

Fall/Winter 2007

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**Teenagers as young as 15 are now at risk for developing heart disease.
More and more young people are getting heart disease at younger and younger ages.**

Heart Disease is the leading cause of death in America - killing more Americans than all cancers combined. **Will it kill you?**

In spite of all the medical advances and huge costs for health care, **we are experiencing an epidemic that will kill more than half our US population! Heart disease is the number one killer in America!** So what's being done to prevent it? Not much.

What are the medical/pharmaceutical industries doing to **stop this epidemic?** What good is it to wait until someone has a **heart attack** when it can be prevented? What really *causes heart disease*? Is there a non-surgical cure for heart disease?

We are now raising the first generation of Americans who can not expect to live longer than their parents.

After 25 years of performing more than 5,000 open heart bypass operations, Dr Dwight Lundell, a Yale graduate, now says *surgery and drugs* are NOT the answer to ending this epidemic. Although he's a heart surgeon, who studied and trained with some of the best doctors in the world, Dr Dwight Lundell says the current approach of treating *arteries as pipes* is wrong. Heart arteries are *living, dynamic and biochemical* systems that can be healed. Yet we're using **mechanical solutions** to treat **biological problems**. *What's wrong with this picture?*

Dr Lundell, author of *The Cure for Heart Disease**, was one of the first surgeons in the world (25 years ago) to operate on a beating heart. He was an innovative leader then, and he's an *innovative leader now* leading the medical profession into saving millions of lives. Dr Lundell said, "As I looked at the patient on the operating table before opening his chest to perform bypass heart surgery, I would think this man should *not be on the table*. He's in the prime of life and he's got none of the risk factors; his cholesterol was OK, he didn't smoke, wasn't obese, but he did have the one condition in his arteries that was in every one of the patients arteries that I operated on. It's *inflammation*." *To learn more order programs 1014/ 1015 The Cure for Heat Disease* *To order Dr Lundell's book call 888 890-cure (2873)

In the 1800's, Americans ate lots of beef, eggs, butter, cheese, lard and cream yet heart disease was virtually unknown. So what happened? *What are we doing to bring on this epidemic?* Renowned physician and author, Dr Julian Whitaker, whose institute has treated over 40,000 patients, says medical doctors are not taught about the benefits of prevention through nutrition but just treatment through *surgery and drugs*. Dr Whitaker and his colleagues founded the natural healing movement over 25 years ago. There are thousands of articles on the benefits of Omega 3, so why do doctors rarely mention it to their patients? Could it be that money makes the medical and pharmaceutical industries prefer to treat sicknesses *instead of preventing sickness*? 1014/ 1015 *The Cure for Heat Disease*

In spite of all the ads for drugs to lower cholesterol, less than half the people who have a heart attack have elevated cholesterol! *80% have normal cholesterol*. Is there something other than

cholesterol that's causing all these heart attacks? We recommend **Dr Whitaker's excellent book, *Reversing Heart Disease – A Vital New Program to Help Prevent, Treat, and Eliminate Cardiac Problems Without Surgery***. Call 800 488 1500 x 786.

*How would you feel if the new school in your neighborhood turned out to be a **Muslim** school?*
Opening a Mosque or Islamic school means **they are claiming that area for ALLAH!**

It's ironic that in *the very city* that Muslim terrorists hijacked the planes and flew them into the towers on 9/11 is where taxpayers will be funding a totally Muslim school. Muslims see this as a victory but naïve educators say it's **just to teach Arab culture**. But it's virtually impossible to separate Arab culture from Islam. So how can this *Islamic public school, the Khalil Gibran Academy*, teach Islamic culture without **promoting Islam**? How can tax dollars fund a school that's *overtly Muslim* yet continue to refuse any mention of *anything Christian* in other public schools? **Islamic terror is linked to Islam not Christianity**. Chief Counsel **Richard Thompson**, of the *Thomas More Law Center*, warns us we are opening this country up to Islamic terrorism like we've never seen in *our history* by allowing a completely Muslim school, with radical Muslims on the board, and forcing taxpayers to pay for it. Some people have a pre 9/11 mentality. **Are Schools Promoting Islam?**

Columbia University welcomed Iran's "Hitler" -Mahmoud Ahmadinejad, President of Iran, to speak on campus. This is the despot who is behind the killing of many of our American soldiers in Iraq. Yet Columbia refuses to allow ROTC on campus because the military discriminates against homosexuals. Yet the dictator *kills homosexuals* in Iran, and he is a *welcomed speaker* at Columbia.

