

Prophetic Dream: The Tale of Two False Prophets

It was a stark contrast between two **prophets**: one too busy to bear true kingdom fruit and the other too busy deceiving and being deceived.

I woke up from this **prophetic dream** disturbed and prayerful. I have recorded this because I'm quite sure I don't have the complete meaning. I am also convinced the meaning will become more clear as time goes on, so I want to record the details.

Again, it was a stark contrast between two prophets: one too busy to bear true kingdom fruit and the other too busy deceiving and being deceived.

The first **prophet** was a female. She was polite enough, but far too busy with far too many excuses about why she didn't have time for a quick visit. Ironically, she spent more time explaining why she didn't have time for a brief meeting than it would have taken to sit down and talk for a few minutes about how we could work together to bring more clarity to the **prophetic movement**.

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I walked away feeling as if this prophet was full of pretense. She pretended to care about the people she was ministering to, but would never get close enough to allow them to see her for who she really was. She came off selfish and self-centered; self-important and self-absorbed. She had arrived and she wanted everyone to know it.

This **prophet** was more concerned about marketing than ministering and if the meeting didn't advance her career she wasn't interested in even taking the time to pray about what

the Lord's will might be. I was disappointed because this prophet's public-facing ministry gave a much different impression than the face-to-face encounter I had just experienced.

Little Shop of Horrors

When I turned around, I was in a Disney-like atmosphere, standing in a little bakery-type shop with goodies and coffees of many kinds. The smells were delightful. As I looked around, it was clear that I was in some sort of entertainment-oriented complex. But the little bakery I was in turned out to be more like a little shop of horrors.

A male **prophet** was running the establishment. Unlike the female prophet I had just encountered, this male prophet walked right over to me and engaged in friendly conversation. As soon as he began to speak, though, I discerned something was off. He was trying to impress me, to seduce me with his success. Soon enough, he began to prophesy over me. I didn't bear witness to what he was saying, but I politely listened to the **prophetic puffery**.

Suddenly, the prophetic word turned dark and frightful. His eyes glossed over as if he were staring into the distance. His lips stopped moving yet there were still words coming out of his mouth. It was his voice I heard, but it was coming from a short distance away. He was standing on the other side of the counter from me, but he was clearly no longer the one in control of his facilities. It was almost as if he were in some sort of trance—but it clearly wasn't from God. A slightly evil countenance was on his face.

I could feel the **spirit of fear** trying to grip me with **false prophetic words** about me slowly drowning in a lake inside a car. Not only was this prophetic word not coming from the **Holy Spirit**, it was purely demonic. I felt stuck there almost like I was glued to the floor, listening to this false prophet

pontificate like the devil's ventriloquist. I could hear the words, but that was secondary to the discerning of spirits in motion. It was shocking.

Once this **false prophet** stopped spewing his fearful utterances, I figured he would want an offering for this deep revelation. I didn't have any money with me and I told him so. He waxed gracious and said he didn't do this for the money. That surprised me, since we so often associate false prophets with merchandising. But this false prophet wasn't in it for the money at all. He was motivated by something much more sinister. I'm still praying about what that motive is.

As I walked out of this bakery with all its cookies and cakes and coffees, I remember the temptation to turn around and enjoy some of the goodies. Instead, I walked out and called a young associate who shared with me a **revelation** she just received. She told me, excitedly, "No weapon formed against me can prosper!"

I took the experience I had just walked through with the two prophets as a teaching tool and began to share what had just happened. Now I am sharing it with you. I am not one to get goofy over dreams and visions. But this one was so real and stayed with me when I woke up. I couldn't shake it. I knew I had to record it and seek the Lord for its meaning, then share it with others, both those who are just learning to sharpen their discernment and those who have been around the circuits.

Scripture Parallels

I had this dream less than an hour ago and have spent much of that time writing this down. Maybe the Lord will speak to you more about what this means. I hesitate to interpret something just for the sake of offering an interpretation. But I can tell you what Jesus said, and I believe these two Scriptures describe these two prophets.

Regarding the female prophet, I sense to apply this Scripture

(Matthew 7:21-27):

“Beware of false prophets, who come to you in sheep’s clothing, but inwardly they are ravenous wolves. You will know them by their fruits. Do men gather grapes from thorn bushes or figs from thistles? Even so, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Therefore by their fruits you will know them.

“Not everyone who says to Me, ‘Lord, Lord,’ shall enter the kingdom of heaven, but he who does the will of My Father in heaven. Many will say to Me in that day, ‘Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?’ And then I will declare to them, ‘I never knew you; depart from Me, you who practice lawlessness!’

