcome them. He has a personalized plan for you as an individual on how to bring restoration and healing in your sex life. However, you have got to be willing to listen for God's direction as He reveals negative mentalities that need to be dealt with. God is the One Who will bring the healing, but the responsibility of renewing your mind is yours. When you start trusting God to heal you and set you free, He will begin revealing to you little changes that you need to make a little bit at a time. If you will simply and systematically agree to obey God, He will walk you out of every bondage you have until you are enjoying your marriage in all the beauty and fullness that God originally intended. But you will never get free until you are willing to do what He tells you to do each step of the way.

Philippians 3 v 13 – 14: "...One thing I do [it is my one aspiration]; forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal to win the [supreme and heavenly] prize to which God in Christ Jesus is calling us upward."

Men are from Mars, Women are from Venus – So Communicate!

Sometimes a wife is not satisfied sexually because her husband doesn't understand her...and vice versa. Even though sexual success is mostly a result of your thought life and attitude, it also in part depends on your mate's education. You have got to communicate your needs and what pleases you to your mate. There are several differences between a man and a woman sexually, and an important part of our medical training was to teach patients with sexual problems about this. For example, a man is usually stimulated sexually by sight, but a woman is not. Should a man watch his wife undress for bed, he may be sufficiently aroused for intercourse while the wife is simply ready for bed. A man is like a light switch where he can be aroused in an instant and it can be over just as quickly as it began. However a woman is like two hundred candles – it takes a long time to light her up, but then she stays burning for a lot longer. In other words a woman is not as quickly aroused as a man and needs tender words, soft touch and a longer love play in a romantic atmosphere.

Furthermore, a man and a woman may differ in sexual response after a marital conflict. The man's way of saying "Please forgive me and allow me to show you how much I love you" would be to have sexual intercourse. However the wife would prefer to be reassured of his love with tender words and caresses before being ready to make love. Also, sex can serve as a tranquilizer for a man, calming him down and enabling him to go to sleep. When a woman is exhausted, the last thing she wants is sex. However I would like to say to the women that God's plan for marriage is greater than your "feelings". Tiredness is not an acceptable excuse for withdrawing from your spouse. When you are too upset with your husband to have sexual union with him, it is most important to lovingly offer yourself to him at that time than ever before. Obedience is one of your most powerful weapons against the tempter. When the two of you come together in intimate union in obedience to God's plan for your marriage, you are submitting to God and resisting the devil's temptation to withhold what God has encouraged you to give. You are telling the devil that you are keeping your promise to each other and ignoring his attempts to steal your power of agreement with each other.

The devil works so hard at perverting and destroying the sexual union in the marriage relationship because he knows the power of the bond of agreement that sex was designed to bring between a husband and wife. He heard Jesus say in **Matthew 18 v 19: "Again I tell you, if two of you on earth agree (harmonize together, make a symphony together) about whatever...they may ask, it will come to pass and be done for them by My Father in heaven."**

Strife opens the door to the devil and every evil work (James 3 v 16) but peace, unity and agreement is a powerful weapon of spiritual warfare against the devil. Two people in agreement will have a prayer life that births miracles and makes tremendous power available, dynamic in its working.

A Mighty Weapon in Spiritual Warfare

This is a revelation that I got from the teaching of Joyce Meyer: There is something tremendously powerful in the sexual union between a husband and wife who love each other. It reseals the marriage covenant and closes the door to the devil. This beautiful and sacred union derails any progress the devil may have been making to bring separation and division. In essence, making love to your spouse is power-

When you are too upset with your husband to have sexual union with him, it is most important to lovingly offer yourself to him at that time than ever before.

ful spiritual warfare that will prevent spiritual attacks and the fiery darts of the enemy shot against your marriage. When you feel the desire for your spouse, be sensitive to that prompting as it is the Lord letting you know that there is a need for you to come together. Rather than making up excuses, step out in obedience to the Lord's leading. There is always a great price to disobedience and in this case, you will miss the opportunity to divert an attack from the enemy upon you or your marriage. Joyce Meyer spoke of two occasions where she chose to ignore the clear prompting of the Holy Spirit and made up excuses to not obey His leading such as being too tired and not having enough time. The very next day on both occasions where the Lord had spoken to her in advance, something happened that was an obvious attack from the enemy. God reminded her of what He had said to her the night before saying, "I told you so."

Let Him Be Saturated by Your Love

It is important for a woman to realize that a man's masculinity is strongly tied up in his ability to satisfy her sexual needs. A powerful force behind impotence can be a man's fear and anxiety about his wife rejecting his sexual advances or not being able to adequately meet her needs. Therefore it is important for a wife to support him by showing her confidence in his sexual ability through word and action. One translation of Proverbs 5 v 19 says that the man must be enraptured or saturated by his wife's sexual love. The woman must give the man the unmistakable impression that she can hardly wait to enjoy sexual union with him. Watch your words ladies – be careful that they are not critical, cutting, sarcastic or that they imply in any way that your husband's sexual abilities are inferior or inadequate for you. A man's impotence is not always a physical problem, sometimes it is a nagging and bickering wife who has devalued his masculinity by not allowing him to be the leader, king and priest of his home.

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A man's impotence is sometimes due to a nagging wife who has devalued his masculinity by not allowing him to be the leader, king and priest of his home.

Proverbs 21 v 9: "It is better to dwell in the corner of a housetop [on the flat oriental roof, exposed to all kinds of weather] than in a house shared with a nagging, quarrelsome and faultfinding woman."

Furthermore, ladies, never be guilty of using sex as a weapon, for example to get something that you want from your husband or to punish him for arguments or wrongdoing. When you put a price tag on your sexual relationship by withholding your body in this way, you are making a prostitute of yourself because you are selling your body to your husband in exchange for something you want.

1 Corinthians 7 v 4 – 5: "For the wife does not have [exclusive] authority and control over her own body, but the husband [has his rights]; likewise also the husband does not have [exclusive] authority and control over his body, but the wife [has her rights]. Do not refuse and deprive and defraud each other [of your due marital rights], except perhaps by mutual consent for a time, so that you may devote yourselves unhindered to prayer. But afterwards resume marital relations, lest Satan tempt you [to sin] through your lack of restraint of sexual desire."

If abstinence in marriage becomes habitual it is sometimes difficult to approach each other again. If you consistently reject your spouse sexually, it will quickly tear down his/her self-esteem, sense of self worth and feelings of attractiveness and desirability.

Be Secure in Who You Are in Christ

Part of your healing from sexual problems is going to have to involve you changing your mindset concerning how you think about yourself. Building a healthy self-esteem starts with knowing who you are in

Christ, establishing your identity and sense of self worth in Him and learning to see yourself as God sees you. I recommend that you work through the chapter on page 647 which has an extensive teaching on this. Deal with those issues that are robbing you of your peace. On page 672 is a chapter which will help you to deal with fear, anxiety and stress.

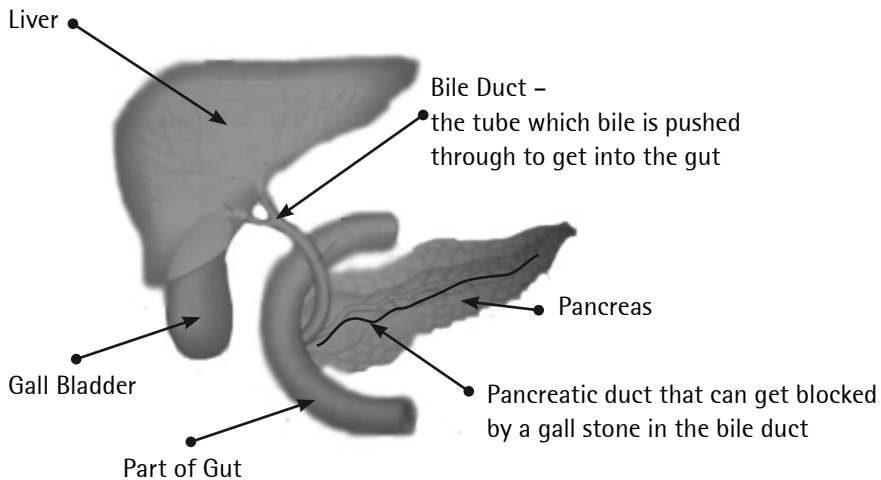
Only Prayer Can Produce Intimacy

Lastly, if you are lacking intimacy, closeness and oneness in your marriage relationship, consistently pray together on a daily basis. My grandparents have been married for 60 years and they are just as much in love today as they were when they first got married. According to them, this is the most valuable advice for any marriage – pray together. You see, sex is merely an expression of intimacy but it does not produce intimacy. Only prayer can produce intimacy.

Gall Stones and Pancreatitis

More than 80% of gall stones are formed by an excess of cholesterol. Therefore to understand how gall stones develop and the spiritual root behind it, you need to first gain a background understanding of high cholesterol which is explained on page 474.

Now that you have a background on cholesterol, let's understand what the gall bladder is normally used for: The liver makes bile from cholesterol. Once the liver has made the bile, it stores the bile in the gall bladder. The gall bladder is situated under your liver, on the right side of your body, just under your rib cage. When you eat, nerves and other hormones stimulate your gall bladder to contract and the bile is pushed through a tube (called the bile duct) into your gut. Once in your gut, bile helps digest fat and cholesterol so that it can be absorbed into the bloodstream.



The liver also removes excess cholesterol by putting it into the bile in the gall bladder. When the gall bladder contracts and the bile is squirted into the gut, the cholesterol is removed from your body with your stools when you go to the toilet. If you put salt in a glass of water it would dissolve. If you were to carry on putting salt in the glass of water, eventually a point will be reached where the salt will no longer be able to dissolve. This is because there is too much salt in the glass of water and as a result the salt just falls to the bottom of the glass without dissolving. This is exactly what happens when there is too much cholesterol in the gall bladder. Eventually there is so much cholesterol that it can no longer dissolve in the bile. The result is that cholesterol forms clumps in the gall bladder – in other words gall stones. As I mentioned above, **the great majority (about 80%) of gall stones are caused by an excess of cholesterol. The spiritual root is low self-esteem, self-hatred, self-condemnation and anger towards yourself concerning a specific issue or issues in your life.**

The cause of the other 25% of gall stones is an excess of pigments (a pigment is a colored chemical) in the gall bladder. An example of a pigment in your body is haemoglobin (a red pigment) which makes up part of your red blood cells. Haemoglobin carries oxygen in your blood stream. Certain diseases cause

break down and destruction of red blood cells (haemolysis). This can be caused by autoimmune diseases where the immune system destroys the red blood cells. Your immune system is the army of cells in your body that were created to protect you from harmful viruses, bacteria, parasites, fungus, toxins and cancer cells. When the cells of your immune system see these harmful substances floating around in your blood stream and body tissues, they kill or remove them, thus helping to protect you from getting sick. However, whatever goes on in your thought life, your brain converts into a physical reaction. When you attack yourself spiritually through thoughts of self-hatred, self-rejection and self bitterness, the immune system is redirected to attack your own body tissues, while ignoring the true enemy which is viruses, bacteria, cancer cells etc. Thus the immune system, which was originally designed by God for your good (protection against infections, cancer etc), begins to cause destruction and disease in your body. (Autoimmune diseases are discussed in more detail on page 329). One of the ways in which autoimmune diseases cause damage in your body is by attacking your red blood cells and causing them to break down. When your red blood cells break down, the red pigments (haemoglobin) which were inside the red blood cells are released into the blood stream in excessive amounts. The liver removes this pigment from your blood stream and tries to get rid of it by putting it into the bile in the gall bladder, just the same as cholesterol. However when there is too much pigment in the gall bladder, it cannot dissolve in the bile anymore. The result is the pigments form clumps in the gall bladder, thus forming gall stones. The spiritual root in this case is the same as the cholesterol gall stones – a low self-esteem, self-hatred and self-rejection.

Break down of red blood cells (haemolysis) can also be as a result of inherited diseases (e.g. sickle cell anemia, spherocytosis and elliptocytosis). As explained in the chapter on cholesterol, your genes in your DNA contain instructions on how to make each of the different parts of your body. In genetic diseases, the genes are defective and as a result the instructions on how to make a specific part of your body are muddled up. In diseases causing break down of red blood cells, the gene which has instructions on how to make red blood cells is defective. The resultant muddled up instructions lead to the production of abnormal red blood cells with the wrong shape. One of the normal functions of your spleen is to remove worn out, old red blood cells. However, when your spleen sees these abnormal red blood cells – it thinks that they must be worn out and it removes them from the blood stream and breaks the red blood cells down. The result is that a large amount of the red pigment, haemoglobin (that was inside the red blood cells) is released into the blood. The liver removes this excess pigment from your blood and attempts to get rid of it by putting it into the bile in the gall bladder. When there is too much pigment in the gall bladder, it cannot dissolve in the bile anymore. As a result the pigments form clumps in the gall bladder and gall stones are formed.

This can also result from a defect in the gene that has instructions on how to make various enzymes that are needed for the normal function of red blood cells (Glucose 6 phosphate dehydrogenase, pyruvate kinase and pyrimidine 5' nucleotidase). The result of this gene defect is that not enough of these enzymes are produced → the red cells can't function properly → they break up releasing a lot of pigment into the blood → this leads to gall stones as explained above. If there are other family members in generations before you that had a problem with gall stones, it is important for you to read the chapter on genetically inherited diseases on page 151. In this case, where healing is concerned, you not only need to repent of your sins, but the sins of your fathers also. This is all related to self-hatred.

However, **most of the time gall stones from excess pigments are a result of bacterial and parasite infections**, especially malaria. (Other common infections leading to pigment gall stones include E.coli, Clonorchis sinensis and ascaris lumbricoides). **This is where the second spiritual component of gall stones comes in which is fear, anxiety and stress.** Before reading this section any further, I recommend that you gain a background understanding of how long term fear, anxiety and stress affects your body – please turn to page 178.

A thought life dominated by fear and anxiety puts your body into stage 2 and 3 of stress. In this toxic state, the hypothalamus in your brain stimulates the production of large quantities of stress hormones.

One of these stress hormones is cortisol, which in excessive quantities, directly kills and prevents the production of the different cells of the immune system. As a result the immune system is damaged and you have no defense against parasites and bacteria. Malaria results in the break down of red blood cells (by the spleen), with a resultant release of a large amount of the pigment haemoglobin, which was inside the red blood cells. The excess pigments lead to gall stones, as explained above. Other bacterial infections lead to an excess in another type of pigment in the gall bladder called bilirubin. An excess of bilirubin leads to gall stones the same way that an excess in cholesterol or the red pigment haemoglobin does.

Most gall stones are a mixture of cholesterol and pigments. Whatever the cause, this is all traced back to self-hatred, self-condemnation, self-rejection as well as fear, anxiety and stress in your thought life.

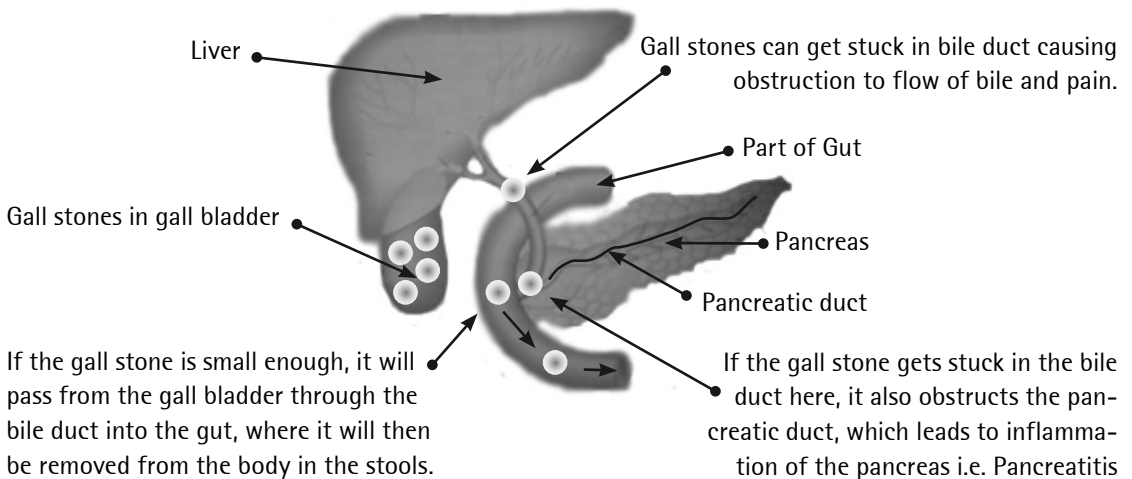
Stage 2 and 3 of stress alters the way in which the central nervous system processes sensory information coming from the organs in your body. The nerve that stimulates your gall bladder (called the vagus nerve) is told what to do by the central nervous system, which is under control of the hypothalamus in your brain. Remember the hypothalamus is the area in your brain that translates your thoughts into a physical reaction. When you have long term fear, anxiety and stress in your thought life, the hypothalamus alters the way in which the central nervous system functions. This results in the central nervous system sending 'wrong instructions' to the vagus nerve that stimulates your gallbladder, causing it to malfunction of "misfire". Misfiring of the vagus nerve causes abnormal contraction of the gall bladder. The gall bladder does not contract very well which leads to slow, sluggish flow of the bile. When the bile flow is slow and sluggish, cholesterol and pigments begin to accumulate and this is another factor leading to the formation of gall stones. The gall stones exacerbate the slow flow by physically obstructing the flow of bile.

Another problem with sluggish flow is that it predisposes the gall bladder to infection. A river that is running fast is healthy to swim in because the water is clean. A still deep river that is hardly flowing at all allows diseases such as bilharzias and the eggs of mosquitoes that cause malaria to settle there. The principle is the same in the human body: When flow of bile is sluggish, infection soon sets in and you end up with cholecystitis (inflammation and infection of the gall bladder). You are also predisposed to infection because of a weakened immune system by stress, as previously explained. This infection can lead to long standing (i.e. chronic) inflammation in the gall bladder even in the absence of gall stones.

Most of the time gall stones do not cause any symptoms. However in 10% of cases they result in complications, for example:

- They can obstruct the flow of bile, leading to slow sluggish flow with subsequent infection (cholecystitis) as I have already explained.
- The pain of gall stones is either due to inflammation and infection of the gall bladder (cholecystitis) or because of what is called biliary colic. When the gall stone (or stones) is small, it can pass through the bile duct into the gut. It is then passed out of your body in your stools. When the gall stones are large, they get stuck in the bile duct. This blocks the flow of bile and the pressure in the gall bladder and bile duct builds up. This stretches the gall bladder, causing inflammation and pain, which is what biliary colic is. The pain is felt in the upper, middle part of your abdomen (70% of patients) or in the right upper part of your abdomen (20% of patients). It can radiate to the upper middle part of your back between your shoulder blades or your shoulder. Less commonly the pain can be in the left upper part of your abdomen or the lower part of your chest. The pain is typically of sudden onset and lasts for about two hours. The pain comes and goes. If the pain lasts continuously for more than six hours, this suggests a complication has developed such as cholecystitis or pancreatitis (inflammation of the pancreas).

Specific Diseases



Gall stones are also sometimes associated with intolerance to fatty foods and indigestion. When the gall stones get stuck in the bile duct and obstruct the flow of bile, this can lead to an accumulation of the bile pigment bilirubin. The excess bilirubin can be deposited in body tissues, causing jaundice which is yellow discoloration of the eyes and skin.

If you have gall stones, my advice to you is to get rid of that self-hatred, self-rejection and anger towards yourself as fast as you can: Not only to avoid the complications of gall stones (which leads to surgery where your gall bladder is removed), but the other serious complications that you read about in the chapter on cholesterol. Jesus died to give you an abundant life (John 10 v 10). God wants you to enjoy who you are. A healthy self-esteem comes from understanding who you are in Christ, and learning to see yourself as God sees you. The chapter on page 647 will help you with this. You also need to remove fear, anxiety and stress from your thought life – see page 672.

Pancreatitis

Pancreatitis is a complication of another underlying problem. Over 90% of pancreatitis is caused either by gall stones or alcohol abuse. In both cases the spiritual root is very similar – they both involve a low self-esteem and self-hatred. If you drink alcohol a lot (binge drinking or long term alcoholism), the relevant chapter for you to read is "Addictions" on page 345. Otherwise if you hardly ever drink alcohol, then the cause for your pancreatitis is most likely gall stones, and you need to read the information on gall stones above.

Some rare causes of pancreatitis include:

- Medical investigations such as ERCP and angiography.
- Trauma – for example a stab wound or the ends of a bicycle hand bar that physically damaged the pancreas.
- Damage after surgery.
- Medical drugs, for example thiazide diuretics (water pills), azothioprine and sodium valproate (an anti-epileptic drug).
- Viral infections (especially mumps) and scorpion venom.
- Metabolic – high levels of fat (hypertriglyceridaemia) and calcium in the blood.

The normal functions of the pancreas are:

- Metabolism of carbohydrates – the pancreas produces insulin when there are high levels of sugar (glucose) in the blood. Insulin removes the glucose from the blood and stores it in body tissues. The pancreas produces glucagon when the blood sugar levels are too low. Glucagon stimulates the liver to release more sugar and fats into the blood stream.
- The pancreas also produces an alkaline juice which contains water, sodium, potassium, bicarbonate and digestive enzymes (amylase, lipase, trypsin etc). The pancreatic juice is released into the pancreatic duct, from where it flows into the gut, to help digest the food you eat (see the picture of the pancreas and the pancreatic duct on the previous page).

Pancreatitis is caused by injury to the pancreatic duct resulting in the digestive enzymes being exposed to the pancreas tissue. These enzymes cause damage, inflammation, bleeding and in severe cases death of the pancreatic tissue:

As illustrated in the picture on the previous page, gall stones can block the bile duct as well as the pancreatic duct. This leads to reflux of bile up the pancreatic duct, which impairs the flow of the pancreatic juice. This then results in an accumulation of digestive enzymes in the pancreas, which then damage the pancreatic tissue.

Alcohol makes the pancreatic juice more viscous (thick). This leads to the formation of protein plugs that block the pancreatic duct, impairing the flow of pancreatic juice. This results in an accumulation of the digestive enzymes which then cause damage to the pancreatic tissue.

A person with pancreatitis has pain in the upper, middle part of the abdomen that can radiate to the back. The pain is typically eased by leaning forward or getting onto all fours. Some people experience pain in one or both loins and gain relief by lying on one side. Sometimes the pain is brought on by eating, especially fatty foods. Application of heat brings relief. The person also has severe nausea and vomiting. When the pancreatitis has been present for a long time, the person loses a lot of weight (because of mal-absorption and not eating properly due to pain). The person's stools become pale, they have an abnormally offensive odor and float on water (this condition is called steatorrhea which is due to fats not being absorbed in the gut).

There are serious life threatening complications that can occur in pancreatitis. There is a very high price to pay for not loving yourself. Therefore my advice to you is to get rid of that self-hatred, self-rejection and anger towards yourself as fast as you can. Jesus died to give you an abundant life (John 10 v 10). God wants you to enjoy who you are. A healthy self-esteem comes from understanding who you are in Christ, and learning to see yourself as God sees you. The chapter on page 647 will help you.

Diabetes Mellitus

To help you understand diabetes and the spiritual root behind it, I need to first explain how the metabolism of sugar (called glucose) normally works. In humans the blood glucose levels are tightly regulated and maintained within a narrow range. Glucose is the source of energy for the cells in your body and your organs, especially your brain. Your body obtains glucose from the food you eat. The glucose in your food is absorbed into your blood stream through your gut wall. The blood circulates throughout the body and the cells and organs take the glucose they need from the blood for energy. Some of the excess glucose is stored in the liver (as glycogen) and the rest is stored in the muscle and body fat. When you have not eaten for a while the glucose levels in the blood begin to steadily drop as it is used up by the cells in the body. The body must not let the blood glucose levels drop too low because it will cause serious problems, some of which are listed in the table below:

Problems and Symptoms Caused by Low Blood Sugar

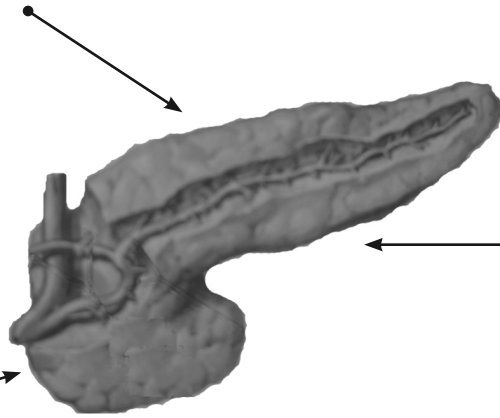
Nausea and hunger	Drowsiness and confusion	Abnormal heart rhythm
Fatigue, poor quality of sleep, morning headaches (like a hangover) and vivid dreams or nightmares.	Inability to concentrate	Heart attacks and strokes
Mood changes such as tense-tiredness, irritability and anger.	Speech difficulty	A drop in body temperature
Pounding heart, trembling and anxiety	Inco-ordination	Black outs which can cause car accidents for example.
Sweating	Convulsions and brain damage	Coma
Headache	Intellectual decline	Death

Therefore as soon as the glucose levels in the blood begin to drop, alpha cells in the pancreas release a hormone called glucagon. Glucagon signals the liver, muscles and fat to release the stored glucose back into the bloodstream. This returns the glucose levels in the blood back to normal.

After a meal, there is a steep rise in the glucose levels in the blood. The body must not allow the glucose levels in the blood get too high because that also causes problems (i.e the symptoms associated with diabetes which will be explained later on). Therefore beta cells in the pancreas release a hormone called insulin in response to the steep rise in glucose levels in the blood after a meal. Insulin sends a message to the liver to stop releasing glucose into the bloodstream. Insulin also signals the muscle and fat in the body to take up the excess glucose in the bloodstream, and put it into storage. The removal of the excess glucose by the muscle and body fat restores the blood glucose levels back down to normal. This is how the blood glucose levels are tightly regulated and maintained within a narrow range. When these regulatory mechanisms malfunction, you develop diabetes.

The pancreas plays a key role in tightly regulating the levels of glucose in the blood: When the glucose levels are too high – for example after a meal – the pancreas releases insulin. Insulin causes the blood sugar levels to drop. When the blood glucose levels are too low – for example when you haven't eaten for a long time – the pancreas releases glucagon. Glucagon causes the blood sugar levels to increase.

The pancreas is made up of 2 different kinds of cells – alpha cells and beta cells. The alpha cells in the pancreas produce glucagon. The beta cells in the pancreas produce insulin. In diabetes the beta cells are damaged or destroyed – therefore the pancreas is not able to make enough insulin.



This is what your pancreas looks like – it is situated in your abdomen, behind your stomach. The pancreas is in between the spleen which is on the left and the liver which is on the right.

Diabetes Mellitus

There are two different types of diabetes:

- **Type 1 (Insulin-dependent diabetes)** – this normally develops in young people (less than 40 years old). Here the pancreas does not produce enough insulin so the person needs to have insulin injections.
- **Type 2 (Non-insulin-dependent diabetes)** – this normally develops in older people (over 50 years old). Here the pancreas is producing enough insulin but the insulin does not work properly (reasons are explained later).

The amount of people developing diabetes is rapidly rising. In the year 2000 there were approximately 150 million people world-wide with diabetes and this has doubled by the year 2009. The amount of children developing type 1 diabetes under 5 years has doubled in the last 20 years. Type 2 diabetes is also developing at a younger and younger age.

Diabetes is a disease characterized by high levels of glucose (sugar) in the blood because of either a deficiency of insulin or because insulin does not work properly. The high levels of glucose cause the person to feel tired, fatigued, irritable and apathetic. The large amount of glucose in the blood leads to large amounts of glucose being filtered out of the blood by the kidneys into the urine. Glucose has the effect of drawing water with it (osmosis) as it is filtered by the kidneys. Therefore the urine has large amounts of glucose and water in it. This causes the bladder to fill up quickly and this is the reason why diabetics have to go to the toilet more frequently than others. Because a lot of water is lost in the urine, a diabetic is thirsty all the time.

Insulin is needed to help the body cells remove the glucose that they need from the blood. In diabetes, there is a paradox which is aptly described as "starvation in the midst of plenty" because there are high levels of glucose in the blood but the body cells are starving. This is because they are unable to access the glucose due to the lack of insulin. Because the body cells are starving, they end up using the protein in muscle for energy, which is why diabetics have wasting of their muscles. The body fat is also broken down for energy and as a result some diabetics lose a lot of weight. The breakdown products of the fat are released into the bloodstream. The liver converts the breakdown products of fat into a substance called ketones. Ketones are acidic and they cause a diabetic's breath to smell sweet. The high levels of sugar in

the blood and the high levels of ketones (which cause the blood to become too acidic) impair the functioning of the brain – this results in the person slipping into a coma (called a diabetic ketoacidotic coma).

A person with diabetes has an increased susceptibility to infections because the immune system is weakened. As a result, diabetics often have problems with bladder infections, boils, candida in the genital area and itchiness of the genitals.

Diabetes can develop as a side effect of certain drugs: for example corticosteroids, thiazide diuretics (used to treat high blood pressure) and phenytoin (used in the treatment of epilepsy). Thus if you are taking chronic medication – check the package insert to see if diabetes or “impaired glucose tolerance” is a possible side effect. Why are you taking chronic medication? What is the spiritual root behind that disease? Deal with it so that you can be healed from that disease and no longer need the drug.

Type 1 Diabetes

To understand the spiritual and physical dynamics behind type 1 diabetes, you need to first read the following chapters which have essential background knowledge:

- “Separation From God’s Love” on page 45.
- “Autoimmune Diseases” on page 329.
- “Genetically Inherited Diseases” on Page 151.

In type 1 diabetes, there is deep, deep self-hatred, guilt and bitterness that came out of a father’s rejection. It can develop in females that were damaged by a husband, or by a man in general.³¹ It can also be inherited. The man is responsible for the spiritual welfare of his family (see Ephesians 5 v 22 – 25). It is the father, not the mother, who reaffirms identity and destiny into a child. The father is responsible for his daughter and his son’s self-esteem and sense of self worth and value. It is the father’s job to reflect the Father heart of God to His family and they have not always done a good job at that.

I explained in the chapter on autoimmune diseases that when you attack yourself spiritually through thoughts of self-hatred, self-rejection and self bitterness, the immune system is redirected to attack your own body tissues, while ignoring the true enemy which is viruses, bacteria, cancer cells etc. Thus the immune system that was originally designed by God for your good (protection against infections, cancer etc), begins to cause destruction and disease in your body. Type 1 diabetes is an autoimmune disease where the immune system attacks, damages and eventually destroys the beta cells. As a result the pancreas cannot produce enough insulin. The shortage of insulin results in an insufficient amount of glucose being removed from the blood after a meal. The result is high levels of glucose in the blood and this is what diabetes is. The high levels of glucose in the blood are also toxic to the cells in the pancreas, destroying the pancreas even further.

In type 1 diabetes, there is self-hatred, guilt and bitterness that came out of a father’s rejection.

It can develop in females that have been damaged by a man.

The destruction of the cells of the pancreas by the immune system takes place slowly and gradually over many years. High levels of glucose in the blood and the typical symptoms of diabetes occur only when 70 to 90% of the beta cells of the pancreas have been destroyed. In the past, doctors tried to replace the damaged pancreatic tissue with transplants of pancreas tissue from other people. This did not work because the transplanted pancreas tissue was also destroyed by the immune system. The only way to stop this from happening is to deal with the spiritual root behind diabetes.

Type 1 diabetes is associated with other autoimmune diseases, including thyroid disease, celiac disease, Addison’s disease, pernicious anaemia and vitiligo.

Approximately one third of cases of type 1 diabetes are genetically inherited. Over 20 different defects in different genes have been found that result in the development of type 1 diabetes. As I explained in the chapter on genetically inherited diseases: genetic diseases involve a structural abnormality in the strands of DNA in the genes. Your DNA is made up of genes. Your genes are inherited from your father and mother. Each gene has specific instructions for how to make a specific part of your body. For example, you have a gene that has instructions to make your eyes blue or green or brown. You have another specific gene that has instructions to make you a certain height (short or tall). Everything that determines the way you look and your whole body make up comes from an instruction manual which is encoded in your genes. When these genes become defective, the instructions are muddled up and the result is the formation of a defective part of your body that does not function properly and hence the development of various diseases.

This is what happens in genetic defects in diabetes: Your immune system normally protects you against infections by killing off harmful germs such as viruses, bacteria, parasites and fungus. One type of cell which is part of the immune system is dendrites. Dendrites are like policemen. When they find a germ, they "arrest it and put handcuffs on it". They then take these germs to the lymph nodes where cells called T lymphocytes (T cells) are present. When the T cells see that the dendrites have found harmful germs, the T cells multiply and tell the B cells to produce antibodies. The T cells and antibodies then go and kill the harmful germs that the dendrites have found. The genetic defects in diabetes results in an abnormal or defective part of the dendrites being formed (HLA class II molecule). The result is that instead of capturing true harmful germs, the dendrites take pieces of the pancreas to the T cells, telling the T cells that the pancreas is the enemy. The T cells and antibodies then go and attack and destroy the pancreas tissue and this is what an autoimmune reaction is – the body attacking itself. Because the pancreas is damaged by the attack from the immune system, it cannot produce enough insulin. The shortage of insulin leads to diabetes as previously explained.

There is also evidence that in some cases, certain viral infections can cause an autoimmune reaction that leads to destruction of the pancreas with resultant diabetes (type 1 or type 2). Evil spirits are behind viruses – this may sound ridiculous to you but a very logical basis for this is explained on page 600. Self-hatred, self-rejection, self-condemnation, guilt and/or a low self-esteem allows an unloving spirit to come in, for example in the form of viruses that cause the body to attack and destroy its own body tissue. When you are attacking yourself spiritually through thoughts of self-hatred, the body ends up attacking itself physically. Type 1 diabetes can be caused by the Cocksackie B4, mumps, rubella, cytomegalovirus and Epstein-Barr virus.

These viruses trigger autoimmune tissue injury by putting certain proteins on the surface of the pancreas. Normally the immune system recognizes harmful substances such as bacteria by the foreign proteins that are on their surface. When the viruses put foreign proteins on the surface of the pancreas, the immune system thinks that the cells of the pancreas are foreign cells. As a result the immune system attacks the pancreas, damaging and eventually destroying it. When the pancreas is damaged from the autoimmune attack, it can't make enough insulin. The shortage of insulin leads to diabetes.

There has been tremendous success in seeing type 1 diabetes healed when the issues behind it were dealt with. Your healing has to begin with learning to receive God the Father's love and you may need ministry in this area as I explained on page 51 in the section I initially referred you to. This also involves releasing bitterness and forgiving your father or the man who hurt you. The chapter on page 630 will help you in this area.

Secondly, it is vital that you develop a healthy self-esteem. This comes from knowing who you are in Christ and establishing your sense of self worth and identity in Him. You need to change your thinking concerning how you see yourself and learn to see yourself as God sees you. Who God the Father says you are is more important than what your earthly father said about you. The chapter on page 647 which will

help you with this. When you learn to love yourself, your new thinking patterns will be converted into a physical reaction, which this time is healthy. Your immune system will recover and begin functioning as God originally designed it to, and will no longer attack and destroy its own body tissue.

Lastly, damage done to the pancreas is often irreversible. A creative miracle by God and ministry is needed to restore this type of damage. In the Name of Jesus you need to command the immune system to stop attacking the pancreas and operating in the gift of miracles you need to speak a new pancreas into being. For example: "In the Name of Jesus I speak to the cells of the immune system and command you to stop attacking the pancreatic tissue! Father I ask you for a creative miracle in the pancreas in the Name of Jesus – pancreatic tissue be formed now."

I explain more about operating in the gift of miracles on page 122 under the heading "You Can't Always Do It Alone".

Type 2 Diabetes

Type 2 diabetes develops slightly differently to type 1 diabetes, but the outcome is the same in that it results in high levels of glucose in the blood. You first need to read through the following two chapters which have essential background information that you need to understand type 2 diabetes:

- "The Long Term Effects of Fear, Anxiety and Stress on the Body" on page 178 – pay special attention to the discussion on 1 John 4 v 18 on page 189.
- "Genetically Inherited Diseases" on page 151.

Inherited genetic defects are more important in causing type 2 diabetes than in type 1 diabetes. These genetic defects predispose the person to developing diabetes, because the cells of the pancreas do not produce insulin very well. In type 1 diabetes there is a shortage of insulin because the beta cells in the pancreas are destroyed by the immune system. In type 2 diabetes there is enough insulin being produced but the insulin does not work properly as a result of a genetic defect or interference from other hormones as explained below:

- **An abnormal insulin molecule is produced** - As I explained above, genetic diseases involve a structural abnormality in the strands of DNA in the genes. Genes contain the instructions on how to make each part of your body. When these genes are become defective, the instructions are muddled up and the result is the formation of a defective part of your body that does not function properly and hence the development of various diseases. The genetic defects in type 2 diabetes lead to muddled up instructions that result in a defective insulin molecule being produced i.e. the insulin molecule has an abnormal shape. Because the insulin has an abnormal shape, the liver, muscle and body fat does not recognize it. Thus when the blood glucose levels are too high, the insulin tries to tell the liver to stop releasing glucose from its stores into the blood stream, but the liver does not listen because it doesn't recognize the abnormally shaped insulin. The insulin also tries to tell the muscle and body fat to take up the excess glucose from the blood stream and put it into storage, but the muscle and body fat does not recognize the insulin and therefore does not listen either. Therefore the glucose levels in the blood remain high and diabetes develops.
- **There are not enough insulin receptors** – normally, insulin binds to special receptors that are on the outside walls of the muscle and fat cells. When the insulin binds to these receptors it lets the cells know that they must open a door in the wall (called a GLUT 4 channel) so that glucose is able to come into the cells where it is stored. This can be compared to a postman (insulin) pressing a door bell (insulin binding to the receptor) – the sound from the door bell lets you know that you must open the door (GLUT 4 channel) because somebody (glucose) wants to come into your house (muscle or fat cell). The genetic defects in diabetes result in muddled up instructions, so that not

enough receptors are made. Therefore the insulin is not able to “press the door bell” to let the cells know that they must open the doors for glucose to come in. Therefore the glucose remains in the blood and the levels become too high. The pancreas sees that the levels of glucose in the blood are steadily increasing, so it produces even more insulin, hoping that the increased amounts of insulin will be able to remove the glucose out of the blood and into the body tissues. Thus in type 2 diabetes you have high levels of insulin in the blood (but the body does not respond to the insulin), and in type 1 diabetes you have a shortage of insulin. The outcome of both types of diabetes is levels of glucose in the blood that are far too high.

Type 2 diabetes is due to the fear of failure.

You are driven to perform and your identity and sense of self worth is in your achievement.

- **High levels of stress hormones in the blood** – apart from genetically inherited defects, type 2 diabetes is an anxiety disorder. The specific anxiety is fear of failure.³¹ You have a perfectionist mentality where you are driven to perform and your identity and sense of self worth is in your achievement. Their basis of love is what they do, not who they are. You make no allowance for failure. You have become your own worst enemy because you will not allow yourself to show any weakness. When there is a weakness – and there is, you will not forgive yourself and an accusing spirit comes in and accuses you to yourself and so now you feel guilty.

When you are driven into performance and perfectionism, the fear coming out of that puts your body into stage 2 and 3 of stress. In this toxic state, there are high levels of stress hormones in the blood. Two of these stress hormones are cortisol and adrenalin. Cortisol and adrenalin block the effects of insulin. When insulin is blocked by these stress hormones, the glucose levels in the blood rise and become too high.

When you are attacking yourself spiritually with guilt and self-hatred (because you make no allowance for weakness), through the mind-body connection the body conforms to this and begins to attack and destroy itself physically. In type 1 diabetes, the immune system directly attacks and destroys the cells in the pancreas. In type 2 diabetes defective pieces of antibodies (called amyloid) are deposited in the pancreas tissue. This damages the pancreatic tissue so that the pancreas does not produce insulin effectively, further contributing to the development of diabetes. This is not an autoimmune reaction but it is another form of the body destroying the body. Sometimes, people with type 2 diabetes do have an autoimmune reaction that destroys the pancreas, just the same as type 1 diabetes.

The alpha cells (that produce glucagon) and beta cells (that produce insulin) are scattered amongst each other in the pancreas. Therefore it is interesting to note that the beta cells are selectively damaged in diabetes while the alpha cells are unchanged. Thus you have too much glucagon (that raises the blood glucose levels) and defective insulin (that normally lowers blood glucose levels). The final result is levels of glucose in the blood that are far too high. The high levels of glucose are toxic to the cells in the pancreas, damaging the pancreas even more and further worsening the diabetes.

- **There are other hormones that also block insulin and can be a rare cause of diabetes:**

- A tumor in the alpha cells of the pancreas that makes the alpha cells produce too much glucagon. Glucagon blocks insulin and also tells the liver, muscle and body fat to release the stored glucose into the bloodstream, even though the blood glucose levels are already too high.
- Hyperthyroidism – in this disease too much thyroid hormone is produced. Thyroid hormones block insulin. Hyperthyroidism is explained on page 589.
- Acromegaly – in this condition the person is very tall with long arms and legs (the giant called Goliath that David killed in the Bible may have had acromegaly). This is due to the production of an excess of growth hormones. These growth hormones block the effects of insulin.

Over eating, especially when combined with obesity and lack of exercise has been associated with type 2 diabetes. Medical research has shown that people with diabetes eat more, are fatter and are less active than their non-diabetic siblings (i.e. who have similar genes). However over eating and obesity in itself does not cause diabetes. Only a few obese people develop diabetes. It is just interesting to note that people with diabetes are often also overweight or obese. Did you know that there is also a spiritual root behind over eating? It is the need to be loved unfulfilled, a low self-esteem and the insecurities that come from that. This is explained in detail in the chapters on page 345 and 363.

The hypothalamus is the area in the brain that connects the mind to the body – it converts everything that is going on in a person's thought life into a physical reaction. When you have a low self-esteem and are not feeling good about yourself, one of the ways that the hypothalamus responds to this is by lowering the levels of a chemical called serotonin. Serotonin is the chemical that was designed to make you feel good about yourself. Therefore when the levels of serotonin are low, you feel depressed. The mouth was designed as the contact place for love and security. That is why there is a strong emotional bond that takes place between a mother and her baby during breast feeding. When young children are feeling insecure they put their thumb in their mouth. When people have lowered serotonin levels due to a low self-esteem and are feeling depressed, they want comfort. Instead of putting their thumb to their mouth, they put food to their mouth. Putting food to their mouth triggers the release of a chemical called dopamine in the brain. Dopamine is the pleasure chemical that gives the feeling of a rush or a high. Dopamine makes them feel good because it gives a satisfying, pleasurable, fulfilling feeling. However, this is short lasting. When the pleasurable sensation wears off, guilt and self-condemnation about over eating comes in. Also as the person over eats and puts on weight, when they look in the mirror, they don't like what they see. They attack themselves with self disapproval and self-condemnation... and how does the hypothalamus respond to this? It lowers the serotonin levels...and the negative vicious cycle starts all over again. The devil sure knows how to keep us in bondage.

A characteristic feature of type 2 diabetes is that it is often associated with metabolic syndrome. Metabolic syndrome is a group of disorders that occur together, which includes the following:

- **Obesity** – more than 70% of people with diabetes are overweight - this was already discussed above.
- **Type 2 diabetes** – where you have high levels of insulin in the blood and resistance to insulin (the body does not respond to the insulin).
- **High cholesterol** – severe atherosclerosis (explained below) develops more frequently in patients with diabetes.
- **High blood pressure** – 50% of patients with type 2 diabetes also have high blood pressure. This is also a fear and anxiety disorder (explained in more detail on page 485).

Jesus said if you hate your brother in your heart, it is the same as committing murder (1 John 3 v 15). Likewise, when you have self-hatred, it is as though you are murdering yourself in your thoughts. Be careful because your body will respond to this by murdering itself physically. What is the best way to kill body tissue? The answer is to cut off its blood supply. That is exactly what high cholesterol, diabetes and hypertension in Metabolic Syndrome do. All three of these diseases damage the blood vessels and the heart. The Bible says in Leviticus 17 V 11 that the life is in the blood. This is also very accurate medically – the blood contains oxygen, nutrients and energy needed to keep body cells alive. The heart pumps the blood and the blood vessels transport the blood to the tissues, organs and muscles all over your body. Therefore by damaging the heart and blood vessels – you cut off the blood supply – you cut off the life – you kill off the body tissue:

DIABETES

Part of the disease process in diabetes involves deposition of material called hyaline on the blood vessel walls. This narrows the blood vessels, which then cuts down the amount of blood that is able to reach the body tissues. This inadequate blood supply causes the body tissues to slowly die. This is what causes ulcers that commonly occur on diabetics' feet. In the advanced stages of diabetes, patients often have to have their toes, feet and lower legs amputated because of gangrene. When body tissue dies (because of lack of adequate blood supply), it quickly becomes infected. Dead tissue plus infection equals gangrene. When a part of the body becomes gangrenous, it has to be amputated otherwise the gangrene will quickly spread, killing the person. Diabetes also damages the blood vessels in the person's eyes and can eventually lead to poor vision or blindness.

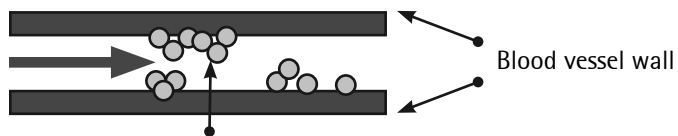
HIGH BLOOD PRESSURE

High blood pressure over a long period of time puts strain on the heart, making it work too hard. Eventually the heart gets so exhausted that it fails. Apart from heart failure, other common complications of high blood pressure are:

- Heart attacks - a heart attack is when the heart stops working because the blood supply to the heart muscle is cut off.
- Strokes - the increased pressure eventually causes the walls of the blood vessels to weaken and burst. The explosive entry of blood into the brain tissue damages the nerves in that area. They are literally split apart by the high pressure jet stream of the blood. The mass of blood in the brain tissue compresses the nerves which also causes damage. Each area in your brain controls a specific function in your body. So for example, if the area in your brain that controls speech is damaged, you won't be able to talk. If the area that controls the movement of your left arm and leg is damaged, your left arm and leg will be paralyzed. This is what a stroke is - loss of function of a part of the body due to damage in an area of the brain. Many people who have strokes had high blood pressure previously.

HIGH LEVELS OF CHOLESTEROL

There is strong evidence from medical research that has linked high levels of cholesterol with the development of a disease called atherosclerosis. Atherosclerosis is where fatty plaques form on the blood vessel walls. The plaques cause narrowing of the blood vessels, which leads to less blood flowing to the tissues.



Clumps of cholesterol (Atheromatous Plaques) on blood vessel walls narrow the blood vessels, obstructing blood flow so that less blood can reach the body tissues, organs and muscles

When this happens in the blood vessels that supply the heart muscle, the person experiences angina (chest pain). Whenever there is insufficient blood supply to an area of your body, it causes intense pain. It is the body's way of letting you know that that area of tissue is in trouble! When this happens in the blood vessels supplying the legs, the person experiences what is called intermittent claudication. This is intermittent painful cramps in the legs after the person walks a certain distance (for example 200 meters). This is because the leg muscles are running out of oxygen and energy due to lack of blood supply. The fatty lumps of cholesterol can block the blood vessel completely and this is what causes 90% of heart attacks. About 80% of adult diabetics die from heart disease. The atherosclerosis also causes strokes. In contrast

to strokes caused by high blood pressure (explained above), the cholesterol lumps block the blood vessels supplying the brain tissue, causing that area of brain to die. The arteries supplying the kidneys are also damaged, leading to kidney failure.

In summary we have metabolic syndrome consisting of high cholesterol, diabetes and high blood pressure. All of these diseases lead to death in body tissue (brain, heart, legs). It all started with varying degrees of self-hatred and guilt – either personal or inherited.

Rare causes of diabetes are: cystic fibrosis and haemochromatosis. Haemochromatosis is a disease where iron is deposited in the organs in the body, causing damage to them. This is another scenario of the body destroying the body as a result of self-hatred in a person's thought life. The pancreas is damaged when iron is deposited in it. As a result, the pancreas is unable to produce a sufficient amount of insulin. This leads to the development of diabetes. The damage caused by pancreatitis can also result in diabetes. Pancreatitis is explained in detail on page 574, but it is interesting to note that the root behind pancreatitis is also self-hatred, self-rejection, self-condemnation and guilt.

Improved control of diabetes through the use of medical drugs and insulin injections has only partially prevented the above mentioned complications of diabetes. Medical drugs can help you in the short term but they are not the ultimate answer because they do not deal with the underlying issues causing diabetes.

Furthermore, diabetes can be improved by avoiding sugar and fatty foods but it will not cure it or stop the underlying processes that are causing diabetes. This is because good nutrition does not replace repentance. Although healthy eating and exercise is important for overall good health, nutrition is not the answer to healing and disease prevention. To permanently eradicate diabetes, you have got to deal with the toxic mindsets causing it.

Your sense of self worth and value should be coming from who you are in Christ – it should not be based on your achievement. To be healed of type 2 diabetes you need to renew your mind with the Word and change your thinking in this area. You need to separate your "who" from your "do". God's love for you is not performance based and you need to see yourself as God sees you. I share more about this in the chapter "Who You are in Christ" on page 647, which I recommend that you work through.

Finally, pray with me: "I take authority over the spirit of fear that drives me into performance and perfectionism and command you to go in Jesus' Name! I release myself from performance, perfectionism and meeting the expectations of others. In the Name of Jesus I release myself from fear of failure that drives me to do everything right and which tells me that who I am is what I do. I determine in my heart this day to make an allowance for weakness and mistakes for it written that His strength is made perfect in my weakness (2 Corinthians 12 v 9) and "Though the righteous shall fall seven times, the Lord will lift them up!" (Proverbs 24 v 16). I release myself from the fear of man and what others think of me. I release myself from guilt and I take authority over the unloving accusing spirit that accuses me to myself – you are a lying spirit and I break your power in the Name of Jesus and command you to be gone.

I release myself from the fears and insecurities that have come from broken relationships for it is written in Romans 8 v 15 that God has not given me to bondage to the spirit of fear but I have received the spirit of adoption whereby I can cry out Abba Father! I release myself from hardness of heart that I have that will not let me trust and be vulnerable without fear. I release myself from the fear of giving and receiving love. Father I open my heart right now to receive Your perfect love which casts out all fear. I release myself to the love of the Father and the love of the Lord Jesus Christ as a work of the Holy Spirit.

In the Name of Jesus I command the stage 2 and 3 stress reaction in my body to be broken and I command the insulin to be produced normally. Father I ask you for a creative miracle in my pancreas in the Name of Jesus – pancreatic tissue be formed now. By the stripes of Jesus I am healed! (Isaiah 53 v 5) Amen!"

Low Blood Sugar (Hypoglycaemia)

Hypoglycaemia is the medical term for low blood sugar. The symptoms of low blood sugar are listed in a table on page 579.

The brain's main source of energy is glucose. Therefore in hypoglycaemia where the levels of glucose are too low, the brain is not supplied with enough energy and as a result you feel chronically tired and exhausted. You also have foggy thinking and difficulty concentrating. Low blood sugar can cause other more serious problems such as seizures.

Hypoglycaemia is most commonly a complication of the medication taken by diabetics (especially injected insulin) when:

- The dose was too high.
- The medicine is taken at the incorrect time
- Not eating enough.
- During strenuous exercise.
- It can also be a consequence of alcohol abuse.

Apart from the side effect of medication taken by diabetics, low blood sugar can be a result of fear, anxiety and stress in a person's thought life. I recommend that you read the chapter on page 178 to gain a background understanding of how long term fear, anxiety and stress affects your body.

The fear in hypoglycaemia often involves perfectionism and drivenness to perform where the person tries to earn love and acceptance through their achievement. Fear comes in because there is no allowance for weakness or failure. When there is a weakness – and there is – the person goes into guilt and condemnation. This brings in an additional component which is a low self-esteem, self-hatred, self disapproval, self and/or rejection.³¹

In order to be healed of hypoglycaemia, you need to deal with the toxic mindsets causing it. Your identity and sense of self worth should come from who you are in Christ, not what you do. The following two chapters will help you:

- "Who You Are In Christ" on page 647.
- "Dealing With Fear, Anxiety and Stress" on page 672.

Finally pray this with me: "I release myself from performance, perfectionism and meeting the expectations of others. I take authority over the spirit of fear and command you to be gone in Jesus' Name! In the Name of Jesus I release myself from the fear of failure that drives me to do everything right and which tells me that who I am is what I do. I determine in my heart this day to make an allowance for weakness and mistakes for it written that His strength is made perfect in weakness (2 Corinthians 12 v 9) and "Though the righteous shall fall seven times, the Lord will lift them up!" (Proverbs 24 v 16). I release myself from the fear of man and what others think of me. I forgive myself and I release myself from guilt. I take authority over the unloving accusing spirit that accuses me to myself – you are a lying spirit and I break your power in the Name of Jesus and command you to be gone. Father this day I choose to love myself for who I am in Christ and not because of what I do. I command the blood glucose levels to normalize in Jesus' Name."

Hypothyroidism and Hyperthyroidism

The **Thyroid** produces the thyroid hormones T3 (tri-iodothyronine) and T4 (thyroxine). These hormones have the following functions in the body:

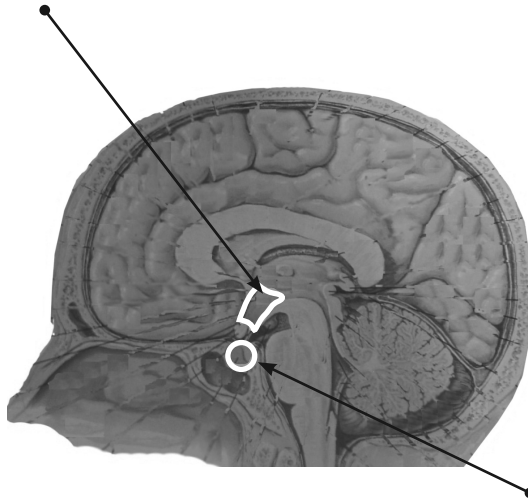
- Control of oxygen consumption and energy metabolism.
- Protein metabolism - building of proteins and body growth.
- Carbohydrate metabolism - it helps insulin take glucose out of the blood into the body tissues, helps with intestinal absorption of glucose from the food you eat and the building of glucose (energy stores) in the body tissues (glycogenesis).
- Fat metabolism - helps body utilize fat.
- Vitamin metabolism - thyroid hormones are required to make vitamin A.
- Milk production in women with babies.
- They have an effect on the heart (can make it beat faster) and have an effect on blood flow to the body tissues.
- They affect the nervous system. That is why too much thyroid hormones causes nervousness, irritability and tremor in the fingers when they are stretched out. Thyroid hormones also play an important role in development of the brain.

HYPOTHYROIDISM is a condition where the thyroid is underactive i.e. it is not producing enough thyroid hormones. This causes the person to feel tired and lethargic, gain weight, constipation, intolerance of cold, hoarse voice, depression, poor concentration, muscle pain and in women, abnormally large volume of blood in menstrual periods. Skin and hair are dry and there may be swelling in the eyelids, hands and feet.

HYPERTHYROIDISM is a condition where the thyroid is overactive i.e. it is producing excessive quantities of thyroid hormones. This causes the person to have intolerance to heat, sweaty, diarrhea, increased appetite and weight loss, tremor in the hands, palpitations, visual problems - sometimes the person's eyes protrude outwards (exophthalmos) and in women, very little blood in menstruation.

How Production of the Thyroid Hormones Normally Occurs:

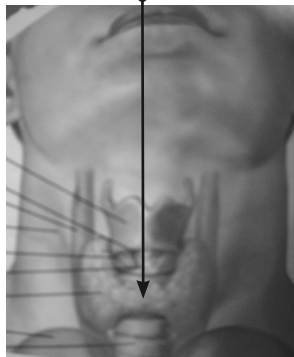
1. The hypothalamus in your brain produces TRH (Thyrotropin Releasing Hormone).



2. The TRH from the hypothalamus stimulates the **pituitary gland** in your brain to produce **TSH** (Thyroid Stimulating Hormone).



3. The TSH from the pituitary gland stimulates the thyroid to produce the thyroid hormones **T3** and **T4**.



4. When the levels of T3 and T4 are too high, it stimulates the hypothalamus to produce **less TRH**

- then **less TSH** is produced by the pituitary
- this results in less stimulation of the thyroid
- thus **less thyroid hormones** are produced.

Similarly if the **T3 and T4 levels drop too much**

- it stimulates the hypothalamus to produce **more TRH**
- which causes the pituitary to produce **more TSH**
- which causes the **thyroid to produce more hormones**.

Hypothyroidism (Under-Active Thyroid)

Hypothyroidism can be caused by a deficiency of iodine in the diet (the thyroid needs iodine to make T3 and T4), radiotherapy with radioactive iodine (given for treatment of hyperthyroidism), cancer of the thyroid and operations where the thyroid is removed (thyroidectomy).

Apart from the above situations, there are two different mechanisms that result in damage to the thyroid so that it does not produce enough thyroid hormones. One or both of these mechanisms can be present. Each mechanism has a different spiritual root.

Hypothyroidism is primarily an autoimmune disease (Hashimoto's Disease and Spontaneous Atrophic Hypothyroidism). Therefore, before reading this section any further, please read through the chapter on page 329 because you need a background understanding of autoimmune diseases.

I explained in the chapter on autoimmune diseases that when your thought life is dominated by self-hatred, self-rejection, self-condemnation and/or guilt, the reaction via the mind-body connection is your immune system attacking your own body tissue. In your case, your hypothyroidism is as a result of antibodies (from your own immune system) called thyroid peroxidase antibodies that attacked and damaged the cells of your thyroid. The B and T cells (lymphocytes) of your immune system also entered into your thyroid, causing damage and destruction of your thyroid cells. Because the cells of your thyroid were damaged, they could no longer make thyroid hormones very well.

There are also antibodies that destroy the sites (receptors) where TSH attaches to the thyroid. As I explained with the pictures on the previous page, when the hypothalamus in the brain sees that the levels of thyroid hormones in your blood are too low, it sends TRH to tell the pituitary gland. The pituitary gland then sends TSH to tell the thyroid to make more thyroid hormones. But when TSH gets to the thyroid, it can't attach to it because the receptors were destroyed by the antibodies of your immune system. If TSH can't attach to the thyroid, it can't stimulate the thyroid to produce more thyroid hormones. As a result the thyroid does not produce enough thyroid hormones.

Interestingly, when a person with hypothyroidism has a **blood test**:

- Very **high levels of the antibodies** that destroy the thyroid and its receptors are seen.
- There are **high levels of TSH** in the blood because hypothalamus and pituitary gland are trying to tell the thyroid to make more thyroid hormones. However the thyroid isn't listening because the receptors are damaged.
- There are **low levels of the thyroid hormones (T3 and T4)** seen in the blood.

There is also an anxiety component to hypothyroidism. Therefore before reading any further, you also need to read through the chapter on page 178 because you need to gain a background understanding of the effects of long term fear, anxiety and stress on your body.

During stage 2 of stress, the thyroid is one of the first organs that is affected by the sympathetic nervous system, causing it to produce less thyroid hormones. Allergies are also caused by long term fear, anxiety and stress in a person's thought life (This is discussed in detail in the chapter on allergies). The most severe form of allergies is multiple chemical sensitivity and environmental illness (MCS/EI) where a person becomes allergic to almost everything including most foods, even water, light and clothes. These are very miserable people as they end up living in a room lined with foil, permanently on oxygen and unable to be in the company of another human for too long. Most people with MCS/EI develop hypothyroidism. In the ministry of Pastor Henry Wright, when these people got fear and anxiety out of their thought life – their allergies were healed... and their hypothyroidism also disappeared. Hypothyroidism is considered to be incurable in the medical field. However I am here to tell you that is not so – it is curable through the grace and mercy of God, when His conditions for healing are met.

Henry Wright reports a success of over 95% in seeing people healed of hypothyroidism after dealing with the toxic mindsets causing it. When the root issues of a low self-esteem, self-hatred, fear and anxiety are eliminated through ministry and renewing your mind (i.e. changing your thinking) with the truth of the Word, the thyroid will recover, kick back into balance and begin secreting thyroid hormones correctly again.

These two chapters will help you:

- "Who You Are In Christ" on page 647 – building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him.
- "Dealing With Fear, Anxiety and Stress" on page 672.

When you feel that you have dealt with these issues, you may take yourself off your medication (thyroxin), only under the supervision of a doctor. The doctor must monitor the levels of your thyroid hormones and taper down your medication accordingly.

Hyperthyroidism (Over-Active Thyroid)

In 75% of cases hyperthyroidism is caused by Grave's Disease (Primary Thyrotoxicosis). The other 25% is caused by tumors in the thyroid (Toxic Multinodular Goitre and Toxic Adenoma) – this is usually preceded by long standing non toxic goiter (enlarged thyroid visible as a lump in front of the neck) and is caused by iodine deficiency.

Grave's Disease is very similar to hypothyroidism: it occurs by two different mechanisms that result in damage to the thyroid, so that it goes out of control and produces too much thyroid hormone. One or both of these mechanisms can be present. Each mechanism has a different spiritual root.

Grave's disease can be triggered by emotional shock or a prolonged period of anxiety. Experienced endocrinologists (doctors who specialize in diseases to do with hormones) have noted that there is often a relationship between the onset of hyperthyroidism and a very emotionally stressful life event. Therefore before reading this section any further, please read through the chapter on page 178 because you need a background understanding of the effects of long term fear, anxiety and stress on your body.

During stage 2 of stress, the hypothalamus (which is the area in the brain that connects the mind to the body) releases increased amounts of the TRH chemical. As explained on the first page of this chapter, an increased release of TRH by the hypothalamus results in an increased release of TSH from the pituitary gland. This then leads to increased production of thyroid hormones. High levels of thyroid hormones = hyperthyroidism.

Grave's disease also is an autoimmune disease – therefore before reading this section any further, please turn to page 329 because you need a background understanding of autoimmune diseases.

