

Overcame Postpartum Psychosis

Six years ago in the Spring of 2009 I gave birth to my first child - a beautiful son named Judah. God blessed me with an easy pregnancy, uncomplicated natural birth and healthy baby boy. Everything was going great.

Suddenly, only 6 days into Judah's life, I was struck with the most severe and rare form of postpartum depression, known as postpartum psychosis - an illness so serious that 1 of 20 sufferers commit suicide and 1 of 25 commit infanticide. The torment I experienced seemed to come out of no where, and it was relentless from the moment it began. Immediately, I was overcome with terrifying thoughts, feelings, images, voices and panic. I was so riddled with fear, I became delusional at times.

My body instantly dysfunctioned with chronic total insomnia and a diagnosed gastroparesis (partial paralysis of my digestive system). I did not sleep for 150 continuous days and was unable to digest or swallow food. My loving husband, Chris, fed me high calorie smoothies and stuck close by my side round the clock. I also developed tinnitus (ringing of the ears) so loud I often could not hear people across a table or even a nearby television.

On the morning of my very first Mother's Day, I ended up in the ER, which began my treatment with medication. All medication prescribed to me brought an additional level of torment. Increasing the hopelessness and despair of my situation, I either had a paradoxical (opposite effect) or allergic response to every prescription. I was placed on many different types and combinations of medications, but I only grew sicker and became intensely suicidal, wanting to die with every breath.

We sought help in 3 different states, as I spent time in 3 different mental hospitals. We came under the care of doctors, specialists, therapists, psychiatrists, church pastors and leaders from all over - some well-known or deemed as "heavy hitters." We tried everything: supplements, medications, hormone therapy, psychological and alternative therapies, as well as every kind of prayer, therapy and healing modality within the church. I just grew sicker.

After several intense months, we worked closely with a physician, psychiatrist and therapist to slowly wean off all medications. I was relieved to no longer be experiencing painful side effects. However, I was sicker than ever. I was left with 6 mental illness diagnoses (some considered permanent) and no medical treatment options. Simply put: No man could fix this!



Overcomers – The Brown Family
Judah 6, Bara 4, Ruby 1.5



Fall 2009 - A few months after BiH – Restored and overjoyed!



Summer 2010 – Judah turned 1 and we just found out we're pregnant again!



Three Precious Blessings

In August of 2009, God led us to Be in Health's (BiH) For My Life Program. My husband took a step of faith in his decision to take me and our baby down to Thomaston. At that time I was at death's door, under 24 hour vigilant care to prevent me from taking my life. Yet, we arrived to a safe place in the midst of a body of people equipped to love me while I was under extreme torment. It was hard for me to even stay inside the church building, and I tried running out in hope of taking my life, but strong love pursued me. At last! We were in the right place with the real help and answers we had desperately longed for.

The BiH team understood why I was sick, and they had a roadmap for my healing. They were able to lovingly separate me from the spirits at work in me. We began to understand where sickness comes from, how to appropriate God's healing and blessings, how the kingdom of darkness operates, where thoughts come from, and so much more. We fell in love with and understood God's Word in a way we never had before. Within two weeks of attending For My Life, I was a changed woman. I was in my right mind and no longer afraid! All torment was gone! I had peace, joy and hope. I was full of life instead of death. My spirit had been renewed. Most importantly, I was able to fully embrace being a mom, caring for and loving the gift of my precious son. Our future was bright. When we left Be in Health, I felt as if it was the first day of a new and beautiful life. Upon my return home, all of those who had tirelessly fought with us were amazed and overjoyed to see me suddenly changed and set free.

If a woman survives postpartum psychosis, the recurrence rate is reported to be as high as 90% particularly for women not being treated with medication. *I have had two more babies with great joy and no mental illness!*

Six years ago, we took what BiH has to offer, mixed it with our faith, patience, and humility and received healing. I overcame postpartum psychosis. Now I have 3 beautiful children and a fourth little one, due this coming Winter. It's unspeakable joy for my husband and I to victoriously bring new life into this world. Thank You LORD! Thank you BiH! - A. Brown, Massachusetts

Summer Triple Program Recap

For My Life Adults, For My Life Youth, & For My Life Kids!



We hosted a total of 539 individuals; 290 adults, 76 youth, and 91 kids and 41 couples for Married Couples Retreat.

A GREAT BIG THANK YOU to those who gave of their finances and time to support these families! Much healing happened and the testimonies were out of this world. Glory be to God Our Father for how he met these precious people! See below for a taste of what happened this week:



From left to right: Austin, Susannah, Tabitha, Marti, Hannah, Elijah



For My Life Kids – Bible Coach Jenny leading the children in our Thriver's Training

For My Life Kids – Leadership Assistants (L.A. s)

They hold a most important role. These 6 students and 10 others were selected to be living epistles and examples of overcomers to the For My Life Kids attendees. Each L.A. is a student at Overcomers' Academy; they had to have completed For My Life and the Walk Out Workshop, fill out an application, and complete an interview. The L.A.s practiced being leaders, performed all the skits, and amped up the fun with all the wonderful kids we served in June. It was a blessing to have them serve alongside us.



Married couples gathered from all over America June 15 – 19 at the Be in Health campus to join Pastors Henry and Donna Wright in apprehending God's blueprint for marriage.

It was a wonderfully intense and also joyful week as we approached topics such as how to be vulnerable with one another, what is friendship, how to truly be each other's best friend, and how to minister to your spouse without killing each other.