And regarding the male prophet, I sense to apply this Scripture (Matthew 24:25-25):

“Then if anyone says to you, ‘Look, here is the Christ!’ or ‘There!’ do not believe it. For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect. See, I have told you beforehand.”

One thing is certain, false prophets are rising in this hour. The Bible warns of false prophets over and over again and I am quickened in my spirit to sound the alarm.

Look beyond the outside of the vessel and discern the spirit operating in the background. I’m not suggesting going on a witch hunt. I’m just pleading with you to take heed to the Bible’s warning not to be deceived—and don’t think you can’t be.

Work out your salvation with fear and trembling. Stay grounded

in the Word of God. Seek Him rather than **supernatural experiences**. Walk in love and be quick to forgive. False prophets are rising. And they look like sheep.

5 Challenges Single Dads Consistently Face

When you are a father, you are hit daily by a world of challenges and stressful situations. Even when you have a wife to help you, fatherhood is the most challenging thing in the world. However, it is even more difficult when a man is charging forward alone as a single father.

Being a single dad is a serious balancing act. The responsibility of parenthood is enormous, and men who are giving their all for their kids should be praised. But sometimes it gets tough and lonely. We want all single fathers to know we appreciate you. That's why we're here to give you some encouragement.

1. Too little time. For a single dad, time is at a very high premium. Work eats up most of it, so task overload can easily swallow what remains. There are mouths to feed, dishes to clean, clothes to wash and all the chores and charms of home that need your attention. As a generalization, try not to feel guilty if you leave the dishes in the sink overnight. Place the emphasis and importance on being with your children to play, read or just simply talk.

2. Financial difficulties. A great many single parents find themselves in financial distress. Keep in mind that the thing your kids *need* most from you is your love and attention. After that, separate the true needs from the pile and place top

priority on them—things such as food, shelter and clothing. Children don't always understand why they can't have everything they desire, but one day they will.

3. Feeling overwhelmed. It is difficult and challenging being the only adult in the room long term. Loneliness, stress and depression are common for single parents. Know that you are not alone. There are 1.7 million others in your same boat who are experiencing the same things. Be sure to take time for yourself to recharge and strengthen your mind.

4. Relationships old and new. With divorce, the ex-spouse is still a very big part of family life and always will be. How that relationship is handled and functions is extremely important, not only to the children but also to your overall mental state. In dating and new relationships, extreme care must be taken when introducing new people into the life of the family. Resentment or early attachments are just two of the standard pitfalls. Keep the hope of love in your heart always, but be mindful of far-reaching, unintended consequences.

5. Building a support system. Family, friends, babysitters, teachers, mentors and all sorts of people take a role in your family life. However, divorce can take a big toll on family support; judgment and bitter feelings can split friends.

Try to display humility and understanding toward those in your life. In most cases, they won't understand the entire picture and will see only what they want to see. Only time and a new stable reality will change those perceptions. Be patient.
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For the original article, visit .

Is the Heavy Load of Stress Causing You to Gain Weight?

If you've listened to any late night infomercials the last few years, you would think cortisol is as bad for us as the plagues Moses threw down on Pharaoh. Unfortunately, not everything said on infomercials is always true.

Infomercials would have us to believe that stress and cortisol are the reasons we all struggle with fatigue, weight gain, cravings, PMS, hot flashes and so on.

I don't think the good Lord designed a bad hormone, which most infomercials want us to believe. Cortisol is not a good or bad hormone; it simply does what it is designed to do.

If you're under stress, your adrenal glands will produce more cortisol and adrenaline, your stress hormones. The problem is that many of us are under constant, prolonged stress. This causes our adrenal glands to continually produce additional cortisol and adrenaline. The longer we stay in this constant state of stress and keep on pushing our adrenal glands to make more and more cortisol and adrenaline, the more we will eventually reach a point where our adrenals can't produce enough cortisol and adrenaline. When this happens, we call it adrenal exhaustion or adrenal fatigue, and that is when a whole host of other health problems creep in.

Our bodies are designed to handle stress. When we see that saber tooth tiger, we are supposed to run or get ready for the fight of our lives. It's called the "fight or flight" mode. Unfortunately, our bodies are not designed to be in that "fight or flight" mode 24/7. We are supposed to get away from that stressful situation and move into what is called the "resting and digesting" mode. This is when the body recovers and strengthens.

The Weight Loss-Fatigue Connection

The reason cortisol has caught so much attention is because our hormones have tremendous control on how our bodies burn calories for energy. Our bodies are designed to burn calories from fats for energy instead of carbohydrates and lean muscle tissue (protein).