I explained in the chapter on autoimmune diseases that when your thought life is dominated by self-hatred, self-rejection, self-condemnation and/or guilt, the reaction via the mind-body connection is your immune system attacking your own body tissue. Sometimes this has to do with people who feel responsible for solving other people's problems and they feel guilty because they can't.³¹

Hyperthyroidism is caused by an autoimmune reaction where the Ig G antibodies attack the sites (receptors) where TSH attaches onto the thyroid. These Ig G antibodies are also called TSH receptor antibodies or thyroid stimulating immunoglobulins – these antibodies stimulate the thyroid at the TSH receptors. The thyroid thinks that this stimulation is TSH that was sent from the pituitary gland to tell it to make more thyroid hormones. The thyroid does not realize that it is actually the Ig G antibodies at the receptors and not TSH. As a result it inappropriately produces too much thyroid hormone.

The antibodies and cells of the immune system also directly attack the cells of the thyroid causing a lot of damage. This can eventually lead to failure of the thyroid where it can't function anymore. The inflammation caused by the damage from the various cells in the immune system cause swelling of the eye muscles and a rise in pressure behind the eyes causing the eyes to be displaced forwards. That is why people with hyperthyroidism have eyes that look as though they are "popping out".

Graves disease can also be genetically inherited (the genes that Graves disease is associated with are called DR3, DR2 and HLA-B8). If other family members have also suffered from hyperthyroidism I recommend that you read through the chapter on genetically inherited diseases on page 151.

Many doctors treat hyperthyroidism with radioactive iodine (which destroys some of the thyroid tissue so that it produces less hormones) and surgery to remove part of the thyroid (subtotal thyroidectomy). I would sincerely not recommend radioactive iodine and surgery because more than 50% of patients end up with hypothyroidism (thyroid doesn't produce enough hormones). Then you have to take thyroid hormone supplements for the rest of your life. What is the point of exchanging one disease for another? God doesn't want your thyroid destroyed, He wants it totally healed.

Hyperthyroidism is dangerous because you can develop life threatening complications, for example what is called a thyroid storm or hyperthyroid crisis. Therefore you must not play games with this disease. There is medication that you can take to keep you safe so that you have time to deal with the underlying issues. I would recommend that you take Carbimazole: 40 – 60 mg daily for 3 weeks. Then 20 – 40 mg daily for 4 to 8 weeks and then 5 – 20 mg daily for 18 to 24 months. If you are breast feeding you must take Propylthiouracil instead, which is just as effective as Carbimazole. (These drugs can only be brought by prescription from a doctor). The exact dose is determined by blood tests that regularly measure the levels of your thyroid hormones. You will feel an improvement 10 to 14 days after starting the drug and your thyroid should be functioning normally in 3 to 4 weeks. However, the hyperthyroidism often recurs within 2 years of stopping the drug, because the drugs have no long term effect on the natural disease progression of hyperthyroidism... why? Because you have to deal with the root of the problem to be permanently healed. Medical drugs are not the ultimate answer because they do not deal with the underlying issues. You have to parallel that by dealing with the toxic mindsets that are causing the hyperthyroidism.

These two chapters will help you:

- "Who You Are In Christ" on page 647 – building a healthy self-esteem starts with knowing who you are in Christ and establishing your identity and sense of self worth in Him.
- "Dealing With Fear, Anxiety and Stress" on page 672.

Stop allowing the enemy to hammer you over the head with guilt and self-accusation concerning other people's problems. You are not responsible for fixing their mess. Do what you can to help and then leave them in God's hands. It is the Holy Spirit's job to bring conviction and the change.

Pray this with me: "Father I repent for buying into the enemy's lies that lead me into self-hatred and guilt and I ask for Your forgiveness. I release myself from guilt and self-accusation and the false sense of responsibility for others. I take authority over the spirit of death and spirit of infirmity that was released through the guilt and self-hatred to attack my thyroid producing hyperthyroidism – in Jesus' Name I command you to be gone! In the Name of Jesus I command my immune system to stop attacking my thyroid and I command my thyroid to stop producing thyroid hormones in excess. By the stripes of Jesus I am healed (Isaiah 53 v 5)."

Systemic Lupus Erythematosus

Systemic Lupus Erythematosus (SLE) is an autoimmune disease. In other words it is caused by the immune system attacking and destroying its own body tissue. Therefore to understand the physical and spiritual dynamics behind SLE, you need to first read through the chapter on autoimmune diseases on page 329 which has essential background information.

In SLE, there are more than 50 different parts of the body cells that are targeted and destroyed by the immune system. SLE affects nearly every system in the body:

- The antibodies of the immune system often target the DNA inside the body cells – these are called anti-DNA antibodies.
- There are also anti-phospholipid antibodies that destroy the cell membranes. One of these anti-phospholipid antibodies, which are called anti-cardiolipin antibodies cause blood clots to form. These clots tend to block the blood vessels, which then cuts off the blood supply to the tissues. In SLE the blood clots commonly block the blood vessels that supply blood to the brain – this causes a stroke. The blood clots also block the blood vessels supplying blood through the placenta to a baby in a pregnant woman. Because the baby does not get enough blood, it dies (natural abortion).
- There are antibodies that attack and destroy the red blood cells, resulting in anemia. The white blood cells can also be destroyed leading to what is called leucopenia. The white blood cells are the cells of the immune system. When you have a deficiency of white blood cells, you are very vulnerable to infections. The platelets in the blood can be destroyed leading to thrombocytopenia (which means a deficiency of platelets). When you do not have enough platelets the blood cannot clot effectively which means that you bleed or bruise easily. The lymph cells can also be destroyed leading to lymphopenia.
- There are even anti-bodies called Rheumatoid factors that attack other anti-bodies. These antibodies play a role in the development of Rheumatoid arthritis which is explained in detail on page 524. In the chapter on autoimmune diseases you learnt about a type III hypersensitivity reaction where immune complexes are formed. The Rheumatoid factors attack and bind to other antibodies (IgG) to form immune complexes. These immune complexes are deposited in the joints causing irritation, inflammation and pain in the joints, especially in the hands, knees and ankles.
- There is also pain in the muscles.
- There can be inflammation and damage to the kidneys.
- Sometimes there is inflammation of the heart (pericarditis, myocarditis or endocarditis) and lungs (pleurisy) which causes chest pain.
- 20 to 30% of people with SLE have a raised, painful, itchy rash on their face that is the shape of a butterfly and hence is called a "butterfly rash". Their skin is abnormally sensitive to sunlight and patches of hair may fall out. Other less common features on the skin include Raynaud's phenomenon, urticaria (an eruption of itchy wheals on the skin), increased pigmentation of the skin and ulcers on the skin. The person can also develop ulcers in their mouth.

- Some people with SLE can develop severe headaches and even convulsions due to inflammation and damage to the arteries and structures in the brain. They also suffer from fatigue, fevers, weight loss and have difficulty concentrating.
- Up to 80% of people with SLE also get fibromyalgia which is wide spread pain all over the body. Fibromyalgia is explained in detail on page 535. Interestingly 90% of people with SLE are women. The reason for this is the same reason why nearly 100% of people with fibromyalgia are women. This is explained in the section on fibromyalgia.

As you can see from the list of the symptoms of SLE above – the body is in a state of total self destruction. You learnt in the chapter on autoimmune diseases that when you are attacking yourself spiritually with thoughts of self-hatred, self-rejection, self disapproval, guilt, shame and condemnation – your thoughts will be converted into a physical reaction and your body will begin to attack and destroy itself physically. The result in this case is SLE. People with SLE often die prematurely because of a massive infection, organ failure and heart disease. This is also partly caused by the steroid drugs that are used to treat SLE by suppressing the immune system. There is a way to be totally set free from this miserable disease without drugs. This disease is not incurable with God when His conditions for healing are met. I have read case studies of people who have been totally healed of SLE and this was documented by doctors in official medical records. These people who were healed simply renewed their minds and changed their way of thinking concerning how they see themselves. I encourage you to do the same. Building a healthy self-esteem starts with knowing who you are in Christ and placing your sense of self worth and identity in Him. You need to learn to see yourself as God sees you. Turn to the chapter on page 647 which will help you with this.

There may be organs and tissue that are irreversibly damaged by the SLE. In this case you need to operate in the gift of miracles. This is explained on page 122 under the heading "You Can't Always Do It Alone."

Diseases Where Deliverance is Necessary

Introduction

The information in this chapter will probably never be documented or accepted in the medical field. However, I can only speak from my own experience and the experience of others such as Pastor Henry Wright. When a disease is incurable in the medical field, I often go to the Bible to look for the answer. This is because I am seeing the Bible prove medical science – and vice versa, medical science proving the Bible. We are a people of God who are in bondage. God's people are being sent to the world for help, when the answer is waiting in His Word to set you free. We must never forget the models in Matthew, Mark, Luke, John and the book of Acts which show us the ways that Jesus ministered. There are accounts in the Bible of Jesus first casting out an evil spirit before He administered healing and miracles to the body damaged by the spirit. (For example: Matthew 17 v 14 – 18; Mark 1 v 23 – 27; Mark 9 v 17 – 27; Luke 9 v 37; Luke 13 v 11-12). There are some diseases where deliverance is necessary for healing to take place. You say an evil spirit can be behind disease? Oh read your Bible! Why don't we believe it today? Because we've been so mesmerized by science. If it weren't for the testimonies of so many people who have been healed or permanently cured through deliverance, you would think that I have a screw loose. The experience speaks for itself. When the evil spirits are cast out in the Name of Jesus, people have been instantly healed from the diseases in this chapter (Luke 10 v 17-20).

On page 84-95 and 106, I spoke about the spirit-mind-body connection. Everybody knows about the mind-body connection. Science has shown that the mind-body connection is real and what we think affects our whole body but not everybody knows about the spiritual dimension of our lives. The Bible says

The issue is not about possession, it is about servitude to sin. The evil spirit could be inside, outside or on Mars with a megaphone – the point is, you've been listening.

that we are a spirit and we have a soul and we live in a body, so we are a triune being (1 Thessalonians 5 v 23). The medical field is at a major disadvantage when it comes to healing because they only consider the soul and body, but do not recognize or understand the other third of our being which is spiritual. Therefore they will never achieve anything more than disease management with the diseases mentioned in this chapter because you need deliverance, not medication. The diseases in this chapter are the fruit of an evil spirit and you will not be healed unless you cast out the evil spirit.

Often in the church, people get all agitated and uneasy when you start using the term "evil spirit" or "demon." However we have no need to be fearful about this subject. The devil and his kingdom are not greater than God and Jesus has given us full authority over the devil and his demons.

Another issue is that most people, especially Christians don't believe that satan's kingdom can even access them. In fact there is a big debate in the church as to whether a Christian can have an evil spirit. I don't believe a Christian can be possessed of an evil spirit. However the issue is not about possession, it is about servitude to sin. The evil spirit could be inside, outside or on Mars with a megaphone – the point is, you've been listening. When you choose to listen to the spirit of fear, bitterness, hatred etc you are joining it in fellowship. In 1 Corinthians 10 v 20 – 22 Paul addressed believers in the church when he said, "I would not that you have fellowship with devils." That is different from being possessed by one isn't it?

Because of the statement that a Christian cannot be possessed by an evil spirit, many people conclude that a Christian cannot be under any type of captivity of an evil spirit. Many church denominations teach that you are immune to the devil. The only way you can be immune to the devil is if you are walking in obedience and love and this is explained in depth on page 59.

Romans 6 v 12, 13 and 16: "12Let not sin therefore reign in your mortal body, that you should obey it in the lusts thereof. 13Neither yield your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God...16Do you now know, that to whom you yield yourselves servants to obey, his servant you are to whom you obey; whether of sin unto death or of obedience unto righteousness?"

In Romans 6 v 12, Paul shows us that a Christian can obey sin. So he challenges you and I as believers not to let sin reign in our bodies. It doesn't say that it doesn't, it says that we are not to let it. How does sin reign in our mortal bodies? For example, if you become one with rage and anger spiritually and psychologically through thought, the spirit of rage will want to use your body to express itself against another. So the issue is not about possession but about what you are allowing to manifest in the physical world through you. Who are you obeying? Whose instrument are you? Verse 13 says that you must not yield your members as instruments to be used as an expression of sin in this physical world, because when you allow it, you become a servant to sin. So once again, the issue is not about possession but about servitude to sin. Are you a servant of the Lord or a servant of sin? The issue is not about possession, the issue is who is your master? Whoever you are serving is your master.

Even if you are born again, when you are in disobedience and sin, the devil has every legal right to your life.

Even if you are born again, when you are in disobedience and sin, the devil has every legal right to your life and that is obvious because the church is full of disease. I am seeing many born-again Christians with diseases that are the direct work and fruit of an evil spirit.

Satan knows that if he can manage to control your thought life, he can control your body chemistry and cause disease. The devil only has as much power over you as you give him by co-operating with him through sin and disobedience. He projects thoughts into your head out of the realm of the spirit and what you do with those thoughts is up to you. The Bible says to bring every thought captive to the obedience of Christ and to renew and wash your mind with the water of the Word (2 Corinthians 10 v 5, Ephesians 4 v 23).

The devil does not have the right to oppress you just because he is out there. You have to open the door and invite him in through disobedience to God and His word, which is sin. In Genesis chapter 3 Satan used the serpent as the medium of expression. He did not have access to this planet until Eve invited him in, and Adam agreed. In your life, the devil does not have the right to oppress you, he only takes the right because you give it to him, many times through ignorance or lack of knowledge.

Proverbs 26 v 2: "As the bird by wandering, as the swallow by flying, so the curse causeless shall not come." KJV

On page 29 I explain why disease is a curse. The Bible says that a curse without a cause does not come. So when you see a disease, it means that there is a reason for it - in other words no disease happens just because. Therefore where there is a disease caused directly by an evil spirit, we have to go back into the person's life and find out where the open doors are - either personal or inherited. It is these open doors which I call "entrance points" that allow for example, the spirit of fear, the spirit of infirmity or a deaf and dumb spirit to come in and cause disease. Seven entrance points that I know about are:

1. **Sex outside of marriage** – Viruses such as HIV and hepatitis B and C are transmitted sexually. These viruses cause inflammation, cirrhosis, cancer and eventually destruction of the liver, which leads to death.

Proverbs 7 v 10, 21-23: “¹⁰And behold, there met him a woman with the attire of a harlot and a subtle of heart...²¹With her much fair speech she caused him to yield, with the flattering of her lips she forced him. ²²He goes after her straight away, as an ox goes to the slaughter, or as a fool to the correction of the stocks; ²³till a dart strike through his liver; As a bird hastens to the snare, And he does not know that it is for his life.” (KJV)

In the following pages I explain why viruses are actually evil spirits. When you have sex outside of marriage, you open yourself up to terrible consequences that are both physical (in the form of disease) and spiritual (evil spirits are given access to you and your body). You might not get HIV but there are more than 60 known diseases that are transmitted sexually and the chance that you will get at least one of them is excellent. These diseases do not always manifest immediately (so you'll think you got away with it) but they flare up years down the line. The ultimate consequence of sex outside of marriage is death.

Proverbs 6 v 32: “But whoever commits adultery with a woman lacks heart and understanding (moral principle and prudence); he who does it is destroying his own life.”

Proverbs 6 v 20 – 29: “²⁰My son, keep your father’s [God-given] commandment and forsake not the law of [God] your mother [taught you]...²³For the commandment is a lamp, and the whole teaching [of the law] is light, and reproofs of discipline are the way of life, ²⁴to keep you from the evil woman, from the flattery of the tongue of a loose woman. ²⁵Lust not after her beauty in your heart, neither let her capture you with her eyelids. ²⁶For on account of a harlot a man is brought to a piece of bread, and the adulteress stalks and snares [as with a hook] the precious life [of a man]. ²⁷Can a man take fire in his bosom and his clothes not be burned? ²⁸Can one go upon hot coals and his feet not burned? ²⁹So he who co-habits with his neighbor’s wife [will be tortured with evil consequences and just retribution]; he who touches her shall not be innocent or go unpunished.”

2. **Another entrance point is long term fear, anxiety and stress in your thought life** – this allows the spirit of fear to come in. Fear is a demonic spirit (1 Timothy 1 v 7), and when allowed access into your life it causes a whole multitude of diseases, many of which are discussed in this book. The chapter on page 178 has a detailed teaching on this. Diseases that are the result of fear need deliverance for healing to take place.

2 Timothy 1 v 7: “For God has not given us the spirit of fear, but of power and of love and of a sound mind.” (KJV)

3. **Strife** – According to the Bible, strife opens the door to every evil work and that includes the spirit of infirmity which for example causes scoliosis. On page 192 I discussed research that was conducted at Ohio State University that proved that strife puts the body into a toxic state of stress. This in itself opens the door to over 100 incurable diseases.

James 3 v 16: “For where there is envying and strife, there is confusion and every evil work.”

4. **Another entrance point is a woman not submitting to her husband i.e. she is domineering and “wears the pants” in the marriage relationship while the man is passive** – when the home is ruled by the woman, not the man – there is a confusion that comes out of it producing homosexuality. This also opens the door for a deaf and dumb spirit to come in which causes ADHD, dyslexia, color blindness, learning disabilities and epilepsy in the children in the generations following.

1 Corinthians 11 v 3: "But I want you to know and realize that Christ is the Head of every man, the head of a woman is her husband and the Head of Christ is God."

A woman was not designed to lead the home, she was designed as a helpmate to follow a Godly man who lovingly leads his wife and children. It is a man's calling to reflect the Father heart of God to his wife and children. God's design for families is that the man is the head of the woman, Christ is the Head of the man and the head of Christ is the Father.

When God's design and order for the family is turned upside down and the woman rules the home – the door is opened to the devil, the deaf and dumb spirit as well as unclean and perverse spirits with devastating effects in the children and following generations. There is also an element of rebellion in ADHD and dyslexia which comes from families that have been involved in occultism and false religions – this is the next entrance point:

5. Past involvement in the occult and false religions – this is an entrance point to any demonic spirit and opens the person up to any sickness. I have spoken about occultism on page 52. Not all modalities of healthcare are Godly, some of them are outright demonic. Examples are Eastern mysticism and yoga, which is based on a demonic foundation called kundalini. Get involved in this kind of thing and you open the door to occultic spirits with serious consequences to your health. See page 84 which has a testimony of a lady who had been involved in yoga.

6. Diseases can be inherited – not only from a physical genetic standpoint but also from a spiritual standpoint. For example, I have seen evidence of the spirit of fear being inherited – that is why we are seeing diseases such as allergies and heart disease run in families. I mentioned in point 3 above that the deaf and dumb spirit can run in families manifesting in diseases such as epilepsy, ADHD, dyslexia color blindness and learning disabilities. The Bible says that the curse which is a result of sin shall be passed down to the third and fourth generation.

Exodus 20 V 5 – 6 & Deuteronomy 5 v 9: "For I the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generation of those who hate Me, but showing mercy and steadfast love to a thousand generations of those who love Me and keep My commandments."

There are some diseases such as cancer and Charcot-Marie –Tooth disease (this is a disease of the nerves in the spine) that are caused by an inherited genetic defect. This genetic defect is triggered to cause the disease by a stressful life event. What connection does stress have to do with genetics? None. This genetic defect is set in motion by an invisible intelligence, for example in the form of a virus. I'll explain viruses later on.

7. Self-hatred, self-rejection, self-condemnation, guilt and/or a low self-esteem – this allows an unloving spirit to come in, for example in the form of viruses that cause the body to attack and destroy its own body tissue (this is explained further under viruses in this chapter). When you are attacking yourself spiritually through thoughts of self-hatred, the body ends up attacking itself physically. An example is type 1 diabetes which can be caused by the Coxsackie B4, rubella and Epstein-Barr virus. This unloving spirit also gets into the genetics and scrambles it, resulting in type 1 diabetes in the next generations. The immune system is given wrong instructions by the defective genes to attack its own body tissue – the result is the cells of the pancreas are destroyed so that it can't produce insulin.

There are other entrance points and I'm going to learn what they are. However, it all boils down to disobedience –either personal or inherited. The only power that the devil has is the power that you give him through willful sin in your life. The chapter on page 151 explains why inherited diseases (that run in families) are the consequence of sin from the lives of your forefathers.

Healing and casting out evil spirits was modeled for us by Jesus (Matthew 17 v 14 – 18; Mark 1 v 23 – 27; Mark 9 v 17 – 27; Luke 9 v 37; Luke 13 v 11-12;). Jesus gave this power and authority to His disciples: **Matthew 10 v 1 and 7-8: “¹And Jesus summoned to Him His twelve disciples and gave them power and authority over unclean spirits, to drive them out, and to cure all kinds of diseases and all kinds of weaknesses and infirmity...⁷And as you go, preach, saying, The kingdom of heaven is at hand! ⁸Cure the sick, raise the dead, cleanse the lepers, drive out demons...”**

The only power that the devil has is the power that you give him through willful sin in your life.

In **Luke 10 v 17-20** the seventy were given the same power: “¹⁷The seventy returned with joy, saying, Lord, even the demons are subject to us in Your name! ¹⁸And He said to them, I saw Satan falling like a lightning [flash] from heaven. ¹⁹Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you. ²⁰Nevertheless, do not rejoice at this, that the spirits are subject to you, but rejoice that your names are written in heaven.”

As children of God, we have the same power and authority to cast out or command evil spirits to leave a person in the Name of Jesus: **Mark 16 v 17-18: “And these attesting signs will accompany those who believe: In My Name they will drive out demons; they will speak in new languages; they will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well.”**

When you look at what the early church accomplished, they ministered exactly like Jesus did. They preached the gospel, they healed the sick, they cast out evil spirits, they did creative miracles and they raised the dead. Everything you see in Matthew, Mark, Luke and John and the book of Acts is a standard for us as a church today. Jesus said in **1 John 14 v 12 – 14 “The things I do, you will do also...and greater things you shall do.”** Do we really believe that? Casting out evil spirits, laying hands on the sick and performing creative cures in His Name should be happening on a regular basis. It shouldn't be something we read about in a book from 10 years ago. Today is the day of salvation! Now is the appointed time! I'd like to stir the body of believers up – come on let's get on with the things of the kingdom! It is not complicated. It is a very simple project. Man has complicated it because we have made God into a science. This should be so simple a child can do it and understand it. It was ignorant and unlearned men who started the early church and turned the world upside down.

When a person has a disease as a direct result of an evil spirit, you simply have to have faith and believe in the authority that God has given you as a believer – all you need to say is “On the authority of the Name of Jesus I break your power over (person's name) and command you unclean evil spirits to leave! Be cast out in Jesus Name!”

Viruses

“There is an intelligence behind viruses that defies imagination”

A quote by Pastor Henry Wright.

It is important that you first read through the introduction at the beginning of this chapter on page 596 which as essential background information.

When we get an infection, it can be caused by parasites, a fungus, bacteria or viruses. These organisms are not able to infect our bodies unless our immune system is weakened and compromised. In the chapter on page 178 I explained how a thought life dominated by fear, anxiety and stress will result in high levels of the stress hormone cortisol in the blood. In large quantities cortisol kills the cells of the immune system.

The consequence is that you are now vulnerable to infections because your immune system is weakened. Bacteria, fungi and parasites that infect the human body and cause disease are living organisms – they are able to reproduce and are able to survive on their own...They are like little animals.

But there is something very different about a virus: a virus does not have an original life form of its own. That is an important point and you'll see why later.

Below is a simplified picture of what a virus basically is: It has a coat or protein capsule. That coat was never originally the virus's, it was derived from the membrane of another cell that it previously infected. Inside that coat is a piece of defective genetic material which is DNA. That piece of genetic material or DNA was not originally the virus's either – it was also derived from another cell that it previously infected. So the protein coat and defective genetic material that make up the virus were originally derived from another life form – a virus does not have an original life form of its own.



A Virus does not have an Original Life Form of its Own

The second characteristic of a virus is that it is not able to live and survive on its own. A virus is only able to live and reproduce by using the biochemical machinery and structural material of other cells that it infects such as the cells in the human body. New research indicates that viruses show up in tissue that is in trouble. They are like maggots that like dying flesh where they can feed on the genetics to replicate themselves.

The third characteristic of a virus is that it continually changes its genetic material and appearance by taking pieces of the body cell's genetic material and membrane as it moves from one body cell to the next. Viruses also exchange genetic material with each other. Also, when the genetic material of a virus is being replicated inside a body cell (in other words when the virus is reproducing to make more viruses) lots of errors are made whilst putting the genetic material together that makes up the virus – this also contributes to the change in the virus's genetic material and appearance. There are no medical drugs that have been invented that have ever cured a viral infection. One of the reasons is because the virus is continuously changing. A prime example of this is the HIV virus. There are millions of different strains of HIV viruses that are made daily. The HIV viruses within an individual exchange genetic material with each other, and when the person has sexual intercourse with another HIV infected person – the HIV viruses from the two different people also exchange genetic material with each other. This enables the viruses to adapt and become resistant to the medical drugs that the person is taking to kill the viruses. If I was to take a sample of blood from an HIV infected person and study that virus, it may take about two to three years to invent a drug to kill that virus. But by the time the drug is invented, it is already obsolete because by the very next day after the sample was taken, there are millions of new HIV viruses that are totally different to the virus that I studied to make the drug.

Doctors can come up with any medical drug they like in attempt to defeat this HIV virus or any other virus, but it is as though the virus sees the medication even before it enters our bodies – as though it has eyes! It takes its present genetic material and mixes it with some of the genetic material of the cells it infects and remanufactures itself into a different strain of the virus that is resistant to that drug. There is an intelligence behind viruses that defies imagination. A virus is an aberration of a genetic life form that seems to have a mind of its own. Viruses sometimes go and hide in the nerve roots. They remain dormant for years and then reactivate, causing the disease to flare up again. Even the medical community has the most astounding definition of a virus: "Viruses are an alien genetic life force." The genetic code material

that the virus is made up of does not think, but behind viruses is an invisible being that does think. Behind viruses there is a type of intelligence and it is not of God. There's something alien about a virus that is an intelligent, invisible being that afflicts man's flesh with a highly calculated destructive mission. Henry

There is no medical drug that has ever been invented that has ever been able to kill a virus because we are trying to kill something that is already dead.

Wright suggested that viruses are the spirits of infirmity in tissue that the Bible talks about and after considering the characteristics of a virus, I believe that makes a lot of sense. There is no medical drug that has ever been invented that has ever been able to kill a virus because we are trying to kill something that is already dead. You cannot kill a virus, you cannot destroy it, but you can divert it – that is through repentance of sin and by casting out the evil spirit. Henry Wright has been attacking viruses from this basis and people have been healed from incurable diseases that are virally related.

I explained earlier that viruses do not have an original life form of their own and they also cannot survive on their own outside of the human body. This is significant because according to the Bible, the devil and his demonic spirits need a body to work and express themselves through. For example in Mark chapter 5, when Jesus cast out evil spirits out of a man, they begged Jesus to allow them to go into a herd of pigs that were nearby.

Mark 5 v 11 – 12: "And the demons begged Him, saying, Send us to the hogs, that we may go into them! So He gave them permission. And the unclean spirits came out of the man and entered into the hogs; and the herd, numbering about 2000 rushed headlong down the steep slope into the sea and were drowned in the sea."

When an evil spirit is cast out, it wanders around seeking a place of rest. It is seeking a place of rest because it is in torment. It has every urge of its fallen nature but now has nowhere to express itself. When it was in the human it was at peace and the human was in torment. When it is cast out, the human is at peace and the spirit is in torment because it now has no place to fulfil its fallen nature in creation.

If you have an incurable viral disease – deliverance is necessary for healing. But first you need to go before God with deep and heartfelt repentance for the sin that allowed the virus to cause the sickness. Then with your God-given authority as a child of God you need to say, "On the authority of the Name of Jesus I break your power over (person's name) and command you evil spirit and virus to leave! Be cast out in Jesus Name!"

I cannot discuss all viruses because there are far too many. I also do not yet have all the answers when it comes to the entrance points or spiritual roots behind them. In the following pages I have discussed some common viruses and the spiritual sin behind them, which include:

- **POINT 1:** Viruses that cause inflammation - Hepatitis A and E (which cause inflammation of the liver), Rota virus (which causes fever, vomiting and diarrhea), Rhinovirus (common cold), Coxsackie viruses and enteroviruses (that infect the gut).
- **POINT 2:** Viruses that damage nerves - Polio and HIV
- **POINT 3:** Viruses that cause cancer - HIV, Human Papilloma Virus, Hepatitis B and C
- **POINT 4:** Viruses that recur - herpes zoster (which causes chicken pox, and Shingles) and herpes simplex (which causes cold sores and painful genital ulcers).
- **POINT 5:** Viruses that trigger autoimmune injury - Hepatitis B and C, Coxsackie B4, mumps, rubella, cytomegalovirus and Epstein-Barr virus.

Viruses can have the following effects on the body:

1. They can damage tissue which then results in an inflammatory reaction – cells harboring viruses are damaged by their presence. An example of this is the **hepatitis A and E viruses, Rota virus and Rhinovirus**. The hepatitis A and E virus and Rota virus are spread by contamination of food and

water with sewage. However it is only when your immune system is weakened by fear, anxiety and stress that these viruses are able to cause infection and sickness. Rhinovirus causes the common cold where you have inflammation of the lining of the nose. The Rhinovirus which causes the **common cold** is often given the entrance point to cause sickness through the sin of not properly taking care of your body i.e. an unhealthy diet lacking in good nutrients, lack of exercise, over-working and not getting enough rest. This puts your body into a stress state thereby weakening your immune system which gives the virus an opportunity to cause sickness. Your body is also put into a toxic state of stress resulting in a compromised immune system through strife and/or a thought life dominated by fear, anxiety and stress. I have explained flu and the common cold in detail in the chapter on page 371.

Other examples of viruses that cause tissue damage are the **coxsackie A and B virus, echovirus** and other **enteroviruses** that cause **viral meningitis**. Meningitis is inflammation of the membranes surrounding the brain and spinal cord – it can be caused by viruses as well as bacteria. Another example of tissue damage caused by viruses is **encephalitis** which is infection and inflammation of the brain. This is most commonly caused by the herpes simplex virus type 1. The entrance point for all the viruses mentioned in point 1 is a weakened or damaged immune system because of fear, anxiety and stress. This is explained in more detail in the chapter on page 178.

2. Viruses can cause tissue damage over a long period of time and can lead to degenerative disorders of the nerves. An example of this is the **polio** virus, which enters the body through the gut and goes to destroy the nerves in the brain and spinal cord. The virus is able to enter the body through the gut as a result of a damaged immune system due to fear, anxiety and stress. This is explained fully in the chapter on page 178. The virus causes damage to the cell directly and as a result of an immunological response which is explained in point 5 below. The **HIV** virus also causes damage to the nerves in over 80% of AIDS patients – this can cause **dementia**.
3. Some viruses have the ability to transform normal cell into cancerous cells that multiply uncontrollably, forming **cancerous tumors** that spread all over the body. Examples of this include:
 - **Kaposi's sarcoma** occurs in 1/3 of AIDS patients. Karposi sarcoma can also be caused by **human herpes virus type 8**. The HIV virus also commonly causes a cancer called **lymphoma**.
 - **Epstein Barr virus** can cause Burkitt's lymphoma and cancer of the nose and throat.
 - **Human papilloma virus** causes **cancer of the cervix**. (Another type of human papilloma virus causes **genital warts**.)
 - **Hepatitis B and C virus** can cause **cancer of the liver**.

HIV, human papilloma virus, human herpes virus type 8, hepatitis B and C virus are the consequence of sexual promiscuity. Behind promiscuity is the need to be loved. These viruses can also be given an entrance point through the use of contaminated needles used by drug addicts and people who get tattoos. There is also the unfortunate situation of people getting these viruses from blood transfusions – but this is rare now that blood is screened for these viruses before it is given to a patient. The hepatitis B and C viruses are discussed in more detail in point 5 below.

4. The DNA of some viruses is incorporated into the DNA of the cells of the body. This enables the viral infections to become dormant for a while (they usually hide in the nerve roots), and then under certain circumstances to be reactivated and flare up again. A good example of this is a virus called **herpes zoster or varicella zoster**. Early in childhood it causes chicken pox and then later in adult life it flares up again as **Shingles**. Shingles most commonly manifests as a vesicular rash on the chest or upper part of the back or in the cornea of the eye with pain in the area of the rash. Less commonly it can cause paralysis of the face, loss of taste on one side of the tongue and ulcers on the cheeks (Ramsay Hunt syndrome) or bladder and bowel dysfunction. The entrance point for herpes zoster

is initially fear and anxiety. It flares up again because of weakening of the immune system due to the high levels of stress hormones in stage 2 and 3 of stress (stage 2 and 3 of stress is explained in the chapter on page 178). There is a second component to shingles which is self-rejection and self-hatred - this is an autoimmune reaction which is explained in point 5 below. The rash in chicken pox and shingles is due to excessive secretion of histamine and persistent nerve stimulation and irritation which are reactions that occur as part stage 2 and 3 of stress. Many dormant viruses are often released again in conjunction with fear, anxiety and stress, which weakens the immune system. I explained above that HIV destroys the immune system. This also gives the opportunity to dormant viruses in the body to flare up again. Shingles commonly flares up in patients with HIV.

Another virus that lies dormant in the nerves and then flares up again is the **herpes simplex virus**. There are two different types of herpes simplex virus and the spiritual sin/entrance point behind them is different. Type 1 causes inflammation of the gums and mouth in children. It later reactivates resulting in cold sores on the skin around the mouth or vesicles on the genitals. The entrance point here is a damaged immune system due to fear, anxiety and stress as explained in the chapter on page 178. Type 2 recurs as painful ulcers on the genitals and is the consequence of sexual promiscuity. Both these viruses are able to reactivate when a person is in stage 2 and 3 of stress.

5. Some viruses trigger autoimmune tissue injury. These viruses do not harm the body cells directly - they put certain proteins on the surface of the body cells. Normally the immune system protects the body from disease by killing off harmful bacteria, cancer cells etc. The immune system recognizes the bacteria by the foreign proteins that are on the surface of the bacteria. When the viruses put foreign proteins on the surface of the body cells, the immune system thinks that the body cells are foreign cells - therefore the immune system attacks the body cells, damaging and destroying them. The sin in the person's thought life that gives viruses the entrance point to do this is self-hatred, a low self-esteem, self-rejection self-condemnation and/or guilt. Whenever there is the body attacking the body, there is self-hatred in the person's thought life. As in the spiritual realm, so it is in the physical realm - attack yourself spiritually through thoughts of self-hatred and the resultant physical reaction will be the body attacking itself. An example of this is the **Coxsackie B4, mumps, rubella, cytomegalovirus and Epstein-Barr virus** which cause **type 1 diabetes** - the immune system attacks the pancreas so that it can't produce insulin.

Another example is the **hepatitis B and C virus** which is a consequence of sexual promiscuity as I mentioned in point 3 above. Sexual promiscuity brings with it guilt and a low self-esteem. Hepatitis B and C are also commonly spread through contaminated needles in drug addicts. Addictions are rooted in a low self-esteem, insecurity and a need to be loved. This is discussed in more detail in the chapter on page 345. Hepatitis B and C are serious infections because it causes long term illness which leads to persistent inflammation and cirrhosis of the liver - the liver is eventually destroyed (fulminant hepatic necrosis) and this leads to death.

Proverbs 7 v 10, 21-23: ¹⁰"And behold, there met him a woman with the attire of a harlot and a crafty heart..."²¹With her much fair speech she caused him to yield, with the flattering of her lips she forced him. ²²He goes after her straight away, as an ox goes to the slaughter, or as a fool to the correction of the stocks; ²³till a dart strike through his liver; As a bird hastens to the snare, **And he does not know that it is for his life.**" (KJV) Liver cancer can be caused by a virus (such as hepatitis B and C) although it can be caused by other factors as well. There has not been research on this on a large scale yet, but we are beginning to notice that men with liver cancer have often been involved in pornography, fornication and/or adultery.

The ADHD, Epilepsy, Dyslexia, Colour Blindness, Autism, Learning Disabilities, Homosexuality and Bisexuality Profile

To understand these diseases, from both a Biblical and Medical perspective there is essential background information that you need to read through first:

1. The introduction at the beginning of this chapter on pages 596 to 600.
2. "Discerning the Source of Your Thoughts" on page 84 in order to gain an understanding of how the development of disease begins in the spiritual realm.
3. Then it is important for you to read through the chapter on Genetically Inherited Diseases on page 151. Once you have done this, your next assignment before reading anything else is to take a piece of paper and draw up your own family tree – starting from the youngest generation (i.e. the children) until 4 generations back if possible. Remember to include the siblings in each generation. Then I would like you to make a note next to the names on your family tree where the following situations or diseases were present:
 - A marriage where the man was passive and the woman was domineering and ruled the household i.e. she "wore the pants in the family".
 - Note who had any of the following conditions: ADHD, dyslexia, learning disabilities, epilepsy, color blindness, autism and/or homosexuality or bi-sexuality.
 - Had any family members been involved in occultism and false religions such as free masons, fortune tellers, spiritualists etc?

ADHD, epilepsy, autism, dyslexia, colour blindness, learning disabilities, homosexuality and bisexuality are inherited disorders that follow the same profile and often occur together in family trees. For example, when you find ADHD in children, you also often find it in the parents or grandparents. It's the same with epilepsy and dyslexia. Psychologists and psychiatrists have documented that children with epilepsy also frequently have ADHD. When there is ADHD in a family tree, you often also find epilepsy, dyslexia, colour blindness and/or learning disabilities in the different generations. I have repeatedly seen this for myself.

These diseases are all different manifestations of the same underlying problem which is an interruption in neurological flow and/or a breakdown in perception in the brain. In the chapter "Essential Background Knowledge of Disease from a Medical Perspective" I explained that your thoughts are physically in your brain in the form of electrical current that travels along your nerves. A child with ADHD is not able to concentrate on one thing for a long time because its thoughts or the neurological flow in its brain is suddenly interrupted, causing the child to lose focus. That is why if you look at a child with ADHD's bedroom, you will see a trail of six piles of different games where it was playing. This is because the child keeps losing focus and moving onto the next thing without finishing anything he/she started.

A person with epilepsy has a tendency to have recurrent seizures – also called convulsions or fits. Just like in ADHD, there is an interruption in neurological flow leading to an imbalance in electrical activity in the brain. Your brain is divided up into different areas. Each area is responsible for a different function of your body. For example there is an area in your brain that controls speech, another area that controls movement of the muscles in your legs, another area controls movement of your arms etc. The communication between your brain and body occurs via electrical impulses that travel along nerves. When an electrical impulse travels from your brain to your muscles, the electrical impulse "shocks" the muscle and causes

These diseases are all different manifestations of the same underlying problem: an interruption in neurological flow and/or a breakdown in perception in the brain.

it to contract. The contraction of the muscles produces movement. In epilepsy the imbalance in electrical activity causes an abnormal electrical discharge which spreads throughout the brain. So many areas of the brain are stimulated all at once. There are different types of epileptic fits. For example in a tonic-clonic seizure (also known as a grand mal epileptic attack) the abnormal electrical discharge spreads along the nerves to the muscles, causing the muscles all over the body to contract uncontrollably, resulting in a fit. So epilepsy, just like ADHD is caused by an interruption in neurological flow in the brain.

Dyslexia is a breakdown in perception where the symbols are reversed so a person has difficulty reading and writing. The person may also have difficulty in distinguishing sounds. Colour blindness also involves a breakdown in perception. I will not mention anything about autism because I do not yet fully understand this disease but it follows the same profile as the other diseases mentioned here. These disorders all involve a neurological breakdown, an interruption of the thoughts and various breakdowns in perception.

There is a double-mindedness and confusion that comes in these disorders. The Bible says that a double minded man is unstable in all his ways.

James 1 v 8: “[For being as he is] a man of two minds (hesitating, dubious, irresolute), [he is] unstable and unreliable and uncertain about everything (he thinks, feels, decides).”

For example, as I explained with ADHD – child starts an activity but there is a neurological interruption of his thoughts so he loses focus and then does whatever the next thing is that comes to mind... and so the child flips from one activity to another without finishing anything. Homosexuality also has something in common with ADHD and dyslexia. I am not saying that a person is at risk of becoming a homosexual because they have ADHD or dyslexia. However they do have the same common thread: Homosexuality involves a type of double mindedness and confusion – the primary root of the confusion is gender disorientation.

The breakdown in perception and interruption in neurological flow in the brain in these disorders is directly caused by **the deaf and dumb spirit**.

This spirit is given access into families through ungodly order in the home where the woman dominated and ruled the household while the man sat passively in the background.

1 Corinthians 11 v 3: “But I want you to know and realize that Christ is the Head of every man, the head of a woman is her husband and the Head of Christ is God.”

So we have the Father, and then we have Jesus, then the man, then the wife and then the children – that is God's divine order for families. That brings the man back into leadership as a husband, which reflects the relationship that Christ has with the Church as our Husband.

Ephesians 5 v 22 – 25: “²²Wives, be subject (be submissive and adapt yourselves) to your own husbands as [a service] to the Lord. ²³For the husband is the head of the wife as Christ is the Head of the church, Himself the Saviour of [His] body. ²⁴As the church is subject to Christ, so let wives be subject in everything to their husbands. ²⁵Husbands, love your wives, as Christ loved the church and gave Himself up for her.”

When the Bible says that the woman is to submit to her husband, it is not in the chauvinistic sense of legalism, control, damage and victimization. It doesn't mean that the men are greater than their wives or the wives are greater than the men. It means there is an order of government. That government has often been misunderstood. The purpose of this government is protection, safety and love.

Women were created by God to be nurtured, loved, covered, cared for, protected and made to feel safe so that she can be a helpmate and mother without fear. When the Bible says that the woman is the weaker vessel, it is not a derogatory statement that says that she is inferior. It simply means that there is something stronger than her to protect her namely a loving male who is supposed to be the spiritual leader.

If the man is passive and does not rule the home in love, the woman has no choice but to take the reins. The minute she does, Satan's entire kingdom comes to help her and all hell is about to come in because the government and the protection is shattered. God did not create the females to hold the burden of the planet. The women are not doing too well and their diseases are many because they have been asked to do something that God never intended them to do. He never intended the women to hold things together, He intended them to be held together by something stronger than her which is a loving male who is the king and priest of his home.

A woman was not designed to lead the home, she was designed as a helpmate to follow a Godly man who lovingly leads his wife and children. It is a man's calling is to reflect the Father heart of God to his wife and children. When there is a role reversal where the woman wears the pants in the marriage relationship and is the domineering ruler of the home because the man does not take his place as the spiritual head, you have an ungodly order and satan has every legal right to come in with confusion and all the diseases mentioned in this profile. These are diseases that specifically follow ungodly order in the home generationally. This has been found every single time in literally thousands of case studies.³¹

If the man is passive and does not rule the home in love, the woman has no choice but to take the reins.

All kinds of evil spirits come in because the order of government is broken. In this setting you firstly have the deaf and dumb spirit which causes learning disabilities (which includes the inability to read and write), ADHD, epilepsy and dyslexia. Then you have hatred of men in the female and hatred of women in the male. Then you have anger in both the woman who is the domineering ruler and in her passive husband.

The woman found this quiet, gentle guy that she thought would be different from the lustful one that pursued her earlier. However he is not really quiet, he is passive because he has a deaf and dumb spirit that he inherited in his family tree. He is often a couch potato and commonly has learning disabilities, dyslexia, ADHD etc himself. She eventually gets very frustrated because she has to be responsible for disciplining the children, doing the book keeping, running the finances, deciding where they go to church if they go at all etc. She has to be responsible for everything because he refuses to take his place as the true loving spiritual leader that God intended. When she begins to get irritated and she begins to thrust up against him with suggestions or confronts him, he is no longer quiet - he becomes passive aggressive. He gets angry because she has just touched his weakness and he is very unhappy to admit that he is weak. Therefore he will rise up with an aggressive response to defend himself rather than change, and he becomes a raga-holic in his self-hatred.

So now you have hostility and rage compounded in a husband and wife who are both angry. He is angry because he is passive and has been found out. She is angry because he won't take his place and she has to discipline the children and do other things that should be his job. The anger in her and him is spilling out in generations of families as the anger and hostility of autism.

When there is an ungodly order in the home, you also have perverse spirits that come in to cause confusion in gender and that brings us to the place of homosexuality as part of the profile. Many homosexuals think that they were born that way but that is not true. They inherited a perverse spirit that taught them how to think (as explained on page 84) and it is fulfilling its fallen nature through them. They don't understand this because they are following urges as if it were them.

Bi-sexuality is also gender disorientation but the bisexuality has another component and that is the need to be loved. It also sometimes follows individuals who were improperly touched resulting in a transference of unclean spirits that attach themselves to these individuals and their generations.

In science they have not found any genetic defect or physical reason for any of these disorders. There is something invisible that is changing their ability to think - those are evil spirits.

On page 88 I wrote about the different types of brain waves. I explained how theta brain wave activity enables you to comprehend thoughts, images and impressions between your soul and the spiritual realm which includes your own human spirit, the Holy Spirit and any other evil spirit. Through theta brain wave activity you hear the voice of the Holy Spirit convicting you of Truth and you are also tempted by the devil and his kingdom. So anything that is spirit that would speak to you at the spirit level, you comprehend its voice, image, impression and thought through theta brain wave activity.

This is the same pathway used in hypnosis and by the Sharman's who conjure up evil spirits with drumbeats. Theta brain waves are 4 and a half beats per second which is why it is the rhythm of the drumbeat used by the Shaman to activate the pathway between the soul and the spirit so that evil spirits can gain access to the human soul through thought. I mentioned a study that was done on children who have been diagnosed with ADHD which showed that they had increased theta brain wave activity. Even the worldly psychiatrists have realized that there is something beyond the physical realm that is behind these diseases but instead of calling what they see spiritual, they are calling it energetics...and that is another deception. They don't know what is causing the theta brain wave activity to increase, so they are making up a theory about energetics. We know what activates theta brain wave activity and it's the same thing that the shaman's know when they conjure devils in their drum beats – the invisible kingdom of Ephesians 6 v 12. Because the medical field does not recognize or understand the spiritual dimension of our lives, they will never achieve anything beyond disease management with the disorders in this profile because you need deliverance, not medication.

In summary ADHD, epilepsy, dyslexia, colour blindness, learning disabilities, autism, homosexuality and bi-sexuality are a profile of diseases that result from an interruption in neurological flow and/or a break down in perception caused by deaf and dumb/perverse spirits that come in through ungodly order in the home. What is really amazing is that children of these profile families end up marrying people of the same profile. This shows you that sometimes evil spirits are putting people together, even in marriage to fulfil the iniquity of the generations.

Rebellion often also exists in this profile which comes from families that have been involved in occultism with false religions.

How to Deal with ADHD, Epilepsy, Dyslexia, Colour Blindness, Autism, Learning Disabilities, Homosexuality and Bisexuality

If you or your child has any of the diseases in this profile, you need to go before God with heartfelt repentance. If it is your marriage that involves the woman ruling the household while the husband passively sits in the background, repent and change your ways so that you are back in line with God's order and design for families. If the woman dominating the man involved the marriage of your parents or grandparents, repent for the sins of your fathers (as explained in the chapter on genetically inherited diseases) that gave entrance for the deaf and dumb spirit to come into your family tree and cause these diseases.

Then with your God-given authority as a child of God, I encourage you to say this out loud, "In Jesus' Name I break the power of generational iniquity and all these diseases in my family tree. In Jesus' Name I command the deaf and dumb spirits that have been influencing (person's name) ability to perceive thought to be gone! I command ADHD and learning disabilities to be gone! In Jesus' Name I command symbol reversal to stop and for dyslexia and colour blindness to be gone. In Jesus' Name I break the power of hatred of men and hatred of women in my family tree. In Jesus Name I release myself and my family from the anger, rage and hostility resulting in autism and command the unclean spirits causing autism to be gone! In Jesus' Name I command the brain to become re-ordered and function as it was designed to be by God."

You may not see anything different after casting out the deaf and dumb/perverse spirit. There is going to be no lightning bolt from heaven, you have just got to know in faith that the power of this spirit is broken because it is – I know this from experience. The evidence is in the disappearance of the symptoms of the disease over time.

I don't suggest that you go and traumatize small children by casting evil spirits out of them – this is not necessary. 1 Corinthians 7 v 14 says that when parents repent and get right with God, their children are sanctified. In the chapter on Genetically Inherited Diseases I mentioned that there are testimonies of children being healed when their parents repented before God without a prayer request for healing even taking place.

If you are struggling with bi-sexuality and homosexuality, pray this with me "In Jesus' Name I command the unclean perverse spirit that has changed my identity and sexuality to be gone! In Jesus' Name, I break your power over me and the generations of my family! In Jesus' Name, I break the power over unloving spirits that have taken me to look for love in all the wrong places. In Jesus' Name I release myself from rejection and abandonment of my father. Father I open my heart right now to receive Your perfect love and the love of the Lord Jesus Christ as a work of the Holy Spirit. Please lead me on a journey to seek after proper fulfilment and affection in Jesus' Name."

If you have been struggling with homosexuality or bi-sexuality, a renewing of the mind is necessary. Previously the devil and his kingdom trained you how to think – they gave you thoughts in the first person and you have followed that mindset all your life as if it were you. Now you need to change your thinking to how God thinks – you need to see yourself as God sees you. Therefore it is important for you to read through the chapter on "Who You Are in Christ" on page 647.

A Common Question:

My children have epilepsy, dyslexia, ADHD, autism, colour blindness, homosexuality and/or bi sexuality. I recognize that there is ungodly order in the home and that as a wife I have been "wearing the pants" in the sense that I have had to make most of the decisions and have taken on responsibilities in the family that are rightfully my husband's (who is very passive). The problem is that my husband is not saved and so it makes this situation very difficult. What do I do? I am not married yet, so I do not consider myself qualified to answer questions on marriage. So I asked Tammy Van Rensburg, my partner (co-director) in Eagles Wings Ministry, who has been married for 22 years to a husband who is not yet saved to answer: If you have been convicted in this area and this applies to you and your family then herewith some possible pointers to assist you to get your home in order.

1. **First spend time with the Lord in the 3 levels of forgiveness** (un-forgiveness is a block to healing - Mark 11 v 25-26 says that if you do not forgive, then God will not forgive you):

- Forgive others – include your husband for not standing up as the leader in the home and any other areas you feel that he has let you down.
- Self – especially if you have any feelings of failure or disapproval, or disappointment against yourself.
- God - you may have anger, disappointment towards God

Then repent both personally and generationally for ungodly order in the home. Ask God's help:

- To change you into being submissive to your husband as the Word instructs in 1 Peter 3 v 1-5.
- To be your husband's supporter, encourager and helper and leave the final decisions to him, and also to step down from the responsibilities that are rightfully his, so as to leave the way open to fulfil his role as husband and father.

- To allow your husband to be taught by God and face the consequences of any bad / good decisions he makes. You as the saved wife should continue to contribute your opinions based on the truth whenever your husband asks what you think about the situation. As you have now come under your husband's authority as God intends, you are in obedience and therefore God the Father will use all situations for your good and His glory (Romans 8 v 28). It may be that as your husband makes some wrong decisions and takes ownership, that he will realise more and more his need for both a Lord and Saviour.

Remember 1 Peter 3 v 1-5: "In like manner you married women be submissive to your own husbands, so that even if any do not obey the Word, they may be won over not by discussion but by the lives of their wives. When they observe the pure and modest way in which you conduct yourselves together with your reverence (to your husband; you are to feel for him all that reverence includes; to respect, defer to, revere him – to honor, esteem, appreciate, prize and in the human sense, to adore him that is to admire praise, be devoted to deeply love and enjoy your husband)."

2. Sanctification of the Spirit – Cast out the Deaf and Dumb spirit both personally and generationally in Jesus name. (This takes the legal right away and will help you renew your mind in this area).

In the name of Jesus I bind the deaf and dumb spirit and cast you out from my life and the generations of my family. You have no legal right to influence and affect my family any longer in Jesus name.

3. Sanctification of the Soul – Renew your mind with what the Word of God: spend time, purposely thinking and meditating on scriptures which speak about the wife's role in the home and qualities she should have. I've listed some Scriptures below to help get you going:

- 1 Corinthians 7 v 14 & 26: "14 For the unbelieving husband is set apart by union with his consecrated wife. Otherwise you children would be unclean but as it is they are prepared for God. 16 For, wife, how can you be sure of converting and saving your husband."
- Proverbs 12 v 4: "A virtuous and worthy wife is a crowning joy to her husband, but she who makes him ashamed is as rottenness to his bones."
- Proverbs 19 v 14: "House and riches are the inheritance from fathers, but a wise, understanding, and prudent wife is from the Lord."
- Proverbs 31 v 10 – 12: "A capable, intelligent and virtuous woman – who is he who can find her? She is far more precious than jewels and her value is far above rubies or pearls."
- Proverbs 31 v 26: "She opens her mouth in skilful and Godly wisdom, and on her tongue is the law of kindness."
- 1 Corinthians 7 v 3: "The husband should give to his wife her conjugal rights, likewise the wife to her husband."
- 1 Corinthians 13 v 4 -8: "Love endures long and is patient and kind, love never is envious nor boils over with jealousy, is not boastful or vainglorious, does not display itself haughtily. It is not conceited (arrogant and inflated with pride); it is not rude and does not act unbecomingly. Love does not insist on its own or its own way, for it is not self-seeking ; it is not touchy or fretful or resentful; it takes no account of evil done to it (it pays no attention to a suffered wrong). It does not rejoice in injustice and unrighteousness, but rejoices when right and truth prevail. Love bears up under anything and everything that comes is ever ready to believe the best of every person, its hopes are fadeless under all circumstances, and it endures everything."
- Ephesians 5 v 33: "However, let each man of you love his wife as his very own self; and let the wife see that she respects and reverences her husband."
- 1 Thessalonians 5 v 11, 15-18: "Therefore encourage one another and edify one another just as you are doing. See that none of you repays another with evil for evil, but always aim to show

kindness and seek to do good to one another and to everybody. Be happy and rejoice and be glad-hearted continually; Be unceasing in prayer; Thank in everything for this is the will of God for you in Christ Jesus.

- Titus 2 v 4-5: "So that they will wisely train the young woman to be sane and sober of mine (temperate, disciplined) and to love their husbands and their children, to be self-controlled, chaste homemakers, good natured and subordinating themselves to their husbands, that the word of God may not be exposed to reproach"

You may also be led by the Holy Spirit to approach your husband and confess that you have, unknowingly over time, taken over his responsibilities and that you are very sorry for this. Also explain that you want to work at doing it right and being a better wife to him.

By aligning yourself with the Word of God and submitting to your husband, you are allowing God to be God in your husband's life instead of you being holy spirit junior and trying to do what only He can do. As you realise that you are not in line with what God has ordained as to the right order and you have repented, you then need to take steps and work at getting into your rightful place as the wife and stay there. Your husband may have become passive and be very "comfortable" with you doing everything. However, you must start pulling back and encouraging him gently that he is the head of the home so he is able to do what the man of the house is responsible for. As you speak to your husband include words of affirmation, confessing just how confident you are that he can and will do it well.

Whilst it is important to give her opinion the wife must leave the final decision to the husband even though at times you may have to stand back and trust the Lord in this area. Sometimes the husband will make wrong decisions and the family may be affected by the consequences of these bad decisions but this is important for his growth. She is to lovingly support him and not have an "I told you so attitude".

Some other practical ways to help:

1. See your wifely role as the prime ministry of worship to your Heavenly Father – as you serve your husband you are serving the Lord Jesus.
2. Each time you look at your husband, try to picture Jesus standing behind him especially in times of difficulty or anger. In other words, you respond as you would to Jesus because you are submitting to your husband as unto the Lord. This helps to keep you more patient and mindful of how you will respond.
3. Have a prayer partner for support.
4. Ask God for wisdom on how to encourage and talk to your husband about all things. You can learn to share without condemnation or manipulation, pride or self righteousness.
5. Continuously seek the Lord to show and empower you to love your husband in the way that he needs to be loved.

Epilepsy

A person with epilepsy has a tendency to have recurrent seizures – also called convulsions or fits. In major seizures the person loses consciousness and falls to the ground i.e. a "black-out". In minor seizures there may be just an alteration in consciousness. Your brain is divided up into different areas. Each area is responsible for a different function of your body. For example there is an area in your brain that controls speech, another area that controls movement of the muscles in your body, another area interprets sensory stimuli from what you touch and feel, another area is responsible for interpreting what you see etc. The communication between your brain and body occurs via electrical impulses that travel along nerves. When an electrical impulse travels from your brain to your muscles, the electrical impulse "shocks" the muscle

and causes it to contract. The contraction of the muscles produces movement. An electrical impulse from your eyes to your brain tells your brain what you are seeing. An electrical impulse from your ears to your brain tells your brain what you are hearing. In epilepsy there is an abnormal electrical discharge that spreads throughout the brain causing an imbalance in electrical activity in the brain.

In tonic-clonic seizures (also called grand mal convulsions) this abnormal electrical discharge spreads along the nerves to the muscles, causing the muscles all over the body to contract. The person goes rigid and loses consciousness, falling down heavily if standing and often sustaining injury. At this stage the person stops breathing and his/her tongue and lips may go blue (from lack of oxygen). After a few moments, the rigidity is periodically relaxed, producing jerk movements. Some people do not have this rigid phase of muscle contraction – instead the muscles are totally limp (flaccid) and they go into a deep coma for a few minutes. The person then gradually regains consciousness, but is confused and disoriented for half an hour or more afterwards. Full memory function may not be recovered for a few hours. During the attack urinary incontinence may occur and tongue biting with bleeding is a hallmark of a generalized epileptic seizure. After a seizure like this the person usually feels terrible, may have a headache and will want to sleep. It is frightening for people to witness a seizure like this and they often think that the person is dying.

In another type of seizure called a **partial motor seizure** which is similar to the one above, there are spasms or rhythmic jerking that begins in one part of the body, such as the mouth, thumb or big toe and spreads gradually (Jacksonian epilepsy). These attacks can last from a few seconds to several hours. After a long episode, the involved limb may be paralyzed for several hours after the seizure (Todd's palsy). **Partial sensory seizures** cause unpleasant tingling or 'electric' sensations for a few seconds on one side of the face or an arm and leg on one side of the body.

Another type of seizure is a **partial complex seizure**, where a person has an alteration of consciousness without the person collapsing to the ground. The person stops what he or she is doing and stares blankly, often making rhythmic smacking movements of the lips or other automatic movements such as picking their clothes. After a few minutes the person returns to consciousness but may initially feel muddled and drowsy. Before having an attack like this the person may experience an alteration in mood, memory and perception such as undue familiarity (*déjà vu*) or unreality, complex hallucinations of sound, smell, taste, vision, emotional changes (fear, sexual arousal), nausea or stomach pain. These hallucinations or alterations in perception are due to abnormal electrical discharges in the sensory area in the brain – the brain receives electrical impulses which falsely makes you think you are seeing, hearing or smelling something that is not really there.

Absence seizures (also called petit mal convulsions) is a minor seizure that occurs in children which resembles a partial complex seizure, but the attacks are shorter and a lot more frequent (up to 20 or 30 a day).

A seizure or convulsion can be caused by brain damage due to other underlying medical problems, some of which are mentioned below:

- **Infections** – abscesses in the brain, an infective mass of TB in the brain, toxoplasmosis, HIV and encephalitis. (HIV and viral encephalitis were discussed under the section on viruses above. Bacterial infections (including TB) and parasitic infections (like toxoplasmosis) are explained on page 377.)
- **Inflammation** – sarcoidosis, SLE, multiple sclerosis and vasculitis (inflammation of blood vessels in the brain). These diseases involve the immune system attacking its own body (autoimmune diseases are explained on page 329).
- **A brain hemorrhage** bleeding into the brain that squashes and damages the nerves. This can be caused by trauma, high blood pressure (discussed on page 485) or aneurysms (discussed on page 498).

- **Blood clot** to the brain which cuts off blood supply to an area of brain (strokes are discussed on page 436).
- **Trauma** – an accident or during surgery or damage to the brain during birth.
- **Tumors** in the brain that squash and damage the nerves.
- **Alcohol or amphetamine withdrawal.**
- **Side effect of medication** for example:
 - Antibiotics such as penicillin, isoniazid (used to treat TB), metronidazole.
 - Anti-malaria drugs like Chloroquine and mefloquine.
 - Drugs used to treat abnormal cardiac rhythm such as lidocaine and disopyramide.
 - Tricyclic antidepressants and lithium (used to treat Bipolar disorder).
- **Disturbance in electrolyte balance in the blood:**
 - Very low levels of sugar (glucose) – e.g. when diabetics overdose on their medication or when an elderly person has not eaten for a long time.
 - Low levels of sodium - for example sodium can be lost with excessive vomiting or diarrhea.
 - Low levels of calcium and magnesium.
 - Kidney failure- because there is a build-up of toxic waste in the blood which was supposed to be filtered out by the kidney. These toxic waste products interfere with the normal functioning of the brain.
 - Liver failure – when protein is broken down by the body, one of the by-products is ammonia. The liver takes up the ammonia and converts it into another compound that is later excreted by the kidney. When the liver is not functioning as it should, there is a build up of ammonia in the blood which is toxic to the brain.
- **Degenerative diseases** – for example Alzheimer's disease (discussed on page 438).

Strokes, infections, inflammation and bleeding in the brain can be picked up by a doctor by doing a CT or MRI scan of the brain. Disturbances in electrolytes are picked up by taking blood tests. However, many people with epilepsy have none of the above medical conditions – on EEG studies and brain scans no physical abnormality can be found. There is a specific spiritual root behind this type of epilepsy which is explained earlier in this chapter under the heading "The ADHD, Epilepsy, Dyslexia, Color Blindness, Autism, Learning Disabilities, Homosexuality and Bisexuality Profile." Please read through that section on page 605 before continuing to read further here because it is essential background information that is necessary to understand the spiritual dynamics behind epilepsy.

