

BETTER LIVING FOR TODAY

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Resource Library

The Meier Clinics Radio Program featuring Paul Meier, M.D., has expanded again! Tune in Monday through Friday on the following stations:



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Log on to www.family.org and read Dr. Paul Meier's monthly contribution to Focus on the Family's Men/Women—Focus Over Fifty.

For a complete listing of books by Dr. Paul Meier, go to www.meierclinics.org and select his biography under Richardson, Texas.



Paul Meier, M.D.

Blue Genes

"In 2004, Focus on the Family and Tyndale Publishers asked me to write a book on genetic factors that affect our mental health. I was really excited and, of course, said yes. Here is an excerpt from Blue Genes that is being published in October 2005. I hope you enjoy it."

When I turned 58, two of my best friends . . . encouraged me to get the first complete physical exam of my life. I had never even had a regular family doctor and had missed only three days of work due to illness in thirty years. Plus, I am a physician and should know if anything is wrong. . . But my friends insisted, so out of peer pressure I made an appointment that saved my life. The internal medicine specialist I selected said my physical exam was fine, but she was disturbed by some of my lab results. . . She sent me to both a gastroenterologist and a cardiologist.

The gastroenterologist found a pre-cancerous growth, which he removed. The cardiologist found a high CRP and a homocysteine level three times the normal limit, which meant I had the equivalent of pimples inside my blood vessels which could form blood clots and cause a heart attack or stroke at any time. He told me that by eating too many carbohydrates, my body had to put out too much insulin, and the insulin was probably causing the inflammation in my blood vessels. The cardiologist said if it went untreated, I would likely die within five years from a heart attack or a stroke. He gave me a prescription for a cholesterol medicine, but encouraged me to hold off on taking it for two months while trying a combination of vitamins. . .

When he told me basically to give up those white carbs, I almost felt like my best friend died! I literally grieved the loss. . . I really balked when he told me to get liquid vitamins whenever possible, but then he showed me a Physicians Desk Reference that said vitamin pills are usually only 10 to 20 percent absorbed, but liquid vitamins are 98 percent absorbed. . . I don't want to take liquid vitamins if I don't have to, I griped. I remember my mom giving me some liver oil or something when I was a kid, and it tasted so bad that I still dread it. He said I could either have a daily teaspoonful of a liquid fish oil, for example, or twenty

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Call our national toll-free number **888-7-CLINIC** to be connected to the Meier Clinic nearest you. A caring professional will be happy to speak with you regarding your concerns and the services available. For more information about Meier Clinics, please log on to our website at www.meierclinics.org.

View sin as God views it (1 John 1:9). Confess it with the attitude of taking God’s side against the sin. Then accept God’s forgiveness because of the cross, not because you have beaten yourself down long enough to become worthy of it. Practice this part daily, as often during the course of a day as necessary.

Isolate yourself from as many sources of temptation as possible (Rom. 13:14). Clean your house and work environment of whatever substance you have been abusing. Don’t make it easy to yield to temptation. Stay away from all unnecessary sources of temptation (i.e., don’t stop at the bar just to visit with the “gang”). The pressure to backslide will be there but you can change your lifestyle to reduce these pressures. Be wise in your choices. Don’t associate with those who promote and use the substance over which you are seeking victory.

Challenge the devil’s temptations with the Word of God (1 Pet. 5:8-9). James 4:7 says we can put the devil on the run! We have learned from Jesus Christ’s example that the devil can be resisted by quoting scripture. Our spiritual weapon against the devil is “the sword of the Spirit, which is the word of God” (Eph. 6:17). Memorize pertinent Scriptures such as Phil. 4:13, 1 Cor. 6:12, and Eph. 5:18, hiding them in your heart. Then when you feel tempted, quickly run through these Scriptures and allow the power of God’s Word to release you from temptation.

Train your mind through positive meditation (Joshua 1:8). After having memorized some key verses, take ten minutes in the morning and the evening for at least thirty days to visualize yourself living out these verses successfully. Add your name to the text as you quote the verses. Then visualize a scene in which you turn away from temptation, living out the passage. Practice this over and over—visualize yourself resisting temptation, walking away, and feeling good about your victory.

