

A photograph of a tropical beach. In the foreground, several tall palm trees stand on a sandy shore. The water is a vibrant turquoise color, and the sky is a clear, pale blue with a few wispy clouds.

*S*tress begins when we fail to
recognize that difficult situations are
designed by God for our benefit.

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Contents



How to Use This Manual	7
1. What Is Total Health?.....	9
The “Real You”	9
The Origin of Sickness and Death.....	9
The Goal of Total Health	10
Designed Before Conception	10
Total Health: Being “Made Whole”	11
Three Aspects of Salvation	11
Three Primary Factors That Contribute to Health.....	12
2. Is Total Health Total Healing?	13
1. Sickness Unto Death	13
2. Sickness Unto Chastisement	13
3. Sickness Unto the Glory of God	14
3. What Five Factors Determine Health?	15
1. What We Think.....	15
2. What We Say.....	15
3. What We Do	16
4. What We Eat	16
5. What We Inherit	16
The Disease Crisis of Modern Medicine	16
4. Does the Heart Think?	17
The Marvels of the Heart	17
The Brain of the Heart	17
The Electrical System.....	17
How Stress Affects the Heart	18
A New Look at “Amusement”	18
5. Factor 1: What We Think	19
The Heart and Health	19
The Power of Thoughts for Life or Death	20
6. Factor 2: What We Say	21
The Power of Verbal Blessings	21
How Verbal Blessings Bring Healing	22
What We Say to Ourselves.....	22
What We Say to God.....	23
The Spirit’s Power	24
7. Factor 3: What We Do	25
The Law of Cause and Effect.....	25
The Pain of Conscience	25
The Effect on the Bones	25
Corruption of the Mind, Emotions, and Body	26



8. Factor 4: What We Eat27

Designed for Immortality	27
A Key to Health: Electrolyte Balance.....	28
The Health Benefits of Fasting	29
The Need for Pure Air and Water	30
Natural Treatments	30

9. Factor 5: What We Inherit31

Cause of Genetic Diseases	31
Results of Genetic Diseases	31
Treating Genetic Diseases	32

10. How Does Stress Cause Disease?33

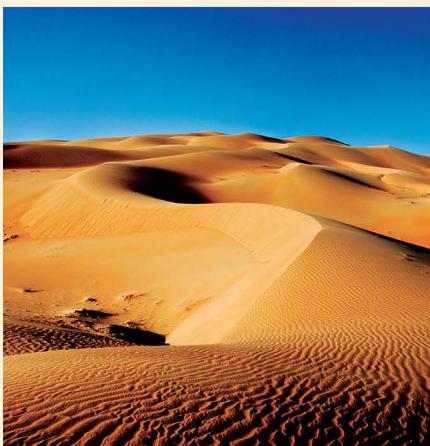
A Revolutionary Approach to Treating Diseases.....	33
Tracing Diseases to Stress.....	33
How Excess Cortisol Affects Health.....	35
How We Respond to Stress	35
How Stress Causes Disease.....	36
Understand How Stress Develops	37
Why Do We Believe Lies?	40
Lies That Cause Stress	41
How Do Lies Cause Fears?.....	42
Fears That I Have.....	43
Case Study 1: The Development of Osteoporosis	44
Case Study 2: The Development of Depression.....	46
Case Study 3: The Development of Respiratory Diseases	48
Resolving Stress	49

11. How Does Anger Affect the Cardiovascular System?.....53

The Cardiovascular System	53
An Example of Anger Relating to Heart Failure.....	53
How Anger Limits Circulation	54
The Connection Between Anger and Heart Disease	54
How to Turn Anger Into the Power of Compassion.....	55
1. Repent	56
2. Rejoice	57
3. Go to Offenders	58
4. Love Your Enemies	59
5. Be Perfect	60
6. Honor Parents	61
7. Go the Second Mile	62

12. How Does Guilt Affect the Nervous System?65

The Nervous System	65
What Is Guilt?	65
Responses to Sin	66
What Is Depression?	68
How to Replace Guilt With Inward Peace	69
1. Be Born Again	70
2. Love the Lord	71



3. Hear God's Voice	72
4. Observe Communion.....	73
5. Be Reconciled.....	74
6. Judge Not.....	75
7. Keep Your Word.....	76

