



## [The Bright Side Episode 6: Good State of Health](#)

Produced by  
CEDAM

Underwritten by  
Michigan State Housing Development Authority

**Anneshia Freeman** Hello, and welcome to The Bright Side, the show where we shed light on the people, places and stories that make Michigan great. I'm Anneshia Freeman, the host for today. I'm coming to you from Grand Rapids, the home of the Grand Rapids Medical Mile, an area in the city bustling with medical facilities, colleges and health research.

In today's episode, we'll find out about being healthy in Michigan – not just physical health, but psychological, nutritional and spiritual health too.

In our first video, we will see how much the way you think affects your health and your life. We'll meet people who are seriously turning their lives around with a cognitive restructuring and resocialization program I call The Lies That Bind: The Legacy of the Locks.

---The Lies That Bind®---

**Sharmane Sutton** My life was a mess. I kept doing some of the same things over and over again.

**Yushonda Noble** For a long time I just thought I wouldn't be anybody. I wouldn't be anybody but a welfare recipient or a single mom struggling by herself.

**Sharmane** There was a period of time when my own children had went through the foster care system due to my active addiction and being able to fight the system from the other side and win the cases to bring my children back home was really awesome.

**Yushonda** Life has meaning now! I can stand up for myself and that is just so significant.

**Sharmane** And it's just so awesome that now I am the system! And I can help other women who have gone through that experience to know that yes your kids can come home, no the system is not where you want to be, you just have to believe in yourself.

**Anneshia Freeman** It's really changed my life and I've watched it change the lives of lots and lots of women who've gone through the program.

The Lies That Bind is a cognitive restructuring and resocialization program based on the findings of several experts in the fields of neuroscience and psychology, and what these experts say is that everything you're doing as an adult, whether it's positive or negative, can be traced on unconscious belief systems that were developed during the formative years.

I introduce people to their unconscious belief system. So what I do is I sit down with my clients and I do a formative years assessment where I talk to them for a couple hours about their childhood, and once I have this information, I go back and I code their unconscious belief system.

---"Compared to others, I come up short."  
"Poverty is a way of life."  
"Higher education is not important or attainable."  
"I have to accept abuse without question."---

I give them their belief system on 4 x 7 laminated index cards.

**Yushonda Noble** I utilize the cards well. I take them, I read the lie first of all, and I turn it over and on the back it has the truth. It kind of unplugs me and gives me a feeling of comfort knowing that this is just a feeling. It's just a belief, and that I can change that belief. I don't have to believe that anymore. I don't have to live that lie.

**Sharmane Sutton** That's basically the way we get through the stressful times. You just read the card.

**Anneshia Freeman** A lot of people have said, “Anneshia, why ‘the lies that bind.’ That’s a negative connotation.” But I... and I challenge myself, I say yeah Anneshia. But primarily, even though I introduce people to the truth, there’s truth everywhere in society. There are so many programs that teach the truth, that present the truth, but there’s not a lot of programs that expose the lies that are keeping people from internalizing the truth.

So we can have a lot of programs on budgeting and home ownership and how to eat right and exercise, but if you don’t – there are some things people have to unlearn. So if I don’t unlearn that I have to assume the responsibilities of others, you can give me all of the budget training classes that you want, but my issues make my budget. So my issues and my budget is already made out. I’m going to go assume other people’s financial responsibilities, I’m going to pay people to act like they like me. That’s an unconscious budget. And it’s already solidified into my right brain. So if you don’t help me restructure my thought process, even though you’re giving me good information, it’s hard for me to apply it.

So my mission, my assignment on this earth, is to expose the lies that bind people to negative relationships, to bad decisions. And so once I expose the lie, then they are more able to internalize the truth that is everywhere in society.

**Sharmane Sutton** So I’ve been out of relationships now for over three years, and I am just loving me. [laughs]

**Yushonda Noble** In fact, I’m finishing up an associates over at Cornerstone and I’m into another university working on my BSW [bachelor’s in social work] at Spring Arbor. So today is my first day actually at my second university.

