

Broken Heart Syndrome: A Real Killer

We've all heard tragic stories of elderly, long married couples who, when one spouse dies, the other "heartbroken" spouse dies soon after. But it's not just a sentimental idea—in fact, it is a real cardiovascular condition, new research shows.

A recent study published in the *British Medical Journal (BMJ)* revealed that the death of a partner is linked to a heightened risk of developing an irregular heartbeat (also known as atrial fibrillation) for up to a year afterward. This increases the risk of heart attack and heart failure.

Statistics showed that the bereaved partner had a 41 percent higher incidence of atrial fibrillation than those who hadn't experienced a loss and was greater when the death was unexpected.

But can you actually die from a broken heart?

"Definitely. There is a real disease called broken heart syndrome," notes North Carolina-based cardiologist Dr. Kevin Campbell.

"There is a heart-brain connection during acute stress such as death of a loved one that plays a role in this unusual but very tangible health threat."

About 6,230 people in the U.S. were hospitalized with broken heart syndrome in 2012, according to a recent study. Patients usually heal within a few days but complications can occur as well as fatalities, Campbell tells *Newsmax Health*.

The syndrome was first discovered by Japanese researchers 25 years ago. They named the condition Takotsubo's

cardiomyopathy. Takotsubo is a Japanese term which means "octopus trap," a reference to the ballooning shape of the heart during an attack that resembles the trap used by fishermen.

"You can also refer to this as stress-induced cardiomyopathy," Campbell explains. "This disease actually mimics the symptoms of a real heart attack. Researchers have long established a connection between mental health, anxiety, depression, emotional stress and heart disease."

Campbell notes that when we are under extreme stress, our bodies naturally release stress hormones such as adrenaline, norepinephrine and cortisol into the blood stream. These hormones were important for the survival of early man, initiating the "fight or flight" response by stimulating the nervous system. In response to stress hormones, our heart rate increases, our breathing increases, and blood is sent to the skeletal muscles in preparation for battle.

But in modern times, that mechanism places enormous stress on the heart that can be life threatening.

"When the body releases large amounts of stress hormones at times of extreme stress in our lives, patients with Takotsubo's experience crushing chest pain, shortness of breath and can experience changes in their heart rhythm, blood pressure and blood chemistry that are identical to those seen in the setting of a heart attack," says Campbell. "However those patients do not have the traditional blockages in the coronary arteries that are known to cause heart attacks."

But the heart does begin to pump poorly for a period of time. More women than men are affected. In fact, says Campbell, 90 percent of reported cases have been female and vast majority of these women have been post-menopausal.

Dr. Tracy Stevens, a cardiologist specializing in women's heart health and spokesperson for the American Heart

Association, tells *Newsmax Health* that while we don't know the exact reason why women fall victim to the syndrome more often than men, it may have a hormonal component.

"Women have estrogen in their heart and blood vessels and may process adrenalin differently than men," she says. "Women handle stress differently too. When men sit down and relax, their heart rate lowers and they truly relax. When women sit down, their minds are still going on that hamster wheel and their pulse doesn't lower in the same way as men."

While victims of broken heart syndrome usually recover quickly, there can be complications.

"During the acute phase of the syndrome, the heart can be severely weakened and patients may suffer congestive heart failure requiring emergency surgery and hospitalization," says Campbell.

Dr. Steven Masley, a noted physician, author and fellow with the American Heart Association, tells *Newsmax Health* that broken heart syndrome is typically brought on by stressful situations, there may be other causes.

"Some medications can cause symptoms as well, such as the injection with an Epi pen or taking an excessive dosage of thyroid medication," says the Florida-based expert and president of Masley Optimum Health Center.

Campbell adds that both good and bad extreme life stressors can trigger an episode. He says that the diagnosis is made by performing an angiogram along with taking a heart ultrasound called an echocardiogram.

"In cases of broken heart syndrome, the heart arteries appear normal but the pumping chamber is often dilated and appears to be in the shape of a fishing pot used for catching octopus in Japan called the Takotstubo—hence the name."