- A school district in Oak Lawn Illinois **has banned Christmas** – due to one complaint from a **Muslim** parent. Yet Muslim students are reportedly allowed to **pray in school**. But thanks to groups like the ACLU *freedom of religion* has been twisted to mean **freedom to exclude Christianity**.
- The University of Michigan is considering providing Muslim students with a \$25,000 "foot washing bath" so Muslim students can wash their feet before they pray 5 times a day.
- We give Muslim students freedoms they would **never give Christians** or Jews in their Islamic countries. So the question is- will they *defend this country or destroy it*?
- A Poway San Diego teacher, who had displayed historic documents for 25 years in his classroom, has been ordered to remove them because they included the words "under God" or "Creator" in them and that promoted a Judeo Christian viewpoint.
- Another San Diego school allowed Muslim students to be given one hour a day (from 1 pm to 2 pm) in a reserved room to have Muslim prayers and chants, but Christians weren't allowed the same privilege.
- Students in Boulder, some of whom are members of the *Student Worker Club*, walked out of class during the Pledge of Allegiance, in protest of the pledge of allegiance since it mentions **God**, and instead they recited their own rendition of the pledge, which omits God and references "diversity" and "choice." One student remarked, "It's almost religious oppression." I suppose these little socialists would like to run the *Declaration of Independence* through the shredder for daring to suggest that our rights come from our **Creator**, but I suspect few of them have ever heard of it, much less actually experienced oppression of any kind. *American Values* -Gary Bauer 10/2

What are *the two most widely held misconceptions about Islam* in America? **Victoria Saleem**, wife of former PLO Muslim terrorist - **Kamal Saleem**, says that **the two myths** Americans have about Islam is: (1) that it's a *religion of peace* and, (2) that *Allah* is the same as the real *God of the Bible*.

- “At a special White House dinner for Muslim leaders *celebrating Ramadan* President Bush praised, and even suggested *we all worship Allah*. “I believe that all the world, whether they be Muslim, Christian or any other religion, *prays to the same God*. I believe *Islam is a great religion that preaches peace*” Peace?
- “Militant Muslims believe peace cannot be attained until *Islam dominates the globe*. Investigators recently uncovered documents revealing many founders of the major Muslim groups in the US were involved in a secret plot to take over the US by *using our religious and political freedoms against us*. They view our system of government and our and our way of life, an *abomination to Allah*. They’ve devised schemes to sabotage our “miserable house” from within and dismantle it *piece by piece*.” **Ignorance and blind tolerance** only make it easier for Islamists to conquer this nation from within.” Investors Business Daily 10/15/7

The god of Muslims is not the same **God of the Bible**. **Allah** is the *moon god*, an idol, created by **Satan**. **Kamal Saleem** should know! He was a PLO **Muslim** terrorist who was trained to kill infidels, *Christians and Jews*, because that is what *Islam teaches*. If *Allah* is the same god as the GOD of the Bible, why would he want to kill *his own chosen people, the Jews*, and the *followers of the Son of God*? *There’s no other religion that teaches its’ followers to kill unbelievers, even innocent little children*.

Mohammed was a **taker** of life. Jesus, the *Prince of Peace* is a GIVER of life. Mohammed said, “Convert or **DIE!**” Jesus says, “Believe and **LIVE.**” Mohammed wants your son to die for him. God **gave His Son** to die for you so that you can live with Him forever. John 3:16

People become like the gods they *worship*. **Kamal Saleem** went from an angry, full-of-hate Muslim terrorist, to *become Christ-like*, in humility, love, and peace. **Christ Overcomes Terrorism** part 1 & 2

American universities are breeding grounds for recruiting students into Islam! **Kamal Saleem** went on his first mission to Israel **at age 7**. Kamal Saleem came to this country to recruit students into Islam, at their schools, with the ultimate goal of *turning them into Jihad fighters*. He tells of the current Muslim strategy for CONQUEST of this country. The next attack will make 9/11 look like it was merely a *preview of coming attractions*. Yet amazingly, Kamal was miraculously converted by a *supernatural experience* with Christ, which he *vividly describes*.

What caused this Muslim terrorist to become a Christian?