Epilepsy is caused by a deaf and dumb spirit. We know this because we see it in the Bible

As you have just read in the section I referred you to – epilepsy is caused by a deaf and dumb spirit. We know this because we see it in the Bible: **Matthew 17 v 14 – 18:** ¹⁴**And when they approached the multitude, a man came up to Him, kneeling before Him and saying,** ¹⁵**Lord, do have pity and have mercy on my son, for he has epilepsy and he suffers terribly; for frequently he falls into the fire and many times into the water...**¹⁷**Jesus answered...Bring him here to Me.** ¹⁸**And Jesus rebuked the demon, and it came out of him, and the boy was cured instantly."**

We gain more insight into this story which is described in more detail in Mark chapter 9 – as you will see the description of the attacks is exactly like a grand mal epileptic seizure. We also see that it is a deaf and dumb spirit that that Jesus cast out.

Mark 9 v 17 – 27: ¹⁷**And one of the throng replied to Him, Teacher, I brought my son to You, for he has a dumb spirit.** ¹⁸**And wherever it lays hold of him [so as to make him its own], it dashes**

him down and convulses him, and he foams [at the mouth] and grinds his teeth, and he [falls into a motionless stupor and] is wasting away. And I asked your disciples to drive it out, and they were not able [to do it]. ¹⁹And He answered them, O unbelieving generation [without any faith]! How long shall I [have to do] with you? How long am I to bear with you? Bring Him to Me. ²⁰So they brought [the boy] to Him, and when the spirit saw Him, at once it completely convulsed the boy, and he fell to the ground and kept rolling about, foaming [at the mouth]. ²¹And Jesus asked his father, How long has he had this? And he answered, From the time he was a little boy. ²²And it has often thrown him both into the fire and into the water, intending to kill him. But if You can do anything, do have pity on us and help us. ²³And Jesus said, [You say to Me], If you can do anything? [Why,] all things can be (are possible) to him who believes! ²⁴At once the father of the boy gave [an eager, piercing, inarticulate] cry with tears, and he said, Lord, I believe! [Constantly] help my weakness of faith! ²⁵...Jesus rebuked the unclean spirit saying to it, You dumb and deaf spirit, I charge you to come out of him and never to go into him again. ²⁶And after giving a [hoarse, clamoring, fear-stricken] shriek of anguish and convulsing him terribly, it came out; and the boy lay [pale and motionless] like a corpse, so that many of them said, He is dead. ²⁷But Jesus took [a strong grip of] his hand and began lifting him up, and he stood. ²⁸And when He had gone indoors, His disciples asked Him privately, Why could we not drive it out? ²⁹And He replied to them, This kind cannot be driven out by anything but prayer and fasting."

Another account of a man being healed of epilepsy through casting out of an evil spirit is given in **Mark 1 v 23 – 27**: ²³Just at that time there was in their synagogue a man [who was in the power] of an unclean spirit; and now [immediately] he raised a deep and terrible cry from the depths of his throat saying, ²⁴What have You to do with us, Jesus of Nazareth? Have You come to destroy us? I know who You are – the Holy One of God! ²⁵And Jesus rebuked him, saying, Hush up (be muzzled, gagged), and come out of him! ²⁶And the unclean spirit, throwing the man into convulsions and screeching with a loud voice, came out of him. ²⁷And they were all so amazed and almost terrified that they kept questioning and demanding of one another, saying, What is this? What new (fresh) teaching! With authority He gives orders even to the unclean spirits and they obey Him!"

Here is a testimony by Henry Wright who dealt with a case of epilepsy just like Jesus did: "They brought a young lady to me in 1985. She was about 21 years of age and had been experiencing grand mal epileptic seizures for many years. They heard that God was using this ministry, honoring our work and people were being healed. They brought her to me; she was unsaved and she was living with her boyfriend in sin. She had had two abortions, and I had to talk to her about these issues. She decided to accept the Lord. I broke the power of the deaf and dumb spirit and cast it out of her and commanded the spirit of epilepsy to be gone. I didn't know if it had gone or not; I didn't see any visible evidence. I said, "Good bye". One week later she went to her doctor in Ashville, North Carolina. He ran an EEG on her and her brain wave tests were all normal. The last time I heard about her, she was serving God internationally with Youth With A Mission (YWAM). Saved, healed and now serving God. She didn't have another epileptic seizure, ever again. That was the first of several encounters with people with epilepsy. So far, we have never lost a healing of epilepsy in the history of our ministry, although there is never a guarantee. Everything is in God's hands by faith."

For more than 15 years Pastor Henry Wright has been ministering to people with epilepsy on the basis of casting out the deaf and dumb spirit – He claims to have not seen a single failed healing from epilepsy. The healings that He makes reference to have been documented through EEG tests in which the brain waves were normal. 50% of people with epilepsy will also have normal brain waves on an EEG, thus this in itself does not exclude epilepsy. However, these people also are not on any medication and have never had another seizure. From a medical perspective, this confirms that they are healed. However, in order to

get those healings, they had to repent for ungodly order in the home personally or generationally and cast out the deaf and dumb spirit.

Some seizures can be caused by fear.

Attention Deficit and Hyperactivity Disorder (ADHD)

**Phil stop acting like a worm
The table is no place to squirm
But Philip will not take advice
He'll have his way at any price
He wriggles and jiggles
Here and there on the chair**

Phil these twists I cannot bare.

(A poem from a German Book written in 1863)

How the Diagnosis of ADHD Is Made:

There is no brain scan or blood test to diagnose ADHD. A doctor, psychologist or psychiatrist makes the diagnosis by obtaining a history of the child's behavior from the parents and teachers at the child's school. A form called the Conner's questionnaire is given to the parents and the teachers to fill in (this can be downloaded from the internet – just go to Google and type in the key words – Conner's Questionnaire for ADHD). Basically if a child's behavior fits the following criteria, ADHD is highly likely:

CRITERIA FOR THE DIAGNOSIS OF ADHD

6 or More Symptoms of Inability to Sustain Attention

- Can't sustain attention whilst performing a task (short attention span) and is easily distracted.
- Often starts a task in a rush but has difficulty in finishing it.
- Makes careless mistakes in school work.
- Doesn't listen – for example ignores the formality of class or teacher's social requests.
- Can't organize tasks.
- Avoids schoolwork.
- Loses things
- Is forgetful.

6 or More Symptoms of Hyperactivity or Impulsivity

- Fidgeting or squirming
- Keeps leaving seat in class.
- On the go – runs around or climbs excessively, ignorant of danger.
- Cannot play quietly, silly noise making.
- Talks excessively.
- Blurts out answers.

- Has difficulty in waiting for anything.
 - Often interrupts or intrudes into the action of others.
 - Pleased to get negative attention.
 - Class clown.
- * For the diagnosis to be made the symptoms must have been present before the age of 7 years. (Symptoms are often present by age 3).
 - * The symptoms must have been present in at least 2 settings, for example at school and at home.
 - * Impairment in academic functioning (academic failure) and/or social functioning.

Children with ADHD often have emotional difficulties such as moodiness, depression and irritability. They often have a low frustration threshold, bad temper, are emotionally labile and have a poor self-image. About 75% of children often show aggressive and defiant behavior which is hostile and confrontational.

Unfortunately ADHD is being far too frequently and flippantly diagnosed by doctors who in a "parrot fashion way" prescribe Ritalin to any child who sort of fits the above profile. Not every child who has some of the symptoms of ADHD has real ADHD. In the medical field we are seeing more and more children showing symptoms of ADHD (who do not genuinely have ADHD – i.e. they have no abnormality in neurological flow in the brain) as a result of stress and emotional turmoil.

In the chapter on page 188 I wrote about stress and I explained there that children take 18 years for their brains to grow and fully mature. The stress that children experience is much greater than that which we as adults experience – it is catastrophic to put it mildly. What we experience as moderate stress for children is catastrophic because the brain is still growing and in the developmental phase – it is vulnerable and susceptible.

When children are stressed, they cannot verbalize and express their emotions as well as we can, so it will come out in behavioral problems. We are finding a lot of ADHD symptoms coming from classroom induced stress and/or an unhappy home where for example the parents are continually fighting. Parents you have no idea how deeply you affect your children when they hear or see you fighting. It instills deep emotional insecurity and fear inside them.

We are seeing more and more children showing symptoms of ADHD as a result of stress and emotional turmoil.

Before your children are diagnosed with ADHD, just take time to sit with them and find out what their issues are. What is stressing them out? What is making them feel insecure and/or fearful? Children with ADHD symptoms coming from stress require lots of love and attention from you as a parent. We have a huge responsibility to reduce stress in our children's lives and let them have more fun, play more, and by giving them more love. The best ways of dealing with stress in children is **play** and **love** – give them lots of love, hugs and touches. There's an old saying – children spell love like this: "T-I-M-E". If you cut down your own busy schedule and invest more quality time than you usually do into your children – talking and bonding with them, and doing various activities with them that they enjoy, you'll soon start to see a significant change, such as an improvement in their class room performance. Dads, don't sit back and leave it to the mothers – you have a vital and instrumental role in the development of your children emotionally and especially spiritually, so be hands on and get involved. The time and effort will be well worth it as you will prevent the development of serious problems later on. For example the stress and emotional insecurity in a child from a strife filled or broken home has the danger of leading to addictions such as alcohol abuse later in life.

When it comes to real ADHD, there is a specific spiritual root behind it which is explained earlier in this chapter under the heading "The ADHD, Epilepsy, Dyslexia, Color Blindness, Autism, Learning Disabilities, Homosexuality and Bisexuality Profile." Please read through that section on page 605 before continuing to read further here because it is essential background information that is necessary to understand the spiritual dynamics behind ADHD.

Whilst there are several medications available for the treatment of ADHD, Ritalin is the best known and most widely prescribed by doctors. I explained previously that ADHD involves an interruption in neurological flow – this leads to free floating thoughts and impulsivity. The child just does whatever comes to mind, shifting from one activity to the next, starting many things but seldom finishing a task. Ritalin is a psycho-stimulant which means that it goes into the brain and stimulates the nerves – the best way that I can explain it is that it wakes the nerves up again so that neurological flow is continued without being interrupted. This elevates alertness and motivation. Some recreational drugs like amphetamines (speed) work by exactly the same mechanism. After the drug has worn off the person feels even more despondent and de-motivated. In the language of recreational drug users: "speed" is followed by a "rebound crashing".

It is true that 70% of children show some improvement in symptoms on Ritalin – however, it is a very dangerous drug. There is a psychotic value that comes with this drug that is absolutely horrific (The term "psychosis" is explained on page 619). Ritalin has been one of the most widely researched drugs. One study by a national organization in America concerning children who are on Ritalin showed that 50% of them, at some time in their lifetime, end up breaking the law and in jail. This has been directly related and attributed to the drug, not to ADHD. The statistics say that a child on Ritalin has a 50% chance of experiencing a psychotic side effect – you are playing a game of "Russian-Roulette".

Psychiatrists treat the side effects of drugs with other drugs. The rebound depression is treated with anti-depressants. Their answer to the psychotic side effects is to prescribe another drug – an antipsychotic, which has terrible side effects of its own. It is like opening pandora's box and yet Ritalin is the current "drug of choice" for ADHD.

Other side effects of Ritalin that have been documented in further medical research include:

- Headaches
- Insomnia (inability to sleep).
- May worsen tic disorders.
- Appetite loss may lead to growth suppression.
- Tachycardia – this is an increased speed at which the heart beats. This is fine as long as the child has a normal heart. However if the child has an underlying heart disease or abnormal defect – this can send the child into heart failure.
- Rebound effect – rebound crashing as explained above. This can lead to depression.

Ritalin is the shame of our doctors, parenting and school systems because it is a lazy way out of the problem. My experience in consultations with patients who have all kinds of sicknesses is that they are often looking for a quick fix: "Doc, just give me a pill or something quickly so I can get on with my busy life." There is an alternative method of dealing with ADHD which is a technique called focusing. Focusing is a treatment, at the secular level, but you will hardly ever hear about it because it is so much easier to give your child Ritalin. The focusing technique often does not appeal to parents and teachers because it takes a lot of co-operation, effort, time and patience on their part. Ritalin is a quick way to partially deal with the problem but it certainly doesn't solve the problem. If you have an open tap that it flooding your house with water, there are two possible ways to fix the problem: you can put a bucket under the tap (Ritalin)

Ritalin is the shame of our doctors, parenting and school systems because it is a lazy way out of the problem.

that will temporarily solve the problem, or you can switch off the tap (focusing) that permanently solves the problem. Ritalin merely deals with the fruit of a problem – God’s way is to deal with the root and get rid of it permanently.

Proverbs 22 v 6: “Train up a child in the way he should go [and in keeping with his individual gift or bent], and when he is old he will not depart from it.”

In the hyper-range of ADHD, the child is fine as long as he or she is concentrating on an object of interest. The neurological flow of focusing is normal, but when the child is not motivated the neurological flow is interrupted and the child then does whatever comes to mind. The focusing technique literally trains them to focus – this also involves a lot of loving discipline. I’m going to illustrate the focusing technique to you in the following true testimony given by Henry Wright who dealt with a child with ADHD:

“A child was brought to me. The child’s school had said they needed a meeting with the parents because this child was so disruptive that he had to be placed at the back of the school room in a chair with his face against the wall. He was totally isolated in a classroom and they still could not contain him. This particular child had straight ‘Fs”, an antisocial, disruptive, mouthy, rebellious, you-name-it behavior. When the parents got the letter they came to me. It was obvious that the next step the school counselors would recommend would be to put the child on the drug Ritalin. I went with the parents to the school counselor to propose an alternative. The parents did not want the child on Ritalin because of its psychotic side effects and potentially dangerous implications. With the technique of ‘focusing’ we felt this child’s ADHD would be resolved. The school agreed to let us try it.

We took this particular child and made up a chart. It had a row for every day of the week and every week of the month. We charted the next nine week period of the school semester. The chart had three columns. The first column had a smiling face. The next column had a face with a straight line for the mouth, and the next column had a frowning face. I brought the child in and said, “This is the deal, if we can’t help you through ministry and focusing, they are going to put you on Ritalin, which is a drug.” I explained to the child the ramifications of the drug and the consequences. This is part of focusing...education. However this is not threatening the child. Children understand when you take the time to talk to them. You may not think they do, but they really are listening and you can reason with children if you take the time to meet them on a level they can understand. We asked the child, “If you could have anything today, what would you like?” He said, “A SEGA video game player!” We told the child, “For every day that you turn your homework in and you behave well in the classroom, the teacher is going to evaluate you and if you have succeeded she’s going to put a smiling face in that column for that day. If you come home with a smiling face, your parents are going to give you U.S \$2.00 toward your goal to purchase the SEGA. The day that you barely make it with a straight line on the face – you don’t get any dollars. The day that you blow it, and you really blow it, and get a frowning face, you will lose one dollar from one of the days you got a smiling face. At the end of the nine week period, if you have more smiling faces than you have straight lines and frowning faces, then you’ll receive your prize. The alternative if you don’t is Ritalin because the school will require it. This is your choice.”

That’s where we began. For the first two weeks it was kind of rough. Remember that we are establishing new boundaries – new focusing, new concepts – and that takes time, patience and effort. But things started to shift. I’m here to tell you that, with ministry and focusing, in conjunction with the teacher’s co-operation as well as the child and parents this works. In the second 9 week period, the child went from “Fs” to the AB honor roll. The third nine week period, the child maintained a position on the AB honor roll, and by the fourth grade period the child was still on the AB honor roll. He became student of the year, and for the last nine weeks was the teacher’s assistant. He went from the back of the room to the front of the room, all through focusing, prayer and ministry and we didn’t have to go to drugs. That’s significant and this is a more excellent way.

That's not the rest of the story. He felt so good about himself and was so proud when he walked up in front of that assembly at the end of the school year and got the certificate for the Student of the Year. Something wonderful happened inside of him and he never let go of his achievements. Part of the profile of ADHD is self-rejection. This young man started to be a winner and he liked being a winner. He did not want to rebel any more. He liked being the teacher's pet. Suddenly a new life had begun, and he knew he wasn't on drugs and didn't need to be on drugs and that was very important to him. The second year came up and they brought him to me again and I said, "OK, you know how we won this battle last year. This year, there'll be no reward. You only get one SEGA in a lifetime. You know how God met you, and you know how you came through with flying colors last year. This year do you think you can make it through just by focusing and observing how you feel about yourself?" He said, "Pastor, I think I can do it. I might blow it every now and then." Henry said, "Well, I blew it yesterday myself."

In summary:

- ADHD involves a breakdown in neurological flow in the brain that interrupts a child's thoughts, making it difficult to focus and causing them to shift attention from one thing to another.
- ADHD is caused by a deaf and dumb spirit – this demonic spirit was given an entrance point through ungodly order in a family where the woman dominated and ruled the household – she wore the pants while the man was passive. The deaf and dumb spirit along with ADHD (as well as epilepsy, autism, dyslexia, learning disabilities and color blindness which are also caused by this evil spirit) run in families and can thus be inherited. Because the demonic deaf and dumb spirit is behind ADHD – deliverance is necessary for healing. I explain how to deal with ADHD and the other diseases in this profile on page 608.

When you step out in faith and use your God-given authority to cast the deaf and dumb spirit out, it has no choice but to leave. The neurological flow in your child's brain will be restored back to normal instantly. He or she will no longer experience an interruption of thoughts that makes it difficult to concentrate. However, you must understand that the child still has learned habits and mindsets which take time to change – this does not happen overnight. This is where focusing comes in. This is where much patience and effort by the parents come in. This is where the parents need to rearrange their busy schedules and purposely invest quality time with the child. Spend time doing activities that the child enjoys – do whatever you need to do to bond more deeply with him or her. Most importantly pray with and for your child and spend time teaching him or her the Word. In essence it is about quality time. The Biblical principle behind this is:

Proverbs 22 v 6: "Train up a child in the way he should go [and in keeping with his individual gift or bent], and when he is old he will not depart from it."

ADHD often has a low self-esteem, self-hatred, guilt and self-rejection attached to it. This is exacerbated by the fact that the child often had problems with learning and may have been the bottom of the class. It is very discouraging and a huge knock to your self-esteem when you are always getting straight "Fs". So you need to actively help the child develop a healthy self-esteem. Praise them at every possible opportunity. Make a big deal out of their little victories and celebrate with them as they progress and improve. However be careful that they don't get the idea that they are loved on the basis of performance. On page 647 is a chapter that I have written to adults to help them develop a healthy self-esteem – this starts with knowing who you are in Christ and learning to see yourself as God sees you. You need to find a way to teach your children on a level that they understand about their incredible value and self worth.

Psychosis

It is important that you first read through the introduction at the beginning of this chapter on pages 596 to 600 which as essential background information.

Psychosis can be caused by an underlying medical condition or it can be caused by recreational drugs (e.g. heroine, cocaine etc). The type of psychosis that I am going to discuss in this section is not caused by any other general medical condition or drug.

Many psychotic mental disorders are often an insanity that comes from dabbling in occultism.

There are mental disorders where a person becomes psychotic. For example people who have schizophrenia or bipolar disorder can have episodes where they become psychotic. A person who is psychotic has a loss of contact with reality – this involves hallucinations and delusions.

A **hallucination** is a false sensory perception not associated with real external stimuli. Normally you have nerves that run from your five senses (eyes, ears, nose, touch, taste) to your brain. For example electrical impulses travel along the nerves from your eyes to your brain and tell your brain what you are seeing. Nerves from your ears send electrical impulses to your brain and tell your brain what you are hearing. Nerves from your fingers and body send electrical impulses to your brain and tell it what you are touching or feeling. In a hallucination you are not really seeing, hearing, smelling or touching anything – but these electrical impulses are abnormally discharged and go to the brain resulting in the person thinking that he is seeing, hearing, smelling or touching something that is not actually there in external reality. Thus a person will think he is seeing things that other people can't see or hearing voices or noises that other people can't hear. I spent several months working in a psychiatric hospital and some of the auditory hallucinations that the patients had sounded very demonic to me. Patients very commonly had auditory hallucinations where they heard voices instructing them to kill or harm somebody or voices telling them that everybody was against them and that nobody likes them.

A **delusion** is a fixed false belief based on incorrect inference about external reality, not consistent with a person's intelligence and cultural background. A delusion is a false belief that is impossible to be corrected by reasoning. One patient I had in this psychiatric hospital had a delusion that she was pregnant with nine babies (she was not pregnant at all as confirmed by pregnancy tests). She went out and spent a lot of money buying nine prams, nappies etc in preparation for the birth of these nine babies. I even had a male patient who continually used to pester me and several other doctors to book a caesarian operation to deliver the baby he believed he was pregnant with. Delusions can also get bizarre – for example I had a patient that believed he had a chip in his tooth that controls world events. A very common delusion (which I am also convinced is demonic) is that psychotic patients often think that they are Jesus. One patient I had who thought he was Jesus tried to kill his parents because he genuinely believed they were the antichrist.

In summary psychosis can involve hallucinations and delusions and a loss of contact with reality. Psychosis can also involve a significant impairment in the ability to communicate, impairment in control over emotions and impairment in cognitive abilities. This leads to the inability to cope with interpersonal relationships and an inability to cope in society.

Many psychotic mental disorders for example multiple personality disorder, schizophrenia and psychosis in bipolar disorder are often an insanity that comes from dabbling in occultism – either personally or in your family tree generationally. Therefore at this point, please read through the section on page 52 under the heading "Separation from God and His Word" before continuing to read any further here.

As you have just read, diseases that stem from occultism are a result of separation from God and His Word. When the spirit of God departs, all that man has left is his own tormented mind or a spirit of insanity from the devil which will cause psychosis. Here fear, torment and deep mental confusion come in. The first evidence of this is fear and torment. **1 John 4 v 18** in the King James says, "**Fear has torment.**" We see this in the story of King Saul in the Bible.

King Saul was anointed by Samuel to be King and the spirit of God rested on him to be king. Then he disobeyed the Word of God and listened to the people instead. Because he was no longer a doer of the Word and he listened to the people, the spirit of God departed from him and a spirit of insanity came to him.

So here we have a king that had insanity and what was causing it was an evil spirit. The evil spirit caused a malfunction in the neurochemistry (chemicals in his brain) which led to an imbalance in thought so that he was no longer in touch with reality. When David came and met Saul, Saul liked him because when David played his Godly music he felt better. The reason is because the evil spirit causing Saul's insanity could not handle the anointing of the Holy Spirit and so it departed. When the evil spirit left King Saul, he became sane. So did King Saul have a physical problem with his brain? No. Was there anything wrong with his head? No. Then why should he have insanity? Because something that was invisible had joined him that spoke to him as if it were his own mind and he believed it.

When King David left, guess what came back shortly thereafter? The evil spirit of insanity. And all of a sudden Saul could no longer think right. So right here is an example of insanity or what we call a psychiatric problem.

Eventually Saul committed suicide on the battle field by falling onto his own sword (1 Chronicles 10 v 13 – 14). That is what insanity will do – it will take you to suicide. The World Health Organisation says that there are 10 million threatened suicides globally a year and one million successful.

Psychosis not only results from involvement in occultism personally, but also generationally upstream in your family tree. The basis of this is explained in the chapter on "Genetically Inherited Diseases" on page 151.

There is a doctor in Texas in America who is now practicing medicine according to the principles that I am sharing with you. There is a case report which was published in Henry Wright's book "A More Excellent Way" where he tells the story of how he dealt with a case of psychosis:

"We have seen the Lord do some pretty awesome things here in the past couple of weeks, but He blessed me with a special one yesterday. I had admitted a Hispanic man about 52 years old who had frankly become psychotic over a one week period of time. When I entered the room Monday on rounds, I realized that there was no objective medical reason to this man's insanity. He had indeed had two small strokes – one distant and one more recently according to the CT scan, but this did not account for what I was seeing. He was not able to speak and had not spoken in 15 hours. He was writhing in bed with agitation. He would not respond to the family or me at all. I began to sense that the Lord wanted to show His power here, so I asked the family if they went to church. They are Catholic. I then asked if I could pray for him. They said yes. I then began to ask for the Father's peace for the family and for His Presence in the room. I then took authority over the spirit of insanity and fear and cast them out. He immediately quit writhing in agitation. I left and returned in the afternoon. The family told me that as soon as I had left the room, he began to talk. He is now lucid and speaking quite normally today. I explained to the family that this is a miracle of God and that Jesus had healed the man. Medicine had not done it. They do not know what to make of it at this point."

If you have been involved in occultism, you need to come to a place of repentance before God. If family members in previous generations in your family tree were involved in occultism, deal with it as explained in the chapter on "Genetically Inherited Diseases" on page 151.

Once you have repented, you simply need to command the spirit of insanity causing psychosis to leave in Jesus' Name.

A Word of Caution: When you are set free, you must maintain your victory! When the spirit of fear and insanity is cast out, don't leave your mind empty – fill it with the Word!

Mathew 12 v 43 – 45: “But when the unclean spirit has gone out of a man, it roams through dry [arid] places in search of rest, but it does not find any. Then it says, I will go back to my house from which I came out. And when it arrives it finds the place unoccupied, swept, put in order, and decorated. Then it goes and brings with it seven other spirits more wicked than itself, and they go in and make their home there. And the last condition of that man becomes worse than the first.”

Healing from most of the diseases discussed in this book requires renewing of the mind with the Word of God. When it comes to psychosis, this is essential because as I explained, psychosis has to do with separation from God and His Word. Once you have been delivered from the spirit of fear and the spirit of insanity, you need to fill your mind with the Word. Reading, studying and meditating on the Word must be an important part of your daily life because the first line of defense against occultism and psychosis is to know the Word of God. Perfect peace belongs to those whose minds are fixed on the Lord (Isaiah 26 v 3) and the Lord is the Word of God.

When it comes to reading the Bible, if you don't know where to begin, I recommend the chapters “Who You Are In Christ” on page 647 and “Dealing With Fear, Anxiety and Stress” on page 672 as a guide to help you get started.

Multiple Personality Disorder (Dissociative Identity Disorder) and Satanic Ritual Abuse

It is important that you first read through the introduction at the beginning of this chapter on pages 596 to 600 which as essential background information. Also read through the section on psychosis above.

This is the criteria to diagnose multiple personality disorder (also called dissociative identity disorder) according to psychiatrists:

1. The presence of two or more distinct identities or personality states (each with its own relatively enduring pattern of perceiving, relating to, and thinking about the environment and self).
2. At least two of these identities or personality states recurrently take control of the person's behavior.
3. Inability to recall important personal information that is too extensive to be explained by ordinary forgetfulness.
4. The disturbance is not due to the direct physical effects of a substance (e.g. blackouts or chaotic behavior during alcohol intoxication) or a general medical condition (for example seizures due to epilepsy). In children the symptoms are not attributable to imaginary play mates or other fantasy play.

In the Bible there seems to be evidence that multiple personality disorder is actually the demon principality called “Legion”. The word Legion means “We are many.”

Mark 5 v 1 – 15: “¹They came to the other side of the sea to the region of the Gerasenes. ²And as soon as He got out of the boat, there met Him out of the tombs a man [under the power] of an unclean spirit. ³This man continually lived among the tombs, and no one could subdue him any more, even with a chain. ⁴For he had been bound often with shackles for the feet and handcuffs, but the hand cuffs of [light] chains he wrenched apart, and the shackles he rubbed and ground together and broke in pieces; and no one has strength enough to restrain or tame him. ⁵Night and day among the tombs and on the mountains he was always shrieking and screaming and beating and bruising and cutting himself with stones. ⁶And when from a distance he saw Jesus, He ran and fell on his knees before Him in homage, ⁷And crying out with a loud voice, he said, What have you to do with me, Jesus, Son of the Most High God? [What is there in common between us?] I solely

implore you by God, do not begin to torment me! ⁸For Jesus was commanding, Come out of the man, you unclean spirit! ⁹And He asked him, What is your name? He replied, My name is Legion, for we are many. ¹⁰And he kept begging Him urgently not to send them [himself and the other demons] away out of that region. ¹¹Now a great herd of hogs were grazing there on the hillside. ¹²And the demons begged Him saying, Send us to the hogs, that we may go into them! ¹³So He gave them permission. And the unclean spirits came out [of the man] and entered into the hogs; and the herd numbering 2000 rushed headlong down the steep slope into the sea and were drowned in the sea. ¹⁴The hog feeders ran away, and told [it] in the town and in the country. And [the people] came to see what it was that had taken place. ¹⁵And they came to Jesus and looked intently and searchingly at the man who had been a demoniac, sitting there clothed and in his right mind, [the same man] who had had the legion [of demons];”

Jesus showed us that the man's insanity was because of evil spirits called Legion. When Legion was cast out, the man was restored to his right mind and he was sane again. Did he have an organic problem or structural abnormality in his brain? No. His mind and thoughts were not his own because Legion controlled him. When Jesus cast Legion out what happened next? They went into the pigs and the pigs drowned in the sea. No, that is not what happened next. What happened next after Jesus cast out Legion, is that Legion entered the pigs and the pigs went insane and forgot that they couldn't swim. So Jesus showed us that Legion were spirits of insanity because the pigs went insane.

There is a testimony by Henry Wright, in his book "A More Excellent Way" about a woman who had fourteen personalities documented by a clinical psychologist in America. How therapists try to deal with multiple personality disorder is that they use a technique called integration and fusion. This is where the therapist tries to get all the personalities to agree with each other, and in Christian therapy to get them saved. This woman with fourteen personalities had been in therapy for fourteen years to accomplish "integration and fusion" and it still did not work. Henry Wright sorted the problem out with one sentence: "I command all of you demons to leave in Jesus' Name!" One of the demons spoke out of her and said, "We know we have to obey you". Then they were gone and it was over just like that. Henry Wright has a three page certification of her healing from MPD by her secular psychiatrist in San Francisco who tested her a year later. She is now a pastor in Henry Wright's ministry. Could you accept the fact that Henry Wright cast out fourteen demonic spirits out of this woman? Do you remember that Jesus cast out seven spirits out of Mary Magdalene? Can we follow His example?

Luke 8 v 2: "And also some women who had been cured of evil spirits and diseases: Mary, called Magdalene, from whom seven demons had been expelled."

To help a person with MPD, you must prepare the person's heart first before casting out the evil spirit. You need to disciple the person with regards to the sin (for example occultism) that gave the devil a legal right to that person's life in the first place so that they can repent. You treat satanic ritual abuse cases the same as MPD – they also have Legion.

Schizophrenia

To understand the spiritual and physical dynamics of schizophrenia, there are chapters with essential background information that you need to read through first:

1. The introduction in this chapter on pages 596 - 600.
2. The section on psychosis on page 619.
3. "How Long Term Fear, Anxiety and Stress Affects Your Body" on page 178 – pay close attention to the discussion about 1 John 4 v 18 on page 189.

4. "Genetically Inherited Diseases" on page 151.

Schizophrenia does not mean a split personality as many people think. This myth probably comes from Hollywood movies. However the movie called "A Beautiful Mind" which starred Russel Crowe was a very accurate portrayal of paranoid schizophrenia. A person who has schizophrenia experiences a loss of contact with reality.

Schizophrenia is diagnosed according to the following criteria (These criteria are called Criteria A) :

1. Hallucinations – explained in the section on psychosis on page 619.
2. Delusions – explained in the section on psychosis on page 619.
3. Disorganized speech
4. Disorganized behaviour.
5. Negative symptoms

The above symptoms must have been present for at least one month.³²

Disorganized speech can involve:

- Giving **irrelevant answers** to a question, for example if I asked the person how they are doing today, they may reply, "Bananas and door knobs".
- **Derailment** – deviates from train of thought while trying to tell you something.
- **Tangentially** which is where the person never gets back to the point for example – "This morning I had eggs for breakfast...eggs come from chickens... chickens are birds... birds are animals that can fly... I once flew on an aeroplane etc"
- **Circumstantiality** – delays in reaching an answer.
- **Incoherent speech** – the person is not understandable.
- Their speech can be filled with **neologism** which means they make up words that don't exist.
- Their speech can be like a **word salad** which is a mixture of words that are not sentences that make sense.
- They can have **verbigeration** which is the meaningless repetition of words.
- **Echolalia** – the person repeats words spoken by others.
- **Blocking** which is an abrupt interruption in train of thinking.
- **Disorganized Behaviour** can involve:
 - Aggressive, violent outbursts.
 - Bizarre clothing appearance.
 - Inappropriate social or sexual behaviour.
 - Catatonic behaviour ranging from extreme excitement to stupor – Catatonic behaviour is when, for example, the person keeps a part of their body in a rigid posture or they may have peculiar purposeless movements such as repetitive grimacing.
- **Negative symptoms** can involve:
 - **Blunting of affect** – this is where they display an expressionless face.
 - **Alogia** – relative absence in amount or content of speech.
 - **Avolition** – inability to initiate or persist in activities.
 - **Anhedonia** – loss of enjoyment for activities.
 - **Attention impaired.**

A person with schizophrenia can have obsessions and compulsions as well as suicidal or homicidal ideas or attempts. This is where psychiatric drugs are important for the moment otherwise the person is dangerous to himself and others. Because of their loss of contact with reality they cannot cope in interpersonal relationships, they cannot function in society or hold down a full time job.

There are five main types of Schizophrenia which are classified according to the combination of the above symptoms that the person has.

Subtypes of Schizophrenia³²	
Paranoid	<ol style="list-style-type: none"> 1. Pre-occupation with one or more delusions or frequent auditory hallucinations. 2. None of the following are prominent: <ul style="list-style-type: none"> • Disorganised speech • Disorganized or catatonic behaviour • Blunting of affect
Catatonic	<p>The person has at least two of the following:</p> <ol style="list-style-type: none"> 1. Motoric immobility (does not move) as evidenced by catalepsy or stupor. 2. Excessive motor activity that is apparently purposeless and not influenced by extreme stimuli. 3. Extreme negative symptoms (an apparently motiveless resistance to all instructions or maintenance of a rigid posture against attempts to be moved) or mutism. 4. Peculiarities of voluntary movements as evidenced by posturing, stereotyped movements, prominent mannerisms or prominent grimacing. 5. Echolalia (repeating of words) or echopraxia (repeating somebody else's movements).
Disorganized	<p>All of the following are prominent:</p> <ol style="list-style-type: none"> 1. Disorganized speech 2. Disorganized behaviour 3. Blunting of affect
Residual	<ol style="list-style-type: none"> 1. Absence of prominent delusions, hallucinations, disorganized speech and grossly disorganized or catatonic behaviour. 2. Negative symptoms or two or more symptoms listed in criteria A, present in attenuated form.
Undifferentiated	<p>Symptoms meeting criteria A are present, but the criteria are not met for paranoid, catatonic or disorganized types.</p>

Schizophrenia is a fear based disease that involves the fear of man, fear of rejection and fear of abandonment. This fear comes from relationship breakdowns and dysfunctional families where there is often abuse involved which can be verbal abuse, emotional abuse, physical abuse or sexual abuse. There is always an atmosphere of strife, victimization, fear and not feeling safe.³¹ 1 John 4 v 18 says that he that fears is not made perfect in love. So the home is filled with a lack of love and therefore fear comes in the

door. That fear puts the person into stage 2 and 3 of stress, there is an over production of stress hormones in the body, including the over production of noradrenalin in the brain and that is what causes some of the symptoms of schizophrenia.

The other half of the profile of schizophrenia is the overproduction of dopamine which is the pleasure chemical of the body. This involves rebellion. Rebellion is an altered state of consciousness in values and in environmental positioning of thought. For example, let's say you are growing up as a child in a home that is not safe – you don't feel safe in love with your father or your family. While you are little you are under their thumb but as you get older, you go more and more into rebellion. This is what rebellion says, "I don't like what you represent or what you are doing. I don't feel safe in this environment, so I am going to withdraw into a world of my own which is a safe place where I can protect myself from you. I am really sane and you are not." That is the mindset of schizophrenia. The fear behind that mindset causes the over production of noradrenalin and the rebellion causes an over production of dopamine which then causes the disturbance in the person's thought processes.

The insanity comes as a result of involvement in occultism as explained in the section on psychosis. Schizophrenia can be genetically inherited as a result of fear, rebellion and involvement in occultism upstream in a person's family tree (the basis of this was explained in the chapter on genetically inherited diseases which I initially referred you to).

As you saw in the testimony on page 191, the best way to help somebody with schizophrenia is to love them in a practical way and on a level where you can meet them. The person may need ministry of the Father's love as explained in the section on page 45 and 51 under the heading "Separation From God's Love". When fear is removed and a person feels love, a neuropeptide called oxytocin is released which enables restructuring of the nerves and development of new nerve pathways in the brain. As a result the person is able to respond more strongly others and exhibit more appropriate social behavior.

Consistently demonstrating love to a person with schizophrenia may take perseverance as improvement in the person's condition does not always happen over night. When possible, the person needs to be disciplined so that he/she can come to a place of repentance, for example for fear, rebellion and involvement in occultism, personally or generationally.

As a born again believer you can go to the person with schizophrenia and take authority over the evil spirits causing the insanity. For example, you can say: "I take authority over the evil spirit of fear and insanity causing schizophrenia and command you to be cast out in Jesus' Name! I break the power of the iniquity of occultism and command all spirits of occultism to be gone in Jesus' name! In the Name of Jesus I release you from the fear that torments you. In the Name of Jesus I release you from the fear

Schizophrenia is a fear-based disease that involves the fear of man, fear of rejection and fear of abandonment.

of man, the fear of rejection and the fear of abandonment. I release you I release you from horror and the fear of evil now in your life in the Name of Jesus. I release you from the fears and insecurities that have come from broken relationships and rejection for it is written in Romans 8 v 15 that God has not given you to bondage to the spirit of fear but you have received the spirit of adoption whereby you can cry out Abba Father! I release you from hardness of heart that will not let

you trust and be vulnerable without fear. I release you from the fear of giving and receiving love. Father open (person's name) heart right now to receive Your perfect love which casts out all fear. I release you to the love of your Father and the love of the Lord Jesus Christ as a work of the Holy Spirit for God has not given you a spirit of fear, but power, love and a sound mind (2 Timothy 1 v 7).

Lord, deliver (person's name) of all their fears, for it is written in Romans 10 v 13, "Whosoever shall call upon the Name of the Lord shall be delivered" and in Psalm 34 v 4 it says that You will deliver us of all of our fears. Lord, deliver (person's name)! In the Name of Jesus I command your hypothalamus to be

at peace. In Jesus' Name I command the levels of dopamine and noradrenalin and all the other chemicals to normalize. In Jesus' Name I command thought to be ordered and for the brain to function as it was designed to by God."

For the person with schizophrenia who returns to a normal frame of mind, in order to maintain your victory, you need to renew your mind. I encourage you to lay down your protective mechanisms, stop withdrawing into a house of fear and come out from the shields of fabricated personalities that you are hiding behind. Allow God to strip away your defence mechanisms that you built because of fear coming out of victimization and rejection. As a work of the Holy Spirit, may you be released to be the man and woman that God created you to be from the foundation of the world. Turn to the chapter "Who You Are In Christ" on page 647, where I want to help you to begin to see yourself as God sees you so that your identity can be firmly rooted in Him.

I also recommend that you read the section on, "Dealing with Deeper Fears". on page 680.

Scoliosis

To understand the physical and spiritual dynamics behind scoliosis, you need to first read through the following chapters which have essential background information:

- "The Effects of Long Term Fear, Anxiety and Stress on the Body" on page 178.
- The introduction at the beginning of this chapter on pages 596 to 600.
- If you had scoliosis right from childhood, it may be an inherited condition and therefore you will also need to read through the chapter on genetically inherited diseases on page 151.

Behind scoliosis is conflict and strife – either personal or strife and family conflict running through the generations in the family tree – for example when you see divorce running through the generations. James 3 v 16 says that strife opens the door to every evil work, which in this case includes the spirit of scoliosis.

***Behind scoliosis is
conflict and strife.***

Remember Jesus cast out an evil spirit before He laid hands on somebody for her spine to straighten?

Luke 13 v 11 – 12: "And there was a woman there who for eighteen years had had an infirmity caused by a spirit (a demon of sickness). She was bent completely forward and utterly unable to straighten herself or to look upward. And when Jesus saw her, He called [her to Him] and said to her, Woman, you are released from your infirmity! Then He laid [His] hands on her, and instantly she was made straight, and she recognized and thanked and praised God."

Normally the back is straight when seen from behind. Scoliosis is a condition where the back is curved to one side and sometimes twisted because the bones of the spine form an abnormal S shape.

There is a nerve tract that runs through your spinal column that controls a function called proprioception. Proprioception refers to your ability to know the position of parts of your body. If I wanted to test your proprioception, I would ask you to close your eyes. I would then for example, move your toe upwards and ask you which direction your toe is facing. If the nerve tract is intact and its proprioception function is working properly, you would be able to tell me that your toe is pointing upwards, even though your eyes are closed. If you can't figure out what position I am holding your toe without looking, then the nerve tract is malfunctioning and you have decreased or no proprioception. Proprioception also involves coordination and balance. Medical research has discovered that up to 60% of patients with scoliosis have a proprioception malfunction. Remember the hypothalamus is the part of the brain that translates everything that is going on in your thought life into a physical reaction – it is the mind-body connection.

Proprioception is directly linked to the emotional part of your brain via the thalamus and hypothalamus. Therefore proprioception is very sensitive and responsive to your emotional state.

The lack of peace upstream in the person's thought life as a result of the unresolved long term strife and conflict puts the body into stage 2 and 3 of stress which alters the way in which the thalamus and hypothalamus function. This causes an imbalance and misfiring of the nerves responsible for proprioception. As a result, these misfiring nerves do not stimulate the muscles on both sides of the back equally and there is a malfunction in the balance and co-ordination. The muscles on one side contract more strongly than the muscles on the other side of the spine. Over time this causes the spine to bend towards the side where the muscles are contracting more strongly. As the spine bends the bones called vertebrae are damaged and the scoliosis progresses at the rate of one degree per year.

Apart from conflict or the fear of conflict, the imbalance in proprioception causing scoliosis can also be caused by the fear of man otherwise known as peer pressure. The open door would begin in puberty or between ages 9 and 14. In that time period young people are incredibly susceptible to what other people think about them and kids can be really cruel to each other. The peer pressure, emphasis on designer clothes etc causes the child to go into insecurity and to begin to have conflict with himself in relationship to others and it could even be at home. There is an evil spirit that comes that causes a fear that releases an ongoing signal through the sensory pathway of proprioception, causing an imbalance in proprioception which produces a stiffening of the muscles one side of the spine.

In his book "A More Excellent Way" Henry Wright shared the following testimony about a boy who was healed of scoliosis: "Most cases of scoliosis are an 'S' shaped curve. But I dealt with a case of inverted scoliosis years ago. When I was first starting in ministry, a young man was brought to me with an inverted spine. His spine was actually out to a place even with his stomach. You could take a basket call and put it on his back and it would fit right into the curvature of his spine. I cast the spirit of scoliosis out of this man in the Name of Jesus. I just said, "In the Name of Jesus, you spirit of scoliosis come out of him. I take authority over you." Then I laid hands on him and commanded the spine to straighten. I will never forget, as long as I live, the tears of rejoicing in his mother's and father's eyes and the looks on their faces as he snapped and his spine became straight as an arrow. They all left rejoicing. He was 14 years old. I will never forget that day. In that day, I knew of a certainty that God was still on the throne and He still answers prayer."

This is truly a medical miracle because it is not as simple as you would imagine for a spine to straighten. There are bones and an intricate network of nerves, ligaments and muscles that need to be readjusted. I have heard several testimonies of people who had scoliosis who repented for the strife and conflict in their lives that had opened the door to this disease and who were healed because they dared to believe that God would. God is no respecter of persons (Acts 10 v 34) – what He did for them, He will do for you when you get right with Him and meet His conditions for healing. Yes, He wants to heal **you** because **Psalm 103 v 3 says that God "forgives [every one of] all your iniquities and heals [each one of] all your diseases."**

To be healed of scoliosis, you need to first repent for the sin that opened the door and gave the spirit of infirmity the legal right to bring this disease into your life. Proverbs 26 v 2 explains that the curse without a cause does not come. You have scoliosis because somewhere along the line in either your personal life or in the generations of your family tree or both, the door was opened to the spirit of infirmity through strife. Who do you have strife or unresolved conflict with? You need to reconcile that broken relationship with your daughter or mother in law or whoever it is. In this respect you need to work through the chapter on forgiveness on page 630. Forgiveness is key to your healing. Unforgiveness will block your healing. The Bible says in **Romans 12 v 18: "If possible, as far as it depends on you, live at peace with everyone."** However if it is not possible for you to reconcile the relationship because the person is dead, or you don't know where they are or they are not willing to reconcile the relationship, that is fine. What is important is

that you get your own heart right before God through repentance. If there is conflict and feuds that were running through the generations of your family, you need to deal with it as explained in the chapter on genetically inherited diseases.

After dealing with the sin behind scoliosis, please read through the section on page 122 under the heading "Sometimes You Can't Do It Alone". This is because you need ministry. Firstly you need deliverance. The spirit of scoliosis/spirit of infirmity needs to be commanded to leave in the Name of Jesus. Because there is irreversible damage done to the vertebrae (bones in the spine) you need to speak a creative miracle into being. In the Name of Jesus you need to command the imbalance in proprioception to be broken and you need to command the spine to be straight and perfect, just as God created it before the foundation of the world. When it comes to speaking miracles into being, you need faith. Therefore please also read through the section "You Need Faith for Your Healing" on page 125. If you have doubt and unbelief, that has the potential to be a major block to the miracle that God wants to work in your life. Even Jesus could not perform miracles in His own home town because of doubt and unbelief. It may even be necessary to cast out the spirit of doubt and unbelief.

Forgiveness – A Necessity for Healing

A man who was bitten by a dog went to the doctor because he started experiencing strange symptoms. After examining him, the doctor said to the man, "I'm sorry, it's too late – you already have rabies." The man nonchalantly replied, "I thought as much," He then pulled out a pen and paper and began furiously writing something. Curious, the doctor said to him, "Don't tell me you are writing out your will now? You should have done that long ago!" The man explained, "No I'm not writing out my will, I'm writing a list of the people that I want to bite before I die!"

Bitterness, like battery acid, corrodes and eats away at your soul. It poisons first your mind and then your body with disease.

The man in that story had bitterness and unforgiveness! As you read through this chapter, begin to think about who it is that has hurt you, harmed you, abused you, humiliated you, falsely accused you, lied about you or made you feel unworthy. What happened in the past that still creates feelings of pain, anger, rage, resentment and bitterness when you remember it?

Hebrews 12 V 15: "Exercise foresight and be on the watch to look [after one another], to see that no one falls back from and fails to secure God's grace (His unmerited favor and spiritual blessings), in order that no root of resentment (rancor, bitterness, or hatred) shoots forth and causes trouble and bitter torment, and the many become contaminated and defiled by it."

Bitterness, like battery acid, corrodes and eats away at your soul. It poisons first your mind and then your body with disease.

This is a teaching on bitterness as explained by Henry Wright in his book "A More Excellent Way. A Teaching On The Spiritual Roots of Disease":

Bitterness is a principality and under it and answering to it are seven spirits that reinforce bitterness:

1. Unforgiveness

This is how bitterness first gets a foot hold. You begin to keep a record of wrongs and you carry unforgiveness in your heart. You say to yourself, "I am not prepared to forgive you and I am going to remember what you did to me." You think on all the wrong things that have been done to you and every time that person's face comes to your mind, that high octane ping goes off inside of you. This unforgiveness invites the next six spirits to become a part of your life:

2. Resentment

Resentment develops as you continue to meditate on that record of wrongs and fume and steam internally over it. The thorn tree that I spoke about in the chapter "Essential Background Knowledge of Disease from a Medical Perspective" is beginning to grow in your brain and secrete chemicals that putting your body into a toxic state of dis-ease. Those chemicals are carrying negative emotion and that is why

you have that bad feeling in your gut every time that person comes to your mind. Resentment keeps the unforgiveness in place.

3. Retaliation

After the resentment has been simmering for a while, the steam builds up and you start thinking of ways to get even with that person. They must pay for what they did.

4. Anger

Un-forgiveness, resentment and retaliation has been building up and now you are very, very angry. The pressure cooker is really going and adding fuel to the fire. This anger is both seen and felt.

5. Hatred

Now that you are angry, hatred gets a foothold. You are saying, "I remember what you did to me. I have really been meditating on it and I really resent it. I'm going to get even with you and make you pay." At this stage hatred begins to say, "You do not deserve to exist. There is no room on this earth for you and me to both be at the same place at the same time." Hatred starts to go into the elimination mode.

6. Violence

Hatred fuels violence. Violence says, "Before I eliminate you, you are going to feel my pain." Violence is anger and hatred in action. It can take the form of verbal, emotional, physical or sexual abuse.

7. Murder

Once violence erupts, the final fruit of bitterness is murder. This can be literal physical murder, premeditated murder which is murder of the heart or murder with the tongue which is gossip, slander or character trashing. When hatred, violence and murder are in a person's life, they feel they are justified and that person is going to pay the price. Unfortunately the person does not realize that by this stage the devil has managed to get in and alter his body chemistry, causing diseases like cancer that are resulting in death of his own body.

If any one of these seven areas that answer to bitterness are present, the preceding ones are usually also there, and if they are not dealt with, all the rest will surely come. For example, if the person has hatred in his heart, un-forgiveness, resentment, retaliation and anger will also be there. You will not be able to remove bitterness from your life until you deal with un-forgiveness, resentment, retaliation, anger, hatred, violence and murder behind it.

Why is Bitterness Sin?

Romans 12 v 19 – 21; ¹⁹Beloved, never avenge yourselves, but leave the way open for [God's] wrath; for it is written, Vengeance is Mine, I will repay (requite), says the Lord. ²⁰But if your en-

emy is hungry, feed him; if he is thirsty, give him drink; for by so doing you will heap burning coals upon his head. ²¹Do not let yourself be overcome by evil, but overcome (master) evil with good."

Isaiah 54 v 17: "No weapon that is formed against you shall prosper, and every tongue that rises up against you in judgment you shall show to be in the wrong. This [peace, righteousness, security and triumph over opposition] is the heritage of the servants of the Lord [those in whom the ideal Servant of the Lord is reproduced]; this is the righteousness or the vindication which they obtain from Me [this is that which I impart to them as their justification], says the Lord."

When you choose to forgive and overcome evil with good, you open the way for God to be your vindicator.

Zechariah 2 v 8 says that he who touches you touches the apple of God's eye. When somebody wrongs you, those two scriptures above are God's promise to you so long as you keep your heart right with Him. When you choose to forgive and overcome evil with good, you open the way for God's wrath and you allow Him to repay the evil that was done to you and to be your vindicator. However when you put yourself in God's shoes and become your own vindicator and the judge of others, you are in disobedience to scripture and you will reap the consequences of that:

Matthew 7 v 1 – 3: "Do not judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves. ²For just as you judge and criticize and condemn others, you will be judged and criticized and condemned, and in accordance with the measure you [use to] deal out to others, it will be dealt out against you. ³Why do you stare from without at the very small particle that is in your brother's eye but do not become aware of and consider the beam of timber that is in your own eye?"

There are worse consequences to bitterness than diseases such as cancer – you put yourself in danger of spending eternity in hell because God gave a very clear warning in His Word that if you will not forgive others, He will not forgive you.

Forgiveness – The Missing Link

Mark 11 v 22 – 24: "And Jesus, replying, said to them, Have faith in God [constantly], ²³Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! And does not doubt at all in his heart but believes that what he says will take place, it will be done for him. ²⁴For this reason I am telling you, whatever you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will get it."

We have all been taught this scripture many times in churches all over the world today where they say that believing will guarantee receiving. If you confess it, provided you have enough faith, you will get it. There are so many Christians who have become so confused and disillusioned with the faith messages and name it and claim it teachings because it is still not working. When the person in this church circus is not receiving the object of their belief, they are simply told that they did not have enough faith...and then you talk about hopelessness! Faith isn't even the issue. It is not working because this scripture has been taken out of context. If you want to understand the intent of the author you have got to read Mark 11 v 22 – 24 in context. If you are going to apply the Word of God, apply the whole Word of God, not just the part that feels good. There's more to the Bible than promises and blessings – there's also conditions and there's reproof. What has happened to us in the healing ministry is we have hung our hat on a few scriptures to the exclusion of the rest of the Truth in the Word.

How many times have you tried to pray the prayer of faith and speak to your mountain and claim God's promises and you never received anything? Did you ever wonder why? Well I hope by this point in your journey through this book that you are beginning to understand why. I'm going to show you the missing

link to receiving which is found in the verses following Mark 11 v 22 – 24 and it is taught by very few people anywhere in the world because they are so busy preaching about God's blessings and His promises.

Mark 11 v 25–26: "And whenever you stand praying (praying what?...speaking to the mountain as it says in Mark 11 v 22, not doubting in your heart, believing that those things which you say shall come to pass and you shall receive the things that you are believing for), if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father who is in heaven may also forgive you your [own] failings and shortcomings and let them drop. But if you do not forgive, neither will your Father in heaven forgive your failings and shortcomings."

*(*Note: In the NIV translations of the Bible, Mark 11 v 26 has been taken out – I explain why on page 101)*

So verses 25 and 26 in Mark 11 are a continuation of verses 22 to 24: In context these scriptures say, "And when you stand praying, forgive." This is never attached to the faith sermons and "Name it and Claim it" teachings. There are no conditions being offered except that you must have enough faith.

Without mastering this issue of forgiveness, I am wasting my time trying to help you get well from your biological and psychological diseases. Forgiveness is a big missing link in healing. I will tell you emphatically that forgiveness is a prerequisite to all healing. There's just no way around it. The promise of healing and divine health is yours as a child of God (Isaiah 53 v 5). However, with every promise God has a condition. You can't claim His promises without being prepared to meet His conditions. I explained to you in the chapter "Essential background knowledge of disease from a Biblical Perspective" that the condition for healing is repentance. Repentance involves asking God to forgive you for the sin that caused your disease. When you repent to God for serving the sin that caused your disease, do you think He will forgive you and heal you? The answer is – it depends. You see, God's forgiveness for you is conditional. The Bible tells you very clearly that you cannot ask God to forgive you, if you are not prepared to forgive all those who have hurt you and wronged you. Unforgiveness is a major block to healing and it is one of the reasons why our churches are filled with disease.

Jesus said in **Matthew 6 v 14–15: "For if you forgive people their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], your Heavenly Father will also forgive you. But if you do not forgive others their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], neither will your Heavenly Father forgive your trespasses."**

Forgiveness is a big missing link in healing.

Imagine the condition your life would be in if God refused to forgive you? You would be cut off from a relationship with Him and everything in your life would be a miserable mess of poverty and disease – spiritually, mentally, emotionally, financially and physically. We like to think that we can stay angry with other people and yet go to God and receive forgiveness for our sins. But the Lord tells us in Matthew 6 v 14 – 15 that this is not so. God's forgiveness for you is in direct relationship to how you forgive your brother.

Jesus taught us how to pray in **Mathew 6 v 12: "Father forgive us our debts, as we have also forgiven (left remitted and let go of the debts and have given up resentment against) our debtors."** God is a God of mercy (Psalm 57 v 10; Psalm 86 v 15) and this issue of forgiveness is very important to Him. Henry Wright teaches that as a believer you will not get anything from Heaven that you are not prepared to give away to others. So if you want to have forgiveness, you are going to have to give it away also. God tells us repeatedly in His Word that if we want mercy, we have to give mercy.

Mathew 5 v 7: "Blessed (happy, to be envied, and spiritually prosperous – with life-joy and satisfaction in God's favour and salvation, regardless of their outward conditions) are the merciful, for they shall obtain mercy!"

Mathew 18 v 21 – 22: “Then Peter came up to Him and said, Lord, how many times may my brother sin against me and I forgive him and let it go? [As many as] up to seven times? Jesus answered him, I tell you, not up to seven times, but seventy times seven!”

I don't know about you but I am personally very glad that God does not put a limit on how many times He forgives me. How many times have you done the same wrong thing at least seventy times seven, and God still forgave you for it? We are often willing to keep receiving and receiving forgiveness from God, but it is amazing how little we want to extend forgiveness to others. We freely accept mercy, yet it is surprising how rigid, legalistic and merciless we can be toward others, especially if they have wronged or hurt us in some way. Yet the Bible says that the debt we owe God is much greater than any debt anyone may owe us.

Matthew 18 v 23 – 35: “²³Therefore the kingdom of heaven is like a human king who wished to settle accounts with his attendants. ²⁴When he began the accounting, one was brought to him who owed him 10 000 talents (probably about \$10 000 000), ²⁵And because he could not pay, his master ordered him to be sold, with his wife and children and everything that he possessed, and payment to be made. ²⁶So the attendant fell on his knees, begging him, Have patience with me and I will pay you everything. ²⁷And his master's heart was moved with compassion, and he released him and forgave him [cancelling] the debt. ²⁸But the same attendant, as he went out, found one of his fellow attendants who owed him a hundred denarii [about \$20 dollars]; and he caught him by the throat and said, Pay what you owe! ²⁹So his fellow attendant fell down and begged him earnestly, Give me time, and I will pay you all! ³⁰But he was unwilling, and he went out and had him put in prison till he should pay the debt. ³¹When his fellow attendants saw what had happened,

Un-forgiveness is a luxury of the flesh... a luxury you cannot afford to have.

they were greatly distressed, and they went and told everything that had taken place to their master. ³²Then his master called him and said to him, You contemptible, and wicked attendant! I forgave you and cancelled all that [great] debt of yours because you begged me to. ³³And should you not have had pity and mercy on your fellow attendant, as I had pity and mercy on you? ³⁴And in wrath his master turned him over to the torturers (the jailers), till he should pay all that he owed. ³⁵So also My heavenly Father will deal with every one of you if you do not freely forgive your brother from your heart his offenses.”

It is sometimes very difficult to forgive someone, especially when they have abused, repeatedly hurt or offended us. If there is someone you are having a hard time forgiving, remember God's mercy and grace and forgiveness towards you. As you have received forgiveness, you are called to extend forgiveness. Un-forgiveness is a luxury of the flesh. It makes your flesh feel good at the time, but it will literally destroy you spiritually and physically. It is a luxury you cannot afford to have. If you want to hold onto your offense, resentment and un-forgiveness – you must also be prepared to hold on to and live with your illness. Many people can't understand why their prayers for healing aren't answered...yet they have un-forgiveness in their heart. There are people who go up for prayer every Sunday after church, month after month, year after year and still can't get free of their bondage. They have fasted and prayed but the harder they try the more bondage they find themselves. Their prayers seem to be hitting a brick wall and the skies of heaven seem to be closed to their prayers.

I had a lady come to me for help with a skin rash that covered her body. She could hardly live with herself for the itchiness and discomfort of it and it had been there for over 2 months. She had been to several doctors and skin specialists. They prescribed various types of anti-histamine and corticosteroid creams but nothing helped her much. I spent time explaining to her that her skin rash was a consequence of fear, anxiety and stress in her thought life. She repented of this. However, the skin rash did not go away. You see a great source of her stress had been because a man that she had trusted had squandered her money which her mother had left her as part of her inheritance. She was understandably very angry with him. However this un-forgiveness blocked her healing and I explained this to her. So she forgave the man be-

fore God and sent him an email telling him that she had forgiven him. Immediately the rash disintegrated to a few spots here and there on her body, and by the next morning it was completely gone.

Your Healing Hinges on Your Forgiveness

Many people have already made up their minds and have completely justified their feelings of un-forgiveness or resentment. They say things like, "I have every right to..." or "It was his fault, he is so in the wrong..." Was Jesus wronged? He was the only one who never sinned and never did any wrong to anyone. He was completely right! Yet He still said, "Father, forgive them" as He died on the cross. In Acts 7 v 50 – 60 we read about how Steven was stoned to death for witnessing about God:

Acts 7 v 55, 59 and 60: "55But he, full of the Holy Spirit and controlled by Him, gazed into heaven and saw the glory (the splendor and majesty) of God, and Jesus standing at God's right hand;... 59And while they were stoning Stephen, he prayed, Lord Jesus, receive and accept and welcome my spirit! 60And falling on his knees, he cried out loudly, Lord, fix not this sin upon them [lay it not to their charge]! And when he said this, he fell asleep in death]."

Wow! Did they do Stephen wrong? Certainly they did! He was the only one in the crowd who was right, yet as they stoned him to death, Stephen cried out to God, "Forgive them!" Wow! What I want you to understand is that it makes no difference who was right or wrong, that is totally irrelevant. What is important is that you are the forgiver. It is important that you get your own heart right with God. You don't have to prove that you are right, you have to prove that you are willing to forgive. Your flesh wants to hold onto that un-forgiveness because it wants justice... but the Bible says that it is God who vindicates us (Isaiah 54 v 17).

You don't have to carry someone else's sin inside you. That's their sin. God will be their judge. Your job is to release and forgive them. Your freedom, spiritually and physically does not depend on their resolution – it depends on your resolution between you and God. If it is possible for you to go and make peace with that person, please do so. **Romans 12 v 18: "If possible, as far as it depends on you, live at peace with everyone."** But if it is not possible because the person is not willing to restore the relationship or even talk to you, the person has died or you don't know where the person is, never mind – what is important is that you get your own heart right with God.

If you have something from your past and it is not possible for you to make right with the other person, you just need to make it right with God and it is dealt with because God judges it by the integrity of your heart. You don't have to carry the guilt any longer. If somebody is holding a sin against you it is their problem, not yours. They have to get right with God just as you do. Whether they do or don't doesn't have anything to do with you because you stand alone before God in the integrity of your heart. You don't have to have it resolved with that person in order to be free.

To be able to receive complete healing of your illness, you are going to have to make peace in your heart with every person that you have ever known and have it resolved before God concerning them. You don't forgive people who have hurt you because you feel like it. You need to forgive them as an act of your will in obedience to God and His Word. Forgiveness is not a ritual performance: You don't need to do it from an intellectual standpoint or because it's a law – but do it from your heart: Forgiveness is an attitude of your heart towards others in love.