Operate from a position of faith (1 John 4:4-5). Accept your position as an “overcomer.” You can overcome anything if you are a believer! Instead of visualizing yourself as a defeated loser who is continually and hopelessly grappling with temptation, see yourself in your position in Christ as a winner, enjoying present victory and claiming the top-of-the-hill military advantage in your future encounters with Satan’s temptations. In your prayers, thank God for the victory you have one day at a time (or even one hour at a time). Ask Him to help you stand firm in your place of advantage.

Reckon your renewed self to be dead and unresponsive to the impulses from your sin nature (Romans 6:11a). As believers, we have an enemy within that is part of our personality. This is called our “old nature,” or our “sin nature.” It represents our capacity to sin and gives us an instinct for self-centeredness and pride. Affirm to yourself daily that, “I am dead to my sin nature and to my former master, the devil. I am under no further obligation to be any other way but dead to Satan and sin.”

Yield to the Holy Spirit (Romans 6:11b). As a believer, your personal concept also includes the fact that you are alive and responsive to God. Yield daily through prayer — “I am dead to sin and alive to God. Dear Lord, live your life through me today. Express your love and power through my life, making an impact on others for your glory.”

This Victory Plan will work if you will apply it consistently and purposefully to your life. Victory is experienced one day at a time, according to your dependence on the Lord. This will be the beginning of a life that frees you from the chains of Satan and gives you the liberty to share this

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*“For I know the plans I have for you, plans to give you hope and a future.”
Jeremiah 29:11*

Editor & Designer: Sandy Newport
Asst. Editor: Nancy Meier Brown
Proofing/Distribution: Amy Wiener
Contributing Writers/Information:
 Dr. Paul Meier, Dr. Richard Meier, Char Sandberg

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Comments, suggestions, and subscription changes:
Write: Meier Clinics, Attn: Sandy Newport, 2100 Manchester Road, Suite 1510, Wheaton, IL 60187-4561
E-Mail: snewport@meierclinics.com
Call: 800-848-8872, x338

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powerful message with others who are going through struggles similar to what you have faced.

Now it is up to YOU! Jesus said, "Everything is possible for him who believes" (Mark 9:23b).

Scriptures for Study

- 1.) 1 Cor. 6:10 — From this Scripture, would you conclude that drunkenness is a sin?
- 2.) Gal. 5:19-21 — The Greek word for "sorcery" in verse 20 is "pharmakia" which means drugs or use of drugs. Would use of illegal drugs or other substance abuse be against the Scriptures?
- 3.) Rev. 9:21 — In this chapter describing God's future judgment upon the world, what kinds of shackles does Satan have on some people for which even God's judgment does not cause them to repent?
- 4.) Eph. 5:18 — Here the word *filled* means "to be controlled." According to this verse, what provision has God given believers to give them sufficiency and adequacy in their spirit, mind, and relationships?
- 5.) Joshua 1:8-9 — Meditation on God's Word brings success and strength. How is meditation different from merely reading, interpreting, or even memorizing the words?



This is an excerpt from the book *The Healthy Christian Life* (Baker Books) that was co-authored by Dr. Richard Meier. Dr. Meier has been a counselor at the clinic in Richardson, Texas, for 20 years and was a senior pastor for 23 years prior to joining Meier Clinics.

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tablets or capsules of fish oil. I gave in and bought liquids, and they did taste horrible, as I feared.

Now I was really grieving. First I had to give up foods that I hope we will have for eternity in heaven. . . Then I had to replace these heavenly foods with liquid vitamins that tasted like someone made them from a dead and decaying fish. . .

The vitamins he (the doctor) recommended cost me \$250 a month. Dwight Johnson, one of my closest friends, had been in the nutrition business for about thirty years and wanted me to help formulate a vitamin with him and his close friend and business partner, Robbie Gowdey. . . We added many natural nutrients that had good promise in recent research to potentially prolong life and health, improve skin, prevent hair loss (including zinc, folic acid, and selenium), increase resistance to diseases, improve the quality of sleep at night and, at the same time, provide more natural energy during the day.