In fact, we get more than 2 1/2 times more energy when we burn calories from stored body fats instead of carbs and proteins. This is why it is so much more than simple diet and exercise when it comes to losing weight. You can burn 300 calories on a treadmill, but did you burn calories from stored body fats or from carbs and protein?

Our hormones regulate whether our bodies burn calories from carbs, proteins or fats. This is why stress and cortisol has become such a big issue on weight loss and fatigue. Cortisol and adrenaline trigger your body to burn calories from carbs and lean muscle (protein) instead of fats. It literally inhibits your body from burning calories from stored body fat and takes you out of your fat-burning mode that you are designed to be in throughout the day.

So how can you tell if you're burning calories from fats instead of carbs and protein? Simple. Do you struggle with cravings and low blood sugar? Mid morning or afternoon slumps? Are you irritable if your meals are missed or delayed? Do you wake up and have a hard time falling back asleep? Do you have a hard time concentrating and staying focused? Do you have to eat every two or three hours to keep from getting light headed?

These are some simple questions that tell us how your body is functioning and if you're staying in your fat-burning zone. When everything is functioning the way the good Lord designed your body to function, you won't have all these little symptoms pestering you. In *To Burn or Not to Burn, Fat Is the*

Question (Brown Books), we talk all about how stress, diet and exercise trigger your hormones to burn or store fat.

The Domino Effect of Stress

All the stress and all that cortisol and adrenaline you trigger your adrenals to produce will interfere with how your thyroid functions. This can lead to fatigue, weight gain and depression. It will interfere with how your liver functions and lead to allergies, joint pain and headaches. It can disturb your digestive system and lead to bloating, indigestion and other irritable bowel problems. It will interfere with the balance of your estrogen, progesterone and testosterone and can lead to PMS, hot flashes and reduced libido. It will decrease your immune capability, affect your blood sugar and increase your risk of osteoporosis. The continued over-taxing of those adrenals is typically the first domino that falls.

The over- or under-production of both cortisol and adrenaline can negatively affect your health—not just your weight and energy levels. Infomercials would like us to believe that we all make too much cortisol and need to lower it, but that's not true! I find that with more than half of the patients I work with, I find out that their cortisol and adrenaline production is too low, not too high. Therefore, taking a supplement that is designed to lower cortisol may be leading you down the wrong road.

Secondly, if you suspect stress is part of your fatigue and weight gain problem, the last thing you want to be taking are any types of stimulants such as ma huang, ephedra, caffeine, guarana, kola or bitter orange, a newer herb to hit the market and a cousin to ephedra. The reason you want to stay away from stimulants is because they have a further depleting effect on your adrenal glands.

Many of the so-called cortisol lowering products that are

being marketed are loaded with stimulants, which only further deplete your adrenals and will only keep you in that vicious cycle of fatigue, weight gain and cravings. Sure you will get a boost of energy, but that energy is a result of a stimulant, not because your body is functioning the way the good Lord designed it to function.

Balancing Those Exhausted Adrenals

Overcoming the negative effects of stress on the body begins by nourishing and resting those depleted and exhausted adrenal glands. You do this by feeding your body the specific nutrients that are known to support the adrenal glands such as vitamin C and B, zinc, selenium, as well as various herbs including rhodiola, ashwagandha, cordyceps and ginseng. These herbs are classified as adaptogens, meaning they balance and stabilize various hormones.

As far as resting your adrenal glands, this is done by lowering the stress in your life. Is it mental or emotional stress? How much of it is physical and chemical stress? Are you not getting enough sleep? Are you missing meals? Are you eating foods that throw your blood sugar all over the place?

There are many different types of stress that can be affecting your health, so it's important to identify where that stress is coming from. Balancing and supporting those exhausted adrenal glands is more than swallowing a handful of vitamins. It's just as important to stop doing the things that have a negative impact on your health.

If you suspect stress is contributing to your fatigue, weight gain, or cravings, I invite you to take our online stress test and check to see if you are in your fat-burning zone at .
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Dr. Len Lopez is a nutrition and fitness expert and creator of the Work Horse Fitness Trainer. His background in natural medicine and strength training gives him that special insight to help those who are struggling to bring both health and fitness together. You can learn more or get a second opinion at .

For the original article, visit .

Trust God to Turn Your Weakness Into Strength

I have reached the age at which it is difficult to tell the difference between a Holy Ghost rush and a hot flash. It wouldn't be so bad if I hadn't come to rely on body temperature as a spiritual thermostat to tell me when the anointing had hit.

But now I simply must move out in faith, trusting that God is the initiator even when I don't feel a thing—or when what I'm feeling could be the result of a hormone imbalance rather than the prompting of His Spirit!

