

# AK Medical Freedom Symposium



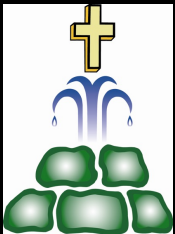
**KRISTINE  
GUGEL**

[akwellspring.com](http://akwellspring.com)

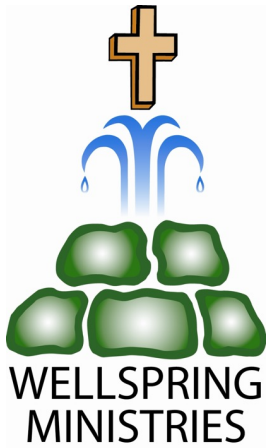
# Negative Effects of Prolonged Fear

and what you can do about it

**Understanding the connection between  
spirit, mind and body and the effects of  
sin, fear, and negative emotions on health**



WELLSPRING MINISTRIES OF ALASKA



# WELLSPRING MINISTRIES OF ALASKA

"Understanding is a wellspring of life to him who has it..." Proverbs 16.22

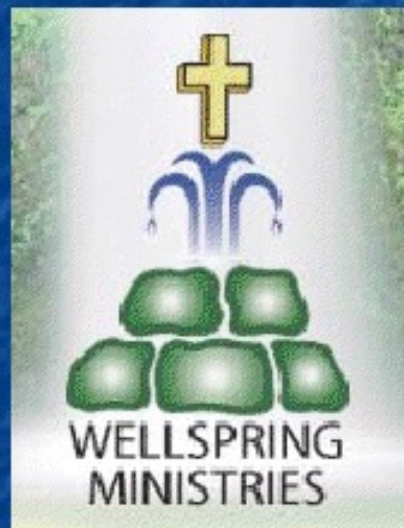
**Dedicated to helping people find answers to life's challenges**

**Our purpose is to give you the valuable tools to walk deeper in the freedom that comes from God. We provide the care and counsel of someone who is interested in you and partners with you in walking in God's transforming power.**

907-563-9033, [www.akwellspring.com](http://www.akwellspring.com), 2511 Sentry Dr, Ste 200, Anchorage, AK 99507



Illustrations provided for

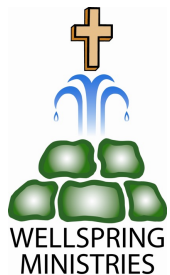


by  
**Richard D Weaver**  
DWeaver Designs

Medical Illustrator  
Battlement Mesa, CO  
310-490-0724

## *Purpose of this Segment*

- To learn a bit about how our bodies are made, function, and maintained in balance
- ***To receive faith for God's will for our healing revealed in our bodies***
- To examine the changes that take place in our bodies under fear and stress
- To examine how our thoughts and emotions affect our bodies, and what to do about it



# PEACE = SHALOM

“Peace (shalom) I leave with you, My peace I give to you; not as the world gives do I give to you.”  
(John 14:27)



Shin – two sharp front teeth, to eat with or **devour**



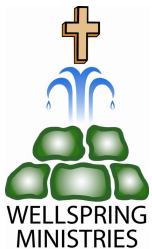
Lamed - Shepherd's staff, a symbol of his **authority** and used to both protect the sheep from predators and to discipline the sheep from their wayward ways



Vav - Tent peg, to **establish**



Mem – water waves, **chaos**



Jesus gives us His peace,  
His authority that devours established chaos!  
**NO FEAR**

RECOGNITION OF GOD'S TRUTH & ABSOLUTE AUTHORITY



SECURITY



STRESS



FEAR



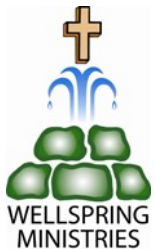
HELPLESSNESS



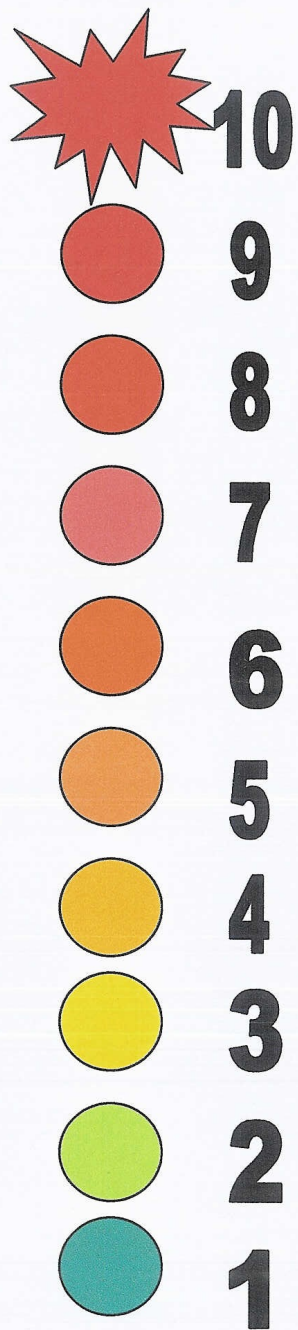
PEACE/SHALOM  
(HOMEOSTASIS)



HEALTH







EXHAUSTION / DISEASES

**Red Zone**

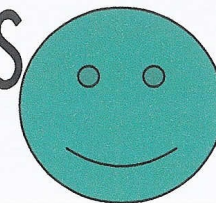
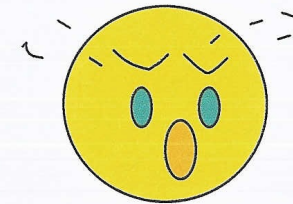
RESISTANCE to ongoing stressors  
Cortisol

