



“You can’t change the past, but you can ruin the present by worrying over the future.”



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Volume 35

Editor's Corner

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Yesterday, I had the privilege of attending a cookie exchange with the ladies of my church. While having refreshments we were asked to talk about a memorable Christmas.

Which one to pick? When it comes down to it, I LOVE Christmas. Holiday traditions, Christmas music, bazaars, Christmas programs, decorating, driving around to see the lights, getting together with others.....

It was fun to hear everyone's stories. There were two who got engaged on

Christmas, and one who didn't have good memories of Christmas from childhood, but how another family had "adopted" her in her adult years and made Christmas special. There was talk of old-fashioned Christmases without all the current luxuries, a celebration after a daughter survived brain cancer at 10 yrs old, and families re-united after several years apart.

For me, the most important part of Christmas is getting together with family. Without family to



share it with, what would be the fun in any of the rest of it? Yes, that means more stress, but for me it's worth it.

Do you have a Christmas memory you would be willing to share with our readers? Send them to my email address below.

Audrey Woods
audrey@yourlri.com

The mark of a successful man is one that has spent an entire day on the bank of a river without feeling guilty about it.

~Author Unknown



Dear Friends;

One of the favorite times of the year for many is upon us, and we too are in a celebrative mood. There is much to celebrate this season!

We are in our "retirement home" in the mountains of New Mexico. We are near our eldest daughter and her family. We are experiencing our first snowfall in a LONG time, since Phoenix seldom sees the white stuff. The addition on our

If you continue to do what you've always done, you'll continue to go where you've always gone.

home is complete. We are facilitating classes for the local Baptist Church, we have several upcoming seminars (for the most part limiting ourselves to one a month) and are beginning to be creative again. We have greatly reduced the price of a seminar, so those who hesitated due to cost, can once again plan an event. Because of generous donations to Fixable Life, Inc, a 501 C-3 non-profit organization, our Binding the Wounds videos are on a Christian TV Station in El Paso in both English and Spanish, and reach into Mexico as well. We are ever-so-grateful! HOPE Chanel still airs them also.

In the times we find ourselves, people are hurting more than ever. Pain from the past combined with the stressors of today is overwhelming for many. This is certainly an ideal time to offer classes to your church or community – after the holidays. It is also the time that depression is on the rise, therefore healing is needed.

Check out our new website at fixablelife.com. Our product continues to be available at yourLRI.com.

You will continue in our thoughts, love and prayers as you reach out to those who are needy of relief from their pain. Our prayers will be with you also for a blessed holiday season, ever reminded that the real reason for the season is the celebration of the birth of Jesus Christ – our savior. May you remind your family and friends of that important GIFT, given to us long ago, and still giving every day.

We pray for your physical, emotional and spiritual health as well. God grant you strength to face the trials that are upon us all and courage to remain faithful to our Lord. One of these days, before too long we believe, we will celebrate in His physical presence.

Keep on proclaiming God's power to change lives, sharing your testimony and offering Binding the Wounds and/or The Journey to those who need help and healing.

We encourage you to watch the Fixable Life website for the schedule of events and any new announcements.

With very special Christmas love,

Ron Rokey
Nancy A. Rokey



Stressed? *Frustrated?* *Discouraged?* *Upset?* *Aggravated?* *Annoyed?*

No fun, is it? We know all about it, and so do many others! This time of year especially, when family and friends want to gather to celebrate Thanksgiving, Christmas and New Years, money is tight, airline tickets have escalated in price, gasoline prices are soaring again, and far too many have been laid off or let go from their jobs, and cannot find new ones. How in the world are we going to get to our families, even if we forget or greatly downsize gifts? Definitely causes for stress!

One very special friend has had a successful business for the last fifteen years, and because of the economic downturn, his company has basically stopped getting jobs, therefore greatly reducing or even curtailing his business. How do they make house payments? Where's the money coming from for groceries - or to pay their health insurance?

Another couple, recovering from major addictions, are ten months into recovery and struggling to find jobs with enough income to support their children, pay their rent and put gas in their car so they CAN get to work.

Other friends find themselves in financial binds due to someone else's mistakes. Still another is overburdened for a relative who just in the past year has snorted \$40,000.00 worth of income up his nose, and keeps begging for money to support his habit - forget paying his bills!

Another friend, a sweet Christian man is not only struggling through a divorce he doesn't want but also fighting cancer and the acquisition of funds for a transplant.

And us - well in our case it's comparatively petty annoyances in our attempt to get our addition completed, equipment working, bodies healed from lifting and reaching and tugging, using muscles that at our age are screaming! Oh yes, I can't forget those missing burgundy drapes that I have searched and searched and prayed to find, but haven't yet. They ARE somewhere in the house, but it seems I've exhausted all

possibilities and still no drapes.