This season has brought other physical changes, too—a tiredness I can't seem to shake, wrinkles, sagging skin, body parts that don't want to get in shape no matter how much I do to encourage the process. Perhaps worst of all is the lack of desire to extend myself beyond the minimum requirements for sustaining life. If an activity isn't going to satisfy a crucial need, it isn't worth the effort.

This applies to spiritual pursuits as well. All the passion I once had for fulfilling God's purposes went out the window, I

guess, along with good muscle tone and my store of progesterone. It's not that I don't want to be obedient; it's just that I don't want to expend the energy.

But I am learning that in spite of outward indications to the contrary, I am in the perfect condition to carry out God's plans. How is that possible? Because instead of relying on the things that used to keep me going—my own zeal, ambition and commitment to His cause—I am relying on God to compel and sustain me.

His Word says that He works in us “both to WILL and to DO for His good pleasure” (Phil. 2:13, NKJV), so I know I can trust Him to get me moving in the right direction when He wants to use me—in spite of my weakness.

I also know I can trust Him to turn my weakness into strength. Well-known inspirational writer Catherine Marshall discovered this truth during a difficult season in her own life. Her husband, Lenny LeSourd, wrote that it was the central message of her book *Light in My Darkest Night* and summarized the truth this way: “If we will let Him, the Lord will help us grow strong precisely in the weak places themselves.”

It's certainly not a new revelation. The apostle Paul wrote much the same thing in his second letter to the Corinthians. Referring to the “thorn in the flesh” that he says was given to him “lest [he] be exalted above measure,” he declared: “I pleaded with the Lord three times that it might depart from me. And He said to me, ‘My grace is sufficient for you, for My strength is made perfect in weakness’” (2 Cor. 12:7-9).

To Paul, the exchange God offered him—His strength for Paul's weakness—was worth the discomfort the “thorn” caused. “Therefore most gladly I will rather boast in my infirmities,” he wrote, “that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For

when I am weak, then I am strong" (vv. 9-10).

Like Catherine Marshall and the apostle Paul, all of us have areas of weakness, no matter how capable we think we are. Yours might be a physical weakness, as mine is right now, or it might be a different form of handicap. Whatever it is, rejoice in it! Praise God for it! For it is in that weak place that God will prove Himself strong on your behalf. And when He does, the credit—and the glory—for whatever fruit is borne as a result will be all His.

Prayer Power for the Week of May 29, 2016

This week thank God that He is strong on your behalf even when you are at your weakest. Ask Him to help you grow strong in those areas, and thank Him that He wants to use you in spite of them. Continue to pray for those struggling with personal and financial losses. Pray that revival would ignite from coast to coast, and that our president and all in authority with him would have the needed wisdom to make the best decisions involving us and other nations around the world. Pray for the upcoming elections and the protection of Israel, our military, coastline and borders (2 Cor. 12:9-10; Phil. 2:13). {eoa}

11 Ways for a Man to Keep Himself Pure

When societies lose the directional parameters of purpose, they cast off all restraint. The 1960s sexual revolution ushered in a degrading of America's young people. Now, the first generation of men who grew up with unlimited access to pornography are suffering unexpected collateral damage—porn-

induced erectile dysfunction (PIED).

Put aside the spiritual and moral argument for a moment and simply look at the psychological and emotional effects. Young men are reporting an incredible disconnect with the women they are physically intimate with. Rather than truly experiencing the moment with her, they admit to fantasizing about porn while they're personally with a young woman. They're mixing their virtual reality with reality. The result of such mental and emotional compounding is delusion.

The Max Planck Institute found actual evidence that pornography greatly impacts the brain. The more pornography men consumed, the smaller the brain striatum, which is the reward center of the brain.

Professor and author of *Your Brain on Porn*, Gary Wilson argues, "The result in some internet porn users is higher brain activation to internet porn, and less arousal to sex with a real person."

The evidence is clear. The more exposure to your eyes the less reaction in your flesh.

Job said, "I made a covenant with my eyes not to look with lust at a young woman" (Job 31:1). Your relationship with your wife will never flourish if your eyes are not fixed upon her.

With unrestrained access to pornography, and semi-pornographic images blasted at us daily, how can a man keep himself pure? What's the answer? Do we put the burden on women? Cover them head to toe in black sheets? Veil their eyes?

A FivestarMan is gallant in his relationships with women. He treats an older woman as his own mother, peers as his own sister, and a younger woman, as his own daughter.

Solomon, a man who knew women far better than most, gives us powerful principles for keeping one's self pure:

1. Pay attention to wisdom (Proverbs 7:1-5). Wisdom is like a sister that gives you insider information about women. She says, "Listen, I'll protect you from an affair with an immoral woman and her deceptive flattery."

