

5 Things Husbands Wish Wives Knew

I have no doubt that my wife loves me. But her day-to-day ways of expressing that love are not always what I want or need.

Over the years, I've learned that there is a wide mental and emotional gap between men and women ... that's no secret. This gap is filled with different desires, different strengths, and different ways to communicate and love one another. Every day, marriage is an attempt to bridge the gap—to overcome our differences and be able to experience joy in life together.

So, to help you and your spouse practically bridge the gap, here are five things husbands wish wives knew:

1. We desire validation. Much of what I do, I do for my wife. It's because I want her validation. I want to hear, "You are the man!" from her. When we do something well, we want you to take notice and affirm us. We want our wives to be our number one source of validation. [These 10 More Things Husbands Want to Hear from their Wives](#) highlights other things we want to hear from you.

2. We desire respect. We want you to respect our judgment. A man needs his woman to value and trust his opinions and decisions, even if they prove to be wrong sometimes. That means not constantly questioning his knowledge with a "Why do you say that?" or challenging his decisions by asking, "Why don't you just stop and get directions?" We also want you to respect our abilities. A man doesn't want to hear something like, "You're not a handyman, I'll call the plumber" or "Sports isn't your thing. I'll ask John to teach him how to throw the football." A guy doesn't want to be shot down before he even gives it a chance.

3. We desire conciseness. As a husband, I often wish that my

wife, Susan, would simply give me the bottom line. Even though Susan knows this, she still sometimes gives all the background, tells me the stories, and explains details. Even though I need to listen to her express herself, I really just want her to be clear and concise with what she wants me to do.

4. We desire forgiveness. All husbands mess up. Most of the time it is not intentional. When we ask for forgiveness, we want you to grant us forgiveness and not hold a grudge against us and continue to bring up our historical mistakes. There is freedom in forgiveness.

5. We desire support. I've said on many occasions that husbands and wives were designed to complete each other, not compete with each other. We need to know that our wives are on our team, that they really want to help and support us, that they've got our back all of the time. When we have to make a tough decision, when we lose a job, when we're struggling—we need to know our wives are with us all the way.

Husbands, what are some other things you wish your wife knew? Wives, what do you think your husband wants you to know about him? Later this week on this post, I'll talk about the five things wives wish husbands knew. Stay tuned.

***Mark Merrill** is the president of Family First. For the original article, visit .*

Does Faith in God Really Combat Sickness?

As a cardiologist, I use every tool at my disposal to help my patients win their battles against heart disease. In addition

to cholesterol-lowering drugs, cardiac medications, tests and procedures, I also frequently recommend that my patients give their local church a try. In fact, I've found this to be one of my most effective therapies.

Researchers studying the relationship between high blood pressure and religious activity recently examined 4,000 older adults. Their study, published in the *International Journal of Psychiatry in Medicine*, found that those who attended religious services once a week or more and prayed or studied the Bible once a day or more had a 40 percent lower diastolic blood pressure reading than those who attended services and prayed less often.

This does not surprise me. I've written before about one of my patients I call "Alligator Annie," who ran a small country store in the Everglades and kept a shotgun on hand to scare away alligators.

Her high blood pressure was resistant to most medications, and I came to realize that she was suffering from anxiety. I tried a number of techniques to help her lessen her stress, but all failed. Finally, I asked her if it was OK if I prayed for her. She accepted, and eventually, she began to follow a more church-oriented path, going to services and becoming involved in the religious community.

Within a year-and-a-half, her blood pressure was under control. I've seen results like this many times. By going to church, my patients become part of a community that offers them support and positive reinforcement to make the changes they can't make on their own.

Another study, which was published in the *Journal of Gerontology* series A: Biological and Medical Sciences, looked at the correlation between religious activity and smoking in 3,968 people. The researchers found that the more religious activities a person became involved in, the less likely it was

that they would continue to smoke.

Of course, less smoking translates into lower rates of high blood pressure and coronary artery disease, along with reducing the risk of lung cancer and chronic pulmonary disease.

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For the original article, visit .

How God Works Behind the Scenes to Position You for Miracles

“Wait, wait—look!” I exclaimed to my husband, Terry, on our morning walk. “Where did that come from?”

There, before our eyes was a flower, purple and pink with long soft petals. After a particularly long, cold winter, the flower was a miraculous reminder of spring!

But there was something else even more amazing than the first spring flower emerging after winter. This extraordinary, colorful flower had pushed through the least likely place—a

dirty, ragged crack to the side of the cement sidewalk.

