

Change Your Thinking

"A cheerful heart is good medicine, but a crushed spirit dries up the bones." Proverbs 17:22

Stress, anger, resentment, a desire to "get even" -- these are all negative emotions that can wreak havoc on the body. Some of the conditions associated with such negativity include heart attacks, strokes and nervous disorders. But the list certainly does not stop there.

If you don't get your thinking squared away first, you might as well not even bother. The most common responses we hear from people is "I don't like that," "I could never give that up!" or "that's too much trouble." These people would rather suffer with their problems than do anything about them. If that's you, nobody is going to twist your arm. It's your body; your choice. No one is going to force you to do anything you don't want to do. It's all about motivation. If you want to be healthy, you will do the things that move you in that direction. If it isn't a high priority for you, you'll probably continue doing what you've always done and have the health you have now, or worse. It's as simple as that. I remember my mother telling me that most of the things in life that are really worthwhile don't come easily. You know what? She was right.

It's usually not until people are diagnosed with a serious disease like lung cancer or emphysema that they are motivated enough to give up smoking (or whatever habit it is that got them that way), and some don't even then. We've all heard of seriously ill people who continue their habits. I remember one individual who was battling lung cancer, but yet continued to smoke through a tube in her throat. When I toured the cancer clinics in Mexico last year, I learned that most of the people who were there only went there after orthodox medicine had failed them. In other words, as a last resort. Many of them still completely recovered, even though they had been sent home to die, but usually there is greater success with those people who have not subjected their bodies to the additional poisons of radiation and chemotherapy. Any disease can be healed. But changes in lifestyle must be made.

I learned a long time ago that I could make up my mind to like just about anything. But then again, I have never been a picky person, and I am always amazed at how narrow many people around me are in their thinking. It's all in one's mental attitude and outlook. A person can do just about anything, once he's made up his mind that he is going to do it no matter what. As a matter of fact, when doctors (the real quacks) tell them they have three or six months to live, they frequently die right on schedule. Why? Because they believed that was what was supposed to happen. Yet others who were told the same thing but refused to believe it (the fighters) went on to live many years after their "deadline" (no pun intended). If you'd like to read an interesting book written by an M.D. (a surgeon) who knows about these things, beg, borrow or buy a copy of *Peace, Love & Healing* by Bernie S. Siegel, M.D. You'll be glad you did. Set your goals high, but not out of reach. If you don't make them the first time, try again. As they say, the only person who is a failure is the one who quits trying.

While we're on the subject of thoughts. . .

Did you know that whenever you have a thought, your brain creates a particular type of chemical? These chemicals are called **neuropeptides**.

The Bible teaches us about thoughts:

- Don't worry about what will happen tomorrow.
- Don't worry about your future.
- Don't let the sun go down on your anger.
- Love your fellow man.



Now we know *scientifically* why these things are important. It has been medically proven that the **immune cells** that keep you healthy and alive have neuropeptide **receptors** on them. What this means is that **your immune system is reacting to the thoughts that you have!**

Interestingly enough, the mental state of a person also plays an important role in their body pH. A study of some vegetarians has shown that even though their diet would normally make them alkaline, because of their negative thinking, their urine was acid! Repressed emotions, excessive anger and the stress of an excessive lifestyle can also increase acidity. Apparently, the term "acid thoughts" is not without significance!

What message are you sending to your immune system? I don't know about you, but that's good enough reason for me to carefully guard my thoughts, what I hear and see, who and what influences I am willing to allow into my life. Sometimes it may mean letting go of a friendship or maybe even a job change. It won't be accomplished over night, but it is certainly a goal worth striving for. One thing I do know for sure--if I don't monitor these things, my body will let me know when all is not well!