Forgiveness is Not a Feeling, it is a Decision – An Act of Your Will

When you forgive others, you are not letting them off the hook, but you are giving them to God, still wriggling **on** the hook. **You** are now off the hook. When you forgive someone, you have got to **separate the person from their sin**, just as God separated you from your sin in His heart when He saved you. To forgive you don't have to condone their sin. You continue to hate the sin, **but you are commanded to love the person.**

It doesn't just stop at forgiveness, Jesus calls us much higher than that: **Luke 6 v 27 – 38: “²⁷But I say to you who are listening now to Me: [in order to heed, make it a practice to] love your enemies, treat well (do good to, act nobly toward) those who detest you and pursue you with hatred, ²⁸Invoke blessings upon and pray for the happiness of those who curse you, implore God's blessing (favor) upon those who abuse you [who revile, reproach, disparage, and high handedly misuse you]. ²⁹To the one who strikes you on the jaw or cheek, offer the other jaw or cheek also; and from him who takes away your outer garment, do not withhold your undergarment as well. ³⁰Give away to everyone who begs of you [who is in want of necessities], and of him who takes away from you your**

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goods, do not demand or require them back again, ³¹And as you would like and desire that men would do to you, do exactly so to them. ³²If you [merely] love those who love you, what quality of credit and thanks is that to you? For even the [very] sinners love their lovers (those who love them). ³³And if you are kind and good and do favors to and benefit those who are kind and good and do favors to and benefit you, what quality of credit and thanks is that to you? For even the pre-eminently simple do the same. ³⁴And if you lend money at interest to those whom you would hope to receive, what quality of credit and thanks is that to you? Even

notorious sinners lend money at interest to sinners, so as to recover as much again. ³⁵But love your enemies and be kind and do good [doing favors so that someone derives benefit from them] and lend, expecting and hoping for nothing in return but considering nothing as lost and despairing of no one; and then your recompense (your reward) will be great (rich, strong, intense and abundant), and you will be sons of the Most High, for He is kind and charitable and good to the ungrateful and the selfish and the wicked. ³⁶So be merciful (sympathetic, tender, responsive, and compassionate) even as your Father is [all these]. ³⁷Judge not [neither pronouncing judgment nor subjecting to censure], and you will not be judged; do not condemn and pronounce guilty, and you will not be condemned and pronounced guilty; acquit and forgive and release (give up resentment, let it drop), and you will be acquitted and forgiven and released. ³⁸Give and [gifts] will be given to you; good measure, pressed down, shaken together and running over, will they pour into [the pouch formed by] the bosom [of your robe and used as a bag]. For with the measure you deal out [with the measure you use when you confer benefits on others], it will be measured back to you.”

Something is missing when you say that you forgive those who have hurt and offended you and go no further. Joyce Meyer once asked the Lord, “Father, why is it that people come to our church services and pray for the ability to forgive, and yet in just a short time they are right back again still having the same problems with bitterness, anger, and hypersensitivity?” The Lord showed her that these types of people are not doing what He instructs in His Word. You see, God tells us in His Word to forgive others – but He does not stop there. He goes on to instruct you to love and bless them. In this context, the word “bless” means to “speak well of”. So one of our problems is though we pray and try to forgive those who offend us, we turn right around and curse them with our tongue or we rehash the offense again and again with others. Sorry, but this will not work! It is not enough to merely say that you forgive others; you must be careful not to curse them or speak evil of them even if you think they deserve it.

To work through the process of forgiveness and enjoy the peace and wholeness in health that you seek, you must do what God tells you to do, which is not only to forgive, but to go beyond that: Jesus challenged you to pray for them, bless them, speak well of them and love them. Why? Because by doing so, you bless not only them, but yourself too! Jesus said in Luke 6 v 35 that your reward for your obedience in this area will be great, rich, strong, intense and abundant, good measure, pressed down, shaken together and running over...this includes your physical health.

Hating those who hurt you is like drinking poison yourself, but hoping that your enemy will die. Obviously anyone who did that would only be destroying himself. Why spend your life angry at people who probably do not even know or care that you are angry? These people are going on enjoying their lives while you are thoroughly miserable. You don't have to allow somebody else's sin to ruin your life. Release them, forgive them, let the offense go, let it drop. Have the same attitude that Jesus had toward His enemies. By doing this, you will experience wonderful freedom, peace, good health and God will show Himself strong as your Vindicator.

When you have bitterness and un-forgiveness you have a memory in your brain that looks like a thorn tree. Those thorns secrete toxic chemicals that make you sick. They also prevent you from being able to renew your mind because science has shown that you cannot build a new healthy memory over a toxic thorn tree.² That is why you cannot recover from a disease, regardless of what disease it is, if you have toxic thorn trees of unforgiveness in your brain. That is why unforgiveness is a major block to healing. However when you choose to release that bitterness by truly forgiving the person from your heart, you grow a new healthy memory or lush tree. This lush tree produces healthy chemicals that flow through those old thorn trees and literally physically removes those thorns. The memory will still be there so you will still remember what the person did to you but it won't affect you. You're no longer carrying the burden of hurt, hate and bitterness in your life. That high-octane ping will be gone and it will not cause sickness in your body.

Before you go to God to repent of the sin behind your disease, you need to forgive everybody who has hurt or wronged you.

If through reading this book, I have managed to show you that you have a disease because you have been serving sin in a specific area and you are in a place where you are ready to repent for participation with that sin, I really want God to forgive you. However it is conditional because you don't receive forgiveness from God if you don't give forgiveness to your brother. Therefore before you go to God to repent of the sin behind your disease, you need to do an exercise where you forgive **everybody** who has hurt or wronged you whether they are living or dead.

So take a moment now to be quiet and ask the Holy Spirit to reveal to you who it is that you need to forgive. He knows your heart better than you do, so listen and be sensitive to His promptings, as He brings the names of people to your mind. Who is it that when you think of them, that high octane ping goes off inside you, your stomach turns and the hairs on your back stand up? Release them and let them go. All the verbal abuse, emotional abuse, sexual abuse, physical abuse, legalism, control, rejection and betrayal that you have suffered... let it all go. If possible, listen to track 3 on the CD in a quiet place with your eyes closed and allow the Lord to minister to your heart.

I encourage you to pray a prayer that goes something like this: "Father, in the name of Jesus, I pray that Your Holy Spirit would minister into my life right now. Look into the depths of my heart and reveal to me where there is hardness, un-forgiveness, bitterness and resentment or anything against anybody. Please bring their names to my heart right now by the power of Your Holy Spirit. I repent to You Father for sometimes repaying evil with evil and feeling justified by it. I thought I was protecting myself when in fact I was behaving no different than the person that did evil to me. Father I repent for participating with the sin of bitterness and unforgiveness. As an act of my will in obedience to you, I choose to forgive

(name the person and what they did). I am trusting you to make my forgiveness heartfelt – to forgive completely just like You do, without looking back. Please take the hardness of my heart and soften it with Your love. I pray that Your forgiveness would flow through me. Thank You for the work that You are doing in my heart right now”

You may need to forgive the church. In fact, 99% of the people in the church have been injured, damaged or hurt by spiritual leadership since they were born again...forgive them and let it go. If you are discouraged with the Christian church, I'd like to say that God is not the Christian church. Those pastors and leaders are just men. Often they don't understand what being a pastor is all about because they have their own personal agendas, they are full of selfish ambition, they want kingdoms and empires, they want to rule and you became expendable to their system. Well so what, that's their sin. God will confront them at the judgement seat of Christ, you just let it go. Don't be discouraged by humans or stumble over somebody else's failure. Get your eyes off people and pastors who are weak and who have failed you. Get back up and get on with God.

Note: You do not have to resolve a single issue with somebody that has victimized you in order for God to heal you, so long as you have resolved that issue between you and God concerning them. You don't have to wait for resolution between that person and you before you get healed – that is just binding you to the tragedy and victimization.

The next area where forgiveness may be needed is that you may need to forgive yourself. Bitterness is not always about others. We can get into condemnation, guilt and shame about ourselves. We often speak of forgiving others, but do you have un-forgiveness and resentment towards yourself? Are you holding yourself guilty about an issue from the past?

If you are struggling with guilt and unforgiveness towards yourself, I recommend that you refresh your memory by reading through "The Day Sanctification Begins" on page 115 because the teaching in that section will greatly help you in this area.

Remember I explained that you need to discern the source of your thoughts (page 84)? Those feelings of unforgiveness that you have towards yourself aren't even your thoughts and feelings. It is an accusing spirit (Relations 12 v 10) of self-hatred and self-rejection that accuses you to yourself with thoughts in the first person – you believed its lies and you've made it part of your thinking as if it was you. Remember your battle is not with flesh and blood (Ephesians 6 v 12) and therefore your battle is not with yourself. You have to forgive yourself – you don't have an option because the diseases that come from self-hatred and guilt lead to death and it is just not worth it to believe the devil's lies.

I want you to say this out loud, "I am not guilty!" Some people are so deep into guilt and self-hatred that the accusing spirit attached to them will not allow them to say it because the minute they get it out and say, "I am not guilty" that lying spirit is defeated.

I encourage you to say this to yourself, "I'm not guilty. I became one with sin as if it were me and have been blaming myself and have been bitter against myself all these years. I've felt guilty, unworthy, ashamed and inferior and have compared myself to others. I repent Father for bitterness and unforgiveness towards myself and I forgive myself. I command the accusing spirit of self-hatred, self-rejection and guilt to be gone out of my life in the Name of Jesus." It is as simple as that. You may need to have a renewing of the mind to apprehend that over the next month.

Are you angry with God? The amount of people who have unforgiveness towards God the Father is incredible. Many people are harbouring resentment and bitterness toward God because they blame Him for a disappointment or tragic situation or for something that did not work out the way they expected. The devil wants you to blame God because He wants to create a rift and a separation in your relationship with Him. This will steal your joy, love and passion for Him, and it opens the door to the devil in your life. If you have anger, un-forgiveness and bitterness in your heart against God, give it up and let it go. He is

not guilty, He is a good Father. God is your friend, not your enemy. Do not turn away from the only One Who can help you and give you life, real peace and joy.

If you are angry or have been upset with God, I encourage you to pray this pray with me so that you can be released from the harsh results of un-forgiveness and bitterness that you may have directed toward Him: "God, I have held anger against You. I know that You have done nothing wrong, and I am in need of Your forgiveness. But I believe that my saying, "I forgive You" will help me to let go of un-forgiveness that I have misdirected towards You. I forgive You. My problems are not Your fault. You are my answer."

You have got to come to the place where you forgive God, yourself and others before you ever go to the Throne to repent and ask for healing of a disease.

It is important to understand that these prayers given here are just a guide to help you. If you are just doing this to go through the motions because you want your healing for selfish reasons and you are using this as a system or mechanism, you are wasting your time. God is not interested in rote words – He's looking into your heart and that is where your repentance and forgiveness must come from.

Ephesians 6 v 6: "Not with eye service, as men-pleasers; but as the servants of Christ, doing the will of God from the heart." KJV

Matthew 18 v 35: "So also My heavenly Father will deal with every one of you if you do not freely forgive your brother from your heart his offences."

Remember, God's perfect will is not healing, it is prevention of disease. If you want to enjoy the abundant life of divine health that Jesus died to give you (John 10 v 10; Isaiah 53 v 5), you have got to continually practice a habit of forgiveness. I am not going to die because of other people's sin. I refuse to take other people's sin into my life any longer. I have decided to forgive all sins of all humans all the time. I don't care what you say or what you do to me or don't do to me – I'm going to forgive you and that makes me a doer of the Word.

If you want to enjoy the divine health that Jesus died to give you, you have got to continually practice a habit of forgiveness.

Do You Know Him?

All healing and complete deliverance from disease and sickness begins with an intimate love relationship with God the Father, through His Son Jesus, beyond the realms of empty man made religion. However, this is about more than healing of your diseases – there is a much bigger picture here. I want to ask you a question: if you were to die today, do you know where you will spend the rest of eternity? If you die today – are you going to heaven or hell?

If you were to die today, do you know where you will spend the rest of eternity?

At this moment you may think that you are a good person who deserves to go to heaven. But I want to ask you a few questions that come from a sermon preached by Rob Rufus which I hope will provoke deep thought within you:

Have you ever told a lie? You may answer, "Yes, one or two – but who hasn't?" Do you realize that it is not how many times that you lie that makes you a liar, but just lying once? Have you ever stolen anything, big or small? Jesus said that to look at a woman with lust is the same as committing adultery (Matthew 5 v 27 – 28). Have you ever done that? The Bible says that to hate someone is the same in God's eyes as murder. Have you ever lusted or hated? Have you ever sworn or used God's Name in vain? Have you ever had things in your life that are more important to you than the God who created the heavens and the earth? Have you loved God with all your heart and soul and strength all your life? Have you ever been greedy or jealous of other people's possessions and coveted them? Have you honored your parents not on the basis of whether they are worthy or not but on the basis that they were a channel of your existence? On the Day of Judgment when God judges you by His ten commandments, do you think He will find you innocent or guilty?

The Ten Commandments

1. You shall have no other gods but Me.
2. You shall not worship any other image or false idol.
3. You shall not use the Lord's Name in vain.
4. Remember the Sabbath day and keep it holy.
5. Honor your father and your mother.
6. You shall not kill.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's goods.

Exodus 20 v 3 -17

If God finds you guilty, do you think He will send you to heaven or to hell? There are some that would say, "Oh God will send me to heaven because He is such a jolly good God. If God is love, why would He send anybody to hell? I now want to ask you: How many laws in your country do you have to break before the police arrest you? Only one! You have broken God's law over and over again. Let's imagine that in this country you have murdered two women and three children. You sold heroin and stole from a bank. You were arrested and at your trial the evidence against you became so compelling that everyone knew you were guilty – the jury, the prosecutor, the judge and even your own lawyer. Finally the judge said to you, "Will the accused stand. Do you have anything to say before I pass sentence on you?" You then say, "Yes your Honor, I realize that today I have been exposed of my sin but I believe that you're such a jolly good judge and that you'll just let me off." The judge will say to you, "You are

right in one thing: I am a good judge and it is precisely because I am a good judge that I am going to sentence you to the most severe and full extent of the law!" You see, if a pedophile rapes an eight year old girl and he's arrested and brought before a judge and the judge is secretly into pornography, and practices pedophilia himself and out of unsanctified sympathy serves a lenient sentence – the result is that the child rapist is soon out of prison, but this time he rapes your daughter and cuts her throat. You will not say that is a loving judge, you will say he is an evil judge. The God Who created the heavens and the earth is a pure, loving and Holy Judge, and He will thoroughly punish the breaking of His law with wrath and justice. Sin against an infinite God, and it will have infinite consequences.

In **John 16 v 8** the Bible says of the Holy Spirit: **"When He comes, He will convict the world of guilt in regard to sin and righteousness and judgment."** It is the prayer of my heart that as you read this, the Holy Spirit is deeply convicting you of the enormity of your own sin and rebellion towards God. My intention is to wake you up to realize the real danger of judgment and the wrath of God that lies ahead of you for violating God's law (Romans chapter 2). You need to realize that every one of your sins has been recorded by God and right now there is a terrifying sentence stored up against you. What are you going to do on the Day of Judgment when you stand before God, when His law comes in terror and when the eyes of God burn their way into your guilty soul, when the great books shall be opened and all your sin and shame shall be punished? I hope that you now have your self-righteousness annihilated as you stand speechless and self-condemned before a holy God.

The only way to be restored to an intimate love relationship with God the Father is through Jesus.

Now do you see your desperate need for a Saviour?

John 3 v 16: "For God so greatly loved and dearly prized the world that He [even] gave up His only begotten (unique) Son, so that whoever believes in (trusts in, clings to, relies on) Him shall not perish (come to destruction, be lost) but have eternal lasting life."

Galatians 3 v 13: "Christ purchased our freedom [redeeming us] from the curse (doom) of the Law [and its condemnation] by [Himself] becoming a curse for us, for it is written [in the Scriptures], Cursed is everyone who hangs on a tree (is crucified)."

You cannot get to heaven or earn God's approval and acceptance by being a good person. Your most righteous acts are like filthy rags in God's sight. **Isaiah 64 v 6:** "For we have all become like one who is unclean [like a leper] and all our righteousness (our best deeds of rightness and justice) are like filthy rags or a polluted garment; we all fade like a leaf and our iniquities like the wind take us away [far from God's favor, hurrying us towards destruction]."

Ephesians 2 v 8 – 9: "For it is by free grace (God's unmerited favor) that you are saved (delivered from judgment and made partakers of Christ's salvation) through [your] faith. And this [salvation] is not of yourselves [of your own doing, it came not through your own striving], but it is the gift of God; Not because of works [not the fulfilment of the Law's demands], lest any man should boast. [It is not the result of what anyone can possibly do, so no one can pride himself in it or take glory to himself.]"

The only way to be restored to an intimate love relationship with God the Father is through Jesus. **John 14 v 6:** "Jesus said, I am the Way and the Truth and the Life; no one comes to the Father except by (through) Me. If you know Me [have learned to recognize Me], You will also know My Father."

Isaiah 53 v 5 tells of the work that Jesus did on the cross for you: "He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement [needful to obtain] peace and wellbeing for us was upon Him and with the stripes [that wounded] Him we are healed and made whole."

Jesus said in **Luke 4 v 18** and **Isaiah 61 v 1–3** **“The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good news to the meek, the poor and the afflicted; He has sent me to bind up and to heal the brokenhearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes to those who are bound. To proclaim the acceptable year of the Lord [the year of His favor]... To grant [consolation and joy] to those who mourn, to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened and failing spirit – that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified.”**

You can stubbornly refuse to accept Jesus as Lord and Savior of your life – for whatever excuse you choose to use. One of the most common excuses I hear is that “Ah, Christians are hypocrites!” Yes, I agree with you. Unfortunately there are people out there who call themselves Christians but lead a double life, giving God a bad name. I deeply apologize to you on their behalf. However, when you stand before the Judgment Throne of God, it is just going to be you and God. He’s not going to be interested in what you have to say about other people, He’s just going to ask you one question and that is, “What did you do with my Son? Did you accept Him or did you reject Him?” You see, you are going to bow before Jesus one day and acknowledge Him as Lord. The Bible says that one day every knee shall bow and every tongue will confess that Jesus Christ is Lord (Romans 14 v 11 and Isaiah 45 v 23). You are going to acknowledge that He is Lord, the only choice you have is to do it now or when you stand before Him at the Judgment Throne – this determines where you will spend all eternity – in Heaven or in Hell. It’s your choice.

Jesus said in **Revelation 3 v 20** **“Behold, I stand at the door and knock; if anyone hears and listens to and heeds My voice and opens the door, I will come in to him and will eat with him, and he [will eat] with Me.”** Jesus is knocking at the door of your heart right now, but you must remember that the doorknob is on your side. He is a gentleman; He will not force His way into your life. You must welcome Him in. God is eager to bring restoration, healing and wholeness to your life, but He will wait for your invitation. Are you ready to ask Him into your heart?

Romans 10 v 9: “If you acknowledge and confess with your lips that Jesus is Lord and in your heart believe (adhere to, trust in, and rely on the truth) that God raised Him from the dead, you will be saved. For with the heart a person believes (adheres to, trusts in, and relies on Christ) and so is justified (declared righteous, acceptable to God), and with the mouth he confesses (declares openly and speaks out freely his faith) and confirms [his] salvation.”

At this moment, if you can, listen to track 4 and 5 on the CD and open your heart to what God is saying to you. Then if you are ready to invite Jesus to be Lord of your life and give Him your heart, pray a prayer that goes something like this:

“Father, You loved the world so much that You gave Your only Son to die for our sins so that whoever believes in Him will not perish but have eternal life. I am a sinner – with heartfelt conviction I repent for my sins and ask You to forgive me. Your Word says that I am saved by grace through faith as a gift from You. There is nothing I can do to earn salvation and I humbly acknowledge my need for a Savior. I believe and confess with my mouth that Jesus Christ is Your Son. I believe He died on the cross for me and bore all of my sins, paying the price for them. I believe in my heart that You raised Jesus from the dead and that He is alive today. By faith I receive Jesus Christ now as my Lord and Savior. I believe that I am saved and will spend eternity with You! Thank you, Jesus, for dying on the cross for me, and restoring me into a right relationship with the Father. From now on I will trust in You and live to love You.”

If you prayed the above prayer, know that God received you with open, outstretched arms; Jesus now lives in your heart and all of Heaven is throwing a banquet to celebrate!! (Please read Luke 15 v 10 – 32).

By the way, if you read Psalm 51 in the Bible you'll see that it is a beautiful prayer for starting out in your walk with God. It's probably better than the prayer I've shown you above.

That's Just the Beginning!

Saying the above prayer is not the beginning and end of salvation... it is only the beginning... it is only an introduction to a life-long personal, intimate, love relationship with a very real and awesome God. The next step is to get to know God. This should be the foremost desire and prayer of your heart:

Exodus 33 v 13: "Father show me Your ways, that I may know You [progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly]."

The only way you get to know somebody is to **spend time with them**. As you begin your walk and life with God – it is absolutely vital that you spend time with God on a daily basis. Getting to know God by spending time with Him involves finding a quiet place where it is just you and God, where you can sit at His feet and just enjoy fellowship with Him. I often get on my motorbike and go and sit in the bush on my farm. Angus Buchan (the man who wrote Faith Like Potatoes) lies in his maize lands where he talks with God (he calls his maize lands his green cathedral). Most people just spend time with God in their bedrooms. Wherever you go, it doesn't matter, as long as you can get alone with God. Spending time with God involves talking to Him – that is what praying is. God is not interested in fancy religious, repetitive prayers- He's interested in the simple prayers that come directly from your heart. If a man stands and absent mindedly reads a love poem off a piece of paper to a woman that somebody else wrote, it does not mean much to her. However, if he stands and looks her directly in the eye and speaks from his heart, it will mean the world to her, even though his words are simple and not as eloquent and fancy as the words in the poem that was written by somebody else. It is no different for God. Empty religion involves reciting repetitive prayers. A genuine relationship with God involves just simply and plainly speaking to God from your heart.

As you begin your walk and life with God – it is absolutely vital that you spend time with God on a daily basis.

Jesus said in **Matthew 6 v 5–7: "5Also when you pray, you must not do like the hypocrites, for they love to pray standing in the synagogues and on the corners of the streets that they may be seen by people. Truly I tell you, they have their reward in full already. 6But when you pray, go into your [most] private room, and, closing the door, pray to your Father, Who sees in secret, will reward you in the open. 7And when you pray, do not heap up phrases (multiply words, repeating the same ones over and over) as the Gentiles do, for they think they will be heard for their much speaking. 8Do not be like them for Your Father knows what you need before you ask Him"**

As you continue in your conversations with God, over time you will learn to hear His voice speaking back to you. You also get to know God and learn more about His character through reading His Word – that is the Bible. The more you get to know God, the more you will come to genuinely love Him. The more you love Him, the more you will desire to live for Him and fulfill His will in your life – out of this naturally flows a life of obedience to Him.

As you spend time with God and in His Word, you'll find that He will begin to change you little by little – the Holy Spirit will take you on a journey of sanctification where He begins to mould you into the image of Christ. This is where you begin to see a change in your character and life style. Instead of thinking, speaking and acting like the world, you begin to think, speak and act like God. Being molded into the image of Jesus means that the Holy Spirit works out of you your sinful traits and works into you the character and mind of Christ – in other words you become more and more like Jesus!

2 Corinthians 3 v 16 – 18: **“¹⁶But whenever a person turns [in repentance] to the Lord, the veil is stripped off and taken away. ¹⁷Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty (emancipation from bondage, freedom). ¹⁸And all of us, as with unveiled face, [because we] continued to behold [in the Word of God] as in a mirror the glory of the Lord, are constantly being transfigured into His very own image in ever increasing splendor and from one degree of glory to another; [for this comes] from the Lord [Who is] the Spirit.”**

Notice that the above scripture does not say change yourself more and more so that you become like Jesus. That's impossible. The Holy Spirit is the one Who will mold you into the image of Christ. You cannot change yourself so don't go trying to do that in your own strength. I am telling you up front at the onset, if you try to change yourself it will not work. You will only end up feeling frustrated, disappointed and defeated. Your job is just to get to know God and to love Him. God is the one Who will bring about the change in you.

Paul said in **Philippians 2 v 12 – 13: “Work out (cultivate, carry out to the goal, and fully complete) your own salvation with reverence and awe and trembling (self-distrust, with serious caution, tenderness of conscience, watchfulness against temptation, timidly shrinking from what might offend God, and discredit the name of Christ). [Not in your own strength] for it is God who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight.”**

The bottom line is that you cannot change yourself in your own strength. If you want to change, spend time with God. God's Presence is the only place where you are changed.

Galatians 5 v 22 – 23: “²²But the fruit of the [Holy] Spirit [the work which His Presence within accomplishes] is love, joy (gladness), peace patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness, ²³gentleness (meekness, humility), self control (self restraint, continence). Against such things there is no law [that can bring a charge].”

You cannot change yourself in your own strength. If you want to change, spend time with God. God's Presence is the only place where you are changed.

You become like the people you hang around. So if you hang around God long enough you are going to become like Him. The Bible says that the work that His Presence will accomplish within you are the fruits of the Holy Spirit. The nine fruits of the Holy Spirit are characteristics of God's incredible nature and as a work of the Holy Spirit it should become part of our nature and character. Jesus said that the only way you are going to see the fruit of the Holy Spirit manifested in your life is by abiding in the Vine – that means spending time in His Presence in intimate fellowship with Him. Your time with God on a daily basis is a vital necessity – it is something you simply cannot live without.

John 15 v 4 – 5 & 7: “⁴Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. ⁵I am the Vine; you are the branches. Whoever lives in Me and I in Him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing. ⁷If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you.”

The worst mistake you can make at this early stage in your walk and journey with God is not to spend time with Him on a daily basis. The reason this is such a big mistake is that it won't be long before you get caught up in the worries and business of life, and you will soon backslide or fall away back into your old life or a life that is lukewarm (mediocre) for God at best. Many people pray the prayer of salvation above and name Jesus as their Lord but there was no real conviction or deep repentance in their heart – they never bother to really get to know God or develop a genuine relationship with Him. As a result there is no

real change in their hearts and lives and they continue in the same sin and iniquity as before. These people will try to get into the gates of heaven but will be thrust into the jaws of hell. Jesus said, **“Not everyone who says to Me, Lord, Lord will enter the kingdom of heaven, but he who does the will of my Father in heaven. Many will say to Me on that day, Lord, Lord, did we not prophesy in Your Name and drive out demons and perform many miracles? Then I will tell them plainly, I never knew you; Away from me you evildoers!”** (Matthew 7 v 21 – 23).

These people learnt the principles of God and did great miracles, but never really got to know God. They never had a genuine relationship with Him and as a result they remained unchanged in their hearts and continued in their evil doing. They were never really saved. This is why I am taking great pains to emphasize that getting saved is not just a quick prayer and that's it. You see, merely going through the ritual of saying the prayer above (which is sometimes referred to as “the sinner's prayer”) doesn't mean anything if it hasn't lead to a change of heart, ultimately leading to a change in lifestyle, where we progressively get rid of sin in our lives, including our thought life!

1 John 2 v 3 – 4: “And this is how we may discern [daily by experience] that we are coming to know Him [to perceive, recognize, understand, and become better acquainted with Him]; if we keep (bear in mind, observe, practice) His teachings (precepts, commandments). Whoever says, I know Him [I perceive, recognize, understand and am acquainted with Him] but fails to keep and obey His commandments (teachings) is a liar, and the Truth [of the Gospel] is not in him.”

The Bible teaches that Jesus came to save us from the power of sin and its terrible consequences.

Titus 2 v 14 says that Jesus: **“Gave Himself on our behalf that He might redeem us (purchase our freedom) from all iniquity and purify for Himself [to be peculiarly His own, people who are] eager and enthusiastic about [living a life that is good and filled with] beneficial deeds.”**

Acts 3 v 26: “It was to you first that God sent His Servant and Son Jesus, when He raised Him up [provided and gave Him for us], to bless you in turning every one of you from your wickedness and evil ways.”

Therefore, whoever calls upon the Name of the Lord to be saved is obligated to leave their previous life of sin and iniquity. **2 Timothy 2 v 19: “But the firm foundation of (laid by) God stands, sure and unshaken, bearing this seal (inscription): The Lord knows those who are His, and Let everyone who names [himself by] the Name of the Lord give up all iniquity and stand aloof from it.”**

Unfortunately modern churches of all varieties and brands have preached a “new age Jesus” who came primarily to save us from discomfort, unhappiness and negative experiences, and who panders to and serves our whims and needs. This counterfeit gospel preaches how Almighty God is supposed to serve us and provide a “life enhancement” service to mankind. As a result we begin to treat God as our own “Royal Butler” rather than Almighty, Indescribable and Awesome God! In other words, sure – I'll serve God as long as it doesn't cost me anything too extravagant, and just saying so (lip service) will get me to heaven! But in return I expect my life will get better and more secure. When you come before God on the final day, He is not going to check whether or not you have said the sinner's prayer – He's going to see whether or not you lived according to His Word. Did you do what He commanded you to do?

Jesus said in **John 14 v 15: “If you [really] love Me, you will keep (obey) My commandments.”** You can repeat the sinner's prayer as often as you like, and renew your commitment to God over and over again but you only truly believe as much as you do! Simply talking about God and our beliefs doesn't make us Christians any more than discussing the latest new vehicles make us a car. Nor does going to church! Only when we drive like a car and perform like a car and go like a car can we be considered a car!

As well as spending time with God and getting to know Him, it is also important for you to straight away get yourself into a church. You cannot go it alone – you need fellowship and support from other

men and women of God. A coal that is in a furnace burns brightly, but when it is removed from the fire and put on the grass on its own, it soon fizzles out. Likewise, if you stay out of church for too long, your fire and passion for God will soon fizzle out, and you will find yourself backsliding and falling back into the ways of the world.

If you stay out of church for too long, your fire and passion for God will soon fizzle out, and you will fall back into the ways of the world.

Hebrews 10 v 25 “Do not forsake or neglect to assemble together [as believers], as is the habit of some people, but admonishing (warning, urging and encouraging) one another, and all the more faithfully as you see the day approaching.”

Be careful what church you settle into. Unfortunately there are a lot of churches out there that preach a counterfeit, diluted, compromised and distorted gospel:

2 Corinthians 11 v 2-4: “For I am zealous for you with a godly eagerness and a divine jealousy, for I have betrothed you to one Husband, to present you as a pure virgin to Christ. But [now] I am fearful, lest that even as the serpent beguiled Eve by his cunning, so your minds may be corrupted and seduced from wholehearted and sincere and pure devotion to Christ. For [you seem willing to endure it] if a man comes and preaches another Jesus than the One we preached, or if you receive a different spirit from the [Spirit] you [once] received or a different gospel from the one you [then] received and welcomed.”

Make sure that the pure, unaltered and uncompromised Word of God is preached in the church you choose to go to.

When you give your life to God and become His child, you gain a new identity and a new destiny. An important part of your foundation in your walk with God is knowing who you are in Christ and learning to see yourself as God sees you – this is what the next chapter on the next page is all about.

Who You Are In Christ

You may have discovered that you are physically sick because you have been attacking yourself spiritually through thoughts of self-hatred, self-condemnation and guilt, self-rejection, self disapproval, self bitterness and/or a low self-esteem. You're not alone! 50% of all deaths in America are caused by heart disease (coronary artery disease due to atherosclerosis), which is a disease that results from self-hatred. Insecurity, self-rejection, low self-esteem and self-hatred are in epidemic proportions in society in America and world-wide...and the church is unfortunately no exception. People simply don't like themselves. Joyce Meyer says, "When you have a low self-esteem, you have a major crack in your foundation that the devil will use against you!" There are two big areas that people deal with in which disease flourishes and that is "state of being" and "state of belonging". "Who am I", "who do I belong to", "who cares". This is very, very big even in Christianity as people are struggling with who they are.

Who taught you to hate yourself and have a low self-esteem? Who taught you to have guilt and condemnation about yourself? Who taught you to have bitterness and unforgiveness towards yourself? Where did you learn this? Before reading this chapter, please turn to page 84 and read through the section under the heading "Discerning the Source of Your Thoughts". It will be helpful for you to discover and understand how you developed this mindset. Once you have read through that section, continue with the rest of this chapter.

All healing, self acceptance and building a healthy self-esteem starts with being restored back into a love relationship with God the Father through His Son, Jesus Christ. I'm not talking about religion. I'm going beyond the realms of empty manmade religion. I'm talking about a genuine living, breathing intimate relationship with a very real and awesome God. I have no idea how to offer you real, long lasting, healing of your sickness without God. He is the Source of all healing. Therefore if you do not yet know the Father personally and intimately, and have not yet made Jesus the Lord of your life, there is no point in going any further in this chapter until you have first read through the chapter on page 640.

You are so special – you have such extreme value that the Son of God who is the King of Kings found it worth while to give His own life to save you (John 3 v 16). If you were the only one on earth, Jesus would have still died just for you. I know this because the Bible says that there is more value in the one sheep over the cliff than the 99 safe in the fold (See Matthew 18 v 11 – 13). The Bible says that nobody is expendable. Everybody has value.

The New Testament says approximately 140 times that you are in Christ! One of the primary reasons for this wrong mindset of self-hatred and self-rejection is not having a proper knowledge and understanding of who you are in Christ. In your ignorance you have received and believed satan's blatant lies and deceptions concerning who you are and your value and worth. The Bible says that the devil is the accuser of the brethren (Revelations 12 v 10). You have an accusing spirit that has been accusing you to yourself for a long time and training you to think badly of yourself and you didn't even realize it. Accusing spirits gave you thoughts in the first person such as "I am unworthy", "I am no good", "I hate myself" etc. As you meditated on those thoughts which you thought were yours, you became one with them in your long term memory as if it were you and now you've believed that lie all your life that you are no good. These wrong mindsets have blocked you from loving yourself, receiving the love of the Father and from loving others.

In order to gain complete deliverance and healing, it is vital that you learn to place your identity in Christ, and develop a healthy self-esteem by choosing to see yourself as God sees you. In this chapter come on a journey with me through the Word to find out who you are in Christ, so that you can renew your mind and develop a Biblical self-image.

IT IS TIME TO DISCOVER YOUR FULLEST POTENTIAL AS A CHILD OF GOD

I would like to start by sharing an article with you that I read many years ago in a teaching by Pastor Casey Treat – see if you can guess the Bible character that the article describes:

“He suffers from chronic low level depression. He’s moody, impulsive and becomes angry when he feels victimized. He struggles with low self worth. Because of feeling intellectually inferior, he attempts to hide behind an exaggerated ego. He really trusts no one. And yet he relies on others more than necessary and becomes naïve in his relationships with them. He exhibits self criticism and irritability. He believes in individualism and has trouble in interpersonal relationships. His lack of trust often leaves him feeling anxious around people. He has relative weaknesses in attention. He has trouble sleeping. His weight fluctuates. He’s not mentally ill; he doesn’t have a personality disorder, and yet he often feels humiliated, embarrassed and remorseful.”

Did you guess who this could be? Well first of all, outside of the Bible he or she could be anyone you might meet in town tomorrow and even in church – or any man or woman who wasn’t raised with a Biblical self-image... including you. But the Bible character this best describes is a young man by the name of Gideon. Let’s look at his story because he is just like anyone else. If Gideon could believe what God said about him and develop a new self-image, so can you.

At the time, a tribe of people called the Midianites were oppressing Gideon’s land. His family were dealing with super high taxes and inflation. All around him was economic, cultural, religious and racial bondage. It was the worst of times for Israel – and Gideon was right in the middle of it. He was just trying to survive. He wasn’t thinking about being an over-comer or prosperous individual. When God called this young man of about 20 years old, he was hiding in a winepress, trying to thresh out some wheat. Threshing wheat in a winepress was a horrible, miserable job. The chaff, the dust – everything was unpleasant. In that day in the life of Gideon, the Angel of the Lord appeared to him, and his life was changed forever. He said, “The Lord is with you, you mighty man of valor!” (Judges 6 v 12).

When you take the time to study what a “man of valor” is in the original Hebrew word, you will find that God called Gideon “a champion overcoming warrior who possessed valor, dignity and honor!” When the angel said that to Gideon he said, “Look, uh, Lord – would you please look around? Look at me. Come on, I’ve been a mess my whole life. I’ve been making minimum wage. I’ve just been trying to make it through life. I come from a family of dysfunctional people. We’re all just surviving – barely making it through. So are my friends. We are all trying to make a living. Everybody I know is sick, poor and in debt.” But God told this insecure young man, “All that is going to change son. You are not what you think you are. Listen, you are what I say you are! You are a mighty man of valor – a champion overcoming warrior who possesses dignity and honor!” And this fearful young man from the tribe of Benjamin changed the course of his nation. Gideon went to war, and God fought with him:

Judges 8 v 28: “Thus Midian was subdued before the children of Israel, so they lifted their heads no more. And the country was quiet for 40 years in the days of Gideon.”

God told Gideon who he was and the rest was up to him. This is how God talks to anyone with a low self-esteem who is living below their potential. God is saying to you:

"YOU ARE NOT WHAT YOU THINK YOU ARE, LISTEN, YOU ARE WHAT I SAY YOU ARE – YOU ARE A MIGHTY MAN (OR WOMAN) OF VALOR, A CHAMPION OVERCOMING WARRIOR WHO POSSESSES DIGNITY AND HONOR. COME ON, WE'VE GOT WORK TO DO!"

The next stop in our journey through the Bible to find out who we are in Christ is Jeremiah 1 v 5: You need to know that...

God Accepts and Approves Of You!

Jeremiah 1 v 5: "Before I formed you in the womb I knew [and] approved of you [as My chosen instrument], and before you were born I separated and set you apart, consecrating you..."

Before you were even formed in your mother's womb, He knew and approved of you... do you know that God can approve of you but not approve of your behavior? One thing you have got to know is that God will correct and discipline you, but He will never reject you.

Hebrews 12 v 6: "For the Lord corrects and disciplines everyone whom He loves, and He punishes, even scourges every son whom He accepts and welcomes to His heart and cherishes."

Before God formed you in the womb, He knew you... HE KNEW YOU! Psalm 139 v 4 says that before the words are even on your lips, God already knows what you are going to say. So if you are going to say something wrong and sinful tomorrow, God already knows about it. In fact, before you were even born, God already knew you... He already knew all the wrong, sinful, dumb mistakes that you would make during your life... and knowing ahead of time all these things...HE STILL APPROVED OF YOU ANYWAY! WOW!

Actually you are no surprise to God. He knew what He was getting when He made you and He chose you. **Ephesians 1 v 4 says, "He chose us [actually picked us out for Himself as His own] in Christ before the foundation of the world."** He already knew every weakness and every flaw and He still said, "I want you." Ephesians 1 v 5 says that He predestined you to be adopted as His child.

Ephesians 1 v 6: "To the praise of the glory of His grace, wherein He has made us accepted in the beloved."

In Ephesians chapter 6 where it talks about the armor of God, it says, **"Put on the breastplate of righteousness."** But the translation in the Living Bible says, **"Put on the breastplate of God's approval."** Part of your armour that God gave you to withstand the attacks of the enemy is to walk around knowing that your heavenly Father approves of you.

Say this out loud to yourself and mean it from your heart:

GOD ACCEPTS AND APPROVES OF ME, THEREFORE I ACCEPT AND APPROVE OF MYSELF!

You also need to believe in the same words that God spoke over Jesus – "This is my beloved Son in whom I am well pleased" (Matthew 3 v 17). You are His beloved son in whom He is well pleased. You are His beloved daughter in whom He is well pleased. God wants you to realize that you are pleasing to Him just the way you are. The devil tries to keep telling you that you are not, but God is telling you that you are. You are His beloved child who is well pleasing to Him. The devil tries to tell you that you cannot possibly be acceptable to God because you are not perfect, but God tells you that you are accepted in the Beloved because of what He has already done for you.

Now, say this out loud and believe and settle it in your heart:

"I AM GOD'S CHILD AND HE IS PLEASED WITH ME!"

You are Righteous Before God

God's love for you is not performance based. His love for you is not based on what you have done, but on what Jesus has done and His work on the cross. It is impossible for you to ever earn or deserve God's love, acceptance or approval because your most righteous acts are like filthy rags in God's sight... no amount of good works would ever be enough. **Isaiah 64 v 6: "For we have all become like one who is unclean [like a leper] and all our righteousness (our best deeds of rightness and justice) are like filthy rags or a polluted garment; we all fade like a leaf and our iniquities like the wind take us away [far from God's favor, hurrying us towards destruction]."**

However, when Jesus becomes Lord of your life and you meet Him at the cross, you are literally given His royal robes of righteousness. **Isaiah 61 v 10: "I will greatly rejoice in the Lord, my soul will exult in my God; for He has clothed me with the garments of salvation. He has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with jewels."**

What does righteousness mean? The definition is found in **Romans 8 v 21: "For our sake He made Christ [virtually] to be sin Who knew no sin, so that in and through Him we might become... the righteousness of God [what we ought to be, approved and acceptable and in right relationship with Him, by His goodness]."**

So righteousness means acceptance, approval, right relationship and right standing with God. It is essential that you understand that you have been made right with God through your faith in Jesus Christ. Otherwise you are going to live on a performance treadmill trying to earn God's acceptance, love and approval. Trying to earn God's approval is like trying to get into a chair that you are already sitting in! Talk about frustration for nothing! You don't need to earn God's acceptance and approval... you've already got it!

THIS IS THE BASIS OF SELF ACCEPTANCE – KNOWING THAT GOD COMPLETELY ACCEPTS YOU THROUGH JESUS AND SEES YOU AS TOTALLY RIGHTEOUS.

This does not mean that you don't sin anymore or that when you do sin, you can just dismiss it like it's no big deal. It simply means that God loves you for who you are in Christ, not for what you do. For example, I know a couple who had a 3 year old son who used to scream and throw a fit when he didn't get his own way. Even though they disliked and disapproved of his behavior, they still loved him tremendously. They didn't stop loving him or kick him out of the family because he does things wrong. They loved him and worked with him to develop the good character they knew he needed to succeed in life. The same is true with God, your Heavenly Father. He is not pleased with your wrong behavior, but He certainly loves and adores you! Romans 5 v 8 says that He showed and proved His love for you in that while you were still a sinner, Jesus died for you. In other words He didn't wait until you were righteous to send Jesus – He sent Jesus because you would never be righteous without Him.

The next thing we need to learn about our Biblical self-image is:

You Are Crowned with Glory and Honor!

Look at how you are mentioned in **Psalm 8**, starting with **verses 3 and 4: "When I view and consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained and established, What is man that You are mindful of him, and the son of [earthborn] man that you care for him?"** When I have spent time lying on the grass at night, looking at the stars and observing the greatness and magnificence of God's creation, I have often felt (just like David did) very small in com-

parison. Here David was saying, "Why in the world would you want to visit with us, Awesome and Mighty God? Why are we so important to You? When we look at the glory of the universe and realize that You want to be involved with us... WOW!" **Verse 5: "Yet You have made him but a little lower than God [or heavenly beings], and You have crowned him with glory and honor."** Verses 6 to 8 of this powerful psalm of your God-given image go on to say how God has given you dominion and that all things are under your feet.

So when you wake up in the morning and get out of bed to face the day, you get up crowned with glory and honor, you have dominion and you walk into every circumstance knowing it's under your feet! Say this out loud with me

You are a royal child of God. Spiritually you are wearing a royal robe of righteousness, and a crown of glory and honor. When God looks at you, He doesn't see your failures and shortcomings, He sees Jesus' righteousness and He says, "Qualified! Accepted! Approved!" There is now no condemnation for you in Christ.

The next important point in changing our thinking and renewing our minds is that we need to realize that:

There is Now No Condemnation for You in Christ!

One of the devil's greatest tools to make us feel bad about ourselves is condemnation. Many people who love God and are serving Him, are tormented by negative thinking about themselves. They think that God must be so disappointed and angry with them for all their failures and shortcomings. How many "could have", "would have", "should have", "if only" statements do you make in a day? These are guilt statements and thoughts that are full of condemnation which are extremely toxic to your body. How many times have you replayed in your head a conversation or a situation that pained you or one that hasn't even occurred yet? When you think like this you waste precious time building up a toxic thought and putting your body into a toxic state of sickness which will inhibit the way in which you function.

How much time do you waste living under guilt and condemnation? I purposely said how much time is wasted because that is precisely what that kind of thinking is – a waste of time. As long as you have repented for the things you did wrong, forget the past because God has (Hebrews 10 v 17). Don't meditate on all that you've done to mess up – think about how you have been made the righteousness of God through Christ and therefore God accepts and approves of you. Remember that thoughts turn into actions. If you want your behavior to change, your thinking has to change first. Keep meditating on how terrible you are and you will act worse.

Romans 8 v 33 – 34 "Who shall bring any charge against God's elect [when it is] God Who justifies [that is, Who puts us in right relation to Himself? Who shall come forward and accuse or impeach those whom God has chosen? Will God, Who acquits us?] Who is there to condemn [us]? Will Christ Jesus (the Messiah), Who died, or rather Who was raised from the dead, Who is at the right hand of God actually pleading as He intercedes for us?"

So if God doesn't condemn you...And Jesus doesn't condemn you...Who is there to condemn you?

Romans 8 v 1 "Therefore [there is] now no condemnation (no adjudging guilty of wrong) for those who are in Christ Jesus, who live [and] walk not after the dictates of the flesh, but after the dictates of the Spirit."

So every time the devil brings a condemning thought to your mind, quote Romans 8 v 1 to him and tell him to take his condemnation and "Hit the road Jack!"

In order to be free from guilt and condemnation, we not only need to receive forgiveness from God, but we need to forgive ourselves. We need to stop hitting ourselves over the head with something that God has forgiven and forgotten. This does not mean that we are perfect and will never mess up again, it just means that we can go on with our life without being weighed down with a constant burden of guilt and condemnation for what happened in the past. As long as we have repented from the heart and our hearts are right with God and we are doing the best that we can, we can stay out from under the burden of guilt. God is more interested in our heart than what we do. He knows that when our heart is right toward Him, our actions will eventually come in line with our heart.

Now say this out loud:

GOD DOES NOT CONDEMN ME, THEREFORE I DO NOT CONDEMN MYSELF

The next important point we need to know in the process of renewing our minds and developing a Godly self-esteem is:

You are Loved Unconditionally by God

You are a woman or man of such tremendous value and worth that the King of Kings gave His life for you! I explained earlier that God's love for you is not performance based. When you mess up, it does not affect His love for you one little bit. A friend once said to me, "I've found something that is impossible for God to do!" I replied "That's rubbish! Nothing is impossible with God! In fact, God said that even I can do anything (Philippians 4 v 13 says I can do all things through Christ who strengthens me)." But she said, "No, God cannot love you anymore than He does right now."

Romans 8 v 35, 38 & 39: "Who shall ever separate us from Christ's love? Shall suffering and affliction and tribulation? Or calamity and distress? Or persecution or hunger or destitution or peril or sword?... For I am persuaded beyond doubt (am sure) that neither death nor life, nor angels nor principalities, nor things impending and threatening nor things to come, nor powers, nor height nor depth, nor anything else in all creation will be able to separate us from the love of God which is in Christ Jesus our Lord."

Jesus said in **John 16 v 27: "For the Father Himself [tenderly] loves you because you have loved Me and have believed that I came out from the Father."**

How can you not love yourself if God loves you? The Awesome, Indescribable, Almighty, Holy God Who is the Greatest of all says He loves you! God spared nothing for you in His love for you – even His only beloved Son! So under which Gospel do you have the audacity to not love yourself and think that you are worthless? I want to tell you that the Great God – your Father loves you so very much!

It is important that you are secure in the knowledge that you are loved by the Father so that you can overcome rejection. Accepting rejection is a sin because you are telling God that man's acceptance is more important to you than His. In your heart you are saying, "God, you lied when You said that I was worthy, accepted and approved. I would rather believe what other people think of me." Rejection can lead you on a desperate search where you strive for the love that would complete you. Many of us come from dysfunctional families where we have not known a godly, loving environment. This hinders us from an early age in receiving the love we crave so much. However this love cannot be found in the acceptance and approval of other people, but only in the Father!

As a believer, you need to come to the place where you are so wholly satisfied and complete in the love of God and who you are in Christ that if anybody even smiles at you today, that is just a bonus.

The next point in our journey through the Bible to find out who we are as children of God is:

Christ is your Spiritual Husband

The Bible says that the church is the bride of Christ (Revelations 19 v 7 and 22 v 17, Ephesians 5 v 26 – 27) and that includes you if you are a born again child of God.

Jeremiah 3 v 14: "Turn O blacksliding children, says the Lord, for I am married to you!"

Isaiah 54 v 5: "For Your Maker is your Husband – the Lord of Hosts is His Name – and the Holy One of Israel is your Redeemer; the Lord God of the whole earth He is called."

Song of Solomon 6 v 3: "I am my beloved's, and my beloved is mine."

Song of Solomon 2 v 4: "He brought me to the banqueting house, and His banner over me is love!"

When Jesus comes again, He's coming for His bride. Let's have a look at what He is going to look like when He comes back....

Revelations 1 v 13 – 16: "The Son of Man was clothed with a robe which reached to His feet and with a girdle of gold about His breast. His head and His hair were white like white wool, [as white] as snow, and His eyes [flashed] like a flame of fire. His feet glowed like burnished (bright) bronze as it is refined in a furnace, and His voice was like the sound of many waters. In His right hand He held seven stars, and from His mouth there came forth a sharp two edged sword, and His face was like the sun shining in full power at midday."

Revelations 19 v 11 – 16: "I saw heaven opened and behold, a white horse [appeared]! The One Who was riding it is called Faithful (Trustworthy, Loyal, Incorruptible, Steady) and True, and He passes judgment and wages war in righteousness (holiness, justice and uprightness. ¹²His eyes [blaze] like a flame of fire, and on His head are many kingly crowns (diadems); and He has a title (name) which He alone knows or can understand. ¹³He is dressed in a robe dyed by dripping blood, and the Title by which He is called is the Word of God. ¹⁴And the troops of heaven, clothed in fine linen, dazzling and clean, followed him on white horses. ¹⁵From His mouth goes forth a sharp sword with which He can smite (afflict, strike) the nations; and He will shepherd and control them with a staff (scepter, rod) of iron... He will tread the winepress of the fierceness of the wrath and indignation of God the All-Ruler (the Almighty, the Omnipotent). ¹⁶And on His garment (robe) and on His thigh He has a name (title) inscribed, KING OF KINGS AND LORD OF LORDS."

That is a description of a very powerful Son of God, Who is the King of Kings, the Lord of Lords ... and your Husband to be! Whooo hooo! Wow! So when you're struggling with low self-esteem, self-hatred and an identity problem remember Who you are engaged to!

It doesn't matter who has rejected you because God is your source and it's about time you stopped making them an idol. If somebody doesn't love you, that's their loss. God is your father and Jesus is your husband and they are all you've got 100 years from now so you may as well get used to it now. Let me tell you that you are loved! I release you from those insecurities and those fears that say you are not loved. I release you from your dependency on humans who will possibly never love you. I release you to the love of your Father and the love of the Lord Jesus Christ as a work of the Holy Spirit. I release you to a peace inside you that you have never known because you are wanted, and you are loved! God has saved you, He's made you a son and a daughter, He has chosen you, you are the apple of His eye (Zechariah 2 v 8), you are engraved in the palms of His hand (Isaiah 49 v 16), He's betrothed you to His Son as a wife, your names are written down in Heaven in the Lambs book of life...what more do you think He needs to do for you?

This next point is something that is especially important for the ladies. In renewing your mind and changing how you think about yourself, you need to think that you are beautiful...

You are Fearfully and Wonderfully Made!

The way that you look is intentionally designed by God for a specific purpose. I spent a lot of years being self conscious, thinking that I was ugly and not liking various parts of my body. I didn't like the way that I am big boned with a broad body frame. I wanted to be small, thin and petit. However I've now realized that God specifically made me that way, as part of His calling on my life is to be an Orthopaedic surgeon. Orthopaedic surgery requires a lot of physical strength: for example when fixing the broken femur (bone in your thigh) of a large muscular man. Had I been small and petit, I would not have the body strength to perform operations like that. However because of the structure of my broad body frame, I have tremendous physical strength, especially for a woman. God knows what He is doing! God designed your nose, eyes, ears, backside or whatever side it is that you don't like for a specific reason! So just enjoy the way God made you!

There are many woman who do not like their sexuality as a female and hate their femininity. Often it is because their father wanted a son but got a daughter instead. As a result that curse followed her and she struggled with her female identity because there is a spirit assigned to her to accuse her in her creation. However when God created you a female, He made no mistakes – you are fearfully and wonderfully made.

Psalm 139 v 14 – 15: "I will praise You for I am fearfully and wonderfully made: Marvellous are Your works; And that my soul knows very well! (KJV) My frame was not hidden from You when I was being formed in secret [and] intricately and curiously wrought [as if embroidered with various colors] in the depths of the earth. Your eyes saw my unformed substance, and in Your book all the days [of my life] were written before ever they took shape, and when as yet there was none of them. How precious and weighty also are Your thoughts to me, O God! How vast is the sum of them!" (Amplified Bible). Now say this out loud:

**I AM A MASTERPIECE OF GOD'S CREATION –
I AM INTRICATELY, FEARFULLY AND WONDERFULLY MADE!**

Ladies, go and look in the mirror and say this out loud, "I am beautiful." The men can say this out loud, "I am a handsome hunk of dust!" That's Henry Wright's saying. Some of you felt a bit uncomfortable saying that you are beautiful didn't you? You need to change your thinking...God thinks you're beautiful and you need to see yourself as God sees you.

So far, you have learnt that: You are loved unconditionally by God. He accepts and approves of you. He is pleased with you. You are righteous before God – you are wearing Jesus' royal robes of righteousness and a crown of glory and honor. There is now no condemnation for you in Christ. You are fearfully and wonderfully made. You are a mighty man (or woman) of valor – a champion over coming warrior who possesses dignity and honor. Spiritually Christ is your husband and His banner over you is love! When Gideon renewed his mind and changed his thinking to see himself as God saw him, he rose from being a pitiful failure to a mighty warrior who shook a nation. Now I pray that as you continue to read, you will be blown away at the realization of who you really are in Christ... and what you are capable of in Him!

One man or woman who is willing to believe God, and rise up to who they really are in Christ has the potential to shake nations and make a difference in the outcome of this entire world. The question is will you be one of them? You most certainly can be! Here's why:

As Jesus is, So are You in this World!

John was the closest disciple of Jesus – he is the one who laid his head on Jesus' chest. John was with Jesus when he forgave the adulteress, healed and miraculously fed the masses, cast out demons, walked on water and calmed the storm, blessed the little children and when Jesus laid down His life – John was there at the foot of the cross. So John knew the God who'd called him to a life of ministry. His image of his God was one of compassion, miraculous power and uncompromising, steadfast, unconditional love. In **1 John 4 v 17** he writes, **"As He is, so are we in this world,"**

The description of Jesus in Revelations 1 v 13 – 16 and 19 v 11 – 16 which I quoted earlier gives us an image of a very, very Mighty God! That is who Jesus is and that is the image that the Holy Spirit is molding us into. You were made in the image of God (Genesis 1 v 27). That image is modeled for you by Jesus. As Jesus is so are you now – not when you get to heaven – no as He is now, so are you in this world.

Colossians 3 v 10 "Put on the new man, which is renewed in knowledge after the image of Him that created him." KJV.

In other words that scripture is saying get knowledge – renew your mind, change your thinking in the area of your self-image, and put on your new man which is your new self-image according to who you are in Christ. What are you seeing when you look in the mirror? If you're seeing anything less than the image of Jesus, you need to renew your mind in knowledge according to the image of Him, so that you can begin to enjoy the life of divine health that Jesus provided for you on the cross and fulfill His destiny that He planned for you before the foundation of the world. But it all starts and ends with how you interpret His image – and ultimately your image. As long as you see yourself as a useless nobody, you will be a useless nobody.

So declare this out loud:

AS JESUS IS, SO AM I IN THIS WORLD!

The Immeasurable and Unlimited and Surpassing Power of God is on the Inside of You!

I'm sure that you have realized by now, especially after reading the description of Jesus in Revelations that you serve a very powerful God... but did you know that HIS POWER IS ON THE INSIDE OF YOU????!! That's what it says in **Ephesians 1 v 19 – 20: "And [so that you can know and understand] what is the immeasurable and unlimited and surpassing greatness of His power in and for us who believe, as demonstrated in the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His [own] right hand in heavenly [places]."**

Consider the magnificent huge expanse of the universe – the power of God created that. Consider the beauty of nature and the intricately complicated human body – the power of God created that. The power of God raised Jesus from the dead. **THAT SAME POWER IS ON THE INSIDE OF YOU!** As Jesus is so are you in this world and the immeasurable, unlimited and surpassing power of God is on the inside of you! If you would just get a grasp of that, I don't really need to tell you anything else about who you are in Christ because that in itself would change the way you see yourself and the way you face every trial and circumstance in life. It did for me. For example I was in a situation years ago when I was first trying to get into medical school. I had to compete with 300 other South African students (who were the top 300 from schools across South Africa) for 20 places. I was having a panic about it one day when the Lord said to me, "Do you believe my Word or not?" I replied "Yes, Lord, I believe your Word". Then He said, "Then act like it."

Say this out loud and say it like you believe it:

THE IMMEASURABLE, UNLIMITED AND SURPASSING POWER OF GOD IS ON THE INSIDE OF ME!

When I first found out that the immeasurable, unlimited and surpassing power of God is on the inside of me, it absolutely blew my mind. It still blows my mind! With the immeasurable, unlimited and surpassing power of God on the inside of you...You have the ability to shake nations never mind over come your so called incurable illness! Remember what I said earlier:

One man or woman who is willing to believe God, and rise up to who they really are in Christ has the potential to shake nations and make a difference in the outcome of this entire world.

Why don't you be one of them? God uses the so-called nobodies you know. Look at Joyce Meyer, she was just an average housewife but she chose to believe God and now she has a world-wide ministry that is impacting nations for God's kingdom. Gideon was a coward, a pitiful failure and the least significant in his family and community but He chose to see himself as God sees him and he changed the course of His nation. And you're never too old! God used Moses at the age of 80 to lead the biggest church in history of 3 and a half million Israelites! So what's your excuse? I'm going to believe what God said about me and I'm excited to see what He's going to do through me. How about you?

Having the power of God on the inside of you, means that you have the ability on the inside of you to do the things that Jesus did, and in fact the Bible says that you will do even greater things than Jesus did.

John 14 v 12 – 14: "I assure you, most solemnly I tell you, if anyone steadfastly believes in Me, he will himself be able to do the things that I do; and he will even do greater things than these, because I go to the Father, And I will do [I myself will grant] whatever you ask in My Name [as presenting all that I AM], so that the Father may be glorified and extolled in (through) the Son. [Yes] I will grant [I Myself will do for you] whatever you shall ask in My Name]..."

Yet many of us still walk around believing and saying that they are weak, useless, pathetic individuals who will never amount to anything! Renew your mind and say this out loud with me:

I WILL DO THE THINGS THAT JESUS DID AND GREATER THINGS WILL I DO!

You Are More Than a Conqueror!

Romans 8 v 37: "Yet amid all these things we are more than conquerors and gain a surpassing victory through Him who loved us." I would like to really drive the meaning of this scripture home by explaining it to you like my grandfather once explained it to me. I spent a lot of time with my grandparents in the school holidays whilst growing up. They used to live on a farm in Karoi in Zimbabwe, where the flies were an irritating problem in summer. I would often stand in the kitchen whilst my grandmother was cooking dinner, with a fly swatter. One day swatting and killing the darn things left, right and centre, my grandfather said, "Do you know what being more than a conqueror really means? When you hit that fly with the fly swatter – you killed it – you conquered it. But the Bible does not say that you are a conqueror, it says you are **MORE THAN** a conqueror. According to the meaning of the original Greek word that means when you kill that fly, you pick up a 3 tonne sledge hammer and not only smash the fly out of existence, but you also break the table and the concrete foundation of the kitchen in the process!" Now this is a silly story but I hope you get my point. Am I exaggerating? No! Not at all! This is the kind of surpassing victory that you have in every circumstance in Christ. Now say it out loud:

I AM MORE THAN A CONQUEROR!

With all that said, I now have one very sincere question to ask you:

IF THIS IS WHO YOU ARE IN CHRIST – HOW ON EARTH CAN YOU HAVE A LOW Self-esteem?

If we as a church only knew who we are in Christ, this planet would not be in such a mess. We would be living with victory upon victory instead of this pitiful state of defeat and sickness.

Think like the New You!

I hope that by now that you have discovered the “real you” as a child of God – and just how much you have allowed the devil to rob you, by deceiving you into believing that you are unlovable, unworthy, ugly, guilty, defeated, useless, powerless and so on. If you truly want to be free of your sickness, and enjoy the abundant life (John 10 v 10) that God has for you – you have no choice but to let go of your old toxic mindsets of self-hatred/low self-esteem, and begin to see yourself as God sees you. Your value and sense of self worth needs to be firmly rooted in the knowledge of who you are in Christ. Think like the new you!

Speak like the New You!

Be careful what you say about yourself because you are today what you said about yourself yesterday! Your words shape your world because they have creative ability. What you confess over yourself is what you will become. What you confess over your life is what your life will become. You must never underestimate the power of your words.

Proverbs 18 v 21: “Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life].”

Your thoughts and ultimately your words are seeds which are containers of power – they will produce a harvest of either blessing and health or sickness and destruction. It starts with your mind (your thinking) and your thoughts become words.

Mathew 12 v 34 “Out of the fullness (the overflow, the superabundance) of the heart, the mouth speaks.”

If you permit thoughts of a low self-image and self-hatred to dwell in your heart, you will ultimately speak them with negative results in your life and health. Yes, your thoughts and your words are that powerful.

