

FOR: Lighthouse Network
LENGTH: :60
Title: Decision-Making: Intersection of Spirit, Mind and Body

INTRODUCTION:

Welcome to Life Change! I'm Christian Psychiatrist Dr. Karl Benzio.

BODY:

Recently, our broken medical system has turned to holistic, or spirit, mind, and body medicine, for answers. Trying to figure out how these three spheres work separately then integrate together is like figuring out the complex Trinity. Simply put, the final step for a decision is biological, one brain cell interacting with others. But brain chemistry is influenced by how the mind processes information and makes decisions. Ultimately, the spiritual beliefs, principles, and truths influence and determine the daily decisions we generate. This awesome arena, decision-making, is the amazing intersection of our Spirit, Mind, and Body.

CLOSE:

If you or a loved one is struggling, go to 844lifechange.org or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well! (end on "up" note)
