



The 10,000 Toes Campaign presents:



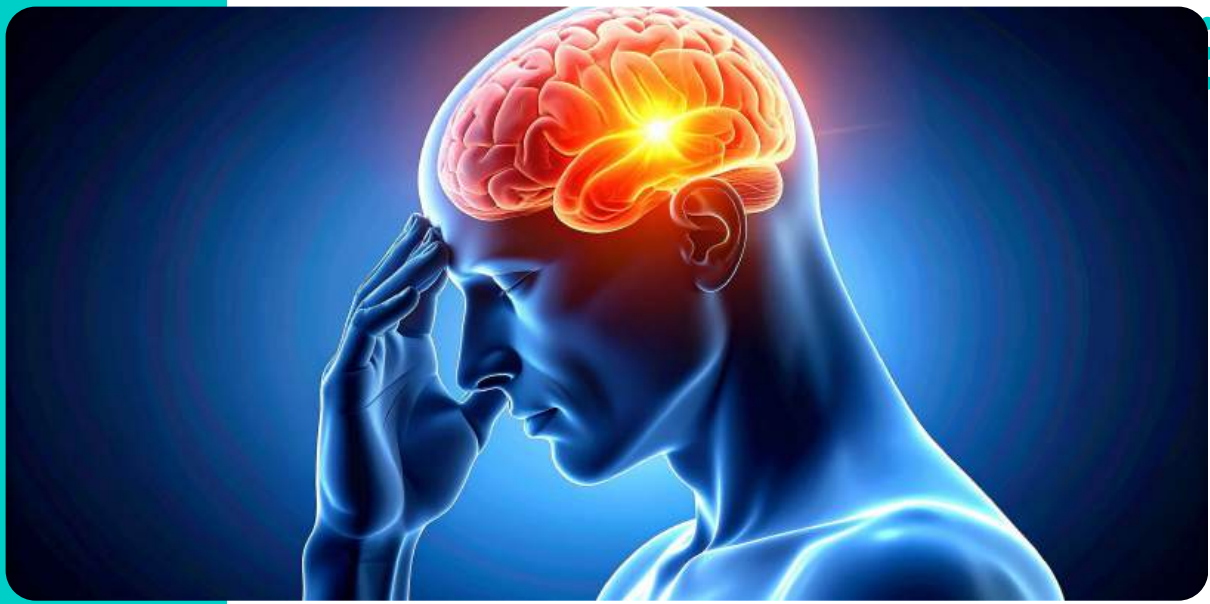
Health Keys

Are you ready to explore another Health Key?



Rewire Review

Tonight we will continue to explore the amazing features and characteristics of our brains specifically related to restoration.



For decades, it was said that dying brain cells can never be restored or replaced.

During the later part of the 1900's, people all over the world were told that the adult brain is static, and that damaged or dying brain cells don't get replaced.

This was depressing, but was also a powerful lie that left people feeling like once damage had been done, one may as well give up.



But the Bible gives us hope and science is now catching up to the truth that God reveals in His Word, which is that...

Our minds can renew.

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”
Romans 12:2

What a beautiful promise that our minds can renew.

“and that you put on the new man which was created according to God, in true righteousness and holiness.”
Ephesians 4:24



- ➔ **1800's**
- ➔ **1900's**
- ➔ **2000's**

PLASTIC

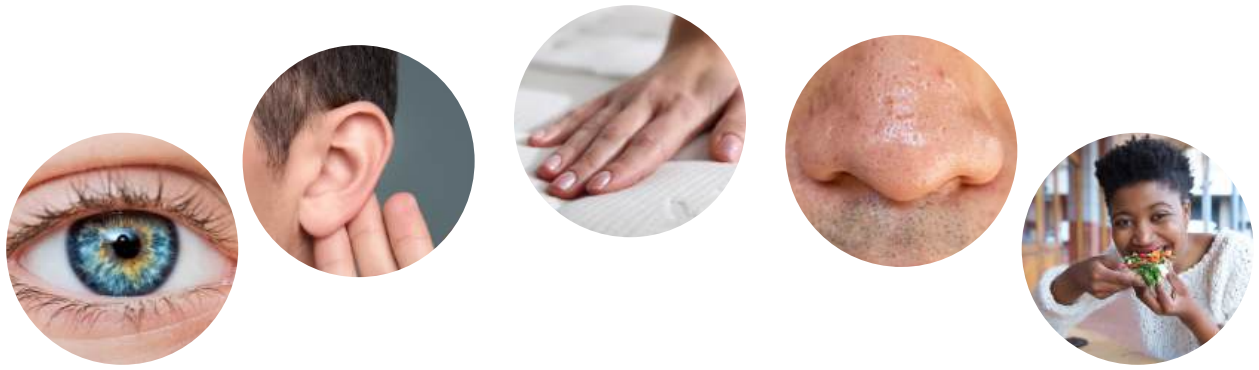
Interestingly, authors in the 1800's proposed that the brain is “plastic” and can be reshaped.

