



The 10,000 Toes Campaign presents:



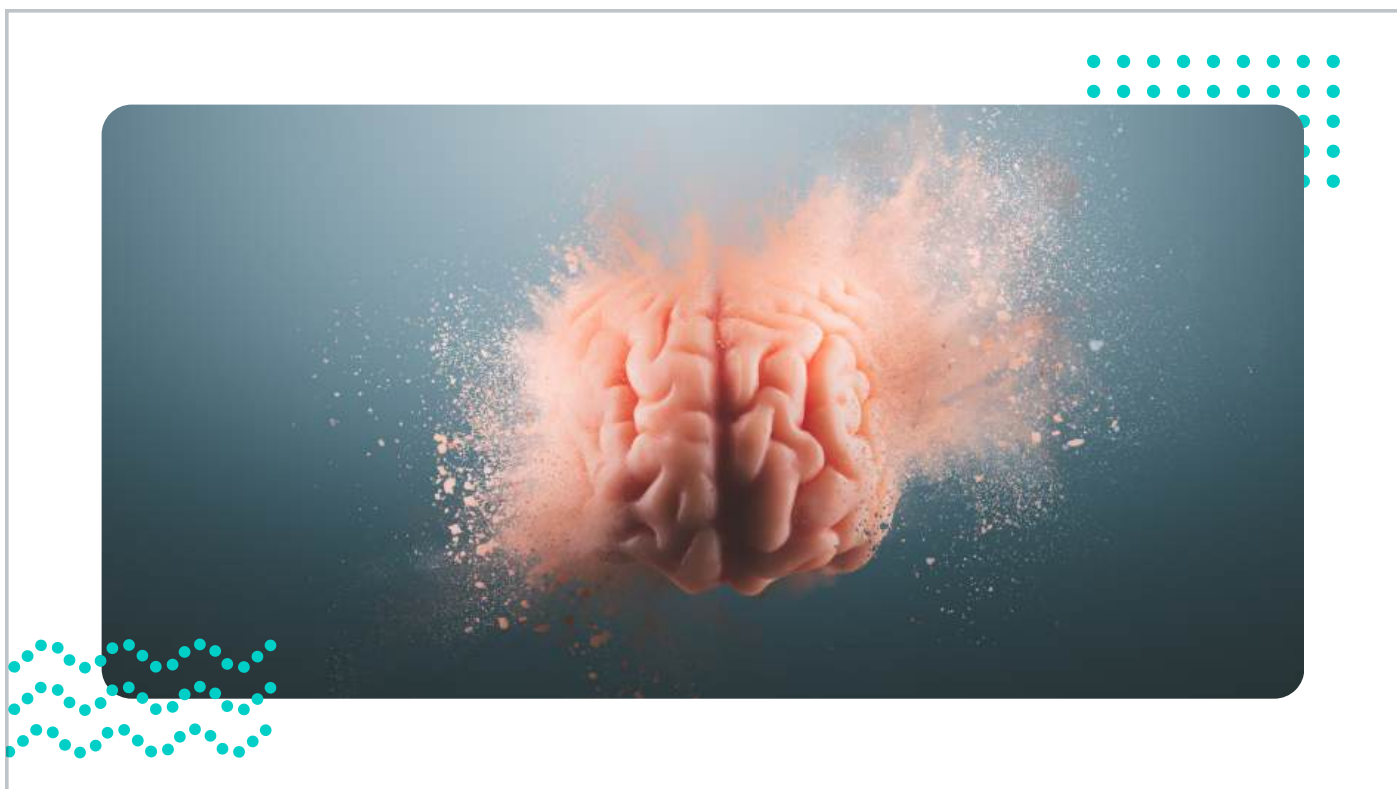
Health Keys



Brain Battle

Thus far in our health keys, we have shared and discussed together the wonderful ideal God has for our health, both physically and spiritually.

We discussed that God only has the very best in mind for us, and that our well-being and happiness is precious to Him who created us in love.



But all around us we see people suffering, not only from common chronic diseases like diabetes, high blood pressure, and cancers, but from diseases involving the mind!