And at this time of year, let's not forget those cranky or difficult relatives who may be coming to your home for the holiday. Just anticipating that can make one's Blood Pressure soar! We had friends come for Thanksgiving, and there was eager anticipation on our parts. We got to enjoy each other as well as the great food for a few days. No stress about their arrival!

Why is stress such a problem? There seems to be a whole lot of focus on the subject these days, so why does it seem to be such a big deal? Is it so bad?

In an internet article from *Women's Health* comes this information:

"Under sudden stress, you will get a burst of exceptional strength and endurance, as your body pumps out stress hormones.

- ◆ Your heart speeds up
- ◆ Blood flow to your brain and muscles increases up to 400 percent
- ◆ Your digestion stops (so it doesn't use up energy that's needed elsewhere)
- ◆ Your muscle tension increases
- ◆ You breathe faster, to bring more oxygen to your muscles
- ◆ You end up with adrenal fatigue when stress is chronic

Signs and symptoms of adrenal fatigue

Stressors like a demanding job, raising a family, relationship issues, lack of sleep, financial pressures, improper nutrition, dieting, and unresolved emotional distress cause the adrenal glands to produce cortisol. However, when we ask our adrenal glands to chronically sustain high cortisol levels, they eventually become fatigued. The resulting adrenal dysfunction not only affects cortisol production, but also impairs the adrenals' ability to produce and balance hormones like DHEA, estrogen, progesterone, and testosterone.

The following symptoms are your body's way of telling you that it is not receiving the support it needs to maintain healthy adrenal function.

- ◆ Fatigue
- ◆ Feeling tired despite sufficient hours of sleep
- ◆ Insomnia
- ◆ Weight gain
- ◆ Depression
- ◆ Hair loss
- ◆ Acne
- ◆ Reliance on stimulants like caffeine
- ◆ Cravings for carbohydrates or sugars
- ◆ Cravings for salt
- ◆ Poor immune function
- ◆ Intolerance to cold

Related conditions

Adrenal fatigue is a likely factor in several medical conditions such as the following:

- ◆ Hypotension
- ◆ Fibromyalgia
- ◆ Hypothyroidism
- ◆ Chronic fatigue syndrome
- ◆ Arthritis
- ◆ Premature menopause

The good news is, with proper support you can heal adrenal fatigue and reverse the damaging effects of chronic stress.

Tips for Stress Reduction

- ◆ **Dietary changes to enrich your nutrition and reduce carbohydrates and stimulants.** We also recommend the addition of high-quality nutritional supplements, including essential fatty acids from fish oil.
- ◆ **Stress reduction, including moderate exercise and taking more time for yourself.** It's helpful to

make a list of your stressors, especially those that are constant.

- ◆ Get more rest. Your body needs time to heal.

Men and women with more severe symptoms, or those who have reached complete adrenal exhaustion, usually need greater intervention.

It's important to emphasize the role of emotional factors.

- ◆ Guilt, pain from past hurts, self-destructive habits, unresolved relationship problems - your past and present emotional experience may serve as an ever-present stressor. Dealing with these problems directly is much more beneficial than trying to compensate for the stress they create, in the same way that "an ounce of prevention is worth a pound of cure.

Spiritual Help

- ◆ One of the greatest reducers of stress can be found in one's spiritual connection with God. When we have been able to build a trust relationship with God, we know that we can turn to Him in times of distress. All too often however, we take our problems, our issues, our distress to Him, but rather than leaving it there, we take a deep breath and grab it back from Him. "Come unto me all you that are heavy laden and I will give you rest," doesn't mean He will give us a catnap. It means that we carry our troubles to Him, lay them at His feet and leave them there and He will give us internal rest from them and an overall sense of peace!

BOTTOM LINE:

Stress is debilitating, physically, emotionally socially and spiritual. You don't need it and neither do we! So take a chill pill, follow the guidelines for stress reduction and leave the stressful garbage to God. He has no problem solving the issues and handing you peace.

HAPPY HOLIDAYS, MERRY CHRISTMAS and a BLESSED NEW YEAR!

Free DVD

An introduction to *Binding the Wounds*, and *The Journey* with a sample clip from each segment of *The Journey*.

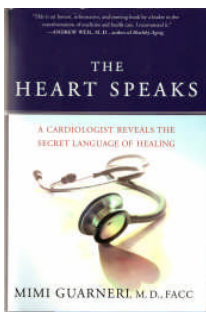
It is great for use in explaining to someone what these programs are all about.

To get your **FREE** copy, send your mailing address to Rockkeys@itsfixable.com.