FIGHT-OR-FLIGHT

Adrenalin

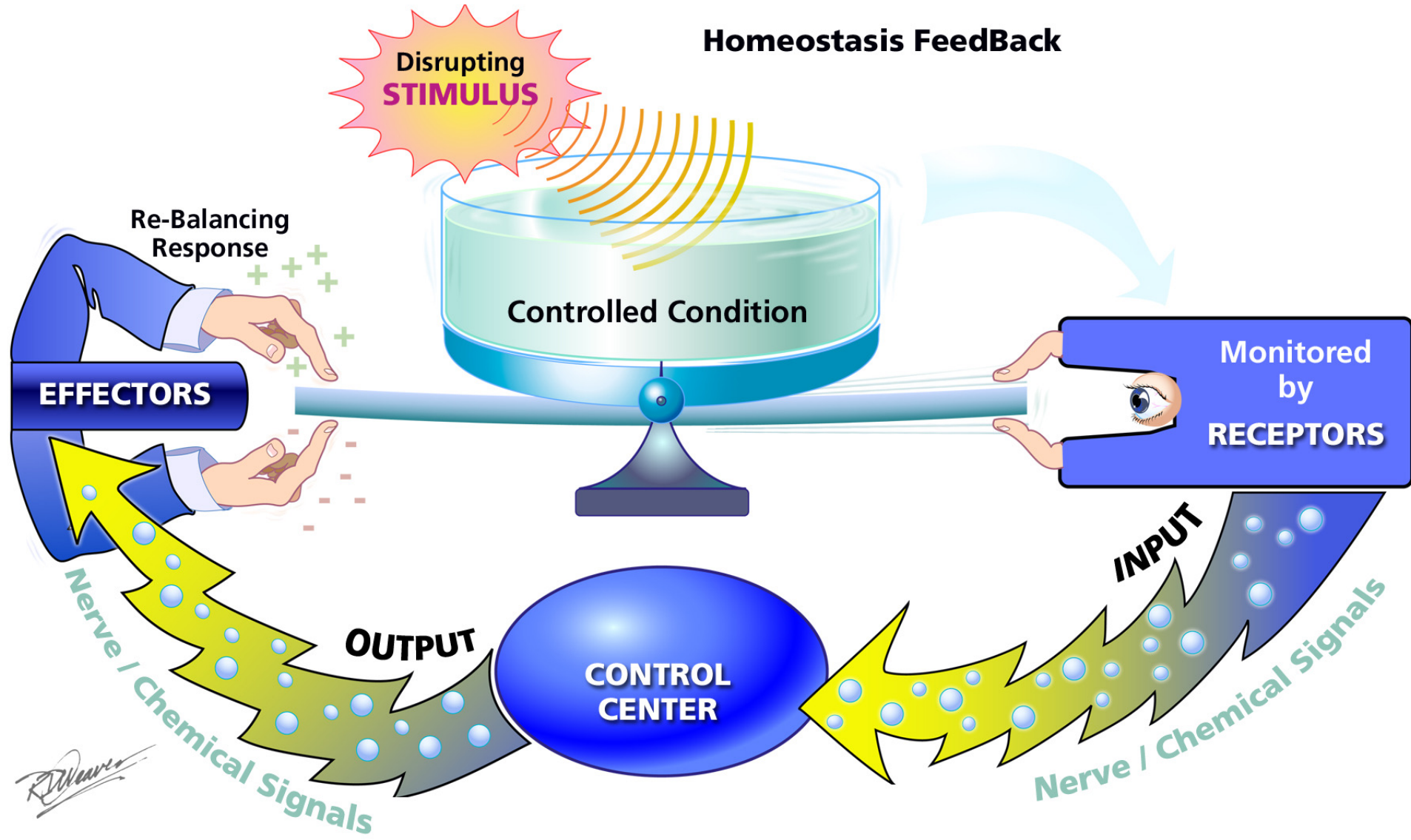
Peace / Homeostasis

BITTERNESS  
FORGIVENESS





# Feedback Loop



# Hypothalamic Interlocking Supersystem

## Regulate & Maintain Homeostasis

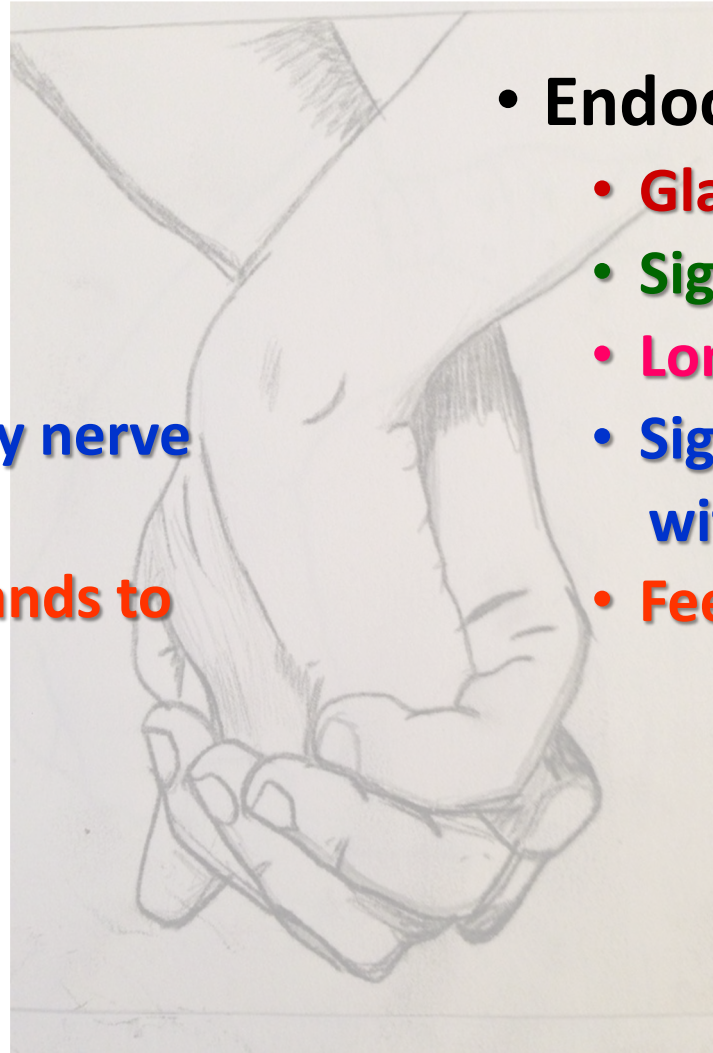
- **Nervous System**

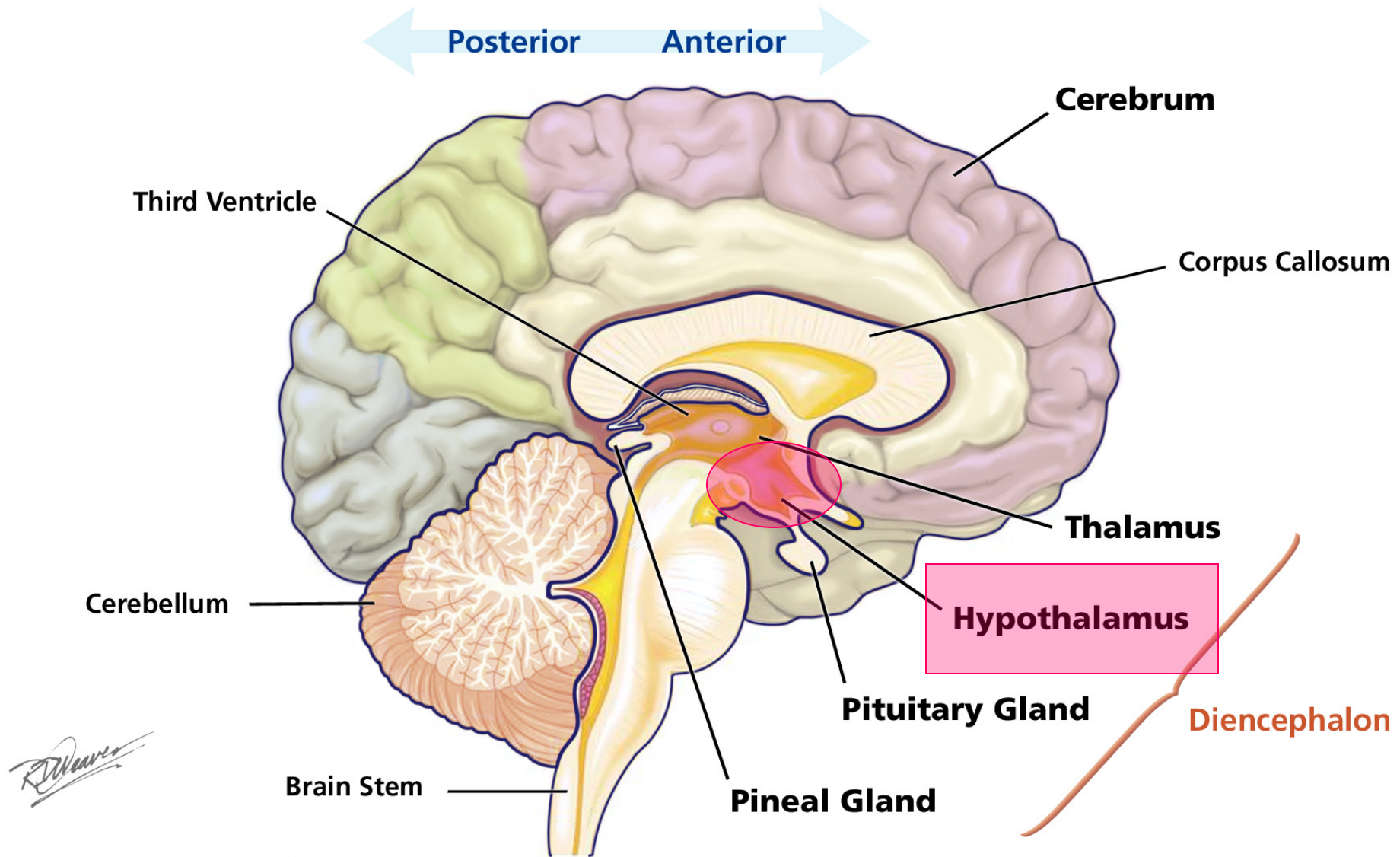
- **Electric impulses**
- **Signals in milliseconds**
- **Brief effects**
- **Signals very specific, only by nerve route**
- **May stimulate hormone glands to secrete hormones**