It is like there is a special, targeted attack aimed at people's minds!

And this is in fact very true. There is an attack on our minds!

All that we have studied together, in both the health talks and the talks presented by the pastor, have shown us that we are in a time of significant change and choice.

Choice



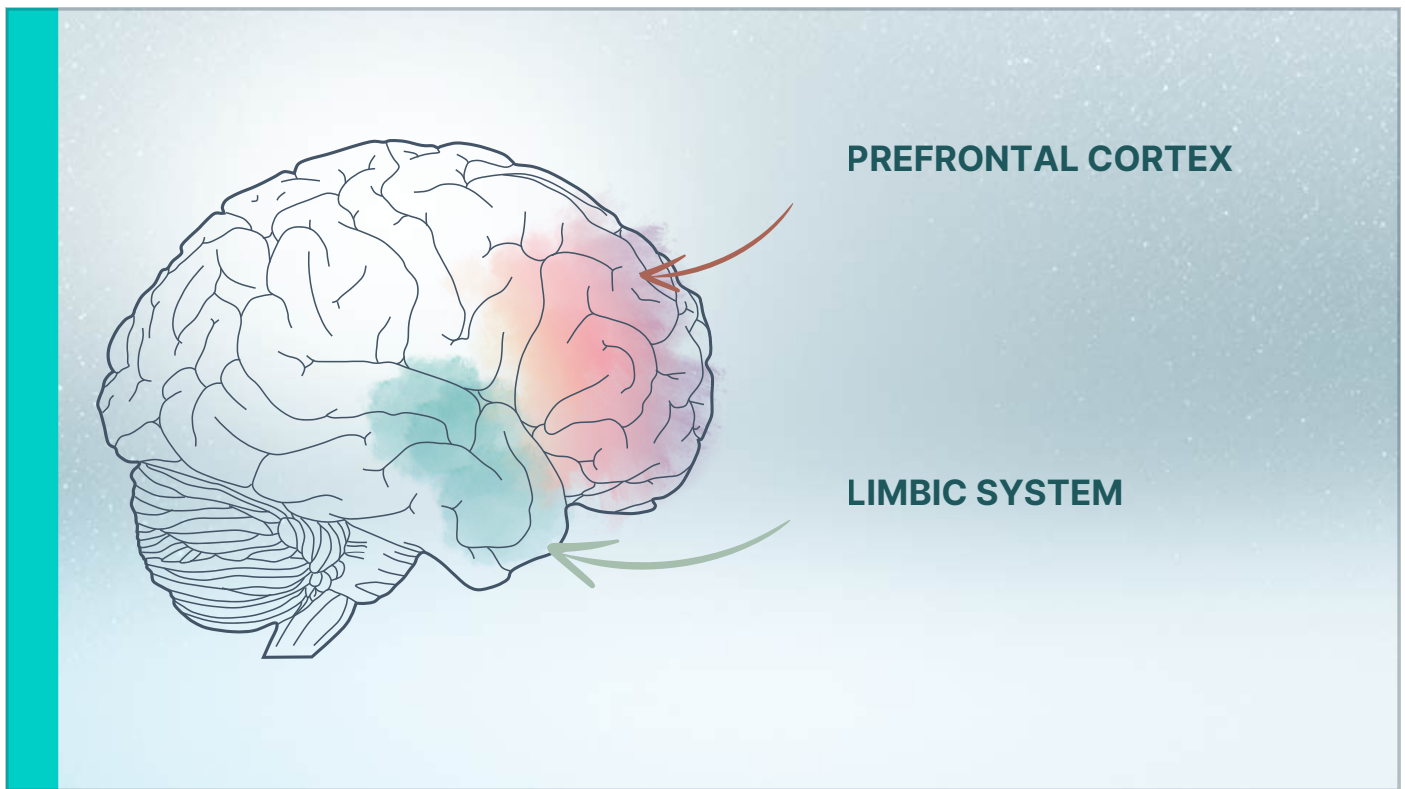
In every choice we make, big or small, we need our brains.