Snug and secure out of the flow of foot traffic, it looked as though this tiny flower had been placed there by a loving hand, for a reason—to simply grow and blossom, despite all odds.

Terry scratched his head and remarked, “God at work!”

That spring morning, I became suddenly aware of *God at work*—His ways of working behind the scenes. I was reminded of His Word that establishes Him as our Creator, “the Creator of the ends of the earth” (Is. 40:28); “the Lord, who made heaven and earth” (Ps. 121:1-2); “the Lord, the God of all flesh” (Jer. 32:27).

It was on that spring morning, while looking at the tiny miracle flower growing through the crack of cement that I shuddered to think that if we are not sensitive to God at work, we might miss what He is doing!

For instance, we might miss God at work mending a marriage because we can’t see His instant results. We might miss God at work healing a parent and teen relationship because our impatience might corrode His timing. We might miss God at work blessing our finances because we can’t see or get beyond our current debts.

If we are not careful, we might end up bitterly stuck—seeing life through the failures and limitations of yesterday—when God is quietly at work attempting to get us to move on to the victories that await us tomorrow.

If you know that God has called you to a great future, but you feel stuck in a mediocre or discouraging present, be of good cheer. God the Creator is working things out, whether you can see it or not. His Word calls you to walk by faith, not by sight (see 2 Cor. 5:7), and His Word even tells you to look not at the seen, but the unseen (see 2 Cor. 4:18).

God never calls perfect people—only obedient ones. He calls people, plants seeds of His plans and purposes for them, then He gives them opportunities to blossom and to do great things (see Heb. 11, “the faith chapter”).

The next time you wonder if God is at work in your life, remember the tiny miracle flower that was discovered growing beautifully in the least likely place. Read Matthew 6:28-30 and remember what Jesus said about the lilies and the grass of the field—and how much more your heavenly Father loves and cares for you and is *at work* in your life, even this very second, growing miracles that are destined to blossom.

PRAYER POWER FOR THE WEEK OF 08/04/2014

This week ask God to make you sensitive to His working in everyday occurrences. Thank Him that He is working on your behalf even if you cannot see answers to some of your prayers yet. Continue to pray for our Christian brothers and sisters who are persecuted around the world for their faith in Christ. Ask God to extend His hand of mercy over the people of Israel, the Middle East, Africa and Indonesia. Pray for protection over our troops, our borders, our ports, and our cities. Continue to pray for our government officials in all areas of government – federal, state and local. Pray for worldwide revival to ignite in churches and engulf the planet, and that our nation would seek the Lord and follow His ways. Isaiah 40:28; 2 Chron. 7:14

Are We Winning the War on

Cancer?

As Americans marked National Cancer Survivors Day in June, a new report found the number of survivors now exceeds 14.5 million people. And, according to the American Cancer Society, that number is expected to grow to 19 million in the next decade.

The ACS report shows two-thirds of today's cancer survivors were diagnosed at least five years ago, and 15 percent were diagnosed 20 or more years ago.

Among those survivors is Susan Hoffman of Knoxville, Tennessee, who was diagnosed with breast cancer in 2010. The mother of two said Herceptin, the first targeted medicine approved by the FDA, saved her life.

"If that hadn't been around, it (her cancer) probably would have returned," Hoffman told east Tennessee television station WBIR.

Hoffman, who had her last round of chemotherapy in 2011, is now encouraging others in their battle against cancer.

"That's something that I think as a survivor that I can do," she said. "To say you can get through this and that you will have a good life on the other side."

The second edition of Cancer Treatment & Survivorship Facts & Figures, 2014-2015 and an accompanying journal article published in CA: A Cancer Journal for Clinicians find that even though cancer incidence rates have been decreasing for 10 years, the number of cancer survivors is growing. This is the result of increases in cancer diagnoses driven by the aging and growth of the population, as well as the fact that people are living longer with cancer because of earlier cancer detection and more effective treatments.

The three most common cancers among males living with a history of cancer in 2014 are prostate (43%), colorectal (9%) and melanoma (8%). Among women in 2014, the three most common cancers are breast (41%), uterine (8%) and colorectal (8%). While lung cancer is the leading cause of cancer deaths and the second-most commonly diagnosed cancer in both men and women, a low survival rate makes it the No. 8 variety of cancer among survivors. The distribution of prevalent cancers is expected to be largely unchanged in 2024.