**Anneshia Freeman** There’s a lot of people – a lot of people change their lives. But I have yet to see the level of freedom that I have and that these women have that’s been in my program just... I haven’t seen it anywhere. Maybe it’s out there, I just haven’t seen it.

---“Compared to others, I come up me.”---

**Anneshia Freeman** If the truth will set you free, it must be a lie that has you bound. That’s implied theology. You know, if you shall know the truth – and we’ve heard that a thousand times. “And the truth will set you free!” Well if the truth will set you free, it must be a lie that has you bound.

---

The Lies that Bind®  
liesthatbindgmk.org

Anneshia’s program concepts are available to social workers and counselors who work with challenging populations

---

**Anneshia Freeman** Some people have been unconsciously programmed to believe that they are not important, or that their health is not important, or that they are not entitled to the same rights, opportunities and privileges as others. In the next segment, we will go to central Michigan, where the Ingham Health Plan is challenging those negative beliefs by providing affordable health care to Ingham County residents who would otherwise have no access to basic medical health services.

---Ingham Health Plan---

---Basic health benefits for the uninsured.---

**Amy Heyboer** Thanks to IHP, during the couple years that I didn't have insurance I was able to get my normal checkups and that was really, really nice knowing that I at least had that to fall back on.

**Robin Reynolds** The value of the plan for the people who are uninsured is they can have access to medical care, a basic wellness benefit. For others, economically it can be very beneficial if you have a small employer that can't afford to offer insurance, that somebody can have a wellness benefit. And if somebody is well, they come to work and they work. If they're not well you get higher absenteeism, and so we like to think that we add economically to the community as well by keeping people healthy.

**Monique** Hello, my name is Monique Gotch. I live in the Lansing area. A free medical care clinic got me signed up for Ingham Health. I had it for about a year and it worked out really well. It took care of my needs and then I went on my own in my own business and then I could afford my own health care on my own. So I went off and I'm grateful for it. I applaud Ingham County for actually having a program like this and I hope that other people can benefit.

---Ingham county residents, you may be eligible for IHP if you are uninsured.---

**Amy Heyboer** If it wasn't for IHP, I would've gone five/six years with zero healthcare and that would've been really rough. Without the health plan, the one inhaler that my doctor wanted me on was \$120 for a month, and it's not happening. But yeah, through IHP I was able to get a generic version and it was \$5 a month.

---Health care providers, you can accept IHP!---

**Jo McGlew** We are the major provider of services for IHP, so they constitute a large percentage of our patient population. All of health care is challenging for all of us and if we all do small parts of that, it will even out the burden for all of us.

**Robin Reynolds** If you'd like to consider being an IHP provider for primary care or specialty care, you can contact me at the IHP office. You can take your existing patients that perhaps don't have any insurance and they can sign up for IHP and that is a way you can take IHP.

The other ability is we can limit the number of people who are assigned to your practice, so if you want to take five a month, if you want to take two a month, we can limit that amount of exposure.

**Amy Heyboer** The couple times that I've had to move counties, I've always been like, "Do they have something like this?"

---The Ingham Health Plan: For Better Health, Business and Community---

---  
Ingham Health Plan  
inghamhealthplan.org  
---

**Anneshia Freeman** Another negative unconscious belief is that exercise is not important. It's too much work. When in actuality, exercise is not as hard as being unhealthy.

Let's go to Flint, where the Crim Fitness Foundation is helping people become physically active and fit. The Crim Festival and race draws thousands of people each year to the city of Flint.

---Crim Festival of Races---

**Gerry Myers** There are people that come in from all over the state, all over the country, all over the world to run this race in Flint Michigan, every year the fourth Saturday in August. It's amazing.

The neat thing about it, and it's the way it started, is that it's not just for elite runners.