The treatment usually involves medicine such as beta-blockers and ACE inhibitors that are given initially to help the heart pump more efficiently and promote remodeling of the heart muscle.

“Other medicine, such as diuretics, are given to help remove the excess fluid from the lungs and other parts of the body that collect due to the weakness of the heart,” says Campbell. “In extreme cases where the patient develops cardiogenic shock, where the heart can’t pump enough blood to the body, other interventions may necessary.

“For most, however, complete recovery is expected in days to weeks as opposed to a true heart attack, where recovery can take much longer.”

New research based on a recent study conducted at New York University Langone Medical Center, is looking into preventative measures using yoga, breathing and other relaxation techniques to calm down the body’s parasympathetic nervous system to avoid an episode of broken heart syndrome.

“In theory, that makes a lot of sense,” says Stevens. “If we learn to deal with stress without raising our heart rates and blood pressure, we can possibly avoid broken heart syndrome.”

For the original article, visit [.](#)

Did You Spend Your Day Chasing Donkeys?

This isn’t a story about lost donkeys. It’s a lesson in lost priorities.

Samuel was making preparations to anoint Saul to become king. As with most good intentions, distractions caused a delay in the execution of the plan.

The donkeys of Kish had escaped and were lost. Considering the times, I suppose the loss is roughly equivalent to losing a car or two from the driveway. I think that would qualify as a distraction.

“I know we planned to meet today to consider our growth plans for the second quarter, but both of our cars were stolen from our driveway. There’s no way I can meet today.”

There is a common collision between our plans for the day and the spiritual appointments set for us. We often confuse the important with the urgent. The people who surround a leader will rarely understand a decision to move in a spiritual assignment versus responding to the myriad of highly urgent demands of the workplace.

Samuel told Saul to stop worrying about the donkeys that were lost three days ago (see 1 Samuel 9:20).

Saul was preoccupied with a wild donkey chase. And I thought wild-goose chasing was bad!

As leaders, we must take up a sword against the agendas of others. We must find the most important spiritual task of the day and dedicate full energy to affect completion.

It’s not hard to discern the spiritual agenda of the day. It is assigned through prayer and daily Bible reading. A spiritual assignment rarely comes by email, texting or voice mail. It comes directly into our heart and likely consumes us.

The more I focus on completing spiritual assignments, the more God is faithful to redeem the time and somehow make the path easier to complete marketplace assignments.

Spending the day chasing donkeys is the path of least

resistance. But moving in spiritual priority requires resisting the temptation to respond to the urgent.

Godly time management is spiritual warfare.

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Today's Scripture

"Your kingdom come; Your will be done on earth, as it is in heaven" (Matt. 6:10).

Platform Tip No. 97

We cannot force someone to seek help.

We must present the solution to a problem over and over again until there is a desire to want help. Our audience must want things to change.

It's one thing to be in pain. Pain becomes relevant when we want it to go away.

Produce many of your messages to build desire for change.

Do you want to learn more about developing your personal platform?

Send for my free series of lessons titled, "The Fundamentals of Creating, Curating and Developing Content for Multiple Platforms." Send your request to: platform@.

{eoa}

Why the Bible Is on a Hit List With Sexually Explicit Books

What does the Bible have in common with "Fifty Shades of Grey" or one of John Green's best-selling young adult novels?

For the first time in nearly a decade, the Bible made the list of the American Library Association's 10 most frequently challenged books last year.

The 2015 list was released Monday (April 11) as part of the ALA's 2016 State of America's Libraries report. It includes books that have drawn formal, written complaints from the public because of their content or appropriateness, according to the ALA.

The Bible, which came in at No. 6, was challenged for its "religious viewpoint," the ALA said.

The Christian Scriptures are a "regular" among the complaints forwarded by public libraries and schools to the ALA, according to James LaRue, director of the association's Office for Intellectual Freedom. But it's been seven years since the Bible received enough complaints to make the Top 10 list, LaRue said.