2. Keep your distance from seductive women (Proverbs 7:6-8). Sin requires proximity. Create boundaries.

3. Don't give an ear to seductive words (Proverbs 7:5). Don't allow a woman to whisper in your ear.

4. Go home after work (Proverbs 7:9). Men make bad decisions when they don't have direction.

5. Bounce your eyes from the brazen look (Proverbs 7:13). Follow the example of Job. Make a covenant, a spiritual promise, with your eyes to not look lustfully. We've all seen the guy who looks googly-eyed at a woman. Imagine if you saw a man looking that way at your wife or daughter. Don't be that guy!

6. Know the difference between lust and love (Proverbs 7:23). Lust is manic, obsessive, and uncontrolled desire to take something or someone. Lust takes while love gives. God is love—God is Holy; therefore, love must be holy. Contrary to popular culture, love is confined to righteousness established by God.

7. Honor another man's wife (Proverbs 7:19). We should practice a man-code. Job recognized that looking upon a woman lustfully opened the door for his wife to serve another man (Job 31:10).

8. Don't be persuaded (Proverbs 7:21). Seduction comes from flattery. Flattery is a type of witchcraft. It's a manipulation by deception.

9. Understand that impurity is a trap (Proverbs 7:22). Men often say, "I'm a grown man, I am free to do what I want." In

reality, sexual sin is addictive and is a trap that enslaves men.

10. Remember that the immoral woman will embarrass you (Proverbs 7:26). You will be victimized. You're better than sexual sin. Your purpose is greater than fantasies.

11. Consider that the immoral woman will escort you to your death (Proverbs 7:27). There's nothing to gain in your life in the secret chambers of porn.

A man who stays within the parameters of his purpose doesn't have time for trivial pursuits. Take the energy and time that pornography demands and invest it into a real relationship and fulfill your purposes as an authentic man.

Keeping yourself pure is not easy, but the rewards of doing so are immeasurable. The sexual relationship with your wife will become a celebration of your lives together. Your physical connection will be more enjoyable. Your emotional connection will be passionate. Your spiritual communion will be ecstatic.
{eoa}

***FivestarMan** was founded in 2008 by **Neil Kennedy**. Kennedy has passionately promoted God's Word for 25-plus years of ministry. He is known for practically applying biblical principles that elevate people to a new level of living. As a business, church, ministry and life consultant, Kennedy has helped others strategize the necessary steps to reach their full potential.*

For the original article, visit .

7 Ways to Boost Your Brain Health

Do you desire ways to decrease the aging process and increase smartness naturally? Are you looking for ways to live a longer and healthier life?

Simple daily strategies exist which help to provide the body *naturally* with more brainpower, increase mental-alertness, and boost energy levels (among other health benefits).

1. Embrace exercise. Exercise is one necessary health routine which can add life, increase energy levels, and improve positive brain function. During fitness sessions, one process which takes place in the body is a multiplication of nerve cells through neurotrophic factors. Brain-derived neurotrophic factor, or BDNF, is one protein released by the body during physical activity which improves *overall health* and also increases cognitive function.

Additional benefits for the brain and body (from exercise) include:

- Increased blood flows to the brain
- Improved development of neurons
- Better “survival” of neurons
- The body produces needed nerve-protecting compounds
- Lowered risk of heart diseases
- Increased ability to maintain proper weight
- Greater energy levels
- The body works more efficiently

Exercise programs should include aerobics, stretching, and strength training. Choosing and maintaining a comprehensive *core program* routinely provides excellent benefits for the body.

2. Listen to music—rest & exercising. Listening to music during the day can boost brainpower and increase mental focus. Research studies also note an increase in verbal fluency in heart patients who added music during exercise sessions. Fluency doubled in sessions that included classical music. Music can provide positive health benefits.

3. Continued learning. One simple way to increase brain function and decrease aging over time is to challenge the mind. Brain stimulation can include a variety of daily activities including reading, learning new languages, doing crossword puzzles, playing board games, or taking music lessons.

Challenging the brain on a regular basis “trains the mind” to stay younger. Research even suggests web surfing increases areas of the brain that are related to complex reasoning and decision making.

4. Restful sleep. To function properly, the body needs sufficient amounts of sleep. Regular *restful* sleep is also important to regenerate and renew the mind. Appropriate sleep helps to “reset” the brain and allows improved brain functions throughout the day. This is crucial for increased creativity, better performance, and to provide a boost in mental clarity.

Harvard studies revealed adequate sleeping time helps the memory to “practice” challenging skills. Even sleeping six hours can increase your ability to think more clearly through the day.