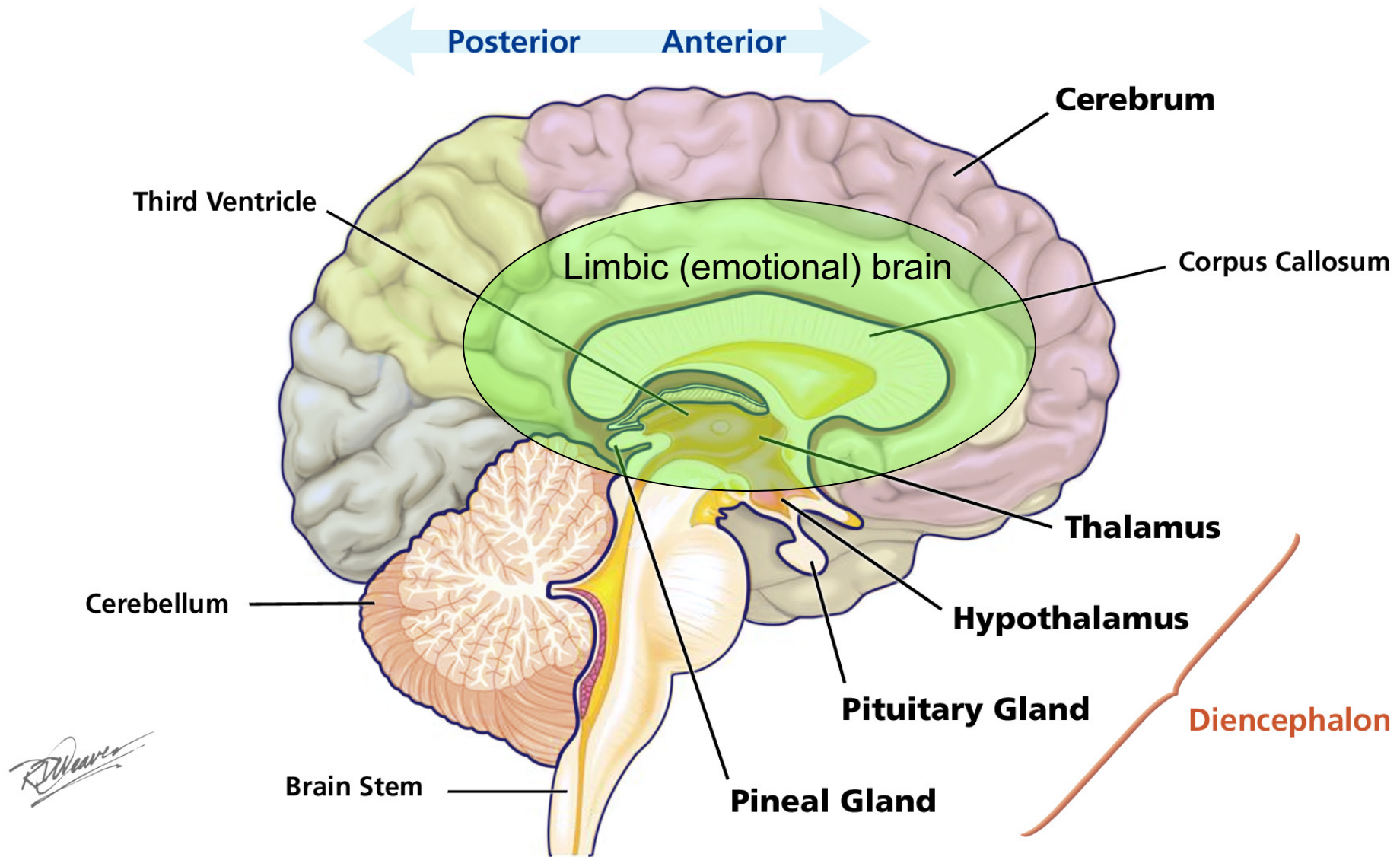
- **Endocrine (Hormone) System**

- **Glands secrete hormones**
- **Signals minutes-days**
- **Longer effects**
- **Signals broad effect to every cell with receptor, travel in blood**
- **Feedback loops to nervous system**