And in the end, no choice is insignificant.

Everything I put into my body, for instance, will ultimately have a direct impact on my mind.

You cannot pour a glass full of water, and expect to take a sip of milk. What you put in, is what you get out.

Have you heard the phrase "A health body is a healthy mind"?

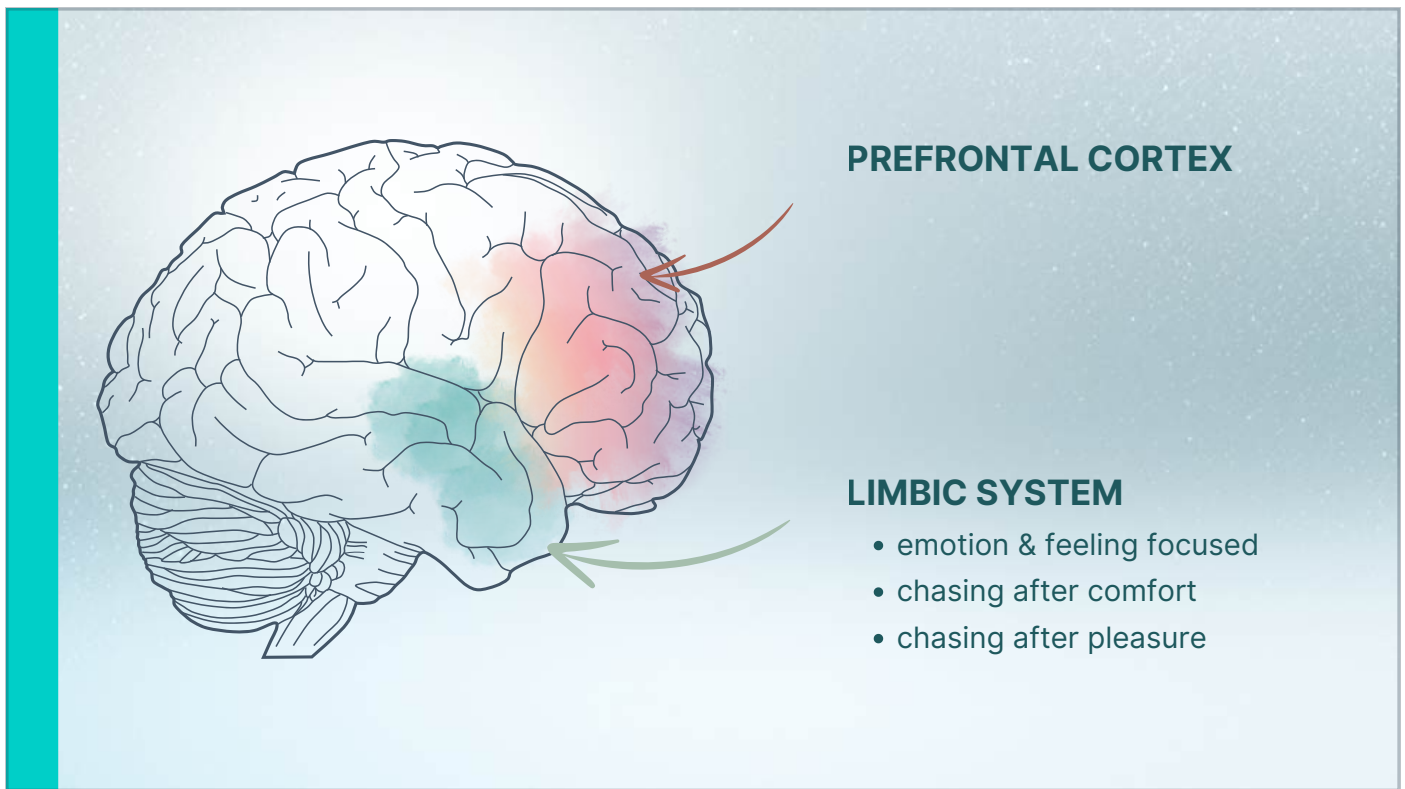


The brain has two main functional regions that directly affect our choices.

