

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

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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

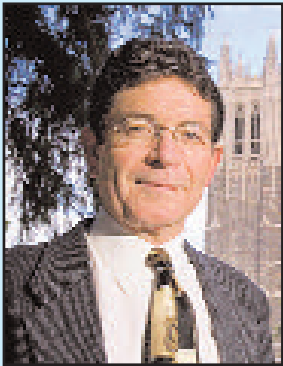
The best way to transform painful memories is to apply universal truths that transcend all cultures, nationalities, religions, and political systems. When these truths are understood and lived out, stress is resolved and health often is restored.

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.

What Doctors Say About This Book . . .



Harold G. Koenig, M.D.

Professor of Psychiatry and Behavioral Sciences, Associate Professor of Medicine, Co-Director, Center for Spirituality, Theology and Health, Duke University Medical Center



C. Stephen Paine, M.D.

Physician in Family Practice specializing in stress reduction as it relates to health. Graduate of Indiana School of Medicine and Member of the American Academy of Family Physicians

How to Resolve 7 Deadly Stresses is a remarkable book that combines the best of understanding human relationships, scientific studies, and Biblical principles to explore the causes and the solutions to stresses that we all encounter in our daily lives, particularly those that we can do something about.

“Besides addressing the deadly stresses of anger, guilt, lust, bitterness, greed, fear, and envy, this book also provides Biblical wisdom to help people cope with the stresses that are not controllable and that we cannot do anything to change.

“The book explains that we are made in three overlapping dimensions—spirit, soul, and body—and that they are inextricably linked. Anything that affects one of these affects all of them. There is growing research documenting that psychological and social stress affect cardiovascular functions, the nervous system, the endocrine system, the digestive system, and the immune systems.

“This book goes beyond simply making these claims and also cites research to back up these claims. Then it goes on to link the seven deadly stresses with each of these and other physiological systems in a fascinating way that every one of us can relate to.”

—Dr. Harold G. Koenig, M.D.

For too long we have been treating symptoms of diseases rather than resolving their root causes. I heartily recommend the approach that is being taken by the book *How to Resolve 7 Deadly Stresses*.”

—Dr. Roger Billica, M.D.

After over twenty years as a physician, I am convinced that the approach to health found in *How to Resolve 7 Deadly Stresses* is not only our best answer, but our only answer to improving health and reducing health care costs in our nation. I have witnessed many people achieve optimal health upon applying the principles found in this book, by resolving stress and restoring physiologic balance. This new approach has changed my entire perspective on health care!”

—Dr. C. Stephen Paine, M.D.



Roger Billica, M.D.

Former Director of Medical Programs at the NASA's Johnson Space Center for 10 years
President of Tri-Life Treatment Center



What Is Total Health?

Total health is not merely the absence of mental, emotional, or physical sickness or disease. It is the dynamic and harmonious interaction of spirit, soul, and body.

Thus Paul prayed: “The very God of *peace* sanctify¹ you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. Faithful is he that calleth you, who also will do it.”²

The “Real You”

Total health begins with a realization that you are made up of three distinct parts: spirit, soul, and body. The most important of these is your spirit.

This is a vital point, because you will never understand or achieve total health without a working knowledge of the interaction of your spirit, soul, and body.

When God created Adam, He said, “Let us make man in our image, after our likeness.”³ The word *image* refers to God’s spiritual nature, because “God is a Spirit: and they that worship him must worship him in spirit and in truth.”⁴

Your spirit is able to communicate with God’s Spirit and the spirits of other people. With your spirit, you are also able to discern realities that are not easily understood with the intellect of your soul.

Paul explains this by saying, “The natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.”⁵

Not only is God a Spirit, but the Godhead is a Trinity, and He has made us in His likeness.⁶ There are many Biblical confirmations that we are made in three parts.

One significant evidence is that there are three different laws that operate within us. There is the law of the spirit, the law of the mind (soul), and the law of sin in the body.⁷

When these three laws are in conflict with one another, we will experience stress, disease, and premature death. When they are in harmony with one another, we will experience health, peace, and life. “For to be carnally minded is death; but to be spiritually minded is life and peace.”⁸

The Origin of Sickness and Death

This three-part nature of the human being explains what happened in the Garden of Eden. God told Adam that the very day that he ate the forbidden fruit, he would die. But Satan said to Eve, “Ye shall not surely die.”⁹ Adam

The peace of God is a state of undisturbed well-being with an absence of all inward strife and stress.

The Greek word for *peace* is *eirēne*, which indicates rest in contrast to strife.¹⁰ This comes by learning about Jesus, Who promises, “Learn of me . . . and ye shall find rest unto your souls.”¹¹ Jesus makes Himself known to us through the forty-nine commands that He gave.¹²



To be sanctified is to withdraw your spirit, soul, and body from the unhealthy entanglements of our corrupt culture and experience true fellowship with the God of peace.



