

FROM THE DEPTH OF MY HEART...



Dearly Beloved,

Greetings in the mighty name of the resurrected Jesus Christ!

Our Jesus is alive! Amen! What a privilege to serve a living God. He not only lives, He made us alive together with Christ and raised us up together, and made us sit together in the heavenly places with Him (Eph.2:5-6). His resurrection power is working within us. May the Lord enlighten our eyes to see the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead (Eph.1:17-20). We are heavenly beings living on this earth to establish His Kingdom. Let this revelation penetrate to your hearts.

Right now, the seventh batch of our **School of the Holy Spirit for Ladies** is going on in our Poondi Campsite attended by one hundred and seventeen ladies from the states of Maharashtra, New Delhi, Madhya Pradesh, Goa, Andhra Pradesh, Karnataka, Kerala and Tamil Nadu. The Holy Spirit is working deep in every one of them. They are being liberated to receive the truth that will enable them to remain free permanently (Jn.8:32). Ladies are very diligent in carrying the anointing and truth wherever they go. Pray for them.

We have started to work for our 'Holy Ghost Explosion' seminars which we will conduct in five major cities of India. The Lord's promise to us for these seminars was "Holy Ghost explosion, Holy Ghost revelation, Holy Ghost manifestation, Holy Ghost transformation". Start praying and mobilize people from your place. For further details keep visiting our website www.ezekiahfrancis.org.

We need your special prayer for our school in July which we will conduct especially for those who suffer from

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addictions, temptations and destructive habits. We are seeking the guidance of the Holy Spirit for this area of special need. The Lord promised us that many mighty warriors for Jesus will be released from the grip of satan and launched into God's ministry through these programs. Please stand with us in prayer as we launch into this new field.

Our first School of the Holy Spirit in North India will be over on 28th of this month. Pray for those who are going out from this school to shake North India. We have the burden to start such schools in all the parts of India. We need right place and right people to help us in this ministry.

Continue to follow us on Facebook and visit our website www.ezekiahfrancis.org to know the details of our seminars, and pray for all our programs.

Beloved, you are God's Joseph in Christ. God adds and increases in your life constantly. He wants you to enjoy this blessing. God desperately wants you to increase in every way. There is always room for you to grow. You may have few talents and little strength and energy, but when you faithfully use them for God, you will be surprised by their increase. This is not only true for material needs, but also for your spiritual needs.

Pray for me and my wife, for our ageing parents, leaders, and staff. May the Lord Almighty establish your territory and make you a blessing to the nations. Be the head and never again the tail. Lend to nations and never borrow again. Let the blessings run before you and overtake you in Jesus Name!

Yours in Christ,



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REVIVAL IN CHRIST

Dr. Ezekiah Francis

THE REVIVAL MESSAGE IN CHRIST

So you shall tell my father of all my glory in Egypt, and of all that you have seen; and you shall hurry and bring my father down here...

And He put all things under His feet, and gave Him to be head over all things to the church (Ge.45:13; Eph.1:22)

It's high time you know what type of message will bring revival to the Body of Christ. Ponder the message Joseph sent to Jacob which revived his spirit.

First he revealed himself as their own blood brother (Ge.45:4). Then he told them it was for their sake he went to Egypt and suffered (Ge.45:7). Next he asked them to tell their father how God had made him lord of all Egypt, and all his honor there. He invited them to come and live near him in Goshen, the best land of Egypt. He promised, all the needs of their entire family would be taken care of. After saying all this, he demonstrated his love by embracing every one of them and kissing them with much weeping (Ge.45:15).

This 'Joseph-message' can be compared with our 'Jesus-message.'

Brother Jesus: Preach aloud how Jesus has become our brother through His shed Blood. We have become one with our elder brother Jesus and

joint-heir of all His blessings (Ro.8:16-17,29; Heb.2:11-12). This must be told to the Body of Christ.

Cross and ascension: Proclaim how Jesus went to the cross and suffered to open the heavenly blessings. Reveal the exalted position of Jesus at the right side of the Father. Explain that every believer in Christ is seated with Him in the heavenly places. He is the ultimate Ruler of all the kingdoms of this world (Heb.1:5-13).

