



# The Doctor's Death Diagnosis

*Self Care, Your Health, And  
Healing Secrets*

**Edward G. Palmer**

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# The Doctor's Death Diagnosis

Sample Chapter 7

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## CHAPTER SEVEN

### Focus On What You Can Control

*Jesus said:* "In this manner, therefore, pray: Our Father in heaven ..." Matthew 6:10 (NKJV)

#### WHAT YOU CAN'T CONTROL

There are many events during our earthly journey that are not within our ability to control or change. Circumstances that impact our lives in which, whether we like it or not, we are in the position of being an unwilling passenger on a ride we'd like to get off. These might include serious issues related to your health and the health of those whom you love. Some health issues, like a death diagnosis, are discussed in this book.

Take the 9/11 attacks or the more recent COVID-19 event. These are macro events that affect everyone's life. As of May 2020, an estimated 36-39 million people had lost their jobs in the coronavirus stay-at-home and shelter-in-place orders of Federal and State governments. Were you an essential worker, or did you lose your job

like so many others? Did you have to wonder how to buy food or even pay your rent and utilities?

There are many things during our earthly journey that we have no control over. Think about simple things like sunshine and rain. Think about unexpected events. The truth is that many unknowns can impact our lives. For that reason, we can never really know 100% of what might happen next. These realities are ancient Scripture truths now largely forgotten by many.

"He [God] makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust." Matthew 5:45 (NKJV) <sup>1</sup>

"When things are going well for you, be glad, and when trouble comes, just remember: God sends both happiness and trouble; you never know what is going to happen next." Ecclesiastes 7:14 (TEV) <sup>2</sup>

Americans did not sign up or bargain to participate in the malaise of COVID-19. The coronavirus COVID-19 disease resulted in 75% of society becoming paralyzed with fear. Some were literally in fear of losing their lives. Families were not allowed to visit their elder members in long term care or senior facilities. Some older adults died alone without family members at their bedside to

comfort them. It was not only scary, but it was also a disheartening time for everyone affected.

## THE POWER OF PRAYER

I have a 96-year-old mother-in-law residing in a senior apartment in a small Minnesota town. The coronavirus threat to her bothers me to no end, and there is little associated with the situation that I can control. However, I can always send my prayers up to God for her protection. Yes, I am a spiritual man whose faith tells me that there is a God, and He listens to my prayers. When all else is lost, there is still the power of prayer. Praying is a spiritual choice that will always remain in everyone's ability to control. You can always make the spiritual choice using your thought processes to "Pray it up and play it [the crisis] down!"<sup>3</sup>

My mother-in-law has a strong faith in God and His Son Jesus. That fact is very comforting to me. However, I was not too fond of the fact she was confined. It's rare for a 96-year-old to be using modern technology devices. However, she uses a Windows 10 laptop, an iPhone 10x cell phone, a second older flip phone, and a VOIP home phone. She also accesses the internet off of a high-speed cable line using WiFi. All of this is quite interesting to me. I have been her tech support person, and when she

needed help, she would FaceTime me. I could then guide her through technical issues as she pointed her iPhone camera to her laptop screen or other equipment.

Together, the family has found many ways within their control to help her. Some things still in the family's power, during the COVID-19 lockdown, were as follows:

- ◆ Technical support for her technology needs
- ◆ Shopping for her groceries & other essentials
- ◆ Bringing her prepared food
- ◆ Standing in the parking lot & talking on phones
- ◆ Running errands & dropping off supplies
- ◆ Meeting on opposite sides of a window
- ◆ Meeting outside 10 feet apart to speak in person

## WHAT YOU CAN CONTROL

When you find yourself in a horrible situation, you'll have to do some creative thinking to determine what is actually within your ability to control. It's called "Possibility Thinking." <sup>4</sup>Start making a list of items you think are within your power to control. It's easy. Get a piece of paper and write down the numbers 1-20. Now start thinking about identifying the things within your ability to control. Keep writing until you identify twenty items. The first few items (1-7) will be easy for you to identify and list. The items further down the list (8-20) will require more creativity and brainpower. Still, they

will be more useful to you during a crisis.

During the COVID-19 lockdown, some things you could still control might have included:

- ◆ Keeping in touch in person but at a distance
- ◆ Keeping in touch online using social media
- ◆ Calling and having a real phone conversation
- ◆ Meeting on FaceTime, Skype, or Zoom
- ◆ Reading a book
- ◆ Watching a good movie
- ◆ Taking some time to breathe, exercise, or meditate
- ◆ Taking some time to focus on nature
- ◆ Finding ways to thank people
- ◆ Finding ways to support people
- ◆ Eliminating a bad habit
- ◆ Creating a new habit
- ◆ Learning a new skill or trade
- ◆ Going back to school online - I.E., Udemy <sup>5</sup>

Why is creating a list of what you can control so important? Our mental and emotional health can be tied directly to how much we feel we control our lives. When we feel out of control, it is time to refocus on what we can still manage. Create a list geared to your life, and for the situation, you now find yourself in. You will be surprised at how much of your life is still within your ability to control. Even in a worldwide health crisis, there

are many things still in your ability to control.