Plasticity is a process of brain changes that control one’s behavior, memory and learning abilities. Sleep, or lack of sleep, affects this natural process. Research shows even infants who take naps gain “boosts” in this brain-related function. Adults who take short naps also profit from the “restored” brain function.

5. DHA Omega-3 fat. DHA Omega-3 Fat is essential for healthy

brain function, and it is also important for the retina of the eyes. A mother's breast milk produces DHA and is believed to increase IQ of babies (as compared to formula fed babies).

The neurons of the healthy brain contain DHA and provide structural support. Individuals must acquire DHA from the diet as it is not made by the body (except through breast milk). Foods rich in DHA Omega-3 include fish, brains, and liver.

When the body contains an *inadequate* supply of this important substance, mental health declines according to research results. Physical changes in the body are also affected and can include degeneration, inflammation, memory loss, and related cognitive diseases.

Research studies show these negative conditions can be prevented, as well as reversed, through adequate intake of Omega-3. One study included over 450 elderly patients who added 900 mg per day for six months. The participants decreased in memory deficits with excellent improvements. A different study included 12 mg daily of lutein combined with DHA; participants held improved memory and increased in learning rates.

6. Healthy gut flora. Healthy gut flora is extremely important for the body. Information is relayed to the brain from the gut through the vagus nerve. There is a *precise* connection between a healthy gut and healthy brain function. When the gut flora is unhealthy, this can lead to memory problems, decreased cognitive function, as well as a host of other difficulties.

Processed foods, sweetened drinks, and high sugar foods in the diet create an imbalance within the gut. Healthy microflora can be destroyed and bad bacteria "takes over" the gut. The end result is an unhealthy brain and body. Probiotic supplements are one of the finest ways to "keep a healthy gut."

7. Coconut oil. One of the main fuels for the body (and brain)

is glucose. The brain also produces its own insulin to be converted into fuel. Alzheimer's patients suffer from atrophy (from insulin resistance of the brain) which leads to "starving" of the organ. When this occurs, cognitive function is reduced, and loss of memory, speech, movement, as well as personality, can take place.

Coconut oil is one substance that can help the brain. The oil can be introduced into the diet slowly and increased over a period of time to provide therapeutic results. Adding one teaspoon in the mornings to food is a great start. Routinely, taking four tablespoons a day is the goal.

These are just a few means to boost the brain and body naturally. Take some time to consider the health benefits involved in each of these areas. Simple health strategies in life can make a huge difference in one's well being.

Dr. Colbert recommends using his Brain-On and Brain-Defense supplements to support brain health. For more information on these products, please [click here](#). {eoa}

Don Colbert, M.D., has been board-certified in Family Practice for over 25 years and practices Anti-Aging and Integrative medicine. He is a New York Times best-selling author of books such as The Bible Cure Series, What Would Jesus Eat, Deadly Emotions, What You Don't Know May Be Killing You, and many more with over 10 million books sold. He is the Medical Director of the Divine Health Wellness Center in Orlando, Florida, where he has treated over 50,000 patients.

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

Harvard Study: Going to Church Could Help You Live Longer

It appears good spiritual health translates into good physical health for middle-aged women and possibly all of us.

A newly released study out of Harvard, looking at almost 75,000 women, reveals the undeniable connection between regular church attendance and lower death rates.

The study is considered particularly credible because it is not only very large, but also very lengthy. Scientists followed the women being studied for 16 long years, from 1996 to 2012. The results were published in the *Journal of the American Medical Association (JAMA)*.

Of the 75,000 women studied, most of them attended Catholic or Protestant religious services. The breakdown of their attendance is as follows:

- 14,000 more than once a week
- 30,400 once a week
- 12,000 less than once a week
- 18,000 never attended

Women who attended religious services regularly were 33 percent less likely to die during the study period, compared with women who never attended services.

Women who went once a week were 26 percent less likely to die, and those who went less than once a week were 23 percent less likely to die.

Frequent church attendance was associated with a 21 percent lower risk of death from cancer, including a significantly less risk of two types: colon cancer and breast cancer.

Frequent religious attendees also enjoyed a 27 percent lower likelihood of dying from heart disease.

“Although attendance at religious services was associated with lower cardiovascular mortality and cancer mortality, attendance was not significantly associated with incidence of breast cancer or cardiovascular disease,” the researchers wrote.

This type of study is considered “observational,” and therefore can not definitively prove the cause-and-effect relationship between religious attendance and lower death rates than those who do not attend.

But Tyler J. VanderWeele, with the Harvard T.H. Chan School of Public Health, Boston, told *Reuters Health* “that we had data on both service attendance and health repeatedly over time helps provide evidence about the direction of causality.”