**Crim Running Group** Crim Training.

**Mark Bauman** And we run together, we train together.

**Kim Turner** And I tell people that are asking about the Crim and, "Oh, I don't think I can do it..." Don't worry about it. They'll train you.

**Gerry Myers** And these people put together, under volunteer group leaders of groups of about twenty each, at different paces. And then they go out and they run.

**Perry Tse** You have to run a mile to see which group you go into, and we actually ran into each other while we were doing that one mile run, and we intentionally sandbagged and ran real slowly so we would be put into a beginner's group. And somehow we went to the meeting and we ended up in Bill's group! And we were told you were the toughest leader of all, and that proved to be true!

**Tracie Brackens** I actually started running because somebody told me I couldn't do it. And I was like, "Oh really, okay. We'll see." And last August I did ten miles, first year running ever.

**Kim Turner** And this was a shirt that Mark put together for our running group, so. [to Mark] How many were in our group do you think?

**Mark Bauman** There was about twenty, twenty-five.

**Gerry Myers** The blue line. It's called the blue line. There's an actual four inch blue line that is painted the entire length of the course and if you live on the blue line, that's a pretty cool thing. And the city has supported this race like no other place I have ever been.

**Patricia Ball** It gets very crowded, so we're going to do something that's called wave starts, which is where you start people in increments so it kind of spreads people out as they're running. It's less crowded. And then we're going to give all the participants a really cool technical running shirt. So it's the kind of wick away shirt that they can actually run in rather than a cotton tee-shirt. I think that they'll really, really like that.

**Kim Turner** We had a lot of fun in training because the guys would say, "Alright, who's run the farthest they've ever run in their life?" And we'd go [holds up hand].

**Tracie Brackens** [holds up hand] Right here!

**Mark Bauman** And we keep using the word "fun." How much fun we had with the program, how much fun we had running and enjoying it. And for people in your audience who never ran before, they're going to be puzzled. They have to do it to experience it. It's just something you have to do.

**Kim Turner** And you can do it.

**Mark** You can!

**Kim** I didn't think I could. Yeah, you can do it.

**Mark** The program is phenomenal.

**Gerry Myers** And it all culminates on race day.

**Bill Kehoe** The electricity is in the air. You get there, you just, I don't care what the weather's like or how well you've been training. You get down in there in that mass of people and it's just an amazing, amazing feeling.

**Perry Tse** I think it's Flint's finest hour. The whole community comes out to support the runners and there's just so much energy there.

**Bill Kehoe** And then when they finish it, and they've got all these people there at the finish line cheering for them. It's something. It's something to see.

**Gerry Myers** And it's in Flint, Michigan. I just love that piece of the story because so many people hear the wrong messages about Flint Michigan. And we have our challenges. I'm not saying we don't. But they don't hear the positives and there is truly a commitment to healthy community here that I've experienced no place else. Not like Flint.

---

Crim Fitness Foundation  
crim.org

Register for the 5k, 8k, or 10 mile and start training!

---

**Anneshia Freeman** Another negative unconscious belief that some people have been programmed to believe is what they eat is not important as long as it tastes good, when the truth of the matter is that what one eats is very important.

Now let's head to Lansing for the third annual Everybody Eats Conference where that belief is being challenged, where people are being taught the importance of growing food, eating healthy and engaging in good nutrition.

---Everybody Eats Conference---

**Malik Yakini** Well, everybody eats so it's kind of a common denominator. We're all impacted by the food system, and so we have the opportunity for people from all segments of society to work together for their mutual benefit. And so that's one of the good things about being involved in food system reform: that it cuts across all the typical boundaries.

**Joy Baldwin** It's for everyone. This event is for everyone to come to and learn about, even if you don't grow anything and you don't have a school garden or you're not doing an incubator farm. It's still something that you can come and learn about your food system and be closer to the people that grow your food.