Love and provision: Teach that life in Christ is life in Goshen where all the best of heaven and earth is available. All the needs of a believer for all time are richly provided. Make them realize that the King of kings, Jesus, is full of love and compassion for His own.

Glorified King: Tell the Church and the world that Christ is not the crucified Savior but the glorified King. He is not on the cross but on the Throne of heaven and earth. Call the Church into this revival.

If the church understands and walks in this revelation, it will soon experience the greatest revival in history. The early church preached more on resurrection and ascension than on the suffering Savior. Boasting in the cross means boasting in the blessings we receive out of His cross. After knowing this message, it is your duty and privilege to carry it to the Church and to the world.

Beloved, the new creation is commissioned by

the Lord to preach this kind of revival message. Like Joseph sent his brothers to proclaim his message, in Christ, you are authorized by heaven to preach and send others to proclaim this revival Gospel.

You may say the message of repentance will bring deep conviction and revival. But remember, only when the brothers saw Joseph's greatness, his forgiveness and love, they were deeply convicted and repented (Ge.45:1-15,22-23). It was the revelation of the father's house that brought the prodigal son back to his father. When he saw the father's love, he was deeply convicted (Lk.15:17-24). Any message that ignores what we are in Christ is not enough to bring revival.

Thank You, Lord, for making me a steward and a minister of Your mysteries according to the gift of Your grace given to me. Thank You, Lord, You send me to bring good news, to proclaim peace, to bring glad tidings of good things, to proclaim salvation and to say to Your Church, "Your God reigns!", because I am in Christ.

THE GREAT REVIVAL IN CHRIST

But when they told him all the words which Joseph had said to them, and when he saw the carts which Joseph had sent to carry him, the spirit of Jacob their father revived...

"Did not our heart burn within us while He talked with us on the road, and while He opened the Scriptures to us?" (Ge.45:27; Lk.24:31)

The great key for the revival of God's people is given in this passage. The revelation of who you are and what you have in Christ will bring a mighty revival on this earth. This is clearly portrayed in Jacob's life.

Joseph revealed himself to his brothers and sent them to his father to bring him back. He gave them enough provisions and the best of the land to prove to his dad his glory and exaltation in Egypt (Ge.45:11-13). When they came to Jacob and told them the good news about Joseph, "Jacob's heart

stood still, because he did not believe them" (Ge.45:26). But when they told him all the words Joseph had said to them, and when he saw the carts Joseph had sent to carry him, the spirit of Jacob their father revived. Then Israel said, "It is enough. Joseph my son is still alive. I will go and see him before I die" (Ge.45:21-28).

Here we see the first mention of the word "revived" in the Bible. A careful pondering of this passage will throw light on the subject of revival. I'm fully convinced the In-Christ-message will bring true revival among God's people.

Twenty years ago, Jacob had believed without even checking the lies of his sons about Joseph. That made his life miserable all through (Ge.37:32-35). There was no revival in his personal life - no joy, no faith, no altars, no visitation of God's. Everything was gloomy in those years. He was living in doubt and unbelief. God had given many promises to Jacob, but he thought he had come to the end of his life without seeing them fulfilled. Yet God had unsearchable plans for him. The best was yet to come in his life.

When the good news of Joseph's fortune was brought to him, his immediate reaction was to doubt (Ge.45:26). See the human tendency! By nature, we tend to believe bad reports more readily than good reports. It is this unbelief that makes us ineffective, heavy-hearted, negative and pessimistic. As long as we are in this state, we cannot experience true revival and rise up to possess our inheritance in Christ.

Revival comes only when we rejoice in our privileges in Christ. The psalmist cried to the Lord, "Will You not revive us again that Your people may rejoice in You?" (Ps.85:6). The purpose of revival is to make us joyful in Him. How can we ever rejoice in our God and be revived unless we hear the Good News? Unfortunately, most of our traditional messages and teachings make us even more negative, all the time focusing on our lack.