Other selected findings:

- The majority of cancer survivors (64%) were diagnosed five or more years previously, and 15% were diagnosed 20 or more years ago.
- Nearly one-half of cancer survivors (46%) are aged 70 years or older, while one in 20 (5%) is under age 40.
- The age distribution of cancer survivors varies substantially by cancer type. For example, the majority of prostate cancer survivors (62%) are aged 70 and older, whereas fewer than one-third (32%) of melanoma survivors are in this age group.

By January 1, 2024, it is estimated that the population of cancer survivors will increase to nearly 19 million Americans (9.3 million males and 9.6 million females).

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

5 Cs to Move From the Red

Zone to the End Zone

Men are notorious for nurturing superficial friendships that center around the safer subjects of sports, business, sex and almost anything other than what's most important.

We men protect our reputation and ego by surrounding ourselves with other men who want the same thing and don't want to expose any true vulnerabilities or be held accountable for behaviors. "How's work going?" "Did you see the game last night?" is easier than "How's the marriage?"

Over the last 15 years, Every Man Ministries surveys reveal that only 1 in 10 men over 30 years of age have someone in their lives they would call a "true friend" who knows them at a deep or personal level. The irony of this reality is that we also know the margin of victory for men at the personal level is often ... one other man, who is a true friend, who "gets under the rock" with you on the deep issues of life.

So, whether or not you've got a close friend, here are the 5 "Cs" we know move men from the "red zones" of life to the "end zones" of celebration.

1. Consistency. The principle of frequency, meeting regularly and connecting on an ongoing basis gives men a go-to guy for all things besides the typical chit-chat small talk. Breaking consistency can lead to isolating, which is the enemy to forging new character in Christ.

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." (Heb. 10:24-25)

2. Confession. The principle of authenticity provides men a confidant with whom you can be honest and who will tell the truth even when it hurts. This may be men's highest hurdle,

because we are afraid of lowering the veils and opening our lives, beliefs and concerns and (gasp) sharing our feelings. Your friend will not have all the answers, but he will be someone to confess true struggles that all men fight. This is a friend who is authentic, not synthetic, and will be frank instead of a flatterer.

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective” (James 5:16).

“He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion” (Prov. 28:13).

3. Care. The principle of empathy gives men an ally in the “good fight of faith,” one who cares about the needs, hurts, hopes and dreams of another. It’s masculine empathy from masculinity, which is not femininity. When tough times arise, and they will, men need men who care enough to be attentive, available and willing to assist.

“A friend loves at all times, and a brother is born for a time of adversity” (Prov. 17:17).

4. Confidentiality. The principle of safety gives men an environment to dig deep without being condemned for struggles. A true friend will honor the code of confidentiality and be able to “talk about anything.” Within this umbrella of safety, men can confide true issues with living a life serving Christ and others, transforming concerns into convictions. But it takes a brother who will help hold you accountable within the code.

“Therefore, there is now no condemnation for those who are in Christ Jesus...” (Rom. 8:1).

“My eyes will be on the faithful in the land, that they may dwell with me; the one whose walk is blameless will minister

to me" (Psalm 101:6).

"For God did not send his Son into the world to condemn the world, but to save the world through him" (John 3:17).

5. Completion. The principle of maturity involves having a friend who can hold a position of authority in your life. God is designed for vertical authority, but a friend can provide horizontal authority, standing in your blind spot. He will be able to see things about yourself that you may not and have the ability to guide you toward completing the character maturity issue in your life. This kind of friend can bruise your ego, so it may be healed by Christ.

"Better is open rebuke than hidden love. Wounds from a friend can be trusted, but an enemy multiplies kisses" (Prov. 27:5-6)

"Let a righteous man strike me—that is a kindness; let him rebuke me—that is oil on my head ("oil" refers to presence of God). My head will not refuse it, for my prayer will still be against the deeds of evildoers" (Psalm 141:5).

Men need one man to pursue victory in all areas of life. Even Jesus had John. Moses had Aaron. David had Jonathan. Paul had Timothy. Greatness comes from one great friend.

For the original article, visit .

What's Really Causing That Belly Fat, and What You Can

Do About It

Have you ever experienced a particularly stressful time where you started putting on weight for no apparent reason? You were eating about the same amount of food and getting about the same amount of exercise, yet the scale started moving up. Your body's stress response had affected your hormones.

Stress comes in many forms--intense work demands, relationship problems, buying a new home (or selling an old one), caring for an aging parent or a sick child, illness, loss, injury or trauma. It all impacts the body.