Likewise, Dr. Dan German Blazer, with Duke University Medical Center in Durham, North Carolina, wrote an opinion about the study that was also published in *JAMA International*.

“Though we do not know the mechanisms, research and especially this study, emphasize the importance of religious service attendance to health,” he told *Reuters*.

Because the study only included middle-aged and older professional women, “We do not know whether the results would hold for men or for younger persons,” Blazer said.

“We need to continue to chip away at a better empirical understanding of cause and effect and refrain from either over-generalizing these results or dismissing them as impossible to better understand.” {eoa}

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Is There Such a Thing as a Private Relationship With God?

I've run into a lot of people in my life who seem to think that their relationship with God is for them to know and for others not to worry about. And while I agree with them to a certain extent, the biblical text is clear that our relationships with God are called to be anything but private.

Personal, yes—private, no.

One group of passages that I frequently refer to in regards to one's call to a life of public faith is Matthew 5:14-16, which states the following,

"You are the light of the world. A city that is set on a hill cannot be hidden. Neither do men light a candle and put it under a basket, but on a candlestick. And it gives light to all who are in the house. Let your light so shine before men that they may see your good works and glorify your Father who is in heaven" (MEV).

The core message in these verses are quite clear: that in the same way one wouldn't light a lamp and then cover it to dilute its sole purpose, a Christian isn't to discover the hope of Jesus and never share nor keep it hidden from the public eye. The life and deeds of a Christ-follower should exude out of you.

This would completely contradict the calling of the Great Commission: *"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of*

the Holy Spirit” (Matt. 28:19, MEV).

It just doesn't make any sense to stay quiet in a world that parades darkness and deceit. Our faith was made to be public, to be shared and to be discussed to those we come across. So what does this mean? It means that you're called to be a shining example of a Christ-follower in all that you do, no matter what you do, no matter where you are, no matter who you come into contact with.

I guess I just have a hard time grasping the idea that someone can be fully devoted to Christ yet hidden as it pertains to the public knowledge of that faith. I understand *strategic evangelism* as it pertains to countries where Christianity is illegal, but we as Americans really have no excuse to be silent when it comes to the existence of our relationships with God.

I'm not saying you need to be on the street corner with a banner that says *I Love Jesus!*, but I am saying you should have no issue letting people know who you've given your life to. We're called to live unashamed to the fullest extent.

“For I am not ashamed of the gospel of Christ. For it is the power of God for salvation to everyone who believes, to the Jew first, and also to the Greek” (Rom. 1:16, MEV).

When our lives get caught up in the beauty of the gospel, we realize our existence is no longer about us but instead the many facets that make up the person of Christ. Our vocation as Christ-followers is to share the gospel; the alluring and jaw-dropping beauty of the gospel.

Let your faith be known and be strong. Don't keep your relationship with God private, but instead make it outspoken and grace-filled. {eoa}

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viewed by tens-of-millions, showcased on some of today's hottest talk shows, and featured on national news stations worldwide. He is a dynamic speaker whose outside-the-box perspectives have gained him national recognition from some of today's most influential Christian leaders and pastors. He is also the author of the book titled, Jesus Swagger.

For the original article, visit .

10 Ways to Plan a Romantic Getaway

Is your married life a constant whirlwind of activity? Or is it comfortably tedious? Could it possibly be a little of both?

Regardless of where you are, the key concept in *romantic getaway* is the word *getaway*. Whatever your schedule, romance often falls victim to routine—that's why you want to get away.

Most importantly, getaways promote the idea that you love each other passionately and that you're motivated to rearrange your schedule—even if only for 24 hours—in order to nurture the relationship that is so important. Maybe you appreciate the thought but are at a loss regarding how to start.

Here are 10 ideas that will help you have one of the best weekend getaways ever:

1. Use some imagination. Avoid the same old, same old. Go somewhere new. Skip the hotel and try a bed and breakfast. Detailed thoughtfulness and caring in planning a getaway with your wife can lead to romance when you arrive.

2. Present the idea via a handwritten invitation. Instead of

“Wanna go to the shore?” try a fountain pen on classy stationary. “Mr. John Doe requests the accompaniment of his lovely wife, Jane, for a weekend of romance at the B&B on Honeymoon Beach.” At the very least, go Hallmark.

3. Make all the arrangements yourself. Make the getaway a true gift and do the legwork yourself. It may be a cliché to say that the journey is as important as the destination. But there’s no doubt romantic getaways work best when romance is included every step of the way.