Kamal Saleem had a serious car accident and received such love and care from Christians that he began to question his mission. He turned to Allah and shouted, “Where are you? Speak to me.” But Allah was silent. Then he turned to Christ and Christ supernaturally appeared to him. How could anything other than an authentic experience with the Risen Christ explain the complete transformation of this hardened Muslim terrorist? Kamal has become such a *fearless* and zealous Christian that he *goes into Mosques* to convert **Muslims to Christ IN THEIR MOSQUES!** He tells of his confrontations with Imams inside the Mosques but he still prays with Muslims to receive Christ. **Christ Overcomes Terrorism** part 1 & 2 1022-1023

A recent Fox News poll asked an odd question, and the results *were shocking*. The question was: “Do you personally think the world would be better off if the United States *loses the war in Iraq*?” Amazingly, **20% of Democrats** answered “Yes.” It’s one thing to want an *end to the war* but it’s something totally different to want your country to suffer a humiliating **defeat** at the hands of a ruthless enemy that decapitates infidels, *murders innocent schoolchildren*, and turns *children into homicide bombers*. How is it *so many* Americans are so confused about *this enemy*? Or are they confused about *America*? Gary Bauer’s *End of Day* 10/10/7

PS: It’s not far from *wanting us to lose the war to helping our enemy*. That used to be called “**treason.**”

The Greatest Commandment # 1024

What is the GREATEST COMMANDMENT? How do Christians miss this when it comes to educating children? Jesus said the *greatest commandment* was to love the Lord your God with all your heart, soul and mind. This obviously means a *Christian* education. *What else could it mean?*

Laura Castillo, a well researched home schooling mother of three, discusses the moral degradation in public school and the joys of home schooling. She says sending Christian kids to public school as “salt and light” is *not* Biblical and in fact, contradicts scripture. The objective of a public school education is to *conform children to the world*. From humanist *literature to evolution to sex ed.*, it’s all about learning things from a worldly, anti-Christian, perspective. Yet scripture plainly states: **“Do not conform** to this world but be **transformed** by the renewing of your mind...” Ro 12:2 Also, “Blessed is the man who does not walk in the counsel of the wicked or sit in the seat of mockers. But...meditates *day and night* on His Law.” Ps 1:1-2 How can a student in public school mediate on scripture day and night? He can’t. But he *can* if he is *home schooled*.

What does it benefit a person to get a good education yet lose his soul? Some well-meaning Christians say they send their kids to public school to be “**salt & light**”, as Christian witnesses. But Barna reports that less than 4% of ‘born-again’ teens have a Biblical worldview, so how can they be a witness at all?

- ***GOD destroyed pagan nations for homosexuality! God severely punished his own people*** when they turned to **FALSE gods and idols**. *We are doing both- flagrantly*. It’s “in your face” to GOD Almighty
-
1. The California legislature passed a bill redefining marriage as the union of “**any two persons**.” In other words, **a man and a man or two women**. At homosexual “pride” parades *police stand by while laws against indecent exposure are violated and children are exposed to pornography and perverse behavior – all under the guise of “tolerance.”* But “tolerance” only goes one way. A pastor in Sweden was put in jail for preaching on marriage. A new hate-speech law in Britain could send people to jail for **seven years** for “stirring up hatred **against homosexuals**.” ***How long before “hate speech” laws are enacted here? What happens in California spreads to other states:***
2. ***“I’m sickened, saddened and angry*** to report that Gov. Arnold Schwarzenegger has signed four horrible anti-family bills into LAW that REQUIRE all schools to positively portray homosexuality to children as young as kindergarten. ***Schwarzenegger has delivered young children into the hands of those who will mentally molest them in their classrooms and textbooks! Banned are the words “mom and dad,” “husband and wife.” This means, private and home schools will be the only sanctuary for parents who love their children and want to protect them from public schools, which –as now required by law - will sexually indoctrinate them beginning in kindergarten.*** Schwarzenegger vetoed these bills last year when he was running for reelection.” Randy Thomasson –*Campaign for Children & Families*

The US Supreme Court today declined to consider an evangelical group's plea to hold religious services in a public library. The 9th U.S. Circuit Court of Appeals had ruled that public libraries can block religious groups from worshipping in public meeting rooms, because according to the 9th Circuit '**mere worship**' is **not protected speech**. THIS IS SHOCKING. Wake up Christians! Your **freedoms are being stolen!**

The Natural Family 1019

What’s the long term significance of courts ruling that two men can marry and adopt children? If courts already allow for homosexual adoption *how can they stop “legitimizing” it with homosexual marriage? Do you realize the significance of this?* Just as socialism and communism require primary allegiance to the state, our form of government needs allegiance to *family and God*.