The adrenal glands manage our stress responses by secreting hormones in response to our stress levels. When the adrenals are overworked (and "under paid"; i.e., not receiving extra support), the body prepares for impending disaster--it stores fat. Excess cortisol causes us to crave food--and often foods we don't always eat such as high-fat, sugary or salty foods.

We may lose precious sleep because overworked adrenals cause us to wake up during the night or not be able to fall asleep. This affects our appetite hormones: ghrelin (the appetite-stimulating hormone; raises desire for high-carb foods) goes up, and leptin (the appetite-control hormone) goes down. We get more tired and move a little slower, thus we burn fewer calories. Then we gain weight. And if you're of a certain age, you may also suffer from menopausal symptoms.

The Adrenal Glands & The HPA Axis

The adrenals are small walnut-shaped organs that are located just above the kidneys. They release hormones such as cortisol in response to stress, whether it's perceived or real. The adrenals are controlled by the hypothalamus-pituitary-adrenal (HPA) axis.

There is a negative feedback loop that governs the amount of

adrenal hormones secreted. The HPA axis adjusts cortisol levels according to the body's need by a hormone called adrenal corticotrophic hormone (ACTH). It is secreted by the pituitary gland in response to signals from the hypothalamus. When ACTH binds to the adrenal cells, a chain reaction occurs within the cells prompting the release of cholesterol that it is synthesized into pregnenolone, the first hormone in the adrenal cascade. After this, cortisol is released into the blood stream where it travels in the circulatory system to all parts of the body and back to the hypothalamus.

Belly Fat: A Signal of Adrenal Fatigue

Adrenal imbalance can contribute to an expanded waistline. Here's the science: Normally when we feel hungry, our blood sugar drops and the brain sends a message to the adrenal glands to release cortisol. Cortisol activates glucose, fat and amino acids to keep the body fueled until we eat. Cortisol maintains blood-sugar levels, and insulin helps cells absorb glucose.

When we have long-term stress, both insulin and cortisol remain elevated in the blood, and the extra glucose is stored as fat—mostly in the abdomen. Scientists have discovered that fat cells actually have special receptors for cortisol. There are more of these receptors in our abdominal fat cells than anywhere else in the body. In addition, scientists have shown that belly fat is actually an active tissue, acting like an endocrine organ that responds to stress responses by actually welcoming more fat to be deposited. This is an ongoing cycle until steps are taken to correct this adrenal imbalance.

Reboot Your Adrenals and Heal

- **You need to eat protein.** Every meal or snack should contain some protein in order to heal. Eat a whole-foods, anti-inflammatory diet. Drink two or three glasses of veggie juice per day.
- **Avoid caffeine.** It whips your adrenal glands into a

frenzy.

- **Avoid prolonged fasting or cleansing regimens until you are healed.** You can do a short one- or two-day vegetable-juice fast if you juice veggies with lots of greens. Wheatgrass juice is especially helpful. Prolonged juice fasting or intense detox programs can weaken you further.
- **Take a break.** We rarely take time to disconnect from technology--cell phones, the Internet, email and television. The problem is that our adrenal glands notice! Rather than being tired, wired and over-eating, slow down and restore balance to your adrenal glands--and your life. Take the Life Balance Quiz. You may think that by moving fast you will lose weight, but when stress levels are high and your adrenals are working overtime, you will stay in a perpetual cycle of gaining pounds.
- **Sleep.** Many people with adrenal fatigue complain of being tired all day then having trouble sleeping at night. If you are in a reverse circadian rhythm, this affects cortisol levels, causing irregular sleep patterns. You can correct this by eating less food late in the day, turning off all technology including television by 8 p.m. and by getting into bed and asleep by 10 p.m. Getting to sleep on the earlier side of midnight is much more restorative to your adrenals than sleep that begins later in the night, even if you sleep late the next morning to get in your full amount of sleep. The goal is to have eight to nine hours of sleep, so your body can rest and regulate your hormonal cycles.
- **Exercise.** Exercise can help you reduce stress, but only if it does not make you feel more tired. When you are exhausted, your adrenals are already working hard, and heavy exercise can put added strain on them. The goal is to keep your heart rate under 90 beats per minute when working out. If you don't regularly exercise, walking 15 minutes once or twice a day after meals, outside in

fresh air, makes your adrenal glands—and your mind and body—very happy. Also, check out the swing machine. It offers gentle exercise that is similar to jumping on a mini-trampoline and helps detoxify the lymphatic system. When I feel especially stressed, I spend about 10 to 15 minutes on it.