Courtesy of www.SolveFamilyProblems.com

Your body is the temple of God. Like Solomon's Temple, it has three distinct parts.

The first part of the Temple was the altar upon which sacrifices were made. The second part, the holy place, contained the showbread, the oil lamps, and the bowl of incense. The third part, the holy of holies, contained the Ark of the covenant.

The daily functions of replacing the showbread, trimming the lamps, and filling the bowl of incense are now to be carried out in our bodies. We are to present our bodies as living sacrifices. We are to feed daily on God's Word, ask our Father to fill our souls with His Holy Spirit, and pray without ceasing. Then we are to have intimate fellowship with God in our spirits.



Throughout God's universe, we see His three-part design pattern, like that of water, ice, and vapor.

and Eve ate the forbidden fruit yet remained "alive." So who was correct? God was!

Adam and Eve both died. They were spirits, and their spirits died—only their bodies and souls continued to live. Not only did Adam and Eve die that day, but all their descendants have been born spiritually dead.¹³

The only way for us to become alive is to be born again by the Spirit of God. Jesus made this clear to a religious ruler named Nicodemus.

"Verily, verily, I say unto thee . . . Ye must be born again."¹⁴ Nicodemus did not understand this truth and asked: "How can a man be born when he is old? can he enter the second time into his mother's womb, and be born?"¹⁵

The Goal of Total Health

Total health is not perfect health. Perfect health is not possible, because we all are in the process of dying physically. Paul points this out when he states, "Though our outward man perish, yet the inward man is renewed day by day."¹⁶

Total health is the ability to fulfill the purposes for which God created you. Every single one of us is loved by God and very precious to Him. Before you were even born, God designed you in His heart to carry out great works.¹⁷

Your identity and fulfillment in life is to carry out these great works. It is for this reason that you do not want any sickness or disease, which would hinder you from carrying out your life purpose.

Total health is based on realizing that you have a limited number

of days in which to accomplish the great works for which God brought you into this world. Therefore, your attention must not be focused on having better health but on completing your life purpose.

Designed Before Conception

Before you were ever formed in your mother's womb, you were designed in the heart of God. This is the message that God declared to Jeremiah when He said, "Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations."¹⁸

This is the same commission that Jesus gives to every believer today: "Go ye therefore, and teach all nations . . . to observe all things whatsoever I have commanded you."¹⁹

This would include the forty-nine commands that Jesus gave His disciples, which we are to learn and do in order to be His disciples also. They are based on the two great commandments—love God and love one another.

God promised His people that if they would love Him and keep His commandments, He would bless them more than all other peoples of the earth: "Keep therefore and do them [God's commandments]; for this is your wisdom and your understanding in the sight of the nations, which shall hear all these statutes, and say, Surely this great nation is a wise and understanding people. . . . And the LORD will take away from thee all sickness."²⁰

Total Health: Being “Made Whole”

Total health was demonstrated by Jesus when He healed the ten lepers.²¹ Leprosy was a dreaded disease in His day because of the putrid and infectious sores it caused.

1. Cleansing the Blood

The initial step of healing was not just to renew the skin but to cleanse the blood from the impurities that manifested themselves in the disease. Thus Scripture states that “as they went, they were cleansed [vs. healed].”

The Greek word translated *cleansed* is *katharízō*, which means “to purify.” In a physical sense, this would refer primarily to the circulatory system, because “the life of the flesh is in the blood.”²² In a spiritual sense, *katharízō* refers to the removal of the pollution and guilt of sin.²³

2. Healing the Flesh

The next phrase in this account tells us that they saw that they were healed. The Greek word used for *healed* is *íáomai*, which means “to restore to bodily health.”²⁴ This would indicate that the physical symptoms of the disease had disappeared. Once the blood is cleansed of its impurities, the flesh is able to be restored to health.

3. Achieving Wholeness

In spite of this progress toward healing, there was still a third phase to undergo. Without this third phase, there would not be total health but simply removal of the distressing condition of the disease.

Total health involves a restored relationship with God and the accompanying signs of joy, freedom, and inward peace. When one of the lepers saw that he had been healed, he returned to Jesus and “fell down on his face at his feet, giving him thanks.”

Jesus said: “Were there not ten cleansed? but where are the nine? There are none found that returned to give glory to God, save this stranger.” Jesus then said to him, “Arise, go thy way: thy faith hath made thee whole.”

Three Aspects of Salvation

In this account, the Greek word translated *made whole* is *sozo*. In other passages, it is translated *save*. There actually are three aspects of salvation, or wholeness.

