

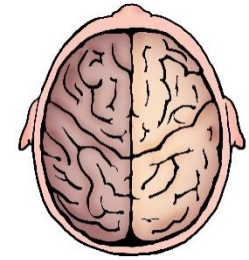
Science and Scripture: Do they Align?

©Arlene R. Taylor PhD
www.ArleneTaylor.org
Brain References
www.arlenetaylor.org
www.LLM.life



6-17 1/27

Age of the Brain

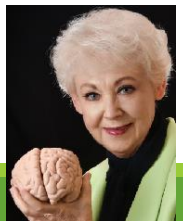


Everything starts in the brain!

***The chief function of your body is to carry
your brain around*** —Thomas Alva Edison

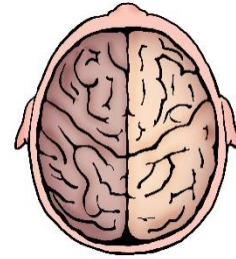
**Your brain can only do what it thinks it can do—and
it's your job to tell it what it can do**

**Brain scans and other brain-research modalities are
helping to uncover information that has hitherto
been unknown, especially information on how to
enhance and retain brain function**



Age of the Brain

www.ArleneTaylor.org

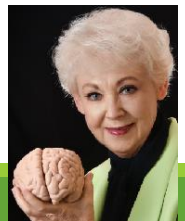


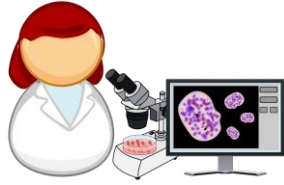
Everything starts in the brain!

***The chief function of your body is to carry
your brain around*** —*Thomas Alva Edison*

**Your brain can only do what it thinks it can do—and
it's your job to tell it what it can do**

**Brain scans and other brain-research modalities are
helping to uncover information that has hitherto
been unknown, especially information on how to
enhance and retain brain function**





Science & Scripture

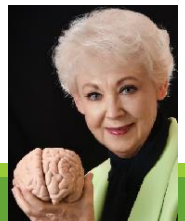
www.ArleneTaylor.org



Around the world, people who study scripture have asked: “Do science and scripture align?”

This is my brain’s opinion:

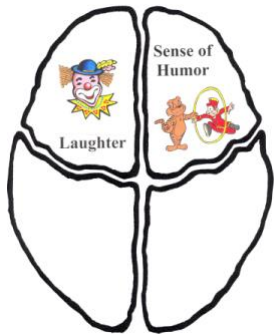
- **Scripture provides admonition about how to be healthier, happier, and more successful**
- **Science (especially the science of brain function) can help to provide reasons underlying scriptural admonition**



1 - Brain and Happiness

www.ArleneTaylor.org

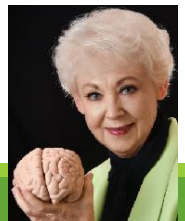
A happy heart is good medicine and a cheerful mind works healing —Proverbs 17:22 Amplified Bible



Happiness, humor, and laughter are good for the brain and the immune system



Mirthful laughter reduces stress hormones that can suppress the immune system and increases levels of immune globulins that fight against viruses from flu to cancer . . .

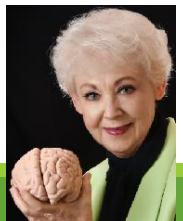


Benefits of Laughter



- **Helps you think better by enhancing communication between the two hemispheres**
- **Helps your memory work better—learning, storing information, and retrieving information**
- **Helps with deafferentation (pain relief)**
- **Helps improve digestion and avoid constipation**

You need a minimum of thirty (30) mirthful laughs a day to be healthy—learn to laugh at yourself and you'll have an unending supply (you're the only person who will be with you your entire life)

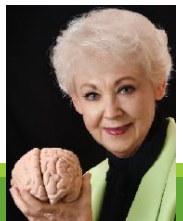


Optimism & Health

I will say it again: rejoice! —Philippians 4:4

Health benefits associated with optimism include:

- ✓ Increased life span
- ✓ Lower rates of depression
- ✓ Lower levels of distress
- ✓ Greater resistance to colds
- ✓ Better psychological and physical well-being
- ✓ Reduced risk of cardiovascular disease
- ✓ Better coping skills during hardship / stress