On the last day during the conference everyone had the opportunity to publicly share their testimony about the week. The testimonies were so deeply touching!

Make plans to refuel and refresh your marriage and join us for the Married Couples Retreat 2016!

Thriver's Training - Bible Beat

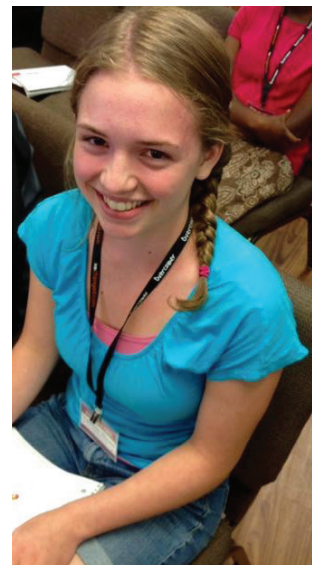
(kids repeat each line)
I surely know and I have heard
The Bible is God's Holy Word.
Jesus is the Word in flesh.
In it I find peace and rest.
It tells me how to live my life.
Keeps me safe and out of strife.
I'll say it loud and I'll say it long.
The Word of God is where I belong.
God's Word Rules I know it's true.
This is what we're gonna do:
Shout out – red! blue!
Shout out – green! Orange!
Shout out – yel-low!, pur-ple!
<clap> GOD'S WORD!



June's YOUTH WOW at the historic Pleasant Valley Church building. They were encouraged to explore the vision that God has for their life and not to despise small beginnings.

For My Life Youth

We asked the youth if anyone wanted to share a testimony and Catherine (16) was eager to share the freedom that God worked in her this week. Through attending 4ML Youth Catherine learned to overcome broken-heartedness, rejection, and confusion. She has been able to also learn to truly forgive and release the past so that her heart is now healed. She also was able to regain a firm understanding of the Word.





SEPTEMBER 5, 2015 •
Overcoming
DEPRESSION

with Dr. Henry W. Wright

A ONE-DAY SPECIALTY CONFERENCE IN THOMASTON, GA

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

9:30 am - 12:00 pm Teaching
12:00 pm - 2:00 pm Lunch Break
2:00 pm - 6:00 pm Teaching

Have you ever considered that there is something feeding you thoughts of unhappiness or discontentment from within? When you listen to these thoughts of depression, your body secretes chemicals that are disruptive to your peace and your health.

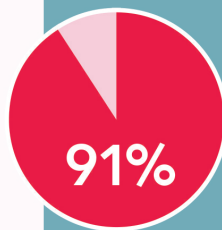
Come learn from Dr. Henry Wright's 30 years of ministry experience at this special one-day conference on overcoming depression. In this conference, Dr. Wright will reveal new understanding about depression along with the insight and practice he's gained through the years. In just one day, you'll learn the spiritual causes of depression and how they can be defeated in your life.

Overcoming depression means it is possible for you to:

- Learn how to have joy on a daily basis
- Have your hope restored for a positive outlook on your future
- Understand your worth and be able to give and receive love
- Eliminate what clouds your thinking and become clear-minded
- Maintain happiness and peace in your life

If you're seeking to regain these blessings, Be in Health invites you to join us for this one-day conference. With God's help, you can overcome depression and get your life back!

A 3-Year professional study examined the results of people who attended the For My Life course in Thomaston, GA.



91% of those with major depression were healed

90% report reduction in stress level

86% indicated a lasting, positive attitude about coping with stress

84% report a more positive outlook on life

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

Must Register online at BeinHealth.com

Save the Dates

More One-Day Specialty Conferences in Thomaston



November 14, 2015

Overcoming Post-traumatic Stress Disorder (PTSD) A one-day specialty conference in Thomaston, GA with Dr. Henry W. Wright

Come learn the foundational spiritual causes of Post-traumatic Stress Disorder (PTSD) and how it can be defeated in yours and others' lives. You or ones you love may be living with it and not even know it.

Identity Conference

Who am I?

December 12, 2015

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.

Partner with Us!

There are a ton of resources in the Partnership Program to assist your journey. Join now and grow with us! Visit BeinHealth.com and click on the <Partners> tab to find out more and continue your journey.

Be in Health Partners

Recently, someone gave a testimony about what they called one of Be in Health's best kept secrets. She had been through For My Life, the Walk Out Workshop and had attended the 3-day Overcomers' Conference Tour. She said she was blessed and extremely helped by each of these events, but said being a Partner has brought her tremendous daily encouragement and help in her Overcomer's Journey. She feasts on the audio recordings of the Hope of the Generations Church services, asks questions on the forum and also learns from other overcomers' posts and testimonies. If you are not a Partner, she says you should be! And we agree!

Do you have a testimony about how being a Partner has helped you? Email Katie at kyoder@beinhealth.com. We'd like to hear from you and your testimony might be one we choose to share in our future newsletters.

Have You Overcome Lately?

Please share your testimonies with us. The scriptures say "they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death." Revelation 12:11

What makes our partnership program so wonderful is that we all get to live life together; we grow together, learn from another, and find ourselves encouraged by each other. One of the best and easiest ways to encourage yourself and someone else is to share what you have recently overcome. We encourage all our partners to jump on the testimony forum and share your testimony with the body of believers that are a part of the partnership. So let's let iron sharpen iron by posting on the testimony forum today!