- ***Hitler prohibited home schooling***. He wrote, ***“Who controls the youth, controls the future.”***

- In 1918, the Communists in the USSR wrote, “We must remove children from the crude influence of families. They must be nationalized in Communist schools where they’ll grow up to be real communists.”

State controlled education leads to control over the hearts and minds of the youth. For socialism or communism to succeed, it needs to **take control away from families**. It has been said, “A country is no freer and a society no stronger than the families that comprise it.” **Dr Alan Carlson**, a leading authority on the family who has served as a distinguished fellow at the *Family Research Council* and is the author of *The Natural Family – A Manifesto*, explains why the natural family is vital to our continued survival. He says, “Those who should have defended marriage were asleep when the full scale assault began in the 1960’s. The term ‘family values’ has become an empty political slogan misused by pro-abortion, pro-homosexual groups who have no idea what family is all about.”

Family First 1011

Textbook publishers are removing the words “mother,” “father,” “husband,” “wife...” since those words reflect a negative bias against homosexual partners. *Why are more teens moving away from Christianity than ever before?* What role are public schools having on the **wholesale rejection of the Christian faith?** Isn’t it time for Christians to consider home schooling? How can Christian children get a Christian world view if they’re only taught a secular worldview? How can parents raise children who “walk with God?” **Dr Voddie Baucham** went from the ghetto to college football player to a popular conference speaker, pastor and author of *Family Driven Faith-Doing What It Takes*

Achieving Real Success 1020

How can you achieve **excellence** in athletics and academics? What qualities are there in the greatest champions, like Tiger Woods and Cynthia Rowland that enabled them to become the best despite the pressure? How can failure become a learning opportunity? To be a success means finding a higher purpose. **Dr Paul Meier**, nationally recognized radio host, psychiatrist and founder of the Meier Clinics, the author of more than 70 books including *Winning is a Choice*, gives some very poignant stories of people who *overcome failure and became successful*, not just this life, but forever.

The Abundant Life 1021

How could your life become more meaningful, abundant and joyful? **Dr Paul Meier**, psychiatrist and author of *Winning is A Choice*, tells how sacrifice, *patience and practice* enable ordinary people to reach **extraordinary** goals. **Pastor Dale Burke** of EV Free of Fullerton, author of *Take Back Your Life: 10 Choices to Give You More Time, More Energy, and Better Relationships* says, “To move up in life we must climb DOWN the ladder of success.” “The urgent is **seldom important** and the **important is seldom urgent.**” “Serve your way to success.” “Make God and other people your priority.”

The Most Important Issue 1010

What is the most important issue facing our nation? Is it the war on terrorism? Global warming? Health care? The federal deficit? The moral bankruptcy of our nation? No! The most important issue is over what *America’s school children are learning*. That will affect **all other issues**. Most people are unaware of the **profound impact schools** are having in changing this nation. The reason we’re losing the cultural war is because we’re fighting the *symptoms, not the cause*. Amazingly, the majority of Christians will voluntarily turn their precious children over to a PAGAN system

designed to change their basic beliefs and values naively thinking they will just learn academics.
SURPRISE!

“There are a thousand hacking at the **branches of evil** to one who is striking at the **root**.” Henry David Thoreau.

Barry Wright described what was being taught to his daughter in his local school. It can be summarized as ABC (Anything But Christian.) **Pastor Ed Gandy** uncovered what was being taught in his public schools. Children are being taught to parrot the homosexual agenda etc. So he confronted the public school teachers who attended his church. Yes the NEA has a massive drive to promote homosexuality. Yes evolution is taught as a fact. Yes the literature is vulgar. Yes children are given drugs like Ritalin to control their behavior... At first the teachers were *defensive and angry* but later admitted it was true. His church ended up building a Christian school with some of the very same teachers teaching a Christian worldview there instead of humanism in the public school.