I want to encourage you to begin purposefully using your thoughts and your words for your good.

In **Romans 4 v 17** it says that God calls things that are not, as though they were, and thus brings them into being. The Amplified Bible says, **“God gives life to the dead and speaks of non-existent things that [He foretold and promised] as if they [already] existed.”** Now the Bible calls us to be imitators of God – if He does that then we can do it too! He calls things that are not as though they are and so brings them into being. When He first called Gideon a mighty man of valor, a champion overcoming warrior who possessed dignity and honor, the physical reality at the time was that Gideon was a coward and a pitiful failure. But He spoke over Gideon’s life and that is what he became – a warrior who turned the course of a whole nation.

Faith filled words draw things out of the spiritual realm, where they do exist... into the natural realm where they do not yet exist.

God began this kind of work all the way back at creation. He didn't say, "Whoa it's dark here!" He said "Let there be light" and it was so (Genesis 1 v 3). The description above of who you are in Christ may be the exact opposite of what you look like in reality right at this moment. But as you purposefully change your thinking and choose to see yourself as God sees you – also purposefully speak out what God says about you in His word... and that is what you will literally become in physical reality. One of your most powerful weapons to defeat the enemy is to speak out the Word of God. Joyce Meyer says, "You cannot defeat Goliath with your mouth shut."

Hebrews 4 v 12 says that "the Word that God speaks is alive and full of power [making it active, operative, energizing and effective]; it is sharper than any two edged sword."

The Word of God is a powerful two edged sword that we can use in spiritual warfare to defeat the enemy in our life. However just as a sword left in its sheath is not effective in battle until you take it out and use it, the Bible on the shelf is not going to do anything for you. Its power is only released when you speak it in faith. Jesus was tempted three times by the devil when he was fasting in the desert. Each time, Jesus simply resisted him by saying, "It is written...it is written...It is written..." (Matthew 4 v 4, 7, 10). That is the way we need to respond to the devil when he tries to tempt us with self-hatred, condemnation, regret, guilt and any other negative thought that would make us feel bad about ourselves.

Personally, in dealing with spiritual roots and struggles in my own life, I have found it very helpful to write out what I call a "Faith Confession" with relevant scriptures, which I speak out on a daily basis until my mind is renewed and I have victory in that area. So to help you in the process of renewing your mind and developing a healthy self-image by seeing yourself as God sees you, I have put together a "Faith Confession" containing scriptures that speak of who you are in Christ. I encourage you to speak this out on a daily basis until you have developed a new Godly mindset concerning who you are in Christ. This is not meant to be carried out like a religious ritual, it is just a guide to help get you started.

Faith Confession of Who You Are In Christ

"I am a precious woman (or man) of great value and worth because Jesus, the King of kings, died and paid a great price for me. I am a royal daughter (or son) for I have a crown of glory and honor on my head, and I am wearing Jesus' royal robes of righteousness. (Isaiah 61 v10; Psalm 8 v5). God accepts and approves of me. (Jeremiah 1 v 5). I am fearfully and wonderfully made. (Psalm 139). There is now no condemnation for me in Christ. (Romans 8 v1). Therefore I accept myself, and love who I am and the way I am made.

Father, I am who You say I am: I am called by God. (2 Timothy 1 v 9). I was chosen by God before the foundations of the world to be set apart for Him. (Ephesians 1 v 4; 1 Peter 2 v 9; 1 Thessalonians 1 v 4; John 15 v 16). I am God's child. (Romans 8 v 15 -16). I am born again of the Incorruptible seed of the living Word of God that endures forever. (1 Peter 1 v 23). I am forgiven of all my sins and the blood of Jesus has washed away my guilt and shame. (Ephesians 1 v 4 & 7; 1 John 2 v 12; 1 John 1 v9; Colossians 1 v 14). I am a new creation in Christ. (2 Corinthians 5 v 17). I am holy and blameless in God's sight, even above reproach, before Him in love. (Ephesians 1 v 4). I am the righteousness of God, which means that I am approved, acceptable and in right relationship with Him. (Romans 8 v 21). I have full access to the Father. (Ephesians 2 v 18) and can fearlessly, confidently and boldly draw near to His throne. (Hebrews 4 v 16). I am blessed and I am God's favorite. (Galatians 3 v 9). I am the apple of God's eye and my name is inscribed on the palm of His hand. (Zechariah 2 v 8; Psalm 17 v 8; Isaiah 49 v 16). I am stamped with the seal of the Holy Spirit. (Ephesians 1 v 13). I am established to the end. (1 Corinthians 1 v 8). I am being changed into His image and He Who began this good work in me will bring it to completion. (2 Corinthians 3 v 18; Philipians 1 v 6) I am God's workmanship, recreated in Christ for good works. (Ephesians 2 v 10). I am an ambassador for Christ. (2 Corinthians 5 v 20). I am complete in Him. (Colossians 2 v 10). I am the temple of the Holy Spirit. (1 Corinthians 6 v 19). I have the mind of Christ. (1 Corinthians 2 v 16; Philipians 2 v 5).

I am a joint heir with Christ and He has qualified me to share in His inheritance. (Romans 8 v 17; Colossians 1 v 12; Ephesians 1 v 11). **I am redeemed from the curse of the law and Abraham's blessings are mine.** (Galatians 3 v 13). **I am redeemed from the futile way of life inherited from the tradition of my forefathers and am purchased with the precious blood of Christ.** (1 Peter 1 v 18-19). **I have been delivered from the control and dominion of the devil and have been translated into God's kingdom of love.** (Colossians 1 v 13). **I am set free.** (John 8 v 36; Galatians 5 v 1; John 8 v 31 - 34). **I am dead to sin and alive with Christ.** (Romans 6 v 11; Ephesians 2 v 5). **I am raised up with Christ and am seated with Him in heavenly places.** (Ephesians 2 v 6). **Because I am born of God the evil one cannot touch me.** (1 John 5 v 18). **I have been given all things that pertain to life and godliness and I am a partaker of His divine nature.** (2 Peter 1 v 3-4). **I am blessed with every spiritual blessing that heaven has to offer.** (Ephesians 1 v 3). **I am firmly rooted, built up and established in my faith** (Colossians 2 v 7) **and I have faith that can move mountains.** (Mathew 16 v 20).

Father, I can do what You say I can do: I am a victorious over-comer (1 John 5 v 4; Revelations 2 v 11), **a mighty woman (or man) of valor a champion overcoming warrior, who possesses dignity and honor.** (Judges 6 v 12). **I am more than a conqueror.** (Romans 8 v 35). **All circumstances are under my feet.** (Psalm 8 v 6). **In all things I gain a surpassing victory** (Rom 8 v 37) **and in all things God leads me to triumph in Christ.** (2 Corinthians 2 v 14). **Through my union with God, I am strong in the Lord and the power of His might.** (Ephesians 6 v 10). **I have strength for all things in Christ who empowers me. I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency.** (Philippians 4 v 13). **Everything I put my hand to prospers.** (Psalm 1 v 1 - 3). **I am the head and not the tail, above only and not beneath.** (Deuteronomy 28 v 13). **Greater is He that lives in me than he that is in the world.** (1 John 4 v 4). **Because I believe in, lean on, trust and rely on God, I do the things that Jesus did, and greater things will I do, for His Spirit within me knows no limit.** (John 14 v 12 - 14). **Therefore I believe that all things are possible and limit not the Holy One within me.** (Philippians 4 v 13). **I received power when the Holy Spirit came upon me, so every place I go and all I do, I do in the power of the Spirit: I have power to lay hands on the sick and see them recover (each and every one), and at my command, in the Name of Jesus all demonic powers are cast out and all people are set free; I have authority over all the power of the enemy and nothing shall by any means hurt me.** (Mark 16 v 17 - 18). **As Jesus is, so am I in this world** (1 John 4 v 17) **and the immeasurable, unlimited and surpassing power of God is on the inside of me!** (Ephesians 1 v 19). **The same power that raised Jesus from the dead lives in me!** (Ephesians 1 v 20).

AGAIN I ASK: IF THIS IS WHO YOU ARE IN CHRIST – HOW ON EARTH CAN YOU HAVE A LOW Self-esteem??!!!

At the end of this chapter, I have done a lot of work for you in writing out all the scriptures I quoted in the above Faith Confession, which tell you who you are in Christ. However, you need to get into the Word for yourself and meditate on each one. Nobody else can do it for you, you have to take responsibility to renew your mind with the Word, and build a healthy self-image, by choosing to see yourself as God sees you.

Sing Like The New You!

We have discussed thinking like the new you and speaking like the new you, now you need to sing like the new you! Music and singing is very good for you. On page 709 I explain how a joyful attitude and music causes the release of all the healthy, feel good chemicals in your brain, such as endorphins, encephalins, serotonin and dopamine which make your thinking sharper and renewing your mind more effective. Track 8 on the CD in this book is a great song with a catchy tune about who you are in Christ. I encourage you to sing along as you listen to it in your car, on your ipod whilst you exercise or wherever you can, and you will notice how it builds up and edifies your spirit.

Keep Company with the New You!

Your friendships are important because you become the same as those with whom you keep company. Solomon said, "Don't be deceived, bad company corrupts good character." Daniel was a man of great integrity and excellence. He prospered and rose to the top in everything he put his hand to. However, did you notice that his friends were also excellent? Daniel would not compromise, but neither would Shadrach, Meshach and Abednego. You need to be spending time with other people who share your vision for Godly change. You need to keep company with the new you! Build friendships with people who are going where you want to go or are already there! If you get on a bus with a group of people who are going to Botswana and you want to go to South Africa, and you say, "These people are all my old friends. We've been together since high school. We've been through so much together and we're so close!" Guess what, you won't make it to South Africa.

Proverbs 13 v 20: "He who walks with wise men will be wise, but the companion of fools will be destroyed."

When strife came between Abraham and Lot's men, Abraham chose to separate from Lot. He said, **"Is not the whole land before you? Please separate from me. If you take the left, then I will go to the right; or, if you go to the right, then I will go to the left."** (Genesis 13 v 9).

You see, when strife comes, the anointing goes. As long as Lot was hanging around Abraham, God was limited to what He could do in Abraham's life. The moment Lot left God showed up and furthered Abraham's vision. Abraham had to get his social relationships right before God would lead him any further spiritually. "Yes but they're my friends," you may say. Well, you either have to give up your destiny and your destination in Christ or you have to give up those ungodly relationships. Which one is it going to be? I'm sorry to seem so harsh and insensitive, but that is just the way it is. "Well, can't I do both?" OK, sure, just start fulfilling your call to share the gospel in their lives. They'll either be saved or separate. Otherwise you'll become what God calls an unstable, double minded person (James 1 v 8) because you refuse to make right choices. A double minded Christian will say, "I don't want to leave my old friends but I want to go to a new destination. I don't want to give up the world but I sure want all that God has for me. I don't want to give up eating five doughnuts and drinking three cokes every day, but I would like to lose the extra kilograms."

You have a dilemma here – it's not going to work out well if you don't learn to make the right choices. You need to choose to hang out with the new you. You may feel comfortable with your old ties, but you may never become the mighty man or woman that God intended you to be. Many of us want to hang on to the longtime relationships in spite of the fact that they aren't beneficial and are actually detrimental. Are there people in your life with whom you need to dissociate? Has the Holy Spirit brought the names or pictures of people to your mind while you have been reading this? If you continue in these same old relationships, you will continue in the same old lifestyle and the same old negative mindsets...and your same old health problems. If you want to take a hold of all God has for you and become the new you that God talks about in His Word, you have got to choose your friends wisely. Psalm 1 v 1 says not to sit inactive in the pathway of sinners. You will have to accept the fact that your desire to change will separate you from some old friends. All the old clichés are full of truth:

Birds of a feather flock together

If you sleep with dogs, you'll get fleas

If you hang out with chickens, you'll only stir up a little dirt

God isn't going to release you into His destiny and calling for your life, if you are hanging out with people who are sabotaging your destiny. So you have to decide, "Am I going to keep flapping with the chickens or am I going to fly with the eagles? Am I going to be a fryer or a flyer?" It's always your choice.

What is more important to you – accommodating the past or moving forward into the future? Pleasing God or pleasing my worldly friends?

Jesus said, **“Do not think I came to bring peace on the earth, I did not come to bring peace but a sword.” (Matthew 10 v 34).** Now Jesus is the Prince of Peace and He does give us inner peace (Isaiah 9 v 6; John 14 v 27). However, what He was saying in Matthew 10 v 34 is, “Now look guys, I did not come to compromise and make everything smooth and easy. I’ve come with a sword because in some situations you are going to have to cut off some stuff.” Are you going to follow somebody on the wrong bus going nowhere? When God’s call on your life is sending you to South Africa and your friends are going to Botswana to serve themselves, where will you go? I am not saying that you must not love them and lead them to Jesus. Of course you must do that. But they will never help you become the new you until they know God. Be a light to everyone you know, but don’t allow ungodly relationships to put your light out. Hang out with the new you.

Comparing Yourself With Others

A common cause of a low self-esteem is comparing ourselves with other people and feeling inferior as a result. If only we could do what they do, own what they own, look the way they look and know what they know... You see, the devil doesn’t remind us what they don’t have, he just points out to us what they do have and what we don’t have. Others may have something that we don’t have, but we also have something that they don’t have. We can waste our days being miserable and unhappy because we are unfairly comparing ourselves with other people all the time. In John 21 v 18 to 22, Jesus told Peter of all the hardships he would endure in serving God. Peter then looked at John and asked Jesus what His will was for Him. Peter wanted to make sure that if he was going to have to go through tough times, then so must John. Jesus politely told Peter to mind his own business and not compare himself with John. Jesus said to Peter, “Never mind about John, you follow Me!”

John 21 v 21 – 22: “When Peter saw him (John) he said to Jesus, Lord, what about this man? Jesus said to him, If I want him to stay (survive, live) until I come, what is that to you? [What concern is it of yours?] You follow Me!”

You see, God has equipped you with everything that you need to fulfill His unique plan, purpose and calling for your life. If you don’t have what they have, then you obviously don’t need it or it is not in God’s right timing for you to have it. The Lord has an awesome individual plan for each one of us, and often we can’t understand what He is doing or why He is doing it. We cannot look to others as the standard of what our life should be because God sets an individual standard for each one of us. The fact that we all have unique finger prints and DNA is proof enough that we do not have to unfairly compare ourselves with others. It is unfair to yourself and to God to compare yourself to others because you are telling God, “This is what You should be doing in my life and nothing else.” What if God wants to call you to something far greater than anybody you know? You seriously limit Him by comparing yourself with others. We think that we would be content if we had what the other person has, but God can do so much more for the person who will trust Him.

Galatians 5 v 25 – 26: “If we live by the [Holy] Spirit, let us also walk by the Spirit. [If by the Holy Spirit we have our life in God, let us go forward walking in line, our conduct controlled by the Spirit]. Let us not become vainglorious and self conceited, competitive and challenging and provoking and irritating to one another, envying and being jealous of one another.”

In Galatians 5 v 26, God commands you not to be jealous, envious and competitive with other people. When you do these things you are in direct disobedience to His Word. As we are seeing throughout this book, sin and disobedience opens us up to the curse, which includes disease. Did you know that jealousy

and envy can cause osteoporosis? That's what the Word says and in clinical practice we are finding that to be true.

Proverbs 14 v 30: "A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy and wrath are like rottenness of the bones."

So forget about comparing yourself with others – just enjoy who you are in Christ and celebrate God's unique and awesome calling on your own life. **Galatians 6 v 4: "But let every person carefully scrutinize and examine and test his own conduct and his own work. He can then have the personal satisfaction and joy of doing something commendable [in itself alone] without [resorting to] boastful comparison with His neighbor."**

In other words this scripture is saying that you must just be the very best that you can be and do what you believe God has called you to do, without trying to do something greater than someone else so you can feel better about yourself. You will gain freedom from the agony of comparison and competition with others, when you learn that your value and worth as a person comes from who you are in Christ. This freedom releases you to become all that God created you to be.

I have exciting news for you... IT IS FINISHED!!! I'm talking about God's good plan for your life. Yes, God already has the entire start-to-finish plan of your life laid out – it is utterly complete in the spiritual realm. All God is waiting for is for you to realize the mighty man or woman of valor that you are in Christ, and to begin taking steps in faith as He directs!

Ephesians 2 v 10: "For we are God's [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we would walk in them [living the good life which He prearranged and made ready for us to live]."

When Jesus died on the cross, what did He say? "IT IS FINISHED!!" God has provided a way for you to be restored to His original plan. You can be free from the deception of the devil and the power of sin in the area of your self-esteem, and you can enjoy all the benefits of good health that Jesus provided for you on the cross.

Isaiah 53 v 5: "He was wounded for our transgressions. He was bruised for our guilt and iniquities; the chastisement [needful to obtain peace] and well being for us was upon Him, and with the stripes [that wounded] Him we are healed and made whole."

Let's Begin Your Journey to Freedom through Practical Application of the Word of God:

At this point in your journey through this book, you have gained knowledge about how and why your disease developed. Hopefully the mystery has been taken out of your disease. Now it is time to apply this knowledge to your life so that you can begin your walkout into freedom. In the following pages you will be referred to several chapters that will highlight areas that need to be dealt with in order to set your healing in motion. Don't rush through it – carefully and prayerfully deal with one issue at a time.

Remember this is not a ritual or a "10 steps to get what you want out of God" scientific formula. This book has merely been designed to help you practically apply the Word of God to your life. If you are just going to go through the motions because you want your healing for selfish reasons and you are using this as a system or mechanism, you are wasting your time. You need to do the will of God from the heart.

Ephesians 6 v 6: "Not with eye service, as men-pleasers; but as the servants of Christ, doing the will of God from the heart." KJV

Forgiveness Comes Before Healing:

Your journey of sanctification and restoration back to good health has to begin with repentance where you ask God to forgive you for your participation with sin, in this case a low self-esteem, self-hatred and/or guilt. However, God's forgiveness for you is conditional. He expresses very clearly in His Word that He will not forgive you if you are not willing to forgive others (Mark 11 v 25 – 26). Unforgiveness is a major block to healing from both a medical and Biblical perspective. So before you come before God to repent of the sin behind your disease, you need to do an exercise where you forgive everybody who has injured, hurt or wronged you whether they are living or dead. You may also have to forgive yourself.

Therefore before you can continue with the rest of this chapter, you must first work through the chapter on page 630 called "Forgiveness, A Necessity For Healing."

Repent!

I assume at this point that you have come to the place where you have forgiven God, yourself and others. If you have felt the gentle and loving conviction of the Holy Spirit and are in a place where you are ready to repent, I encourage you to pray this prayer with me:

"Father I come to you in the Name of Jesus. I recognize that I have served the sin of self-hatred, self-rejection, self disapproval and/or a low self-esteem in my life. I've allowed accusing spirits to train me in my thinking to have this toxic sinful mindset and as I fell into agreement with it, I became one with sin as if it were me. Father I confess my participation with sin, I repent to You and I ask You to forgive me. Father in the Name of Jesus I ask You to break the curse of this iniquity so that the power of this sin is broken in my life and in the generations after me. As I have forgiven every single person I know who has hurt, wronged or injured me, I thank You for forgiving me of my sin and for the blood of Jesus that has cleansed me from all unrighteousness. Amen."

1 John 1 v 9: "If we [freely] admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought and action]."

Is There a Genetically Inherited Component to Your Disease?

Before you go any further in this section, just take a moment to think: Did other family members in your generation and the generations before you have the same disease that you are suffering from? If so, your disease may be genetically inherited. In this case it is important for you to read through the chapter on genetically inherited diseases on page 151 because to receive healing, not only do you have to ask God to forgive you of your sin, but you then also have to ask forgiveness for the sin of self-hatred and guilt in your fathers in generations before you.

The Pathway to Wholeness

Revelations 12 v 10 says that the devil is the accuser of the brethren. At the beginning of this chapter I asked you to read through the section called "Discerning the Source of Your Thoughts" on page 84 because I wanted you to understand how accusing spirits had trained you to think badly of yourself. Accusing **spirits** gave you thoughts in the first person via theta brain wave activity such as "I am unworthy, I am not loved, I am unwanted, I am no good, I hate myself, I am ugly, I am unlovely etc". As you meditated on

those thoughts in your mind which is your **soul**, you built a long term memory or toxic thorn tree in your brain. You became one with those thoughts in your long term memory as if it were you and now you've believed that lie throughout your life that you are not special. What was initially spiritual became a part of your **body** physically in the form of long term memory. You have become one with an accusing spirit in spirit, soul and body. That toxic thorn tree of a low self-esteem, self-hatred and guilt released toxic chemicals that initiated a cascade of electrical, chemical and hormonal reactions that eventually lead to the development of disease. In summary disease develops through the **spirit-soul-body connection**.

Healing occurs through the same pathway which is sanctification of the spirit, soul and body.

1 Thessalonians 5 v 23: "And the very God of peace sanctify you wholly, and I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

Sanctification means cleansing or getting rid of filth - it is the process of getting rid of sin.

Sanctification of the Spirit

2 Corinthians 7 v 1: "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." KJV.

Paul taught in 2 Corinthians 7 v 1, "Let us cleanse ourselves of all filthiness of the flesh **and the spirit**." If you have an accusing spirit, that is not a clean spirit, that is an unclean spirit by its fallen nature, so you need to cleanse yourself from all filthiness of the spirit. In other words you need to be delivered from the accusing spirit and remove it from your life. You need to command it to leave in Jesus Name because it no longer has a legal right to your life if you have repented. That is sanctification of the spirit.

Jesus gave us authority over the devil and his kingdom.

Jesus said in **Luke 10 v 18-20** "I saw Satan falling like a lightning [flash] from heaven. ¹⁹Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you. ²⁰Nevertheless, do not rejoice at this, that the spirits are subject to you, but rejoice that your names are written in heaven."

Mark 16 v 17: "And these signs will accompany those who believe: in My Name they will drive out demons. They will speak in new languages; they will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well"

The devil has already been defeated. Jesus is an expert in war and He is an expert in victory. He has spoiled principalities and powers of darkness and He has made a show of them openly (Colossians 2 v 15). He did it when He was here as Jesus, He did it when He was in hell and He wants you to do the same thing as believers because He gave you the power, He gave you the mandate, He gave you the sonship, He gave you the Holy Spirit and He gave you a command – go do it!

I encourage you to say the following out loud with authority: "I take authority over the unclean, unloving, accusing spirits of self-hatred, self-rejection, self bitterness and guilt that have been accusing me to myself as well as inherited iniquity of self-hatred and guilt in my family tree – you cannot rule my spirit and mind any longer. I break your power in the Name of Jesus. I command you to go and to be cast out of my life and the generations in my family in the power and authority of the Name of Jesus! I also take authority over the spirit of death and spirit of infirmity. In the Name of Jesus I break your power and I command you to go!

Father, I ask You to help me to begin to love myself this day. I ask You for the grace, power, strength and ability that I need to renew my mind as I begin to meditate on the things I have been taught. Amen"

Note: You cannot just think these words above in your mind because evil spirits can't read your mind – you need to speak it out. Make it verbal so that the invisible kingdom can hear the declaration of your heart – the Word of God spoken out of your mouth is your weapon in spiritual warfare.

It is necessary to do sanctification of the spirit first because you will not be able to renew your mind until the accusing spirit has been removed.

Sanctification of the Soul

Even though the accusing spirit which initially taught you this toxic thinking habit of a low self-esteem, self-hatred and/or guilt has been removed, you still have a toxic thorn tree (long term memory) of self-hatred/self-rejection/guilt in your brain. That toxic thorn tree is able to initiate the chemical and hormonal reactions that lead to disease, even without the accusing spirit being there. Therefore that thorn tree also has to be dealt with and removed through renewing of your mind. That is sanctification of the soul. You sanctify your soul through the washing of the water of the Word.

John 17 v 17: "Sanctify them [purify, consecrate, separate them for Yourself, make them holy] by the Truth; Your Word is Truth."

Ephesians 5 v 26: "So that He might sanctify her, having cleansed her by the washing of water with the Word."

You set your healing in motion with your prayer of repentance where you asked God for forgiveness for your low self-esteem, self disapproval, self-rejection or self-hatred that caused the disease. However that prayer is not the beginning and end of it! That is just the beginning – you still have to go through the process of renewing your mind and that is where the effort on your part comes in. Repentance is more than just saying "Sorry God" with words. The original Greek word for repentance in the Bible means "changing your thinking". You need to renew your mind by changing your thinking to the way that God thinks. You find out how God thinks by meditating on His Word. His Word is what sanctifies your soul.

If you have suffered from a disease that was caused by a low self-esteem, guilt or self-hatred, you need to renew your mind and change your thinking concerning how you think about yourself. With the help of the Holy Spirit you need to develop a Biblical self-image by purposefully meditating on the Word of God and the transforming truths in these scriptures which tell you who you are in Christ.

As this point please read through the chapter on page 695 called "Dealing With Disease From A Medical Perspective" where I share 10 practical principles on how to renew your mind effectively.

Sanctification of the Body

As you renew your mind with the Word of God, healthy memories or lush trees are built in your brain. These lush trees will secrete chemicals that will flow through the thorn trees and remove the thorns that were making you sick. 3 John 2 says you will prosper and be in health as your soul prospers. When you develop a new, healthy, Godly mindset, through the mind-body connection your body will also conform to health. This is sanctification of the body – the removal of disease and everything that destroys it. Now you have sanctification of the spirit, soul and body which is true wholeness.

Coming back to **1 Thessalonians 5 v 23: "And the very God of peace sanctify you wholly, and I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ."**

Take Heart

Remember that renewing your mind is not something that takes place over night – it is a process that takes time and your dedicated effort with the help of the Holy Spirit. It is not always easy. Furthermore the manifestation of your healing is not always immediate. You didn't get into this mess over night and sometimes you don't get out of it over night. Therefore I recommend that you read through the section under the title "Don't Give Up" on page 147 which is a word of encouragement for you as you continue your journey to wholeness.

Finally:

Pray the prayer of faith with me, "Father, I have a covenant of divine healing with You (Isaiah 53 v 5). You forgive all my sins and heal all my diseases (Psalm 103 v 3). Thank You that I am forgiven for having self-hatred and a low self-esteem (1 John 1 v 9). Therefore on the authority of Your Word and in the Name of Jesus – I claim and declare healing and complete wholeness in my mind and body. In faith I declare that I am free and totally healed of (name the disease)!"

James 5 v 14 – 16: "Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. Confess to one another therefore your faults (your slips, your false steps, your offences, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]."

When your Body is Irreversibly Damaged:

Apart from the example of the prayer of healing above, when there is irreversible damage that is done to body organs or tissue, it is also necessary to operate in the gift of miracles. This is where you speak a creative miracle into being by commanding that damaged organ or part of the body to be made whole and perfect again as God originally created it from the foundation of the world. This is further explained on page 122 under the heading "You Can't Always Do It Alone."

Scriptures for the Faith Confession of Who You Are In Christ: (In order of appearance)

1. Isaiah 61 v 10: "I will greatly rejoice in the Lord, my soul will exult in my God; for He has clothed me with the garments of salvation. He has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with jewels."
2. Psalm 8 v 4 – 6 "What is man that you are mindful of him, and the son of [earthborn] man that You care for him? Yet you have made him a little lower than the angels, and You have crowned him with glory and honor. You made him to have dominion over the works of Your hands; You have put all things under his feet."
3. Jeremiah 1 v 5: "Before I formed you in the womb I knew [and] approved of you [as My chosen instrument], and before you were born I separated and set you apart, consecrating you..."

4. Psalm 139 v 14 – 15: "I will praise You for I am fearfully and wonderfully made: Marvelous are Your works; And that my soul knows very well! (KJV) My frame was not hidden from You when I was being formed in secret [and] intricately and curiously wrought [as if embroidered with various colors] in the depths of the earth. Your eyes saw my unformed substance, and in Your book all the days [of my life] were written before ever they took shape, and when as yet there was none of them. How precious and weighty also are Your thoughts to me, O God! How vast is the some of them!" (Amplified Bible)
5. Romans 8 v 1 "Therefore [there is] now no condemnation (no adjudging guilty of wrong) for those who are in Christ Jesus, who live [and] walk not after the dictates of the flesh, but after the dictates of the Spirit."
6. 2 Timothy 1 v 9: "God has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace, which was given to us in Christ Jesus before the world began."
7. Ephesians 1 v 4: "Even as [in His love] He chose us [actually picked us out for Himself as His own] in Christ before the foundation of the world, that we should be holy (consecrated and set apart for Him) and blameless in His sight, even above reproach, before Him in love."
8. 1 Peter 2 v 9: "But you are a chosen race, a royal priesthood, a dedicated nation, [God's] own purchased, special people, that you may set forth the wonderful deeds and display the virtues and perfections of Him Who called you out of darkness into His marvellous light."
9. 1 Thessalonians 1 v 4: "[O] brethren beloved by God, we recognize and know that He has selected (chosen) you."
10. John 15 v 16: "You have not chosen Me, but I have chosen you and I have appointed you [I have planted you], that you might go and bear fruit and keep on bearing, and that your fruit may be lasting [that it may remain, abide], so that whatever you ask the Father in My Name [as presenting all that I AM], He may give to you."
11. Romans 8 v 15 – 16; "...You have received the Spirit of adoption [the Spirit producing sonship] in [the bliss of] which we cry, Abba (Father)! Father! The Spirit Himself [thus] testifies together with our own spirit [assuring us] that we are children of God."
12. 1 Peter 1 v 23: "You are born again, not of corruptible seed, but of incorruptible, by the Word of God, which lives and abides forever." (KJV)
13. Ephesians 1 v 7: "In Him we have redemption (deliverance and salvation) through His blood, the remission (forgiveness) of our offenses (shortcomings and trespasses), in accordance with the riches and the generosity of His gracious favor."
14. 1 John 2 v 12: "I am writing to you, little children, because for His Name's sake your sins are forgiven [pardoned through His Name and on account of confessing His Name]."
15. 1 John 1 v 9: "If we [freely admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought, and action]."
16. Colossians 1 v 13 -14: "[The Father] has delivered and drawn us to Himself out of the control and the dominion of darkness and has transferred us into the kingdom of the Son of His love, In Whom we have our redemption through His blood, [which means] the forgiveness of our sins."

17. 2 Corinthians 5 v 17: "Therefore if any person is [in-grafted] in Christ (the Messiah) he is a new creation (a new creature altogether); the old [previous moral and spiritual condition] has passed away, Behold, the fresh and new has come!"
18. Romans 8 v 21: "For our sake He made Christ [virtually] to be sin Who knew no sin, so that in and through Him we might become... the righteousness of God [what we ought to be, approved and acceptable and in right relationship with Him, by His goodness]."
19. Ephesians 2 v 18: "For it is through Him that we both [whether far off or near] now have an introduction (access) by one [Holy] Spirit to the Father [so that we are able to approach Him]."
20. Hebrews 4 v 16: "Let us then fearlessly and confidently and boldly draw near to the throne of grace (the throne of God's unmerited favor to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it]."
21. Galatians 3 v 9: "So then, those who are people of faith are blessed and made happy and favored by God [as partners in fellowship]..."
22. Zechariah 2 v 8: "For thus said the Lord of hosts...he who touches you touches the apple or pupil of His eye."
23. Psalm 17 v 8: "Keep and guard me as the pupil of Your eye; hide me in the shadow of Your wings."
24. Isaiah 49 v 16: "Behold, I have indelibly imprinted (tattooed a picture of) you on the palm of each of My hands."
25. Ephesians 1 v 13: "In Him, you also who have heard the Word of Truth, the glad tidings (Gospel) of your salvation, and have believed in and adhered to and relied on Him, were stamped with the seal of the long-promised Holy Spirit."
26. 1 Corinthians 1 v 8: "And He will establish you to the end [keep you steadfast, give you strength, and guarantee your vindication; He will be your warrant against all accusation or indictment so that you will be] guiltless and irreproachable in the day of our Lord Jesus Christ (the Messiah)."
27. 2 Corinthians 3 v 18: "And all of us, as with unveiled face, [because we] continued to behold [in the Word of God] as in a mirror the glory of the Lord, are constantly being transfigured into His very own image in ever increasing splendor and from one degree of glory to another; [for this comes] from the Lord [Who is] the Spirit."
28. Philippians 1 v 6: "And I am convinced and sure of this very thing, that He who began a good work in you will continue until the day of Jesus Christ [right up to the time of His return], developing [that good work] and perfecting and bringing it to full completion in you."
29. Ephesians 2 v 10: "For we are God's [own handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live.]"
30. 2 Corinthians 5 v 20: "So we are Christ's ambassadors, God making His appeal as it were through us. We [as Christ's personal representatives] beg you for His sake to lay hold of the divine favor [now offered to you] and be reconciled to God."

31. Colossians 2 v 10: "And you are in Him, made full and having come to fullness of life [in Christ you too are filled with the Godhead – Father, Son and Holy Spirit – and reach full spiritual stature]."
32. 1 Corinthians 6 v 19 – 20: "Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, You were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body."
33. 1 Corinthians 2 v 16: "For who has known and understood the mind (the counsels and purposes) of the Lord so as to guide and instruct Him and give Him knowledge? But we have the mind of Christ (the Messiah) and do hold the thoughts (feelings and purposes) of His heart."
34. Romans 8 v 17: "And if we are [His] children, then we are [His] heirs also: heirs of God and fellow heirs with Christ [sharing His inheritance with Him]; only we must share His suffering if we are to share His glory."
35. Colossians 1 v 12: "Giving thanks to the Father, Who has qualified and made us fit to share the portion which is the inheritance of the saints (God's holy people) in the Light."
36. Ephesians 1 v 11: "In Him we were also made [God's] heritage (portion) and we obtained an inheritance; for we had been foreordained (chosen and appointed beforehand) in accordance with His purpose..."
37. Galatians 3 v 13: "Christ purchased our freedom [redeeming us] from the curse (doom) of the Law [and its condemnation] by [Himself] becoming a curse for us, for it is written [in the Scriptures], Cursed is everyone who hangs on a tree (is crucified)."
38. 1 Peter 1 v 18 – 19: "You must know (recognize) that you were redeemed (ransomed) from the useless (fruitless) way of living inherited by tradition from [your] forefathers, not with corruptible things [such as] silver and gold. But [you were purchased] with the precious blood of Christ (the Messiah)..."
39. John 8 v 36: "So if the Son liberates you [makes you free men], then you are really and unquestionably free."
40. Galatians 5 v 1: "In this freedom Christ has made us free [and completely liberated us]; stand fast then and do not be hampered and held ensnared and submit again to a yoke of slavery [which you have once put off]."
41. Romans 6 v 11: "Even so consider yourselves also dead to sin and your relation to it broken, but alive to God [living in unbroken fellowship with Him] in Christ Jesus."
42. Ephesians 2 v 5-6: "Even when we were dead (slain) by [our own] shortcomings and trespasses, He made us alive together in fellowship and in union with Christ, [He gave us the very life of Christ Himself...] it is by grace (His favor and mercy which you did not deserve) that you are saved (delivered from judgment and made partakers of Christ's salvation). And He raised us up together with Him and made us sit down together [giving us joint seating with Him] in the heavenly sphere [by virtue of our being] in Christ Jesus (the Messiah, the Anointed One)"
43. 1 John 5 v 18: "We know [absolutely] that anyone born of God does not [deliberately and knowingly] practice committing sin but the One Who was begotten of God (i.e. Jesus) carefully watches over and protects him [Christ's divine presence within him preserves him against evil], and the wicked one does not lay hold (get a grip) on him or touch [him]."

44. 2 Peter 1 v 3 -4: "According to His divine power, God has given to us all things that pertain to life and godliness, through the knowledge of him that called us to glory and virtue: whereby He has given to us exceeding great and precious promises: that by these you may be partakers of the divine nature..."
45. Ephesians 1 v 3: "May blessing... be to God the Father of our Lord Jesus Christ Who has blessed us in Christ with every spiritual (given by the Holy Spirit) blessing in the heavenly realm!"
46. Colossians 2 v 6-7: "Therefore as you have received Jesus Christ the Lord, so walk in Him: rooted and built up in Him, and established in the faith, as you have been taught, abounding in thanksgiving."
47. Mathew 16 v 20: "...For truly I say to you, if you have faith [that is living] like a grain of mustard seed, you can say to this mountain, Move from here to yonder place, and it will move; and nothing will be impossible to you."
48. 1 John 5 v 4 - 5: "For whatever is born of God is victorious over the world; and this is the victory that conquers the world, even our faith. Who is it that is victorious over [that conquers] the world but He who believes that Jesus is the Son of God [who adheres to, trusts in, and relies on that fact]?"
49. Revelations 12 v 11: "And they overcame him by the blood of the Lamb, and by the word of their testimony."
50. Romans 8 v 37: "Yet amidst all these things we are more than conquerors and gain a surpassing victory through Him Who loved us."
51. 2 Corinthians 2 v 14: "But thanks be to God, Who in Christ always leads us in triumph [as trophies of Christ's victory] and through us spreads and makes evident the fragrance of the knowledge of God everywhere."
52. Ephesians 6 v 10: "In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides]."
53. Deuteronomy 28 v 13: "And the Lord shall make you the head, and not the tail; and you shall be above only, and you shall not be beneath, if you heed the commandments of the Lord your God and are watchful to do them."
54. 1 John 4 v 4: "Little children, you are of God [you belong to Him] and have [already] defeated and overcome them, because He Who lives in you is greater (mightier) than he who is in the world."
55. 1 John 14 v 12 - 14: "I assure you, most solemnly I tell you, if anyone steadfastly believes in Me, he will himself be able to do the things that I do; and he will even do greater things than these, because I go to the Father, And I will do [I myself will grant] whatever you ask in My Name [as presenting all that I AM], so that the Father may be glorified and extolled in (through) the Son. [Yes] I will grant [I Myself will do for you] whatever you shall ask in My Name[.]"
56. Mark 16 v 17-18: "And these attesting signs will accompany those who believe: In My Name they will drive out demons; they will speak in new languages; they will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well."
57. 1 John 4 v 17: "In this [union and communion with Him] love is brought to completion and attains perfection with us, that we may have confidence for the day of judgment [with assurance and boldness to face Him], because as He is, so are we in this world."

58. Ephesians 1 v 19-20: "And [so that you can know and understand] what is the immeasurable and unlimited and surpassing greatness of His power in and for us who believe, as demonstrated in the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His [own] right hand in heavenly [places]. "

Dealing with Fear, Anxiety and Stress

Anti-depressants, anti-anxiety drugs and tranquilizers are not the answer! These include fluoxetine (Prozac), Paroxetine (Paxil), Alprazolam (Xanax – which is a tranquilizer) and Diazepam and many more. These are neurological blockers and calming agents that have dangerous side effects and some are even addictive. These drugs dull the symptoms but they do not deal with the root of the problem. It is merely disease management which is another form of bondage. They are also a poor substitute for the peace of God. Your Heavenly Father wants you to have an abundant life with peace spiritually, emotionally and physiologically. I am telling you with great authority that God wants you totally healed of your disease and complete freedom from anxiety and fear because He didn't give these things to you!

Freedom from fear, anxiety and stress in your life starts with an intimate love relationship with God the Father. I'm not talking about religion. I'm going beyond the realms of empty manmade religion. I'm talking about a genuine living, breathing intimate relationship with a very real and awesome God. I haven't a clue how to offer you real, long lasting, inward peace regardless of your outward circumstances and permanent, complete healing of your sickness without God. He is the Source of peace and all healing. Therefore if you do not yet know the Father personally and intimately, and have not yet made Jesus the Lord of your life, there is no point in going any further in this chapter until you have first read through the chapter on page 640.

Thoughts of fear, anxiety and worry distract us from using our powerful minds for the purpose for which God designed it.

Who taught you to be afraid? Who taught you to be worried and anxious? Where did you learn this from? Before reading this chapter, please turn to page 84 and read through the section under the heading "Discerning the Source of Your Thoughts" because it will be helpful for you to understand how you developed this mindset in the first place. Once you have read through that section, continue with the rest of this chapter.

There are two kinds of fear that we have to deal with in this chapter. Firstly there are the superficial fears where we are anxious and worried about things such as finances, for example "How are we going to pay off the bills at the end of the month." We may worry about passing an exam or we may stress about meeting a dead line at work.

Then there are much deeper fears that come from a breach in relationships and a broken heart – fear of man, fear of failure, fear of abandonment, fear of rejection, fear of being vulnerable or trusting somebody again and so forth. We are seeing more serious illnesses come from this type of fear. Most fear, anxiety and stress in disease is not fear of flying or fear of snakes ...it is relationship breakdowns.

Let's first discuss the superficial fears. As you read through the following pages, begin to think about and identify those issues in your life that are robbing you of your peace. What is it that happened that has put that fear inside you? What is it that stresses you out internally? What are you perpetually anxious and worried about?

I have met people that seem addicted to worrying. If they don't have something of their own to worry about, they imagine and worry about what could happen or they will worry over somebody else's problem. The devil attempts to steal your valuable time and your life in many ways and one of them is through worry and anxiety. Thoughts of fear, anxiety and worry are what the devil uses to distract us from using

our powerful minds for the purpose for which God designed it. There are certain things that God instructs you to do with your mind, for example in Joshua 1 v 8 God said:

Joshua 1 v 8: "This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you will make your way prosperous, and then you will deal wisely and have good success."

Proverbs 4 v 20 – 22: "20My Son, attend to my words; consent and submit to my sayings. 21Let them not depart from your sight; keep them in the centre of your heart. 22For they are life to those who find them, healing and health to all their flesh."

When you start to think like God because you're meditating on God's Word, your health and every other area of your life will prosper. The devil wants to keep you mentally busy with worrying so that this is never achieved. Anxiety and worry are a useless waste of time that we should have been using to serve God. God doesn't ask us to serve Him for His benefit – He is Almighty God and He doesn't need our help with anything. He asks us to serve Him because it is for our own good. As we walk in obedience to God, He intends our life to be of such high quality that we enjoy it tremendously.

Jesus said in **John 10 v 10: "The thief (i.e. the devil) comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)."**

The devil also uses anxiety and worry to suppress our faith so that we don't rise up and lay a hold of the abundant life that God intended for us. Fear is a lack of faith: fear and faith are opposing spiritual forces that cannot co-exist and both demand to be fulfilled. When fear increases, faith decreases. When fear is dominating in your thought life, you are going to develop a sickness in your body. What does faith mean in a practical sense? The Bible defines it like this: "The leaning of the entire human personality on God in absolute trust and confidence in His power, wisdom, goodness and in His Word." (Colossians 2 v 5).

If you truly want to get well, you have got to be prepared to let go of the things that are causing fear in your thought life and stressing you out. You have got to learn to trust God with absolute confidence and get into a habit of casting your cares on Him. **1 Peter 5 v 7 in the Amplified Bible says, "Cast the whole of your care – all your anxieties, all your worries, all your concerns, once and for all – on Him; For He cares for you affectionately and cares about you watchfully."**

Kenneth Hagin told the story of a lady who came to him at the close of a service where he'd just preached. She said, "Pastor, I want you to agree with me in prayer about something. The cares and worries of this life are just too heavy so I can't bear them". With that she began to cry. She then went on to say in sincerity, "I want you to pray that either God will give me grace to bear them, or else take about half of them away. I can carry about half of them, but I can't carry all of them." He opened his Bible to 1 Peter 5 v 7 and asked her to read it aloud. Then he said, "I can't pray that God would give you grace to bear your cares and worries because He doesn't want you to bear them. I can't pray that God will take away half of them because He doesn't want you to carry even half of them. He wants you to cast all of them on Him." She said, "I can't do it." Kenneth Hagin then replied, "God is not telling you to do something you can't do. He would be an unjust God to do that. You've been praying about this for years and have never gotten an answer. That is not the way to solve this problem. You solve it by doing what God said to do." She said, "But you don't understand what I've got to worry about." He replied, "But God does – He knows, He understands and He cares about you affectionately and watchfully. He said to cast all your cares on Him. Whatever the Lord asks of you, He gives the power to do."

As a child of God, by His grace you can literally come to the place where you haven't got a care in the world – not that no cares or problems exist – because they do – but the difference is **GOD HAS THEM**. God does not promise that you will never have any problems in life, but He does promise to faithfully take care of you and deliver you out of every difficult circumstance. Psalm 34 v 19 says that many are the

afflictions and evils that confront the righteous, but the Lord delivers them out of them all. What does it practically mean to "cast your care" to the Lord? If you look up the word "cast" in the dictionary it means to pitch or throw. You can pitch or throw your problems to God and, believe me, He can catch them. He knows exactly what to do with them. If you are a person who has long term fear and anxiety in your thought life, I want to encourage you to do a little exercise: write down on a piece of paper all the issues, people or problems in your life that you are stressed, fearful and anxious about. Then come before God in sincerity and pray something like this, "Father, I have this and this problem – I hand it over (cast) and completely surrender it to You, and ask You to take care of it and sort it out. If there is a part that I have to play, please show me. I do not know how You are going to sort it out but I am making the decision to confidently trust in, lean on and rely on You with all my heart and mind. I am not going to rely on my own insight or understanding (Proverbs 3 v 5). I give these problems to You once and for all. I thank You that I don't have to worry or be anxious about them anymore – it is in Your hands." Then scrunch up that piece of paper with the list of all your problems on it and throw it into a lake or over a fence or wherever as a symbol of casting your care to God. It is finished! You need not worry, stress, be anxious or fearful about those problems ever again. The problem certainly hasn't gone away but it is now in God's hands. When the devil brings a picture of the problem to your mind say, "Yes, I had that problem, but the Lord has it now. Thank You Lord that You are taking care of it!"

Now if you cast your burden upon the Lord – then **He has it – you don't**. But if you are going to continue to stress and worry about it... if you are going to allow your mind to race around trying to find a solution to your situation... if you are still going to try to figure out how you are going to sort it out or how the Lord should sort it out – you are nullifying the effects of your praying and **He doesn't have your care – you do**... and when you've got it, He can do nothing about it. It's amazing what the Lord can do with your problems **when He has them**. But as long as you hold on to them by continuing to stress, fear and worry about the problem, as long as you try to figure out how He should solve them or try to help Him work them out, **He doesn't have any of them. You do**. As Joyce Meyer says, you may not know how it's going to work out, but sometimes you just have to be satisfied with knowing the One Who knows.

Start trusting in God more than you trust in yourself.

You may have never thought of it this way but when you worry you have a pride problem. A person who worries somehow thinks that he can solve his problem better than God. To not worry is to humble yourself before God. Joyce Meyer says, "The proud man is full of himself. The humble man is full of God." The proud man worries, the humble man leans on and depends on God. So start trusting in God more than you trust in yourself. Repent for being a god to yourself. Being a god to yourself means you have control of your life and He doesn't.

You do need to do your part in a trial, but do not try to do God's part, the load is too heavy to bear, and if you're not careful, you'll break under the weight of it.

Philippians 4 v 6 – 7: "Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to the Lord. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus."

If you are anxious about your finances or material things, you are trusting in your money and possessions more than you are trusting in God. Jesus said in **Mathew 6 v 24–34: "24No one can serve two masters; for either he will hate the one and love the other, or he will stand by and be devoted to the one and despise and be against the other. You cannot serve God and mammon (deceitful riches, money, possessions or whatever is trusted in.) 25Therefore I tell you, stop being perpetually uneasy**

(anxious and worried) about your life, what you shall eat or what you shall drink; or about your body, what you shall put on. Is not life greater [in quality] than food, and the body [far above and more excellent] than clothing?" Jesus said here that there is nothing in life that you are to be worried and anxious about – not a single thing! The great quality of life that God has provided for you includes all those things as well as things that are far more meaningful.

"²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they?" Bird watching may not be your favourite pass time, but I encourage you to take some time to sit and observe them. They literally do not know where their next meal is coming from yet, but have you ever seen a bird sitting on a branch in a tree having a panic attack about it? Jesus is simply pointing out here, "Are you not worth far more than a bird?" Even if you have a low self-esteem, I'm sure that you consider yourself and your life more valuable than a bird, and see how faithfully your Heavenly Father takes care of them. He spared nothing for you – not even His only Son! So if you are that valuable to Him, surely He is going to look after you better than the bird!

"²⁷And who of you by worrying and being anxious can add one unit of measure (cubit) to his stature or to the span of his life?" In other words Jesus is saying – how is worrying and being anxious going to change or resolve the situation that is stressing you out? It won't, worry and anxiety are a useless waste of time. So then what is the point of worrying? It will not help your situation at all, it will only hinder your progress.

"²⁸And why should you be anxious about clothes? Consider the lilies of the field and learn thoroughly how they grow; they neither toil nor spin. ²⁹Yet I tell you, even Solomon in all his magnificence (excellence, dignity and grace) was not arrayed like one of these. ³⁰But if God so clothes the grass of the field, which today is alive and green and tomorrow is tossed into the furnace, will He not much more surely clothe you, O you of little faith? ³¹Therefore do not worry or be anxious, saying, What am I going to have to eat? Or what am I going to have to drink? Or what am I going to have to wear? ³²For the gentiles (in other words those who do not know God) wish for and crave and diligently seek all these things, and your heavenly Father knows well that you need them all. ³³But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and all these things taken together will be given to you besides." Remember that out of the abundance of the heart, the mouth speaks (Matthew 12 v 34). Fear filled thoughts are going to translate into fear filled words which will have a tremendous adverse impact on your life and health. Your words are very important – they shape your world. There is the power of life and death in your words (Proverbs 18 v 21).

Jesus knew how destructive worry can be to your life and health, so He **command-**
ed you not to worry. Instead He calls you to look to God's sure and faithful provision. In the above scripture He let you know that you do not need to have your minds set on money or worry how you will take care of yourself or your family, because He will take care of these things for you.

***God has given you
grace to handle
whatever you have
to deal with today.***

"³⁴So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble." Worry can be defined as wasting today trying to figure out tomorrow. I wasted a lot of my university days stressing and being extremely worried and anxious about how I was going to study the large volume of work and pass the exams. I used to waste evenings counting the pages and sitting with my calculator working out the hours I had left to study. The more I would do this the more wound up I would get. In a way I would have liked to have those years back and approached them in a different way. However, once you have wasted the time God has given you, you can't take it back. I look back now and realize that I wasted all that time stressing. Instead of using it as a

gift from God and just enjoying each day, I gave it to the devil by worrying. God is faithful! He never let me down one time. He always made a way for me. He always gave me the grace and wisdom I needed for each exam. I could have just enjoyed each day, cast my care to the Lord and not wasted time worrying about how I was going to do it. Instead I allowed my time at university to be one big stressful event. We need to value each day as a gift from God. If we waste it worrying, it is time wasted that can never be taken back. So let's learn to use our time as God intended. Life will be far more enjoyable. Life is to be lived – today! Unfortunately not many people live each day to the full. But you can decide to be one of them. There is no point in worrying about tomorrow. You have enough to deal with today and that requires your full attention. God has given you grace to handle whatever you have to deal with today. Tomorrow's grace will not come until tomorrow! So don't waste today!

Take this promise to heart: **Psalm 37 v 3 – 5 & 7: “Trust (lean on, rely on, and be confident) in the Lord and do good; so shall you dwell in the land and feed surely on His faithfulness and truly you shall be fed. Delight yourself in the Lord and He will give you the desires and secret petitions of your heart. Commit your way to the Lord [roll and repose each care of your load on Him]; trust (lean on, rely on, and be confident) also in Him and He will bring it to pass. Be still and rest in the Lord; wait for Him and patiently lean yourself upon Him...”**

True peace comes from God, not from Prozac, yoga or transcendental meditation. **Isaiah 9 v 6: “For unto us a Child is born, to us a Son is given; and the government shall be upon His shoulder, and His name shall be called Wonderful Counselor, Mighty God, Everlasting Father [of Eternity], Prince of Peace.”** Jesus is the Prince of peace. He paid a very high price to give you a life of peace – regardless of your outward circumstances. The peace that Jesus gives is very different to the world's idea of peace. According to the world, peace is when there are no problems in life. However, that is a deception. If you are waiting until you have nothing to worry about before you stop worrying, that time will probably never come. God doesn't promise you a care free life of bubbles, honey and a bed of roses. The Bible says that many are the afflictions of the righteous but the Lord delivers them out of them all (Psalm 34 v 19). You can have inward peace even though situations around you are in absolute turmoil. You may not be able to change the circumstances causing the stress and fear in your life, but you can change the way that you respond to them. The peace that Jesus gives is one that operates in the midst of the storm, not in its absence. Jesus did not come to remove the storms from our lives, but rather to give us a different approach to them as He takes us through the

The peace that Jesus gives is one that operates in the midst of the storm, not in its absence.

storm. Jesus said in **John 14 v 27: “Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly.”**

There are not many things that the Bible tells us to seek: Firstly it tells us to seek God, but it also tells us to seek peace. Peace doesn't just fall upon you, you've got to seek it. And do you know what “seek” means? It means you go after it with everything you've got – you've got to want it bad! And if you want it bad enough, you'll make a determined decision not to let yourself worry, panic or fear anything, but in every circumstance you cast your cares to the Lord.

Once you have cast your cares on the Lord you have to trust Him completely with the outcome and results. **Proverbs 3 v 5–6: “Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding. In all your ways acknowledge Him, and He will direct and make straight and plain your paths.”**

Releasing that problem and making the decision to trust in God, may initially feel very difficult. It is a feeling of loss of control like stepping out of an aeroplane without a parachute into thin air. But when

you lose control and allow God to be in control of your life, you step into thin air and land on a very solid Foundation. When you step out "into thin air" in faith, and make a decision to trust Him, the Lord is always faithful to catch you. He will never ever let you down. The following scripture is wonderful to quote to yourself when you feel a panic attack coming on: **Hebrews 13 v 5 – 6** is a promise that just blows me away: "...[God] Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will not] (N.B. in the Amplified Bible it really does say "I will not" 3 times!) in any degree leave you helpless nor forsake nor let [you] down (Relax My hold on you!) [Assuredly not!] So we can take comfort and are encouraged and confidently and boldly say, The Lord is my Helper, I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me?" This is an excellent scripture to use to encourage yourself when you find yourself being concerned about whether or not God will come through for you and meet your needs.

It might not always feel like God is there but He very clearly promised above that He will not, He will not, He will not ever let you down or forsake you or leave you helpless. So say with me, "God's Word says it, I believe it, that settles it!" The big question is do you believe the God of the Bible or the god of your feelings? You cannot allow how you feel to override what the Word of God says. There is no authority higher than the authority of God's Word. In fact, the Bible says that God placed His Word above His Name (Psalm 138 v 2)! So the Word must have final authority in our lives, especially in our thought life. We need to bring every fearful, anxious thought captive to the obedience of Christ (2 Corinthians 10 v 5). We can be more sure of God's Word than we can be sure of the fact that the sun will rise tomorrow. **Luke 16 v 17: "Yet it is easier for heaven and earth to pass away than for one dot of the Law (which is the Word of God) to fail and become void."**

There is a well known writing paper called "Footprints" which has the following message: "One night I had a dream. I was walking along the beach with the Lord, and across the skies flashed scenes of my life. In each scene I noticed two sets of footprints in the sand and, to my surprise I noticed that many times along the path of my life there was only one set of footprints. And I noticed that it was the lowest and saddest times in my life. I asked the Lord about it: "Lord, You said that once I decided to follow You, You would walk with me all the way. But I notice that during the most troublesome times in my life there is only one set of footprints. I don't understand why You left my side when I needed You most." The Lord said, "My precious child, I never left you during your time of trial. Where you see only one set of footprints, I was carrying you." "

Settle it in your heart once and for all that God will never leave you or forsake you, He will not leave you helpless in your problems and He is with you wherever you go. **Joshua 1 v 9: "Have I not commanded you? Be strong, vigorous, and very courageous. Do not be afraid, neither be dismayed, for the Lord your God is with you wherever you go."**

John 16 v 33: "I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world [I have deprived it of power to harm you and have conquered it for you]"

Conquering Toxic Mindsets Related To Financial Pressures

Fear, Anxiety, Stress, Drivenness To Perform

When I first started Eagles Wings Ministry, the pressures and responsibilities relating to finances were overwhelming. It wasn't long before I felt I was suffocating under the stress. During this time I sought the Lord for His wisdom and He began to teach me principles relating to finances from His Word that truly set me free to enjoy His peace.

Tammy Van Rensburg (my ministry partner and co-director in Eagles Wings) and I were led to do an in depth study of the word "meekness" in the Bible. **Matthew 5 v 4 says "Blessed are the meek, for they shall inherit the earth!"** I always understood the word 'meek' to mean somebody who is very humble but what it actually means is "everything is Gods". The moment you become a born again Christian, everything belongs to the Lord – not 10% but **everything**. 100% of your finances belong to the Lord, everything you own materially is His, your time is His, your spouse and children are His, even your body is His (1 Corinthians 6 v 20). We often sing songs in church where we say "I surrender all". It is one thing to say it, but we literally have to do it. The implication of handing everything over to the Lord is that you also hand over the responsibility of everything – along with all the fear, anxiety, worry and stress associated with it – to Him. That means that if your bills are not paid, the needs of your family are not met or your business falls apart tomorrow – that is on the Lord's hands. But you see, it is not the Lord's character to allow that to happen. The reality is that when you are into fear, anxiety and worry over your finances, God is not your provider, you are. That is a scary place to be! However if you choose to walk in obedience to His Word, surrender everything to Him and truly trust Him, you will not be let down. Remember His

Behind the money systems of this world is a toxic, disease-making mindset which is the drivenness to perform.

promise in **Hebrews 13 v 5 – 6, "I will not, I will not, I will not in any way fail you or let you down."** **Matthew 6 v 26 – 30** reassures you, **"...walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen colour and design quite like it? The ten best dressed men and women in the country look shabby along side them. If God gives such attention to the appearance of the wild flowers – most of which are never even seen – don't you think He'll attend to you, take pride in you, do his best for you?"** *Message Bible*

After gaining this revelation, I made the decision to truly hand over everything to the Lord, the responsibility and welfare of those working for me, our financial commitments, everything. When I did this it felt as though the weight of the world was lifted off my shoulders. The relief and peace was incredible.

Then as the Lord continued to teach me, He began to show me that behind the money systems of this world is a toxic, disease-making mindset which is the drivenness to perform: we need to work hard in order to earn money to pay the bills, put food on the table and survive. Along with this pressure, comes, tremendous stress, fear, anxiety and worry. However, **Romans 12 v 2** says that we are not supposed to think like the world, God has a totally different way of thinking about finances and we need to think like Him! This may come as a startling revelation to many but we do not need to earn our money! Just as we cannot earn our salvation or God's love and approval, but are saved by grace, we do not need to earn our money. God is our provider through His grace and unmerited favour.

Matthew 6 v 30 – 33 in the message Bible goes on to say, **"What I'm trying to do here is to get you to relax, to not be so pre-occupied with getting, so that you can respond to God's giving. People who don't know God and the way He works fuss over these things, but you know both God and how He works. Steep your life in God-reality, God-initiative and God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met."**

I love the way the Message Bible puts it: if you choose not to think like the world, but instead to steep your life and your way of thinking in **God-reality, God-initiative and God-provision**, then you will not have to be so pre-occupied with getting (i.e. the stress of earning your money) and can respond to God's giving as He faithfully provides for you.

So if you do not have to earn your money, do you need to work? Absolutely! You may say, "If I don't need to earn my money, why should I work?" Because, it is, your calling. **Ephesians 2 v 10** says that God had a specific calling, destiny or purpose for your life. Before the foundation of the world He planned good works for you to do. For example, I know that I am called by God to be a doctor and to use my

medical knowledge and skill to serve people and build His Kingdom. I don't do what I do to earn, money, my motive is my love for God and as an overflow of that, a love for people. So if I am helping rich people from Sandton in Johannesburg South Africa where I know I'll make money or if I am working amongst the poorest of the poor in Zimbabwe who cannot give anything back to me for my service, it truly doesn't make a difference: God is my Provider and I do what I do for love, not to earn money. I bless people as a loving act of service and worship to my Father. This is a radical change in mindset, but if you can master it, you'll never struggle with fear and anxiety related to money again. As the Message Bible so wonderfully says, you'll be careless in the care of God and free to focus on what God is doing or calling you to do.

Matthew 6 v 25 – 26 and 34: "If you decide for God, living a life of God worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God! And you count far more to Him than birds....Don't worry about missing out. You'll find that your everyday human concerns will be met. Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."

Since gaining this revelation I can honestly say that I have been free from financial fear and anxiety and have never gone without a need being met! It has been a wonderful experience to see all the interesting and different ways that God has provided.

This discussion about having a Godly mindset about finances would not be complete without discussing a key secret which is the law of generosity because this is where we really see the blessings of the Lord flow. In Mark 4 v 23 – 25 Jesus said: **"Are you listening? Really listening? Listen carefully to what I am saying – be wary of the shrewd advice that tells you how to get ahead in the world on your own. Giving, not getting, is the way. Generosity begets generosity. Stinginess impoverishes."** Message Bible

Jesus said, be careful of the shrewd or clever advice of the world that tells you how to prosper financially, the secret is not getting but giving generously. That does not mean that you must just recklessly give away all that you have – you must give as the Holy Spirit leads, convicts and prompts you. "Generosity", in this Scripture, means, giving beyond reason when it is not earned or deserved. "Giving beyond reason" means giving when it does not make sense to your logical mind. You will find that the Holy Spirit will prompt you to give something away at the most inconvenient time, when your logical mind tells you that you really need it! However whenever you step out in faith and obedience, Jesus said it would come back to you with a blessing and a bonus.

Luke 6 v 38: "Give away your life; you'll find life given back, but not merely given back – given back with a bonus and blessing. Giving, not getting is the way. Generosity begets generosity."

Bottom line: You can enjoy a life which is careless in the care of God. Exchange financial fear and anxiety for rest and peace as You trust in God for His provision. Rather than being pre-occupied with surviving and earning money, focus on what God is doing and calling you to do. Allow your love for your God to motivate you to serve and bless others with your knowledge and skill in whatever occupational field you may be. Luke 6 v 38 in the Amplified Bible says that with the measure you use in your giving and blessing others is the measure that will be given back to you. In that light what would be the blessing if you were to give the Lord your all so that everything is His? Well the answer to that brings us back to the point I started with:

Matthew 5 v 4 "Blessed are the meek, for they shall inherit the earth!"

