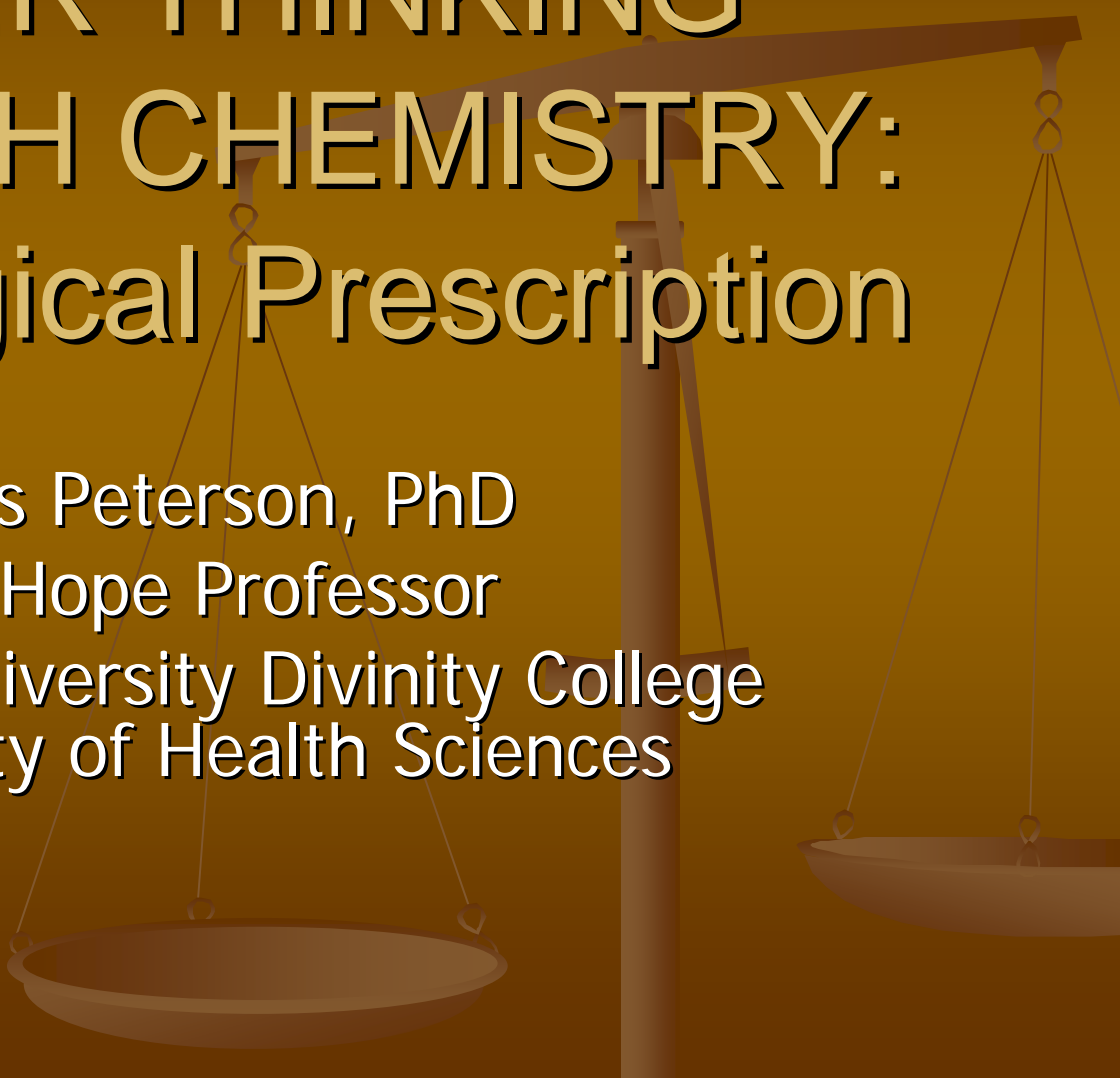