**Marilyn** It's something that I guess I didn't really have growing up. It was kind of just like, you know, we buy this food and we eat it. But seeing... meeting people who are actually growing your food is just really exciting. And like, I'm not a farmer, but I still think growing food is really cool.

**Joy Baldwin** We could simply just go into classrooms and say, "Here. Here's a healthy food sample."

And kids will be like, "Ew. I don't like spinach!" And they just won't want nothing to do with it. So we found if they grow the spinach seed, water the spinach, harvest the spinach and then prepare the food as well, then they're all excited about it and they're more willing to try it.

So we found that gardening is the best way to get kids, rather than just handing them something and then them having the choice to say yes or no. They're a lot more likely to say yes if they're the one that made it themselves.

**Malik Yakini** Well one of the things that people can do is gardening, even if it's on a small level doing small container gardens. And just introducing new foods into their diet: fresh, healthy foods as opposed to just eating fast foods or packaged foods or frozen foods. There's ways to slowly begin to change your diet.

But again, the main thing is once your thinking changes, you know, your outer reality also begins to change.

**Joy Baldwin** One hour of gardening is like walking two miles. It's the equivalent. Just standard gardening. And then if you're doing heavier gardening like shoveling, then it's a much higher steps per minute ratio. So there's a lot of physical activity.

**Marilyn** This conference I think is a symbol of many, many people working for many years because they get it. Food is so important to our communities and building places people want to live.

---  
Everybody Eats  
every-body-eats.com  
---

**Anneshia Freeman** In Michigan, yoga is becoming a popular way to not only stay physically active, but to clear the mind and be spiritually healthy. The Just B Yoga studio in REO Town Lansing is a donation-based yoga studio, keeping yoga affordable for everyone in the community.

---Just B Yoga---

**Belinda Thurston** We are at Just B Yoga and Tai Chi LLC right here in the heart of REO Town. We are Lansing's only donation-based yoga studio and so we're just all about community. We're about giving back to the community and offering holistic arts to the entire community.

So it doesn't matter how much money you have. It doesn't matter whether you're flexible. It doesn't matter whether or not you know anything about yoga or tai chi at all. Just get up, come give it a try, meet your neighbors and have some fun.

**Kate Burns** We thought we'd try a new type of yoga. We've never done hip-hop yoga. It was pretty cool. This is our first time and we'll be back. It was great.

**Gwen Burns** I liked it a lot, yeah. I like having music during it.

**Kate** Yeah, that was some really good 90's mix.

**Belinda Thurston** Today is community free yoga night. This is where it all began. We actually started a weekly free yoga class on Wednesdays and that was almost two years ago. Actually, in April it will be two years that we started this class and it was first at the Shabazz Academy. We used their gymnasium. And then within about eight months we were able to get this space and we moved everything over here.

[instructing] Now just reach the hands to one another. They may not touch. If touching, make your elbows bend just even back towards the top of the shoulder. Beautiful. Palms down. Fold towards the mat.

You know, being able to get in touch with what's going on for you besides the body. I think that we get all wrapped up in posture and, "Can I get my heel behind my head." You know, that was never intended to be there, so don't worry, you don't have to get it there.

Yoga means to create a union or create a connection and so if we can do that by being together, we've created a connection. If you can actually do that by finding a pose and find a better peace of mind, maybe you start to problem solve and figure out a new route or a new path for yourselves in your lives.

Yoga offers so much for you mind, body and spirit and for community as well.

**Class** Oooooom.

---  
Just B Yoga  
justbyoga.com  
---

---5716 Wellness Center---

**John Van Camp** Can you imagine, I mean, turning a cigar factory into a wellness center? So now we're sitting in what is a former Albercon design cigar factory. That had lived its use, and then it was a furniture warehouse for many many years, and that had lived its use. We turned this into a wellness center.

