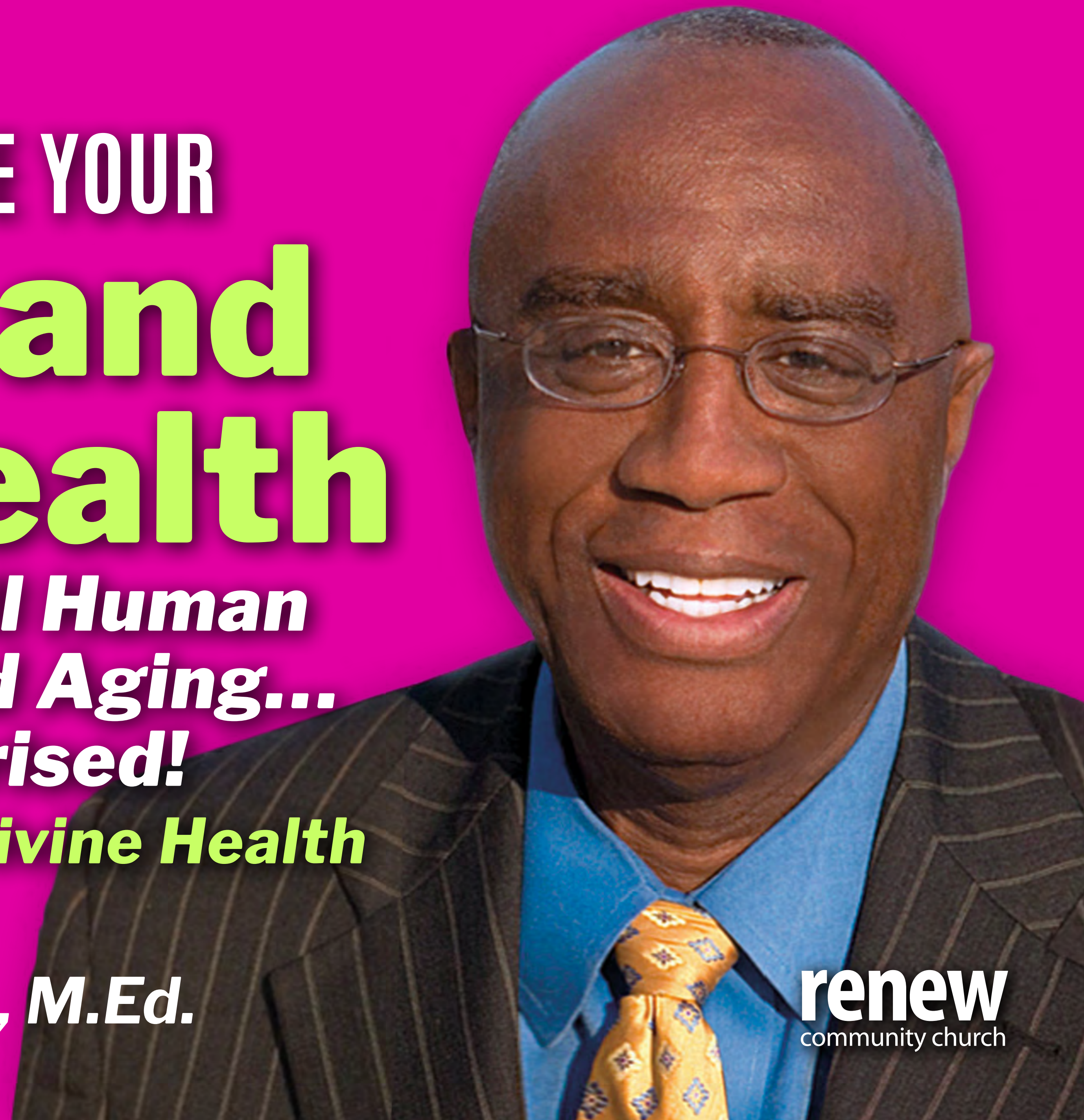


**+ HOW TO IMPROVE YOUR**  
**Physical and**  
**Mental Health**

***10 Root Causes of All Human  
Suffering, Stress, and Aging...  
You Will Be Surprised!***  
***Walk in Divine Healing & Divine Health***