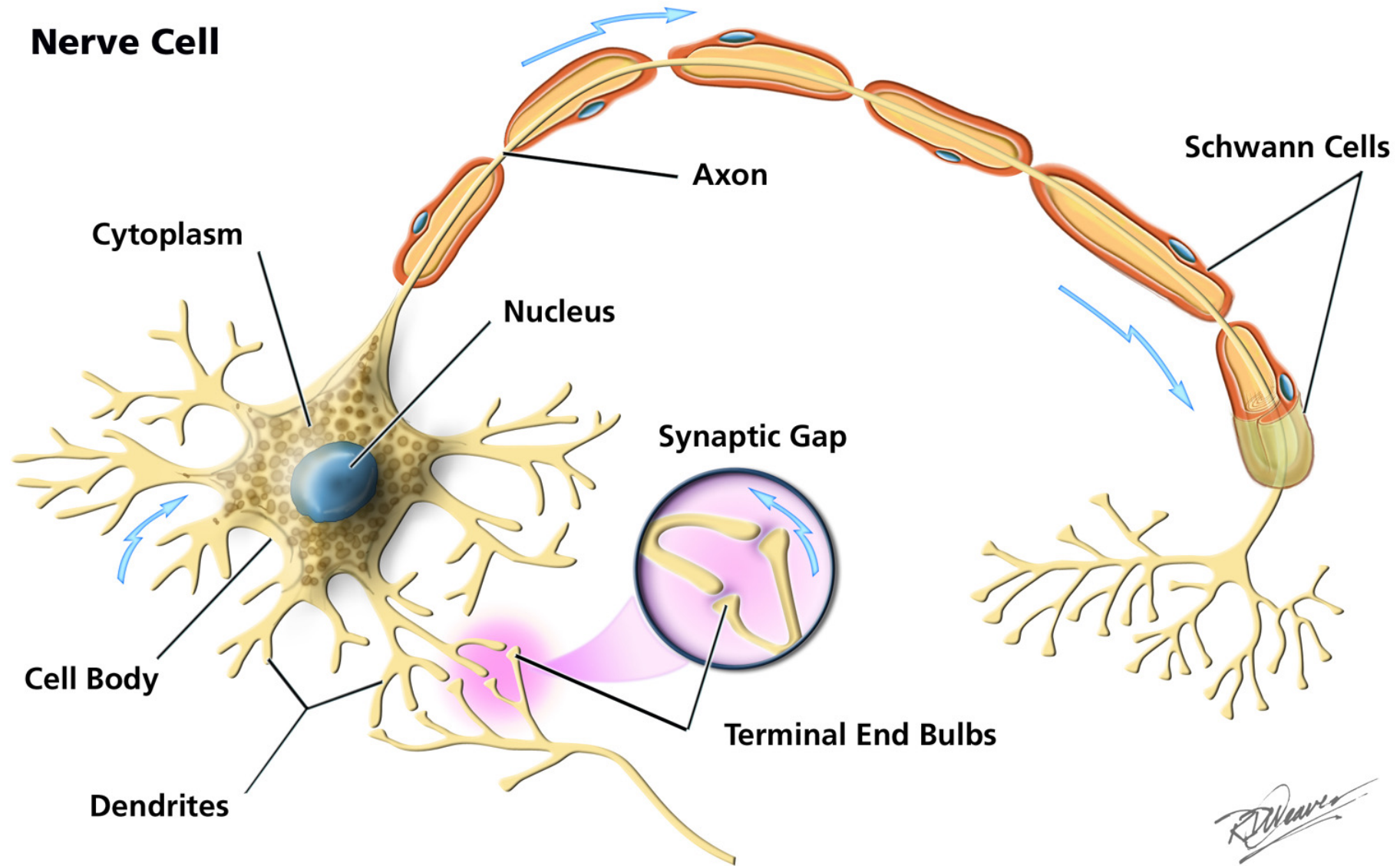




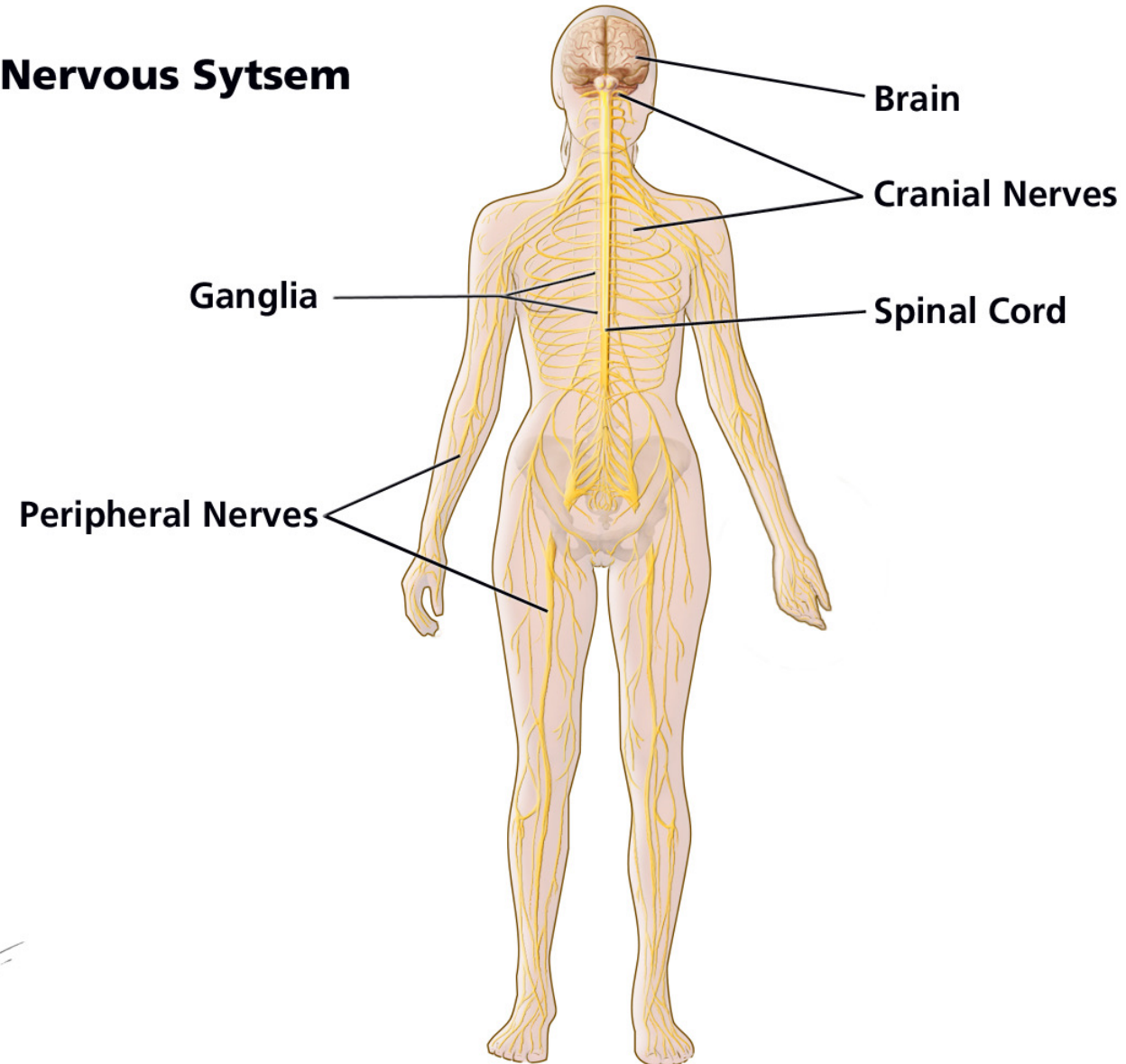




# Nerve Cell

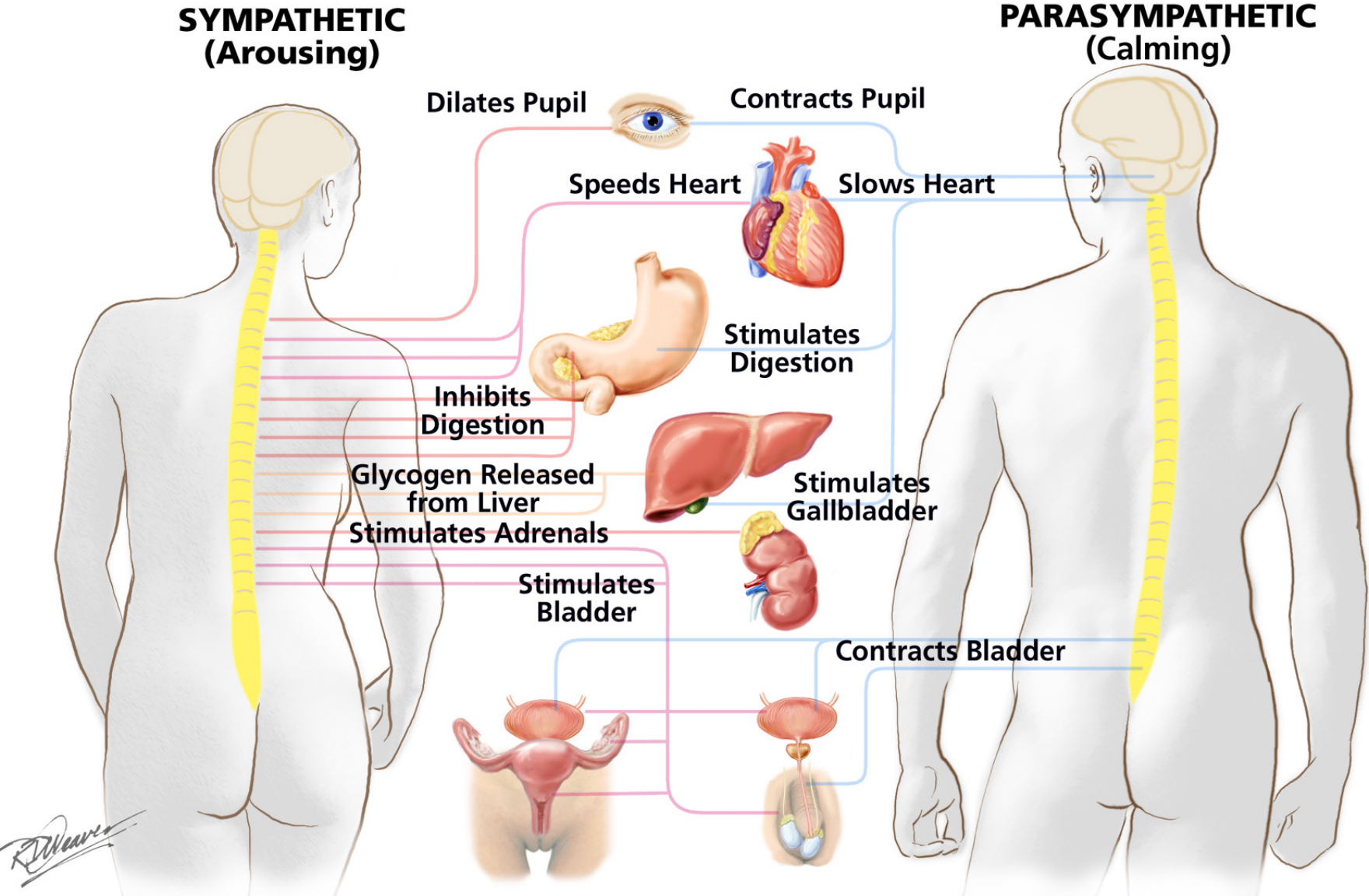


## Central Nervous Sytsem



*R. Weaver*