13. How Does Lust Affect the Endocrine System? 79

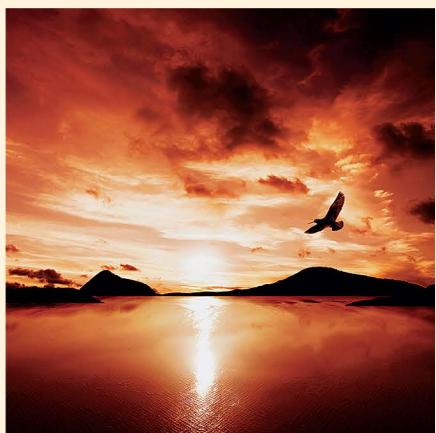
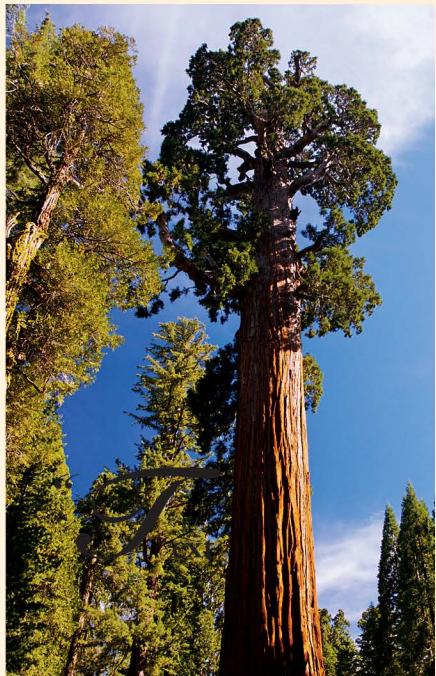
Statistics of Related Diseases	79
How Lust Relates to Anger	79
A Stunning Warning	80
The Lust of the Flesh.....	80
The Lust of the Mind	81
The Lust of the Heart	81
Conquering Lust	82
How God Healed an "Incurable" Condition	84
How to Transform Lust Into the Dynamic of Genuine Love	85
1. Honor God's Law	86
2. Do Not Lust.....	87
3. Practice Disciplines.....	88
4. Choose the Narrow Way	89
5. Reject False Prophets	90
6. Beware of Leaven	91
7. Honor Marriage	92

14. How Does Bitterness Affect the Digestive System? 95

How the Defense System Can Turn Against the Body	95
Case Study of Bitterness.....	95
Bitter Memories.....	96
How Bitterness Causes Ulcers	96
How Stress Causes Liver Problems and Gallstones.....	97
How Bitterness Destroys Faith.....	97
How Bitterness Torments.....	98
How Bitterness Contributes to Obesity	98
How Bitterness Can Hinder Conception	98
A Significant Case of Cruel tormentors.....	98
How to Defeat Bitterness With Full Forgiveness	101
1. Await My Return	102
2. Deny Yourself.....	103
3. Love Your Neighbor	104
How to Have a Courageous Conversation	105
4. Be a Servant of All	106
5. Increase Your Faith	107
6. Forgive Your Offenders.....	108
7. Despise Not Children.....	109
Depression and Discouragement	110

15. How Does Greed Affect the Immune System? 113

The Root of All Evil	113
Anxiety Disorders	114





Sleep Disorders	114
Light Therapy	114
An Analogy of Greed	114
How to Overcome Greed With a Spirit of Generosity	115
1. Do Great Works	116
2. Lay Up Treasures	117
3. Seek God's Kingdom	118
4. Beware of Covetousness	119
5. Bring In the Poor	120
6. Ask, Seek, and Knock	121
7. Render to Caesar	122

16. How Does Fear Affect the Respiratory System?125

The Pervasiveness of Fear	125
Fear Is Contagious	126
Fear Affects Health	126
Fear Triggers Asthma	126
How to Cast Out Fear With Perfect Love	127
1. Follow Me	128
2. Take My Yoke	129
3. Be Wise as Serpents	130
4. Be a House of Prayer	131
5. Receive God's Power	132
6. Watch and Pray	133
7. Fear Not	134

17. How Does Envy Affect the Musculoskeletal System?137

Prevalence of Bone Disorders	137
The Seriousness of Envy	137
How Envy Damages Bones	138
When Calcium Is Ineffective	138
The Health of the Body	138
How to Conquer Envy With Sincere Gratefulness	139
1. Do Unto Others	140
2. Keep My Commandments	141
3. Feed My Sheep	142
4. Baptize Believers	143
5. Make Disciples	144
6. Do Not Cast Pearls	145
7. Pray for Laborers	146

18. The Secret to Renewing Your Strength147

The Promise	147
Key Questions	147

Appendix: Steps to Success	149
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Documentation	151
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How to Use This Manual

1. Have Balance

The American Institute of Stress reports that 75 to 90 percent of all office visits are related to stress disorders.^{1,2,3} However, we must keep in mind that there can be five root causes of diseases, not just one: what we think, what we say, what we do, what we eat, and what we inherit.

2. Do Not Judge

There is a clear relationship between various types of stress and related body systems. However, we cannot assume that because a person has a disease, he automatically has a related stress. This would be judging. Only the person with the disease can know if the disease has a root cause involving stress.

3. Identify Causes

Stress does not just happen. It results from wrong responses to situations and produces anger, guilt, lust, bitterness, greed, fear, or envy. Also, each stress has variations. For example, a person may deny anger but admit to getting frustrated. The body does not make this distinction. Both affect the autonomic nervous system and produce hormonal imbalances, which lead to diseases.

4. Resolve Lies

If we place our intellect above our conscience, we will believe lies that will then produce fears. Lies and fears pressure us to make unwise decisions that result in painful memories. These painful memories deepen our stress and the resulting consequences.

5. Apply Truth

The best way to transform painful memories is to apply universal truths that transcend all cultures, nationalities, religions, and political systems. When these truths are understood and lived out, stress is resolved and health often is restored.

6. Report Results

The ultimate freedom from the stress of painful memories comes as we are able to explain to others how we applied timeless laws of love.

Throughout this book, you will learn what these truths are and how you can apply them to the stresses that you may be experiencing. For special case studies, see pages 44–48.