In particular, a lady called Ellen White wrote about the young minds of children and youth, and how they are particularly plastic and easy to shape.

In more recent years (late 1900's going into the last 2 decades) there is plenty evidence through a variety of studies.

These studies confirm that the brain CAN rewire, and the actual structure of the brain changes depending on our lifestyle and also what we put into our minds.

How do we put things into our brains?



Brain Input

Well, several avenues input into directly into the brain.

Everything we see, hear, touch, smell and eat, will ultimately affect the brain (either directly or indirectly).

Each and every bit of information that feeds into the mind, will help it to either grow stronger and healthier, OR to become weaker and even develop abnormalities.



In the African bush, it becomes easy to see where large animals have frequently walked.

Where they walk frequently, the tree branches form a clearing. The ground becomes bare where their heavy feed walk regularly.

On the other hand, areas where animals don't walk are densely over-grown with branches, shrubs, and grass.

There is no visible pathway in these parts of the bush.

PATHWAYS

Require regular
walking to
remain open



Our brains are somewhat like the bush, where we create pathways or HABITS.

The brain can for sure make new pathways or new habits.

The wonderful news is that if we have created strong brain pathways in wrong or unhealthy daily habits, then using those pathways less and less will allow them to “grow weak” just like when a walkway gets overgrown when not used.

Every positive and healthy habit, every uplifting thought, every healthy meal, helps to build new and healthy brain pathways, building a stronger and renewed mind.

Some habits are easier to change than others.

On average, it takes about 66 days to change a strong habit.



Do you remember this graph we looked at previously?

Let's think of how we can form a good habit.

First we need a trigger - that is the strong conviction to do something healthy, say for instance exercising first thing in the morning. This is where you DECIDE

Secondly, you need to take action and DO the exercise.

Your body craves that boost in mood that you feel when feel-good hormones are released during exercise.

The improved mood is a positive REWARD, and what's more, is that you experience and know that you are doing a healthy thing - that is another REWARD.

But the action of exercising does not become a habit after just one time.

The best part of this model is that there is a power that is higher than you, or my own will power. Our Creator, our Designer - He is the only true source of power to help us control our triggers and change our habits.



Now what to do if you slip back into old habits?

It will always be easy to slip back to those well-walked pathways, where bushes and plants are already out of the way.

It is hard to break through the thick over-growth and make new pathways. Like we discussed already, we need to repeat to see the reward.

Getting new habits in place is much the same. It is not always easy. You may very well find yourself slipping back into the old (easy) path, like walking automatically where the path is cleared. That is expected, but you don't need to worry. In this process, success is not measured by perfection.

Just because you have stepped onto the old (known, easy) pathway, does not mean you have lost the progress of clearing the new pathway. You will not be starting over "from scratch", as they say. Your progress is not lost.

What matters most is not whether we slip back, but how quickly we return. The brain strengthens whatever pathway is used most often over time, so each time we choose to come back to the new habit, we are reinforcing it.

Don't give up. Keep the pathway picture in mind, and get back on track.

When you make a NEWSTART, then each time you walk the NEW road, it gets a little more clear, with less resistance. Each time you come back to the new pathway, you are “clearing away” the obstacles and strengthening it.

Every repeat makes the next day easier.



Tonight we have learned that our brains can change. Every time we repeat a behaviour, we are strengthening a pathway.

So here is the next challenge –

Choose one simple healthy habit that you would like to introduce to your life – and do it intentionally.

Just one, not five, not ten. One small action you can repeat.

For Example –

- Drink a glass of water first thing in the morning or
- Take a 10 or 20 minute walk as soon as you get up
- Go to bed earlier each night
- Cut back on daily junk food.

Which ever small step you choose:

Repeat – strengthen – become

Small actions, repeated daily, create lasting change.

I encourage you to recite this Bible promise each time you repeat that new health habit:

Philippians 4:13 “I can do all things through Christ who gives me strength.”



Want to unlock **more?**



REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.