When it Comes to the Deeper Fears Coming out of Relationship Break-downs...

The answer to fear is intimacy with the Father – because He wants you to enter HIS REST.

Hebrews 4 v 3: “For we who have believed (adhered to and trusted in and relied on God) do enter that rest...”

The Lord wants you to know Him. The more you get to know Him, the more you will love Him. The primary reason that Jesus died was to restore you back into a love relationship with the Father. Love is the antidote to all fear. It starts with an intimate relationship and fellowship with God the Father, Jesus and the Holy Spirit.

1 John 4 v 18-19: “There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of the doors and expels every trace of terror! For fear brings with it the thought of punishment (the King James Version says that fear has torment), and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love’s complete perfection]. We love Him, because He first loved us.”

This is the foundation of healing from all fear, anxiety and stress related diseases, especially the deeper fears that come from rejection and relationship breakdowns is to receive the Father’s love.

This is the prayer of my heart for you: **Ephesians 3 v 14 – 19** from the Amplified Bible: **“...I bow my knees before the Father of our Lord Jesus Christ For Whom every family in heaven and on earth is named [that Father from Whom all fatherhood takes its title and derives its name]. May He grant you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in your inner man by the Holy Spirit [Himself indwelling in your innermost being and personality]. May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your heart! May you be rooted deep in love and founded securely on love, that you may have the power and be strong to apprehend and grasp with all the saints [God’s devoted people, the experience of that love], what is the breadth and length and height and depth [of it]; [That you may really come] to know [practically through experience for yourself] the love of Christ, which far surpasses mere knowledge [without experience]; that you may be filled [through all your being] unto all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]!”**

The foundation of healing from fears, that come from rejection and relationship breakdowns, is to receive the Father’s love.

Do you have difficulty trusting people? Do you have difficulty giving and receiving love? If you do, you have fear in you... get to know the Father. **Exodus 33 v 13-14: “Show me Your way, that I may know You [progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly]... And the Lord said, “My presence shall go with you, and I will give you rest.”**

You may have been attending church for years... but you still do not know Him. The only way you are going to get to know Him is to spend time with Him. I’m not talking about 5 minutes here and there, I’m talking about getting serious. I’m talking about setting aside a decent amount of time every single day to just sit at the Father’s feet and fellowship with Him...this involves talking to Him, listening for His voice speaking to you in your heart, getting to know Him though reading His Word, and worshipping Him in that quiet place where it is just you and Him. What is a decent amount of time? Well that’s up to you. It depends how serious you are. You will get to know the Father as much as you want to know Him. Every great man and woman of God that I know about who impacted nations with world-wide ministries, like Smith Wigglesworth, John Wesley, Angus Buchan, Joyce Meyer all spend more than two hours with God

every day. "Oh I don't have time to spend two hours with God." You are too busy. Busy people are stressed and anxious people. Angus Buchan defines the word busy as "**B**urdened **U**nder **S**atan's **Y**oke." Now I don't want to put a yoke around your neck by making a law out of two hours – you spend the amount of time with God that the Holy Spirit leads you to. The point is you need to get alone with God on a daily basis and get to know Him. If you don't have time to spend with God, you are doing things that He has not called you to do. You are the one who sets your own busy schedule so get rid of those unnecessary things that are robbing you of your time with God.

2 Timothy 1 v 7: "For God has not given us the spirit of fear; but of power, and of love, and of a sound mind." KJV.

Power represents the Holy Spirit. Love represents the love of the Father. 1 John 4 v 8 says that "God is love". How do you get a sound mind? By washing of the water of the Word (Ephesians 5 v 26). Who is the Word? Jesus is the Word! (John 1 v 1, John 1 v 14 and Revelations 19 v 11 – 14). Power represents the Holy Spirit, Love represents God and a sound mind represents the Word which is Jesus. So what is the anti-dote to fear? Fellowship and a love relationship with God the Father, the Son and the Holy Spirit. When you're hanging out with God – fear has no chance of taking root in you.

What is the anti-dote to fear? Fellowship and a love relationship with God the Father, the Son and the Holy Spirit.

Romans 8 v 15: "For [the Spirit which] you have now received [is] not a spirit of slavery to put you once more in bondage to fear, but you have received the Spirit of adoption [the Spirit producing sonship] in [the bliss of] which we cry, Abba (Father)! Father!"

Peace is not something that can be put on you, it is a fruit of the Holy Spirit (Galatians 5 v 22). Jesus said that the only way you are going to see the fruit of the Holy Spirit manifested in your life is by abiding in the vine – that means spending time with Him in intimate fellowship.

John 15 v 4 – 5 & 7: "Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. ⁵I am the Vine; you are the branches. Whoever lives in Me and I in Him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing. ⁷If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you."

Let's Begin Your Journey to Freedom through Practical Application of the Word of God

At this point in your journey through this book, you have gained knowledge about how and why your disease developed. Hopefully the mystery has been taken out of your disease. Now it is time to apply this knowledge to your life so that you can begin your walkout into freedom. In the following pages you will be referred to several chapters that will highlight areas that need to be dealt with in order to set your healing in motion. Don't rush through it – carefully and prayerfully deal with one issue at a time.

Remember this is not a ritual or a "10 steps to get what you want out of God" scientific formula. This book has merely been designed to help you practically apply the Word of God to your life. If you are just going to go through the motions because you want your healing for selfish reasons and you are using this as a system or mechanism, you are wasting your time. You need to do the will of God from the heart.

Ephesians 6 v 6: "Not with eye service, as men-pleasers; but as the servants of Christ, doing the will of God from the heart." KJV

Restore Your Relationships

All spiritually rooted diseases that involve fear involve a separation or a breach in relationship with God, yourself and/or others. Therefore the beginning of healing is:

- Reconciliation with God – receiving His love and reconciliation with Him as your Father.
- Reconciliation of you with yourself – forgive yourself of those things that you are holding against yourself.
- Reconciliation of you with others – especially when there is fear from victimization, humiliation, abandonment, verbal, physical and/or sexual abuse. Part of your healing begins with learning to trust again and to be vulnerable. People with diseases rooted in fear don't want to be vulnerable because they don't want to take the risk of more rejection and so they withdraw into a world of protective mechanisms. They are afraid to be vulnerable because they don't want to be severely hurt again. Could you dare believe? Could you dare love? Could you dare be vulnerable again? Yes – by getting to know the Father more.

Forgiveness Comes Before Healing

Your journey of sanctification and restoration back to good health has to begin with repentance where you ask God to forgive you for your participation with sin, in this case fear, anxiety and/or worry. However, God's forgiveness for you is conditional. He expresses very clearly in His Word that He will not forgive you if you are not willing to forgive others (Mark 11 v 25 – 26). Unforgiveness is a major block to healing from both a medical and Biblical perspective. So before you come before God to repent of the sin behind your disease, you need to do an exercise where you forgive everybody who has injured, hurt or wronged you whether they are living or dead. You may also have to forgive yourself.

Therefore before you can continue with the rest of this chapter, you must first work through the chapter on page 630 called "Forgiveness, A Necessity For Healing."

Repent!

I assume at this point that you have come to the place where you have forgiven God, yourself and others. If you have felt the gentle and loving conviction of the Holy Spirit and are in a place where you are ready to repent, I encourage you to pray this prayer with me:

"Father I come to you in the Name of Jesus. I recognize that I have served the sin of fear, anxiety and/or worry in my life. I allowed the spirit of fear to train me in my thinking to have this toxic sinful mindset and as I fell into agreement with it, I became one with sin as if it were me. Father I confess my participation with sin, I repent to You for believing the lies of the spirit of fear and I ask You to forgive me. Father in the Name of Jesus I ask You to break the curse of this iniquity so that the power of this sin is broken in my life and in the generations after me. As I have forgiven every single person I know who has hurt, wronged or injured me, I thank You for forgiving me of my sin and for the blood of Jesus that has cleansed me from all unrighteousness. Amen."

After praying this prayer, listen to track 2 on the CD in a quiet place with your eyes closed and allow the Lord to minister to you.

1 John 1 v 9: "If we [freely] admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought and action]."

Is There a Genetically Inherited Component to Your Disease?

Before you go any further in this section, just take a moment to think: Did other family members in your generation and the generations before you have the same disease that you are suffering from? If so, your disease may be genetically inherited. In this case it is important for you to read through the chapter on genetically inherited diseases on page 151 because to receive healing, not only do you have to ask God to forgive you of your sin, but you then also have to ask forgiveness for the sin of fear, anxiety and worry in your fore fathers in generations before you.

The Pathway to Wholeness:

At the beginning of this chapter I asked you to read through the section "Discerning the Source of Your Thoughts" on page 84 because I wanted you to understand how your enemy had trained you in your mind to be fearful, anxious, worried and tensed up. It is important for you to understand that fear is not just an emotion – the Bible says it is an evil spirit (2 Timothy 1 v 7). The **spirit** of fear gave you thoughts in the first person via theta brain wave activity such as "What if this goes wrong? What if this happens? What if that happens? etc". As you meditated on those thoughts which you think are yours in your mind which is your **soul**, you built a long term memory or toxic thorn tree of fear in your brain. So what was initially spiritual became a part of your **body** physically in the form of long term memory. You have become one with the spirit of fear in spirit, soul and body. That toxic thorn tree of fear caused the hypothalamus in your brain to initiate a cascade of electrical, chemical and hormonal reactions that eventually lead to the development of disease. In summary disease develops through the **spirit-soul-body connection**.

Healing occurs through the same pathway which is sanctification of the spirit, soul and body.

1 Thessalonians 5 v 23: "And the very God of peace sanctify you wholly, and I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

Sanctification means cleansing or getting rid of filth - it is the process of getting rid of sin.

Sanctification of the Spirit

2 Corinthians 7 v 1: "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." KJV.

Paul taught in 2 Corinthians 7 v 1, "Let us cleanse ourselves of all filthiness of the flesh and the spirit." If you have a spirit of fear, that is not a clean spirit, that is an unclean spirit by its fallen nature, so you need to cleanse yourself from all filthiness of the spirit. In other words you need to be delivered from the spirit of fear and remove it from your life. You need to command it to leave in Jesus Name because it no longer has a legal right to your life if you have repented. That is sanctification of the spirit.

Jesus gave us authority over the devil and his kingdom.

Jesus said in **Luke 10 v 18-20** "I saw Satan falling like a lightning [flash] from heaven. ¹⁹Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you. ²⁰Nevertheless, do not rejoice at this, that the spirits are subject to you, but rejoice that your names are written in heaven."

Mark 16 v 17: "And these signs will accompany those who believe: in My Name they will drive out demons. They will speak in new languages; they will pick up serpents; and [even] if they drink anything deadly, it will not hurt them; they will lay their hands on the sick, and they will get well"

The devil has already been defeated. Jesus is an expert in war and He is an expert in victory. He has spoiled principalities and powers of darkness and He has made a show of them openly (Colossians 2 v 15). He did it when He was here as Jesus, He did it when He was in hell and He wants you to do the same thing as believers because He gave you the power, He gave you the mandate, He gave you the sonship, He gave you the Holy Spirit and He gave you a command – go do it!

I encourage you to say the following out loud with authority: "I take authority over the spirit of fear as well as inherited iniquity of fear in my family tree - you cannot rule my spirit and mind any longer. I command you to go and to be cast out of my life and the generations in my family in the power and authority of the Name of Jesus! I also take authority over the spirit of death and spirit of infirmity. In the Name of Jesus I break your power and I command you to go!

In the Name of Jesus I release myself from the fear that torments me for it is written that fear has torment (1 John 4 v 18). In the Name of Jesus I release myself from performance, perfectionism and meeting the expectations of others. In the name of Jesus I release myself from fear of failure that drives me to do everything right and who would tell me that who I am is what I do. I determine in my heart this day to make an allowance for weakness and mistakes for it is written that His strength is made perfect in weakness (2 Corinthians 12 v 9) and "Though the righteous shall fall seven times, the Lord will lift them up!" (Proverbs 24 v 16). I release myself from the fear of man and what others think of me. I release myself from inferiority and I take authority over the evil spirit that accuses me, makes me feel inferior and says that I don't measure up to somebody else – you are a lying spirit and I break your power and command you to be gone in the Name of Jesus! I release myself from the panic in the projection of things that could go wrong. I release myself from dread. I release myself from horror and the fear of evil now in my life in the Name of Jesus.

Father I release myself from the fear and pain of rejection. It doesn't matter who has rejected me because You are my source and it's about time I stopped making them an idol. If somebody doesn't love me, that's their loss. God You are my Father and Jesus is my husband and You are all I've got 100 years from now so I may as well get used to it now. Father I release myself from my dependency on humans who will possibly never love me. I release a peace inside me that I have never known because I am wanted, and I am loved! Father You saved me, You chose me before the foundation of the world (Ephesians 1 v 4), You made me a son, You made me a daughter. I am the apple of Your eye (Zechariah 2 v 8), I am engraved in the palms of Your hand (Isaiah 49 v 16), You have betrothed me as a bride to Your Son and my name is written in the Lamb's book of Life (Luke 10 v 20)...what more could I ask of you?

I release myself from the fears and insecurities that have come from broken relationships and rejection for it is written in Romans 8 v 15 that God has not given me into bondage to the spirit of fear but I have received the spirit of adoption whereby I can cry out Abba Father! I release myself from hardness of heart that I have that will not let me trust and be vulnerable without fear. I release myself from the fear of giving and receiving love. Father I open my heart right now to receive Your perfect love which casts out all fear. I release myself to the love of the Father and the love of the Lord Jesus Christ as a work of the Holy Spirit.

Lord, deliver me of all my fears, for it is written in Romans 10 v 13, "Whosoever shall call upon the Name of the Lord shall be delivered" and in Psalm 34 v 4 it says that You will deliver me of all of my fears. Lord, deliver me! In the Name of Jesus I command my hypothalamus to be at peace. Father I ask You for help. I ask You for the grace, power strength and ability that I need to renew my mind as I begin to meditate on the things I have been taught. Amen"

Note: You cannot just think these words above in your mind because evil spirits can't read your mind – you need to speak it out. Make it verbal so that the invisible kingdom can hear the declaration of your heart – the Word of God spoken out of your mouth is your weapon in spiritual warfare.

It is necessary to do sanctification of the spirit first because you will not be able to renew your mind until the spirit of fear has been removed.

Sanctification of the Soul

Even though the spirit of fear which initially taught you this toxic thinking habit of fear and anxiety has been removed, you still have a toxic thorn tree (long term memory) of fear in your brain. That toxic thorn tree is able to initiate the chemical and hormonal reactions that lead to disease, even without the spirit of fear being there. Therefore that thorn tree also has to be dealt with and removed through renewing of your mind. That is sanctification of the soul. You sanctify your soul through the washing of the water of the Word.

John 17 v 17: "Sanctify them [purify, consecrate, separate them for Yourself, make them holy] by the Truth; Your Word is Truth."

Ephesians 5 v 26: "So that He might sanctify her, having cleansed her by the washing of water with the Word."

You set your healing in motion with your prayer of repentance where you asked God for forgiveness for the fear, anxiety and/or that caused the disease. However that prayer is not the beginning and end of it! That is just the beginning - you still have to go through the process of renewing your mind and that is where the effort on your part comes in. Repentance is more than just saying "Sorry God" with words. The original Greek word for repentance in the Bible means "changing your thinking". You need to renew your mind by changing your thinking to the way that God thinks. You find out how God thinks by meditating on His Word. His Word is what sanctifies your soul.

If you have suffered from a disease that was caused by a fear, anxiety and/or worry, you need to renew your mind and change your thinking. With the help of the Holy Spirit you need to develop a new mindset by purposefully meditating on the Word of God and the transforming truths of the scriptures in this chapter. The Bible says that those whose minds are fixed on the Lord will be kept in perfect peace and the Lord is the Word.

Isaiah 26 v 3: "You will guard and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You."

At this point please read through the chapter on page 695 called "Dealing With Disease From A Medical Perspective" where I share 10 practical principles on how to renew your mind effectively.

Sanctification of the Body

As you renew your mind with the Word of God, healthy memories or lush trees are built in your brain. These lush trees will secrete chemicals that will flow through the thorn trees and remove the thorns that were making you sick. 3 John 2 says you will prosper and be in health as your soul prospers. When you develop a new, healthy, Godly mindset, through the mind-body connection your body will also conform to health. This is sanctification of the body - the removal of disease and everything that destroys it. Now you have sanctification of the spirit, soul and body which is true wholeness.

Coming back to **1 Thessalonians 5 v 23: "And the very God of peace sanctify you wholly, and I pray God your whole spirit, soul and body be preserved blameless unto the coming of our Lord Jesus Christ."**

Use Your Weapon to Counter a Fear and Anxiety Attack!

When the enemy comes to attack you in your mind with fear, anxiety and worry, the easiest way to interrupt that thought and bring it captive to the obedience of Christ is to start speaking. Start talking so that he can't get a word in edge ways because you can't speak and hear his lies in your mind at the same time.

One of your most powerful weapons to defeat the enemy is to speak out the Word of God.

If you are a worrier, you need to make the effort to memorize a few of the scriptures in this chapter by heart. I strongly recommend that you speak out the Word when you feel a worry or panic attack coming on. One of your most powerful weapons to defeat the enemy is to **speak out** the Word of God. Joyce Meyer says, "You cannot defeat Goliath with your mouth shut."

Hebrews 4 v 12 says that "the Word that God speaks is alive and full of power [making it active, operative, energizing and effective]; it is sharper than any two edged sword."

The Word of God is a powerful two edged sword that we can use in spiritual warfare to defeat the enemy in our life. However just as a sword left in its sheath is not effective in battle until you take it out and use it, the Bible on the shelf is not going to do anything for you. Its power is only released when you **speak it** in faith. Jesus was tempted three times by the devil when he was fasting in the dessert. Each time, Jesus simply resisted him by saying, "It is written...it is written...It is written..." (Matthew 4 v 4, 7, 10). That is the way we need to respond to the devil when he tries to tempt us with fear, anxiety and worry.

The flesh can get lazy when it comes to learning the Word and speaking it out to counter the worry attack when it comes. But here is the bottom line – do you want to overcome your habit of worry and fear and enjoy good health or not? God has given you His Word so use it! The Word that is spoken from your mouth, with faith to back it up, is the single most effective weapon that can be used to win the battle against worry and anxiety. Faith comes by hearing and hearing by the Word of God (Romans 10 v 17). Faith will defeat fear. Fear and faith are opposing spiritual forces and they both demand to be fulfilled – which voice are you going to listen to?

Personally, in dealing with spiritual roots and struggles in my own life, I have found it very helpful to write out a "Faith Confession" with relevant scriptures, which I speak out on a daily basis until my mind is renewed and I have victory in that area. Below is a suggestion for part of your faith confession in dealing with fear and anxiety:

Faith Confession for Fear and Anxiety

"I lose my mind from fear and anxiety and bind my mind to the mind of Christ. ^(Matthew 16 v19) God has not given me a spirit of fear, but of power and love and a calm and well balanced mind. ^(2 Timothy 1 v7) Father, I cast the whole of my care – all my anxieties, all my worries, all my concerns, once and for all on You, for You care about me affectionately and You care about me watchfully. ^(1 Peter 5 v7) Therefore God's peace which surpasses all understanding is guarding my heart and mind. ^(Philippians 4 v 6) -7) Because I have Your peace, I will not let my heart be troubled. I will not allow myself to be agitated and disturbed. I will not permit myself to be fearful, intimidated, cowardly and unsettled. ^(John 14 v27) The fear of man brings a snare, but because I lean on, trust in and put my confidence in the Lord, I am safe and set on high. ^(Proverbs 29 v 25) Father, I thank you for your promise in Hebrews 13 v 5 "God Himself has said, I will not in any way fail you nor give you up nor leave you without support. I will, not, I will not, I will not in any degree leave you helpless nor forsake you nor let you down or relax My hold on you. Assuredly not!" So I can take comfort and be encouraged and confidently and boldly say: "The Lord is my Helper; I will not be seized with alarm. I will not fear or dread or be

terrified. What can man do to me?" (Hebrews 13 v 6) **The Lord is my Light and my Salvation – whom shall I fear or dread? The Lord is the Refuge and Stronghold of my life – of whom shall I be afraid?** (Psalm 27 v 1)
¹⁾ **I fear not (there is nothing to fear) for God is with me. I do not look around in terror and be dismayed, for the Lord is my God. He will strengthen and harden me to difficulties, yes, God will help me; yes, He will hold me up and retain me with His victorious right hand of rightness and justice.** (Isaiah 41 v 10)
Father as You commanded me in Joshua 1 v 9: "I am strong, vigorous and very courageous. I will not be afraid or dismayed, for the Lord my God is with me wherever I go.

There is no fear in love (dread does not exist), but full grown complete love turns fear out of the doors and expels every trace of terror! (1 John 4 v 18) Therefore, Father I ask that You would strengthen and reinforce me with mighty power in my inner man by the Holy Spirit (Himself indwelling in my innermost being and personality). May Christ dwell and make His permanent home in my heart. May I be rooted deep in love and founded securely on love, that I may have the power and be strong to apprehend what is the breadth, length, height and depth of Your love – that I may really come to know practically through experience for myself the love of Christ which far surpasses mere knowledge without experience: that I may be filled through all my being with the fullness of God (with the richest measure of Your Divine Presence and become a body wholly filled and flooded with God Himself!) (Ephesians 3 v 16 – 19 from Amplified Bible)
Father I ask that You would give me a love for You as no man has had before. I want to know You Father [progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly As I set my mind on You, lead me into Your rest." (Exodus 33 v 13-14)

When the devil drops thoughts of fear into your mind again (and he will try), respond by verbalizing your love for God.

You now know from the teaching in this chapter that the antidote to fear is love.

Deuteronomy 10 v 12 and 13 v 3: "What does the Lord your God require of you?...to love the Lord your God with all your mind and heart and with your entire being."

When the devil drops thoughts of fear into your mind again (and he will try), respond by bringing that thought captive (2 Corinthians 10 v 5) and verbalizing your love for God: Quote scripture, for example Deuteronomy 10 v 12: "I love you Lord with my whole heart, mind, soul and strength! I appreciate, prize, love and adore You exceedingly!" If you do that every time your thoughts start to get fearful, the devil will soon leave you alone because he can't stand you verbalizing your love for God.

Take Heart

Remember that renewing your mind is not something that takes place over night - it is a process that takes time and your dedicated effort with the help of the Holy Spirit. It is not always easy. Furthermore the manifestation of your healing is not always immediate. You didn't get into this mess over night and sometimes you don't get out of it over night. Therefore I recommend that you read through the section under the title "Don't Give Up" on page 147 which is a word of encouragement for you as you continue your journey to wholeness.

Finally

Pray the prayer of faith with me, "Father, I have a covenant of divine healing with You (Isaiah 53 v 5). You forgive all my sins and heal all my diseases (Psalm 103 v 3). Thank You that I am forgiven for fear, anxiety and/or worry (1 John 1 v 9). Therefore on the authority of Your Word and in the Name of Jesus – I

claim and declare healing and complete wholeness in my mind and body. In faith I declare that I am free and totally healed of (name the disease)!"

James 5 v 14 – 16: "Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. Confess to one another therefore your faults (your slips, your false steps, your offences, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]."

When Your Body is Irreversibly Damaged

Apart from the example of the prayer of healing above, when there is irreversible damage that is done to body organs or tissue, it is also necessary to operate in the gift of miracles. This is where you speak a creative miracle into being by commanding that damaged organ or part of the body to be made whole and perfect again as God originally created it from the foundation of the world. This is further explained on page 122 under the heading "You Can't Always Do It Alone."

PSALM 34 v 4:

"I sought the Lord and He heard me, and delivered me from all of my fears."

Dealing with Jealousy, Envy and Competitiveness

I do not have any idea how to offer you any real, long lasting, healing of your sickness without a love relationship with God the Father through His Son, Jesus Christ. He is the Source of all healing. I'm not talking about religion. I'm going beyond the realms of empty manmade religion. I'm talking about a genuine living, breathing intimate relationship with a very real and awesome God. Therefore if you do not yet know the Father personally and intimately, and have not yet made Jesus the Lord of your life, there is no point in going any further in this chapter until you have first read through the chapter on page 640.

People who struggle with envy, jealousy and competitiveness with others are commonly insecure in themselves. If we are not secure concerning our own worth and value as an individual, we will naturally find ourselves competing with other people who seem to be successful and doing well. If you tend to compare yourself with others, I suggest that after reading this chapter, you turn to the chapter on page 647 which I hope will help you begin to appreciate who you are as a unique person in Christ.

You are a unique work of art! Psalm 139 v 14 says that you are intricately, fearfully and wonderfully made by God. God gave you specific talents and abilities according to His unique and specific purpose which He is working out in your life, according to His wisdom and goodness. Enjoy who you are. The more you appreciate your unique value and worth because of who you are in Christ and not because of your works, talents or abilities, the more freedom you will gain in not having to compare yourself with others.

***The more you appreciate
your unique value and
worth because of who you
are in Christ, the more
freedom you will gain***

When we compare ourselves with other people, we feel inferior as a result. If only we could do what they do, own what they own, look the way they look and know what they know... You see, the devil doesn't remind us what they don't have, he just points out to us what they do have and what we don't have. Others may have something that we don't have, but we also have something that they don't have. Envy and jealousy are torments from hell. We can waste our days being miserable and unhappy because we are unfairly comparing ourselves with other people. In John 21 v 18 to 22, Jesus told Peter of all the hardships he would endure in serving God. Peter then looked at John and asked Jesus what His will was for Him. Peter wanted to make sure that if he was going to have to go through tough times, then so must John. Jesus politely told Peter to mind his own business and not compare himself with John. Jesus said to Peter, "Never mind about John, you follow Me!"

John 21 v 21 - 22: "When Peter saw him (John) he said to Jesus, Lord, what about this man? Jesus said to him, If I want him to stay (survive, live) until I come, what is that to you? [What concern is it of yours?] You follow Me!"

You see, God has equipped you with everything that you need to fulfil His unique plan, purpose and calling for your life. If you don't have what they have, then you obviously don't need it or it is not in God's right timing for you to have it. The Lord has an awesome individual plan for each one of us, and often we can't understand what He is doing or why He is doing it. We cannot look to others as the standard of what our life should be because God sets an individual standard for each one of us. The fact that we all have unique finger prints and DNA is proof enough that we do not have to unfairly compare ourselves with

others. It is unfair to yourself and to God to compare yourself to others because you are telling God, "This is what You should be doing in my life and nothing else." What if God wants to call you to something far greater than anybody you know? You seriously limit Him by comparing yourself with others. We think that we would be content if we had what the other person has, but God can do so much more for the person who will trust Him.

So forget about comparing yourself with others – just enjoy who you are in Christ and celebrate God's unique and awesome calling on your own life. **Galatians 6 v 4: "But let every person carefully scrutinize and examine and test his own conduct and his own work. He can then have the personal satisfaction and joy of doing something commendable [in itself alone] without [resorting to] boastful comparison with His neighbour."** In other words this scripture is saying that you must just be the very best that you can be and do what you believe God has called you to do, without trying to do something greater than somebody else so you can feel better about yourself. You will gain freedom from the agony of comparison and competition with others, when you learn that your value and worth as a person comes from who you are in Christ. This freedom releases you to become all that God created you to be.

God has a unique purpose and calling on your life. Celebrate what God is doing in your own life, rather than focusing on and envying what He is doing in other people's lives. You need to know that your Heavenly Father loves you immensely and He will do what is best...for you!

Ephesians 2 v 10: "For we are God's [own handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live.]"

2 Timothy 1 v 9: "God has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace, which was given to us in Christ Jesus before the world began."

Ephesians 1 v 4: "Even as [in His love] He chose us [actually picked us out for Himself as His own] in Christ before the foundation of the world, that we should be holy (consecrated and set apart for Him) and blameless in His sight, even above reproach, before Him in love."

Envy and jealousy cause us to strive after things that God gives us in His timing, if it is His will that we have them. **Psalm 37 v 4: "Delight yourself in the Lord and He will give you the desires and secret petitions of your heart."** You may not realize it yet but contentment is worth more than all the material possessions you could possibly accumulate in a lifetime. Nothing you have or will obtain is worth anything if you are not satisfied inside.

1 Timothy 6 v 6 - 10: "⁶[And it is indeed, a source of immense profit, for] godliness accompanied with contentment (that contentment which is a sense of inward sufficiency) is great and abundant gain. ⁷For we brought nothing into the world, and obviously we cannot take anything out of the world; ⁸But if we have food and clothing, with these we shall be content (satisfied). ⁹But those who crave to be rich fall into temptation and a snare and into many foolish (useless, godless) and hurtful desires that plunge men into ruin and destruction and miserable perishing. ¹⁰For the love of money is the root of all evils; it is through this craving that some have been led astray and have wondered from the faith and pierced themselves through with many acute [mental] pangs."

When you have jealousy, envy and covetousness, you have taken your eyes off God and put them on a person or material object. That person or thing has now become your source of value and fulfilment and that is idolatry. **Luke 12 v 15: "And He said to them, Guard yourselves and keep free from all covetousness (the immoderate desire for wealth, the greedy longing to have more); for a man's life does not consist in and is not derived from possessing overflowing abundance or that which is over and above his needs."**

Envy, jealousy and comparing yourself with others is a sin because in your discontentment you are accusing God of being a respecter of persons (Acts 10 v 34) and you are telling Him, "God, I know my needs better than you do. Why are you not supplying them?" This is a form of unbelief because you are not trusting God to provide for you. **Hebrews 13 v 5: "Let your conversation be without covetousness; and be content with the things that you have; for He has said, I will never leave you nor forsake you."**

Paul said in **Philippians 4 v 11 – 12: "I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am. I know how to be abased and live humbly in straitened circumstances, and I know also how to enjoy plenty and live in abundance..."** Paul learned the secret of facing every situation in any and all circumstances. We usually do not learn contentment until we give up seeking it our own way. The secret to finding peace, happiness and contentment in life is to say, "Lord, I only want what You want me to have, and I only want to be what You want me to be."

If you study the following scripture you will see that God desires to bless you even more than you desire to be blessed: **Isaiah 30 v 18: "And therefore the Lord [earnestly} waits [expecting, looking and long-ing] to be gracious to you; and therefore He lifts Himself up, that He may have mercy on you and show loving kindness to you. For the Lord is a God of justice. Blessed (happy, fortunate, to be envied) are all those who [earnestly] wait for Him, who expect and look and long for Him [for His victory, His favor, His love, His peace, His joy, and His matchless, unbroken companionship!]"** However God loves you enough to not bless you beyond what you are not spiritually mature enough to handle, otherwise you would become proud and puffed up and He wouldn't be able to use you. You must understand that jealousy, envy and comparing yourself with others is a sign of immaturity – it is part of the works of the flesh and it will hinder you from receiving the fullness of what God has for you.

The secret to finding peace, happiness and contentment in life is to say, "Lord, I only want to be what You want me to be."

1 Corinthians 3 v 3: "For you are still [unspiritual, having the nature] of the flesh [under the control of ordinary impulses]. For as long as [there are] envying and jealousy and wrangling and factions among you, are you not unspiritual and of the flesh, behaving yourselves after a human standard and like mere (unchanged) men?"

Galatians 5 v 25 – 26: "If we live by the [Holy] Spirit, let us also walk by the Spirit. [If by the Holy Spirit we have our life in God, let us go forward walking in line, our conduct controlled by the Spirit]. Let us not become vainglorious and self conceited, competitive and challenging and provoking and irritating to one another, envying and being jealous of one another."

1 Peter 2 v 1: "So be done with every trace of wickedness (depravity, malignity) and all deceit and insincerity (pretence and hypocrisy) and grudges (envy, jealousy) and slander and evil speaking of every kind."

Envy produces strife and the Bible says that strife opens the door to every evil work (James 3 v 16). Choosing not to listen to envy will produce peace. Satan's primary goal is to create division in the body of Christ and destroy relationships with our spouse, family and others. Remember in the chapter "Essential Background Knowledge of Disease from a Biblical Perspective" I explained that the key to all healing is to love God with all your heart, mind, soul and strength, to love yourself and to love others. When you are walking in love and obedience, it is absolutely impossible, from both a Biblical and medical perspective for disease to develop in your body. When you are filled with envy and jealousy, you are not operating in love.

1 Corinthians 13 v 4: "Love endures long and it patient and kind; love never is envious nor boils over with jealousy, is not boastful or vainglorious, does not display itself haughtily."

When thoughts of jealousy and envy enter your mind, take yourself aside and reason with yourself a little. Say, "What is the point of me being jealous of that person? It won't bring me blessing. In fact it is only going to hinder me from receiving God's blessing. God has a unique plan and purpose for my life and I am going to trust Him to do what is best for me. What He chooses to do for other people has nothing to do with me." You can also be honest with God about how you feel because He knows what is in your heart. However, you can use your free will to purposefully change your thinking and say, "Father, in my heart I feel jealous of this person, but I choose to respond to this as You want me to, whether I feel like it or not. So in faith I thank you for blessing this person and I ask You to bless him/her even more! I pray that this person would prosper in every area – spiritually, emotionally, physically and financially." A response like this is pleasing to God and it opens you up to receive the fullness of what He has for you.

Envy can cause people to behave in a way that is malicious and cruel. For example, in the Bible Joseph's brothers were jealous of him because his father loved and favoured him more than the others. As a result they sold him into slavery. However Joseph chose to keep his heart right with God. He prospered and was shown favour in whatever situation he was placed. When he was working in the palace he was shown favour and rose to the top position. When he was thrown in jail for being falsely accused of trying to sleep with Pharaoh's wife, he prospered and rose to the top even there. Eventually God promoted him to be second only to Pharaoh in the land of Egypt. If there is someone in your family who seems to be more favoured than you, don't hate that person. Trust God and concentrate on serving and pleasing Him. Seek His favour and you will end up extremely blessed like Joseph.

Begin walking a love walk where you shift your focus from yourself onto God and others.

The best position to be is ahead of and better than everyone else, according to the worldly view. Worldly thinking says that we must try to get to the top no matter who we hurt on the way up. However, according to the Bible, you will never have real contentment and peace until you are delivered from the need to compete with others. There is nothing wrong with wanting to advance in your profession and succeed. The Bible says that whatever you do, you must do it with all your heart as working for the Lord. We are to be excellent (not lazy or mediocre) in everything we put our hands to. But you must remember that your promotion comes from God and not from man. You don't need to play worldly games to get ahead. When you are working diligently and with excellence before God, you will have favour with Him and with others (see Proverbs 3 v 3 – 4).

Colossians 3 v 23 – 24: "Whatever may be your task, work at it heartily (from the soul), as [something done] for the Lord and not for men, knowing [with all certainty] that it is from the Lord [and not from men] that you will receive the inheritance which is your [real] reward. [The One Whom] you are actually serving [is] the Lord Christ (the Messiah)."

Proverbs 22 v 29: "Do you see a man diligent and skilful in his business? He will stand before kings, he will not stand before obscure men."

However, remember that no matter how good you are at doing something, there will always be somebody who can do it better than you. So what is the purpose of spending all your life struggling to get ahead of somebody else? Just enjoy who you are in Christ and be content with God's unique and awesome call on your life. Never mind the rest – that is nothing to do with you. Set your mind to be happy for others and trust God with yourself. If you have had a mental stronghold of jealousy, envy and a desire to enter into competition with other people for a long time, it will take some time, persistence, determination and the help of the Holy Spirit to renew your mind with the Word and change your thinking in this area. But when that stronghold has finally been torn down by bringing every thought captive to the obedience of Christ, you will see God's blessing in your life as He leads you into all He has for you...and you will say, "Why on earth did I need to be jealous?"

I would like to suggest to you that you begin walking a love walk where you shift your focus from yourself onto God and others. Think about how you can serve and bless them...and you'll find that you are a much happier and healthier person.

Let's Begin Your Journey to Freedom through Practical Application of the Word of God

At this point in your journey through this book, you have gained knowledge about how and why your disease developed. Hopefully the mystery has been taken out of your disease. Now it is time to apply this knowledge to your life so that you can begin your walkout into freedom. In the following pages you will be referred to several chapters that will highlight areas that need to be dealt with in order to set your healing in motion. Don't rush through it – carefully and prayerfully deal with one issue at a time.

Remember this is not a ritual or a "10 steps to get what you want out of God" scientific formula. This book has merely been designed to help you practically apply the Word of God to your life. If you are just going to go through the motions because you want your healing for selfish reasons and you are using this as a system or mechanism, you are wasting your time. You need to do the will of God from the heart.

Ephesians 6 v 6: "Not with eye service, as men-pleasers; but as the servants of Christ, doing the will of God from the heart." KJV

Forgiveness Comes Before Healing

Your journey of sanctification and restoration back to good health has to begin with repentance where you ask God to forgive you for your participation with sin, in this case fear, anxiety and/or worry. However, God's forgiveness for you is conditional. He expresses very clearly in His Word that He will not forgive you if you are not willing to forgive others (Mark 11 v 25 – 26). Unforgiveness is a major block to healing from both a medical and Biblical perspective. So before you come before God to repent of the sin behind your disease, you need to do an exercise where you forgive everybody who has injured, hurt or wronged you whether they are living or dead. You may also have to forgive yourself.

Therefore before you can continue with the rest of this chapter, you must first work through the chapter on page 630 called "Forgiveness, A Necessity For Healing."

Repent!

I assume at this point that you have come to the place where you have forgiven God, yourself and others. If you have felt the gentle and loving conviction of the Holy Spirit and are in a place where you are ready to repent, I encourage you to pray a prayer that goes something like this:

"Father, I repent for the envy and jealousy in my heart. I do not want to live this way any longer. Being like that person, getting this thing or having that thing is not worth it. I do not want to be miserable and sick any more. I do not want what anyone else has – unless You want me to have it, I do not want it. Lord, I only want what You want me to have and be what You want me to be. Help me not to compare myself with anybody else, but to appreciate and enjoy the unique and wonderful way that You made me. Thank you for the wonderful plan and purpose that you have for my life. Bring me to the place where I am content and completely satisfied in You. You are more than enough for me and You are all that I need. I am hungry for more of You, for only You can satisfy."

1 John 1 v 9: "If we [freely] admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought and action]."

Is There a Genetically Inherited Component to Your Disease?

Before you go any further in this section, just take a moment to think: Did other family members in your generation and the generations before you have the same disease that you are suffering from? If so, your disease may be genetically inherited. In this case it is important for you to read through the chapter on genetically inherited diseases on page 151 because to receive healing, not only do you have to ask God to forgive you of your sin, but you then also have to ask forgiveness for the sin of fear, anxiety and worry in your fore fathers in generations before you.

Finally

Pray the prayer of faith with me, "Father, I have a covenant of divine healing with You (Isaiah 53 v 5). You forgive all my sins and heal all my diseases (Psalm 103 v 3). Thank You that I am forgiven for having self-hatred and a low self-esteem (1 John 1 v 9). Therefore on the authority of Your Word and in the Name of Jesus – I claim and declare healing and complete wholeness in my mind and body. In faith I declare that I am free and totally healed of (name the disease)!"

James 5 v 14 – 16: "Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name. And the prayer that is of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. Confess to one another therefore your faults (your slips, your false steps, your offences, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]."

When Your Body is Irreversibly Damaged

Apart from the example of the prayer of healing above, when there is irreversible damage that is done to body organs or tissue, it is also necessary to operate in the gift of miracles. This is where you speak a creative miracle into being by commanding that damaged organ or part of the body to be made whole and perfect again as God originally created it from the foundation of the world. This is further explained on page 122 under the heading "You Can't Always Do It Alone."

Dealing with Disease from a Medical Perspective

How to Detox Your Brain and Renew Your Mind Effectively

I would like to share some principles with you that come from the latest medical research that are important not only in recovering from any disease, but also to prevent disease and to live in divine health. It is amazing to see how these principles from medical research tie in with what the Bible said about disease thousands of years ago. These principles that I am going to share with you are based on how the brain works and they will help you to de-tox your brain and break down those toxic thorn trees that are making you sick. With the help of the Holy Spirit you can renew your mind and break the chains that have been limiting your development into the victorious over-comer that God created you to be.

1. Control Your Thought Life!

This is the most important principle. If you don't control your thought life then nothing else I share with you is going to work for you. According to the latest medical research, controlling your thought life is the most effective way to treat disease and heal your brain and body. According to the Word of God, which is more accurate than medical science, the quality of your health is brought about by the quality of your thinking. To the extent that your soul (your mind, will and emotions) prospers, your health prospers.

3 John 2: "Beloved I wish above all things that you may prosper and be in health even as your soul prospers." KJV.

You cannot change yourself in your own strength and ability. You will only end up frustrated, defeated and disappointed. Controlling your thought life is only possible by God's grace and the help of the Holy Spirit. God's grace is His power and ability that He gives you to change and to do what He has called you to do. His grace will help you overcome sinful thinking.

How To Control Your Thought Life

- 1. UNDERSTAND HOW A THOUGHT FORMS.** I explained how a thought forms in the chapter "Essential Background Information of Disease from a Medical Perspective". I recommend that you read through pages 14 to 20 again to refresh your memory. Understanding how thoughts form will greatly help you in controlling your thought life. When you have a clear knowledge of how the brain works and can visualize it, you can capture those thoughts so much more effectively.
- 2. USE YOUR FREE WILL TO ACCEPT THE GOOD THOUGHTS AND REJECT THE NEGATIVE TOXIC THOUGHTS.**

Philippians 4 v 8: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." KJV

Philippians 4 v 8 tells us to think on whatever is true, worthy, honorable, lovely or praiseworthy. Therefore if the thought in your mind fits that description, purposefully meditate on it and you will build good memory in your brain that is healthy for you. If it is a negative toxic thought, reject it and it will literally become hot air. If you allow that toxic thought to get into your brain through meditating on it, it will grow a toxic thorn tree which will adversely affect your health and who you are. You are then going to work that much harder at the process of renewing your mind to get rid of that toxic thorn tree and build a new memory.

You can choose to deal with those toxic thorn trees and build new healthy memories over them.

Even though you can't always control your circumstances, you can change the way that you react to those circumstances. You can choose to reject toxic thoughts before they make their way into your brain and eventually dominate who you are. Check every thought that comes to your mind and say to yourself, "Do I want this to be a part of me or not?" This is where "bringing every thought captive to the obedience of Christ" (2 Corinthians 10 v 5) becomes important.

3. LISTEN TO YOUR HEART. When you are making a conscious decision with your free will to accept or reject a thought, listen to the voice of the Holy Spirit advising you from your heart.

4. DEAL WITH THAT TOXIC THORN TREE AND BUILD A NEW HEALTHY MEMORY OVER IT.

In the chapter "Essential Background Knowledge of Disease from a Medical Perspective" I explained that you can change the whole neuro-chemical structure of your brain through your thought life. You can choose to deal with those toxic thorn trees and build new healthy memories over them. In science this process is called "re-transcribing those memories neuroplastically." The Bible calls this "renewing the mind".

Romans 12 v 2: "Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]."

Ephesians 4 v 23: "And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude]..."

God has designed our brain in such a way that we have an amazing ability to renew our minds. When you choose to confront your old toxic thinking patterns and recognize how they affect your life, those toxic thoughts are pushed from the non-conscious into your conscious mind. At this point they enter a labile state which means that they become unstable and can be altered.¹⁰ This means that while that thought is in your conscious mind, you can do something with it: it can be redesigned and changed or kept the same and reinforced. In other words that memory (whether it is healthy or toxic) will either be changed or strengthened. No thought stays neutral.¹⁰ When it enters your conscious mind it becomes unstable and is altered in either a positive or negative direction but it never stays the same. Even if you don't change the content of the thought, new proteins are made (protein synthesis) which strengthen that thought. The toxic thought can get worse or the good thought can get better. It is all under your control.

You can remove those toxic thorn trees and literally detoxify your brain through changing your thinking. The word used for "changing your thinking" in the Bible is "repentance". Biblically repentance is the condition for healing. As you change your thinking (repent), some branches on the nerves are removed (the thorns are removed from the thorn tree), new branches form and the strength of the connections change. Your brain can be reshaped and reformed. It has an incredible capacity to change, rewire and grow. In the chapter "Essential Background Knowledge of Disease from a Medical Perspective" I also explained that your thoughts not only remodel the memories in your brain but your genes as well. You can

change the whole neuro-chemical structure of your brain and health of your body through thinking right down to the level of the DNA in your genes. That is truly amazing. It quite brilliantly shows the truth in the scripture, **"As a man thinks in his heart so is he" (Proverbs 23 v 7)**

When you have a disease that is traced back to a toxic thinking pattern, you have a thorn tree in your brain that needs to be dealt with. You also need to build a new memory over it by renewing your mind with the Word of God in that area. This means purposefully setting aside time (which I call a "thinking time") where you sit and meditate on the right thoughts until you have victory in that area.

For example, let's say that you are suffering from depression because of a toxic thinking pattern of a low self-esteem and guilt. These thoughts keep coming back in your mind and that is dominating – it is a huge thorn tree in your brain. When that thought comes into your mind, you need to consciously capture it. Then you remember how a thought forms and you say to yourself, "OK, I recognize that this is a toxic thought coming from a toxic thorn tree in my brain but I don't want to think that way any more." Then you visualize that dark toxic thorn tree in your brain. Then you say, "Alright, I am going to remove those thorns by using my free will to reject those toxic thoughts from now on. I am also going to build a new memory by spending about 15 minutes every day meditating on what the Word of God says about me. I am experiencing the symptoms of depression because of a toxic thought pattern of a low self-esteem and guilt. Now I am going to change my thinking so that I see myself the way that God sees me. I am going to build a healthy self-esteem based on who I am in Christ." You then sit down every day in a quiet place, close your eyes and purposefully and actively start thinking about, meditating on and speaking the Word of God to yourself. For example, **"I have great value and worth because of who I am in Christ. God loves me and He sent His son to die for me (1 John 4 v 19; John 3 v 16). God accepts and approves of me (Jeremiah 1 v 5), therefore I accept and approve of myself. I am wearing Jesus' robes of righteousness (Isaiah 61 v 10) and His crown of glory and honor on my head (Psalm 8 v 5). I am a mighty man or woman of valor who possesses dignity and honor (Judges 6 v 12). There is now no condemnation for those in Christ Jesus (Romans 8 v 1). As Jesus is, so am I in this world (1 John 4 v 17) and the immeasurable, unlimited and surpassing power of God is on the inside of me (Ephesians 1 v 19-20). I am more than a conqueror (Romans 8 v 37)...and so forth."**

***Your brain can
be reshaped and
reformed.
It has an incredible
capacity to change,
rewire and grow.***

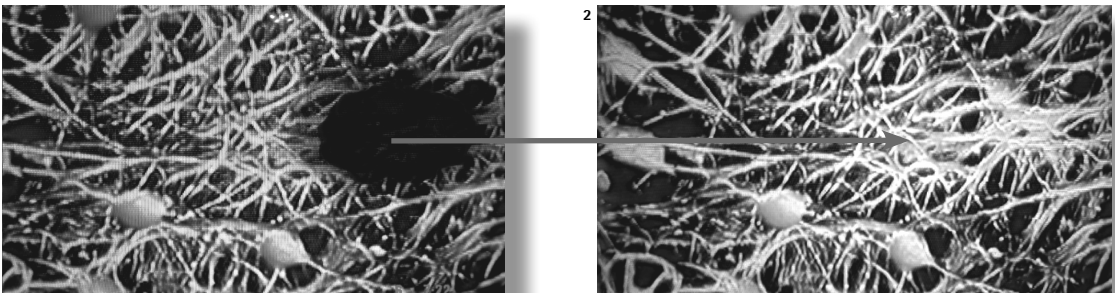
In the chapter on page 647, I have gone on an in depth journey through the Bible to show you who you are in Christ. There are more than 58 scriptures there about what the Word says concerning your value and worth and who you are as a child of God. You need to take some of those scriptures and actively meditate on them in a "thinking time" every day until you have renewed your mind and developed a new mindset where you have a healthy self-esteem based on who you are in Christ.

As you are consciously thinking on the Word concerning who you are in Christ, chemicals are being released in response to those thoughts that are remodeling the memories in your brain. The thorns are being removed from the toxic thorn trees (pre-existing memories) so those toxic thorn trees will no longer release toxic chemicals that make you sick. You are also building a new memory (a healthy lush tree) over the old one. Renewing your mind is a physical process as much as it is a mental and spiritual process. Those new memories which are healthy lush trees that were made from meditating on the Word will release chemicals such as serotonin, dopamine, endorphins and enkephalins. These chemicals are very good for you. They bring healing and health to your body. In the case of depression, when the serotonin is released, the serotonin levels are increased and the symptoms of depression disappear (Depression is caused by a deficiency of serotonin which as I mentioned is caused by thoughts relating to a low self-esteem and guilt).

Let's use another example: let's say you have recurrent infections because of a thought life dominated by fear and anxiety. You have a toxic thorn tree of fear in your brain, which via the hypothalamus has

caused a cascade of chemical and hormonal reactions leading to excessive quantities of the stress hormone cortisol in your blood (this is explained in more detail in the chapter on page 178). When cortisol is present in high quantities for a long time, it destroys the cells of the immune system. Your weakened immune system left you with no defense against bacteria, parasites and fungus which were then able to infect your body. You now recognize how your toxic thinking habit of fear and anxiety has affected your body and you say, "These fear-filled thoughts have come from a toxic thorn tree in my brain but with the help of the Holy Spirit I am not going to think that way any more. I am going to remove those thorns by using my free will to reject those toxic thoughts of fear and anxiety from now on. I am also going to build a new memory by spending about 15 minutes every day meditating on scriptures from the Word of God in this area." (On page 672 I have written a chapter which has several scriptures that are relevant to dealing with fear, anxiety and stress).

As you consciously meditate on the Word of God and you replace those thoughts of fear and anxiety with a new thinking habit of casting your cares (1 Peter 5 v 7), trusting in the Lord (Proverbs 3 v 5) and receiving the perfect love of the Father (1 John 4 v 18), you are remodeling the memories in your brain. The thorns are being removed from the toxic thorn trees of fear and you are building a new memory (a healthy lush tree) over the old one. The lush trees will secrete chemicals that cause the hypothalamus to respond by producing the correct formula of hormones and the excessive production of cortisol by the adrenal glands will stop. The cortisol levels normalize and the cells of the immune system are able to re-multiply and come back to full strength. The immune system is now able to kill the bacteria, parasites and fungus so the infection resolves and your body heals.



When you take every thought captive during the day and spend some thinking time meditating on the Word of God in the area where you have problems, the toxic thorn tree (picture on the left) will be broken down and you will build a new positive memory (picture on the right) over it that will secrete chemicals that make you healthy

It starts with your thought life! Just as your thought life caused the disease in the first place, you can use your thought life to bring about your healing. One of the biggest fallacies in the Church today is that we are asking God to do it all. Healing is not a one way street where you sit back and expect God to do everything. Yes, God does have a part to play and you cannot do it without Him. Only His supernatural healing power can restore those areas of your body that were irreversibly damaged by the disease. However you also have a part to play and that is to renew your mind. God has given you a phenomenal brain and a very powerful mind and you need to purposefully use it to help your body heal. Changing your thinking is not a passive process. You have to be actively involved in pulling down those negative mindsets and toxic strongholds in your brain. Just as you should have quiet times every day where you fellowship with God through prayer

Just as your thought life caused the disease, you can use your thought life to bring about your healing.

and worship, you also need to set aside a “thinking time” to sit and meditate on the Word, especially when you have a mental stronghold to overcome (i.e. a disease as a result of a toxic thinking pattern).

You cannot randomly do this once in a while, you need to literally make this an event or an exercise. You actually need to sit down somewhere and actively meditate on positive thoughts (ideally from the Word of God) and consciously build a new memory over the old one. Furthermore you must understand that you can't do this exercise of thinking right thoughts once and expect everything to be fine. According to research conducted by Dr. Caroline Leaf it takes 4 days of thinking correctly to remove those thorns from a toxic memory and 21 days to build a new memory over it. Repetition at frequently spaced intervals is necessary to consolidate and stabilize those new healthy memories so that they become permanently a part of you. Research shows that approximately seven deep thinking exercises a day over a period of 21 days will help create long lasting change.¹⁰ Change will happen in your brain as soon as you start the process. Within 4 days you will feel the effects of changed thinking; within 21 days you will have built a whole new memory and thought pattern in your brain. The first 4 days will be the most difficult. The 5th to 21st days will become easier as you progress. By the 21st day you will feel a significant change. Even though you will feel a significant change after 21 days, you will still need to continue practicing your new thought pattern.

Joshua 1 v 8: “This book of the law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you will make your way prosperous and then you will deal wisely and have good success.”

Now when I talk about 4 days and 21 days, I'm speaking from a medical point of view in terms of the science of how the brain works, but with God in the equation it is not that predictable. For example, to my surprise some people have been instantly healed as soon as they repented for the sin or toxic mindset behind their disease. That is a miracle because even through changing your thinking, on a physical level the human body doesn't recover that fast. I saw two ladies get completely healed immediately after dealing with their broken heart and releasing and forgiving the person who had hurt them. God intervened and the person was healed instantly. Others, including myself have taken longer than 21 days – we gradually recovered as we had to persevere through the process of renewing our minds. God heals every person in a unique and individual way according to the work He wants to do in that person's heart.

God heals every person in a unique and individual way according to the work He wants to do in that person's heart.

In that 15 minutes of thinking time, journalize your thoughts if you think that will help you. Journaling works incredibly well. The research done by Dr. Caroline Leaf has found that journaling or writing your thoughts down or even drawing pictures of your thoughts is an excellent way of renewing your mind and building new memories. The point is that you need to get very, very interactive and personally involved with the process. You can't be passive. You need to take responsibility and control of your health and thought life.

As well as spending 10 or 15 minutes every day purposefully thinking on the Word concerning the area you are having big issues with, you also need to be careful to bring every thought captive during the rest of the day. It's no good meditating on the Word for 15 minutes in the morning, and then spending the rest of the day with fear, anxiety and stress going wild in your thought life. Furthermore, don't waste your free thinking time during the rest of the day: when you are driving in the traffic, taking a bath, waiting in a queue in a shop and so on...don't let your mind be blank or think whatever rubbish thought pops into your head... take advantage of the opportunity to renew your mind in the area that you are having problems with! Purposefully think on the Word!

You have to constantly choose to use this process of rejecting the wrong thoughts and deciding to think the right thoughts. Constantly check your thought life. Never let any thought go roaming through

your brain unchecked. There are many thoughts constantly coming to you from the external world and much of the time it is the devil putting nonsense in your head. There are also many thoughts coming up internally that you need to capture which are coming from your own toxic memories in your brain. So if the Holy Spirit convicts you and you find yourself thinking "For goodness sake why am I thinking like that?" capture that thought immediately. Say, "Great, thank you Lord!" Then you repent and get rid of that thought before it becomes a toxic thorn tree in your brain. In other words what I am emphasizing to you is be aware of what is going on inside your mind on a constant basis.

If a thought comes from the inside it could really be the Holy Spirit revealing thought patterns that you need to get rid of to bring down those strongholds. If the thought is coming from the outside, for example from the media – do you want that in your head? Get rid of it because once it's in your head you have got to work so much harder to get it out of your brain. It is much easier to reject bad thoughts immediately than to go through the whole process of having to remove those thorns on that toxic stronghold through 15 minutes of thinking time every day. So it's a constant process of being aware of what thoughts are going through your mind as well as taking big issues in your life and sitting down and actually consciously working through those toxic strongholds. Changing your thinking and renewing your mind is a constant interactive process. The best way is to do it with someone else. If you've got a lot of issues (and we all have), one of the best ways of dealing with this is to partner with someone such as your spouse or friend. Teach your whole family. Work through this process with people that you trust and that can help you to actually talk yourself and walk yourself through this process. It takes a lot of discipline to be aware of your thought life. As you start this process, you'll be amazed at how lazy you've actually been when it comes to your thought life. We're incredibly lazy, we just let whatever toxic thought pops up roam through our head and then we wonder why we feel sick. Meanwhile if we control it we are so much healthier and we feel so much better.

Getting rid of toxic thoughts not only causes you to become physically healthy, but you become more intelligent! That is a large part of the research that Dr. Caroline Leaf did which proved that your intelligence increases with a positive thought life. Now I don't know about you but increasing your intelligence is a very appealing thing because the more intelligent you become, the more you use your mind, the more wisdom you have, the healthier you become, the more enjoyable life becomes and the easier it is to help others.

So we've come to the end of the first principle that you need to apply to pull down those toxic thorn trees and that is to control your thought life. You need to start capturing your thoughts and changing your brain through the renewing of your mind with the Word of God. You can do it with the help of the Holy Spirit and by God's grace. You can change those thoughts. Your mind is fully under your control.

2. Use Your Words to Shape Your World

Our discussion on controlling your thought life and the impact that your thoughts have on your health would not be complete without talking about the words that arise from your thoughts.

Matthew 12 v 34 "Out of the fullness (the overflow, the superabundance) of the heart, the mouth speaks."

What you are saying is coming from somewhere – check your thought life. If you permit toxic thoughts to fill your mind, you will ultimately speak them with negative results in your life and health.

Proverbs 18 v 21: "Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life]."

Be careful what you say about yourself because you are today what you said about yourself yesterday. Your words are electromagnetic life forces that shape your world because they have creative ability. What you confess over yourself is what you will become. What you confess over your life is what your life will become. You must never underestimate the power of your words. Your thoughts and ultimately your words are seeds - they are containers of power. They will produce a harvest of either blessing and health or sickness and destruction - you choose.

Watch what you say because you get what you say!

You need to be as consciously aware of what you are saying as you need to be consciously aware of what you are thinking. We all tend to speak without thinking. As we consciously control what we think, we need to learn to think things through with our free will and pre-frontal cortex (rational decision maker) before we just blurt things out. I had a professor at medical school who always used to say, "Engage brain before acceleration with tongue!" Before you say something, think to yourself, "When I sow these words by speaking them, will it produce a harvest that I want to reap in my life? Or will I regret my words?" Remember one day we are going to have to give an account for every idle word that we have spoken (Matthew 12 v 36). Your words not only affect you but also those who hear you. This is both a Biblical and scientific principle.¹⁹ We need to have an increased awareness of the input we have in other people's lives. Make sure that the impact you have on them with your words is one to be proud of. You may be in a place where you have been hurt and you may think that you will feel better if you get those angry negative words off your chest by giving that person "a piece of your mind". However the truth is you won't feel better. It is shown very clearly in both science and the Word of God that nothing good comes out of negative words. Negative words can be more dangerous to you than to the person you are saying them to. Remember if you speak those toxic words, a toxic thought is first formed in your mind and as you meditate on it you grow a toxic thorn tree in your brain. Furthermore when you speak, you hear the words that you say. That information goes back into your brain through your ears and through that whole thinking process again, so you are re-enforcing that toxic thorn tree in your brain and making it stronger by growing more branches and more thorns. As you make negative statements, toxic chemicals are released from those thorn trees which put your body into a toxic state of stress. If the stress chemicals flow in your brain for longer than 30 seconds, your thinking, intelligence and most of the organ systems in your body are affected in a harmful way.¹

Be careful what you say about yourself because you are today what you said about yourself yesterday.

When you make positive statements, you build lush trees (healthy memories) in your brain which release positive chemicals that are healthy for you. Choose your words with care because they either kill or give life. It is all up to you. You can turn around a situation which would be negative for you and for those who hear your toxic words into a positive situation by re-examining your motives, attitudes and choice of words.

There are computer imaging techniques that have been able to measure and picture the sound waves of the words we speak. They have shown that when you speak negative words, it has a very sharp kind of wave form that tends to go out and attract negative. This is not a weird new age philosophy, this is reality. It is a solid scientific and Biblical principle (Proverbs 18 v 21). It is like unto like. What you think and speak is what you get. Your thoughts and your words work hand in hand to influence the world around you and what you become.

Proverbs 23 v 7: "As a man thinks in his heart, so does he become"

When you speak love and faith, they have shown that these words have a different type of wave form which attracts love and faith. We all know that it is unpleasant being around people that are always nega-

tive, grumbling and complaining. It is nice to be around people that are happy, fun and who have positive things to say about life. They draw you to them. It is not just because they are nice, there is actually a physical electrochemical reaction occurring that is drawing you to them.

Do you speak about "My arthritis, my heart problem, my depression"? If you do this, you have taken ownership of something - you've taken it into your spirit and you've made it part of you. That is not good. If you happen to have something wrong with you, it's not yours! It is a problem that is there that you need to deal with. So you can say "I'm suffering from the symptoms of arthritis" but it's not "My arthritis". The minute you "my" it, you are taking ownership of it and you literally change the neuro-chemical structure of the way in which your body functions. Let me give you a stronger example of this: When you are married and you are having a physical relationship with your husband or wife, you have a neuro-chemical bonding that takes place. In other words you imprint on each other's brains. There is a neuro-chemical bond or a neuro-chemical glue that takes place so that when separation occurs between a husband and wife, for example a divorce or a death there is a physical pain because that bond is still there and it takes time to dissolve. In other words neuro-chemical reactions and bonding in bodies are actually real.² In the same way that you take your husband or your wife or your children or your friends into your heart and brain neuro-chemically, you do the same thing with an illness. This especially applies to people who have had an illness for a long time - they are so used to it that it has become a part of them and they don't know life without it. If you take ownership of that illness, you take it in and it forms a chemical bond that changes the neuro-circuitry of your brain. If you say "My disease" you are going to "imprint it" into your body, so that it is very hard to break with it. You almost want to keep it so you have to be very careful of taking ownership of negative things.

You put two "rings" on your children's fingers that nobody can ever take off: the ring of confidence and the ring of education.

