Toxic Emotions
Part 2

Greetings!

As the director of BellaVita Lifestyle Center, I have seen many people with negative emotions and diseases that match the slide below. In my own life, I had three episodes at different times where my body reacted to negative emotions in serious ways. First, I had a stressed-induced asthma attack that was caused by feelings of rejection and abandonment; second, I had severe cramping in my abdomen that was caused by defensiveness; and, third, my arms itched so bad that I scratched until they would bleed and blister. I learned that I was suffering from psychodermatitis, or the mind/skin connection. Listen to the stories on Can Attitude Affect Your Health - Part Two (link below).
As you study the slide above, you see that certain negative emotions can affect specific body organs. For example, anger is the negative emotion associated with liver problems; bitterness with the gallbladder; low self-esteem and feelings of rejection with the pancreas; a broken heart and grief with the heart and lungs; depression, loneliness, and anger all take their toll on cardiac health; and feelings of abandonment have a negative affect on the intestines. Have you ever heard of "anal retention"? The syndrome is correctly named because when we get tense and defensive, the negative emotion can trigger irritable bowel syndrome, constipation, and tightening of the bowels.

Science has found that the brain and gut communicate through an impressive network of hormones, peptides, and neurotransmitters. When emotional stress disrupts this dialogue, the effects can be seen on a brain scan. An area known as a midcingulate cortex goes into overdrive--and the gut suffers potentially devastating consequences. Lamentations 2:11 says: "Mine eyes do fail with tears, my bowels are troubled, my liver is poured upon the earth."

When you think about a situation where you were hurt, abused, or rejected, is there emotional pain? The pain can cause your heart to beat a little faster? It can cause stress, and stress can cause inflammation. Behind that pain is unforgiveness, bitterness, fear, anxiety, worry, anger, resentment, bitterness, or hatred.

Many of us remain in a constant state of stress because of
negative emotions that are in our memories, such as fear and anger that are unchecked in our lives. God's plan is for us to forgive others and be freed of the anger, resentment, fear, and bitterness that are stored in our memories and cause a physical response.

God wants us to deal with our own unforgiveness. We forgive others as an act of obedience to God, and it accrues to our own benefit. The Bible teaches that forgiveness begins with you, and it starts in your heart. **Forgiveness does not set the other person free; it sets you free from the bondage of bitterness.** Our own healing begins by forgiving others! We need to let go of our own suffering by releasing someone from the debt they owe us. The power of forgiving others for the pain they have caused you is a wonderful healer.

The divine remedy is to forgive those that have hurt us just like Jesus did: "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses" (Matthew 6:14, 15). I pray and ask God for DIVINE FORGIVENESS, just like I pray and ask for His divine love and grace through the Holy Spirit. Forgiveness is the key to freedom! The sooner you forgive, the sooner you are set free.

**Forgiveness Heals Us**

"Research suggests that forgiveness works in at least two ways. One is by the reducing stress of the state of unforgiveness, a potent mixture of anger, bitterness, hostility, hatred, resentment and fear (of being hurt or humiliated again). These have specific physiologic consequences—such as increased blood pressure and hormonal changes—linked to cardiovascular disease, immune suppression and possibly, impaired neurological function and memory. One study examined 20 individuals in happy relationships, matched with 20 individuals in troubled relationships. The higher had higher baselines of cortisol, a hormone associated with impaired immune function—which shot up even further when they were asked to think about their relationships. 'It happens down the line, but every time you feel unforgiveness, you are more likely to develop a health problem,' says Everett Worthington, executive director of A Campaign for Forgiveness Research. "The other benefit of forgiveness is more subtle; it relates to research showing that people with strong social networks—of friends, neighbors and family—tend to be healthier than loners" (Newsweek, Dec. 27, 2004, p. 52).

We need to understand that our negative thoughts and emotions can also be called sinful thoughts and sinful emotions. Paul said: ""The works of the flesh are these:" and listed specific sinful thoughts and emotions—hatred, jealousy, envy, and
outbursts of wrath—certainly not characteristics of God. Paul concluded: "They that do such things shall not inherit the kingdom of God" (Gal. 5:19-21). Have you forgiven those that have hurt you? Have you forgiven yourself?

Please now watch Can Attitude Affect Your Health? - Part Two, and listen carefully to my personal stories of how I got the victory over bitterness and anger. Praise God from whom all blessings flow.

In love,
Danny Vierra

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Now you can share *Can Attitude Affect Your Health?* with others.

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We are happy to announce that our new TV show Lifestyle for Excellent Health will be airing at 8AM on Fridays and 9AM on Saturdays. This week's show is "Can Attitude Affect Your Health?." You can watch the show at:

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- BellaVita Healing Testimonies - May 2012
- BellaVita Healing Testimonies - July 2012
- Alkaline PH: The Key to Prevention - Pt 2 Dr. Robert O. Young - Health Crusade 2012
- BellaVita Healing Testimonies - March 2012
- Modern Manna Goes To Babylon, NY
- Amazing Healing Testimonies
- Woman with Lymes Disease
- BellaVita Movie - Premier Results
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**One Final Note**

I would greatly appreciate your prayers. Time is short and Jesus is coming soon. The signs are all around us.

Please help Modern Manna reach the world with the health
message and the gospel. Donations can be made online at www.modernmanna or just drop me a note at danny@modernmanna.org or call 1-800-655-3228. Perhaps we can encourage one another.

God bless you,
Danny Vierra
Modern Manna

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