**1**

***by Charles E. Winburn, M.Ed.***



**renew**  
community church



***Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.***

**Is there no balm in Gilead;  
is there no physician  
there? Why then is not the  
health of the daughter of  
my people recovered?**

***Jeremiah 8:22***

**But he was wounded for  
our transgressions, he was  
bruised for our iniquities: the  
chastisement of our peace  
was upon him; and with his  
stripes we are healed.**

***Isaiah 53:5***

**And be not conformed  
to this world: but be  
ye transformed by the  
renewing of your mind...**

***Romans 12:2***

**And the whole multitude  
sought to touch him: for  
there went virtue out of  
him, and healed them all.**

***Luke 6:19***

***Divine healing from Jesus***

**Beloved, I wish above all  
things that thou mayest  
prosper and be in health,  
even as thy soul prospereth.**

***3 John 2***

***Divine health***

**Who his own self bare our  
sins in his own body on the  
tree, that we, being dead  
to sins, should live unto  
righteousness: by whose  
stripes ye were healed.**

***1 Peter 2:24***



**In the midst of the street  
of it, and on either side of  
the river, was there the tree  
of life, which bore twelve  
manner of fruits, ...**

**and yielded her fruit every  
month: and the leaves  
of the tree were for the  
healing of the nations.**

***Revelation 22:2***

***Renew Community Church  
Sunday Morning Master Class***

***Outcome for today's message:***

**To improve your physical  
and mental health.**



***Renew Community Church  
Sunday Morning Master Class***

***Outcome for today's message:***

**To encourage you that the  
majority of all sickness, disease,  
and emotional unhappiness  
can be reversed.**

**90% of all illness, sickness,  
disease, and emotional  
unhappiness is linked to  
stress.**

**According to Dr. Bruce Lipton, the other 5-10% is linked to genetic stress ancestry (the family tree) of a person.**



**There are billions of people  
who feel that most illness,  
sickness, disease, and  
emotional unhappiness  
cannot be reversed,  
so they give up.**

**The good news is that  
more and more doctors  
are integrating their sick  
maintenance health model  
with ...**

**more science and medicine  
that focus on prevention  
and wellness models to  
treat patients.**



# **Sickness model**

***Increases aging without  
long-term health plans.***

# Wellness model

*Slows down biological aging and  
increases health span.*

**People who embrace  
prevention and wellness  
models support the 3 R's.**



# 1. Remission

**A place to:**

- **Focus**
- **Meditate**
- **Seek Divine Healing**
- **Find calmness**
- **Work with doctors, scientists, and nutritionists**

## 2. Reversal

- **A place to work with breakthrough health regenerative technology.**
- **Seek divine health.**

# 3. Recovery

- **A place to work and maintain one's health as a lifetime commitment to the practice of faith, science, and medicine.**

# Recovery

- **Slowing down the biological aging process which someone called a disease.**



# Recovery

## Accelerated Biological Aging

- Stress
- Lack of exercise
- Exposure to radiation or pollution

- **Sugar toxicity**
- **Emotional unhappiness**
- **Overweight/obesity**
- **Refined carbohydrates**
- **Dehydration**

- **Oxidative stress**
- **Toxicity**
- **Inflammation**
- **Lack of love-making**

**According to a research article by Jamie Depolo:  
“Your chronological age is the number of years you’ve been alive.”**

**“Your biological age is how old your body seems, based on a number of factors, including how your chromosomes have changed over time.”**

# Chronological Age

*(Years you have been alive)*

# Biological Age

*(Age of your physical body)*

**21**

**35**

**31**

**46**

**41**

**51**

**51**

**65**

**61**

**80**

**71**

**91**

**81**

**100**



**The root locator of  
negative symptoms and  
emotional unhappiness  
is linked to the root  
causes of human stress,  
suffering, and aging.**