# Autonomic Nervous System



# Hypothalamic Interlocking Supersystem

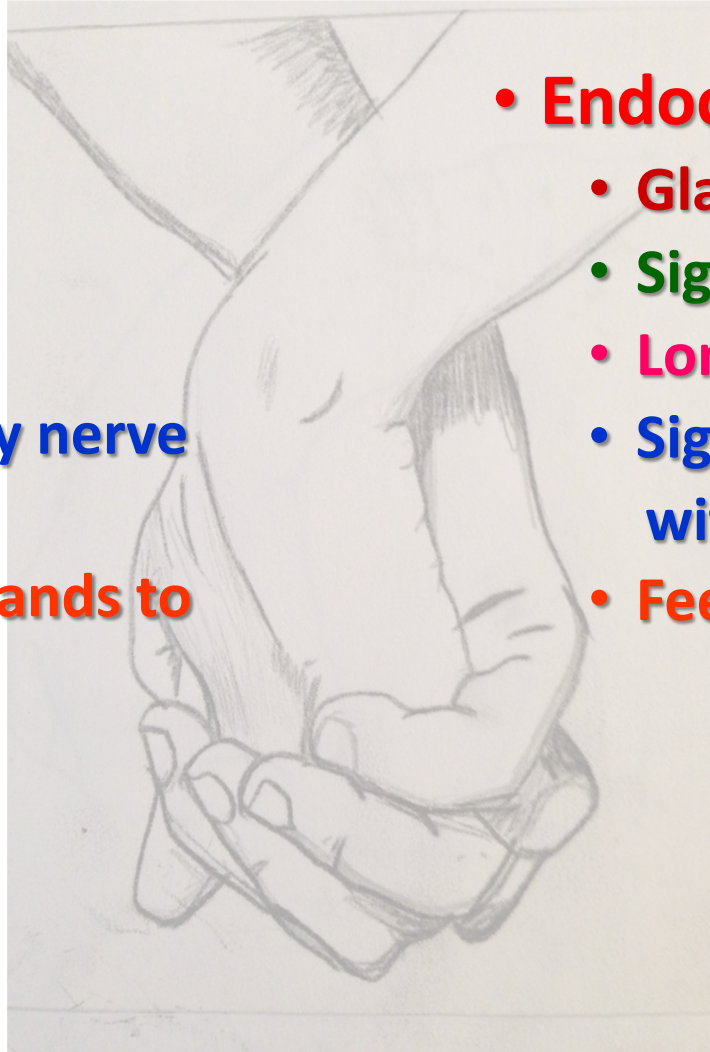
## Regulate & Maintain Homeostasis

- **Nervous System**

- **Electric impulses**
- **Signals in milliseconds**