"There's almost a little retaliatory feel to people speaking up against the Bible because they want to go on record as being opposed to Christian opposition to LGBT (issues) or Christian opposition to Islam," he said.

But there's "definitely" a growing number of complaints lodged about books for their "religious viewpoints," according to the director.

Also challenged for the same reason: *I Am Jazz* by Jessica Herthel and Jazz Jennings, a picture book about a transgender child based on Jennings' experience; *Beyond Magenta: Transgender Teens Speak Out* by Susan Kuklin, which follows transgender or gender-neutral teenagers through their personal acknowledgments of gender identity; *The Curious Incident of the Dog in the Night-Time* by Mark Haddon, a murder-mystery that drew complaints for "profanity and atheism"; and *Nasreen's Secret School: A True Story from Afghanistan* by Jeanette Winter, about a young Afghan girl attending school under the Taliban.

That's half the challenged list, although the ALA says only 291 of the 5,099 complaints it received between 2000 and 2009

were about religious objections. Books were most likely to be challenged in that time for sexually explicit material, offensive language or being unsuitable for the intended age group.

Additionally, 361 complaints were made about “homosexuality,” and 274 about “occult” or “satanic” themes. Another 119 challenges claimed books were “anti-family.”

“I think the value of the Top 10 list is it’s an index of complaints, and so it says, ‘What are the things we fear in our culture?’” LaRue said.

LaRue also noted the “persistent mistaken belief that separation of church and state says that you can’t find a Bible—or really any religious scripture—in a public library or school library, and that’s just wrong.

“I think it’s important for people to understand the job of the library is to provide information and provide access to a number of different views. We’re not endorsing one or trying to tamp down others. We’re just opening our doors and inviting people in to satisfy their curiosity,” he said.

Green’s “Looking for Alaska” topped the 2015 list for the usual reasons: sexually explicit material, offensive language and being considered unsuitable for its intended age group. Others on the list included “Fun Home” by Alison Bechdel, “Habibi” by Craig Thompson and “Two Boys Kissing” by David Levithan.

READ: Best-Selling Author Drops Faith Bombshell With Bible Tweet

“We strongly encourage everybody to look at these books,” said LaRue.

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NC Governor Changes Transgender 'Bathroom Bill' After Backlash

North Carolina Governor Pat McCrory slightly altered a new state law denounced as discriminatory with an executive order on Tuesday, but the Republican stood firm on a controversial provision restricting transgender bathroom access.

The governor's order expands protections against discrimination for state employees to include sexual orientation and gender identity. McCrory also asked lawmakers to restore the right to sue in state court for discrimination, an option taken away by the measure passed last month.

But McCrory said his order maintained the "common sense" provision barring transgender people from using bathrooms or locker rooms in schools and other public facilities that do not match the sex on their birth certificate.

"I have come to the conclusion that there is a great deal of misinformation, misinterpretation, confusion, a lot of passion and frankly, selective outrage and hypocrisy, especially against the great state of North Carolina," McCrory said in a statement. "Based upon this feedback, I am taking action to affirm and improve the state's commitment to privacy and equality."

The law's opponents said the governor did not go far enough to correct the damage done to lesbian, gay, bisexual and transgender citizens.

"Governor McCrory's actions today are a poor effort to save

face after his sweeping attacks on the LGBT community,” said Sarah Preston, acting executive director of the American Civil Liberties Union of North Carolina.

The law, one of a number of measures pitting equality rights against religious freedoms in state legislatures across the United States, has faced widespread criticism from corporate, entertainment and sports leaders.

Earlier on Tuesday, Deutsche Bank announced it was freezing plans to create 250 jobs at its software application development center in Cary, North Carolina, as a result of the measure.

Last week, PayPal Holdings canceled plans to open a global operations center in Charlotte, North Carolina, and invest \$3.6 million in the area, and rock star Bruce Springsteen canceled a concert in the state to protest the law.

READ: An Open Letter to Bruce Springsteen and His Band

Documentary filmmaker Michael Moore said on Twitter on Tuesday he had asked his distributor to no longer book his latest movie in North Carolina theaters.