God is challenging you right now to carry the message of who you are in Christ! This message is the only answer for the Body of Christ to do

exploits and adventurous acts for God. Remember, when Jacob grasped the message about Joseph, he stood up boldly to go to Egypt. His heart was overwhelmed with joy and confidence. Again, his commitment and devotion to God were revived. He offered sacrifices to his God, and God spoke to him again after a long time. His spirit was revived and restored back to the early glory. Like a mighty prince, he gathered his family and marched towards Egypt. This is the power of the real Gospel message.

We are yet to see and experience all the blessings of life in Christ. The blessings and anointing we have experienced so far is not all, it's only the first fruits of what is in store for us. It's like the wagons of Jacob with the token gifts for his father.

Beloved, study all the promises of your Heavenly Joseph and build up your faith. Know what God has given you in Christ. Come out of your doubt and unbelief. Rejoice in your God who is highly exalted, with open storehouses waiting for you. You are related to Him by His precious Blood. All His riches are available to you in Christ. Learn it, use it, rejoice in it, share it with the Body of Christ. Bring the revival NOW!

Thank You, Lord, my eyes have not seen nor my ears have heard what You have prepared for me because I love You. You are revealing it to me by Your Spirit. I have received Your Spirit that I might know the things that have been freely given to me by You. I will see greater things because I am in Christ.



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FEED YOUR BRAIN ACCORDING TO YOUR AGE

(Excerpt from the Book "How to Maximize your brain")

Rev. Benita Francis

Dear family of God, let me repeat it again and again: You ARE what you EAT - and that applies to every age group! No matter how much you pray, cry, beg or proclaim faith - your body and brain can only take what you eat and drink and make it into either good, strong cells or bad, easily malfunctioning cells. The better you feed your body, the longer it will render you good service and allow you to carry the Kingdom of God to the uttermost parts of the earth!

Interestingly, your body and brain need different compositions of nutrition and care at different ages. Let us study.

Infants

Life starts with conception and must be protected from the very beginning. Just as John the Baptist leapt in his mother's womb when he heard Mary's voice, every baby in the womb hears, feels and perceives everything that goes on around the mother (Lk. 1:41). Not only the nutrients, but also the hormones produced by the mother's body go through the umbilical cord directly into the baby.

As we have studied, toxic thoughts produce harmful substances, joyful thoughts produce beneficial substances. Keeping your surroundings filled with faith-words, praise, worship and Bible reading will fill your baby with the Holy Spirit and prepare it for a happy, victorious life.

Eating healthy food during pregnancy will bring

forth a healthy baby with a well-developed brain. Before birth, the brain creates neurons at the rate of 15 million per hour!!! A baby is born with 200 billion neurons that will organize themselves according to the baby's environment - no matter the culture, climate, language, or lifestyle.

During infancy, billions of these extraordinary cells intertwine into the vast networks that make up your nervous system. By the age of four or five years, the fundamental cerebral structure is complete.

Especially infants and elderly people need enough of the right kinds of fat to protect their nervous system and keep their brains going (the essential Omega-3 and Omega-6 fatty acids, not the saturated or, even worst, the hydrogenated and trans fats modern food factories produce). Until a baby's first birthday, its brain uses 60% of the total energy consumed for its development because the brain TRIPLES in size during this first year of life!

During the first year, around FIFTY percent of an infant's daily calories come from fat. Our loving Creator knows how important fat is for babies and made perfect provision for it: Fifty percent of the calories in mother's milk is fat! Did you know that the composition of mother's milk changes over time, perfectly adjusted to the child's changing nutritional needs? No scientist in this world could ever do better than the One who created every cell of our bodies!

Shocking new research suggests that one of the main reasons for the brain-disorders ADD (Attention

Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder) we see so much increasing today could be that these children were brought up mainly on formula, not breast-fed, and show a deficiency in vital brain fats. This can lead to lifelong problems since they are unable to make the fatty acids their brain needs so desperately from the fats in their diet!

Why all this? Well, some “modern moms” didn’t want to breastfeed their babies because it is time-consuming, figure-spoiling, or for any other reason. The man-made baby formulas didn’t contain enough of the brain-healthy fatty acids that mother-milk contains, and a lifetime of suffering, immune-deficiencies, allergies and other complications can be the consequence. Again and again, we see the truth of God’s eternal word, written even twice in Proverbs: “There is a way that seems right to a man, but its end is the way of death” (Pr.14:12; 16:25).