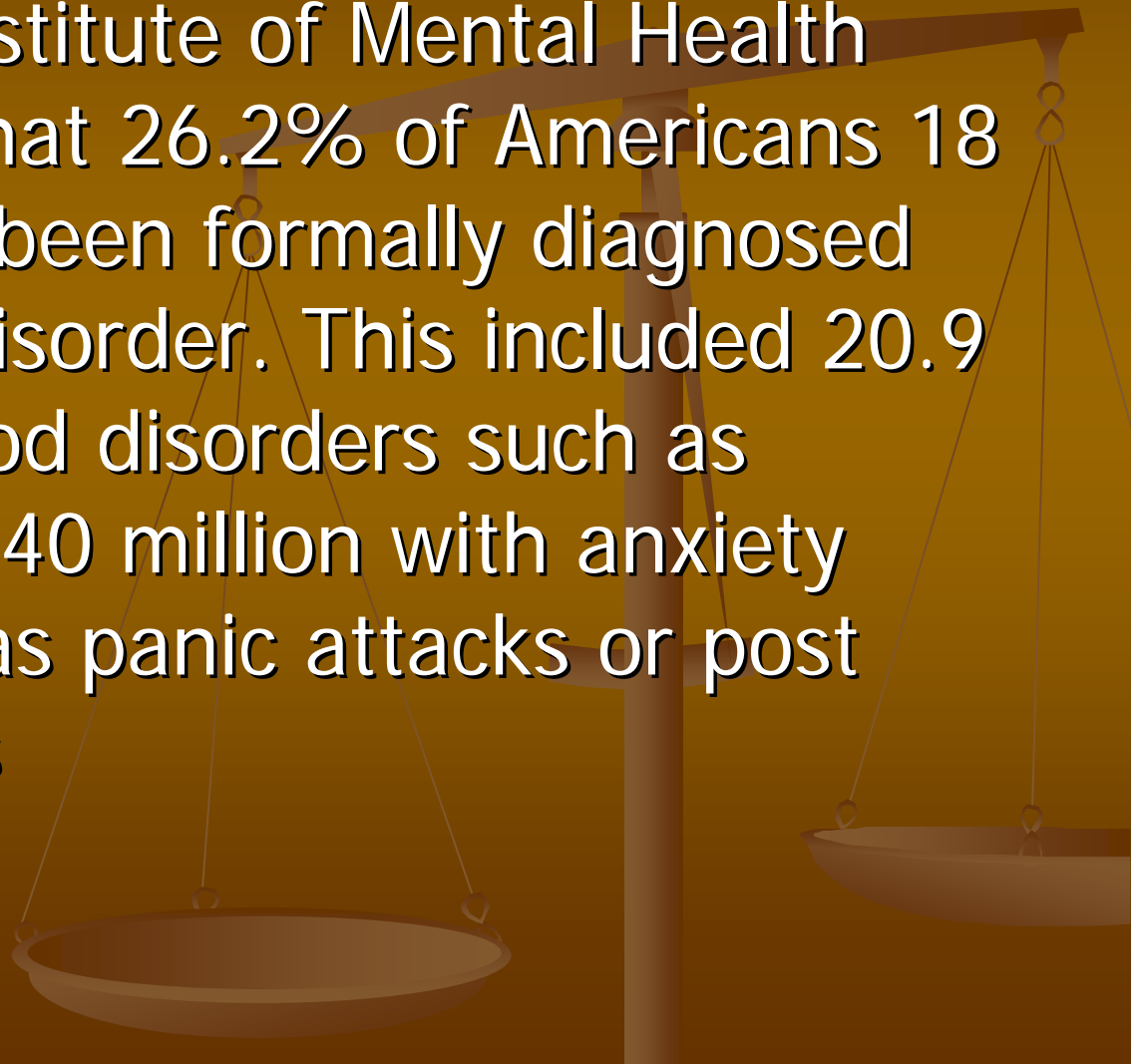