# Symptoms

- **Diabetes**
- **Emotional abuse**
- **Verbal abuse**
- **Sexual abuse**

- **Physical abuse**
- **Relationship clashes**
- **Domestic violence**
- **Inflammation**
- **Fear**

- **Gun violence**
- **Mass shootings**
- **Suicides**
- **ADD**
- **Obesity**

- **Toxicity**
- **Crime**
- **Birth defects**
- **Depression**
- **Bullying**

- **Conditional love**
- **Gastrointestinal problems**
- **Mood disorders**
- **Cancer**
- **Self-judgment**



- **Racism**
- **Homicides**
- **Alzheimer's disease**
- **Adult & child  
unhappiness**

- **Negative self-talk**
- **Stress**
- **Infant mortality**
- **Negative attitudes**
- **Divorce/separation**

- **Mental challenges**
- **Anxiety**
- **Addictions**
- **Hypertension**
- **Health issues**

# **The 10 root causes of human stress, suffering, and aging**

# **Root cause 1**

**Relationship shifts from high vibrations or energy to low vibrations or energy that leads to toxic relationships.**

# **Root cause 2**

# **Transgenerational epigenetics**



# Epigenetic generational inheritance

*(passed down to you from your parents)*

**It's like a big light switch  
that can be turned on or  
turned off.**

**Epigenetics turns on  
negative bio-markers  
over the genes.**

**Epi = over**

***They need to be turned off.***

# Epigenetics turns on negative:

- **beliefs**
- **emotions**
- **memory**
- **perceptions**
- **behavior**

*(subconscious mind)*

**Dr. Melissa Hawkins, M.D.  
states for example, “when  
a person has experienced  
trauma from their  
childhood (or adulthood),  
the brain and body store...**

**...that traumatic memory  
in ways such that aspects  
of that memory can be  
reactivated (turned on) by  
present-day interactions  
and situations.”**

# **We want to turn off epigenetics with positive:**

- **beliefs**
- **emotions**
- **memory**
- **perceptions**
- **behavior**
- **60-second stories**



**Root cause 3**

**Adverse fetal trauma**

# **Root cause 4**

**Unresolved adverse  
childhood experiences**

# **Root cause 5**

**70% negative parental/  
trustee programming**

# **Root cause 6**

# **Eliminate heavy metals**

# **Root cause 7**

**Negative effects  
of electromagnetic  
frequencies (EMF)**

# **Root cause 8**

## **A cluttered life**

# **Root cause 9**

**Relationship hormonal  
imbalance (Finding  
hormonal balance)**



# **Root cause 10**

## **Optimism killers**

# **Solution**

**Getting everyone into  
remission to improve  
physical and mental health.**

***A new mindset. A renewed mind.  
(Romans 12:2)***

# **Solution 1**

## **Positive programming**

***Repetition and habituation of the  
subconscious mind***

# Spiritual

- **Belief:** God or the Divine is for me.
- **Emotions:** I feel God or the Divine is for me.
- **Memory:** I remind myself that God or the Divine is for me.

**Positive spiritual result:**  
**God or the Divine is for me.**

# Health

- **Belief:** I am healthy.
- **Emotions:** I feel healthy.
- **Memory:** I remind myself that I am healthy.

**Positive health result:**  
**I am healthy.**



# Mental

- **Belief:** I have a great mind.
- **Emotions:** I feel I have a great mind.
- **Memory:** I remind myself that I have a great mind.

**Positive mental result:**  
**I have a great mind.**

# Financial

- **Belief:** I have plenty of money for me, my family, and others.
- **Emotions:** I feel I have plenty of money for me, family, others.
- **Memory:** I remind myself that I have plenty of money for me, family, others.

**Positive financial result:**  
**I have plenty of money for  
me, my family, and others.**

# Relationship

- **Belief:** I have wholesome and great relationships.
- **Emotions:** I feel I have wholesome and great relationships.
- **Memory:** I remind myself that I have wholesome and great relationships.