If you or your child ever received such a diagnosis from doctors, I encourage you to pray sincerely not only for a miracle, but for a complete “Holy-Spirit-menu” for the patient. In my own life, uncountable times the Holy Spirit taught me how to receive my healing just by eating or drinking whatever He showed me for the specific situation. Your Creator knows better than anybody what you need, and He is more than eager to let you know (Isa.43:1; Jer.33:3)!

School Children

Until the early teens, children can most easily learn things like language and writing, math and music, as well as the coordinated movements used in sports and dance. But, at any age you can - and **should!** - continue to build your brain and expand your mind. Challenging the brain early in life is crucial to protecting it against brain-damaging disease later in life! The more you read during childhood and youth, the better your brain health will be during your entire life.

Study with your child different nations and cultures. Pray together for their needs, and find creative ways to bring them the Gospel. You could cook or bake or produce something with your child, sell it and send the income to a mission project. You will lay an eternal foundation of compassion in your child that will attract

God’s favor for a lifetime and for all eternity!

Working with modeling clay is an especially good way for children to grow new brain connections. It helps develop agility and hand-brain coordination, just like controlling the computer mouse with your opposite hand does.

Young brains must also be especially well nourished to grow into full potential. Brain and nerve cells consist in 60% fat - so, the better the fat you feed your child, the better the brain and nervous system it will have! Too many parents just rely on whatever food the school offers, without considering the general and brain health factor. (I am actually praying for believers to start catering services for healthy school and company meals. That could save a whole generation from nutritional and behavioral disaster! Why not you pray and start one?!).

Train your children to make healthy food choices from a very young age. You can make it a fun activity where they can learn to make their own decisions. Keep available somewhere in your kitchen containers with different kinds of nuts, seeds, legumes, sprouts, raisins and the like. Allow them to select their own mixture of brain-healthy oils and fiber with all the benefits of God’s creation. You can even sprout the nuts and seeds to achieve highly increased contents of enzymes and vitamins, and make your snacks a real “life explosion”! (For more information, see my book “Health, your most precious asset”, available at www.ezekiahfrancis.org).

Put a fruit into their lunch package, too. Explain to them that they are eating “living foods”, not only the “dead foods” where vitamins and nutrients were destroyed or denatured by cooking, frying or processing. Because of peer pressure, it isn’t easy for children to have different food in their lunchboxes than other children do. Ask therefore the Holy Spirit for ways to make healthy food very attractive and convincing to them. If they feel the benefit in their strength and intelligence, they will share it with others, too!

Since their brain is still in development, you need to take authority to make them eat the right food, too: “Children, obey your parents in the Lord, for this is right” (Eph.6:1) and “Children, obey your parents in all

things, for this is well pleasing to the Lord” (Col.3:20). Don’t just allow them to eat what they want. “Train up a child in the way he should go, and when he is old he will not depart from it” (Pr.22:6). That also applies to healthy food habits!

Teenagers

Apart from strong, healthy food, teenagers also need a lot of sleep for healthy brain development. So allow them that Saturday “morning” sleep that extends into the afternoon!

Brain scans show that in teenagers, the centers for audio-visual perception and emotional responses are far more developed than the centers for intellectual reasoning. Your teenager really needs you to protect him from harm. He or she is very prone to make emotional decisions that will lead to much pain later in life. Up to his early twenties, a teenager’s brain simply is not yet fully equipped to make reasonable decisions.

Let me give you some tips to convince teenagers to eat healthy foods. The first and primary one is your personal example! Teenagers are more sensitive than any other age group to what they perceive as “hypocrisy”. They won’t do anything just because you tell them. They must see evidence and a good reason for it in your life to respect your counsel. So please, do your children and your own brain a favor and eat a healthy diet not only before their eyes, but as a lifestyle!