State House of Representatives Majority Leader Mike Hager, a Republican, said the fallout was no cause for concern.

“We’re not going to change our policies because of that,” he said in a phone interview. “There will be other folks that will take their place.” {eoa}

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How You Can Find the Faith of Joshua

Let's eavesdrop on a truth that Paul shares with the Roman church in the middle of the very first century:

"For whatever was previously written was written for our instruction, so that through perseverance and encouragement of the Scriptures we might have hope" (Rom. 15:4, MEV).

Do you know what Paul is talking about in this verse? He is talking about the Old Testament! He is remembering the life stories of the heroes and heroines of faith who came before Jesus! He is referring to people like Moses, Abraham, Ruth, Esther and Joshua!

The lives of the ancients were never meant to be glossed over nor are they to be ignored; however, the Holy Spirit intends for every believer to learn a lesson or two from the exciting lives of all of those who walked before us.

Take Joshua for instance ...

Joshua had the awesome and overwhelming responsibility of leading over 2 million people into the promised land. Moses had just died and Joshua was appointed as the new leader of the people of God. What a grumbling, whining, difficult batch of parishioners Joshua inherited!

You think that your job is difficult? You don't like the people that you work with? Take heart ... you could have been given Joshua's lot in life!

In order to arrive at the promised land, Joshua had to cross the Jordan River in the spring of the year when its water was overflowing the banks of the river. Flood season was the very worst time in the natural for anyone to consider fording this

awesome body of water. The Jordan was swollen from spring rains and posed a dangerous and daunting task for Joshua as the new and as yet untried leader of this impatient and cantankerous crowd.

I wonder if Joshua pictured babies drowning ... or old people losing their footing ... or watching all of their supplies become hopelessly lost in the current.

I wonder.

“Joshua said to the people, “*Consecrate yourselves, for tomorrow the Lord will perform wondrous deeds among you.*” (Josh. 3:5, MEV).

I guess that I was wrong ... the fatal picture that I accused Joshua of thinking about was apparently not true at all. Joshua pictured a miracle! Even before it happened, Joshua was talking about the wonderful and unexplainable ways of God!

Father ... let the faith of Joshua fall upon me!

Joshua didn't have historic perspective like we do. We know what happens next but Joshua had no inside information as to what events were around the next and intimidating corner.

However ... Joshua did know the character and the nature of His God! Joshua had seen a thing or two in his middle-aged life.

He had seen the Red Sea part and had watched the Egyptian army be completely obliterated. He had seen quail fall down from the heavens and he had observed manna miraculously appear like dew on the morning grass. He had seen the radiance of Moses' face when he came down from the mountain.

Joshua didn't know *what* would happen next ... but he certainly knew *who* would happen next!

As soon as the soles of the feet of the priests hit the water of the Jordan River, the river began to push back and make a

way where there seemed to be no way.

The instant that those who carried the ark of the covenant into the river bed, the waters which were flowing rose up in one great heap and allowed the entire nation of Israel to cross on dry ground.

A miracle of epic proportions!

Do you want to know what I have learned from this story?

- A *leader* must lead the way!
- A *leader* must declare that a miracle is on its way!
- A *leader* must remind the people under his or her watch that we serve a God Who takes care of His children.
- A *leader* must believe when no one else does!
- A *leader* might possess all of the specific answers that are needful in a certain situation ... but a *leader* serves the God Who does indeed possess all of the answers and all of the necessary power!
- A *leader* leads in faith ... in action ... and in declaration.
- A *leader* leads. {eoa}

Carol McLeod is an author and popular speaker at women's conferences and retreats, where she teaches the Word of God with great joy and enthusiasm. Carol encourages and empowers women with passionate and practical biblical messages mixed with her own special brand of hope and humor. She has written five books, including *No More Ordinary, Holy Estrogen!*, *The Rooms of a Woman's Heart* and *Defiant Joy!* Her most recent book, *Refined: Finding Joy in the Midst of the Fire*, was released last August. Her teaching DVD *The Rooms of a Woman's Heart* won the Telly Award, a prestigious industry award for excellence in religious programming. You can also listen to Carol's "A Jolt of Joy" program daily on the Charisma Podcast Network. Connect with Carol at .