It's a wonder schools have time for academics considering the homosexual agenda in many schools:

- **October:** “Coming Out” Day :Children are encouraged to publicly declare they are homosexuals or at least bisexuals.
- **October:** Gay and Lesbian **History Month**-- Did you know that Abraham Lincoln was “gay”? Neither did he. How about Sir Francis Bacon, Michelangelo, King David and Jonathan? Or Joan of Arc? This is the kind of mythology your child will learn if their school observes “gay” history month. Call the school—and ask for a Christian history month. Or better yet pull your kids out and home school them.
- **November:** “Transgender” *Day of Remembrance* – When kids consider **changing genders**.
- **November:** Mix-It-Up at Lunch Day;- To get kids to interact outside their own clique. But its’ **become another pro-homosexual** day. A homosexual high school club sponsored a lunch table *and no alternate viewpoint was tolerated*. A parent who tried to distribute literature from an ex-homosexual group was told to leave the school by the principal.
- **January:** Martin Luther King Day. Did you think this day was only about race relations? Well, think again because the “gay” lobby has highjacked this to make it include acceptance of homosexuality.
- **January:** “No Name-Calling Week” This “anti-bullying” push sounds fine, until you find out that it includes *approving of homosexuality* as a “cure” for school bullying! Why not have equal time devoted to tolerating Christians and treating Christian beliefs with respect, without bigotry and name-calling?
- **April:** “Day of Silence” a day to supposedly protest intolerance of homosexuality is really just propaganda and misinformation. Schools should not get away with this nonsense.

Don't Waste Your Child's Mind 1016

How important is a *good education* for success in life? How expensive is a *free* education if it costs you your child's mind? **Joel Turtel** tells how a huge experiment in teaching reading resulted in a colossal reading failure that crippled millions of children's ability to learn. Have public schools become anti-Christian and anti-American? Sex education is taught without morals or values because that's considered “religious.” Joel is an education policy analyst and author of *Public Schools, Public Menace*. He discusses some low cost high quality alternative educational systems.

The Eagle 1017

The majestic eagle is a symbol of strength and freedom. Just as opposing winds cause an eagle to soar higher so *adversity* strengthens Godly people. So when adversity comes your way, don't let it get you down. Let it **push you up** as you draw closer to God. Inspirational high school assembly speaker, **Gary Horton**, says the powerful, strong, father eagle is there waiting to catch the little

eaglet as he tries to fly *just as God is there* to catch us when we fall. **Mary Whelchel**, author of *Soaring on - High Spiritual Insights from The Life of An Eagle*, makes wonderful parallels between the eagle and Christians. This is one of the *most popular programs* we've EVER made in *20 years!*

Pre-Flood People part 1 1012

Have scientists discovered a new species of humans or are these the bones of people who lived before the flood? **Dr Jack Cuzzo**, author of *Buried Alive- The Starting Truth About Neanderthal Man*, went into the back rooms of the great museums of Europe to X-ray the original bones for the supposed *proof of evolution*. What he discovered almost cost him and his family their lives. But when he returned home, evolutionists and the media *censored* his findings. **Dennis Petersen**, author of *Unlocking the Mysteries of Creation* says early man was more advanced and not simply a *brute caveman*.

Pre-Flood People part 2 1013

The Bible says Noah lived for 950 years! Adam 930 years! Did they really live this long? Is there any proof for it? Since the head and face continue to grow, what would these people who lived 900+ years look like? **Dr Jack Cuzzo** tells of computer extrapolations of what we would look like if we lived 900+ years. It would be very much like the Neanderthals. The bones of a Neanderthal look much thicker and bigger than ours. We look scrawny next to their huge rib cage and larger heads. What happened to human longevity? Why are creationist discoveries being silenced and censored?

Insights into ADHD 1025

ADHD has become an epidemic among school children. But is ADHD, attention deficit hyperactive disease, a real disease with a real chemical *imbalance* in the brain or is it simply a behavior problem? What's a parent to do with a child who is *bouncing off the walls*? What's wrong with Ritalin if it helps children focus their attention and do better in school? How safe and effective are drugs for ADHD? **Dr Fred Baughman**, neurologist for 35 years and a medical/legal expert on ADHD, is the author of the *ADHD Fraud-How Psychiatry Makes " Patients" Out of Normal Children*.

WAYS TO REDUCE STRESS

Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice. **Pray more - worry less**. Go to bed on time. Simplify and **un-clutter your life**. As Dale Burke says, "Less is more. Do less and get more done with better quality." Allow extra time to do things and to get to places. Spread out big projects over time; don't lump the hard things all together. **Take one step at a time. One day at a time**. Consciously let go of any and all anxiety. Turn your problems over to the Lord. If you can't do anything about a situation, forget it. If you can't change your circumstances, change the way you think about them, ok?