4. Plan to be uninterrupted. Make necessary arrangements for emergency contacts, but the cellphone is off, period. Email too. Romantic getaways need to be just that—a getaway.

5. Pack some candles and matches in your suitcase. This is a twofer: not just romantic candlelight, but the loving touch of thoughtfulness ahead of time.

6. Plan at least one a year. Romantic getaways accrue a cumulative value. Make them a regular element of your relationship.

7. Keep notes on dreams and wishes. Keep an idea log. Do you know what kinds of destinations your spouse enjoys, or what restaurants or fun activities she likes? Don’t wait for a moment of panic when you know you have to book something in 24 hours. The added value of paying attention is a growing sensitivity that puts your mate first as a matter of course.

8. Don’t break the bank—the stress will ruin the weekend. Nothing kills romance like stress. Save up, look for deals, go camping, swap houses for the weekend—do whatever it takes, but keep inside your budget.

9. Arrange ahead. It doesn’t take a lot of effort to arrange flowers, chocolates or some other gift to be there when you arrive. The thoughtfulness will go a long way.

10. Do not watch sports. OK, does this even need to be said? Unfortunately, yes! Better yet, don't watch TV at all (unless you have a "date-friendly" movie planned).

The idea is simple: "uninterrupted time together." That's a gift you can't overgive. {eoa}

For the original article, visit .

Can You Bring Your Dry Bones Back to Life?

Do you have any dead bones lying around in your life?

Perhaps you have dreams that are dead in the water ... or hopes that have been senselessly harnessed ... or desires that are now moldy and dusty.

What has expired in the recesses of your heart?

We all have plans and dreams that have gone awry and opportunities that have dried up with the passing of time. There are failures and disappointments that seem to define every waking hour of every quickly passing day.

Look around you. What do you see? Do you see a valley filled with the dry bones of unmet goals and finish lines that you have never crossed?

Do you believe that your particular mountain of dry bones is able to come back to life again? Do you believe?

The prophet Ezekiel was faced with such a problem; God took Ezekiel to the valley that was filled with dry, brittle bones.

There was absolutely no life left in these bones! These bones were dead-dead bones.

God told Ezekiel to look at the mountain of dry bones and to prophesy over them.

“Again He said to me, ‘Prophecy over these bones and say to them, O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you so that you live. And I will lay sinews upon you and will grow back flesh upon you and cover you with skin and put breath in you so that you live. Then you shall know that I am the Lord’” (Ezekiel 37:4-6, MEV).

When Ezekiel obeyed the Lord and spoke words of life over the dead-dead bones, do you know what happened next?

The bones began to rattle! What? The deceased bones began to show signs of life!

As the bones rattled with the possibility of new life and purpose, they began to grow back together and then sinews grew on them! A miracle was taking place before Ezekiel’s very eyes! Flesh then became evident and skin began to cover the once dead bones.

How did this happen? It happened because Ezekiel spoke the Word of the Lord over the cold and lifeless bones! It happened because an ordinary man spoke the extraordinary words of His Maker.

But there was still no breath in these new bodies that were once dead. These bones that were once extinct and cadaverous now had now become like mannequins in the desert sun.

God spoke again to this incredulous prophet, Ezekiel, and declared, *“Then He said to me, ‘Prophecy to the wind; prophecy, son of man, and say to the wind: Thus says the Lord God: Come from the four winds, O breath, and breathe upon*

these slain so that they live.'" (Ezek. 37:9, MEV).

Ezekiel once again obeyed the Lord and the breath of life came into these once dead-dead bones. A mighty army rose in the midst of this valley that just minutes ago only housed dried up carcasses and petrified pieces of bones.

The Word of the Lord, an obedient child and the wind of the Holy Spirit will always conspire together for a miraculous ending.

It's time for your dreams to come out of the grave of disappointment and failure! Today is the day to speak the word of the Lord over the dreams of your youth and the hope of yesterday.

I hear some bones that are rattling. Do you hear it?

All of the dead places of your life have the potential to become a mighty, roaring and valiant army when you obey the Lord and speak life over that which is deceased and wasted.

Rather than being paralyzed by dead dreams and defunct hope, start speaking the Word of the Lord over the dead bones of your life.

"Then you shall know that I am the Lord, when I have opened your graves, O My people, and brought you up out of your graves. And I shall put My Spirit in you, and you shall live" (Ezekiel 37:13 & 14a, MEV).

It's time for the dreams of your life that have been the casualties of failure and disappointment to rise up like an energized and lively fighting machine. The dead bones of your past are the vibrant and victorious strategy for the Spirit of God to inhabit.

I hear some rattling bones that are shaking off death and receiving the life of the Holy Spirit. Are they your bones?
{eoa}

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