Why These Girls Terrify ISIS

Who would have believed that the group that is beheading, burning alive and drowning in cages the supposed enemies of Allah, would be afraid of girls. It is an oxymoron. On the one hand, ISIS fighters buy and sell teenaged sex slaves—as many as 3,000 Iraqi women and girls have been forced to service ISIS fighters at sex slave brothels—on the other hand, these ‘brave’ fighters all have a reoccurring nightmare—**that they will be killed by a girl**. For them, that is a shame that Allah cannot bear to excuse. In the words of the soup nazi—*no heaven for you*.

Therefore, the Kurdish army has 7,000 female fighters, all trained and eager to take the fight to ISIS.

Millionaire singer and besties with Michelle Obama, Beyonce has this ridiculous song about how Girls “Run the World.” The video has a bunch of half-naked women in lingerie dancing around, with a gang of men unable to conquer them because they are mesmerized by the sexuality of the women. By the end of the song, they have conquered more than gangs, through seduction, but appear to be taking over nations, as the barely dressed pop queen sings, “You’ll do anything for me.”

For centuries, women have used seduction to gain control over men. But God’s plan for women is so much higher. Beyonce actually betrays women and their value with such a video, reducing their power in life to sexuality and manipulation.

And yet, here are *real women*, dressed in uniforms of battle, not lingerie, taking the battle to ISIS. No, they don’t have the millions of Beyonce, nor the body, but they are brave and determined and will never forget the powerful role they played

in saving their people. And when you watch the video below, you can see that these precious ladies have not lost any of femininity in the process. ISIS beware, Kurdish girls are coming after you! {eoa}

Ron Cantor is the lead pastor of Tiferet Yeshua congregation in Tel Aviv, a Hebrew speaking outreach to Israelis. He is also the author of Identity Theft, Leave me Alone—I'm Jewish and his newest book coming out this spring, The Jerusalem Secret, a novel about the first Jewish believers. Ron blogs at .

How Christian Parents Produce Backslidden Children: Part 2

This is part 2 in a two-part series. You can read Part 1 [here](#).

As a pastor for over 30 years, I am amazed that such a small percentage of the children of Christian parents actually serve the Lord when they reach their teenage years and beyond, including the children of Christian leaders. Since nurturing covenantal children is the primary method God uses to establish His dominion on the earth as it is in heaven, there aren't many subjects more important than the one I am addressing in this article.

In this article, I correlate Christian parental behavior with likely outcomes related to the faith of their children. That is to say, each of us could read this article and most likely tell if our children will serve the Lord with all their hearts in the future, or be lukewarm or unbelieving when they get older. The following are my observations on why many children

of Christian parents do not serve the Lord when they are older.

Many Christian parents have a superficial understanding of God and their faith

Many parents only have a very superficial belief system; some don't even know the very basics of the faith! Because of this, they cannot possibly pass down the faith to their children with any substance. Thus, their children will also have a very superficial faith at best. Most likely they will have a trajectory of having no faith and not attending church when they are older.

Every parent doesn't have to be a theologian, but every parent should be grounded in the first principles of the faith and pass them on to their children.

Many children rarely see their parents seeking God earnestly and consistently

Our faith is more caught than taught. Thus, children learn much by observing their parents diligently seeking God in their private lives. This shows children that their parents have a substantive relationship with God, even when other people are not looking at them. Children who do not see their parents consistently and earnestly seeking God are on a trajectory of having a casual acquaintance relationship with God, instead of a friendship.

Many parents depend too much on their church's **Sunday school or youth group to mature their children in the faith**

I have had to correct many parents who think it is the job of the local church to disciple and train their children in the Lord. The truth is, the church only has their children for several hours per week at best. Parents have their children for at least 50 hours per week. Truly, the primary responsibility of training children in the way of the Lord

rests with parents, not the church (Proverbs 22:6; Deuteronomy 6:6-9). Children not trained at home by their parents will possibly find themselves on a trajectory toward nominal Christianity without any personal spiritual discipline to seek God.