The second “trick” is to invent appealing names for healthy foods, like “glowing-skin fruit” for apples, “super-power vegetable” for spinach, “hulk-muscle-builder” for lean chicken or turkey meat, “cancer-killer-salad” for raw cabbage, “slim-beauty food” for cucumbers, “brain-booster wonders” for nuts, or whatever your teenager is interested in.

The most important factor to make a teenager grow up into a healthy and intelligent adult is to keep him well fed in God’s Word. “How can a young man cleanse his way? By taking heed according to Your

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Word” (Ps.119:9). Taking heed according to Your Word also refers back to Eph.6:1 and Col.3:20, so obeying the parents is NOT “out” for teenagers, as much as they would like it!

God’s Word repeatedly depicts parents teaching and training and advising their children (Pr.1:8,10,15; 2:1; 3:1, etc.). Especially Proverbs is written “to give prudence to the simple, to the **young man** knowledge and discretion” (Pr.1:4). The apostle John confirms the important role of God’s Word for spiritual victory in the life of a young man: “I have written to you, young men, because you are strong, and the Word of God abides in you, and you have overcome the wicked one” (1.Jn.2:13-14). God’s Word is THE victory secret for any youth in today’s sinful, tempting world!

More than that, God’s Word is the best challenge for a teenager. Talk to him about John the Beloved, David (1.Sa.17:33), Jeremiah (Jer.1:6-7), Mary (Lk.1:27), and many other Bible or contemporary youths that were mightily used by God already in their teenage. A very good example to brag about is our dear prophet Dr. Ezekiah Francis who started preaching the Gospel and casting out demons at the age of 14!

Adults

The wonderful news is that even in adulthood, thousands of hippocampal neurons are being created every day! The growth of new brain cells (“neurogenesis”) is necessary to form memories, to learn and remember. In animal studies, the number of adult-generated neurons in the hippocampi of rats **doubled** after they performed specific behavioral tasks and training that involved associative learning.

Imagine! Finding solutions to problems **DOUBLED** the amount of new brain cells created! Truly, problems are opportunities for growth! In contrast, tasks that did not require the hippocampus did not stimulate new cell growth. That means for us, the more “brain exercise” you do, the more your brain keeps growing!

It is therefore very important to keep challenging your brain to learn new and novel tasks, especially things that you have never done before. Scientists have found that the best way to protect your brain from old

age decline and dementia is increased intellectual activity during adulthood. So if you want to have a fit brain throughout your life, work on it NOW!

Consider your brain a muscle, and find opportunities to flex it. Read valuable books. Do picture puzzles and crossword puzzles. Play Scrabble. Start a new hobby like painting or woodworking. Learn to play a musical instrument or to speak a foreign language. Repair a technical device. Challenge your brain daily and in many diverse areas, like mental, intellectual, physical and social exercises. Do anything that stimulates your brain to think. Don’t allow yourself to succumb to a daily routine! Make sure you have not only responsibilities, but also relaxation. Also, watch less television, because it makes your brain go into neutral.

Probably the greatest danger for your brain health during adulthood is stress. Most of us have stressful jobs, problematic family relationships, financial or health worries or just an overload of work and responsibilities. Your body’s sympathetic nervous system reacts to mental or emotional stress by increasing blood pressure, heart rate, and respiration. That is a God-given reaction to make you able to conquer the problem and fight or run for your life.

If the stress is not released, though, it can create chronic high blood pressure and atherosclerosis, two known risk factors for stroke and heart disease. If you don’t find ways to relieve your stress through prayer, praise, Bible meditation and physical exertion, stress hormones in your body can reach dangerous levels and create real havoc.

Stress increases the risk of stroke in anybody, and much more so in people whose blood pressure reacts strongly to their emotions or circumstances. In a recent study, men who had above-average systolic blood pressure spikes in stress situations had a 72% greater risk of any stroke, compared to men with less reactive blood pressures. These men also had an 87% greater risk of ischemic stroke - those caused by blood clots rather than bursting of a brain vessel.

