

Be in Health

NEWSLETTER

OCT • NOV • DEC 2015

Overcoming PTSD - John's Testimony

At age 30, I had my first major nervous breakdown. This was 10 years after returning from serving as a medic in Vietnam. The initial symptoms of the breakdown were like a combination of claustrophobia and a panic attack, a condition termed akethesia by the psychiatric community.

I couldn't sit down or lay down and I paced frantically with overwhelming tormenting thoughts which quickly led to chronic, severe depression and continual insomnia. What little sleep I did receive was full of nightmares. I was given several diagnoses but the primary one was post-traumatic stress disorder.

The doctors administered larger and larger doses of antidepressants, antipsychotics, anti-anxiety tranquilizers and anti-seizure medications that gave me little relief. For a number of years I was taking over 20 pills per day. I also began self-medicating with an excessive amount of drugs and alcohol.

I had been successful in sales after returning from Vietnam. However, little by little my ability to handle stress was diminishing. I could switch from appearing confident, happy, and very much in control, to rage and potential violence in an instant if I perceived I was being threatened or disrespected (shamed) by anyone. I was becoming increasingly more anxious and paranoid.

For over 20 years, I was severely depressed every day, anxious, sleep-deprived and in significant pain throughout my body. The list of treatments I used included:



John and his wife Sandi today.

- 5 long-term psychiatric hospitalizations
- Drug and alcohol rehabilitation
- Psychotherapies
- Ongoing pharmaceutical drug therapies
- 11 electroshock treatments
- EMDR trauma therapy
- Cognitive emotive therapy
- Neuro-linguistic programming
- Cleanses, fasts, and restricted diets
- Countless religious books, videos, audios, church programs and crusades

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I am very grateful to everyone who tried to help me in science, in alternative medicine and in the church. However, it was all to no avail.

In 1984 I became a Christian and had I not, I know within 5 years I would've been dead, in prison, or in a mental ward. I was not healed by my conversion, but through my decision I became a better dad, husband, got sober and functioned better than when I was lost. However, I knew the Lord had more for me.

In August of 2001, I was given a book titled *A More Excellent Way*® by Dr. Henry Wright. I read it and immediately knew the book had truth that I hadn't seen before. It had doctrinal truths, truths regarding Satan's kingdom, and the truth regarding diseases in mankind.

Shortly after reading *A More Excellent Way* I found out Dr. Henry would be holding a conference in Texas in October. At the conference, I met Dr. Henry and shared my story with him. He made arrangements for me to attend *For My Life*® in February of 2002.

On one hand, attending *For My Life* was one of the hardest things I've ever done because I was so sick, in pain, sleep deprived and on a boat load of drugs. On the other hand, it was the best thing I've ever done besides receiving the Lord. The power of God and the truths being taught were immediately bringing me hope and freedom. That



week strongholds were pulled down, generational iniquities were broken, and I was miraculously delivered from 22 years of depression.

I had received the tools I needed at *For My Life* to walk out the rest of my healing and I knew it. Spiritual heart surgery had been successfully performed and I have not been depressed for one day since!

After returning home from *For My Life* I began listening to Dr. Henry's teachings and studying my notes and *A More Excellent Way* every day.

My life and the lives of my family began to transform as we walked out the Truth that makes you free. Soon people I knew saw me and were shocked at the changes taking place. The healing, deliverance and restoration God was doing was obvious.

Since 2002 I have sent a steady stream of hurting believers to the *For My Life, For Their Life*®, *Married Couples Retreat*® as well as the *Walk Out Workshop*® with extraordinary results.

I was told from the beginning that my diseases were incurable and my ability to function in life would be minimal. Those were perhaps the facts, but they weren't the truth.



John and his granddaughter Savannah (7 mos.)

- John Aldridge, TX



City of Refuge

One week can change lives.

Over the past six Decembers, more than 1,800 lives have been restored through City of Refuge. Please join Be in Health in saying “**Restore**” to 300 more people this year at the City of Refuge, December 6 – 11. **With your co-sponsorship we can reach our goal of \$120,000.** What a simple way to make such a life-changing difference in somebody’s life.

“...they are for a prey, and none delivereth; for a spoil, and none saith, Restore.” - Isaiah 42:22b

Your gift will be used in the area of greatest need. We are grateful for your generosity, and so are the individuals and families we serve. All donations are tax deductible to the fullest extent allowed by law. Thank you!

Give online at:
BeinHealth.com/sponsor

Give by phone:
706-646-2074 ext 117
or ext 179

Scan for Mobile Giving:



People from all over the world attend City of Refuge. Like Elicia from Trinidad & Tobago!

i *am* changed webcast

Join us on our website under the “Blog” tab several times a week as we post vital teachings and encouragements for your life. Read and enjoy, share the post with your friends, and feel free to leave

a comment on the blog. We enjoy reading and responding to comments you leave.

And don’t miss a great way to stay spiritually sharpened through our I am Changed webcast which is released every other week on www.BeinHealth.com. The I am Changed webcast is a video series featuring different topics such as For My Life principles, and an upcoming Q and A series.

HOPE INN



Thanks to exceptional gifts from our faithful donors we now own The Hope Inn (Formerly The Crestview Inn) free and clear! May your hope be restored as you stay at this beautiful accommodation while joining us for our programs and conferences.