Live within your budget. Do something for the **kid** inside you -everyday. Carry a Bible with you to read while waiting in line. Get enough rest. **Eat right. Get organized** so everything has its place. Listen to a CD while driving. That can help uplift your attitude to a higher altitude. Write down your thoughts and inspirations. Find time to be alone with the Lord. Having problems? Talk to God on the spot. Make more friends with Godly people. Keep a folder of favorite scriptures on hand. Remember that the shortest bridge between despair and hope is often a **good "Thank you Jesus."**

Laugh more. Laugh **out loud**. Don't take yourself so seriously. Learn to laugh at yourself. Forgive yourself and develop a forgiving attitude toward others. Be **kind to unkind** people (they probably need it the most). **Talk less; listen more**. Slow down. S-l-o-w WAY d-o-w-n. Unwind. Relax. Remind yourself that you are not *the general manager of the universe*. Every night before bed, think of **one thing** you're especially grateful for that you've never been grateful for before. GOD HAS A WAY OF TURNING THINGS AROUND

FOR YOU. "If God is for us, who can be against us?" (Ro 8:31) **If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old. DO NOT BE ANXIOUS ABOUT ANYTHING! In the midst of trouble God has promised to be *with us* and *help us!***

When we went to the *Whitaker Wellness Institute* for my heart condition, the doctor told me to get a copy of *How To Stop Worrying and Start Living; Time Tested Methods for Conquering Worry* by Dale Carnegie. To order, call **(800) 488 1500x 786**. Here is one of the most fascinating stories in Carnegie's book:

Earl Haney said "I was so worried that ulcers began eating the lining of my stomach. One night, I had a terrible hemorrhage and was rushed to the hospital. My weight dropped from 175 pounds to 90 pounds. Three doctors, including a celebrated ulcer specialist, said my case was 'incurable.' A nurse put a rubber tube down into my stomach *every night and morning* and pumped out the contents. This went on for months. Finally, I said to myself "'Look Earl, if you have nothing to look forward to except a **lingering death**, you might as well make the most of the little time you have left. You have always wanted to travel around the world before you die; so if you are ever going to do it, *you'll have to do it now.*"

When I told my physicians I was going to travel around the world and pump out my own stomach twice a day, they were **shocked. Impossible!** They had never heard of such a thing. They warned me that if I started around the world, I would be **buried at sea**. "No, I won't, I replied. I have promised my relatives that I'll be buried in the family plot in Nebraska. So I am going to **take my casket with me.**"

I arranged for a casket, put it **aboard ship**, and then made arrangements with the steamship company – in the event of my death- to *put my corpse in a freezing compartment* and keep it there till the liner returned home. I set out on my trip. The moment I boarded the SS President Adams in LA and headed for the Orient, I felt better. I gradually gave up my alkaline powders and my stomach pump. I was soon eating all kinds of foods – even *strange native mixtures* and concoctions that were guaranteed to kill me.

As the weeks went by, I even smoked long, black cigars and drank highballs. I enjoyed myself more than I had in years! We ran into monsoons and typhoons which *should have put me in my casket*, if only from fright – but I got an enormous kick out of all this adventure. I played games aboard the ship, sang songs, made new friends, stayed up half the night. When we reached China and India, I realized that the business cares that I had faced back home were paradise compared to the poverty and hunger in the Orient. I stopped all my senseless worrying and felt fine. When I got back to America I had gained ninety pounds and I had almost forgotten I had ever had a stomach ulcer. I had never felt better in my life. I went back to business and haven't been ill a day since.

Earl Haney asked himself, "What's the worst thing that could happen to me? Death? I am prepared to die. If I had gone on worrying after boarding that ship, I have no doubt that I would have made the return voyage **inside my coffin. But I relaxed and forgot all my troubles.** And this calmness of mind gave me a new burst of energy which actually saved my life." (What a great story!)

So when you have a problem ask yourself, "What is the **worst** that can possibly happen?" Then prepare to accept that *if you have to*. It's important that you accept it **then move on**, calmly proceeding to improve on the worst. Things can only **get better** – especially **your attitude** and YOUR FAITH in God. Seventy per cent of all patients could be cured if they only **got over their fears and worries**. The illnesses are REAL but many times **fear and worry** are the basis of them.

"You don't get stomach ulcers *from what you eat*. You get ulcers from **what is eating you.**" We can destroy our bodies and minds by **anxiety, frustration, hatred, and fear**. But the solution is FAITH. **Trust in God** is the **opposite of worry**. You **can't worry** and have *faith in God* at the same time, right? If you're worried, you're not having faith in God. *How do you get more faith?* Faith comes from knowing more about God from His Word – the Bible. (Ro 10:17) Try it. It really works!