Watch what you say about your children and your spouse. If you say "Ah you never listen to me" or "You are always late" or "You are so naughty" you are actually imprinting that into their mind and shaping their world. You are saying "That's who you are". Especially be careful with children, remember they are small, their brain is immature, it's developing, it's vulnerable and it's sensitive. What you pack in is going to set the stage for adulthood. I'd like to give you some parenting advice: I have not been a parent myself yet but I am speaking from experience of my own childhood. I had a Greek grandfather called Stavros Georgiou. He believed that you put two "rings" on your children's fingers that nobody can ever take off: the ring of confidence and the ring of education. When I was a young child between the

ages of 2 and 9 years old, at every possible opportunity he praised me. He constantly told me how clever I was and how everything I put my hand to would be a success. He so drummed that into my head that by the age of 6 years old, I really did believe that I was extremely clever and that I was the cleverest child in my school... and that is exactly what I became. I excelled at school. I came top of my class academically and was captain of almost every sports team. Now I am not explaining this to blow my own trumpet, I'm just illustrating the importance of what you speak into your children's lives.

What you speak into your children's lives in childhood sets the stage for who they are going to be in adulthood.

As parents we make mistakes all the time so please do not allow yourself to feel condemned. My intention is simply to make you aware of where you are going wrong because it is not too late to fix your mistakes. The beauty with a child's brain is that "sorry" is the most incredible thing. When you've made a mess all you have to do is say "sorry" to your children: "I'm sorry, I really was wrong, I didn't mean to snap at you, I didn't mean to do this, can you forgive me?" When you give them a love and a hug, you have wiped out that negative memory and you have taken those thorns off the thorn tree. There is now a beautiful

memory over it which says, "Mum loves me, dad loves me and they've forgiven me." A child's brain is more vulnerable but it also heals quicker. We can undo a lot of our mistakes with our children through love and simply saying sorry. Apologizing is a humbling experience but it is good for our character.

Are you saying one thing but thinking another thing in your heart? For example you can be acting polite and saying something complimentary to a person, while in your heart you are thinking insulting thoughts towards them. Did you know that thinking one thing whilst saying another thing is toxic to your body? Your words have to be backed up with honesty – in science they call this integrity. What you do and say on the outside must reflect what you think on the inside. A lack of integrity between what you are thinking and what you are saying upsets the whole chemical balance and feedback systems in your body and it affects the way that information is processed and memories are built. It causes blockages in the flow of chemicals that will actually put your body into a toxic state of illness. It is not enough to just say the right thing, you have to also think the right thing. Otherwise you are lying. Lying makes you sick... believe it or not.

When you are born again you confess with your mouth and you believe in your heart that Jesus is Lord. If you just confess with your mouth that Jesus is Lord, you are not born again – you have also got to believe it in your heart. It is the same with what you speak every day. Your body has been designed electrochemically with feedback mechanisms that will only flow properly when there is integrity between what you think and say. In other words your mouth and mind must line up so that your body can function smoothly and be in good health. When they don't line up because you are speaking one thing whilst thinking another, your functioning is going to be impaired and you will eventually get sick. If your mouth, your mind and your heart are working together, your heart will secrete the peace chemical called ANF and you will make good decisions. You'll find yourself calming down, thinking clearly and functioning rationally.

How to Shape Your World with Your Words

You can purposefully use your words to your advantage to shape your world in a positive way. The "name it and claim it" teaching of many modern churches today is not scriptural and it tends towards materialism. I hope not to increase that image. However I do believe in speaking the Word of God over your life to help you gain victory over an area where your mind needs to be renewed. The Bible says that faith comes by hearing and hearing by the Word of God (Romans 10 v 17). The first principle in breaking down the toxic thorn trees in your brain was to control your thought life and to renew your mind by meditating on the Word of God in what I called a "thinking time". However, based on how the brain works, I can tell you that if you also speak out the Word of God during that thinking time, you will renew your mind three times quicker. When you speak out the Word of God, you hear what you say and that information goes back into your brain through your ears and through the whole thinking process again. This reinforces the new healthy memories that you are building in your brain by growing more branches and making the connections of the branches stronger.

One practical suggestion on how to shape your world with your words during your "thinking time" is a "faith confession". For example, on page 658 I have included a "faith confession" which contains several scriptures about who you are in Christ for people who are suffering from a disease that is a result of a low self-esteem, self-hatred, self-rejection, condemnation and guilt. Similarly, for people with the diseases coming from fear, anxiety and stress, I also wrote out a faith confession on page 686 that has relevant scriptures about **"Dealing with Fear, Anxiety and Stress"**. Speaking those scriptures out loud to yourself on a daily basis is a very effective way to help you overcome those mental strong-

One of your most powerful weapons to defeat the enemy is to speak out the Word of God.

holds, renew your mind and build new healthy lush tree in your brain. This is how you can purposefully use your words to bring life and help your body heal.

One of your most powerful weapons to defeat the enemy is to speak out the Word of God. Joyce Meyer says, "You cannot defeat Goliath with your mouth shut."

Let me tell you something about spiritual warfare: you can't hear and speak at the same time. So when the enemy comes to attack you in your mind with unbelief, doubt, shame, guilt, fear, anxiety etc, start talking so that he can't get a word in edge ways because you can't speak and hear his lies inside at the same time. Furthermore he's not going to hang around when you speak out the Word of God.

Hebrews 4 v 12 says that "the Word that God speaks is alive and full of power [making it active, operative, energizing and effective]; it is sharper than any two edged sword..."

The Word of God is a powerful two edged sword that we can use in spiritual warfare to defeat the enemy in our life. However just as a sword left in its sheath is not effective in battle until you take it out and use it, the Bible on the shelf is not going to do anything for you. Its power is only released when you speak it in faith. I have applied this to my personal life for years and I have always reaped the benefits of it. Every morning I speak out a faith confession concerning areas in my life that I am having a problem with and need to overcome as well as what I am believing God for. For example there was a period in my life where I had a low self-esteem so I daily spoke out the faith confession on page 658 until I overcame that toxic thinking habit. At the moment I am studying for my American Medical Licensing exams – this involves re-studying the whole 6 years of my medical training at university all over again in 1 and a half years. For me this is potentially a very psychologically daunting task. Every morning this is what I speak over myself:

"Father I am who You say I am and I can do what You say I can do: I am a victorious over-comer (1 John 5 v 4; Revelations 2 v 11), I am more than a conqueror. (Romans 8 v 35) I am a mighty woman of valor, a champion overcoming warrior who possesses dignity and honor. (Judge 4 v 12) All circumstances are under my feet. (Psalm 8 v 6) Everything I put my hand to prospers. As Jesus is, so am I in this world (1 John 4 v 17) and the immeasurable, unlimited and surpassing power of God is on the inside of me. (Eph 1 v9) Through my union with God, I am strong in the Lord and the power of His might. (Ephesians 6 v 10) I have strength for all things in Christ who empowers me. I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency. (Philippians 4 v13) God has given me wisdom (James 1 v5) and I have the mind of Christ (1 Corinthians 2 v 16); thus today my studying will be efficient and effective. I will have 100% accurate supernatural recall of the work I study in my exams (as Daniel asked God for supernatural recall of the scriptures in the Old Testament). Father, I give You thanks and praise for in all things You lead me to triumph in Christ (2 Corinthians 2 v 14); therefore on the authority of Your Word Lord and in the Name of Jesus I claim and declare surpassing victory (Rom 8 v 37) in my studying and exams."

I encourage you to do the same: purposefully use your words to shape your world. If you are sick you need to speak over your life, **"I thank You Lord for my healing. By the stripes of Jesus I am healed (Isaiah 53 v 5), Thank You Lord that you forgive all my iniquities and heal all (every single one) of my diseases. (Psalm 103 v 3) I will not die but live and declare the works of the Lord (Psalm 119 v 17) because I dwell in the secret place of the most High, with long life will God satisfy me and show me His salvation. (Psalm 91 v 1 and 16) I prosper and enjoy good health, even as my soul prospers. (3 John 2) Every cell in my body is healed and healthy!"**

Proverbs 15 v 4: "A gentle tongue [with its healing power] is a tree of life..."

Proverbs 16 v 24: "Pleasant words are as a honeycomb, sweet to the mind and healing to the body."

Remember, as a believer you have been given authority to speak things into being in the Name of Jesus:

Matthew 21 v 21: "And Jesus said to them, Truly I say to you, if you have faith (a firm relying trust) and do not doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, Be taken up and be cast into the sea, it will be done."

Speak healing to your body in the Name of Jesus. If there are organs or nerve tissue that does not regenerate, speak a creative miracle to those tissues in the Name of Jesus (as I explained on page 122).

The first principle was about controlling your thought life. The second principle is shaping your world with your words. I have linked the spoken word to the thought life. What you are speaking will reflect what is in your thought life. The first two principles work closely together.

Proverbs 18 v 21: "Death and life are in the power of the tongue and they who indulge in it shall eat the fruit of it [for death or life]." Use your thoughts and your words to your advantage – indulge in your tongue by speaking the Word over you so that you will eat the fruit of life!

3. Express Those Emotions

God created us as emotional beings. Emotions are wonderful because they make us human. Our emotions physically exist in the form of chemicals that are housed within an area of our brain called the deep limbic system. These chemicals that carry emotion are released through our thought life. Emotions and thoughts are intertwined and inseparable. Everything that goes on in our thought life is translated into a physical reaction by the hypothalamus which is in the very centre of the deep limbic system. The hypothalamus releases the chemicals of emotion in response to your thoughts and they move throughout your entire body. It is interesting to know that these chemicals carrying emotion also carry a copy or imprint of the memory that was built in your brain when you were thinking. Thus they are called "information – emotion molecules". As these chemicals of emotion flow through your body, they connect to the receptors on cells of your body and that is why you physically feel that emotional reaction. We feel our emotions through our entire body because of that flow of chemicals. It is all very fast.

These chemicals of emotion are living and dynamic. Emotions have to be dealt with, we cannot suppress our emotions. We are becoming a world where we are "automatized" which is a concept where we don't want to face issues and we tend to suppress that emotion instead of expressing it. Men are taught that if they cry it is a sign of weakness and a lack of manliness. What doesn't come out in tears goes down in anger and your body is put into a toxic state of illness. The shortest scripture in the Bible is John 11 v 35 which says, "Jesus wept". Don't become an expert at not feeling what you feel. Emotions are real, living, pulsating chemicals – you can't bury something that is alive! When you bury an emotion, at some stage it is going to become a volcanic eruption. You are going to explode and it is usually at the most inappropriate time. If it doesn't come out in a physical illness like a heart attack, it can come out in a behavioral problem or an argument for example. It will come out somewhere. Some signs of repressed emotions are:

- Feeling irritable
- Short tempered, over reacting or over sensitive
- Impulsive
- Frustrated
- Anxious
- Self doubt
- Perfectionism
- A desire for control.

***Emotions are real,
living, pulsating
chemicals –
you can't bury
something
that is alive!***

When emotions are not dealt with and are suppressed or denied, they disrupt and de-stabilize the whole electrochemical balance in your body. It blocks a whole network of chemical pathways and the flow of vital, feel-good chemicals called neuropeptides. This leads to a whole multitude of illnesses. Depression, Bipolar disorder and general anxiety disorder are examples. People who develop cancer often deny strong needs and repress a lot of feelings. What has often been found in people who develop cancer is they shut down. They do not want to be hurt any more so they end up in a denial state, suppressing all their emotions. People who get aneurysms, haemorrhoids and varicose veins often internalize their anger, rage and resentment.

We have to deal with our emotions. Women are good at that because they have a larger emotional area. They are more linguistic and are more able to express it. Men are not as linguistically fluent in expressing their emotions but they have as much a need to express their emotions as women do. Expressing your emotions is an important part of de-toxing your brain and pulling down those toxic thorn trees. Allow that dam wall to break and let the tears flow. It is an important part of healing.

As much as you must feel your emotions, you have got to work through them. You cannot allow them to dominate or control you. Dr. Caroline Leaf says, "Admit it, quit it, beat it!" It is not a situation where now you can sit and wallow like a hippo in mud. You have to admit to yourself that you have the emotion, deal with it and move on. The tendency is to feel sorry for oneself and to indulge in that emotion. That is not healthy either because then it becomes toxic. Acknowledge those emotions, face them and deal with them in a positive way as soon as you can.

4. Think Forgiveness

Forgiveness is essential for your healing regardless of what disease you have. This is both a Biblical and scientific principle. I have discussed forgiveness in detail in the chapter on page 630. However the bottom line is this: The promise of healing and divine health is yours as a child of God. But with every promise God has a condition. You can't claim His promises without being prepared to meet His conditions. The condition for healing is repentance. Repentance involves asking God to forgive you for the sin that caused your disease. The Bible is very clear about the fact that if you don't forgive others, God will not forgive you. If you are not forgiven you cannot be healed. Your healing hinges on your forgiveness.

Matthew 6 v 14-15: "For if you forgive people their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], your Heavenly Father will also forgive you. But if you do not forgive others their trespasses [their reckless and willful sins, leaving them, letting them go, and giving up resentment], neither will your Heavenly Father forgive your trespasses."

There are more than one hundred scientific studies showing the healing power of forgiveness

Besides the unmistakable importance of forgiveness in scripture, if you put the whole Biblical and spiritual aspect aside, they have actually proven in the laboratory that un-forgiveness makes you sick. Unforgiveness, bitterness, hate, anger, rage, resentment or unforgiveness towards yourself which leads to guilt, shame and regret are all toxic thoughts that put your body into a toxic state of stage 2 and 3 of stress. This adversely affects almost every organ system in your body such as your heart, immune system, digestive system and brain (the stages of stress and how it affects your body is further explained in the chapter on page 178). Researchers using MRI scans found that different parts of the brain are activated positively when people think about choosing to forgive rather than getting revenge. As we choose to forgive the whole stress reaction is calmed down and the toxic memories that initially caused the unforgiveness are changed.²⁰

In the laboratory they have proven that you cannot build a new memory over the old one until you have dealt with that thorn tree.² You cannot build a new memory over a thorn tree just like you can't grow a rose in amongst thorns. Jesus explained it this way: you can't put new wine into old wine skins. When you have bitterness and un-forgiveness you have a memory in your brain that looks like a thorn tree. You cannot grow healthy new memories over unhealthy toxic thorn trees. This is why you cannot recover from any disease when you have unforgiveness. When you choose to release that bitterness by truly forgiving the person from your heart, those thorns are literally physically removed from the trees. The memory will still be there so you will still remember what the person did to you, but it will no longer affect you. You are no longer carrying those thoughts of hate and bitterness. That high-octane ping will be gone and it will not cause sickness in your body.

There are more than one hundred scientific studies showing the healing power of forgiveness.²⁰ There is increasing evidence in medical research that forgiveness makes us healthy. Even in the secular world when psychologists do cognitive behavioral therapy, they get the patient to forgive and release people because they have realized that patients don't recover when they harbor bitterness and unforgiveness.

Forgiveness is not a feeling, it is a choice and act of your free-will. It enables you to release those toxic thoughts of anger, rage, resentment, bitterness, hate, guilt, shame, regret and grief. As long as those toxic thoughts dominate your thought life, you will not be able to grow new healthy memories. You have a medical need to forgive others and you may also need to forgive yourself. You can't change the past but God's Word and science show that by changing the way that you think about past hurt will reduce the likelihood of stress-related illness. You will pull down those toxic thorn trees in your brain through repentance and forgiveness.

Forgiveness is not a flaw but a sign of great strength and great courage. When you forgive others, you are not letting them off the hook, but you are giving them to God, still wriggling on the hook. You are now off the hook. If you don't forgive, your prayers are not going to be answered, including your prayer for healing. Biblically, un-forgiveness is a major block to healing regardless of what disease you have. You can know what the spiritual sin and wrong thinking patterns that caused your disease and repent and renew your mind in that area, but you will not be healed until you have forgiven every single person you know of every single wrong thing that has been done to you. If you want to hold on to that un-forgiveness, you must also be prepared to hold on to your sickness. If you want to be healed...release and forgive. You choose! The benefits of forgiveness are worthwhile: God forgives you, the stress reaction is broken which in itself closes the door to over 100 incurable illnesses, healing comes and relationships are restored.

Remember, God's perfect will is not healing, it is prevention of disease. If you want to enjoy the abundant life of divine health that Jesus died to give you, you have got to continually practice a habit of forgiveness. It is often said that forgiveness leads to the ability to love. You cannot love if you have not really forgiven and released those who have wronged you. Scientific research proves that love is good for your health – that is our next principle:

5. Tune Into Your Heart and Walk In Love

On page 59 in the chapter "Essential Background Knowledge of Disease from a Biblical Perspective" I explained the importance of your love walk. I explained that if you are operating in love i.e. if you are loving God with all your heart, soul, mind and strength, if you love yourself because you know your great value and worth because of who you are in Christ and if you love others, it is absolutely impossible for disease to develop in your body. Now I am going to share more about this with you from a medical standpoint. When you feel love or make the decision to experience love, chemicals called serotonin, endorphins,

If you want to hold on to that un-forgiveness, you must also be prepared to hold on to your sickness.

enkephalins and ANF are released and flow throughout your body and brain. These chemicals are wonderful because they uplift you, make you feel good, make you healthy and make you intelligent. I've explained previously that the healthier you become the more intelligent you become! Love activates what is called the pleasure reward system in the brain and causes the release of dopamine. Dopamine is a chemical that gives you a high and makes your thinking sharp and clear, and helps with focus, attention and healthy thought growth. In other words it will help you renew your mind more effectively. You can even see when people are in love because they look different. When children are happy or somebody says something nice to you, you look different because physical and chemical changes have occurred in your body.

Love is an essential part of healing from both a Biblical and medical standpoint!

Walking around in anger, hate, un-forgiveness, bitterness and resentment is not going to help you, it is going to make you die young and sick because your body is put into a toxic state of stress.²¹ We are physically wired for love, it is as fundamental as hunger and thirst. When our thinking becomes toxic and we have a lack of love, we can go looking for that love in the wrong places and that could be a chemical. In the chapter on page 345 I explain that addictions are rooted in the need to be loved.²² When you have an addiction, for example cigarettes, alcohol or drugs, it is causing the release of dopamine. This is a substitute for the dopamine release that you should have gotten from a love relationship with God, yourself and others. You need to operate in love because love conquers all...including sickness. When you are walking in love, the chemicals that are released in your body are going to add years to your life. If you operate in love, you are going to become healthy, happy and people are going to be so drawn to you. Medical studies have shown that there are clear changes in the patterns of activity of the autonomic nervous system, immune system, hormonal system, brain and heart when you experience emotions such as love, care and compassion. There is a direct link between positive emotions, improved health and increased longevity.

On page 21 in the chapter "Essential Background Knowledge of Disease from a Medical Perspective" I spoke about the heart brain. The heart is directly linked to your free will in your brain. Your heart advises your free will on whether to accept or reject a thought. The message to the brain from the heart is that still small voice, it's that gentle nudge, a voice of warning...the voice of the Holy Spirit. Love flows from our heart! The heart has the ability to pull every other system of the body into its own rhythm. When the heart is at peace or filled with love, the entire body under the direction of the brain (which analyzes the love) feels peace and love. When our heart is not at peace because our free will is not listening to our heart and we have toxic thorn trees of un-forgiveness, bitterness and hate squirting out toxic chemicals – the voice of the heart is drowned out, the whole electrochemical balance of our body is disrupted and we are in a toxic state that leads to illness. So listen to your heart and walk in love.

6. Monkey Hug Therapy

Touch and hugs are a powerful healing force. Touch is part of love. There is a hunger inside of us more powerful than our hunger for food - we are wired by a loving God for loving touch. Latest medical research has described touch as a powerful healing force. It is very good for the brain. The skin is the largest organ in the body and is rich in nerve supply. When you touch a person or give them a hug, the nerves in the skin send signals to the brain which then cause the release of endorphins and encephalins. These are the feel good hormones. Enkephalins kill pain in your body and make you feel happy. They also cause the release of other love chemicals. All of these chemicals released through appropriate touch and hugs are a powerful healing force that helps break down those thorn trees in your brain that are making you sick. The importance of touch is only a recent scientific discovery but

2000 years ago Jesus touched those He healed everywhere He went. He held, loved and comforted through touch.

Appropriate touch is wonderful for children because it is an essential part of their health and development. Lack of touch or what the medical field calls "cutaneous deprivation" causes emotional problems, has an adverse impact on our intellect and physical growth and weakens the immune system. Research even shows that touch deprivation causes negative change in the brain laying the patterns for aggression and violence.¹ The brain will go into a toxic state and re-wire negatively in several important areas when our skin doesn't receive appropriate affectionate touch and therefore isn't able to send those signals to our brain.²³

In the 1940's a doctor called Rene Spitz began a desperate search to find out why babies were dying despite having adequate food, medicine and a good environment. What he discovered is that the babies were dying from touch deprivation. This then prompted a research project that was done on monkeys in the 1950's and 1960's by a psychologist called Harry Harlow at Wisconsin University. In his experiment small monkeys were put in a cage with a bottle without their mother. The monkeys were fed but not touched or held. Within days these small monkeys were sick. They had high levels of stress hormones in their blood, they were depressed, sad and unhappy. Eventually they became so ill that they were dying. Then they took those monkeys and put them with a surrogate mother who loved them, hugged them, held them, kissed them and fed them. Guess what happened? Those monkeys that were initially on the brink of death completely healed. Touch had broken the negative reaction chains that feelings of emotional deprivation had caused in the monkey's brains.²⁴ The monkey hug is a term used in medical science today for a touch or hug.

According to Dr. Caroline Leaf you should hug your children and your spouse at least 7 times a day. Lavish appropriate, loving touch on your children and you will set their stage for a better adulthood. Many animal and human studies show the benefits of touch and alleviating the physical symptoms of depression and other illnesses. Go for a massage! Studies have shown that after a month of regular massages, people had reduced levels of stress hormones and increased levels of the healthy hormone dopamine.

If you are having a bad day where you are struggling to get your thought life right, give your spouse or friend a hug or loving touch. This will cause the release of all those endorphins and enkephalins plus a whole lot of other chemicals that will start flowing to help bring healing to your brain and body. These chemicals will help unblock a toxic cycle in your brain, break down those strongholds and make it easier for you to go back and control your thought life. These techniques all work hand in hand and are all important for normal brain functioning. Affectionate touch plays an important role in helping you renew your mind and it also has a positive impact on the health of others.

7. Play, Laugh and Put On the Garment of Praise!

Disease flourishes in an atmosphere of sadness. Play and laughter reduce stress, aggression, fear and grief. Laughter improves thinking skills and the flexibility of thought. You increase your intelligence with a good old laugh! Want to become clever? Laugh! We each have our own inner natural pharmacy that produces all the chemicals and drugs we ever need for the health of our brain and body in precisely the way it was designed to run. These principles that I am sharing with you such as practicing forgiveness, walking in love, appropriate touch, play and laughter release the body's natural chemicals that bring about healing and optimize your physical health. Having fun is contagious – try not to laugh when those around you are in convulsions of hysterical laughter. Try to keep having a bad day when you have just had a good laugh! Laughter and fun is a wonderful resource that God built into your

You increase your intelligence with a good old laugh!

brain to bring perspective into your life, help you overcome problems, add sizzle to your relationships and to uplift you.

Proverbs 17 v 22: "A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones." This scripture is not authenticating medications because the word medicine in the original Hebrew means cure. Thus we could say a happy heart does good like a cure. This scripture has an unbelievable amount of medical truth in it as many scientific studies show why laughter deserves to be known as the best medicine. Laughing literally is good medicine that works healing and cures diseases because it rejuvenates the neuro-chemicals in your brain and it boosts your immune system.²⁵ Your immune system protects you from infections, allergies and cancer. The cells of your immune system are made in your bones (the bone marrow). When you have a broken spirit or a broken heart, you have high levels of stress hormones in your blood such as cortisol and adrenalin. Cortisol kills off the cells of the immune system. In other words cortisol released as a result of a broken spirit literally dries the bones which is your immune system. When your immune system is damaged, you are susceptible to cancer, allergies and any infection. Interestingly most cancer patients do not laugh and have difficulty with humor. We have to start laughing and enjoying life! We need to develop a playful point of view. Let's get rid of what Caroline Leaf calls "toxic seriousness" by learning to laugh at ourselves. Having fun will de-tox your thought life, improve your health and make you intelligent. It is one of the most powerful antidotes to stress that you will ever find and it is free!

Playing music, laughing and singing have been proven to de-stress your brain and body. A good belly laugh reduces the stress hormones cortisol by 39% and adrenalin by 70%. Laughing also increases endorphins which are the feel good hormones by 29% and makes growth hormones sky rocket by 87%!¹ Unhappy children who have for example grown up in foster homes or orphanages and have had very little love are generally short and small. This is because they don't grow because they don't have that touch, love, laughter and play. I'm not just giving you good principles for health and healing here, these are also good principles for parenting. We need to give our children all these things because they need them. With love, appropriate touch, hugs, laughter and play we can equip our children for a better adulthood.

Norman Cousins is famous for calling laughing "internal jogging" because it literally lets the blood and good healthy chemicals flow through your body. It goes up into your brain and starts breaking down all those toxic thorn trees. If you're having a hard time controlling your thought life read jokes, watch a funny movie, play a game with your family or friends or play with a pet. Break that tension with play and laughter and then you will find that your ability to control your thoughts and renew your mind is so much easier. Fun protects your heart because when you laugh and enjoy yourself, your body releases chemicals that improve the function of the blood vessels and increase blood flow, thus protecting against heart attacks. Fun and laughter will also increase your energy levels. Laughing reduces the levels of the stress chemicals quickly, which if they hang around in the body in high quantities for too long can cause over 100 incurable diseases.²⁵ So can you afford not to laugh? Having fun, laughter and play is one of the cheapest, easiest and most effective ways to pull down those toxic thorn trees in your brain.

Isaiah 61 v 3: "Put on the garment of praise instead of a heavy, burdened and failing spirit..."

Playing or listening to music, laughing and singing may be the last thing that you feel like doing, but it causes the release of all the healthy chemicals such as endorphins, encephalins, serotonin and dopamine. Sometimes you have to begin in the flesh to laugh and sing whether you feel like it or not. It is like priming an old fashioned water pump by repeatedly moving the handle up and down until the pump kicks in and the water begins to flow. If you have ever used an old fashioned pump you will know that when you initially begin to move the handle up and down, it feels as though it will never kick in and begin to supply water. It actually feels like it is connected to nothing and is just pumping air. As you continue it becomes more difficult to move the handle up and down which is a sign that the water is about to flow. It is the

same way with joy. One of the fruits of the Holy Spirit is joy (Galatians 5 v 22) and He is on the inside of you. Therefore you have a well of joy on the inside of you. The pump handle to bring it to physical manifestation is smiling, laughing and singing. Initially these physical expressions may not seem to be doing much. After a while it gets even harder, but if you keep it up you will soon get a "river of joy" flowing forth from the inside of you. You can't always feel joy until you activate it by purposefully operating in it. Often the decision comes first, then the feelings follow. Paul said in **Ephesians 5 v 19 – 20: "Speak out to one another in psalms and hymns and spiritual songs, offering praise with voices [and instruments] and making melody with all your heart to the Lord, at all times and for everything giving thanks in the Name of our Lord Jesus Christ to God the Father."**

Acts 16 v 25 – 26: "About midnight, as Paul and Silas were praying and singing hymns of praise to God...Suddenly there was an earthquake, so that the very foundations of the prison were shaken; and at once all the doors were opened and everyone's shackles were unfastened."

Paul and Silas were in a miserable position. They had just been severely beaten and were sitting in shackles in a cold and dark prison. However they choose to praise God in the midst of this situation, even though I'm sure they probably didn't feel like it. There is great power to break any bondage in simply smiling, laughing and praise. The same power that broke the walls of the jail and shackles around Paul, Silas and the others in prison with them, is available today to break the bondage of people who are imprisoned and shackled with disease. The devil and his demons cannot stand God's joy, so when you begin to purposefully operate in it and start praising God, they will not stick around!

Part of praise is thanksgiving. You need to maintain an attitude of gratitude. In the laboratory they have proven that giving praise and thanks causes the release of those healthy chemicals such as serotonin, dopamine, endorphins, enkephalins and ANF which flow throughout your body and brain. These chemicals are wonderful because they uplift you, make you feel good and make you healthy. You can get those healthy chemicals in your body flowing by being grateful for everything around you. Thank people. Every time you want to whine, groan and complain, think of your blessings. Even if it means thanking God for a new day and that fact that you are breathing. Thank Him for His Son and the privilege of being able to have a relationship with God. That is awesome and a lot to be thankful for!

Psalms 103 v 1 – 5: "1Bless (affectionately, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! 2Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits. 3Who forgives [every one of] all your iniquities, Who heals [each one of] all your diseases. 4Who redeems your life from the pit and corruption, Who beautifies, dignifies and crowns you with loving kindness and tender mercy; 5Who satisfies your mouth [your personal necessity and desire at your personal age and situation] with good so that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!"

Furthermore, when you are healed, don't forget to thank God for setting you free. When Jesus healed ten people with leprosy in Luke 17 v 11 – 19, only one came back to say thank you.

8. Look After Your Temple

To be able to renew your mind effectively, you need to eat healthily, exercise and get enough rest and sleep. I discuss these principles in depth in part 2 of this book:

- How your sleeping habits affect your ability to renew your mind – page 211
- How your eating habits affect your ability to renew your mind – page 265
- How exercise affects your ability to renew your mind – page 305

9. Dream On!

We all dream! Even if you are not aware of dreaming, we all dream. When you sleep, there are “vacuum cleaner cells” (called glial cells) that go through the nerves in your brain and they sort out all the information in your memories on the branches of your nerves in the trees of your mind. Physiologically your dream state allows the psychosomatic network of nerves in your brain to retune itself and get ready for your waking life, so that you can be prepared to process the next batch of information. There’s a communication occurring in your dream - your brain is talking to your body. There is an exchange of information going on between different parts of your mind and body. Information about this enters consciousness in the form of a dream. The content of your dreams reaches your awareness as a story.

Our body is the Temple of the Holy Spirit and we need to honor, value and respect it as such.

As the bio-chemicals involved in cleaning up your brain are sorting out the information in your memories, you get this weird dream because it’s a bit of this memory and a bit of that memory and they get all mixed up. The bio-chemicals that clean up your brain are also carrying emotion which will also bubble up into consciousness as a dream. That is why your dreams also have feelings²⁹, they have color and sometimes it’s so wonderful that when you wake up you want to go back to sleep to finish the dream.

It is also a good thing to journalize your dreams. You may never understand them but the process of just writing them down is very often in itself healing to the brain because when you write them down you are expressing your emotion and unblocking those chemical pathways. Capturing your dreams can enlighten you to what is going on in your thought life. The more chaotic your dreams are, the more chaotic your thought life is. So your dreams are a very good indication of how much clean up you need to do with your thought life. Dreams reflect the condition of your mind and body and can be an early warning sign that something is going on! Sometimes when you journalize your dreams, a few months later you’ll get an answer or a warning. God speaks to us through visions and dreams as well.

10. Maintain Your Victory

Joyce Meyer has a saying, “Once you have gained victory in an area, you must maintain it.” The knowledge that I have given you about how to get free is that same knowledge that will keep you free. In other words, when you apply these principles that I am sharing with you and God heals you, you need to keep applying those principles even after you are healed. For example if you had depression because of a low self-esteem, and then you changed your thinking by renewing your mind with the Word concerning who you are in Christ and God healed you, you need to continue to think of yourself according to who you are in Christ. If you slip back into your old bad mindsets of a low self-esteem – guess what? The depression is going to come back and most probably worse than ever before.

Mathew 12 v 43 – 45: “But when the unclean spirit has gone out of a man, it roams through dry [arid] places in search of rest, but it does not find any. Then it says, I will go back to my house from which I came. And when it arrives it finds the place unoccupied, swept, put in order, and decorated. Then it goes and brings with it seven other spirits more wicked than itself, and they go in and make their home there. And the last condition of that man becomes worse than the first.”

You see, when the enemy has been removed, he will come back to see if you are for real. The enemy knows what it took to gain access to your life and he will try it again, but I have now given you the knowledge and tools to keep you free. When Jesus healed one man in the temple He said to him, “Go and sin

no more or a worse thing may come upon you." (John 5 v 14). If you fall back into the same roots of sin, then your chances of keeping your healing are not good. You have got to maintain your victory.

Part of maintaining your victory involves removing things from your life that lead you into temptation and back into your old ways. You cannot continue to hang around things that will lead you into servitude to sin. For example, if you are renewing your mind and working through an alcohol addiction, you cannot continue to go to the bar or hang out with your other friends who drink. If you were addicted to pornography, you cannot keep your old play boy magazines etc in your house. If you were a gossip, you cannot continue to hang around people who are gossipers and so on.

In summary these are the important principles that you need to apply to break those toxic strongholds in your brain that are making you sick:

1. **Control your thought life** – remember healing begins with repentance which means changing your thinking. You need to get rid of the toxic, sinful mindsets or patterns of thinking behind your disease.
2. **Use your words to shape your world** – purposefully use your words to your advantage to help your body heal. Faith comes by hearing and hearing by the Word of God (Romans 10 v 17). When you speak out the Word of God, you renew your mind 3 times quicker.
3. **Express those emotions and then deal with them** – what doesn't come out in tears goes down in anger and makes you sick.
4. **Think Forgiveness** – if you want to hold onto your unforgiveness and bitterness, you must also be prepared to hold onto your sickness. If you want to get healed, release and forgive. There is just no way around it.
5. **Tune into your heart and walk in love.**
6. **Monkey hug therapy.**
7. **Play, laugh and put on the garment of praise!**
8. **Look after your temple through healthy eating, exercise and adequate time to rest, relax and switch off.**
9. **Dream on.**
10. **Maintain your victory**

None of these principles that I've taught you will cost you one cent. Therapy and medication is very expensive and most of the time it is not really effective. It is just disease management which is another form of bondage. These principles may seem ridiculously simple but medical science has proven that they are phenomenally powerful. These principles I can guarantee work because you are taking control and you've got the Holy Spirit to help you.

Finally, When You Have Recovered Yourself – Go Strengthen the Brethren

In the introduction I said that with this knowledge and insight that I am giving you in this book, please realize that there comes the responsibility of sharing it.

Psalms 67 v 2: "That Your way may be known upon earth, Your saving health among all nations." KJV

When you have gained your victory and you have your healing, I am giving you the mandate to go and help others. As Jesus said in **Matthew 10 v 6 – 8: "6But rather go to the lost sheep of the house of**

Israel. ⁷And as you go, preach, saying, the kingdom of heaven is at hand! ⁸Cure the sick, raise the dead, cleanse the lepers, drive out demons. Freely you have received, freely give!"

Jesus also said to Peter in **Luke 22 v 32**: "**When you have recovered yourself, strengthen and establish the brethren.**" The world lives for "me and now" but we should be living "for others and eternity". There is a phrase in a song that impacted my life forever, it says:

"When it has all been said and done, there is only one thing that will matter – only what has been done for love's reward will stand the test of time."

Healing is a blessing from your Heavenly Father. God blesses you so that you can be a blessing to others. The dead sea is dead because although a lot of rivers flow into it, nothing flows out. Therefore the salt that has collected in the water has made it impossible for anything to grow or live there. The River Nile is teeming with life because water flows in and it flows out, supplying many other areas. Go and be the salt that this earth needs:

The world lives for "me and now" but we should be living "for others and eternity".

Matthew 5 v 13 – 16: ¹³"You are the salt of the earth, but if salt has lost its taste (its strength, its quality), how can its saltiness be restored?...¹⁴You are the light of the world. A city on a hill cannot be hidden. ¹⁵Nor do men light a lamp and put it under a peck measure, but on a lamp stand, and it gives light to all in the house. ¹⁶Let your light so shine before men that they may see your moral

excellence and your praiseworthy, noble and good deeds and recognize and honor and praise and glorify your Father Who is in heaven."

Your primary purpose for living before anything else is to enjoy an intimate love relationship with God the Father. The second is to spread the gospel of Jesus Christ everywhere you go, that the broken hearts and lives of others may be healed...and they also may come to know the Father personally and intimately.

Isaiah 61 v 1-3 "The Spirit of the Lord God is upon me, because the Lord has anointed and qualified me to preach the Gospel of good news to the meek, the poor and the afflicted; He has sent me to bind up and to heal the brokenhearted, to proclaim liberty to the [physical and spiritual] captives and the opening of the prison and of the eyes of those who are bound. To proclaim the acceptable year of the Lord [the year of His favor]... To grant [consolation and joy] to those who mourn, to give them an ornament (a garland or diadem) of beauty instead of ashes, the oil of joy instead of mourning, the garment [expressive] of praise instead of a heavy, burdened and failing spirit – that they may be called oaks of righteousness [lofty, strong, and magnificent, distinguished for uprightness, justice, and right standing with God], the planting of the Lord, that He may be glorified."

REFERENCE: The information and references in this chapter was taken with permission from the teaching of Dr. Caroline Leaf in a seminar she conducted called "Your Body, His Temple" and her book "Who Switched Off My Brain". For more information you can see Caroline Leaf's website at: www.drleaf.net

Why Some People are Not Healed

Sometimes people are not healed even though they gain knowledge about the spiritual sin in their thought life that lead to their disease and have repented of it. This is where we need to look deeper into our hearts and our souls for what is **blocking** us from receiving healing after repentance. In this case, there is a heart change that is still needed. Knowing the problem is not always the solution – you're going to have to line up with God all the way. God is a holy God and He is not prepared to share you with the enemy. You may want to co-habit with the enemy by holding onto your un-forgiveness, for example, but God is not going to compromise. Even as believers we don't want to go through the narrow gate. The doorway to the kingdom is not a wide door, it is a narrow door. Wide is the path into destruction, narrow is the door into eternal life (Matthew 7 v 13). You may be looking for a way out or a way to bypass the penalty of the curse without going the extra mile, but God will not allow it. You have to line up with His Word 100%. God does not honor partial obedience. For example, both King Saul and King Solomon died prematurely for not obeying God fully (1 Chronicles 10 v 13 – 14 and 1 Kings 11 v 4 – 11). Moses never got to enter the Promised Land because he only partially obeyed God. You've got to do it God's way or there's no way.

***You have to line up
with His Word 100%.
God does not honor
partial obedience.***

There are several blocks to healing that can be identified in Scripture. These blocks are very common amongst Christians. They hinder us from receiving the fullness of God's blessing and healing in our lives. These blocks need to be repented of from the heart, just the same as repentance is needed in dealing with the spiritual sin in our thought lives that caused the disease.

1. Unforgiveness

Mark 11 v 25-26: "And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that your Father who is in heaven may also forgive you your [own] failings and shortcomings and let them drop. But if you do not forgive, neither will your Father in heaven forgive your failings and shortcomings."

In this book I've explained that according to the Bible, the condition for healing is repentance from sin. Part of repentance involves asking God for forgiveness for the sin that caused the disease. However, God's forgiveness for you is conditional. God has clearly said in His Word that He will not forgive you if you don't forgive every single person you have ever known, whether they are living or dead, for every single wrong thing they have done to you. Unforgiveness is a major block to healing and it is one of the reasons why our churches are filled with disease.

There is a detailed teaching on forgiveness in the chapter on page 630.

2. No Relationship With God

You cannot claim what does not belong to you. If you are separated from God because you have not made Jesus the Lord of your life, you are not part of God's family. Therefore His promises which include healing are not available to you.

Mark 7 v 24 – 30: “²⁴And Jesus rose and went away from there to the region of Tyre and Sidon. And He went into a house and did not want anyone to know [that He was there]; but it was not possible for Him to be hidden [from public notice]. ²⁵Instead, at once, a woman whose little daughter had (was under the control of) an unclean spirit heard about Him and came and flung herself down at His feet. ²⁶Now the woman was a Greek (Gentile), a Syrophenician by nationality. And she kept begging Him to drive the demon out of her little daughter. ²⁷And He said to her, First let the children be fed, for it is not becoming or proper or right to take the children's bread and throw it to the [little house] dogs. ²⁸But she answered Him, Yes, Lord, yet even the small pups under the table eat the little children's scraps of food. ²⁹And He said to her, Because of this saying, you may go your way; the demon has gone out of your daughter [permanently]. ³⁰And she went home and found the child thrown on the couch, and the demon departed.”

When this foreign woman asked Jesus for healing, He said to her, “Let the children first be filled, for it is not right to take the children's bread and throw it to the dogs.” In other words what Jesus was saying to her is, “You don't qualify. You have no right to healing because you are separated from God – you are not under His covenant. You are asking for something that does not belong to you.” There are many unsaved people from New Age and false religions who want healing from God but do not want to accept Him. They are not interested in God the Father, His Son or the Holy Spirit, they just want the “fix” so that they can get rid of their incurable illness. I have already been approached by other doctors who have seen the success of this teaching in terms of people recovering from incurable diseases. They have asked me if they can take the teaching in this book, but take God out of it so as to make it more acceptable to the world, as not all people will accept God. My answer to them was this, “To take God out of the teaching in this book is like giving people a car with no petrol in it. The car will not be able to take them anywhere. Apart from God you can do nothing.”

John 15 v 4 – 5: “⁴Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. ⁵I am the Vine; you are the branches. Whoever lives in Me and I in Him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing.”

God has healed people who are not saved as can be found in Scripture and for example in the testimony of the lady who went to Ethiopia (told on page 69). There were hundreds of severely deformed and sick people that were miraculously healed on a daily basis during this mission trip. Many of them did not even know God – but it didn't take long for them to start asking, “Who is this God?” I have seen that when people experience the power of God moving in their lives they soon wake up to realize that He is real, and are drawn to want to know more about Him and are saved. You can be healed when you are outside God's covenant but you better get into covenant quick because the Almighty God Who healed you is the One you should serve for the rest of your life. It is better to be healed and then born again, than to not be healed and to die. If you die, you'll never be able to be saved. You cannot get saved after death – sorry but reincarnation is a farce.

Hebrews 9 v 27: “... It is appointed for [all] men once to die, and after that the [certain] judgment.” That is not my opinion, it is what God said. Many people will perish because they do not know God and refused to receive the Truth that they might be saved.

2 Thessalonians 2 v 10 – 12: “¹⁰And by unlimited seduction to evil and with all wicked deception for those who are perishing (going to perdition) because they did not welcome the Truth but refused to love it that they might be saved. ¹¹Therefore God sends upon them a misleading influence, a working of error and strong delusion to make them believe what is false, ¹²in order that all may be judged and condemned who did not believe in [who refused to adhere to, trust in, and rely on] the Truth, but [instead] took pleasure in unrighteousness.”

People who reject God and the truth of His Word will go into a greater delusion and a greater separation from God. Disease is a result of separation from God. They cannot be healed because since they are not in covenant because they are not saved.

3. Seeking God's Hand Instead of His Heart

A hindrance to our healing is sometimes the attitude of our heart...

Isaiah 29 v 13: “And the Lord said, Forasmuch as this people draw near to Me with their mouth and honor Me with their lips but remove their hearts and minds far from Me, and their fear and reverence for Me are a commandment of men that is learned by repetition [without any thought as to the meaning].”

Jesus said to the Pharisees in **Mark 7 v 6: “Excellent and truly [so that there will be no room for blame] did Isaiah prophesy of you, the pretenders and hypocrites, as it stands written: These people [constantly] honor Me with their lips, but their hearts hold off and are far distant from Me.”**

The scriptures above talk about empty manmade religion which just involves going through the motions as though it is a mechanism or meaningless ritual. This is approaching God on the basis of what some man or religion has said to do in order to receive your healing from God. If you are merely going to go through the motions and apply the information in this book like a system or a mechanism or a scientific formula, it is not going to work. You can't fool God – He can see your heart. He is not interested in external rituals and methods – He's looking into your heart.

Ephesians 6 v 6: “Not with eye service, as men-pleasers; but as the servants of Christ, doing the will of God from the heart.” KJV

I gave a warning in the introduction that this book is not a quick fix or “A ten steps to get what you want out of God” scientific formula – as if God is like an ATM machine where you press this button and that button and God delivers. The “Name it and claim it” teaching of many modern churches today is not scriptural. God is not like a vending machine where you put in a coin and you'll get something out. God is God - He is Mighty, Indescribable, Awesome and Sovereign. He is to be reverentially feared. We are serving Him, He is not serving us. The “Name it and claim it” preaching is a compromised new age life enhancement gospel that preaches health, wealth and prosperity. While there is nothing wrong with these things and it should be a part of every Christian's life, our focus should not be to seek God's hand but to seek His Heart. We need to get to know Him through time spent in intimate fellowship with Him. We need to love God and serve Him, not for what we are going to get out of Him, but simply because He is worthy. Healing, wealth and all those other things will just be a by-product of getting to know the Father more. Healing is not the prime product.

We need to love God and serve Him, not for what we are going to get out of Him, but simply because He is worthy.

Matthew 6 v 33: “But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and all these things taken together will be given to you besides.”

The information and teaching in this book, on both a scientific and Biblical level points you back to getting right with God and developing a more intimate love relationship with Him. If you try to use Him like an ATM machine, it's not going to work. Your prayers for healing are in vain and God is not going to honor them because they are fraudulent.

James 4 v 3: “[Or] you do ask [God for them] and yet fail to receive, because you ask with wrong purpose and selfish motives...”

You need to seek a relationship with God first. Just because you go to church and occasionally read the Bible does not mean you have a relationship with Him. How can you build a relationship or friendship with somebody without spending time with them? You need to spend time with God – you need to dwell in the secret place of the Most High that Psalm 91 talks about. On a daily basis you need to get into that quiet place where it is just you and Him.

Psalm 27 v 4: “One thing have I asked of the Lord, that will I seek, inquire for and [insistently] require: that I may dwell in the house of the Lord [in His Presence] all the days of my life, to behold and gaze upon the beauty [the sweet attractiveness and delightful loveliness] of the Lord and to meditate, consider and inquire in His temple.”

You need to spend time in God's Presence, fellowshiping with Him. Fellowship involves talking to Him about the desires and plans of His heart, not just yours. Fellowshiping involves ministering to God through worship. Then after worship, petition can come. God once brought me to a place in my prayer life where the only thing He would allow me to ask of Him was for more of Him.

God sent His only Son to die for me and if He never did another thing for me, that would be more than enough.

Exodus 33 v 13: “Father show me Your ways, that I may know You [progressively become more deeply and intimately acquainted with You, perceiving and recognizing and understanding You more strongly and clearly].”

God sent His only Son to die for me and if He never did another thing for me, that would be more than enough. The gift of salvation and the privilege of a relationship with God is more than enough – the rest is just a bonus. The lesson here is to seek God's heart, not just His hand. Seek Him and love Him for Who He is, not just for what He can do for you.

Jesus said in John 4 v 23: “A time will come, however, indeed it is already here, when the true (genuine) worshippers will worship the father in spirit and in truth (reality); for the Father is seeking just such people as these His worshippers.”

4. Prayer and Fasting is Not Part of Your Lifestyle

This block to healing is very similar to the block I've just discussed about seeking God's hand and not His heart. Failure to get away in prayer and fasting has to do with a lack of closeness in a personal and intimate relationship with God the Father.

Isaiah 58 v 1 – 8: “Cry aloud, spare not. Lift up your voice like a trumpet and declare to My people their transgression and to the house of Jacob their sins! ²Yet they seek, inquire for, and require Me daily and delight [externally] to know My ways, as [if they were in reality] a nation that did righteousness and forsook not the ordinance of their God. They ask of Me righteous judgments, they delight to draw near to God [in visible ways]. ³Why have we fasted, they say, and You do not see it? Why have we afflicted ourselves, and You take no knowledge [of it]? Behold [O Israel], on the day of your fast [when you should be grieving for your sins], you find profit in your business, and [instead of stopping all work, as the law implies you and your workmen should do] you extort from your hired servants a full amount of labor. ⁴[The facts are that] you fast only for strife and

debate and to smite with the fist of wickedness. Fasting as you do today will not cause your voice to be heard on high. ⁵Is such a fast as yours what I have chosen, a day for a man to humble himself with sorrow in his soul? [Is true fasting merely mechanical?] Is it only to bow down his head like a bulrush and to spread sackcloth and ashes under him [to indicate a condition of heart that he does not have]? Will you call this a fast and an acceptable day to the Lord? ⁶[Rather] is not this the fast that I have chosen: to lose the bonds of the wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke? ⁷Is it not to divide your bread with the hungry and bring the homeless poor into your house – when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood? ⁸Then shall your light break forth like the morning, and your healing (your restoration and the power of new life) shall spring forth speedily; your righteousness (your rightness, your justice and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard."

There is much confusion in the people of the Church regarding fasting and the reasons for it. In this block to healing I've got to confront some bad teaching that is very common in the church all over the world today. This teaching uses verse 6 in Isaiah 58 to say, "The fasting prayer (which involves abstaining from food) is the most powerful prayer – when all else fails, the fasting prayer will move the hand of God and set you free." This teaching has taken Isaiah 58 v 6 out of context and no wonder it is not working. You see, fasting and prayer was not designed to receive anything from God. You pray and fast to meet God in relationship – to seek His face and to draw close to Him whether you receive anything or not.

You pray and fast to meet God in relationship whether you receive anything or not.

In Matthew 9 v 14 – 15 John's disciples came to Jesus and said, "How come Your disciples don't fast and pray like we do?" Jesus said, "Because I am here. When I'm gone, they too shall fast." That has to do with relationship. Fasting is where you set aside everything, including eating, so as to spend a period of time where you are totally alone with God and His Word for the purpose of relationship. This is about spending time just sitting at the Father's feet, to love Him, fellowship with Him, make Him your focus and give Him the opportunity to speak to you.

In Matthew 17 v 14 – 21, the disciples were not able to cast out an evil spirit and heal a man's son who had epilepsy. After Jesus healed the boy, the disciples went to Him and asked Him why they were not able to do it themselves. Jesus answered, "But this kind does not go out except by prayer and fasting." The disciples had gotten so involved in making a science out of this new ministry of healing in Jesus' Name that they forgot that they had to be in close relationship with the Father and Jesus.

The message here is this, if you don't get away in prayer and fasting as part of your lifestyle, it will block the hand of God to heal you because that means that you are not making your relationship with Him the centre of your life. You can't make a law out of this but just out of interest, fasting for one day a week is very good for your health.

However, fasting involves more than just giving up food as a sacrifice for so many days. In Isaiah chapter 58 the Israelites were praying, fasting and seeking God for healing because they were sick and full of disease. They were getting disgruntled with God because He was not answering their prayers. There are many people like that today who are questioning God just like the Israelites were, "Hello God! I'm fasting and I'm praying but I'm not healed yet!" When the Israelites asked God why He wasn't listening to them, He explained that it was because they were merely fasting and praying as a mechanical, external ritual. Meanwhile they were living in strife, debate, division, accusation, envy and jealousy. In Isaiah 58 v 7 – 8 God changes the identification of the fast He's interested in and this is a big secret to receiving: God explained that prayer and fasting is about serving God by walking in love toward others.

The fast that will free you from bondage and oppression, undo heavy burdens and break every enslaving yoke in your life (Isaiah 58 v 6) has nothing to do with going without food. The fast that God has called you to has to do with getting involved in the interests of strangers, starting to care for people and getting back into love with your family (Isaiah 58 v 7). And in your service to God, He will meet you and heal you (Isaiah 58 v 8). The “fast” that God calls us to is the love walk!

***The “fast” that
God calls us to
is the love walk!***

So fasting is not only about a love relationship with God, but also about walking in love in your relationships with others. If you say you love God, but are not loving your brother because you are into hatred and strife, your prayers and fasting are going to hit a brick wall and the skies of Heaven are going to seem closed to you. You cannot say that you love God and have a personal relationship with Him while you hate your brother. Right here is a big missing link to health.

1 John 4 v 20: “If anyone says, I love God, and hates (detests, abominates) his brother [in Christ], he is a liar; for he who does not love his brother, whom he has seen cannot love God, Whom he has not seen.”

5. Is There Strife in Your Life?

James 3 v 16: “For where there is envying and strife, there is confusion and every evil work.”

This is a very similar block to the one I have just discussed above. When you are living in strife, you open the door to every evil work in your life. Strife includes bickering, arguing, fighting, gossiping, heated disagreements and angry undercurrents. On page 192 I discussed strife in detail and explained how it puts your body into a toxic state of stress and illness where there are high levels of stress hormones that affect almost every organ system in your body in a harmful way. One of the systems that is damaged is your immune system. When your immune system is weakened it is not going to be able to kill cancer, viruses, bacteria etc and therefore your body will not be able to heal. Strife will block you from receiving your healing – that is true both Biblically and medically. If you continue in strife, the high levels of stress hormones will continue to damage your body, keeping you in a toxic state of illness where your body is not able to heal.

The other problem is that you need faith in order to receive healing. However, the Bible says that faith works by love. **Galatians 5 v 5 – 6: “For we, [not relying on the Law but] through the [Holy] Spirit’s [help], by faith anticipate and wait for the blessing and good for which our right standing with God [our conformity to His will in purpose, thought, and action, causes us] to hope. For [if we are] in Christ Jesus, neither circumcision nor uncircumcision (i.e. the law) counts for anything, but only faith activated and energized and expressed and working through love.”**

Therefore if you are not operating in love because you are operating in strife, your faith will not work. Some of the worst things that have happened to a person have not been a gunshot, or a hit with the fist or a stab with a knife. They have been the result of the sharp tongue of other Christians! Those same individuals who take their tongue and cut somebody to pieces will come to church the next Sunday and testify about how much they love God. They will quote the Word of God and say, “My God shall supply all my needs. By His Stripes I am healed.” They make all the right confessions and wonder why no money comes in and why sickness stays with them. It is useless to speak out faith confessions like, “I thank You Lord for my healing – By the stripes of Jesus I am healed (Isaiah 53 v 5)” if you are treating your spouse or your fellow brother in Christ like dirt. If you are speaking a faith confession over your life that “The Lord is going to meet all my needs according to His riches in glory (Philippians 4 v 19)” but you are a gossip, slanderer and division maker who perpetually lives in strife, you may as well forget that faith confession and find a way to meet that need yourself. You have cut the life line between you and God because you are violating the law of love. Remember it all starts in your mind – don’t meditate on negative thoughts

about anybody because that will hinder your love walk, which will then hinder your faith – which will then hinder you from receiving your healing from God. Can you afford not to walk the love walk? Can you afford to live in strife? Can you afford to hold onto that bitterness and un-forgiveness? Can you afford not to love yourself?

This is the bottom line – if you are not walking in love, your faith will not work and you will not receive your healing...because faith works by love. When you get your life and your actions lined up with the Word of God, and you place a strong guard on your tongue, you will find the love walk becoming automatic. Then it will dawn on you that while you are walking the love walk, you are not struggling with your faith, you are not having to make things happen, it is happening automatically as you walk in love. Your faith is strong, and faith works by love – God's love – this is the God kind of faith and the love that conquers all.

If you are not walking in love, your faith will not work and you will not receive your healing...because faith works by love.

6. Looking to Man Rather than God

I'm not against doctors and other healthcare workers otherwise I would not be a doctor myself. We do have a valuable role to play. For example as a doctor I can make a diagnosis – I can tell you what disease you have and what sin in your life or your thoughts lead to the development of that disease. However, if you look to me or to other doctors instead of seeking God for your healing, you've got a big block. You've got to look to God as your Source, not to man. As a doctor I am simply a sign on the side of the road, pointing you in the right direction, I am not your source. Don't look at me because if you look at me you must realize that I'm looking to somebody else – I'm looking to My Heavenly Father, I'm looking to Jesus, I'm depending on the Holy Spirit.

There is a story in the Old Testament about King Asa. God had already proven Himself to King Asa by helping him in previous wars. However King Asa's heart was hardened and he did not trust God in war or in his personal life. The Bible says that this is the reason why he died.

2 Chronicles 16 v 7 – 8 and 12 – 13: "At that time Hanani the seer came to Asa king of Judah and said to him, Because you relied on the king of Syria and not on the Lord your God, the army of the king of Syria has escaped you. ⁸Were not the Ethiopians and Libyans a huge host with very many chariots and horsemen? Yet because you relied then on the Lord, He gave them into your hand. ¹²In the thirty ninth year of his reign Asa was diseased in his feet – until his disease became very severe, yet in His disease he did not seek the Lord, but relied on the physicians. ¹³And Asa slept with His fathers, dying in the forty-first year of his reign."

God's people have ended up looking to man for help, in part because of the failure of the Church. I mentioned in the beginning of this book that on average only 2% to 5% of people who are prayed for in the Church are actually healed. God's children are perishing and many pastors seem to be doing nothing about it. Most churches preach to people that they must believe in God and they tell them how to get to Heaven, but they don't preach about the consequences of sin in the area of disease. Sanctification for healing is a dimension that is not being taught in the Church today. The Church is not teaching why healing does not come. When the members of the church congregation come to the elders for prayer to be healed, they do not even consider that there may be a sin issue that needs to be dealt with first. They are anointing with oil, but they totally forget about the second half of the scripture in James 5 v 14-15 which talks about confessing sin and being restored to a spiritual tone of mind and heart.

Because the church is not offering any real answers, God's people have nowhere to turn except to man. However, in this book I have given you knowledge and insight into disease from God's perspective. Now

you have no excuse to turn to man. It is important that we seek God and look to Him as our Source for healing. Looking to man brings a curse.

Jeremiah 17 v 5 and 7 – 8: **“⁵Thus says the Lord, Cursed [with great evil] is the strong man who trusts in and relies on frail man, making weak [human] flesh his arm, and whose mind and heart turn aside from the Lord. ⁷[Most] blessed is the man who believes in, trusts in and relies on the Lord, and whose hope and confidence the Lord is. ⁸For he shall be like a tree planted by the waters that spreads out its roots by the river; and it shall not see and fear when heat comes; but its leaf shall be green. It shall not be anxious and full of care in the year of drought nor shall it cease yielding fruit.”**

7. Trying to By-Pass the Penalty of the Curse

I discussed this in detail on page 77. You want your healing but you are not prepared to go the right route to get it. Instead of repentance and sanctification where you deal with the sin behind the disease, you would rather take prescription drugs and use other modalities of medicine. This is merely an attempt to

The only way for complete healing to come is by going through the right doorway to get it and that is repentance and sanctification of the heart.

by-pass the penalty of the curse. You are wasting your time. When there is a spiritual sin behind a disease, no doctor or any form of medicine will be able to do anything more than merely manage the disease with prescription drugs that often complicate the disease with side effects. It also brings in occultism and sorcery which is another block to healing. The only way for the disease to be totally eradicated and for complete healing to come is by going through the right doorway to get it and that is repentance and sanctification of the heart.

8. Pure Doubt and Unbelief

If you don't believe that God will heal you, the bottom line is that He won't. Jesus said in **Matthew 9 v 29:** **“According to your faith and trust and reliance [on the power invested in Me] be it done to you.”** Doubt and unbelief is a major block to healing.

Even Jesus was not able to heal people in His own town because of doubt and unbelief: **Mark 6 v 5 – 6:** **“⁵And He was not able to do even one work of power there, except that He laid hands on a few sickly people [and] cured them. ⁶And He marveled because of their unbelief (their lack of faith in Him)...”**

I have discussed the importance of faith, which is the opposite of doubt and unbelief, on page 125.

9. I'll Believe it When I See it

If you need to see a sign or miracle from God before you will believe that He can heal you...you won't be healed. How many of us have said, “God if you do this, then I'll believe You?” There are many people who will respond to this teaching by saying, “If what you say is true, if God really heals today then prove it. Do something and then we'll believe you.” Who do you think I am? I'm not a magician that performs magic tricks. I couldn't heal a fly with a headache if I tried. I'm just God's servant. These people will come to me because they are sick, but in their hearts they are saying, “If what you teach is really from God then do something. If you can't, it's not.” What they are doing is tempting me to tempt God. An attitude like this will hinder your healing because you are not to look to me or to man – you are to look to God and the

sanctifying work of the Holy Spirit and His Word. The devil also tempted Jesus to “do something” when He was fasting for 40 days in the desert:

Matthew 4 v 1 – 7: “**Then Jesus was led (guided) by the [Holy] Spirit into the wilderness (desert) to be tempted (tested and tried) by the devil. ²And He went without food for 40 days and 40 nights, and later He was hungry. ³And the tempter came and said to Him, If You are God’s Son, command these stones to be made [loaves of] bread. ⁴But He replied, It has been written, Man shall not live and be upheld and sustained by bread alone, but by every word that comes forth from the mouth of God. ⁵Then the devil took Him into the holy city and placed Him on a turret (pinnacle, gable) of the temple sanctuary. ⁶And he said to Him, If You are the Son of God, throw Yourself down; for it is written, He will give His angels charge over You, and they will bear You up on their hands, lest you strike your foot against a stone. ⁷Jesus said to Him, On the other hand it is written also, You shall not tempt, test thoroughly or try exceedingly the Lord your God.”**

If I don't become invisible to you and if you don't look to God the Father behind me – if you look to man for your healing then you've got a block. People who are chasing signs and wonders are going to end up disappointed. Jesus said that an evil and adulterous nation seeks a sign:

John 4 v 46 – 48: “**⁴⁶So Jesus came to Cana of Galilee, where He had turned the water into wine. And there was a certain royal official whose son was lying ill in Capernaum. ⁴⁷Having heard that Jesus came back from Galilee, he went a way to meet Him and began to beg Him to come down and cure his son, for he was lying at the point of death. ⁴⁸Then Jesus said to him, unless you see signs and miracles happen, you [people] will never believe (trust, have faith) at all.”**

Matthew 12 v 38 – 39: “**Then some of the scribes and Pharisees said to Him, Teacher, we desire to see a sign and miracle from You [proving that You are what You claim to be]. But He replied to them, An evil and adulterous generation (a generation morally unfaithful to God) seeks and demands a sign; but no sign shall be given to it except the sign of the prophet Jonah.”**

Signs and wonders follow them that believe – not the other way around. We are to seek God and believe His Word, not the signs and wonders as the foundation of our faith. Disease is as a result of separation from God in some area of our life. The key is faith in God and His Word on the basis of an intimate relationship with Him, not on the basis of signs and wonders.