The Hope Inn is just 1 ½ miles away from our Be in Health campus. It is a wonderful place to stay, complete with pillow-top mattresses, Jacuzzi tubs, all the kitchen amenities and a heat and A/C unit in each room! There are 3 king rooms, 6 queen rooms,

and 2 family rooms available. The Hope Inn also offers a quaint lobby and a back patio for times of reflection, as well as a front porch that lets you take in the beautiful sunsets of the Crest Valley.

Next time you plan to attend a program, book your stay at the Hope Inn! And remember, every stay helps support the mission of Be In Health.

**wifi service available in each room. Free Vonage phone available in the lobby*



NOVEMBER 14, 2015

Overcoming PTSD

with Dr. Henry W. Wright

A ONE-DAY SPECIALTY CONFERENCE IN THOMASTON, GA

Hope of the Generations Church 4178 Crest Hwy, Thomaston, GA 30286

Becoming free from Post Traumatic Stress Disorder (PTSD) is possible with the tools supplied by the Word of God and our relationship with Father God.

Join Be in Health for a One-Day Specialty Conference discussing the subject of PTSD. Combining medical and scientific research with many years of ministry experience, Dr. Henry Wright will offer understanding of how we may begin the journey of freedom from PTSD.

If you or someone you know battles with overcoming PTSD, please consider attending this specialty conference with Dr. Henry Wright.

*All attendees must register online.

*There is no fee to attend; a freewill offering will be collected.

Living free from PTSD will allow you to:

- *Stop re-living traumatic experiences*
- *Live in freedom from guilt and shame surrounding an incident*
- *Look forward to enjoying daily activities*
- *Have increased peace and happiness*
- *Let go of the burden and weight of traumas*
- *Become active in your life and your loved ones' lives again*

SCHEDULE:

Saturday, November 14, 2015

9:00 AM - 9:30 AM	Connection Lounge Open
9:30 AM - 12:00 PM	Teaching
12:00 PM - 2:00 PM	Lunch Break
2:00 PM - 6:00 PM	Teaching

SAVE THE DATE December 12, 2015

Identity Conference

Who am I?

Who Am I? Discover your personal identity handcrafted by God.

Come to Be in Health for a one-day specialty conference in Thomaston, GA with Dr. Henry W. Wright to learn the Father's role in raising you to be you. Learn how to be sure you are living out who He created you to be.

BeinHealth.com

Walk Out WORKSHOP SPECIAL OFFER

**Taking Walk Out Workshop offered
December 14 -18 will save you \$100!!!**

Register by November 15th and pay just \$299!

Pay full price of \$399 if you register between Nov 16th thru Dec 2nd.

**This special Walk Out Workshop is limited to the first 150 people. Be sure to reserve your seat at this powerful program today!



WE ARE HERE FOR YOU

At any time along your Overcomer's Journey, you may want to consider Spiritual Lifeline® Phone Ministry. Spiritual Lifeline gives you the highest level of detailed and individual attention that Be in Health offers.

Our trained ministers—those who have already walked this journey and have a heart to serve you—will meet with you for ministry by phone or Skype.

When compared with medications, treatments, and psychological approaches—which are attempts to manage the issues, instead of dealing with the root problems—Spiritual Lifeline is a worthy investment in your freedom!

Using the For My Life principles, we will help you identify what could be interfering with your journey of overcoming. And we will cheer you on toward your victory!

Contact us today! 706-646-2074 ext 131
Email at info@spirituallifeline.com

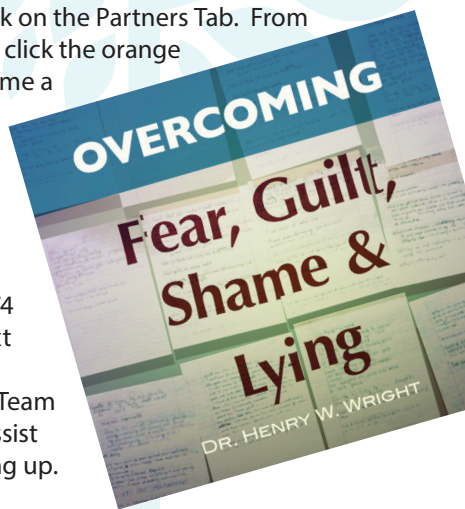
*Spiritual Lifeline is \$99 per one hour of ministry

Be in Health Partners

HELLO PARTNERS!

On September 14th we made the 12 disc DVD teaching "Overcoming Fear, Guilt, Shame, and Lying" by Dr. Henry Wright available to watch on the Partners website over a 12 week period. This exclusive teaching is valued at \$149.99. Join us in watching and applying this teaching as we overcome together.

If you are not already a Be in Health Partner, join today and you'll be able to partake of this special opportunity too! The initial Partners subscription amount is \$74.97 for the first three months and \$24.99 per month after that. To become a partner you can go online to: www.beinhealth.com and click on the Partners Tab. From there simply click the orange button Become a Partner and follow the instructions. If you prefer to call in, simply dial 706-646-2074 ext 177 or ext 160 and our Partnership Team will gladly assist you in signing up.



Let's overcome some fear, guilt, shame and lying!

WHAT'S TO COME

Beginning in January we will be airing our complete For My Life program exclusively for our Partners again! You will get the opportunity to digest at your leisure the 12 teachings that can change your life! This invaluable program will run through the end of June so you'll have the option to watch each class as many times as you like during the 3 week window that it's offered.

Be sure to become a Partner so you can gain these insightful truths!