- **Brief effects**
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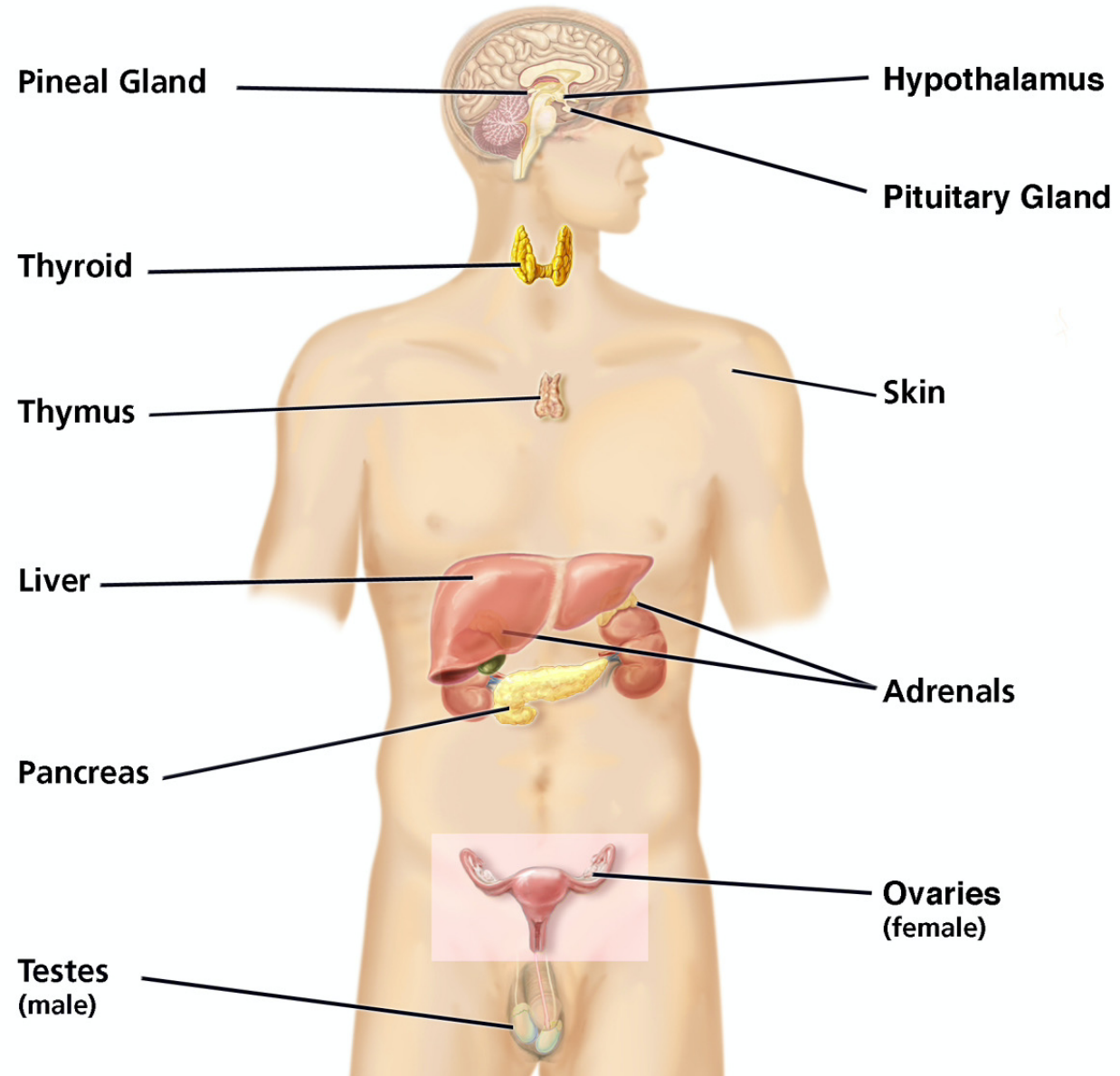
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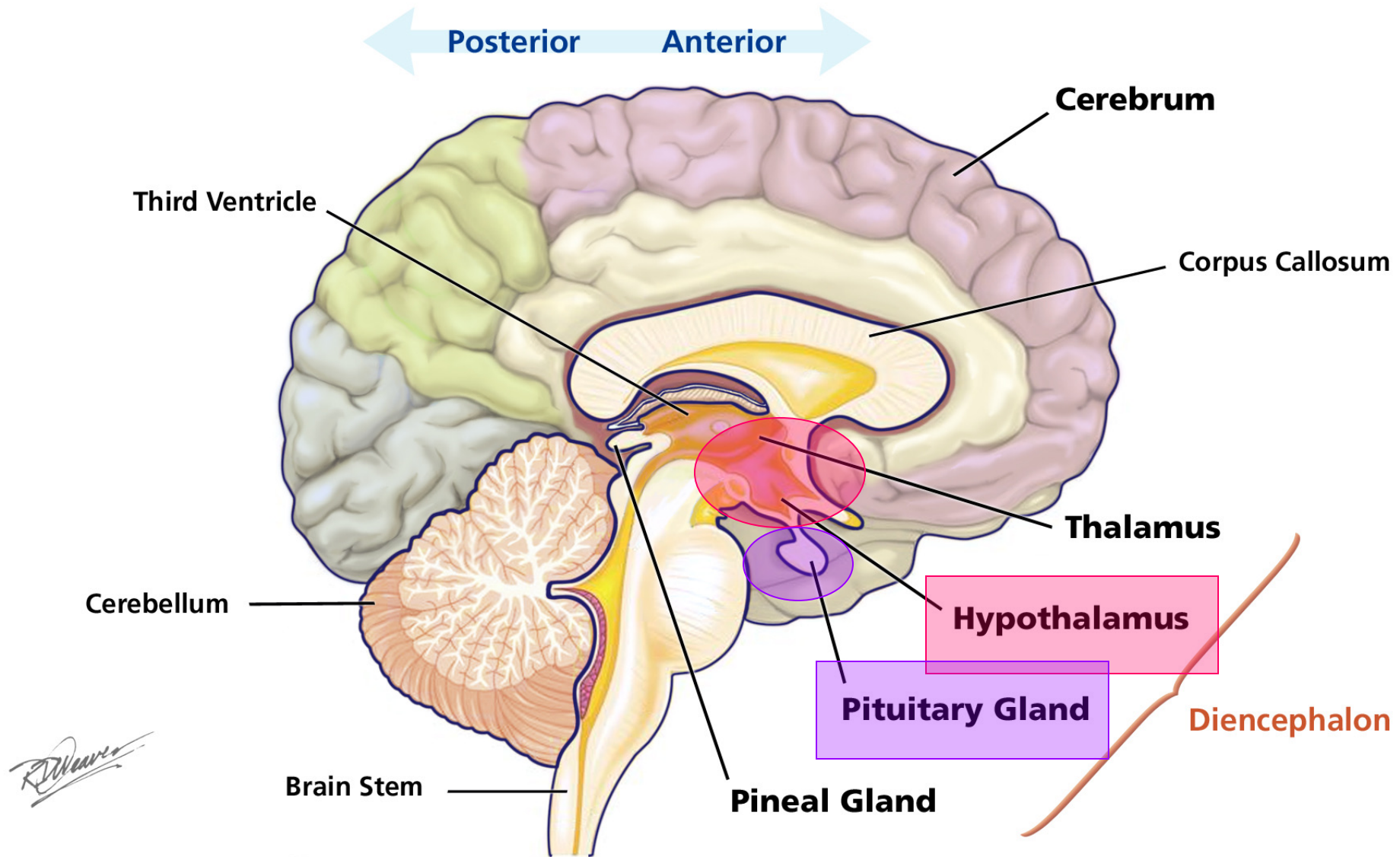