1. Salvation of the Spirit

First is the eternal salvation of the spirit. This is explained in Romans 10:9–13: “If thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved [*sozo*]. . . . For whosoever shall call upon the name of the Lord shall be saved [*sozo*].”

2. Salvation of the Soul

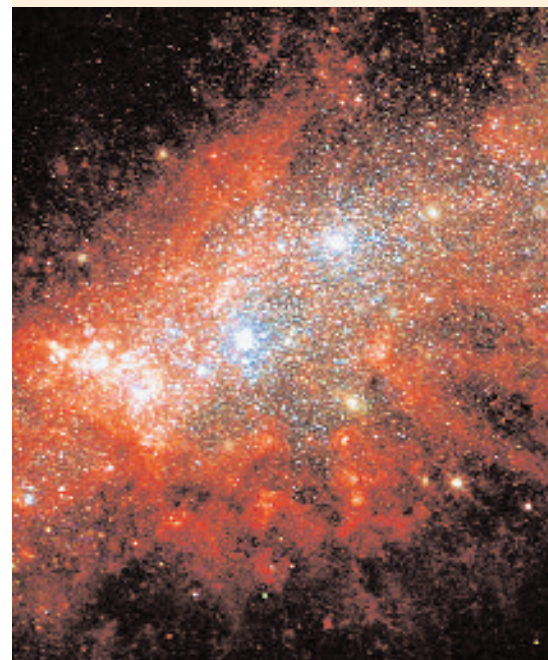
Second is the salvation of the soul. Whereas the salvation of the spirit is instantaneous and eternal, the salvation of the soul (mind, will, and emotions) is a continual process. It is accomplished by engrafting God’s word into your soul and thereby building a Biblical belief system



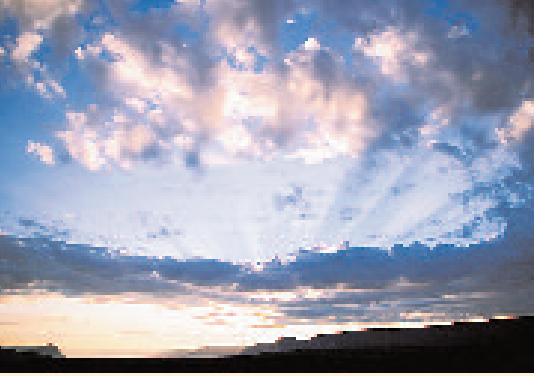
“*T*he mind that created the universe wrote the Bible.”

—Dr. Bob Wood

The Sombrero Galaxy, pictured above, has a mass equivalent to 800 billion suns. It is fifty thousand light years across, yet it is not even visible to the naked eye.²⁵



*J*ust as there are laws that govern the universe, so there are laws that govern our health. To violate them is to invite disease and death.



God demonstrates justice by visiting the iniquities of fathers on their descendants but shows love by giving mercy to all who love Him and keep His commands.



The greatest heritage a father could pass on to his children is a strong constitution of total health.



The health of this baby will partly be determined by the lifestyle of the parents.

in your heart. Thus we are told, "Receive with meekness the engrafted word, which is able to save [sozo] your souls."²⁶

The wholeness of the soul has a direct effect on physical health. John said, "I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."²⁷

3. Salvation of the Body

The third aspect involves the "wholeness" of the physical body, which is contingent on obedience to God's moral standards: "He that soweth to his flesh shall of the flesh reap corruption."²⁸

When a member of the church at Corinth committed gross immorality, Paul commanded "to deliver such a one unto Satan for the destruction of the flesh, that the spirit may be saved in the day of the Lord Jesus."²⁹

Three Primary Factors That Contribute to Health

To understand and achieve total health, you need to be aware of the following three factors.

1. Genetic Tendencies

We all inherit tendencies toward certain diseases based on weaknesses in our genetic makeup. They do not have to become diseases if we follow God's way of life.

2. Physical Constitution

A grandfather who did everything wrong lived to be ninety-eight years old. However, his two-year-old grandson is dying

of cancer. The grandfather inherited a strong constitution from his parents, but his wrong living weakened the constitutions of his son and grandson.



Courtesy of ppmf.org
Dr. Francis Pottenger

In the 1940s, Francis Pottenger devised a study in which he separated cats into five groups. The first group was fed nutritious food and remained healthy throughout their lives. The other four groups were fed "junk food."

In the first generation, the poorly fed cats developed diseases late in life. In the second generation, they developed the same diseases in the middle of their life spans, and the third generation developed them early in life.³⁰

Dr. Pottenger found that his third-generation cats did not even live long enough to reproduce. When he nursed the second-generation cats to health, they could reproduce and pass on stronger and stronger genes to their offspring.