Stress also impairs a wonderful complex system of about 400 miles of blood vessels your God has created inside your brain to provide nutrients, fuel, and oxygen, while removing waste and excess heat. These blood vessels are much less permeable than the vessels in your

body in order to protect your brain from toxins circulating in the bloodstream. This is called the “blood-brain-barrier” and poses a great challenge for modern medicine, since it prevents medicines from reaching the brain. Stress, however, dramatically increases the ability of chemicals, bacteria and viruses to pass through the blood-brain-barrier.

Soldiers during war times found out that a normally symptom-free medicine caused over 20% of them headaches, nausea, and dizziness. If a medication causes you such symptoms, it is an indication that the drug reached the brain. This should normally not occur if your blood-brain-barrier is intact.

Take this as a serious warning sign! You might suffer from high cholesterol, which impairs the blood brain barrier, or from low levels of magnesium, or other ailments. These conditions impair the formation and repair of the protective myelin sheaths that insulate the nerve fibers in your nervous system.

For both high cholesterol and magnesium depletion, stress is the main reason! So please make sure you find a good stress relief strategy! Ask the Holy Spirit, your wonderful Comforter and Counselor, if you need to forgive anybody to recover your inner peace. Then ask Him which exercise and diet strategies you should adopt to keep your stress levels in a normal range. Don’t forget, in every area of your life you can call to Him, and He will answer you, and show you great and mighty things, which you do not know (Jer.33:3)!

Because of fear of high cholesterol, many adults make the mistake of eliminating fat from their diet, just as figure-conscious teenagers tend to do. **That is very dangerous!**

Your body and brain desperately need fat to create hormones, digest the vitamins you eat, build healthy cells and membranes, make protecting myelin sheaths around neurons and axons, protect your organs and create energy. The point is: you need the **right** kind of fat!

A lack of essential Omega-3 and Omega-6 fatty acids can even create depression or ADD, because the body has to use replacement fatty acids that impair the proper functioning of brain and body cells! Some cases of depression have been healed just by changing the fats and oils in the patient’s diet!

A diet rich in omega 3 fatty acids (such as the LNA from flax oil or the EPA and DHA from fish oils) provides the body with healthy fats and even lowers the blood level of potentially harmful ones, such as cholesterol! So make sure you eat enough Omega 3 fatty acids! You find them in flax seeds and flaxseed oil, coldwater fish (primarily salmon and tuna), canola oil, soybeans, walnuts, wheat germ, pumpkin seeds, and eggs.

Other items you **MUST** add to your diet is much garlic, preferably raw, as a powerful anti-viral, anti-bacterial, anti-fungus medicine and a mighty blood-thinner, without the danger of intestinal bleeding that chemical blood thinners can cause. Also add much ginger; it thins the blood and keeps your arteries from clogging. Curry, turmeric, cinnamon and fresh herbs and spices in general are powerful “eternal-youth-agents”.

Cruciferous vegetables like broccoli, cabbage and radish are mighty antioxidants, cancer-fighters and anti-ageing-agents. Sprouts are nutritional powerhouses and a real must for any adult. One cup of freshly ground coffee per day, NOT the instant one, seems to protect the blood-brain-barrier against harm done by cholesterol. Try and see how it works for you.

So how do you stay brain-fit in adulthood and beyond? Science coined the sentence: “Whatever is thought-provoking is brain-promoting”! God’s Word, of course, goes much beyond that and tells us **WHAT** to think about: “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 - meditate on these things” (Phil.4:8). If you fully obey only this **ONE** verse from God’s Word, I guarantee you will live in perfect physical and mental health even into your old age.

Elderly

Praise the Lord! You reached the age of great wisdom, and again I can give you good news: The human brain is able to continually adapt and “rewire” itself. Even in old age, it can grow new neurons. Severe mental decline is usually caused by disease, whereas most

age-related losses in memory or motor skills simply result from inactivity and a lack of mental exercise and stimulation. Remember as a rule of thumb: **Use it or lose it!** Even if you have already lost some mental faculties, you can recover at least part of them by adopting a new lifestyle TODAY!

In old age, exercise (at least a moderate daily 20 minute walk) is a total must! Exercise improves the heart's ability to pump blood and also increases the blood's oxygen-carrying capacity. Both counter the cognitive decline caused by reduction of blood flow to the brain, especially in patients with coronary artery disease or hypertension.