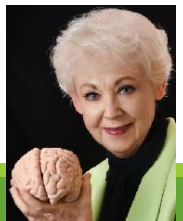
Optimism & Health, Cont'd

- ✓ Reduced likelihood of cognitive impairment
- ✓ Better eating and exercising habits
- ✓ Less likely to suffer strokes and heart attacks
- ✓ Better problem solving and judgement
- ✓ Fewer memory problems
- ✓ Beneficial health-related outcomes among cancer survivors



*Put on a
happy face!*

—US National Institute of Aging
Study on people age 65 and older



#2 - Brain and Prayer

Pray without ceasing

—I Thess 5:16-18 NIV

Studies have shown that personal meditative prayer—a form of meditation—that includes pondering, thinking about spiritual things, and listening, provides the greatest personal benefits

- ✓ Can decrease metabolic activity
- ✓ Can increase blood flow to frontal, parietal, temporal, and limbic areas
- ✓ May trigger deafferentation (pain relief)

—Andrew Newberg MD
How God Changes Your Brain





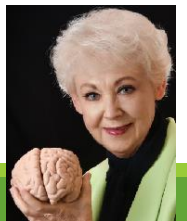
Prayer Studies



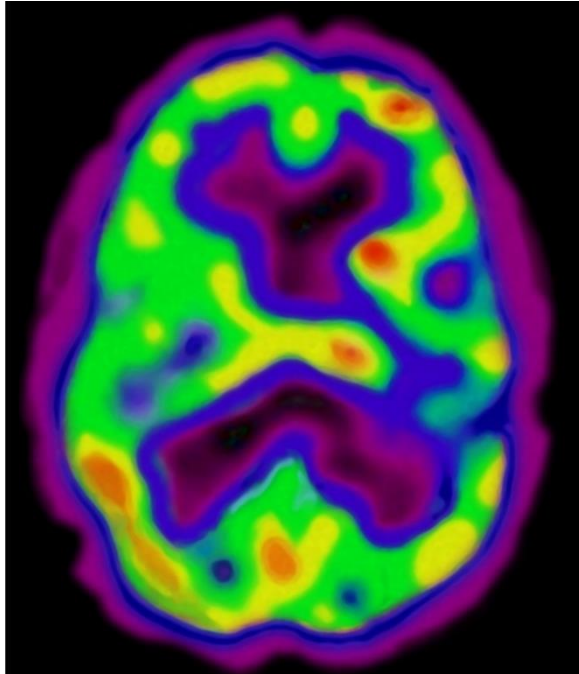
Participants who prayed / reflected in a quiet, comfortable place for at least 12 minutes each day, had improved brain-body health:

- **Reduction in headaches**
- **Less worry and anxiety**
- **Lower risk of heart attacks**
- **Lowering of high blood pressure**
- **Enhanced wound healing**
- **Significant improvement in memory functions**

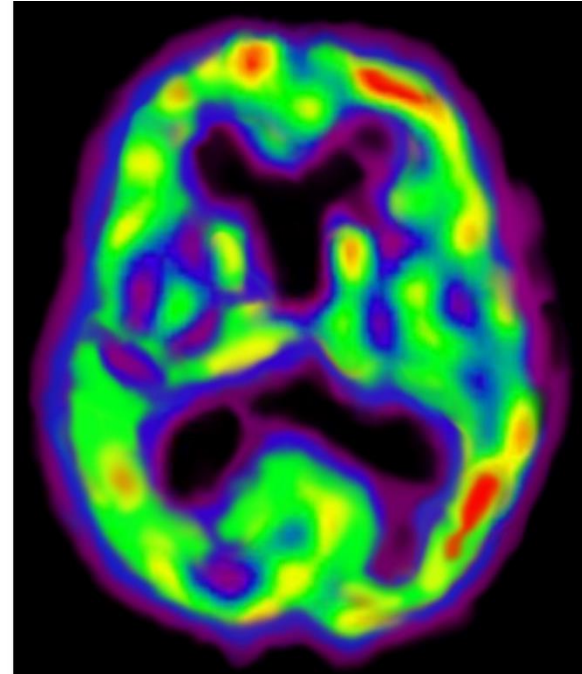
It provides you with some control over the way in which your brain ages