- **Get more exposure to natural sunlight.** This is good for your adrenal glands and boosts vitamin D. Make sure you don't burn, but use only coconut oil or natural sunscreen. Work up to 15 minutes of exposure three to four times per week.
- **Have fun.** Laugh and enjoy your life; it is a very important way to relax! Make relaxation and fun a priority; the benefits are amazing.
- **Breathe.** Deep breaths in and out of your nose can slow your heart rate and calm your entire body. Sometimes when we are under stress our breathing becomes shallow and fast. It only takes three or four deep breaths to feel better. Remember that slowing down your breath, as well as your life, even for a few minutes can make a big difference in reducing your stress level.

Cherie Calbom, M.S., C.N., is the author of 24 books, including *The Juice Lady's Remedies for Allergies and Asthma*, *The Juice Lady's Remedies for Stress and Adrenal Fatigue*, *The Juice Lady's Big Book of Juices and Green Smoothies and Juicing*, *Fasting and Detoxing for Life*. She has devoted her life to teaching people how to care for their bodies so they might complete their destiny. For more information, visit her at .

For the original article, visit .

7 Compliments Every Husband Should Speak Out Loud to His Wife

A mirror can be a hostile enemy to a woman. Although it is a reflection of her image—the image she sees is often a poor comparison to the ideal image within her imagination.

You can almost hear the screams when you walk past the women's lounge. Very few women leave a mirror with a satisfying sigh of relief—most exhale a few self-imposed curses murmuring their disgust.

It's pretty obvious that "modern" culture is hostile toward women. The social antipathy causes many women to succumb to a false body image. They can never measure up—or as you're about to see, they will never measure down—to satisfy the delusional and schizophrenic nature of this culture.

The Dove brand launched a campaign to offset the dysmorphia of how women measure beauty. After an exhaustive study, Dove found that only 2 percent of women around the world describe themselves as beautiful.

Recently, Steven, a husband from Colorado emailed FivestarMan to ask this question:

"My wife is constantly comparing herself to other women and continues to put herself down. She is so unhappy with herself that it's having an [e]ffect upon our relationship. She has no confidence. What can I do to help her?"

Do you know a husband's words have a cleansing effect upon the appearance of his wife?

In fact, his words benefit her better than can any secret formula of wrinkle cream and anti-aging. Paul described this

anti-aging, blemish-removing wrinkle cream this way:

“Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless” (Eph. 5:25-27).

Abraham spoke kind and comforting words over his wife when he changed her name from Sarai, which means “my princess,” to Sarah, which means “a noble lady.” This may seem like a subtle change, but it had incredible affect on her. Abraham stopped referencing her as a youthful “cutie” and allowed her to mature into her beauty.

Some men haven’t learned this lesson. We should allow our wives to grow into their maturity as a lady.

Here are 7 Compliments Every Husband Should Speak Out Loud To His Wife:

1. “You’re the love of my life.” You can’t say it enough. This single word has incredible meaning and can’t be replaced. As simple as it sounds, saying “I love you” is still the most powerful compliment given by a man. Don’t be stingy about saying it. Say it often and without reservation.

2. “You make that outfit look awesome.” Don’t say a dress looks good on her. That emphasizes the dress looking good. Rather say, “You make that dress look good.” She is the object of your affection—not the dress. It’s a subtle but powerful twist on an outdated compliment.

3. “I want to get your perspective on this issue.” This compliment tells your wife that her mind is attractive to you.

Being involved in a difficult decision that you're facing will draw out of her a complementary wisdom that she can add to your life. She will feel like you value her partnership.

4. "You're a beautiful woman." Don't say, "I like you the way you are." The subliminal suggestion is that there is something flawed you're willing to live with. Rather, say, "My attraction to you has only grown through the years. You get better and better."

5. "You make me want to be a better man." I borrowed this line from the movie, *As Good As It Gets*, but this is probably the most successfully crafted compliment that a man can give. I just wish I would have said it first. This compliment is the essence of the complementary relationship a wife has with her husband.

6. "The intimacy of my eyes are for you." This compliment reassures her that you only have eyes for her. Job said, "I made a covenant with my eyes not to look lustfully at a young woman" (Job 31:1). This compliment is reinforced when you are with your wife in public but your gaze stays upon her and your attention is fixated on her needs.

7. "You're all the proof I need that God favors me." Solomon said, "He that finds a wife finds what is good and receives favor from the Lord" (Proverbs 18:22).