Contrary to popular belief, you do NOT need to lose mass quantities of brains cells as you get older. You can always grow new cells and connections in your brain!

Studies prove that when elderly people regularly play social games together, they show less memory loss and better coordination of movements. Social networking is extremely important for brain health in old age.

How wisely our God tells us with whom we

should spend our time for maximum health and strength: "Those who are planted in the House of the LORD shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing" (Ps.92:13-14).

Except the dangers of a sedentary lifestyle without intellectual challenges, there seems to be only one limiting factor to brain growth in old age: STRESS. As we have studied, stress hormones make brain cells wither and can even kill them. Levels of stress hormones rise with aging and affect especially the hippocampus, which transfers new memories to long-term storage elsewhere in the brain. That is why old people often have perfect memories of things that happened years ago but just can't remember what they did five minutes ago.

When stress, especially the stress hormone cortisol, affects the hippocampus, a very dangerous vicious cycle is initiated. In a healthy brain, the hippocampus gives a feed-back to the hypothalamus to switch off cortisol production in the adrenal glands as soon as cortisol levels rise to a certain level. If the hippocampus is impaired, however, this feedback doesn't

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work perfectly. More stress hormone is released, and more damage is done to the brain, especially to the hippocampus. That is the scientific reason why older people seem to be more stressed out and less able to bear things.

In order to find out if this kind of brain damage is reversible, researchers removed the adrenal glands from aged rats to stop cortisol production. Miraculously, new brain cells started to be created in the hippocampus almost immediately! So whatever you do, work on keeping your stress levels low! If you allow high cortisol levels over a longer time, hippocampal atrophy and memory deficits will result.

Keep your heart and your mind at peace. Refuse to worry. Refuse to ponder on negative things. Make an effort to turn your mind to joyful thoughts and to God's eternal Word. Try sleeping techniques. Use lavender scent in your bedroom. In British nursing homes, this works just as well as the harmful sleeping tablets with all their side effects! Be very careful also with painkill-

ers, since many of them contain corticosteroids that will affect your brain and many other systems of your body.

Eat a well balanced diet, avoid the "three white killers" (white sugar, white flour, and white rice), eat sprouts to increase your digestive enzymes, eat as much fresh fruit and vegetables as possible, and remember: In old age, "less is more"! You don't need to try to fill your stomach. You need to nourish your body and your brain. It is better to eat a smaller amount of high quality foods than a lot of food with low nutritional value.

Always remember: Your God has created you for the praises of His glory (Eph.1:6,12,14). He has made you to go from strength to strength and to be transformed into His image from glory to glory (Ps.84:7; 2.Co.3:18). You can live strong and healthy until the last day of your life (Dt.34:7)! Declare it! Expect it! Experience it, in Jesus' Name!

NEWS

✍ In Jammu & Kashmir, the People's Democratic Party leader Mr Mufti Mohamed Sayeed took over as the Chief Minister by way of forging an alliance with the BJP. Prime Minister Mr Narendra Modi attended the swearing in ceremony held in Jammu.

✍ Violence erupts in the State Assembly of Kerala as several members oppose budget presentation by Finance Minister Mr KM Mani, who faces corruption charges in renewing bar licenses.

✍ Internal rift in the fledgling Aam Aadmi Party (AAP) comes to the fore when its senior leaders Mr Prashant Bhusan and Mr Yogendra Yadav charged Mr Kejriwal of nourishing a "one-man centric" culture in AAP, which is against its basic ideology. Later, both the leaders were removed from the Parliamentary Affairs Committee of the party.

✍ In Hisar, Haryana, a church was vandalised and the main accused has been arrested. In a convent school in Nadia district of West Bengal, a 71-year old nun was gang raped, sending shockwaves across the country. State Chief Minister Ms Mamta Banerjee hands over the case to the CBI. Prime Minister Mr Narendra Modi expresses concern and seeks immediate reports from the state governments.

✍ In Pakistan, twin suicide bomb attacks in Lahore churches killed 15 people during Sunday worship services, including two security personnel. Two more killed in violence that broke out in the protest march that followed.

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