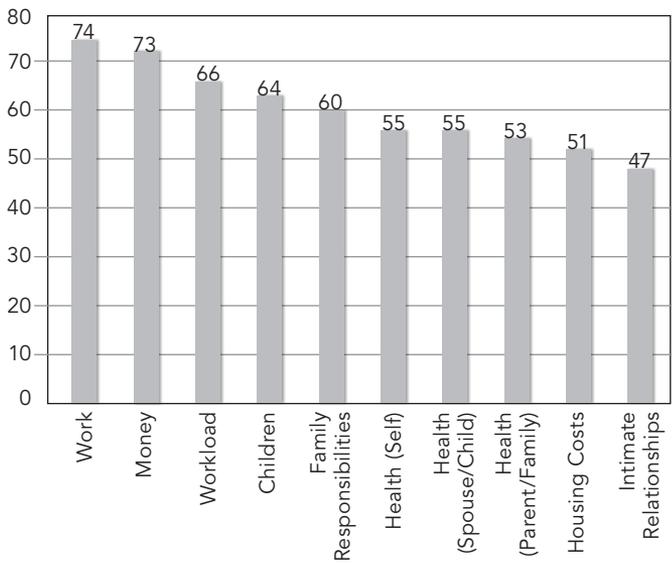


According to the American Psychological Association Survey in 2007, Americans are more stressed over work and money than anything else. The following graph shows the results of the APA poll of 1,848 people. Participants were read a list of stressors, and the following percentages indicate how many times each stressor was identified as a “very significant source” of stress.¹



While work is the number one stressor, another one of the most stressful life events you can face is the loss of employment and mounting debt. In recent years, unemployment has skyrocketed. It’s much harder to find a job right now than it was when I published the first edition of this book in 2002. If recently you’ve lost a job or know someone who has, then you are well aware of the stress involved. In times of financial

BIBLE CURE *Health Tip*

A Life-Event Test

Take this life-event test to determine how the changes in your lifestyle affect your stress levels as compared to others. You may be surprised to discover how much your lifestyle changes have affected the levels of stress in your life.²

__ Death of a spouse (or child)	100
__ Divorce	73
__ Marital separation	65
__ Jail term	63
__ Death of close family member	63
__ Personal injury or illness	53
__ Marriage	50
__ Fired at work	47
__ Marital reconciliation	45
__ Retirement	45
__ Change in family member's health	44
__ Pregnancy	40
__ Sex difficulties	39

__ Addition to family	39
__ Business readjustment	39
__ Change in financial state	38
__ Death of close friend	37
__ Change to different line of work	36
__ Change in number of marital arguments	35
__ Mortgage or loan for major purchases	31
__ Foreclosure of mortgage or loan	30
__ Change in work responsibilities	29
__ Son or daughter leaving home	29
__ Trouble with in-laws	29
__ Outstanding personal achievement	28
__ Spouse begins or stops work	26
__ Starting or finishing school	26
__ Change in living conditions	25
__ Revision of personal habits	24
__ Trouble with boss	23
__ Change in work hours, conditions	20
__ Change in residence	20
__ Change in schools	20
__ Change in recreational habits	19
__ Change in church activities	19
__ Change in social activities	18
__ Loan for minor purchase (car, TV, etc.)	17
__ Change in sleeping habits	16
__ Change in number of family gatherings	15
__ Change in eating habits	15

<input type="checkbox"/> Vacation	13
<input type="checkbox"/> Christmas season	12
<input type="checkbox"/> Minor violations of the law	11

Total score_____

Now, add up the point values of all the items you checked. If your score is 300 or more, according to statistics you stand an almost 80 percent chance of getting sick in the near future. If your score is 150 to 299, your chances of becoming ill are about 50 percent. If your score is less than 150, your chance of illness is about 30 percent.



A **BIBLE CURE** *Prescription*

What are your stress-related symptoms?

What level of stress do you believe you may be experiencing? Why?

In your own words, thank God for His help in overcoming the dangerous downward spiral of stress.

A **BIBLE CURE** Prayer for You

Dear Lord, thank You for providing natural solutions to restore my health. Grant me the wisdom I need to select the proper supplements. I thank You for restoring my joy, energy, happiness, and peace. In Jesus's name, amen.



A **BIBLE CURE** Prescription

List the supplements you are planning to take to help your body combat stress.

Write a prayer thanking God for your complete recovery from the negative effects of stress in your life.

BIBLE CURE *Health Tip*

A Simple Walking Program

(NOTE: Each column indicates the number of minutes to walk. Complete three exercise sessions each week. If you find a particular week's pattern tiring, repeat it before going on to the next pattern. You do not have to complete the walking program in twelve weeks.)