I really like how Eugene Peterson paraphrases Ephesians 5:25-28 in *The Message*:

"Husbands, go all out in your love for your wives, exactly as

Christ did for the church—a love marked by giving, not getting. Christ’s love makes the church whole. His words evoke her beauty. Everything he does and says is designed to bring the best out of her, dressing her in dazzling white silk, radiant with holiness. And that is how husbands ought to love their wives. They’re really doing themselves a favor—since they’re already “one” in marriage.”

Really, a wife is a reflection of her husband’s ability to compliment her. His words are like the seeds of a farmer that return a harvest that he desired when he planted the crop. Remember: it’s a fantasy to expect a harvest you haven’t sown a seed to have.

Ask yourself: is my wife confident in herself? If not, begin today to evaluate the words you speak over her. Sow into her kind, affirming words and watch as she transforms into a confident, mature woman.

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 .

New Method of Early

Alzheimer's Detection Could Pave Way for Successful Treatment

Scientists think they have found a way to detect the early signs of the most common brain disorder, Alzheimer's, after conducting two recent studies. These studies conclude that eye tests can help identify the 'bio-markers' of this brain disease in the retina and lens of the eye.

These two techniques devised by scientists were able to differentiate between potential Alzheimer's patients and those with no signs of this brain disorder with a high level of accuracy. The researchers who conducted these studies expressed confidence in their findings. They said that although their study is at a very primary stage, they are hopeful that it could be developed into an eye test that could be highly beneficial in identifying people with Alzheimer's.

The head of science at the Alzheimer's Research UK charity, Dr. Simon Ridley, praised the findings of the researchers. He said that it is quite a difficult task identifying symptoms of Alzheimer's in its earlier stage. And by the time the symptoms are developed and identified, the brain has already undergone a lot of damage.

Dr. Ridley added that the development of a cheap, non-invasive eye test will definitely prove to be effective in diagnosing Alzheimer's early, which in turn will help patients receive treatment sooner than they do now. Moreover, the non-invasive eye test for detecting Alzheimer's also will assist in improving clinical trials so that potential treatments for brain disorders have a better chance of success.

The scientists who are planning to develop this eye test for detecting Alzheimer's also will develop other expensive

procedures to confirm the presence of a brain disorder after its initial indication. A few such procedures include scans or spinal fluid examinations and PET (positron-emission tomography).

The researcher of one of the studies, Shaun Frost from the Australian science agency the Commonwealth Scientific and Industrial Research Organization, said they regard this eye test as an initial examination that could match with what is presently used. Scientists are conducting further studies to prove that these findings are correct. And, if found effective, this eye test could be performed as part of a regular eye checkup. Frost further added that the high-resolution images also will assist in the precise checking of retinal plaques of individuals, and this will work as a potential procedure to observe advancement of the disease and response to treatment.

About The Studies

The researchers based their study on the fact that the human eye is an extension of the brain. Researchers of both studies tried to identify the presence of beta-amyloid protein, which is a major assurance of Alzheimer's disease. Beta amyloid protein is formed as clumps in the brain of an individual suffering from Alzheimer's.

In the study conducted in Australia, curcumin was used, which is an active ingredient of the Asian spice, turmeric. Curcumin is used as a fluorescent marker that attaches with beta-amyloid protein and is shown in the retina. The 40 participants of this study were administered supplements of curcumin. It was then identified in the eye by making use of a novel imaging system. The initial results of the study were amazing. The test was able to effectively spot every participant with Alzheimer's as well as precisely recognize those shown in the brain through PET imaging.

The other study was conducted by researchers from the U.S. company Cognoptix. Those researches made use of an ointment to apply fluorescent label to beta-amyloid in the lens of the eye. Next, laser scanning was conducted to identify the protein. The study was conducted on 40 participants, some of whom were healthy, while others had Alzheimer's. This procedure was able to identify people with Alzheimer's with approximately 85 percent precision.

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 copies sold. He is the medical director of the Divine Health Wellness Center in Orlando, Florida, where he has treated more than 50,000 patients. He also is an internationally known expert and prolific speaker on integrative medicine.

For the original article, visit .

6 Reasons Innocent Palestinians Are Dying

Over the past several weeks, Hamas has shot more than 2,000 rockets at Israel—not just in her southern cities but reaching over 80 percent of Israel. This goes against all conventions of war. Targeting noncombatants is terror. It is not allowed under the Geneva conventions.