Many Christian parents consistently miss church for any and all reasons

As a pastor, I marvel that so many parents regularly miss church services because of family events, sporting events, because they are tired or a little sick, or because they want to stay home to relax or shop. Truly, when parents live like this, they shouldn't be shocked when their children grow up to be lukewarm Christians who don't take the things of God seriously! If these same parents treated their business or place of employment the same way they treat church, they would have gone bankrupt or gotten fired years ago! These children are on a trajectory of making God only a part of their lives instead of Jesus being their lives!

Many Christian parents don't spend quality time with their children

Many leaders are guilty of sacrificing their children on the altar of ministry or work-related ambition. What does it profit us if we gain the whole world and lose our children? Children of these parents are on a trajectory of having low self-esteem and insecurities because they feel they are not important enough for their parents to take time out for them.

Many Christian parents jump from church to church

I am not saying that you can't ever feel led to leave a local church, but some people I know are hopping from one church to another every year or two. Children of these parents are on a trajectory of not being personally stable in their faith, being individualistic in relating to God, not being able to commit to any community of faith, nor trusting spiritual

authority in their lives.

Many Christian parents constantly nag their children

I have learned that it is not wise to preach at your children. As they get older it is also important that we do not nag them constantly about doing what is right. At a certain point we need to believe God that He will get a hold of their hearts and convert them.

Instead of nagging our children we need to spend that same amount of time or more in prayer and fasting in faith for their souls. Children of nagging parents are on a trajectory of tuning out their parents and all adults when they get to be teenagers, which will result in rebellion against authority and foolish behavior.

Many Christian parents are too legalistic or religious with their children

A parental approach that is very strict, religious and legalistic may be just as harmful as parental lukewarmness in the home towards Christ. When parents try to force their children to believe in Christ by making them live by strict, oppressive rules without any emotional connection, spiritual connection or fun, they will nurture resentful children who will run from God as soon as they are old enough.

Children of legalistic religious parents are on a trajectory of falling into gross excess in regards to sinful pleasure as a reaction against the oppressiveness of rigid legalistic religion. Children of legalistic Pentecostal homes rarely serve God when they get older and often stop going to church in their older teenage years.

In summary, these are just some of my observations which seem to ensure the backslidden or lukewarm condition of a child raised in a Christian home. However, there are always exceptions to these observations. Some children can go on to

fulfill their purpose in Christ with passion in spite of the hindrances of their parents.

Also, as parents we can do everything correctly and not violate any of the above points, and yet still find our children struggling in their faith. This article is not meant to bring condemnation to parents, but to awaken us to our responsibilities as we cooperate with the Holy Spirit in the nurturing of our children. Ultimately, if our children don't meet God for themselves they will not seek Him, even if we follow the best practices as parents.

To subscribe for a weekly teaching click [here](#).

Is President Obama Interfering With a Federal Investigation?

Hillary Clinton was “careless” with her handling of classified emails, but her actions—or lack thereof—didn't jeopardize American national security interests, according to President Obama.

During an interview with *FOX News Sunday* host Chris Wallace that aired over the weekend, the president offered his support to the leading Democrat candidate to replace him in January. And while those comments alone could be seen as interfering with a federal investigation, he offered a guarantee that no political influence was being placed upon the FBI as it looks into Clinton's handling of classified material while secretary of state.

"Here's what I know," Obama said during the interview. "Hillary Clinton was an outstanding Secretary of State. She would never intentionally put America in any kind of jeopardy."

Wallace then asked the president to clarify his remark. Was he suggesting Clinton's activities hadn't jeopardized the country?

"I continue to believe she has not jeopardized America's national security," Obama said. "Now what I also said is that—and she's acknowledged—that there's a carelessness in terms of managing emails that she has owned. And she recognizes that."