This exercise will help you mentally and emotionally detox from the stress that impacts your health. It works! I've personally been in several tough financial spots in my life. Creating a list of options is an excellent place to start. You can also create a second list by answering the following question. What can I do with my existing resources? It's the most critical question I've come to appreciate when I've been in a financial crisis. Every one of us has many resources. Often some of our resources are idle, ignored, not mentally recognized, or underused.

I'm not just talking about physical resources. You can also access spiritual, family, mental, and emotional mentors, along with other resources. You can bring these resources into your solutions list. For example, You can create a family or friend mastermind group and get more minds into your solutions list. Think outside the box and into the realm of "what's possible."

Another aspect of this creative exercise is to stay away from using the phrase "if only." For example, if only the bank would give me a loan, etc. Don't look for easy answers or the ones that pop quickly into your mind. Mentally dig deep for the creative solutions you'll need during a doctor's death diagnosis, other health crises, a financial crisis, or a personal crisis.

## THE LAST HUMAN FREEDOM

The second item absolutely within your ability to control comes from Viktor Frankl's book: "Man's Search For Meaning." Viktor Frankl suffered at the hands of the Nazis in a concentration camp during World War II. During his time imprisoned, he watched many people suffer and die.

Everything was taken away from people; they were stripped naked and given little to eat to the point of starvation. Even under such dire circumstances, some people freely offered their food portions to other people suffering. Through this and other observations, Viktor Frankl observed that the last human freedom was the ability to choose your attitude and how you react to whatever is being done to you.

From my perspective, two items will always be within your power to control during this life. These two are your ability to pray to God and your ability to choose how you will respond to what is happening to you. You can quickly add to these two items by creating a list of things still under your control.

Be creative, and do a deep mind search. That is where you can find spiritual treasures and guidance from God. Yes, you may be in a very scary, sad, and profound health or financial crisis. But God and you are a majority.

It's an old spiritual statement that I found to be true after 76 years of life. With God's help, you can move forward, be healthier, achieve complete healing, be happier, and even more satisfied during your earthly journey.

## A PRAYER PERSPECTIVE

From a spiritual perspective, we should live for God through our Lord Jesus Christ as the Apostle Paul taught in Holy Scripture. It means our prayers should be directed to the Father (Yahweh) in our Lord Jesus Christ's name. Praying to the Father is the truth of Holy Scripture despite Church teachings that you should pray to Jesus. Who you pray to is an important prayer and spiritual distinction that needs to be fully understood. Your prayers are yours to control. When you pray, follow the teachings of Christ and Apostle Paul.

"For even if there are so-called gods,  
whether in heaven or on earth  
(as there are many gods and many lords),  
yet for us ***there is one God, the Father***,  
of whom *are* all things, and we for Him;  
and one Lord Jesus Christ, through whom  
*are* all things, and through whom we *live*."

1 Corinthians 8:5-6 (NKJV)

Then Jesus said to him, "Away with you, Satan! For it is written, 'You shall worship the LORD your God, and Him only you shall serve.' " Matthew 4:10 (NKJV)

[Jesus] said to them, "When you pray, say: Our Father [God] in heaven, Hallowed be Your [God's] name. Your [God's] kingdom come. Your [God's] will be done ..." Luke 11:2 (NKJV)

"And in that day you will ask me [Jesus] nothing. Most assuredly, I say to you, whatever you ask the Father in my name He [God] will give you." John 16:23 (NKJV)

Therefore, if you genuinely believe this Spiritual reality, you can understand that all things are possible through Christ Jesus, including healing. When we direct our prayers to God Himself in the name of His Son, our Lord Jesus Christ, we obey Scripture. When we pray to God, we honor the God that Jesus taught.

When we pray to God in our Lord Jesus Christ, we honor God's Son. It's not complicated, but you have to listen to God's Holy Word.

If you are a dedicated student of God's Word, it won't

take you long to realize how much the Orthodox Church teaches against it. Make your prayers more potent by sending them to God in Jesus' name.

"God is not a man ... Nor a son of man."

Numbers 23:19 (NKJV)

## About The Author

Edward G. Palmer has studied alternative health issues for over 50 years. He took his first comprehensive multivitamin at the age of 25 in 1971. Already in excellent health and with plenty of energy, Ed was surprised that this multivitamin enhanced his health and vitality in a way that he could not deny. That experience became the foundation of a life long experience using vitamins and other nutraceuticals such as herbs to enhance his health. Ed quickly came to the conclusion that he could not bet his health on being able to eat well. Instead, Ed decided he would eat the best he could but would bet his overall health on supplementation with nutraceuticals. This book explains the lessons Ed learned about alternative health and living a long and healthy life. The story of how he came to take his first high-quality multivitamin is told in this book.

Other books and writings by this author may be found online at the publisher's website at [www.jvedpublishing.org](http://www.jvedpublishing.org).

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# The Doctor's Death Diagnosis

*Self Care, Your  
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Self-care advice can give you hope and turn your death diagnosis around. Author Edward G. Palmer shares 50-years of alternative health and longevity studies, self-care discoveries, and low-cost healing secrets. Although traditional medicine has its place, it can become an expensive nightmare. You can enjoy remarkable health by thinking outside the box of conventional medicine and its methods. This book will teach you another way to look at health and healing; and how to approach it more cost-effectively.

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