Subject line— “Free Intro DVD”.



The Heart Speaks



From the racing heartbeats of cardiac emergencies to the gentle rhythms of healing touch, Dr. Guarneri draws us into the intimate moments of life and death. She leads us on a riveting exploration of the heart's mysteries, such as why heart transplant recipients may suddenly display unique characteristics of their donor. For it is only by knowing the whole heart—the mental heart, affected by hostility, stress and depression; the emotional heart, able to be crushed by loss; the intelligent heart, with a nervous system all its own; and the universal heart, which communicates with others—that we can truly heal. **\$14 + S&H**

[Order online here](#) or call 888-800-0574

Searching



In the midst of all my madness,
 As I seek solitude.
 There's a residue of sadness,
 As I survive the mood.
 I'm running around in circles,
 Searching for a quiet space.
 My eyes can't see it my feet can't find it,
 Must be an inner place.
 My feet are standing still,
 My head is running fast.
 Which one is my heart with,
 How long can my spirit last?
 I just need to surrender,
 And get out of this fight.
 As I seek out my opponent,
 I see no one in sight.
 As I walked by a mirror,
 I took a moment to look.
 Of all the thievery of my dreams,
 I was looking at the crook!
 Happiness is an inside job,
 For which my feet will never find.
 Without the guidance of my heart,
 And the presence of my mind.

By Joseph Trimachi

Calling All Facilitators

If you have facilitated or are currently facilitating either “*Binding the Wounds*” or “*The Journey*” classes, we need information from you, in order to refer the inquires we get to available classes.

1. We need a list of facilitators, what area you are in, and the best way to contact you so we can refer people from your area to you when they ask.
2. For our records, we need the following each time you start a new class.
 - a. Start Date and Time
 - b. Where class is being held
 - c. Which program/segment is being run.
 - d. Facilitator’s Name
 - e. Who/how to contact for more info
 - f. Number of students in class (after it starts)

If you currently have a class in session, please send us this info ASAP, so we know what classes are being taught and where. Send info to info@fixablelife.com

“Belonging”



with Ron & Nancy Rockey

MP3 For Download

[Click here](#) \$24.99

Comments

Saw Ron & Nancy on 3ABN. I’m happy to meet a concept that can see solutions when most people, as well as counselors would suggest divorce! ~Anna

*I attended a one-day seminar during vacation and my life has never been the same. I’m completing my MFT in counseling psychology because of this and I want to facilitate a session.
Thank you
~Denise*

Ron and Nancy are available for live seminars in your area. The seminars are typically 12—18 hours in length and are usually held on a weekend. They travel internationally, and prefer to work in a classroom setting. Their unique style includes team lecturing , interacting with each other and the audience and modeling healthy conflict resolution. If you would like to have Ron and Nancy present a weekend seminar in your area, please contact Rockey@itsfixable.com

Schedule of Live Events 2009

<u>Date</u>	<u>Place</u>	<u>Seminar</u>
Dec.31– Jan. 2	Camp Kulaqua, FL	Singles Retreat
Feb. 5 - 6	Ohio Conference	Training Session
Feb. 20	Glendale, AZ	Marriage Seminar
March 5 - 7	Lincoln, NE	TBA
April 10 - 13	Devonshire, Bermuda	Why?
Oct. 23	Simi Valley, CA	TBA

Primary Business Address
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Life . . . It's Fixable is a 501-C3, Educational, not-for-profit corporation.

Our team offers educational information and processes to enhance life for those who have been traumatized, abused and live with daily dysfunction or unhappiness.

We offer an alternative to psychotherapy, helping people to repair and take control of their thoughts, feelings and behaviors, thus enhancing careers, relationships and personal joy.

Donate



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"How we perceive a situation and how we react to it is the basis of our stress. If you focus on the negative in any situation, you can expect high stress levels. However, if you try and see the good in the situation, your stress levels will greatly diminish." ~ Catherine Pulsifer, from My Story

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Changes That Heal - Dr Henry Cloud		\$12.99		
Changes that Heal – Workbook		\$12.99		
Chosen - Drs Ron and Nancy Rockey		\$12.99		
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	22 Week Small Group – BTW (English) – DVD + 2 Notebooks		\$249		
	22 Week Small Group – BTW (Spanish) – DVD + 2 Notebooks		\$249		
	Binding The Wounds – CD – audio seminar		\$99		
	Binding The Wounds – DVD – video seminar		\$199		
	Connecting – CD		\$89		
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The Journey Small Group Recovery Program - Authors Drs Ron and Nancy Rockey					
	Passenger Lesson Guide DVD		\$149		
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	RING BINDERS (with purchase of The Journey Notebook)		\$0		
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