"But I also think it is important to keep this in perspective. This is somebody who served her country for four years as Secretary of State and did an outstanding job, and no one has suggested that in some ways as a consequence of how she's handled emails that that detracted from her excellent ability to carry out her duties."

Wallace then grilled the president on whether or not the White House or Justice Department would apply pressure on the FBI to ensure a particular outcome. Obama then provided a guarantee to the FOX News host.

"I can guarantee," he promised. "I can guarantee that not because I give Attorney General Lynch a directive, that is institutionally how we have always operated. I do not talk to the Attorney General about pending investigations. I do not talk to FBI directors about pending investigations. We have a strict line and always have maintained it."

"I guarantee it. I guarantee that there is no political influence in any investigation conducted by the Justice Department or the FBI, not just in this case but in any case. Period. Nobody gets treated differently when it comes to the Justice Department because nobody is above the law."

Even liberals couldn't believe what they were hearing. On MSNBC's *Morning Joe* program, the panelists were floored.

"It seemed ill-advised to say I got no connection to this but here's what I know about it and here's my conclusion," Bloomberg's Mark Halperin said. "In theory, he shouldn't really know the facts of the case."

"Campaigning for Hillary, may as well endorse her," co-host Mika Brzezinski said.

"It certainly felt like someone putting their finger on the scale for someone for whom the investigation has not been wrapped up," political commentator Nicolle Wallace said.

4 Keys for Parents to Protect Their Kids From Porn

We have been saying for years that porn is immoral. But even those who don't agree with us on that have got to face the reality that porn is destructive. It harms our perception of sex, our deepest relationships and, as more research is now showing, our libidos.

20-Year-Olds and E.D.

This week's *TIME* magazine contained a detailed article written by Belinda Luscombe called "*Porn and the Threat to Virility.*" In it, she documents ugly new disorders like ., Porn Induced Erectile Dysfunction. This is now more and more common in young, healthy men who cannot get aroused by a real person anymore because their brain has been so over-stimulated by porn.

**You can't access the article on TIME's website unless you are a subscriber, but my friend Aaron Hanbury of Relevant magazine has beautifully summarized it's content and the implications for your kids. You can read his article, "Porn Addiction Is Now Threatening an Entire Generation."*

Young Women Learning That Sex is Man-Focused

Then you have the horrible findings of best-selling author Peggy Orenstein in her new book, *Girls and Sex*. She talked to nearly a hundred girls in their teens and early 20s to determine how this next generation of young women were approaching sex. Because of the prevalence of porn-use among their boyfriends, these girls had come to see sex as a guy-focused experience. As long as the guy was pleased (often via oral sex, the new 3rd base), these girls felt like they were having a positive sexual experience.

**Note that I am not taking a stand on the moral and biblical perspective of sex here. I do that in many other posts here at INFO. What I want to point out about Orenstein's findings is that the pornification of our young people has trained an entire generation of women to think sex is for men. While the prude mothers of our parents' generation did that for us, now we have explicit porn giving us the exact same result.*

This is dangerous stuff that will impact our kids' future marriages. I write about this in *The Talks*:

Imagine a young man who learns to gratify himself via explicit images at 14. He makes a normal habit of this for 10 or 12 years. He learns, through experience, that sexual satisfaction requires nothing of him. The girl is always interested. She is always "in the mood." He can find immediate satisfaction whenever he wants. Sex is easy.

Then, imagine this young man entering a covenant marriage relationship. He soon discovers that the girl requires something of him. For intimacy to happen, there must be time,

love, attention, romance and an investment into the relationship. It's more work than he has ever had to do before. Once the honeymoon is over, he may decide that it's just not worth the effort. He has developed a 10-year tendency toward sexual laziness that is incredibly hard to overcome.



Adapted from , a ministry founded by **Barrett and Jenifer Johnson**. After serving in the local church for 25 years, Barrett and Jenifer launched INFO for Families as a ministry designed to encourage people through speaking, personal coaching and resource development. Barrett served for 15 years in youth ministry before serving for eight years as the Family Minister at Johnson Ferry Baptist Church in Atlanta, one of the largest churches in the South. He has degrees from Texas A&M University and Southwestern Seminary, but he and Jenifer have received their best education through the no-holds-barred nature of everyday family life.