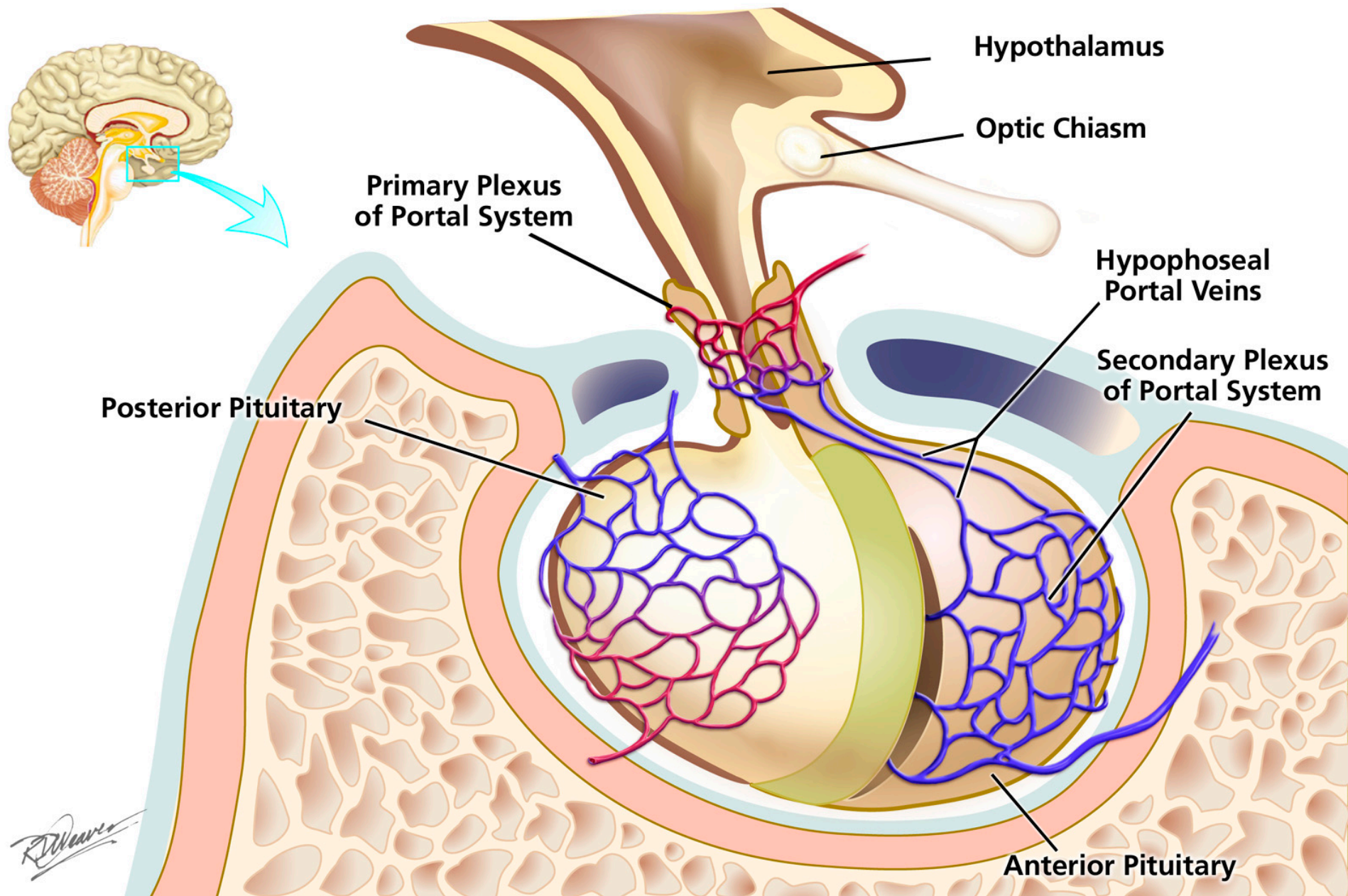


## Endocrine System

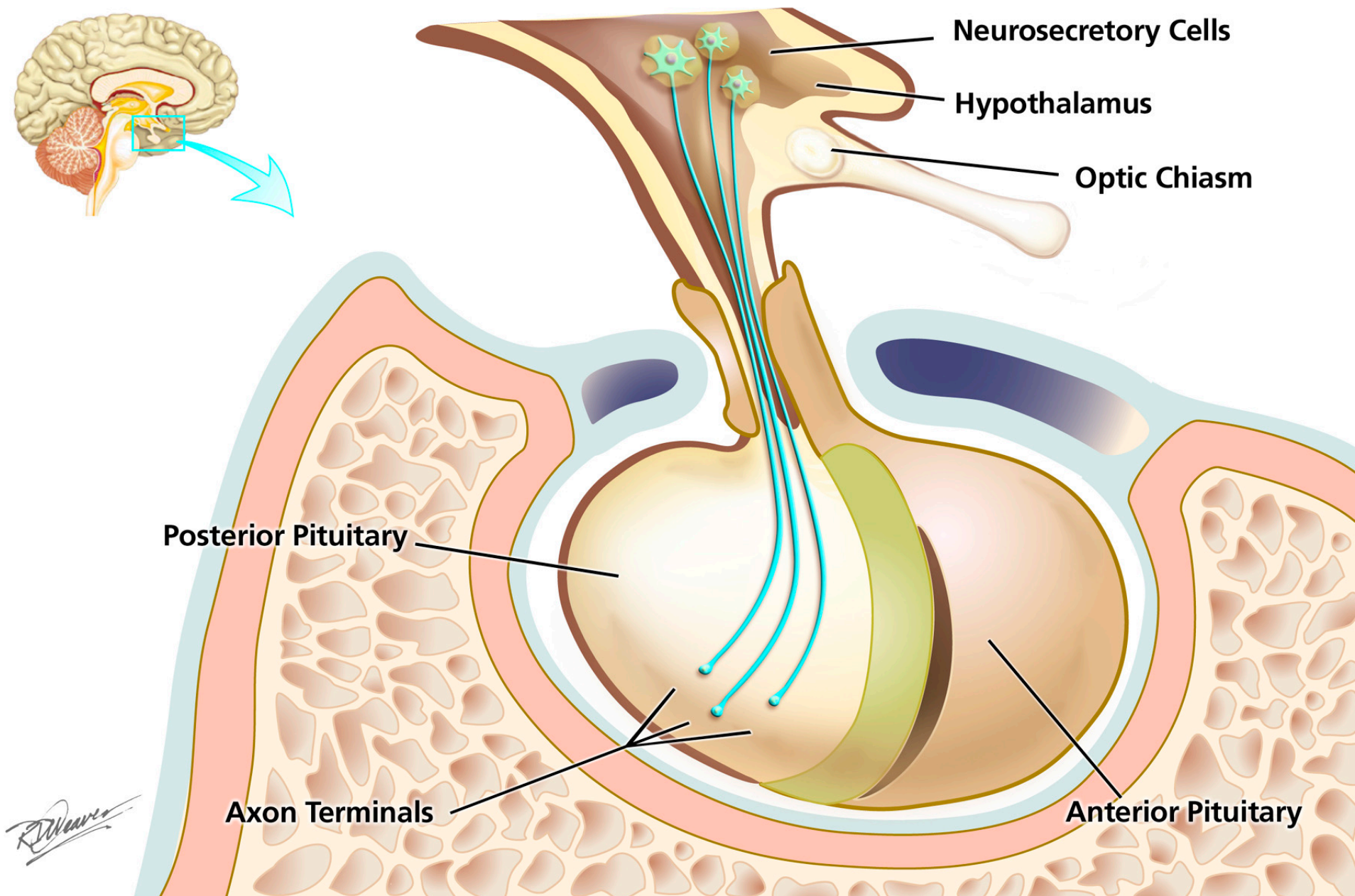


*R. Weaver*



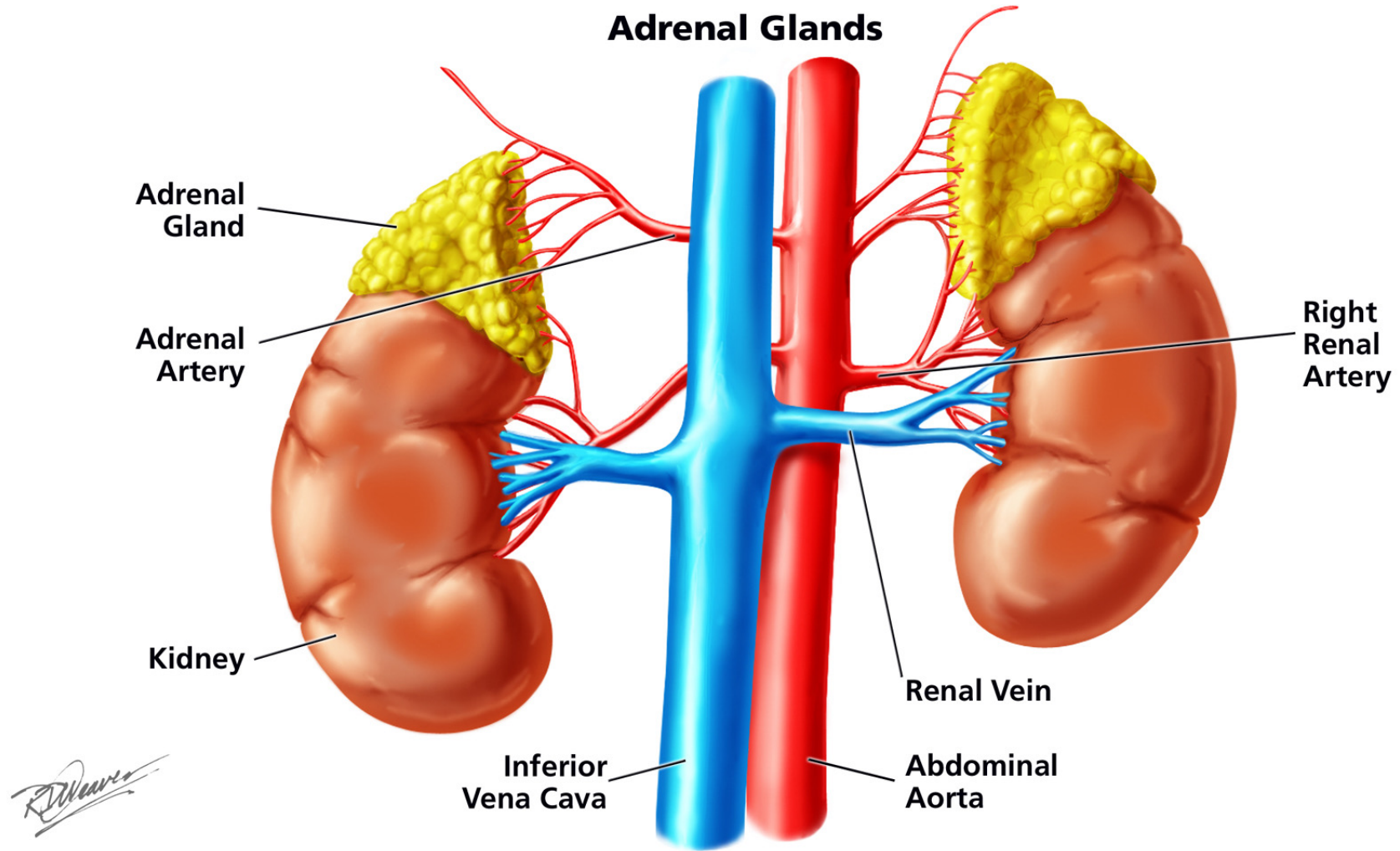






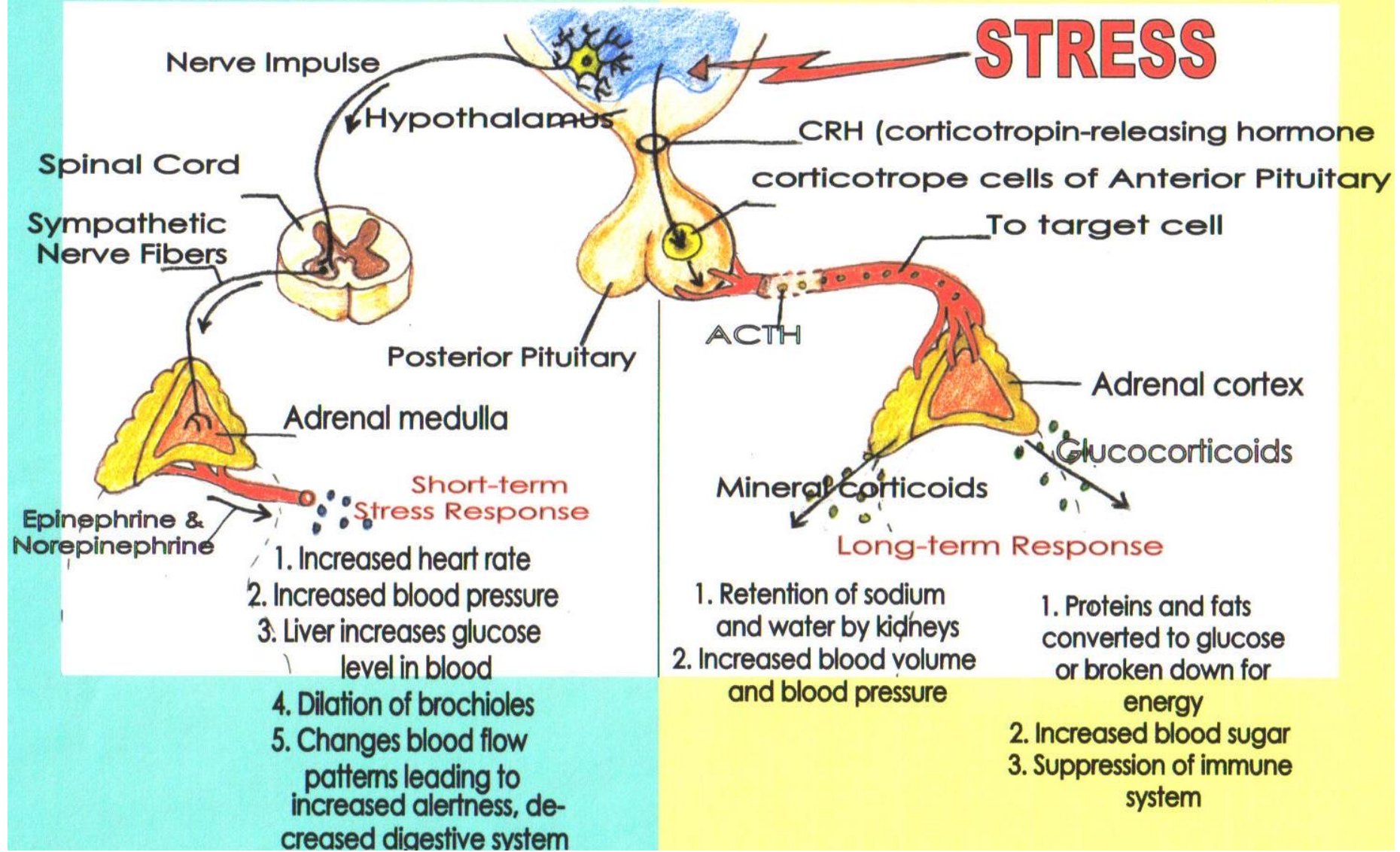


## Adrenal Glands

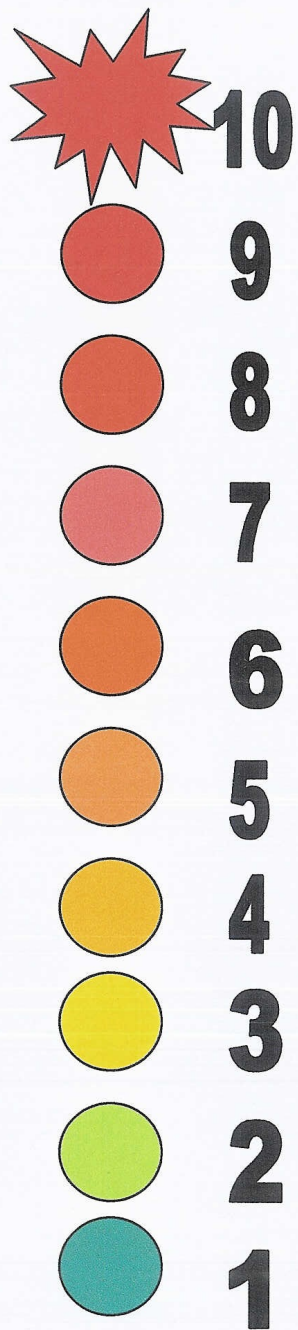


## Short Term

## More Prolonged







EXHAUSTION / DISEASES

**Red Zone**

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Cortisol

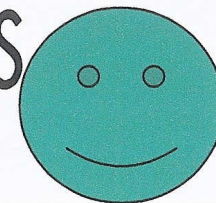
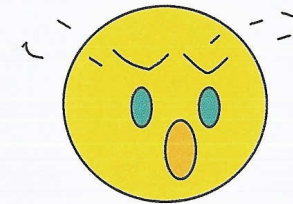
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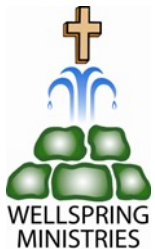
HELPLESSNESS



PEACE/SHALOM  
(HOMEOSTASIS)



HEALTH





# **PRAYER MODEL**

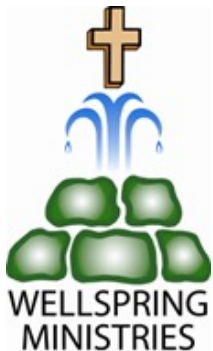
## **FOR HEALING**

**Part 1 – Forgiving or Repenting**

**Part 2 – Canceling Satan's Authority**

**Part 3 – Asking for Healing**

**Part 4 – Asking the Holy Spirit to tell us God's truth about the situation. He speaks in many ways, or just takes the pain and leaves peace**



(Available on the bookmarks in lobby)

# Sources & Bibliography

## Sources:

- Colbert, Don, Deadly Emotions, 2006, U.S.A., Thomas Nelson
- Weaver, Richard D., DWeaver Designs, anatomical drawings for Wellspring Ministries, Anchorage, Alaska, 2002 & 2003
- Marieb, Elaine N., Human Anatomy & Physiology 5<sup>th</sup> Edition, 2001, U.S.A., Benjamin Cummings, pg. 820.
- Mathias, Art, Biblical Foundations of Freedom, 2000, 2002, 2003, 2005, 2008, 2009, 2010, Anchorage, Ak, Wellspring Ministries of Alaska
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