Week	Walk	Walk Briskly	Walk	Total Minutes Walked
1	5	5	5	15
2	5	7	5	17
3	5	9	5	19
4	5	11	5	21
5	5	13	5	23
6	5	15	5	25
7	5	18	5	28
8	5	20	5	30
9	5	23	5	33
10	5	26	5	36
11	5	28	5	38
12	5	30	5	40

Week 13 and thereafter: Check your pulse periodically to see if you are exercising within your target heart rate zone. As you get more in shape, try exercising more within the upper range of your target zone.

BIBLE CURE *Health Tip*

Your Target Heart Rate Zone

Use the following formula to determine your target heart rate zone while exercising. Once you have determined your desired range, stay within it.

$$220 \text{ minus [your age]} = \underline{\hspace{2cm}}$$

$$\times .65 = \underline{\hspace{2cm}}$$

[This is your minimum target heart rate.]

$$220 \text{ minus [your age]} = \underline{\hspace{2cm}}$$

$$\times .80 = \underline{\hspace{2cm}}$$

[This is your maximum target heart.]

A **BIBLE CURE** Prayer for You

Dear Lord, give me the discipline and motivation I need to invest faithfully in a regular program of exercise to help me manage stress. Thank You for Your promise to strengthen me—body, mind, and spirit. Amen.



A **BIBLE CURE** Prescription

Write out your plan for a regular exercise program that includes stress-management techniques.

Write a prayer in your own words asking God for His help to keep you at it.



A **BIBLE CURE** *Prescription*

List all the things you must do.

List all the things you want to do.

List the things you currently do that you neither want to do or must do.

Draw a giant X over the items in the third list. These are the things you need to eliminate from your life in order to deal with stress. Develop a plan to eliminate or reduce all of these items in six months. Write out that plan.



A BIBLE CURE *Prescription*

Below you will find some negative thoughts and scriptures that directly uproot those stressful thoughts. Select the verses that are most appropriate to you, and write them down on index cards. Speak them aloud three times a day—at breakfast, lunch, and bedtime.

“I’m a failure and a loser.” —Romans 8:37;
Philippians 4:13

“I’m worthless and pitiful.” —2 Corinthians 6:16;
Galatians 4:7; Ephesians 2:10

“I’m no good.” —2 Corinthians 5:17

“I’m stupid and dumb.” —1 Corinthians 1:30; 2:16;
James 1:5

“I’m unattractive.” —1 Samuel 16:7; Romans 5:5;
Ephesians 2:10

“I’m not teachable.” —Psalm 32:8

“I’m a burden.” —Deuteronomy 28:8

“I’m trapped.” —John 8:32, 36

“I’m alone.” —Matthew 28:20; Hebrews 13:5

“I’m guilty.” —Psalm 103:12; Romans 8:1; 1 John
1:9

“I’m incapable.” —Philippians 4:13

“I’m sinful.” —John 3:14–18; 5:24

Appendix B

RESOURCES FOR STRESS

Please mention Dr. Colbert as the referring physician for the companies below.

Divine Health Nutritional Products

1908 Boothe Circle
Longwood, FL 32750
Phone: (407) 331-7007
Website: www.drcolbert.com
E-mail: info@drcolbert.com

B-Complex Vitamins

B Complex Plus

Vitamin C

Divine Health Vitamin C

Glutathione Boosters

Max One (one capsule two times daily)
Max GXL (three capsules two times daily)
Max ATP

Magnesium

Divine Health Chelated Magnesium

Adaptogens

Divine Health Stress Manager
Stress Relief Drops
Relora (magnolia bark)

Amino Acids

Divine Health Serotonin Max

Divine Health L-Theanine

Adrenal Rebuilder

Adrenal Support

DSF (De-stress formula)

Adrenal Hormones

Divine Health Pregnenolone

Divine Health DHEA

Supplements from Don Colbert, MD

1908 Boothe Circle

Longwood, FL 32750

Phone: (407) 331-7007

Pregnenolone PleoLyposome Cream

DHEA PleoLyposome Cream

Myers IV for Adrenal

To find a doctor to administer this IV treatment, refer to www.worldhealth.net; some of the physicians listed there are trained in this protocol.

Metagenics

Phone: (800) 692-9400

Website: www.drcolbert.meta-ehealth.com

Refer to Dr. Don Colbert, #@7741, when ordering.

Cordyceps

Adreset

Crown Financial Ministries

P. O. Box 100

Gainesville, GA 30503-0100

Phone: (800) 722-1976

Website: www.crown.org

Dave Ramsey

The Lampo Group

1749 Mallory Lane

Brentwood, TN 37027

Phone: (888) 227-3223

Website: www.daveramsey.com