PET Scans



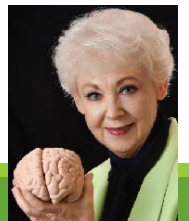
(Not praying)



(While praying)

Note enhanced activity in frontal and R. temporal lobes

**Prayer, if done regularly for at least 12 minutes daily,
may slow age-related decline of frontal lobes**





#3 – Heart Neurons



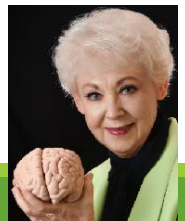
As you think in your heart, so are you —Proverbs 23:7

The heart is more than just a muscular pump—a subconscious organ, it contains neurons that look just like brain neurons, use the same neurotrophic food, and ‘think’

The heart has its own independent nervous system with at least 40,000 neurons, as many as are found in various subcortical sections of the brain; there is a two-way nervous system relay between the brain and the heart

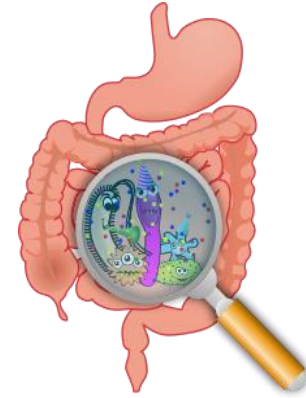
—Doc Childre and Howard Martin

The HeartMath Solution





ENS Neurons



Your Enteric Nervous System (gut or gastrointestinal tract) may contain as many neurons as are in your brain—86 billion give or take a few billion . . .

The ENS is now being called your *second brain* and contains 90 percent of all the serotonin that is found in your brain and body and 50 percent of all dopamine

Some are now referring to Irritable Bowel Syndrome or IBS as an ‘Enteric Neuropathy’



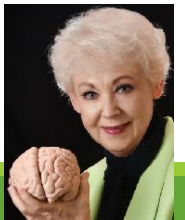
Your Choices Matter

You *'think'* with neurons in your brain and central nervous system, your heart, and your gastrointestinal system. It matters:

- Eat and drink
- Read, hear, and watch
- How you work, play, and behave
- Thoughts you harbor and ponder
- Emotions and feelings you hang onto



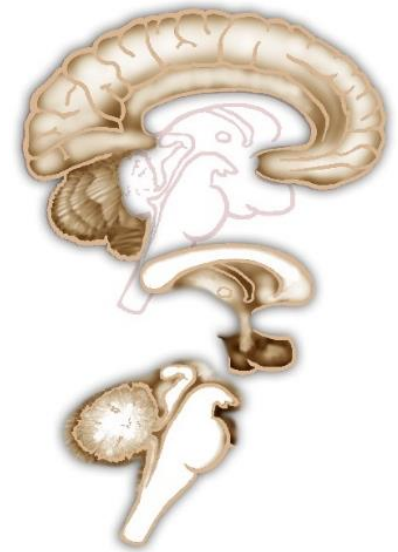
The vagus nerve connects the brain with the ENS, which helps explain the reason children cry and get stomach aches when parents argue and fight





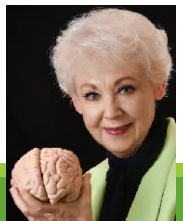
#4 - Brain and Worry

Can you add a single hour to your life by worrying? —Matthew 6:7



Worry and anxiety are forms of the core emotion of fear

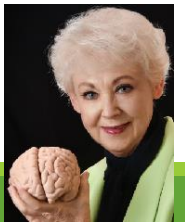
They downshift the brain, focusing its energy and attention away from high-level executive functions in the frontal lobes and toward lower brain levels, which reduces your ability to brainstorm and problem-solve, interferes with judgement and decision-making skills, and never solves anything. . .



