

## ***Learn How to REPROGRAM Your Mind, Body & Spirit to be Fit, Healthy & Strong for Life!***

### ***Lesson #3: "Understanding the Importance of Controlling Your Conscious Thought and it's Direct Impact on Chronic Disease!"***

Of all the valuable lessons I've ever learned in my life, I believe that understanding the importance of controlling our conscious thought is perhaps the most significant of all as it truly can and does impact every single aspect of our lives (as well as every single cell for that matter)! Think about it; what kind of thoughts enter and fill your mind from the time you wake up in the morning until you close your eyes to go to sleep at night? Are they filled with joy, happiness and expectations of victory and success?! Do you hold perpetual thoughts that are true, honest, just, pure, lovely, of good report; virtuous, and praiseworthy? If so, you are way ahead of the game and I would venture to say that you are probably living the life of your dreams and know only a life of health, happiness and prosperity! If however, you're like most people today, living a busy and perhaps even hectic lifestyle, working long hours to make ends meet and trying to balance all of life's responsibilities, you will probably more often than not find yourself holding thoughts of fear, anger, worry, resentment and grief; not to mention all of the subconscious thoughts that your mind is still processing daily from all of your childhood years.

While many have come to accept the challenging day to day thoughts and emotions associated with a hectic lifestyle and a turbulent childhood; what you may not realize however, is that your thoughts, feelings and emotions emit a very powerful form of calculable energy that can and does influence the expression of genes in your DNA. The process is referred to as "Cellular Differentiation" and takes place when a less specialized cell becomes a more specialized cell type. Even though there is no change in the underlying sequence of the actual DNA the cells are influenced to behave differently because of the adverse impact that our thoughts, feeling and emotions have on the expression of the gene code

This is extremely important to recognize because it is basically saying that any and all adverse thoughts feelings and emotions that we maintain on a regular and consistent basis are ultimately triggering a cascade of psycho-neuroendocrinological events that cause for phenotypic changes in the cells DNA and is therefore producing "dis-ease" or ill health. Knowing this should immediately inspire each of us to follow the scriptural recommendations in the book of Philippians as Paul is suggesting that we put forth a perpetual and tenacious effort each and every day, all day to stay focused "**ONLY**" on the things in our lives which are true, honest, just, pure, lovely, of good report; virtuous, and praiseworthy (**Philippians 4:8**).