**Positive relationship result:**

**I have wholesome and  
great relationships.**

## **Solution 2**

**Telling yourself a new  
60-second story by taking  
action to improve your  
physical and mental health.**



**Heal your mind first and  
your body will embrace  
good health.**

**And be not conformed  
to this world: but be  
ye transformed by the  
renewing of your mind...**

***Romans 12:2***

**Tell yourself fun, happy,  
joyful stories each day,  
every 60 seconds.**

**Tell the following 5 love stories 3 times each day up to 60 seconds.**

**Tell these following  
5 love stories 3 times a  
day, up to 60 seconds.**

# Story 1

**It is my divine right and  
human right to accept  
God's love for me.  
I accept God's love.**

## Story 2

**It is my divine right  
and human right to  
accept God's love for me  
unconditionally.**

# Story 3

**It is my divine right  
and human right to  
accept God's love for me  
unconditionally in my  
spirit, soul, and body.**



# Story 4

**It is my divine right and human right to accept God's love for me unconditionally in my spirit, soul, and body and walk in love, joy, peace, and emotional happiness.**

# Story 5

**It is my divine right and human right to accept God's love for me unconditionally in my spirit, soul, and body and walk in love, joy, peace, and emotional happiness in my spiritual life, health, mental, family, financial, and business life.**

**Now break free!**

# Embrace love!

**Other stories designed  
to help you focus on  
what you want:**

- Improve physical health**
- Improve mental health**

**Your 60-second story:**

**“It is my divine and human right to be happy, have fun, feel good, live a zero resistance life, and embrace great mental health.”**

**Repeat the next 7 sample  
fun stories 3 times up to 60  
seconds, 3 times a day in  
order to have better mental  
health.**

***This reprograms your subconscious mind.***

# 1. Happiness Story:

**It is my divine and human right to be happy, have fun, feel good, 80% of the time or more...**



**...in my spiritual, health,  
mental health, relationship,  
financial, business,  
and love life.**

## **2. Focus Story:**

**It is my divine and human right to positively focus all the time in my spiritual, health, mental health, relationship, financial, business, and love life.**

### **3. Health Story:**

**It is my divine and human right to walk in healing, health, and wholeness today. I am well and healthy. I am spiritually well, psychologically well and...**

**...emotionally well. Today,  
I walk in divine health and  
divine healing. My health is  
getting better and better  
today.**

## **4. Mental Health Story:**

**It is my divine and human  
right to embrace inner peace,  
calmness, and happiness today.  
I confess that my mind is calm,  
alert, sharp, and focused....**

**I focus on what I really, really  
want today. Today, I allow  
love, joy, and peace in my life.**

## **5. Financial Story:**

**It is my divine and human right  
to have more than enough  
money to be a financial  
blessing to self, family, and  
others. I will use my financial...**

**...abundance today to bless  
so many people in this  
universe. Money is my friend  
and I share my friend with  
others.**



## **6. Relationship Story:**

**It is my divine and human right  
to attract new, wonderful, and  
dynamic relationships today.**

**I use my respectful, honest  
relationships to help others...**

**...to get where they hope to go in life. I am attracting and allowing new and exciting people in my life. I am a blessing to all of my family and friends.**

## **7. Business Story:**

**It is my divine and human right as an entrepreneur to grow and prosper my business so that I can bless others. My business is growing, expanding, ...**

**...increasing in revenue and profits today. My business is flourishing financially which allows me the ability to bless my employees and more people.**

**Call Dr. John Thomas,  
clinical psychologist at**

**513-961-5682**

***Take the first step and make an  
appointment!***

***Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.***



**+ HOW TO IMPROVE YOUR**  
**Physical and**  
**Mental Health**

**10 Root Causes of All Human  
Suffering, Stress, and Aging...  
You Will Be Surprised!**

**Walk in Divine Healing & Divine Health**

**100**

**by Charles E. Winburn, M.Ed.**

**renew**  
community church