Negative Outcomes

These 'energy eaters' keep the stress response stimulated, which negatively impacts both health and potential longevity, including:

- ✓ Immune system suppression
- ✓ Increased digestive disorders
- ✓ Increased muscle tension
- ✓ Short-term memory loss
- ✓ Premature coronary artery disease, heart attack, depression, and even suicidal thoughts



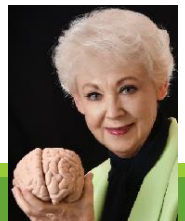
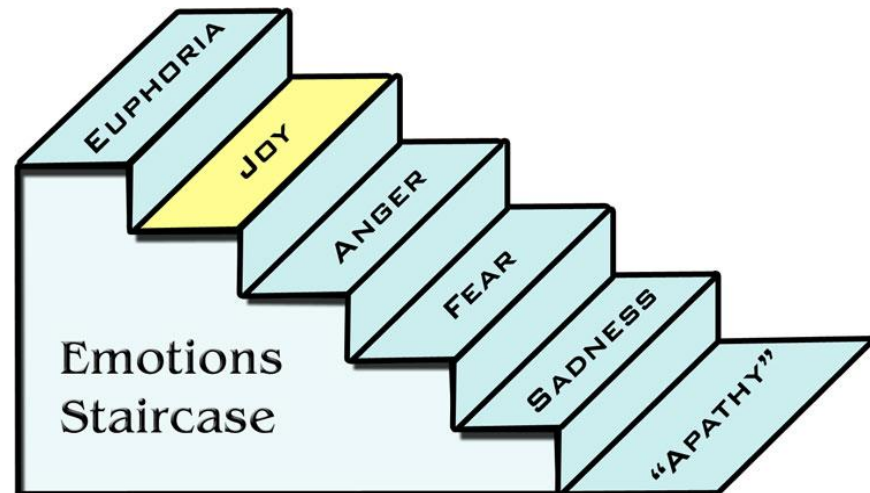


Stop Living in Fear

Never worry about anything —Philippians 4:6

My two strategies to dump worry and anxiety are:

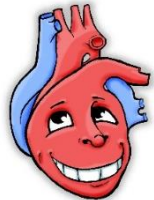
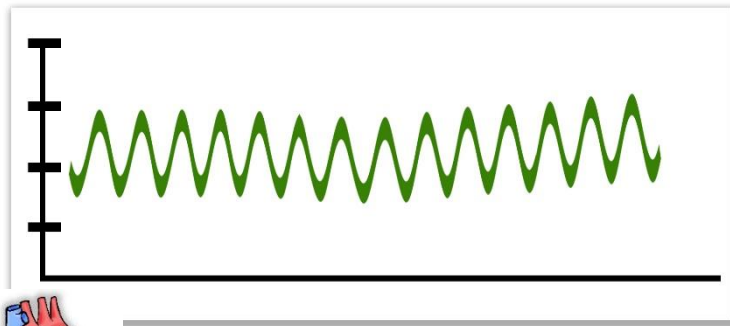
1. Identify something humorous and choose to laugh
2. Be thankful—fear and gratitude cannot coexist in the brain simultaneously



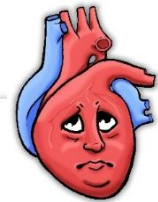
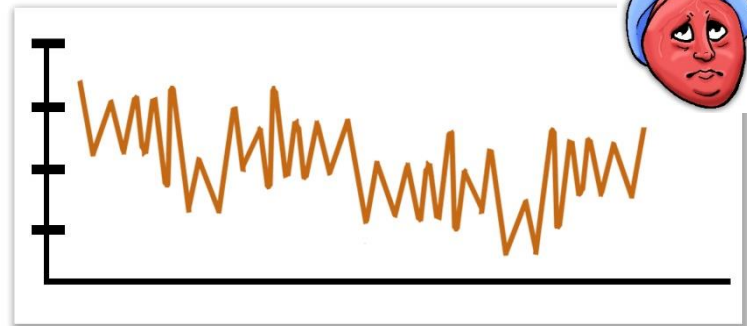
#5 – Heart and Thankfulness

Give thanks in all circumstances —I Thess 5:8

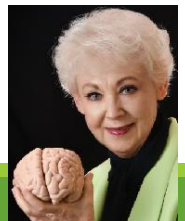
Be kind to your heart: gratitude, kindness, and appreciation promote smooth and relatively even heart patterns, while frustration has a negative impact on heart patterns



Thankfulness



Frustration





Be Thankful!



Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough —Oprah Winfrey

- ✓ Find the silver lining—the gift—you always get something when you must give up something
- ✓ Identify what you can learn, and avoid (insofar as possible) similar situations in the future
- ✓ There is always something for which to be grateful ...





Antidote to Fear

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity.

—Melody Beattie

Studies have shown that an attitude of gratitude provides the antidote to fear; it improves problem solving and your brain-body health

An attitude of gratitude promotes the congruence of thoughts, emotions, and feelings, which has been found to increase gratefulness



#6 – Brain and Study



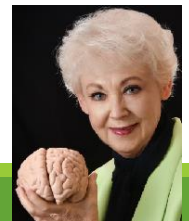
Study to show yourself approved —2 Timothy 2:15

The trouble with ignorance is that it feels so much like expertise. —David Dunning

You have been leased a *living vehicle* for use on this planet and there's no evidence you'll take it any place else with you

You get 'approved' for a passport, a marriage license, a divorce, adoption, leasing a vehicle . . .

Studies are proliferating—and form the basis for the *Longevity Lifestyle Matters* program





Brain and Knowledge

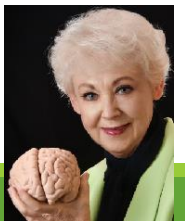
My people perish for lack of knowledge

—Hosea 4:6

This is the *information* age, yet how is it that people are perishing right, left, and center

Your perspective is always limited by how much you know. Expand your knowledge and you will transform your mind.

—Bruce H. Lipton PhD





Information vs Knowledge

Information: facts, figures, and data and from which knowledge can be derived

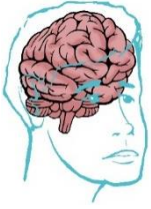


Vehicle metaphor: you have instructions about the vehicle and how to care for it

Knowledge: understanding something through learning, by experience of practical application, by evaluating the outcome (negative or positive), and course correcting as needed

Vehicle metaphor: you consistently operate the vehicle wisely, safely, and appropriately





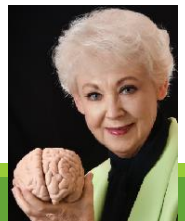
It Is Important!



Learning is not attained by chance—it must be sought for with ardor and attended to with diligence —Abigail Adams (1744 - 1818)

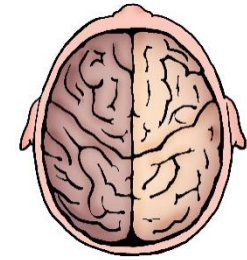
Are you studying how best to care for your leased living vehicle and applying what you learn on a daily basis? Will the care of your brain and body be approved when the time comes to turn them in?

If you think you can or you think you can't, you're right —Henry Ford



#7 – Personal Decision

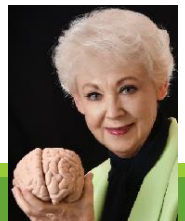
www.ArleneTaylor.org



I set before you life and prosperity, death and destruction . . . choose life so that you and your children may live —Deuteronomy 30:15-20 NIV

Prosper and be in good health, even as your soul also prospers —3 John 1:2

Scientists in the USA estimate that this may be the first generation who will live shorter lives than their parents—largely due to personal lifestyle choices that have contributed to the obesity epidemic and to escalating diabetes type 2, cardiovascular disease, cancer, and dementia . . .



Human Challenge

It is not that I do not know what to do—it is that I do not do what I know —Confucius (551-479 BC)

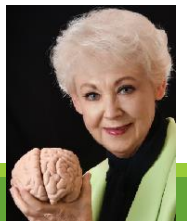
What I want to do I do not do but what I hate I do —Romans 7:15

Examine yourselves! —II Corinthians 13:5

The unexamined life is not worth living —Socrates



When you KNOW better you can DO better . .



Choose Well—It Matters!

Scripture recommends behaviors for a healthier, happier, and more successful life—science helps provide reasons for those recommendations

Steps to being *approved*:

- 1. Study and learn the information**
- 2. Turn information into knowledge**
- 3. Build skills and apply them on a daily basis**
- 4. Evaluate and course correct as needed**
- 5. Prosper and be in good health—stay healthier and younger for longer**