Then I, as a concerned physician and psychiatrist, recommended that we add what I think are the most important ingredients that could possibly be in any multivitamin, liquid or not . . . those natural ingredients that would build up the brain chemicals we all need for sanity. Dwight and Robbie. . . added everything I recommended. They also asked a reliable vitamin company to make a liquid vitamin that would taste great with all those nearly 200 ingredients, including the ones my cardiologist recommended. So in late October of 2003, a brand new and unique nutritional product [To Your Health Liquid Vitamins — log on to www.meierclinics.org for more information] was developed. . . a portion of each sale goes to churches and mission organizations, with The Meier Clinics Foundation being just one out of scores of ministries helped by product sales.

. . . Within two months, my own triglycerides (one of the fats that plug up our arteries) went down by more than 60 percent after two months of taking the liquid vitamin my friends and I helped develop, and eating fewer carbs (especially white carbs) and exercising more. My homocysteine level also went down. When I went back to my cardiologist two months later, he said my blood vessel condition was cured and that I did not need the prescription meds after all. How much of that improvement was due to the vitamins, how much to the lower carbs, and how much to the additional exercise, only time will tell.



Mission Statement

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Practicing Stillness

By Char Sandberg, LCPC

“Be still and know that I am God.” (Psalms 46:10) These are familiar words of the Bible reminding us to slow down and experience more of God. However, these are hard words to follow in our fast-paced world. Breathlessly, we hurry from one thing to the next, anticipating the moment when we can sit down and relax, spend quality time with our friends, family, even alone.

Most Americans eat in less than ten minutes, never savoring or enjoying the food they eat. Even our stomachs can not keep up at that pace as they need 20 minutes to signal the brain that it is full. (Perhaps one explanation why Americans are struggling with obesity in record numbers.)

Peggy Lee, a blues singer of the 1970’s, made popular a song where the question was posed about life—“Is that all there is? Is that all there is? If that’s all there is then let’s go dancing, let’s pull out the booze and have a ball, if that’s all there is.”

What do we miss in all the busyness? Tom Brown, a teacher of wilderness survival with an appreciation of nature, describes a wilderness weekend retreat that he led. The first day, he led the group to a meadow overlooking a view of mountains and lakes. Instead of using the beautiful view as a teaching device, he marked off the meadow with string into one yard by one yard squares. Each person was assigned a square to study. After only a few minutes passed, people started to complain that they had seen all there was to see. Tom would then point out something new within their square and they would get interested again. After an hour of being repeatedly drawn back to their square, each person became engrossed with the world within their little plot of land and would spend the rest of the day fascinated by what they found and

had previously ignored.

How much of God and His blessing in small things am I missing? Most of the time, I pass through the days of my life without appreciating the uniqueness, the beauty, the wonder that God sets before me—a tiny bird’s chirp, promising hope; the yellow and purple crocus peeking through the cold soil of winter; a child’s smile. Amidst the mundane events of my every day experience, there is awe and wonder, but I generally miss it—too busy to pause long enough to be still.

C. S. Lewis said, “Where except in the *present* can the Eternal be met.”

Meister Eckhard, a noted 14th century Dominican priest, reminds us that, “Wisdom consists in doing the next thing you have to do, doing it with your whole heart, and *finding delight* in doing it.”

A Jewish Hasid asked his Rabbi, “How can I best serve God?” expecting to hear a profound answer. The Rabbi said, “One can best serve God with whatever one is doing *at the moment*.”

The Psalmist reminds us to “Be still. . .”

The latest research today shows us that there are many benefits we reap (psychologically, physically, relationally, and spiritually) when we are mindful of the present moment and can “be still.”

Here is a “be still” exercise to try. Take an item of food such as a potato chip, raisin, or cracker. Rub it across your lips feeling the texture, smelling it. Slowly place it on your tongue and roll it around in your mouth for five minutes, experiencing the feel, flavor, saltiness, or sweetness. “Be still” and take time to savor life and all that is in it.



Char Sandberg has been on staff at Meier Clinics since 1992. She is a licensed clinical professional counselor and sees clients at the Wheaton and Chicago, Illinois clinics.



CORPORATE OFFICE
2100 Manchester Road, Suite 1510
Wheaton, IL 60187-4561