The Limbic System is located lower down, kind of between our ears. [Place finger(s) at your temples to indicate location]

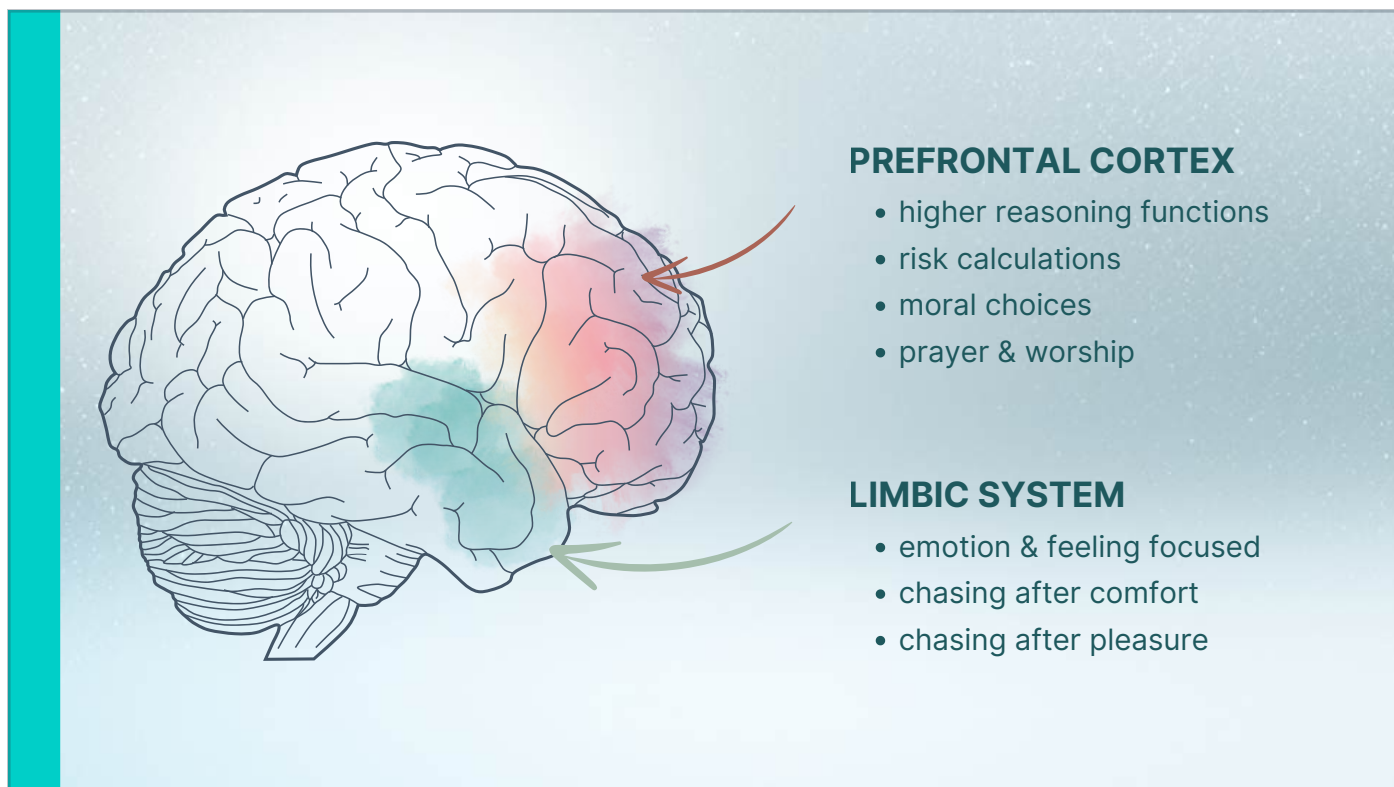
The Frontal lobe on the other hand, contains the Prefrontal Cortex located here at the front of the head [Place hand on forehead to indicate location]

The names of these two regions is not as important as their functional differences - they each have different roles/purposes in our body.