Israel has had no choice but to defend herself. In doing so, more than 600 Palestinians have died. We are told that

possibly as many as 80 percent were noncombatants. First of all, we cannot trust the numbers Hamas is giving us, as they are a terrorist organization and more known for propaganda than honesty. Nevertheless, we have to ask ourselves, *who is to blame for the high number of civilian deaths?*

Mahmoud Abbas has accused Israel of genocide. The president of Turkey said Israel's barbarism has surpassed even Hitler. The U.N. chief has condemned Israel in recent days calling our *defensive* actions "atrocious." And even John Kerry mocked Israel's response when he didn't realize his microphone was on before an interview.

However, any honest human being should be able to lay the blame squarely at the feet of the ones who started this conflict: *Hamas*.

1. Hamas uses women and children as human shields. There is ample evidence that Hamas surrounds its weapon launchers with children. This is beyond inhumane. Their goal is two-fold: to keep Israel from taking out the launchers, but even better yet (in their twisted jihadi minds), "If Israel responds we can parade through the streets with dead children."

I heard an Abbas adviser on CNN sharing that no mother would ever allow her children to be used like this. That was the whole of her argument—emotions over photographic evidence. But to answer her question, these are the same mothers who go on TV praising Allah that their sons have become suicide bombers. The same mothers who hand out candy on the streets when Israelis are murdered—and rejoiced at the news that Hamas had killed three teenage boys in cold blood.

"Here's the difference between us. We're using missile defense to protect our civilians, and they're using their civilians to protect their missiles," said Israeli Prime Minister Benjamin Netanyahu.

2. Hamas hides weapons in residential neighborhoods. This week

20 rockets were found in a United Nations-funded school. When Israel discovers this, she has an important decision to make. Do you destroy the weapons depot, in this case, a school, and risk collateral damage, or do you pass it by, knowing those weapons will be used against Israeli citizens and troops?

Oh ... and an aside ... The UN, upon discovering the rockets, handed them over to the Gaza police under Hamas control. They gave them back to be used against Israeli civilians. *Mr. Ban, that is atrocious.*

IDF tank shells that hit the Al Aqsa Hospital and sadly caused civilian casualties happened only because Hamas was storing a cache of anti-tank missiles right next to the hospital. These tanks have already killed nearly a dozen Israeli soldiers. Hamas purposely hides them next to a hospital, baiting Israel into bombing them.

“While the IDF takes every possible measure to minimize civilian casualties, Hamas and its deliberate tactic of embedding terrorist activities with the urban environment are ultimately responsible.” (IDF spokesman)

But let's be clear—there is a huge difference between collateral damage as Israel seeks to destroy Hamas' ability to attack Israel, and what Hamas does: *targeting Israeli civilians*. It is not Israel's fault that Hamas is simply not very good at it. But it is not for a lack of trying—more than 2,000 rockets in two weeks and only one death.

3. The 'innocent' Palestinians elected Hamas as their representatives. In 2006, after Israel left Gaza and hoped for peace, the people of Gaza voted Hamas into power. They chose Hamas. Now I understand that this was largely due to the fact that the Palestinian Authority was (and is) utterly corrupt, and politicians were lining their own pockets with U.S., U.N. and European aid money. But still, the alternative was a terrorist organization that would bring Islamic rule upon Gaza

and sacrifice their sons and daughters with the same amount of thought that it takes to buy a candy bar.

4. The 'innocent' Palestinians do not rise up against Hamas and stop them from sending rockets into Israeli population centers. This form of terror began nearly a decade ago, and Hamas still rules Gaza. The people have not risen up against them. This is the third time in five years they have invited a deadly Israeli response upon them because of endless rocket fire. And maybe yesterday, after more than 600 Gazans died, the people would have had enough. So Hamas announces they have kidnapped an Israeli soldier. Like a dog that loses focus the second you wave a tennis ball in front of him, the people of Gaza immediately took to the streets to celebrate the kidnapping. (The kidnapping has yet to be substantiated.)

5. Hamas hides tunnel entrances in the homes of civilians and mosques. *The Times of Israel* reported recently, "Tunnel entrances have been found in houses and mosques, according to the army."

A lot has been made of the so called "massacre" in the city of Shejaiya. There are claims of dozens of innocent women and children being killed. What you are not being told is there were more than 100 terror targets including two mosques that served as Hamas compounds and weapons storage sites. ()

Furthermore, the IDF warned noncombatants to get out of that area before they entered. Did Britain and the U.S. warn Berlin before dropping 70,000 tons of explosives on the city? Of course, the residents of Berlin didn't wait for telephone calls and leaflets warning of the coming doom—1.7 million of them fled the city. However in Gaza, Hamas is encouraging its citizens to stay and die.

