

Divinely[®] EMPOWERED

THRIVING THROUGH WELLNESS:

Men's Guide to
Health,
Longevity &
Success

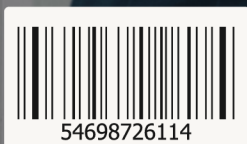
5 Pillars of
Longevity
Every Man
Should Know

Main Features:

*Barry Beiver: Stem Cells & Men's
Health – The Future of Longevity*

*Thomas Long, a veteran and
wellness coach, offers insights and
guidance to enhance veterans'
lives, focusing on healthy living and
faith in challenging times.*

*How Wellness
Impacts
Leadership &
Entrepreneurship*



Be a guest on the Divinely Empowered Show and share your story to success

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Editor's Personal Note

Welcome to this special edition of Divinely Empowered Media! This issue celebrates the wisdom, resilience, and faith-driven success of Christian men in business. **As we explore their inspiring journeys, we're reminded that true success is built on faith, perseverance, and holistic well-being.** Through a Christ-centered mindset and a commitment to personal growth, we can not only achieve our goals but also inspire and uplift those around us.

Our featured stories highlight men who have overcome challenges and now empower others through their businesses and life experiences. I hope these articles encourage you to lead with purpose, embrace your health, and pursue success in all aspects of your life. Thank you for being a part of this journey!

Word of Encouragement: Remember, with faith and perseverance, all things are possible. *"I can do all things through Christ who strengthens me."* – **Philippians 4:13.** Keep trusting in God's plan for your life, and know that your best is yet to come.

Warmest regards, and many blessings ahead,

Anastasia

Editor-in-Chief, Divinely Empowered Media



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True success is not measured by what you achieve, but by the strength of your faith and the courage to step into your purpose.



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From Darkness to Light: Thomas Long's Journey of Faith, Healing, and Transformation

When I first enlisted in the U.S. Army National Guard as an Infantryman, In 2003 I didn't have faith to guide me at all. I wasn't concerned with questions of life, morality or the afterlife, I was just focused on what was in it for me as well as surviving day to day. But as I faced the harsh realities of combat, watching soldiers with families, careers, and futures not make it home, I started to question why I survived.

The randomness of it all weighed heavily on my heart and mind and left me searching for answers. Unfortunately, those questions didn't lead me to faith. Instead, I turned to alcohol, trying to numb and the thoughts, memories and self-medicate the pain for over 12 years.

One soldier I volunteered to take his place in going overseas still wound up being called up and didn't return, while I, with no one waiting for me, no career and felt there was no reason for me to come home at all, came back.

The Pain of Loss and the Spiral Downward

My first marriage crumbled after my then-wife had gone thru and suffered eight miscarriages over four years, with each loss I fell deeper and deeper into depression and my spiral downward of denial grew I continued down that spiral until I met Lindsay, my second wife in 2015. She became the beacon of God's light on earth I needed to climb out of the darkness eventually.

Lindsay stood by me through my lowest points, supporting me even as I faced severe physical injuries the support to include bathing and clothing me as well as being my person to push my wheel chair and set up all my meds everyday during my eight long years of chronic pain and depression.

During that time, I witnessed more loss—fellow soldiers taking their own lives, falling to addiction—and I felt powerless to stop it. The pressure built until it led to multiple attempts to escape, first with alcohol and later through darker means.

A Turning Point in Faith and Healing

It wasn't until November 12, 2017, after an incident where I saw the pain my actions with alcohol were causing her, that I decided to quit drinking for good.

That moment, combined with later finding our spiritual home at Scottsville United Methodist Church in 2018, began to turn my life around. Faith played a key role in helping me see that I wasn't alone in my struggles. God had been carrying me on His shoulders all along, even when I thought I was walking through life by myself. It was Jesus who was doing the walking for me.

Then, in January 2022, I faced another turning point. The VA informed me that I had a fatty liver, and due to my sedentary lifestyle—being bedridden and housebound for the last seven years—my obesity had reached nearly 350 pounds. My triglycerides and cholesterol were both over 750, my blood pressure was 235/195, and I was taking 31 pharmaceuticals a day. I was also receiving 10 trigger point injections down my spine each week, 4 ketamine infusions per month, and 6 epidurals a year. The doctors warned that if I didn't take action within the next 6–8 months and change my lifestyle, I wouldn't make it another six to eight years.

I was shocked—especially since I had quit drinking in 2017. **But the reality was that my unhealthy weight had taken its toll. With the support of my wife and my faith,** I made a major lifestyle change starting in June 2022, determined not only to survive but to thrive—for the sake of my family. I wasn't going to miss my son's 10th birthday, and I knew it was time to act.

So I focused on my gut health first and foremost. The gut is our second brain and controls our neurotransmitters related to memory, anxiety, depression, PTSD, suicidal thoughts, and anger. By doing this, one side effect was that I was finally able to absorb the right vitamins and minerals my body needed. **This helped me lose more than 150 pounds and significantly reduce the inflammation in my body.**

This is another way God provides for us—to help heal both body and mind. It's okay to lean on others for help when you're struggling. **Learning healthy coping mechanisms—such as proper nutrition and supplementation—provides a strong foundation that can naturally move the body in the right direction. God built our bodies to rebuild, restore, and rejuvenate themselves when we provide the right fuel, nutrients, and vitamins, along with time.**

Adding extra tools to your wellness arsenal is incredibly helpful. **Whether through mindfulness, exercise, or faith, these practices can help you manage stress and trauma without turning to harmful substances.**

A Health Crisis Sparks Transformation

Then in January 2022, I faced another turning point. The VA informed me that I had a fatty liver and if I didn't take action, I wouldn't make it another six to eight months. I was shocked, especially since I had quit drinking in 2017. But the reality was that my unhealthy weight—nearly 350 pounds—had taken its toll. With the support of my wife and faith, I made a major lifestyle change, starting in June 2022, determined to not only survive but thrive for the sake of my family.

I wasn't going to miss my son's 10th birthday, and I knew it was time to act. So I focused on my gut health first and foremost. It is our second brain and controls our neurotransmitters for memory, anxiety, depression, and trauma.

Key Mental Health Strategies for Healing

As I look back, there are a few key mental health strategies I wish I had embraced sooner. First, remembering that gut health is the biggest key to our ability to manage our mental health. Starting this earlier could have saved me years of pain. Second, therapy, counseling, or simply opening up to someone you trust can make a world of difference. Doing those things while building a strong support system, like the one I found in the Bible, my wife, and the community from church, is crucial.

I have now lost over 100+ lbs, taken back my life from the pharmaceuticals I was on, and am no longer in line for surgical intervention.

There is another way to help your body and mind that God has provided. It's okay to lean on others when you're struggling. Finally, learning healthy coping mechanisms—such as proper nutrition and supplementation—are a seriously strong foundation. God built our bodies to rebuild, restore, and rejuvenate themselves if we provide them with the right fuel and time. Also, adding extra tools to your arsenal is extremely useful, whether through mindfulness, exercise, or faith—these can help you manage stress and trauma without turning to harmful substances.



“We often underestimate our own resilience, but with the right support and tools, we can overcome even the darkest times. God is always there, and if you take the time to read a little of the Bible, you will see how relevant the teachings still are and how they help each day.”

A person with long hair, seen from behind, stands on a large, mossy rock on a mountain. Their arms are outstretched towards a bright, hazy sky at sunset or sunrise. The background shows rolling hills and a warm, golden light.

**UNLOCK THE
FULL EDITION TODAY AND
GET EMPOWERED WITH
ALL THE STRATEGIES,
STORIES, AND SUCCESS
TOOLS INSIDE!**