It's a place where there's different tenants, where there is a primary care that has medical primary care as well as dental. This year they're going to see over 10,000 visits just here in this center alone. Then there's early childhood development. Kind of zero to three, an emphasis on childcare and early childhood services. Then there's a WIC program, which serves 3,000 moms and their babies starting from pregnancy and on into the early development. And then there's mental health counseling and youth development counseling all, if you will, within a wellness center.

So today it's a wellness center. Tomorrow it will be a wellness campus because all of wellness can't fit within this building and there's other people who want to add on projects. So you get nutrition, you get walking, you get cooking, you get chiropractic, you get yoga, you get meditation. All that we take for granted, bringing that into a working, a lower class community so that we can bring wellness back into their lives.

When you look at developmental stages of children, okay, going into/through their youth and whatever, the impact of nutrition, the impact of exercise, the impact of having a primary care doctor with you and with the family through it all, it's so important. How are we going to get a head start in all of the other developmental – in our education, okay, in our financial wellbeing – if our health is challenged. So wellness is the key of a lot of development work.

That idea, from a cigar factory to a wellness center right in the midst of a neighborhood, it's great. And we're helping turn Detroit back into a city of opportunity.

---

Wellness Center  
5716 Michigan Ave, Detroit  
[swsol.org/5716](http://swsol.org/5716)

---

**Anneshia Freeman** There are many ways Michigan is changing to become a healthier state through physical activity, nutrition, psychology and peace of mind.

Thank you for joining me, Anneshia Freeman, on The Bright Side. If you would like to find out more information about any of the programs on today's show, submit ideas for the next show, or watch this episode again, visit [brightsidetv.com](http://brightsidetv.com).

---Outtakes---

**Kim Turner** But I – I think they need to show you how they really trained us.

[Mark and Bill take out water guns]

**Kim** Of course it was so hot we didn't mind a bit.

**Bill Kehoe** [pumps the gun] Yeah, there's water in it!

**Perry Tse** It's loaded too!

**Gerry Myers** So you want the history and kind of how we got here.

**Olivia Courant** Yeah.

**Gerry** I don't know how much time you've got because I can talk lot about this.

**Anneshia Freeman** It just happened that our – my computer programming final was a two week take home, open book, open note, good luck final that cured me of my desire to be a computer programmer.

**Anneshia Freeman** The Crim Festival draw – and – okay – start over.

**Mark Bauman** Why, were you ever the slowest runner?

**Perry Tse** Never. [all laugh] I'm the guy always circling back.

**Kim Tuner** What a great guy you are.

**Bill Kehoe** [indicates to Olivia Courant] Even she's laughing at that.

**Amy Heyboer** I was on COPS. Uh...

**Olivia Courant** ...

**Amy** No. [both laugh] You looked at me like, is she serious?

**Bill Kehoe** For me, I met lots of great people. I'm not just saying these three. [Kim, Perry, Tracie] But I've met lots of great people.

**Mark Bauman** What about me?!

---Credits---

**Host**

Anneshia Freeman, The Lies that Bind®

**Producer**

Olivia Courant, CEDAM

**Production Intern**

Maggie Kelley

**Episode made possible by:**

Michigan State Housing Development Authority

**Music**

Tyler Vander Maas – The Bright Side Theme

Dan-O Songs – “Permafrost,” “Junk Ship Gold,” “The Experiment,” “Gently”  
(danosongs.com)

basematic – “Zest”

jbrock44 – “Urban Metronica”

Kevin MacLeod – “Five Armies” (incompetech.com)

CSoul = “Metronomix”

hjcrbass – “Bossa Nova Loop”

**Special thanks for sharing your videos:**

Crim Fitness Foundation

Pace & Partners

**Ingham Health Plan**

Additional video, pictures: Pace & Partners

**Crim Festival of Races**

Additional video: Crim Fitness Foundation

**Just B Yoga**

Additional video: Maggie Kelley

**This show made possible by an equipment grant from the Lansing Public Media Center.**