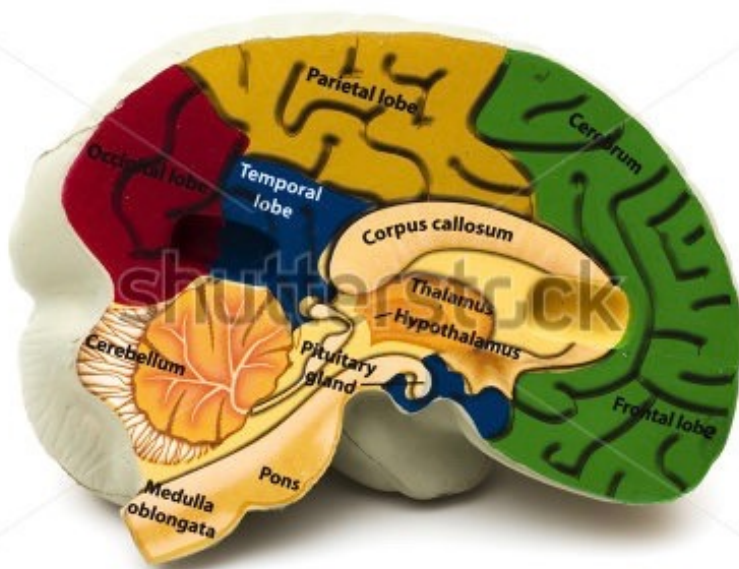


PITUITARY GLAND AND ADRENAL GLAND

To illustrate what fear does to man, I must try to explain about the “**pituitary gland**” in the back of the head, and the “**adrenal gland**” situated above the kidneys. The



pituitary gland produces poisonous (toxic) chemicals to ward off foreign intruders in our bodies defence system, whether they are neurological or in the blood system. When we are constantly bitter or angry, for example, this gland pumps poison into our system to ward off the intrusion of chronic thoughts of anger. Bad, evil, hateful thoughts are foreign to our brain. Our brain wasn't created to have these thoughts continually, so the pituitary gland is working full-out to destroy the foreign brain waves going through our body. Over the years, this poison can and does cause serious physical problems of numerous kinds.

It eats away at the entire system until sickness finally takes place, whether it is cancer, arthritis, ligament problems, bone problems, or what have you. If you remove the problem of anger, fear, hatred, or lust, whatever it may be, your system isn't eaten apart or damaged from the inside. The adrenal gland has a similar protective use, only it produces in its medulla, steroidal hormones such as epinephrine and norepinephrine, which, when given in large continual doses can do serious harm to the human body.

When we are happy, when we are laughing, when we praise Yah, and when we exercise, our body produces a substance called “endorphins”. This substance is released throughout our body, relieving pain, and causing healing, like a medicine. Synthetic “morphine” was patterned after endorphins. The exact opposite happens if we are not happy, exercising, laughing, and praising Yah. The endorphins don't flow and we feel pain and sickness. In **Prov. 17:22** it says “*A joyful heart is good medicine, but a broken spirit dries up the bones.*” This verse perhaps means more than most people realize. (Mar 23/16) Jerry Hennig