BETTER THINKING THROUGH CHEMISTRY: A Theological Prescription

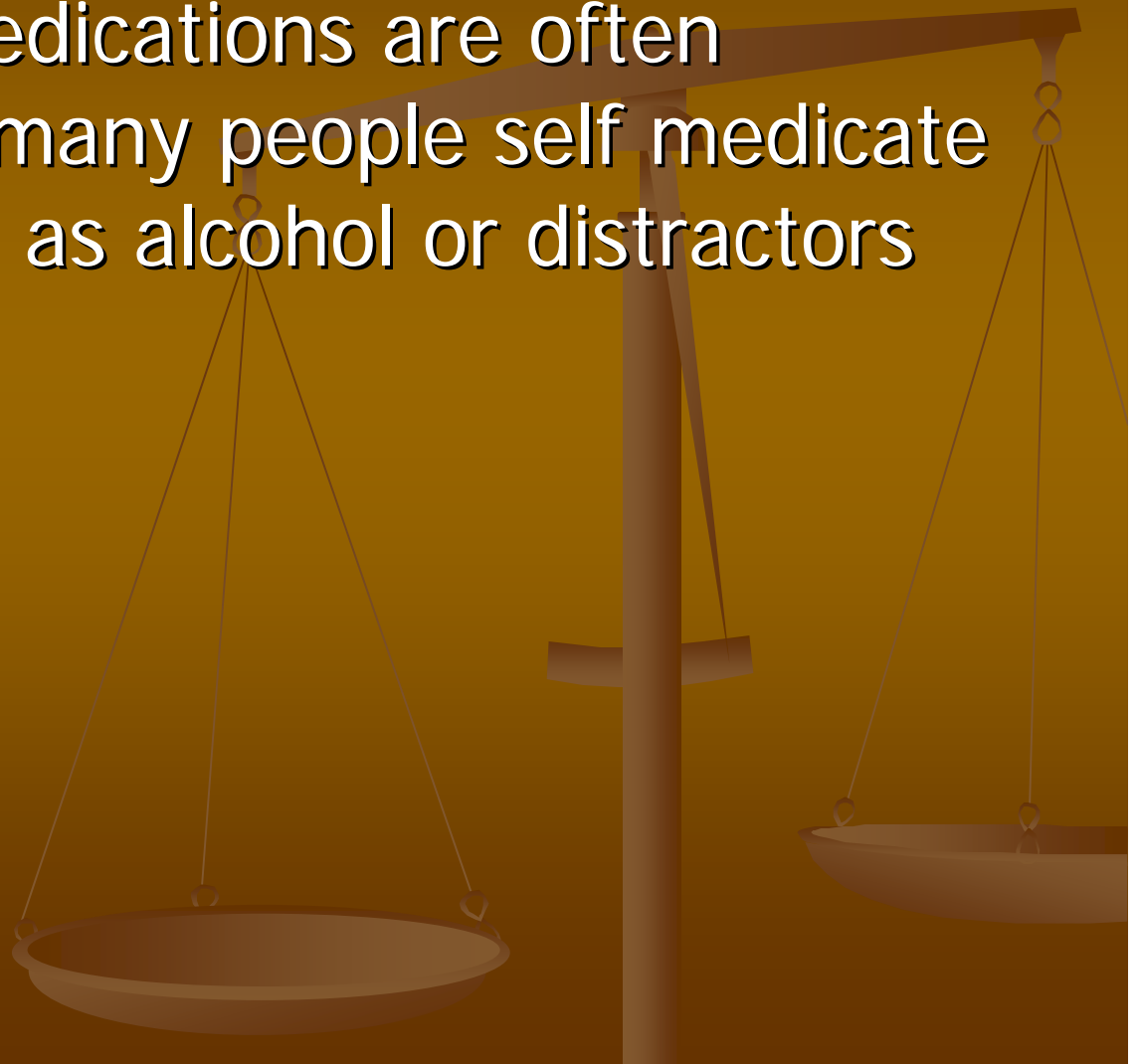


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- The National Institute of Mental Health (USA) reports that 26.2% of Americans 18 and older have been formally diagnosed with a mental disorder. This included 20.9 million with mood disorders such as depression and 40 million with anxiety disorders such as panic attacks or post traumatic stress



- Psychoactive medications are often prescribed and many people self medicate with drugs such as alcohol or distractors such as cutting



Some Pain can be Healthy

- Physical
- Guilt
- Grief
- Fear
- Anxiety
- Low mood
- Compassion



Masking pain

- May be turning off a needed warning



Seeking pain

- Gethsemane and instrumental goods



Some pain should be relieved

- Pointless pain
- Misattributed pain
- Valid pain that is overwhelming
- Barrier pain



Restore effective and affective Range

- Pharmaceuticals are usually blunt instruments



Caffeine

- Temporarily more alert
- Later deficit
- Eventual dependency



Fruit of the Spirit

- Context appropriate response through
- Perception
- Understanding
- Disposition
- Leading of the Holy Spirit



Other Enhancements

- Language memory
- Self control
- Processing speed



Four Standards defined by a Christian Perspective

- Safe
- Genuine improvement
- Increased choice
- Best use of always finite resources