3 Simple Steps to Enhance Your Mood for the Day

The morning routine can “make or break” your day in no time.

For many of us, the a.m. routine includes dragging ourselves out of bed, dreading to start even the day. A pot of coffee is added to the morning “to get us going” only to find challenges lead the way.

Making the most of the morning routine changes “the mood” for the rest of the day. The first 60 minutes of the day is the most important in determining how the rest of the day will go.

Here are three simple steps to help provide a more positive (and healthy) attitude for the remaining hours:

1. Change breathing patterns. Breathing patterns are important and related to stress levels. Individuals who are “stressed” all the time are usually not breathing properly. Their bodies are in the “fight or flight” response mode, and their breathing is more shallow. During this time, the heart rate also increases. A vicious cycle then occurs, and the body is in “shallow” breathing much of the time.

The goal is to pay attention to the breathing patterns being used. Take time to breath more deeply on a regular basis. If you feel the tension coming in during the day, take a few minutes to do deep breathing while focusing on relaxing.

- **Five-minute meditation.** During the morning, take five minutes to meditate mindfully. Focus on breathing in a comfortable position. Breath deep with a steady inhale into your stomach region (ten times) and focus on bringing stress levels down. Practice bringing your mind “back to the breathing” if thoughts consistently come into your head. If needed, this can also be done during the day at break time, or even lunch time.
- **Try box-breathing exercises.** Box-breathing exercises are great for decreasing anxiety, lowering heart rate, and depressing arousal levels. These exercises are also useful for clearing the mind. Box breathing involves inhaling (count to four), hold breath in (count to four), exhaling (count to four), hold breath out (count to four), inhaling (count to four), hold breath in (count to four), exhaling (count to four), so forth. The four-count can also be changed to another number if needed.

2. Increase movement. Increasing body movement leads to a more fulfilled and healthier lifestyle. Our bodies are created to run, play, climb, crawl, lift, balance, as well as other

complex moves. Moving the body improves mood and develops a happier state of mind. Blood flow expands with increased movements; lymph removes toxins more quickly with amplified efforts.

- **Body shaking.** As strange as it may sound, body shaking is a wonderful stress reliever. It is one of the best things to do to take away tension and decrease the effects of stress on the body. Body shaking increases the blood flow, helps to remove toxins, and awakens the body for additional movement.
- **Locomotion exercises.** Locomotion exercises improve the overall mobility of the body and also encourages the release of endorphins (feel-good chemicals). Mood is improved during these self-powered actions. Locomotion exercises do not require any equipment. Some of the movements include walking, hopping, leaping, rolling, sliding, skipping, climbing, and swimming.

3. Healthy eating during breakfast. Making healthy choices for the first meal of the day gives the body “sound nutrition” to get started. Consuming the right food determines how well the body functions for the remaining hours of the day. Eating *improper foods* will result in feeling “down and out” before you even begin your routine.

- **Drinking water.** Drinking a glass of water in the morning (every day) will help the body to fight inflammation, provide hydration, and alkalize the system. Drinking a sufficient amount of water through the day boosts the immune system and improves health. Try adding a squeeze of lemon to drinking water in the mornings.
- **Healthy smoothies.** Sipping a vitamin packed healthy smoothie is another way to start the day off right. Healthy smoothies are easy for the body to digest. Many recipes are quick to create and can be enjoyed by all in the family.

Here is a delightful recipe to get you started:

Green Smoothie with Coconut Water

One ripe banana

Eight oz. coconut water

One tsp. coconut oil

One dozen raw cashews

One handful of spinach

Blend ingredients and sip slowly. Protein powders, potato starches, and superfood formulas can also be added to the smoothie if desired.

Three Simple Steps

Taking these three simple steps can make the day go so much better. So, why not give it a try? Stop to breathe more deeply, purpose to increase body movement, and make healthier breakfast choices. A healthy morning routine will make the day go much better!

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