3. Various Stresses

Whether or not our genetic tendencies and weak constitutions will result in diseases will be primarily determined by the stresses in our lives according to what we think, say, and do.

There can be many causes of stress, such as trying to fulfill our responsibilities with limited time or to pay bills with inadequate finances. However, the greatest stresses come from the attitudes of anger, guilt, lust, bitterness, greed, fear, and envy. These destroy the immune system.

2

Is Total Health Total Healing?

Total healing is not possible on this earth, because the sentence of death has been placed on the physical body of every person, and we are in the process of dying. Total health refers to fulfilling the number of years for which God designed us to serve Him and the quality of life we need to carry out the work He has created us to accomplish.

Three types of illnesses are given in Scripture. When you develop an illness, you should discern which of these types you are experiencing. Based on the type of sickness, you should then carry out the appropriate Biblical responses.

1. Sickness Unto Death

As a believer in the Lord, you are indestructible until your work on earth is done. Once it has been completed, there is no point in staying around here. Heaven is a far more glorious place in which to be. Paul understood this when he said, "For I am in a strait between two, having a desire to depart, and to be with Christ; which is far better."¹

Here, Paul is discerning the time of his departure based on the ministry that he was commissioned to carry out. Believers today should do the same. If a person has what doctors describe as a terminal illness but he believes that his work

is not yet done, he can appeal to God for healing—not to just extend his life but to accomplish the work that God has called him to do.

On this basis, the psalmist prayed: "O God, thou hast taught me from my youth: and hitherto have I declared thy wondrous works. Now also when I am old and gray-headed, O God, forsake me not; until I have showed thy strength unto this generation, and thy power to every one that is to come."²

In order to have this outlook on life and death, we must be good stewards of the time that God has entrusted to us. We should be continually looking for better ways to redeem every hour by keeping it from going to waste and choosing the most profitable activities to advance God's kingdom. We are to "number our days, that we may apply our hearts unto wisdom."³ If you were told today that you have a terminal disease, what reason would you give God for keeping you alive?

2. Sickness Unto Chastisement

There are physical, mental, emotional, and spiritual consequences for violating God's laws. The most severe come to



*A*ll who were healed by Jesus died. But all who believed in Jesus are still living.

"I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live."⁴



*W*e are indestructible until our work is done!



God chastens us through financial loss, natural disasters, physical diseases, and death.

*"The LORD will smite thee with the boils of Egypt, and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed. . . . Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. Also every sickness, and every plague . . . them will the LORD bring upon thee, until thou be destroyed."*¹²



Satan's daily agenda is to look for believers whom he can disable and devour with physical diseases.

*"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist steadfast in the faith."*¹³

those who choose to violate His moral laws. "For he that soweth to his flesh shall of the flesh reap corruption."⁵

The Bible specifically mentions health consequences for dishonoring parents. "Honor thy father and thy mother, as the LORD thy God hath commanded thee; that thy days may be prolonged, and that it may go well with thee."⁶ "The eye that mocketh at his father, and despiseth to obey his mother, the ravens of the valley shall pick it out, and the young eagles shall eat it."⁷

There are additional health consequences for unwise diets, especially in animal products that are high in fat, which contain toxins. God has much to say about what people should or should not eat. Peter makes reference to this when he quotes from God's dietary law.⁸

If you violate any of God's commands, you will be subject to health consequences. In His mercy, God has established the communion table as a place for thorough self-examination. This self-examination is to be carried out with utmost care.

To those who observed communion carelessly, God said, "For this cause many are weak and sickly among you, and many sleep [have died prematurely]."⁹

Therefore, if you are sick, you should ask yourself, Is this God's way of chastening me for not following His way of life?

3. Sickness Unto the Glory of God

The third type of sickness includes infirmities that God

designed to bring glory to Himself. There are two ways that He can do this.

The first way is through God's supernatural healing. This was experienced by the man who was born blind.

Jesus' disciples asked Him: "Who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him."¹⁰

Notice that Jesus designed the infirmity in this man so that years later, He could demonstrate to the crowd that He was truly the Son of God. Based on this, we must be careful not to think that just because someone has a sickness or disease, it must be due to sin on his part or his parents' part.

A second way is demonstrated by Paul. He had a physical infirmity, which he referred to as his "thorn in the flesh." Three times he appealed to God to remove it.

However, God told him, "My grace is sufficient for thee: for my strength is made perfect in weakness." Paul responded by declaring, "Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."¹¹

This is an important principle, because God has given us weaknesses to prevent us from depending on our own strength or ability rather than the supernatural work of His power.