Starting with the Limbic system, this region is primarily geared towards restoring comfort and pleasure. It is the feeling and reward brain, always going after what feels best and is most comfortable.

It is like a child who does not calculate risks as such, but rather asks for what tastes best, feels best, and is most comfortable and enjoyable - or so the child may think!



The Prefrontal Cortex , on the other hand, is the Parent-brain.

It is where our higher reasoning powers are embedded. This is the part of the brain:

- where we perform mathematic and scientific calculations
- where we calculate risks
- where we make moral choices, deciding what is right and what is wrong
- this is where we exercise self-control and self-restraint.
- where character and personality is stored, and
- most importantly - this is the part of the brain we use to pray and worship God.

The Prefrontal cortex is the main part of the brain where the Holy Spirit can speak to us, and impress us with truth.

The child-brain feels, but the parent brain (the part that sits right on top) THINKS. This is why it was designed to be in charge.

Just like kids were never designed to have the final say, in the same way, the frontal cortex should

THINK, calculate, and have the final say



- ➔ **Alcohol**
- ➔ **Smoking**
- ➔ **Medications**
- ➔ **Caffeine**
- ➔ **Music**
- ➔ **Media**

Take a look at this list of addictive substances:

Alcohol
Smoking
Medications
Caffeine
Music
Media

Do you agree that these are all addictive? [Crowd response]

It's not surprising then that these substances, which are so prominently used and abused world-wide, are not only freely available but are also known to be profoundly damaging to which part of the brain?

You guessed it, the Frontal Lobe - the very part of the brain where we can hear God's voice...



Damage

- **Work stress**
- **Financial stress**
- **Broken relationships**
- **Global tragedies**
- **Lust**
- **Pornography**
- **Anxiety**

More than this, every-day issues like

Work stress
Financial stress
Broken relationships
Global tragedies

And some of the less spoken of challenges like
Lust and
Pornography...

Even something as commonly experienced as:
Anxiety

Studies show that addictive behaviours weaken the part of the brain responsible for self-control (pre-frontal), while strengthening the part that drives cravings (Limbic system)."

Over time, it becomes harder to say "no"—even when we know something is dangerous or harmful .

When the prefrontal cortex is weakened:

- Self-control decreases

- Decision-making becomes harder
- Habits take over more easily



The parent should be in charge

This is why people sometimes say, 'I know it's not good for me... but I do it anyway.'

It is a Battle, and the Battle is on!

