HEALING begins with SANCTIFICATION of the HEART

In the latest cutting edge medical research, 87-95% of all diseases have been traced back to what goes on in our thought life!

NO DISEASE IS INCURABLE

Sample

DrMKStrydom

2nd EDITION
Disclaimer

This book is intended for your general knowledge only to give valuable insight into disease from both a medical and Biblical perspective. It is not a substitute for a consultation and proper care by a medical doctor and should not be used as a tool to make a diagnosis. You must seek prompt medical attention for any health problems.

I do not seek to be in conflict with any medical or psychiatric practices, pharmaceutical companies or church. My intention is to help them be more effective.

I am not responsible for your disease and I am not responsible for your healing. All that I can do is serve you by sowing seeds of knowledge in your heart and it is God Who brings the increase. 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.

There is no guarantee that any person will be healed or that any disease will be prevented. 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 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.

The teaching in this book 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 said thousands of years ago.

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 a medical journal.

This book is the second 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. This material, including a DVD series of this teaching called “No Disease Is Incurable” is available at Revival Centre Ministries, Galway Rd, Famona, Bulawayo, Zimbabwe. Telephone (263-9) 880119/880120, email: revival@netconnect.co.zw

If the knowledge and insight in this book has been of value to you, please send us your testimonies (if possible combined with any documented medical reports confirming healing) to the above email address. We will use your story to encourage others.

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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 physically. 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.

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.

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 control and determine who we are and what we become. 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.

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

Many people have also been mislead 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!

Intelect 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 used...
to grow new branches to hold the information from your thoughts – this process is called protein synthe
sis.

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 awe
some. 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.

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 3 MILLION YEARS!! 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 is looks like a forest of trees. 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 alot of branches.

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.
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.

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.

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.

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.

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.

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. 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.

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”.

HEALING BEGINS WITH THE SANCTIFICATION OF THE HEART
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.

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.”
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. 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.

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 outburst 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

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. 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]...

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. 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.

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. 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.

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. 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. 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". 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. 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! The mini-brain of the heart literally functions like a conscience. 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:

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. 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. “[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.

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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.
“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:

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
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.

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 neurotransmitters ¹⁵! 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.

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 Adrenocorticotropic 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.

**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. 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.

**Stress becomes harmful when you are in stage 1 for too long or when it is triggered by a negative, toxic thought.**
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 of 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.

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. 

Luke 21 v 26: "In the last days men's hearts shall fail them because of fear." (King James Version) 

Your heart is very sensitive to your thought life and emotions. 

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. 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.
Dealing with Disease

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.

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.  

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.  

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.
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.

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.

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 getting 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. 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. 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. 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 deadline 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.

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 isle.

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.

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.

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.

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 give you what you deserved. 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.

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.

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.

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.
Dealing with Disease

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.

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 Pages x to x). 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 unfailing 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, [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:

1Now 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... 4And Moses said to Korah, Hear, I pray you, you sons of Levi... 5you and all your company are gathered together against the Lord. And Aaron, what is he that you murmur against him? 6Then 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. 7And the Lord said to Moses and Aaron, 8Separate yourselves from among this congregation, that I may consume them in a moment. 9And 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? 10And the Lord said to Moses, 11Say to the congregation, Get away from around the tents of Korah, Dathan and Abiram. 12Then Moses rose up and went to Dathan and Abiram, and the elders of Israel followed him. 13And 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. 14So 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. 15And 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: 16If 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. 17But 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! 18As soon as he stopped speaking, the ground under the offenders split apart 19And the earth opened its mouth and swallowed them and their households and [Korah and] all [his] men and all their possessions. 20They 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. 21And fire came forth from the Lord and devoured the 250 men... 22these men sinned against themselves and at the cost of their own lives..."

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.
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.

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 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 “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 life.
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.
Allergies

• You need to first read through the chapter “How Long Term Fear, Anxiety and Stress Affects the Body” on page 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.

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). 

HEALING BEGINS WITH THE SANCTIFICATION OF THE HEART
Dealing with Disease

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 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 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 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 IgE 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.

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 like 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 breathe.
- 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 paracetemol 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 IgE 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 IgE antibodies. The inflammation is not caused by IgE 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 breathe). 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 who had 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, 2 Through the hypocrisy and pretensions of liars whose consciences are seared (cauterized), 3 Who 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. 4 For everything God has created is good, and nothing is to be thrown away or refused if it is received with thanksgiving. 5 For 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 – go and renew your mind and be set free in Jesus Name!
The purpose of this book is to take the mystery out of disease. Dr Strydom explains in simple language why you have a disease, how it developed and what it is going to take to get well.

In reading this book you will experience a new frontier in medicine as Dr Strydom takes 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.

This book takes you into the foundation of all diseases, as you are given insight into the spiritual, psychological and physical mechanisms that produce disease. You will see how your thoughts and the things that you meditate on long term cause biological manifestation in the form of disease.

This information will also benefit those who do not have an illness at the moment because the same principles that apply in your life that bring healing are the same principles that if you apply them now will prevent disease. God's perfect will is actually not healing His perfect will is that you don't get sick.

If you want to defeat incurable disease – this would be a good time to pay attention as you are shown disease in science and the Bible like you have never seen before. This knowledge and insight is exploding globally as doctors all over the world are tapping into these principles. It is revolutionising people's thinking about disease worldwide. The success in seeing people healed through application of these principles is second to none. Thousands of people who were on death's doorstep with devastating so called “incurable disease” and who were writing off by doctors are completely well today because of this teaching.

To those who have been given a “death sentence” in terms of a serious medical diagnosis – there is hope! No disease is incurable! That is a very realistic statement and during the course of the book you are going to read why.

Dr. Strydom is a Zimbabwean who trained and qualified as a medical doctor in South Africa. Her intention is to practice medicine for the glory of God and her passion is to see God’s people healed and set free of all their diseases. She serves under the covering of Pastor Wayne Nel and Revival Centre Ministries which is a trans-denominational church that believes that, God is still on the throne. The Lord Jesus is still the Word that came in the flesh, and the Holy Spirit is still on the earth today – One Faith, One Lord, and One Baptism, until we come into the unity of faith (Ephesians 4v 5&13)

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