10. Looking to the Symptoms Instead of the Healer – Letting Fear Enter Your Heart

Matthew 14 v 22 – 31: “**²²Then He directed the disciples to get into the boat and go before Him to the other side, while He sent away the crowds. ²³And after He had dismissed the multitudes, He went up into the hills by Himself to pray. When it was evening He was still there alone. ²⁴But the boat was by this time out on the sea, many furlongs [a furlong is one-eighth of a mile] distant from the land, beaten and tossed by the waves, for the wind was against them. ²⁵And in the fourth watch [between 3:00 – 6:00 a.m.] of the night, Jesus came to them walking on the sea. ²⁶And when the disciples saw him walking on the sea, they were terrified and said, It is a ghost! And they screamed out with fright. ²⁷But instantly He spoke to them saying, Take courage! I AM! Stop being afraid! ²⁸And Peter answered Him, Lord, if it is You, command me to come to You on the water. ²⁹He said, Come! So Peter got out of the boat and walked on the water, and he came toward Jesus. ³⁰But when he perceived and felt the strong wind, he was frightened, and he began to sink, he cried out, Lord, save me [from death]! ³¹Instantly Jesus reached out His hand and caught and held him, saying to him, O you of little faith, why did you doubt?”**

If you look at your symptoms rather than the Healer you are going to sink into fear and unbelief, just like Peter sank when he focused on the storm rather than on Jesus. However at least Peter got out of the boat! At least he tried which is more than many of us have ever done. When it comes to your healing, you need to keep your focus on God and His Word. If you are waiting for your symptoms to go away before

If you look at your symptoms rather than the Healer you are going to sink into fear and unbelief.

you will believe, you are going to be waiting a long time. If you are waiting for your healing before you look to the Healer, you are going to be waiting for your healing for a long time! You see, the symptoms of your disease are just the fruit of the problem. Get to the root – get into the Word and get sanctified from the sin behind the disease. Get your eyes off your disease and off your symptoms. Get your eyes back on the Lord and His Word and keep them there! When your eyes are on your symptoms and your disease – you will sink into fear and unbelief. When your eyes are on the Lord and His word you will rise up in faith.

Fear and faith are opposing spiritual forces. Both demand to be fulfilled and both project into the future. Fear will quench your faith and faith will quench your fears. You have to choose which one will rule you.

2 Timothy 1 v 7: "God has not given you a spirit of fear, but power, love and a sound mind."

Romans 8 v 15: For [the Spirit which] you have now received [is] not a spirit of slavery to put you once more in bondage to fear, but you have received the Spirit of adoption [the Spirit producing sonship] in [the bliss of] which we cry, Abba (Father)! Father!"

11. Pride and Expecting God to Heal You Your Way

If you read all the miraculous healings that Jesus performed in the Bible, He never did exactly the same thing twice. Once He put mud on a blind man's eyes, one woman received healing by touching His garment and other times He just spoke the word and healing came. We can't expect God to work a miracle in our lives exactly the same way as He did for somebody else. Sometimes we get our own ideas of exactly how God should heal us and we try to put Him in a box. We tell Him what He's going to do, how He's going to do it and when He's going to do it, exactly within the terms we have set.

2 Kings 5 v 1 – 14 tells the story of Naaman who was the captain of the army of the King of Syria. He was considered a very great and distinguished man. The Bible says he was a mighty man of valor. However he had leprosy. He heard about Elisha in Israel and that he might be able to heal him. So he travelled a long way to see Elisha. The real kicker of the story is that Elisha did not even come out to meet him. Elisha sent a message with a servant telling Naaman to go and wash in the river Jordan seven times and then he would be healed. This certainly did not go down well with Naaman's ego – he was a very important man! Elisha should have come out to greet and honor him!

2 Kings 5 v 11 – 14: "11But Naaman was angry and went away and said, Behold, I thought he would surely come out to me and stand and call on the Name of the Lord his God, and wave his hand over the place and heal the leper." See here Naaman is setting out his terms of exactly how God should heal him. He was saying, "God, this is the way it should be done." He had it all figured out as to how it was going to go.

"12Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? May I not wash in them and be clean? So he turned and went away in rage. 13And his servants came near and said to him, My father, if the prophet had bid you to do some great thing, would you not have done it? How much rather, then, when he says to you, Wash and be clean? 14Then he went down and dipped himself seven times in the Jordan, as the man of God had said, and his flesh was restored like that of a little child, and he was clean."

Naaman had a spiritual problem of pride and it nearly cost him his healing. Healing begins with sanctification of the heart, which is getting rid of sin in our thoughts and life. However repentance has to start with acknowledging that the sin is there in the first place. Some people are too blinded by their own self righteousness and are too proud to admit to any sin in their life. This makes them appear holy when they are not and it is an existence that is fraudulent. God hates pride, hypocrisy and fraud.

1 John 1 v 8 - 10: "8If we say we have no sin [refusing to admit that we are sinners], we delude and lead ourselves astray, and the Truth [which the Gospel presents] is not in us [does not dwell in our hearts]. 9If we [freely] admit that we have sinned and confess our sins, He is faithful and just (true to His own nature and promises) and will forgive our sins [dismiss our lawlessness] and [continuously] cleanse us from all unrighteousness [everything not in conformity to His will in purpose, thought and action]. 10If we say (claim) we have not sinned, we contradict His Word and make Him out to be false and a liar, and His Word is not in us [the divine message of the Gospel in not in our hearts]."

Proverbs 28 v 13: "He who covers his transgressions will not prosper, but whoever confesses and forsakes his sins will obtain mercy."

Psalms 32 v 3 and 5: "3When I kept silent [before I confessed], my bones wasted away through my groaning all the day long... 5I acknowledged my sin to You, and my iniquity I did not hide. I said, I will confess my transgressions to the Lord [continually unfolding the past till all is told] – then You [instantly] forgave me the guilt and iniquity of my sin."

Pride is a dangerous issue because it will block you from receiving your healing and produce a fall.

Proverbs 16 v 18: "Pride goes before destruction and a haughty spirit before a fall."

There are many people that become nervous, uptight and defensive when approached about the sin in their personal life that is causing their disease. What are they afraid of? God already knows the depths of their heart – you can't hide anything from Him! It's a scary thing to be open, transparent and honest these days because we just can't trust each other. When something is hidden in the dark in secret, the devil has a foothold in your life. Once it's confessed and out in the open, it breaks the devil's power over you. If you want to be set free from your disease, you have got to confess your faults.

When something is hidden in the dark in secret, the devil has a foothold in your life.

James 5 v 16: "Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]."

Isaiah 57 v 15: "For thus says the high and lofty One – He Who inhabits eternity, Whose name is Holy: I dwell in the high and holy place, but with him also who is of a thoroughly penitent and humble spirit, to revive the spirit of the humble and to revive the heart of the thoroughly penitent [bruised with sorrow for sin]."

12. A Hardened Heart

There are people who are blinded by their own self righteousness or are too proud to admit that they have sin in their life. Their heart is hardened and they are unrepentant of their sin. They are not going to change. The sin is denied, justified or condoned. They continue in their flagrant or habitual sin because their heart is hardened. The only way that these people will receive their healing is to humble themselves before God, with deep conviction and heartfelt repentance.

Psalm 51 v 17: "My sacrifice [the sacrifice acceptable] to God is a broken spirit; a broken and a contrite heart [broken down with sorrow for sin and humbly and thoroughly penitent], such, O God, You will not despise."

Isaiah 57 v 15: "For thus says the high and lofty One – He Who inhabits eternity, Whose name is Holy: I dwell in the high and holy place, but with him also who is of a thoroughly penitent and humble spirit, to revive the spirit of the humble and to revive the heart of the thoroughly penitent [bruised with sorrow for sin]."

You need to repent from the heart...I have already discussed this in detail in the chapter "Essential Background Information of Disease from a Biblical Perspective" on page 72.

13. An Unteachable Heart

In **Matthew 5 v 3** Jesus said **"Blessed are the poor in spirit, for theirs is the kingdom of Heaven."** The phrase "poor in spirit" means that your heart is open and you are teachable. You are not stubborn, you are not wise in your own eyes and you are not rebellious. If I am going to be able to help you at all, you have got to be teachable. I cannot bring you the kingdom of Heaven which according to Romans 14 v 17 is righteousness, peace and joy in the Holy Ghost if you are not teachable.

Proverbs 5 v 11 – 13: "11And you groan and mourn when your end comes, when your flesh and body are consumed, 12And you say, How I hated instruction and discipline, and my heart despised reproof! 13I have not obeyed the voice of my teachers nor submitted and consented to those who instruct me."

There are some people who are just totally un-teachable. They are wise in their own eyes and unwilling to receive instruction and reproof that would bring them to repentance of their sin so that they could be healed.

14. Murmuring and Complaining

One of the things that provoked and angered God most about the Israelites when they were in the wilderness on their way to the promised land, was that in spite of all the supernatural miracles He performed to save and provide for them, they still continued to murmur, grumble and complain. In **I Corinthians chapter 10** Paul was talking about this and in **verses 10 – 11** he writes: **"Nor discontentedly complain as some of them did – and were put out of the way entirely by the destroyer (death). Now these things befell them by way of a figure [as an example and warning to us]; they were written to admonish and fit us for right action by good instruction, we in whose days the ages have reached their climax (their consummation and concluding period)."**

In Numbers 12 v 1 – 13, Miriam and Aaron got leprosy for grumbling and murmuring against the wife of Moses. Murmuring, grumbling, complaining and ungratefulness affects your health and an attitude like this will block God's healing and blessing flowing into your life.

15. Misunderstandings and Incorrect Beliefs About Healing

Misunderstandings based on incorrect beliefs about the Bible are a major block to healing. One of the blocks to healing mentioned earlier is unbelief. Unbelief means not believing in God or that He will heal. However unbelief also involves ignorance (which is addressed in the block below) and incorrect

teaching. There are many denominational sacred cows of theology and doctrine that do not match the Word of God. Some of these misunderstandings and denominational clichés include:

- I'm bringing God glory in my disease.
- My disease brings me closer to God – it is His chastening.
- It might not be God's will to heal me. The justification for this belief is Paul's thorn in the flesh.
- It might not be God's will to heal me because my allotted time on earth is up.
- Healing is not for today – it passed away with the apostles 200 years ago.

These misunderstandings are explained in detail in the chapter "Essential Background Knowledge of Disease from a Biblical Perspective" on page 131.

16. Lack of Knowledge

God said in **Isaiah 5 v 13 – 14** : **"My people are gone into captivity, because they have no knowledge; and their honorable men are famished, and their multitude dried up with thirst. Therefore hell has enlarged herself, and opened herself without measure..."**

In Hosea 4 v 6 God said that His people perish because of lack of knowledge. Ignorance is a form of knowledge but it is very dangerous to our health. Some people are not healed when they are prayed for because they lack the knowledge of God's principles concerning healing. Therefore they do not know how to line themselves up with His Word so that they are in a position to receive from Him.

Proverbs 9 v 10-11: "The reverential and worshipful fear of the Lord is the beginning (the chief and choice part) of Wisdom, and the knowledge of the Holy One is insight and understanding. For by me [Wisdom from God] your days shall be multiplied and the years of your life shall be increased."

Ignorance is a form of knowledge but it is very dangerous to our health.

That is why in this book I hope to give you knowledge, understanding and wisdom on how to apply God's principles of healing and the prevention of disease.

17. You're Just Not Doing It

James 1 v 22 and 25: **"But be doers of the Word [obey the Message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth]. ²⁵But he who looks carefully in to the faultless law, the [law] of liberty, and is faithful to do it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience)."**

The teaching and principles in this book are not going to do anything for you until you put it into practice and apply it to your life. I discussed this in detail in the chapter "Essential Background Knowledge of Disease from a Biblical Perspective" on page 120.

18. Lack of Temple Maintenance

1 Corinthians 6 v 19 – 20: **"Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, You were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body."**

Our body is the Temple of the Holy Spirit and we need to honor, value and respect it as such. If you asked me to pray for you for healing, but the disease is a result of negligence and not looking after your body, do you think God is going to answer my prayer? No. If you are drinking a liter of fizzy drinks every day, loading your food with sugar, preservatives and processed fat, working 24 hours a day, 7 days a week without adequate sleep and rest and/or not making exercise a priority in your life, then you cannot expect God to heal you, whatever your excuse is. Part 2 of this book has practical advices on eating healthily, drinking enough water, exercise and getting enough rest. If you are not being a good steward of your body, you are going to pay a high price.

19. It Is Not a Disease But a Side Effect of a Drug

Many people are on a wide variety of medical drugs – their bathroom cupboard looks like a pharmacy. For example, diabetes and hypertension (high blood pressure) are in epidemic proportions world-wide and these diseases often occur together. A diabetic who also has heart disease can end up taking more than 13 tablets every day. Medical drugs carry with them side effects which are often a “Pandora’s box of hell.” The fourth largest cause of death is adverse reactions to prescription drugs.

Many people are wondering why they are not getting healed of a disease when in fact it is a side effect of a drug.

You may be suffering from what seems to be a disease, which is actually a side effect of a drug you are taking. For example a stomach ulcer is caused by a thought life dominated by fear, anxiety and stress. However it can also be caused by the long term use of anti-inflammatories. Therefore check the package insert of the medication you are taking. If you don’t have a package insert, go to your local pharmacy as they should have a book that contains all the drugs and their side effects. There is no point trying to minister to a side effect of a drug – there is no

healing for the side effects of a drug. Many people are wondering why they are not getting healed of a disease when in fact it is a side effect of a drug.

20. Disobedience in Tithing

Malachi 3 v 8 – 11: **“⁸Will a man rob or defraud God? Yet you rob or defraud Me. But you say, In what way do we rob and defraud You? [You have withheld your] tithes and offerings. ⁹You are cursed with the curse, for you are robbing Me, even this whole nation. ¹⁰Bring all tithes (the whole tenth of your income) into the storehouse, that there may be food in My house, and prove Me now by it, says the Lord of hosts, if I will not open the windows of heaven for you and pour out for you a blessing, that there shall not be room enough to receive it. ¹¹And I will rebuke the devourer [insects and plagues] for your sakes and he shall not destroy the fruits of your ground, neither shall your vine drop its fruit before the time in the field, says the Lord of hosts.”**

Often when an Old Testament scripture is quoted, people will dismiss it by saying, “I’m in the New Testament, I’m not under law.” Abraham paid tithes to Melchizedek and the law of tithes was only given 435 years later. You must understand that everything you have actually does not belong to you, it belongs to God – He has just entrusted you to be a steward of it. I believe that one of the primary purposes of tithing is to test what pulls your heart strings the most – your wallet or your love for God?

Jesus said in **Mathew 6 v 24**: **“²⁴No one can serve two masters; for either he will hate the one and love the other, or he will stand by and be devoted to the one and despise and be against the other. You cannot serve God and mammon (deceitful riches, money, possessions or whatever is trusted in.)”**

If God is not really number one in your life because you love your money more, you're going to struggle giving away that 10% tithe. However if your affection is set on God, giving Him back that 10% won't be an issue for you because you understand that it is His anyway. Tithing is actually a commandment, not a request if you feel like it or if you're having a good month. When you are in disobedience to God's Word in any area, and that includes not tithing, you open yourself up to the devil. What you may not realize is that if you don't give that 10% to God – it goes to the devourer. According to a national statistic in America in 2002, the percentage of money given back to God in tithes and offerings from the gross national income is 2,7%. Where is the rest going? To pay medical bills and the debt load! When we walk in obedience, the blessings are automatic. When we are in disobedience, the curse will surely come. In the introductory chapters in this book I explained that part of the curse involves disease according to Deuteronomy chapter 28. If you want healing and to enjoy the fullness of what God has for you, withholding your tithe is not an option.

And while we are talking about putting God first – is He first in your time? I don't want to get legalistic on this but maybe we shouldn't just be using the 10% gauge with our material goods, how about the first fruits of our time? It's just a challenge.

1 John 5 v 21: "Little children, keep yourselves from idols (false gods) – [from anything and everything that would occupy the place in your heart due to God, from any sort of substitute for Him that would take first place in your life]."

21. Past or Continued Involvement in Occultism

So long as you continue to be involved in occultic practices of any kind, you cannot expect to receive any healing. You must decide who is your master – Satan or the Living God? You cannot have one foot in each camp – it is either one or the other. Occultism includes being involved in Satanism or any other form of false religion that teaches anything other than the Word of God (the Bible) and the Gospel of Jesus Christ. Occultism involves contacting mediums, consulting witch doctors, wizards or some other occultic practitioner, dabbling in sorcery and even contacting evil spirits by means of the Ouija board game. What do you think makes that board move and spell out those words? It is the first medium of contact with Satan in children. Levitation, table tipping and spoon bending are all part of the kingdom and the power of Satan. There are even some healthcare modalities that are part of the occult such as Eastern mysticism and yoga which are based on the demonic foundation of Kundalini. Looking into the future or trying to control aspects of the future through a fortuneteller or any medium instead of consulting God and His Word is idolatry and makes that person a "god" in your life that you trust in. Our knowledge and wisdom comes from the Word of God, not the study of creation such as the sun, moon, stars or what a diviner, astrologer or false prophet has to say about the past, present and future. Past involvement or continued involvement in occultic practices, thinking or modalities of healing that are not of God will prevent healing. Until you repent for this, the devil still has a foothold in your life and it will block your healing.

Part of occultism is witchcraft relating to the use of prescription drugs as a way of life

Occultic involvement and witchcraft in previous generations of your family that have not been repented for can also open the door for disease in your life and block your healing. This has to be dealt with as explained in the chapter on genetically inherited diseases on page 151.

Part of occultism is witchcraft and sorcery relating to the chronic use of prescription drugs as a way of life while the underlying sin behind the disease is not dealt with. I discuss prescription drugs and its relation to witchcraft and sorcery on page 74.

22. For the Sake of Saving the Child Because of the Sin of the Parents

This point is very hard to take but unfortunately there is often a harsh reality to rejecting God and walking in sin. I do not want to be insensitive to those parents who have suffered the terrible tragedy of losing a child. I am certainly not implying that this point refers to all cases where a child was lost.

Sometimes sin of the parents can block healing. I explained in the chapter on “Genetically Inherited Diseases” on page 151 why and how sin doesn’t just affect us, it also affects our children. Children can become sick because of the sin of the parents. In 2 Samuel 13 – 14, there was a curse of death on David and Bathsheba’s child. The child died because of the sin of the parents (murder and adultery). 1 Kings 14 v 1 – 13 tells the story of Jeroboam who was an evil king and his son who was sick. There is a tremendous statement in this story about God taking a child in death. God looked down from heaven and saw that there was goodness in this child, but if this child was allowed to live, his disobedient parents who rejected God and His ways would pervert this child’s heart and God would lose him to Himself forever. So God did not heal the child and allowed him to die in order to preserve him for eternity.

1 Kings 14 v 1 – 13: “¹Then Abijah [the little] son of Jeroboam became sick. ²And Jeroboam said to his wife, Arise, I pray you, and disguise yourself, that you may not be recognized as Jeroboam’s wife, and go to Shiloh. Behold, Ahijah the prophet is there, who told me that I should be king over this people. ³Take ten loaves, some cakes and a bottle of honey, and go to him. He will tell you what shall happen to the child. ⁴Jeroboam’s wife did so. She arose and went [twenty miles] to Shiloh and came to the house of Ahijah. Ahijah could not see, for his eyes were dim because of his age. ⁵And the Lord said to Ahijah, Behold, the wife of Jeroboam is coming to ask you concerning her son, for he is sick. Thus and thus shall you say to her. When she came she pretended to be another woman. ⁶But when Ahijah heard the sound of her feet as she came in at the door, he said, Come in, wife of Jeroboam, Why do you pretend to be another? For I am charged with heavy news for you. ⁷Go, tell Jeroboam, Thus says the Lord God of Israel: Because I exalted you from among the people and made you leader over My People Israel ⁸And rent the kingdom away from the house of David and gave it to you – and yet you have not been as My servant David, who kept my commandments and followed Me with all his heart, to do only what was right in My eyes, ⁹But have done evil above all who were before you; for you have made yourself other gods, molten images, to provoke Me to anger and have cast Me behind your back – ¹⁰Therefore behold I will bring evil on the house of Jeroboam and will cut off from [him] every male, both bond and free, in Israel, and will utterly sweep away the house of Jeroboam as a man sweeps away dung till it is all gone. ¹¹Anyone belonging to Jeroboam who dies in the city the dogs shall eat, and any who dies in the field the birds of the heavens shall eat. For the Lord has spoken it. ¹²Arise therefore [Ano, Jeroboam’s wife], get to your own house. When your feet enter the city, the child shall die. ¹³And all Israel shall mourn for him and bury him; for he only of Jeroboam’s family shall come to the grave, because in him there is found something good and pleasing to the Lord, the God of Israel, in the house of Jeroboam.”

This story gives a tremendous insight. You cannot make a law or doctrine out of it, but it does explain why God allows some children to be taken in disease or accidents. According to the words of Jesus, it appears that each child that is born into the world has a guardian angel assigned to him who is delegated by divine command to accompany the child through life and watch over him for his good.

Matthew 18 v 10: “Take heed that you do not despise one of these little ones; for I say to you, That in heaven their angels do always behold the face of my Father which is in heaven.” KJV

Although the angel’s purpose is to protect the child, it is obvious that he has not been granted unlimited authority in this respect, but his protection is confined within certain limits. If this were not so, no children would die. The fact is the Bible shows us in 1 Kings chapter 4 that if a child of wicked parents

shows spiritual promise, the Lord may permit the child to be taken from them so that he will not grow up in an evil environment that will contaminate him. In observing human nature there is sometimes a possibility that someone who God really wants for eternity could be lost to Him forever by falling away or situations in life separating them from God totally. When children die in their youth we have a tendency to think that this is a great tragedy. But this is not always true. God may foresee circumstances ahead in which it would be far better for the little one to be removed from the scene and taken by the angels to Paradise where the child will be properly looked after and preserved for eternity.

Whether or not the parents are Christians who love the Lord has much to do with the fate of the child. According to 1 Corinthians 7 v 14, children are sanctified and made holy by believing parents. In **Acts 16 v 31** Paul said, **"Believe in the Lord Jesus Christ [give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping] and you will be saved, [and this applies both to you and your household as well.]"**

23. Is Your Disease Genetically Inherited?

Do other family members and those in generations before you have the same disease that you are suffering from? Or do they have other diseases that have the same spiritual root that is behind the disease that you have? For example different members in a family tree can have depression, weight problems, diabetes and strokes. The spiritual root behind all these diseases is a low self-esteem and self-hatred and that is what is running through the family tree. Similarly there may be ADHD, epilepsy, dyslexia, color blindness, autism, learning disabilities and homosexuality in different members in the various generations – a deaf and dumb spirit is behind all of these diseases and it was given a foothold through a marriage where the woman dominated and ruled the home while the man sat passively in the background. If there is a similarity between your disease and your family members, you may be suffering from a disease that is genetically inherited and it is necessary for you to read the chapter on page 151.

24. Not Maintaining Your Victory

Joyce Meyer has a saying, "Once you have gained victory in an area, you must maintain it." The knowledge that I have given you about how to get free is that same knowledge that will keep you free. In other words, when you apply these principles that I am teaching you and God heals you, you need to keep applying those principles even after you are healed. For example if you had depression because of a low self-esteem, and then you changed your thinking by renewing your mind with the Word concerning who you are in Christ and God healed you, you need to continue to think of yourself according to who you are in Christ. If you slip back into your old bad mindsets of a low self-esteem – guess what? The depression is going to come back and most probably worse than ever before.

Mathew 12 v 43 – 45: "But when the unclean spirit has gone out of a man, it roams through dry [arid] places in search of rest, but it does not find any. Then it says, I will go back to my house from which I came out. And when it arrives it finds the place unoccupied, swept, put in order, and decorated. Then it goes and brings with it seven other spirits more wicked than itself, and they go in and make their home there. And the last condition of that man becomes worse than the first."

If you fall back into the same roots of sin, then your chances of keeping your healing are not good.

You see, when the enemy has been removed, he will come back to see if you are for real. The enemy knows what it took to gain access to your life and he will try it again, but I have now given you the knowledge and tools to keep you free. When Jesus healed one man in the temple He said to him, **"Go and sin**

no more or a worse thing may come upon you.” (John 5 v 14). If you fall back into the same roots of sin, then your chances of keeping your healing are not good. You have got to maintain your victory. If you don't, it is a block to keeping your healing.

25. Looking for Repeated Healing Instead of Living in Divine Health

I just explained in the point above that you need to continue to apply God's principles of health even after you are healed. There are some people who get healed, then slip back into their old sin, get sick again and then keep expecting God to heal them again. The same principles that will help you be healed are the same principles, which when consistently applied to your life, will keep you in divine health. God is not interested in healing you repeatedly, because God's perfect will is not healing, His perfect will is that you don't get sick in the first place.

3 John 1 v 2: “Beloved, I pray that you may prosper in every way and [that your body] may keep well, even as [I know] your soul prospers.”

26. Just Giving Up

This block to healing is where you look at your symptoms and your prognosis, you look at the word “incurable” and the limited life span the doctors have given you, and you give into those labels and accept all this as the truth, rather than living by faith and not by sight and pursuing healing in the face of what everything in the physical realm says. If you have been diagnosed with what is considered an incurable disease, I would like to strongly encourage you to reject the label or the limited time span that the doctors have said you have left. If you give into it that is exactly what will happen. **“As a man thinks in his heart, so is he.” (Proverbs 23 v 7).** Obviously you must not go into denial, you have to acknowledge the facts. However, there is hope! No disease is incurable when God's conditions for healing are met. The Bible says that the spirit of man will sustain him in his infirmity:

Proverbs 18 v 14: “The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?”

King James Version: “The spirit of man will sustain his infirmity; but a wounded spirit who can bear?”

There is something that has to happen deep inside you for your so called incurable disease to be overcome and that is you must have the will to live!

I say to you, “Wake up Spirit of man! Get up! Take your place in the land of the living!” There is something that has to happen deep inside you for your so called incurable disease to be overcome and that is you must have the will to live! You must stop being hopeless and full of despair, just waiting for the fatalistic end of some conclusion. The Lord made a phenomenal statement to Joyce Meyer one day, “You can be pitiful or you can be powerful – make your choice.” Pity is like super glue that will bind you to your disease and keep you in your pit. Encourage yourself in the Lord – stand up spirit of man! Get up son or daughter of God! You have an awesome destiny and call of God on your life to fulfill in your generation that God

saw from the foundation of the world!

Ephesians 2 v 10: “For we are God's [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we would walk in them [living the good life which He prearranged and made ready for us to live].” Only when you have finished that call, then you can lay down your spirit, and say, thank you very much!

Psalm 30 v 9: "What profit is there in my blood, when I go down to the pit (the grave)? Will the dust praise You? Will it declare Your Truth and faithfulness to men?"

Isaiah 38 v 18: "For Sheol (the place of the dead) cannot confess and reach out the hand to You, death cannot praise and rejoice in You; they who go down to the pit cannot hope for Your faithfulness [to Your promises; their probation is at an end, their destiny is sealed]."

I want you to say this out loud to yourself, **"I shall not die, but live and declare the works of the Lord!" (Psalm 118 v 17).**

Does God get any glory by losing you prematurely off this planet? God does not need you in Heaven before your allotted time is up because you are of no earthly good in heaven. If you are not 120 years old yet, it is not time for you to kick the bucket – you still have work to do for God. If you've lost your purpose for living, you need to seek God until you find it again. You cannot retire – you need to re-fire! God can use you mightily if you will just make yourself available to Him. We need you. Your family needs you. Your cities need you. Mankind needs you. We need your wisdom. If you waste the last part of your life waiting to die, Moses is going to be waiting in heaven for you and he is going to put his finger in your face because he didn't start his ministry until he was 80. At that age he ended up pastoring one of the largest churches in the history of mankind which included 3 and a half million Israelites. So what's your excuse? And Moses couldn't even talk properly, he had to have his brother speak for him. The great things that Abraham did for God for which he has been remembered throughout history was after the age of 75. You just need to go before God and say, "Use me Lord, I'm available. Take me, just the way I am, I give all I have to you..."

2 Chronicles 16 v 9: For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong in the behalf of them whose heart is perfect toward him..."

Let me tell you a little about who you are as a child in Christ: I want you to say this out loud to yourself, **"I am a victorious over-comer (1 John 5 v 4; Revelations 2 v 11), a mighty woman or man of valor, a champion overcoming warrior, who possesses dignity and honor. (Judges 6 v12) I am more than a conqueror. (Romans 8 v 35) In all things I gain a surpassing victory (Rom 8 v 37) and in all things God leads me to triumph in Christ. (2 Corinthians 2 v 14) Through my union with God, I am strong in the Lord and the power of His might. (Ephesians 6 v 10) I have strength for all things in Christ who empowers me. I am ready for anything and equal to anything through Him Who infuses inner strength into me. (Philippians 4 v13) Because I believe in, lean on, trust and rely on God, I do the things that Jesus did, and greater things will I do, for His Spirit within me knows no limit. (John 14 v 12 – 14) Therefore I believe that all things are possible and limit not the Holy One within me. (Philippians 4 v 13) As Jesus is, so am I in this world (1 John 4 v 17) and the immeasurable, unlimited and surpassing power of God is on the inside of me! (Ephesians 1 v 19) The same power that raised Jesus from the dead lives in me! (Ephesians 1 v 20)"**

With the power of God on the inside of you, you literally have the potential to shake nations, never mind overcoming your so-called incurable illness!

The same power that raised Jesus from the dead and conquered the grave is in you! The immeasurable unlimited and surpassing power of God is on the inside of you! It's time that you discovered your potential as a child of God! With the power of God on the inside of you, you literally have the potential to shake nations, never mind overcoming your so called incurable illness! Are you willing to stand up spirit of man and be what God has called you to be? Don't allow the devil to rob you of your destiny by cutting your life short – aggressively take back the ground he has stolen from you. Encourage yourself in the Word and apply the principles I am teaching you. Jesus has conquered and broken the power of Satan, disease and death.

John 16 v 33: "I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good

cheer [take courage; be confident, certain, undaunted]! For I have overcome the world [I have deprived it of power to harm you and have conquered it for you]"

In Luke 10 v 17-20 "17The seventy returned with joy, saying, Lord, even the demons are subject to us in Your name! 18And He said to them, I saw Satan falling like a lightning [flash] from heaven. 19Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you. 20Nevertheless, do not rejoice at this, that the spirits are subject to you, but rejoice that your names are written in heaven."

There is absolutely nothing that is impossible with God. He designed the human body and He knows exactly how to fix it. He is faithful to fulfill His promise for healing when His conditions are met.

Please turn to page 147 and read through the section under the title "Don't Give Up!"

PART 5:

OVERVIEW



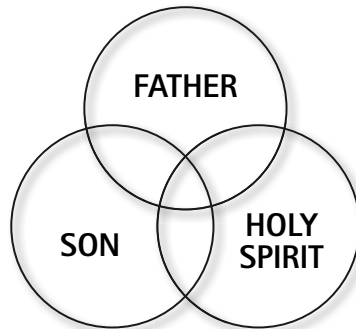
“Fear not for I am with you...”
Isaiah 41: 10

“The Blood of Jesus has washed away our **Guilt & Shame**”
1John 1: 9

*Love, Joy, Patience, Peace, Kindness, Goodness,
Faithfulness, Gentleness & Self control...*

Overview

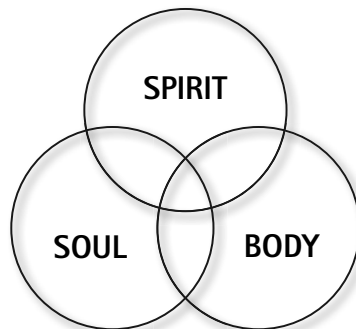
In the last section of this book, I would like to give you an overview of this whole teaching, to show you how it all comes together and to help you understand the foundation of all diseases: When we look at God in Scripture, He reveals Himself as a tri-unity of Father, Son and Holy Spirit:



The Tri-unity of the God Head Genesis

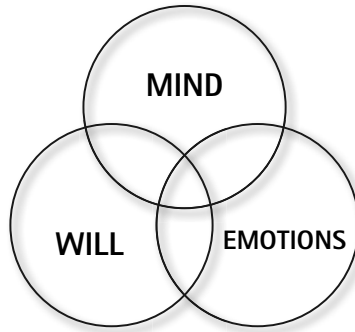
Genesis 1 v 36: "God said, Let Us [Father, Son and Holy Spirit] make mankind in Our image, after Our likeness..." 1 Thessalonians 5 v 23: "And may the God of peace Himself sanctify you through and through...and may your spirit, soul and body be preserved sound and complete [and found] blameless at the coming of our Lord Jesus Christ."

In Genesis 1 v 26 it says that we are created in His image, and then we see in 1 Thessalonians 5 v 23 we are made up of spirit, soul and body. So we see that there is a tri-unity of the God head and a tri-unity of man.



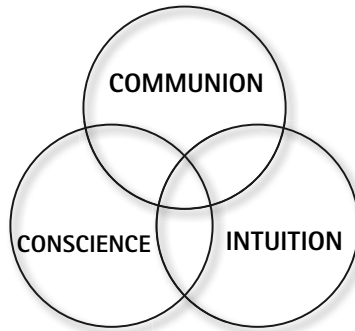
The Tri-unity of Man

Now if you look into this deeper, you will see that there is also a tri-unity of the spirit, soul and body. You may already know the tri-unity of the soul: it consists of your mind, will and emotions.



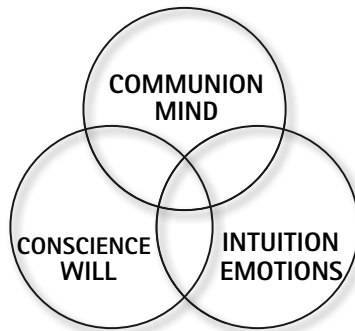
The Tri-unity of the Soul

Watchman Nee was a great teacher of the Word of God and he showed that there are three parts to the spirit: The spirit has **communion** with God, it has **conscience** and it has **intuition**.



The Tri-unity of the Spirit

Now if you take the previous two pictures, and you superimpose them onto each other, you can immediately see a connection between communion and thought or mind, you can understand that conscience and free will are related, and that there is a relationship between intuition and emotion.



The Connection Between the Tri-unity of the Spirit and the Tri-unity of the Soul

So we can see this tri-unity in the spirit and soul and how they inter-connect...but what about the body? If there is a tri-unity of the spirit, and a tri-unity of the soul, then there must also be a tri-unity of the body! What could it be? How do you divide the body into three parts?

In medical school, doctors study a subject called "Embryology" which shows how an embryo (made from the male sperm and female egg/ovum) grows and develops into a baby in the mother's womb:

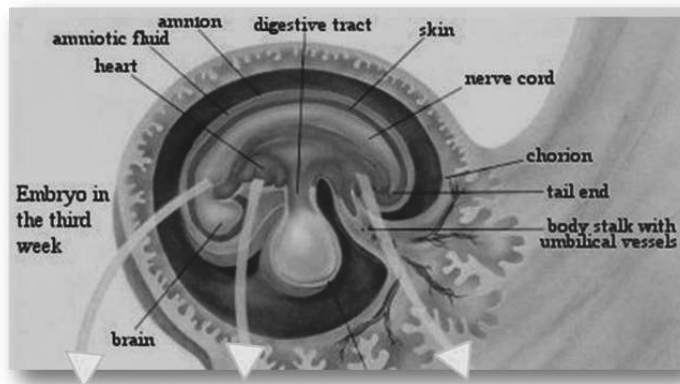


A Picture of an Embryo Developing into a Baby Inside the Mother's Womb

Psalm 139 v 13 - 15: "13For you did form my inward parts. You did knit me together in my mother's womb. 14I will confess and praise You for I am fearfully and wonderfully made! How awesome is the wonder of my birth!... 15My frame was not hidden from You when I was being formed in secret [and] intricately and curiously woven together [as if embroidered with various colours]..."

Psalm 139 is a beautiful Psalm that David wrote about how God created the human body and how we are fearfully and wonderfully made. In the verses of this Scripture He says that we are knitted or intricately woven together – those words you can find in any embryology text book today and it is 100% medically correct concerning the formation of a human in the mother's womb: our bodies are woven together from three layers:

- 1.) The ectoderm – the outer layer
- 2.) The mesoderm – the middle layer
- 3.) The endoderm – the innermost layer



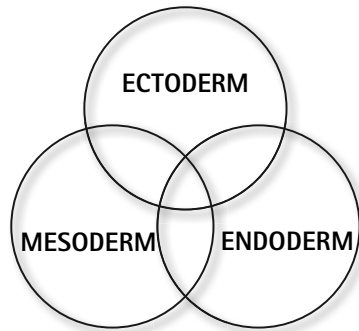
ECTODERM

MESODERM

ENDODERM

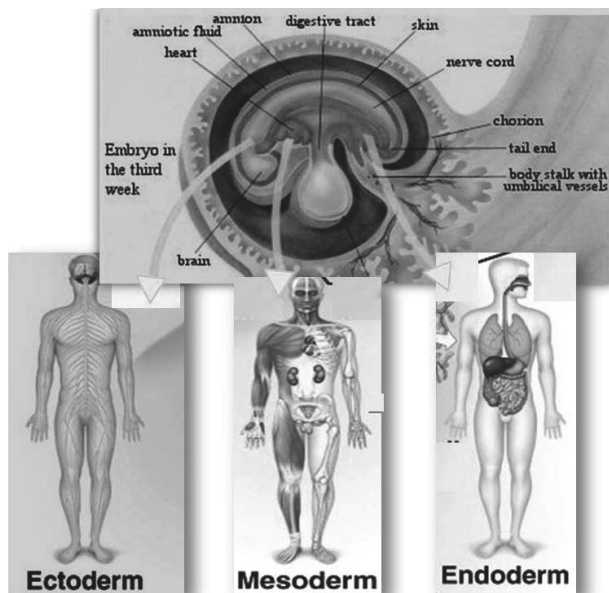
The Tri-unity of the Human Body

So now we know the tri-unity of the body! This you can find in any medical text book today – it is absolutely familiar medical knowledge!



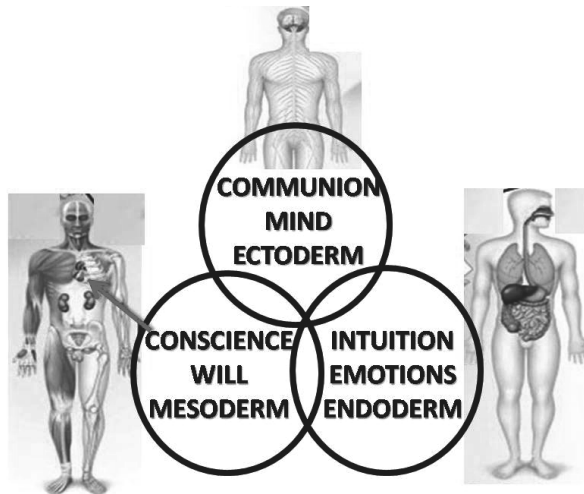
The Tri-unity of the Body

Now let's have a look at the different parts of the body that develop from each of these three layers:



The Parts of the Body That Develop From Each of the Three Original Layers in the Embryo

- 1.) The ectoderm forms the skin, brain and nervous system...and everything with which we reach to the outside world and with which we exercise control of our bodies.
- 2.) The mesoderm forms the heart, kidneys and everything that allows us to move – which includes our muscles, bones, joints and cartilage.
- 3.) The endoderm forms everything on the inside – our internal organs such as our lungs, liver, intestines and endocrine system which are the parts of the body that produce the hormones.



How the Three Parts of the Spirit, Soul and Body Are Related

If you put the three parts of the spirit, soul and body together, you can understand that communion, mind and ectoderm are related, because we use our **brain** (which develops from the **ectoderm**) to form thoughts and to think in our **mind**, and also to talk to God and **commune** with Him in prayer as well as to communicate to others.

There is also a relationship between our conscience and free will. In the beginning of this book on page 21, I share about the brain in the **heart** (remember the heart forms from the **mesoderm**): the "heart brain" advises the **free will** what to do – it functions like a **conscience**...and if you are born again the Holy Spirit speaks to you through your heart. Then after being advised by our conscience/heart brain, our free will determines what we do in action through our **muscles, bones and skeleton** (i.e. our **mesoderm**)!

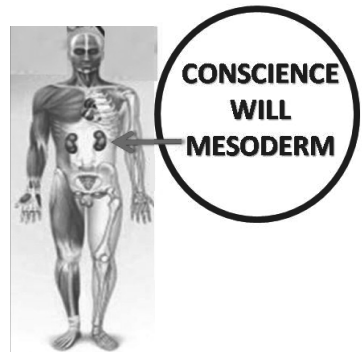
Furthermore we also see a connection between our **intuition** which works through our **emotions**...and ultimately where do we feel our emotions? We have that "gut feeling"....in our **intestines** (which develop from the **endoderm**)! In the chapter at the beginning of the book on the brain, I explain that a "gut feeling" is real. **Emotions** physically exist in your body in the form of chemicals. These chemicals of emotion are living and dynamic and they flow throughout your entire body. They attach to receptors on the surface of your body cells and that is how you physically feel that emotional reaction. The **internal organs** in your body (which develop from the **endoderm**), such as your liver and pancreas release **hormones** (for example insulin) and those **hormones also carry emotion**! Your digestive system is densely lined with nerves, as well as with chemicals called neuropeptides, and receptors that are busily exchanging information laden with emotional content and that is what gives you that "gut feeling" in a specific situation.

In summary, we are made in God's image and just as Father, Son and Holy Spirit are a tri-unity, so we are also in the form of spirit, soul and body...and we have mentioned the spirit's three parts, the soul's three parts, and the body's three parts and the way in which they all connect together. The different Bible translations reflect the multiple versions of this tri-unity because the Hebrew words, much like Chinese words are pictures with different possible meanings. For example Psalm 16 v 7 captures the tri-unity of the spirit, soul and body and at the same time the connection between the conscience (heart) and mesoderm (which kidneys develop from):

GNB: "I praise the Lord because He guides me, and in the night my conscience (spirit) warns me"

AMP: "I will bless the Lord who has given me counsel, yes, my heart (soul) instructs me in the night seasons."

KJV: "I will bless the Lord who has given me counsel; my reins [kidneys] (body) also instruct me in the night seasons."



"The Word of God is like a lasagne: the patterns are the same throughout, and the deeper you delve, the more consistency you find and the clearer the picture becomes."

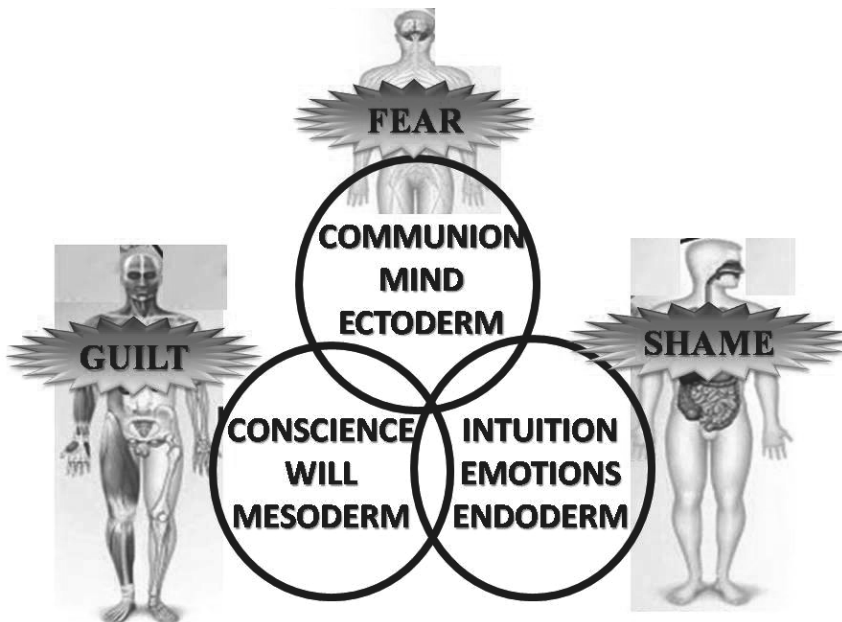
Now that we understand the three parts of the spirit, soul and body and how they interconnect, how does this all fit together when it comes to disease? Well that takes us back to the book of Genesis when sin first entered the world:



The First Three Consequences of Sin

In Genesis we read that when Adam and Eve chose to disobey God and they fell, there were three consequences that came as a result of that first step of disobeying God.... and that was fear, guilt and shame: they realised that they were naked so they dressed themselves with fig leaves and hid from God in fear, guilt and shame.

Now this is where it becomes incredibly interesting...



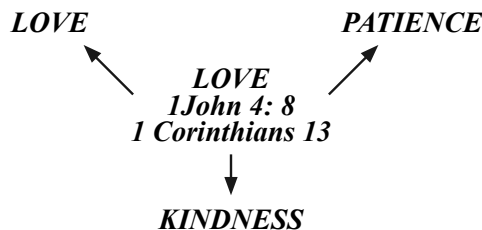
The consequences of **fear** affect our **ectoderm** i.e. our **brain** and the way our **nerves** supply and influence the heart and blood vessels... and it causes the stage 2 and 3 stress reaction (explained on pages 179 – 186) which leads to all the diseases that result from fear.

When it comes to diseases that affect our **muscles, joints and skeleton** (i.e. **mesoderm**), it is the fruit of **guilt**. For example on pages 329 – 334, I explain how guilt and self hatred leads to autoimmune diseases where the immune system attacks its own body tissue such as the joints leading to rheumatoid arthritis and osteoarthritis.

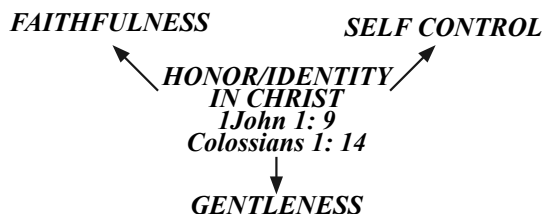
Shame leads to diseases that affect our **endocrine system** and **internal organs**, for example our **intestines** and **lungs** that develop from the **endoderm**. For example irritable bowel syndrome commonly develops in people who have been sexually or physically abused.

So now it is all makes sense and the foundation of diseases is wonderfully simplified! In the first chapter of this book I explain how 87 to 95% of all diseases have been traced back to what goes on in our thought life. Knowledge emerging from this research was an exciting breakthrough as it meant that previously considered "incurable diseases" were now curable – when you know what causes a disease, you know what to deal with in order to remove it! For example, understanding the toxic mindsets that cause cancer, high blood pressure and addictions enabled people to overcome these problems. However there are thousands of different diseases and although the research continues, discovering the toxic mindset behind each disease becomes a long, complicated task! Furthermore, a diagnosis is needed in order to find out the toxic mindset causing certain symptoms, and there are some situations where doctors are not able to figure it out! However if you understand that most of the time disease is a consequence of sin, and that the foundation of disease begins with fear, guilt and shame and you know which parts of the body each of these three toxic mindsets affect, everything becomes a lot more simple – and that is how it is supposed to be! The Gospel is supposed to be so simple that even a child can understand and apply it! It is man who makes things complicated.

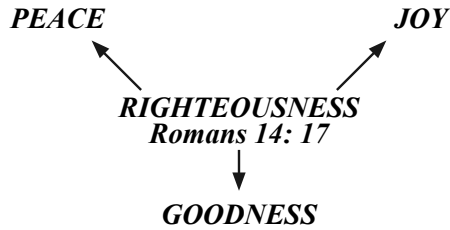
So in summary the message to take away from this book in terms of diseases, is that we were not designed to walk in fear, guilt and shame.



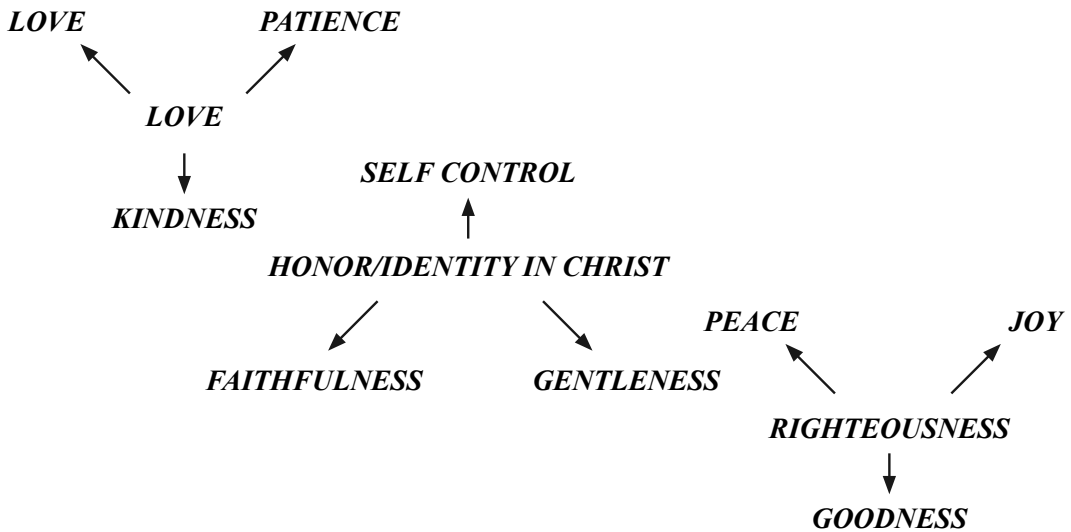
Instead of living in fear, we should walk in love because according to 1 John 4 v 18 the opposite of fear or the antidote to fear is love...it says that "perfect love casts out fear". The two main pillars of the love walk, according to 1 Corinthians 13, are **patience and kindness** (This is very well explained in depth in the first two chapters of the book "The Love Dare" from the movie "Fireproof").



Instead of walking in **shame**, we should walk in **honor** as the sons and daughters of God, having a healthy self esteem and an identity that is firmly rooted in the knowledge of who we are in Christ. The blood of Jesus has washed away our guilt and shame! I will explain the connection between having a healthy self esteem and the fruits of faithfulness, self control and gentleness later.

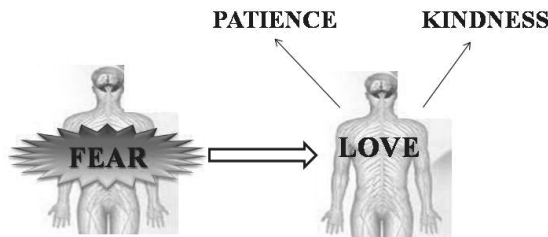


Instead of guilt , we should walk in obedience and righteousness. Romans 14 v 17 says that the kingdom of God is righteousness, peace and joy in the Holy Spirit!

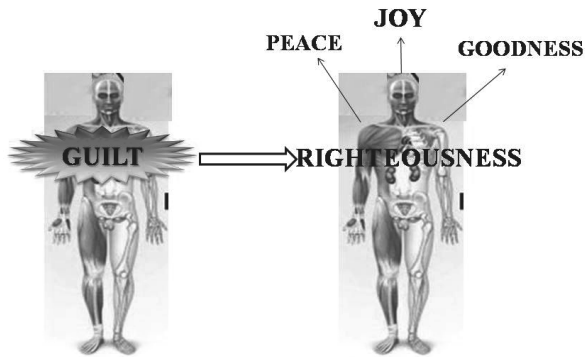


The Nine Fruits of the Holy Spirit

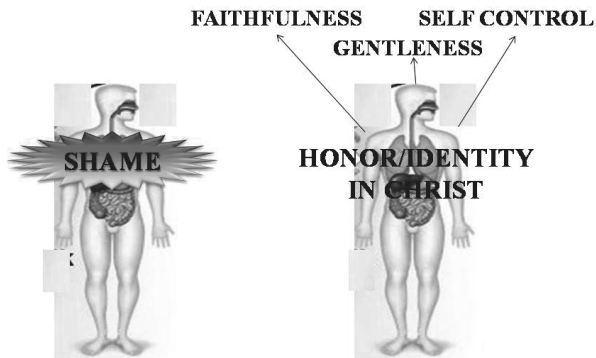
So our fallen condition should be restored into our sanctified condition of love, righteousness and honor: as we go through the process of sanctification where we become more and more like Jesus, we are supposed to reflect the characteristics of God which is the fruit of the Holy Spirit. And as you can see, the nine fruits of the Holy Spirit protect you from fear, guilt and shame and all the toxic mindsets and diseases which spring from that!



When you are walking in love and you project the fruits of the spirit that go with that (patience and kindness), you won't have fear and your ectoderm (skin, brain and nerves) will be healthy.



When you are walking in righteousness and you project the fruits of the Holy spirit that go with that (peace, joy and goodness), you won't have guilt and your mesoderm (muscles, bones and skeleton) will be healthy.



When you are walking in honor with a healthy self esteem rooted in the knowledge of who you are in Christ and you have the fruits of the Holy Spirit that go with that (faithfulness, gentleness and self control), your internal organs will remain in good health.

But when we stay in our fallen state, our fear, guilt and shame is what leads us into idolatry, rebellion and pride which lead into other toxic disease making mindsets.

Idolatry is motivated by our need to allay our fears by our own ways. For example fear can lead us into idolatry in the form of occultism and occultic practices. Anything that you create for yourself that builds you security outside of God is idolatry, but it is motivated by fear.

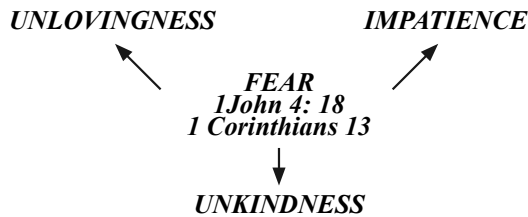
The rebellion we experience both in our teenagers and in ourselves, in our Christian walk, is the fruit of a sense of guilt - that is where blame and the toxic mindset of bitterness comes from and its fruit is rebellion in its various forms.

And finally because we know that we are unworthy in our fallen state, we need to do one of two things: we either need to elevate ourselves or we need to push others down....and that is pride.

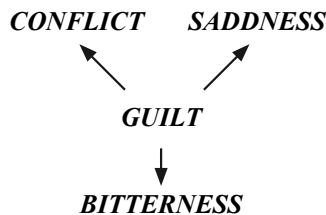


When We Remain In Our Fallen State Of Fear, Guilt and Shame, Other Toxic Mindsets Develop

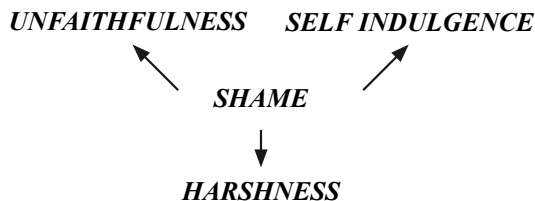
So these are the constructs of what we do to try and compensate for our sin...and they don't work. These are like the fig leaves that Adam and Eve put on and it comes as no surprise that a fig leaf has 3 parts. If we don't go through the process of sanctification where we develop the fruits of the Holy Spirit, we will remain in our fallen condition, where we will continue to project the opposite of the fruit of the spirit:



Instead of love, patience and kindness, we will project unlovingness, impatience or unkindness. For example, many psychiatric disorders are the fruit of fear which brings forth these opposites of the fruit of the spirit, with their health consequences.



Instead of righteousness, peace and joy, in our state of guilt, we have saddness, conflict, unforgiveness and bitterness. If you are struggling with these things in your life, you have an unresolved sense of guilt that only the blood of Christ will be able to redeem you from.



Instead of honor and a healthy self esteem based on who we are in Christ bringing faithfulness, self control and gentleness, we have unfaithfulness in its various forms, harshness towards others and a lack of self control. In the chapter on pages 345 to 360, I explain how a low self esteem can lead you into the grip

of addictions which is a lack of self control, and whether it is coffee or cocaine, it is rooted in shame that drives us to find relief in various substances and methods to try help us through life... and it is only when we resolve this shame that we are able to overcome this. If you don't love yourself, you won't be able to love others – you may pretend you do but that is a fabricated personality because you are wearing a mask and you are hiding. The problem with many marriages today is two people who don't even know how to love themselves, are trying to love each other. If you don't have a healthy self esteem and you can't get along with yourself – you won't be able to get along with others...- and that is why you see the fruit of harshness towards others instead of gentleness.

The bottom line is that diseases are not just a random event – it is a distortion of the normal function of spirit, soul and body because of sin that brings in fear, guilt and shame and a break down in our love relationships with God, ourselves and others. Diseases are not random – you don't wake up one day with cancer or a heart attack, it is a very cleverly calculated, planned attack by our enemy against us and so we have to approach it with weapons of the spirit world, not weapons of a physical one.

Instead of using prescription drugs and the remedies of science to try to bypass the penalty of the curse and the natural consequences of our sins by managing our symptoms, we should use the findings of science to take us back to God in repentance so we may be healed and restored to how He created us to be in love, righteousness and honor in which the fruits of the spirit flow.

Jesus and His work on the cross is the source of our freedom and healing, and the Word of God is the two edged sword that can separate spirit, soul and body and show us what is causing our diseases: we don't need to live in fear of disease, we can prevent disease and overcome it by using God's Word to come against the source of our fear, guilt and shame. This is not a new fad or a new truth, it is the original truth brought to you, in terms of today to solve the problems of today. It uses everything we have in science, but from a Biblical perspective... and the Bible and science are not in contradiction...not if you look with spiritual eyes.

A FINAL WORD: THE KEY TO CHANGE AND DEVELOPING THE FRUITS OF THE HOLY SPIRIT

2 Corinthians 3 v 16 – 18: *"¹⁶But whenever a person turns [in repentance] to the Lord, the veil is stripped off and taken away. ¹⁷Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty (emancipation from bondage, freedom). ¹⁸And all of us, as with unveiled face, [because we] continued to behold [in the Word of God] as in a mirror the glory of the Lord, are constantly being transformed into His very own image in ever increasing splendor and from one degree of glory to another; [for this comes] from the Lord [Who is] the Spirit."*

The ultimate purpose of the life of every Christian is to become like Jesus – the Bible says from glory to glory we are being changed into His image. After salvation, we need to go through the process of sanctification where we allow the Holy Spirit to work out of us our carnal, sinful, worldly traits and to work into us the character and mind of Christ.

Galatians 5 v 22 – 23: *"²²But the fruit of the [Holy] Spirit [the work which His Presence within accomplishes] is love, joy (gladness), peace, patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness, ²³gentleness (meekness, humility), self control (self restraint, continence). Against such things there is no law [that can bring a charge]."*

The Bible says that the work that His Presence will accomplish within you is the fruits of the Holy Spirit. The nine fruits of the Holy Spirit are characteristics of God's incredible nature and as a work of the Holy Spirit it should become part of our nature and character!

Although the ultimate purpose of sanctification and developing the fruits of the Holy Spirit is to become like Jesus, a by-product or side benefit is healing; the fruits of the Holy Spirit protect us from the toxic mindsets that cause diseases! So we want to change and develop the fruits of the Spirit! But how? Well, Jesus said that the only way you are going to see the fruit of the Holy Spirit manifested in your life is by abiding in the Vine – that means spending time in His Presence in intimate fellowship with Him.

John 15 v 4 – 5 & 7: “⁴Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. ⁵I am the Vine; you are the branches. Whoever lives in Me and I in Him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing. ⁷If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you.”

Spending time with the Lord in His Presence on a daily basis is a vital necessity to bringing about change and developing the fruits of the Holy Spirit. If you try to renew your mind or apply God's principles of nutrition explained in part 2 of this book or bring about any positive change in your life without spending time in His Presence, you are doing it in your own strength and it won't work – you will fail and just end up defeated, discouraged and frustrated.

Philippians 2 v 12 – 13: “¹²...work out (cultivate, carry out to the goal, and fully complete) your own salvation with reverence and awe and trembling (self-distrust, with serious caution, tenderness of conscience, watchfulness against temptation, timidly shrinking from whatever might offend God and discredit the name of Christ). ¹³[Not in your own strength] for it is God Who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight.”

The worst mistake you can make after hearing this teaching is to see the truth in it, get excited about it and go off on a mission to change yourself... you cannot change yourself! The only One who can change you is the Lord through His Holy Spirit! Notice in 2 Corinthians 3 v 16 – 18, it says that the change that takes us from glory to glory “...comes from the Lord who is the Spirit.” Philippians 2 v 12 warns us to work out our own salvation (which means to go through the process of sanctification) but then verse 13 says – not in your own strength! It is God who brings about the change! But...the change only happens in His presence! Galatians 5 v 22 says that **the work that His Presence will accomplish within you** is the fruits of the Holy Spirit. Jesus said the only way you will bear the fruit is by staying vitally united the Vine!

So the correct way to respond to all this when you see the need for change in your life is to spend time with God because in His presence and His Word is where the change happens! The best way I can explain this is to compare it with a farmer who plants maize in his field. What he does is he plants the seed in the soil and then regularly irrigates the seed with water...and then a miracle happens whereby that seed grows into a plant and bears fruit! He doesn't go and perform micro-surgery on that seed everyday and try and change it and build it himself into a plant – it just happens as a miracle of God's creation! The same applies to our journey of sanctification and change. You cannot use your will power to change yourself, but you can use your will power to discipline yourself to spend time in God's presence (that is equivalent to putting the seed in the soil where change can happen) and then regularly watering the seed is equivalent to the washing of the water of the Word – in other words renewing your mind by meditating on the Word every day. And as you spend time in God's presence and in the Word, a miracle happens whereby you suddenly notice that your thinking and behavior is changing!... you are becoming more like Him and you see the fruit of the Holy Spirit manifesting in your life...and at the same time as the fruits of the Holy Spirit eradicate fear, guilt and shame and all the toxic mindsets that spring from that...healing begins.

REFERENCE: The knowledge shared in part 5 of this book comes from the teaching of Dr Frans Cronje who heads the ministry of Henry Wright “Be in Health” in South Africa.

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