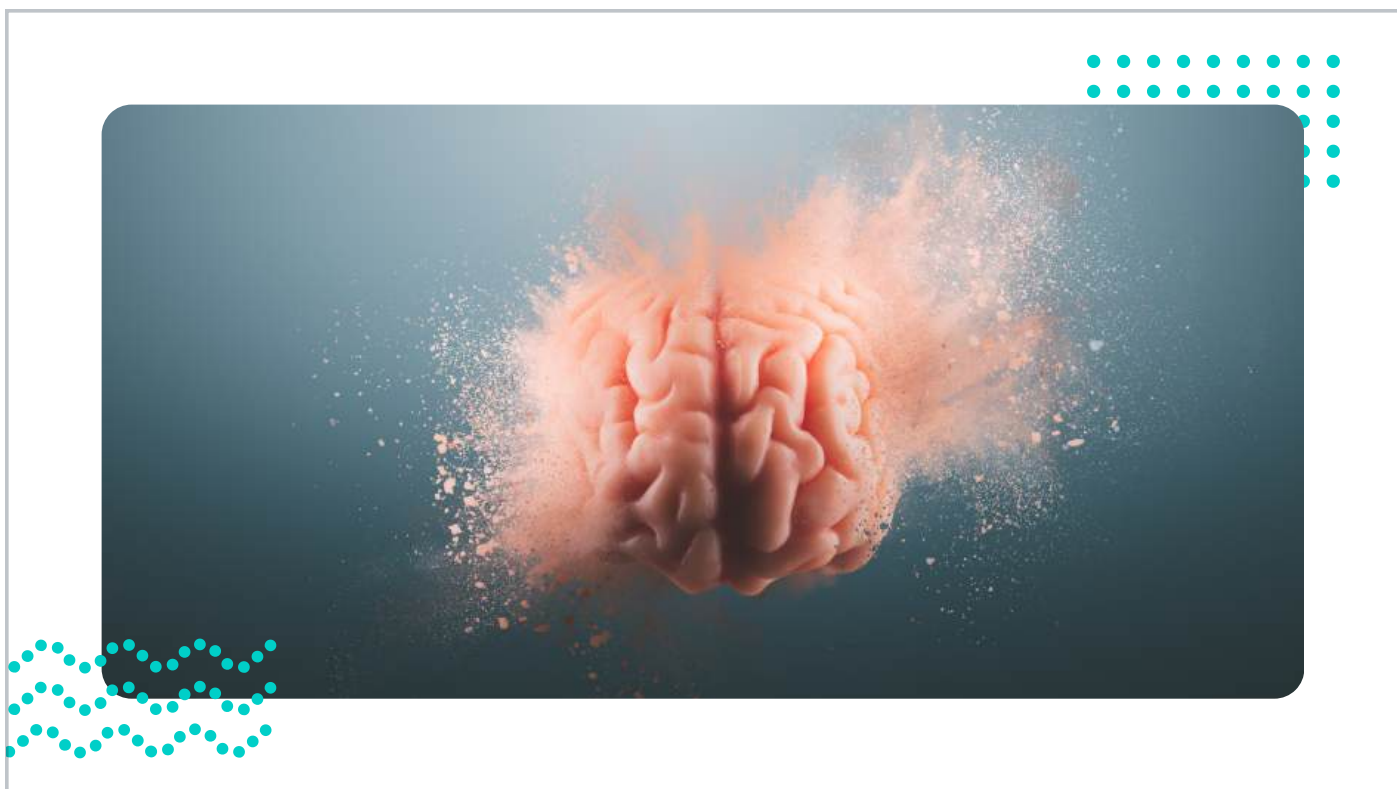
- The Brain knows (prefrontal)
- The Brain wants (limbic)

It is just like a
Canoe with two paddlers

- One paddler = thinking brain
- One paddler = feeling brain

If both are working together, the canoe moves straight.
But if one becomes weak... the other takes over.

In our case, it is most often the limbic system that takes over because we tend to damage the frontal lobe, even without knowing it.



Friends - this is not all bad news!!

Yes, the world is flooded with damaging influences.

Yes, the majority of people have incorporated some or many of these damaging elements into their daily lives, not knowing it causes harm.

And even some of you sitting here, may very well realise tonight that you have taken some things into your body and your mind that are not helping your mind to be clear and sharp.

But the HOPE and Good news is that the brain is not fixed! It can change.

The brain can rebuild new pathways and strengthen self-control again, just like we spoke about last night.



Research shows:

- Healthy habits strengthen the prefrontal cortex
- Repeated choices rebuild control pathways

Reduce triggers

What we see and surround ourselves with influences the limbic system. Music and media shape your brain.

Build new habits

New habits create new pathways.

Rest, sleep, nutrition

A tired brain has less control—rest and good nutrition strengthens the prefrontal cortex.

Pause before action

Even a short pause gives the thinking brain time to respond. Taking a few seconds to pray, is even better.



In the next 24 hours, when you feel an urge or impulse — pause for 10 seconds before acting.

Give your thinking brain time to catch up.

**“Finally, brethren,
whatever things are true,
whatever things are noble,
whatever things are just,
whatever things are pure,
whatever things are lovely,
whatever things are of good report,
if there is any virtue
and if there is anything praiseworthy
—think on these things.”
Philippians 4:8**



[don't need to read the slide]

Turning away from harmful habits allows our mind to be clearer.

This comes with the magnificent blessing of being able to hear God speaking to us.



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.

Friends, we are nearing the end of our time together, but we still have three more exciting presentations left, and tomorrow we will discuss a topic that can be liberating and healing, so we look forward to seeing you tomorrow.