And no one condemned the U.S. and Great Britain for the bombing of Berlin—why? Because it was not an act of aggression, but self-defense. In the same way, Israel is only

in Gaza to destroy terror tunnels and take out Hamas' ability to fire rockets.

6. Hamas is thrilled at the number of civilian casualties.

This is exactly what they wanted. Prime Minister Netanyahu was correct when he said on Monday, "This is the cruelest, most grotesque war that I have ever seen. Not only does Hamas target [Israeli] civilians, and hide behind their civilians, it actually wants to pile up as many civilian deaths as possible" for the television cameras, in order to garner sympathy.

Yes, while Israel seeks to prevent Palestinian deaths, Hamas wants them to die—the more the merrier. This is their strategy. While Hamas commanders hide in underground bunkers, they cheer as more and more of their own people die for the cause. That's simply more fuel for the propaganda machine.

So, ask yourself, WHO IS REALLY TO BLAME?

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For the original article, visit .

12 Reasons You Shouldn't Give Up on Local Church

I know. I have been a spokesman for gloom and doom of the local church. I've even written a book about church autopsies—not necessarily a topic of hope and joy.

There have, however, been reasons for my notes of caution and pessimism. First, we must face facts if we are to do something about them. We can't expect to move forward if we have our metaphorical heads in the sand.

Such is the reason I wrote a book on church deaths. Second, the negative situation I have described is a reality. It would not demonstrate integrity if I said something different.

But, in the midst of the gloomy facts, I remain an obnoxious optimist about local congregations. I do believe there is a very good possibility that we won't go the way of many other places that have seen the decline of churches to the point of irrelevance.

Allow me to share 12 reasons I remain hopeful.

1. Leaders in congregations are demonstrating a willingness to face reality. They are no longer playing games as if everything is OK. We must face the facts as we seek God's power to do something about them.

2. Prayer movements are developing in many churches. These movements are typically more spontaneous than planned. When God's people start praying, revival has already begun.

3. Both church planting and church revitalization are being emphasized. These two emphases have historically been viewed as competitive with one another. Today, more church leaders see them as complementary and vital. That is good.

4. There is a wedding of theology and practical ministry. In the 1970s and '80s, the church-growth movement advocated practical ministry often to the neglect of biblical and theological foundations. For the past 15 years, there has been a needed emphasis on good theology, but often to the neglect of practical issues. Today, there is a growing balance that realizes good theology should birth healthy practical ministry.

5. There is a growing emphasis on local church evangelism. Related to the issue in number four, more church leaders are now realizing they are in congregations bereft of evangelistic health. That is changing for the better.

6. Almost everywhere is a mission field. The bad news is that fewer people are Christians today, at least in America, than any point in known history. The good news is that our towns and neighborhoods are mission fields ready for workers.

7. The "multi-" movement is reaching into new areas. Church leaders no longer view a single church site or service as the limits of ministry. The growth of multi-service, multi-venue, multi-site and multi-campus has provided more opportunities to reach more people.

8. More church leaders are engaging culture rather than isolating themselves from culture. While the degradation of biblical values in our culture can be a temptation to withdraw from the world, more church leaders are moving into culture to be "salt and light." We don't have to compromise our biblical values, but we can be gracious ambassadors in this new and often strange world.

9. Church acquisitions and mergers are saving many congregations from death. In the recent past, there was little hope for congregations on a rapid downward spiral. Today, more and more of these congregations are willing to be acquired or to merge; thus the witness of the church in that community

remains alive.

10. Meaningful church membership is becoming a greater reality. It is heartening to see more congregations embrace a higher-expectation membership. As a consequence, local churches will soon become healthier and more impactful in their communities.

11. The worship wars are waning. Three decades of worship wars have taken their toll on our congregations. I wrote about this issue in a recent post. And, despite a few protestations to the contrary, I stand by my thesis. There will be more energy to focus on ministry rather than to fight one another.

12. Church members are doing greater ministry in the local communities. We can largely credit Christian millennials with this trend. Local church ministry is moving from “you come” to “we go.”

I am not suggesting that these developments are indicative of a quick turnaround of our congregations. Many are still in dire straits. But I am hopeful. Above all, my trust is in the one true God who is still working among His people. I am excited to see what He will do.

Let me hear from you. Tell me what you think about these 12 reasons. Tell me what you are seeing in your churches.

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